

The Voice



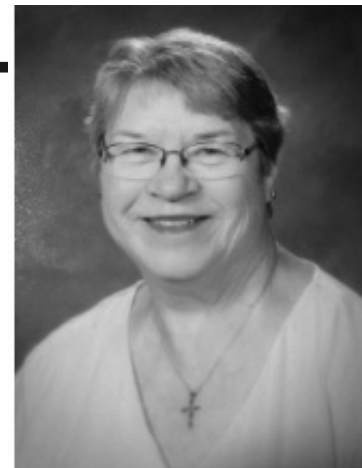
A Newsletter for Yakima County School Retirees

December 2024

DECEMBER'S PROGRAM

YCSRA DECEMBER PROGRAM Introducing Sheila Wilson-YCSRA Member

Paul Schafer has arranged for Sheila Wilson to bring her singing group to our December General Meeting on Monday, Dec. 2, 2024 at Englewood Christian Church. What is Christmas without kids and music? So be in "good voice" and good cheer and be ready to raise the roof. See you soon. ~ Paul Schafer



Sheila Wilson grew up in a family of teachers and musicians-Mom taught for years and played piano. Dad farmed and played violin, trumpet and saxophone. Brother and sisters played instruments and sang. Sheila started accompanying in junior high and gave piano lessons in high school. She had an excellent piano teacher herself for many years. She graduated from WSU in Music Education and Spanish and later received Master's in Piano accompanying. Sheila has taught music in school for years, usually elementary general music. She has accompanied in churches and musical theater for longer. Since retiring from public schools, she has been teaching band and choir at St. Joseph Marquette School and accompanying at church. Earl and Sheila have five grown sons and six grandchildren at latest count. Most free time is spent visiting one or another and playing with grandchildren. At home they provide staff services to their three cats.



SCHAFER "SPECIAL K" BARS

Favorite Family Recipe of Paul and Patty Schafer

1 cup of peanut butter

1/2 cup of sugar

1/2 bag chocolate chips

Mix the peanut butter, syrup and sugar and heat on stove top.

Put 6 cups of Special K in greased 9x13 pan or jelly pan.

Pour the heated mixture evenly over the top of the cereal.

Melt together: 1/2 bag of chocolate chips and 1/2 bag of butterscotch chips

Frost over the cereal with the melted chips- if using jelly pan, double the frosting. Mmmm good!

1 cup of Karo Light syrup

6 C Special K cereal

1/2 bag butterscotch chips



THE VOICE

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Coreen Fortin
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Mini-grants

Kathy Schultz
509 966 9341

GENERAL MEETING

When: Monday, December 2

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/tea and treats will be provided

Program: 1:00 pm Musical Presentation

Sheila Wilson, YCSRA member, and her music students will perform 2-3 pieces.



The Following People have signed up to bring:

REFRESHMENTS

Linda Sumner 509 952 2368
Nancy Lindgren 509 307 8048
Connie Carpenter 509 388 6252
Jim Churchley 509 965 2636

DRAWING PRIZES

Linda Sumner 509 952 2368
Kathy Fletcher 509 654 0350
Connie Carpenter 509 388 6252
Rosie Churchley 509 965 2636

**Make sure we have
your proper email**

If you have changed your email address in the last year, please send me a corrected one. Thanks!
Sandy Gavin, sandyg1948@gmail.com

Opinions expressed in **The Voice** are those of the authors and do not necessarily represent the view of the YCSRA Board or the editors. Editorial contributions and articles as well as ideas for articles are welcome. The deadline is the 15th of each month. Send information to Kathy Schultz. Co-editors. Kathy Schultz • 509 966 9341 chevvhvn@charter.net Eric Patrick • 509 985 7768 ecpatrick@charter.net

WE SEND OUT WSSRA GREETINGS!

Let's support our members with get well wishes, condolences, thank yous, congratulations, thinking of you and more. Email or call me with names and I'll get the card(s) sent out for you. Email: cmstenehjem@msn.com or 509-966-3409. Leave a message if no one answers.

~ Millie Stenehjem



NEW BOARD MEMBERS

A Big Thank you and Welcome to these YCSRA Board Members!

Ulla Whitmont-Treasurer**

Stepped in for Carolyn Wilson who is undergoing medical treatment

Coreen Fortin-Welcome

Stepped up when Linda Lockwood resigned due to other commitments

John Osegueda-Health

Stepped in for Lorry Evert Garvin who moved to Michigan to live with family

Debbie Dougherty-Secretary

Stepped in for Linda Trepanier who resigned for personal reasons

**Ulla will be featured in our next issue of The Voice.



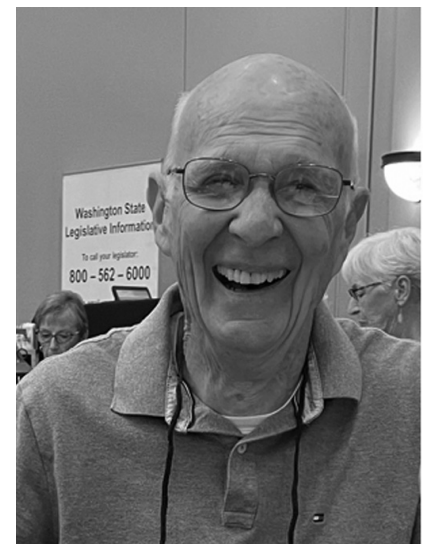
Left to Right: Ulla Whitmont, Coreen Fortin, John Osegueda, Debbie Dougherty

MEMBER FEATURE - PAUL SCHAFER

In his own words

I was born and raised in Wenatchee, WA on what had been a small orchard, but when Dad went to work in town out went the orchard and a wonderful play area opened up. Since that was the era of Roy Rogers, Lone Ranger and Cisco Kid I can not tell you how many rustlers were apprehended, band robbers were nabbed, range wars were fought, “nesters” evicted and all by my best childhood friend and I. Since his father had not pulled out his orchard and irrigated by ditch or, when we were not clearing the “West” of evildoers, we built dams in the irrigation ditches which afterwards we breached and flooded downstream destroying everything we had created there.

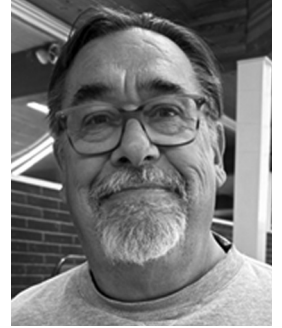
At Columbia Elementary School, Miss Mary Woods presided over a core of devoted teachers: Mrs. Ward, Miss Thatcher, Miss McKern, to name a very few worked to pound the basics into students. At WHS (yes I was a panther), Miss Weister, Miss Kyne, Mr. Ivan Eustice (with his Studebaker), Miss Brown, Miss Case and Mrs. Monroe all held the line and worked to turn their charges into responsible citizens and life long learners. At the University of Puget Sound Dr. Thomas and later at the University of Washington Dr. Carstensen tried to complete the educational job. I have named only a handful of the many teachers I was lucky enough to have. These are a few of the many competent and committed teachers that have definitely stuck out in my mind for their dedication and skill. I am grateful to all teachers and hope wherever they are, they see I have tried to continue their proud tradition.





HEALTH MATTERS

Planning on playing trivia at a local pub? Have a secret ambition to be a Jeopardy contestant? Want to dazzle your family and friends with interesting health tidbits. Well, you're in luck with this month's article, Read on to learn some unusual facts about your "hopefully" healthy body



Fun Facts About The Human Body - Presented by John Osegueda

- Your sensitivity to certain allergens may be connected to your birth weight. A 2019 meta-analysis found that for each kilogram increase in birth weight, infants had a 44% increased risk of childhood food allergies.
- In the US, two out of three people do not have perfect vision (20/20). Age- related eye diseases are among the leading causes of blindness and low vision.
- More germs are transferred by shaking hands than by kissing. Our hands come into contact with millions of germs and bacteria each day.
- Lack of sleep can kill someone sooner than starvation. Chronic sleep deprivation is linked to a higher risk for cardiovascular disease, insulin resistance, obesity, and a host of other life-threatening conditions. But how much sleep do you actually need? It depends on your age. Newborns need a whopping 14 to 17 hours of sleep a day, while older adults only need seven to eight.
- Stress can make it harder to fall asleep. The relationship between stress and sleep is clear: When you're stressed, your body releases cortisol, which initiates your body's "fight or flight" response and keeps you alert. And sleep problems aren't just bad for your individual health – they have a ripple effect on society as well. Sleep debt is said to cost the US an estimated \$66 billion per year.
- You don't actually breathe through both nostrils at the same time. According to research published in the Mayo Clinic Proceedings, humans inhale and exhale through one nostril at a time!
- Ten percent of your body mass is made up of your blood. The average adult human blood supply clocks in at around eight to 10 pints or roughly five liters. As such, your body has enough iron to make a three-inch-long nail.
- Veins, which carry blood to the heart, have one-way valves that ensure blood flows in only one direction. Arteries, which carry blood away from the heart, don't need valves because the blood pressure from the heart is strong enough to make blood flow in one direction.
- In the average human adult body, there are at least 67 different species of bacteria residing in the belly button alone. The human body is teeming with microbes. Our skin is even said to have its own thriving ecosystem!
- Most people shed up to 22 kilograms of skin in their lifetimes. You naturally shed dead skin cells daily, but you can also speed up the process when you wash your body with soap or exfoliate your skin.
- Your body produces enough heat in 30 minutes to boil half a gallon of water. Though the average body temperature is 98.6 F, humans can expend roughly 350,000 joules of energy per hour – the same amount of energy that a 100- watt light bulb gives off.
- Humans have 46 chromosomes. Or 23 pairs of chromosomes. Meanwhile, peas have 14 and crayfish have 200.
- A quarter of human bones are found in the feet. The average human foot has 26 bones. The average adult human has 206 bones. Over half of the human bones can be found in the upper and lower extremities.
- Humans are the only animals that cry when emotional. Other animals may shed tears, but they don't do so out of sadness.
- Identical twins have an identical smell. Everyone has a unique smell, except for identical twins.
- Humans share 60% of their DNA with bananas. It's common knowledge that humans share 96% of their DNA with chimpanzees. But did you know we're also closely genetically related to bananas and slugs, sharing up to 70% of DNA?
- Your height differs depending on the time of day. You're taller in the morning than you are in the evening because the cartilage between your bones compresses throughout the day.
- The human heart delivers blood to the body through a superhighway of blood vessels. That highway consists of approximately 60,000 miles of blood vessels.



LEGISLATIVE REPORT

By Larry Scholl

When the Washington State Legislature convenes in January, there will be several new legislators representing the Yakima Valley due to the redistricting of Legislative Districts 13, 14 and 15. The courts drew new boundary lines to give “minority” voters better representation in their “majority” communities.

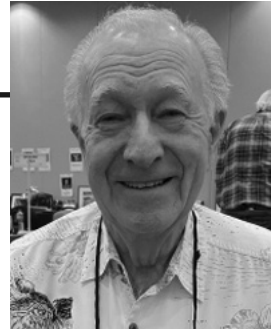
There were several state initiatives on the ballot that, if approved, could have had an effect on the state budget for the coming 2 year cycle. Three of the four initiatives failed to gain approval.

Initiative 2109 would have repealed a newly enacted Capital Gains Tax. The current law imposes a 7% tax on individuals who realize a capital gain of any amount more than \$250,000 per year. Many kinds of Capital gains are exempt from this tax. The initiative failed.

Initiative 2117 would have repealed the so called “Carbon Emissions Tax”. This is a tax on big industrial polluters in the state. The tax revenues went to curb pollution of the air and waterways. Funds were also used to help create fire wise communities. The initiative failed.

Initiative 2124 would have repealed the “Long Term Care “ program recently created by the state legislature. Workers funded the program with a payroll deduction on “tax”. The initiative would have made the program optional. It was feared that if enough workers opted out of the program, it would have become insolvent and a financial burden on the state. As with most insurance programs, the Long Term Care Program requires many participants paying into the program, to reduce the risk to the provider. The initiative failed.

If any or all of the above initiatives had gained voter approval, the loss of revenue to the state would have made it nearly impossible to receive a Plan 1 COLA in the upcoming legislative session.





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