

The Voice



A Newsletter for Yakima County School Retirees

April 2025

APRIL'S PROGRAM

Presented by John Osegueda

Come see Madeline Funk on **The Lupine Society of Readers**

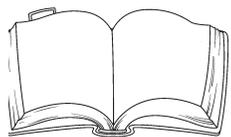
Imagine the look on the face of a child who has just received a new book that they can call their very own. For many children that live in our area, sometimes a trip to the bookstore is not in the cards, and yet they have a desire to explore the world that reading uncovers. Madeline Funk is a former teacher and a founding member of The Lupine Society of Readers.

Similar to Miss Alice Rumphius, from the children's book 'Miss Rumphius', who sought to make a beautiful world by planting Lupines, the Lupine Society



wishes to share their love of reading with children, by planting the seeds of reading. Comprised of professional educators, parents, and grandparents, The Lupine Society partners with teachers and administrators to support early reading skills by increasing access to books in the classroom. One of their initiatives involves providing books through book vending machines, ensuring that students—primarily in grades K-6—have the opportunity to select books to read, keep, or pass along to a family member or friend. The goal is to motivate kids primarily from grades K-6 to see reading as not only a life-long skill, but also to foster the skill to be an integral part of their lives going forward.

Plant the seed of reading.



Book Corner

Submitted by **John Osegueda: 'Say Nothing'**

This month in Book Corner, we're taking a break from recent contemporary titles that might be perfect for a day at the beach.

Recently, I saw an interview with Patrick Radden Keefe on TV, where he discussed his book, 'Say Nothing: A True Story of Murder and Memory in Northern Ireland'. The book chronicles The Troubles—the conflict that engulfed Belfast in the latter part of the last century. Primarily, it focuses on the lives of the McConville family and Dolours Price, exploring their involvement with various Northern Irish factions fighting against British rule in pursuit of Irish autonomy—a battle that had been waged for generations. I have read countless history books, but this story is not one often told by the modern press or entertainment media. To be honest, it is at times a difficult read, as it presents a brutally honest depiction of the violence that was a daily reality for many who endured that troubled era.

If you're looking for a well-researched and deeply compelling account of a frequently overlooked chapter in history, I wholeheartedly recommend this book. As an added bonus, after reading 'Say Nothing', you can watch the adaptation on Hulu and compare the two versions.



PATRICK RADDEN KEEFE



THE VOICE

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GENERAL MEETING

When: Monday, April 7

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/tea and treats will be provided

Program: 1:00 pm

Madeline Funk - "The Lupine Society of Readers"

Provides books through Book Vending Machines in schools.



The Following People have signed up to bring:

REFRESHMENTS

Norma Haney 509 961 8616

Peggy Young 509 453 7250

Jane Butler Nix 509 972 4223

Steve DeLude 509 697 5527

DRAWING PRIZES

Norma Haney 509 961 8616

Candace DeLude 509 697 5527

Jane Butler Nix 509 972 4223

Patrick Walsh 509 406 3464

**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 12th of each month. Send information to Kathy Schultz. Co-editors. Kathy Schultz • 509 966 9341 chevyhvn@icloud.com 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



THE APRIL INTERVIEW



By Millie Stenehjem

Vance Jennings retired in 2021 after 36 years in education – all at Naches Valley High School. Vance taught English, literature, and theatre classes for 28 years and spent the final eight as the NVHS assistant principal and Teaching & Learning Coordinator. He led professional development for English Language Arts, Theatre Arts, and CEL 5D+ Instructional Framework at the district, regional, and state level. He received various honors during his career, including the Naches Valley School District Teacher of the Year, and the ESD 105 Regional Teacher of the Year. Vance joined the WSSRA very early in his career after a convincing presentation by Kathy Fletcher.

Since 1991, Vance has volunteered with the Warehouse Theatre Company (WTC) in Yakima. He has been recognized for his acting and directing, and has received their highest honors, the Bootsy Semon Award for Outstanding Contribution (artistic merit), and the Gilbert & Seely Outstanding Service Award (business-based contributions). Vance has fulfilled the board roles of vice president and president three separate times. Vance led the WTC in purchasing their own performance and rehearsal space in 2017/2018. In 2018, Vance's passion for the Warehouse mission to “engage, enrich, and encourage the Yakima Valley community through shared experiences in theatre arts” led the board of directors to choose him as their Executive Director to facilitate the processes keeping the building open and the organization moving forward. His first six and-a-half years in the position were served on a volunteer basis. His efforts have led to thousands of grant dollars won to support the company mission.

Over the past three years, he has led the company in building educational partnerships with East Valley School District, Yakima School District, and Yakima Valley College. He also volunteers time as a representative of theatre arts on the City of Yakima Arts Commission with East Valley School District, Yakima School District, and Yakima Valley College. He also volunteers time as a representative of theatre arts on the City of Yakima Arts Commission.

CHICKEN NOODLE SOUP

Favorite Recipe from John Osegueda

Chicken Soup is not just for the soul! As a newly recent retired teacher, with a newly remodel gourmet kitchen, my wife Sue, has created what has become our go-to for a cozy night in. I like to call it **oodles and oodles of noodles**, but she just calls it **Chicken Noodle Soup**.

Ingredients

2 TBSP of butter	2 individual stalks of celery diced	2-3 carrots dices
1/2 yellow onion diced	1 clove garlic minced	1 can corn (or 2 cups frozen corn)
10 cups of chicken broth	1/2 tsp salt 1/2 tsp pepper	1/2 tsp rosemary (or fresh diced)
1/2 tsp thyme (or fresh diced)	1/4 tsp turmeric (optional)	3 cups rotisserie chicken
1/8 tsp crushed red pepper flakes (a bit of zing and optional)		4 cups noodles (egg, farfalle, elbow)
1 spoonful of Better than Bouillon chicken flavored (optional)		

Instructions

1. Add butter to large stock pot, allow to melt, at medium high heat. Then add diced celery, carrots and onion to melted butter, sauté for 3 minutes. Next add garlic, sauté about 30 seconds.
2. Add chicken broth plus all seasoning, turn up heat and stir. Add 1 spoonful of Better than Bouillon as needed.
3. Bring broth to a low boil, and add chicken. Cook chicken in broth for 20 minutes, on simmer. This allows chicken to pick up flavoring.
4. Bring soup back to boil and add noodles. Cook till noodles are al dente. NOTE: Noodles will continue to cook after you remove pot from the heat.
5. Top with cilantro for extra flavoring (optional), and enjoy with a side of French bread.

To Store:

1. Store leftovers in an airtight container in refrigerator for 2-3 days, depending on the freshness of the chicken.
2. You may cook your noodles in a separate pot, until al dente. When storing, put the broth in one airtight container and noodles in a separate in the refrigerator. Noodles will not become mushy if stored separately.



HEALTH MATTERS

By John Osegueda

Happy April Fools' Day!

This month, let's explore some of the most bizarre health myths and remedies from history. As we unravel these peculiar tales, we can appreciate just how far our understanding of health and wellness has come.

The Tapeworm Diet

In the early 20th century, some people believed that swallowing tapeworms could help with weight loss. The theory was that the parasites would consume food inside the person's stomach, reducing calorie intake and promoting weight loss. Needless to say, hosting a parasite in your body is dangerous and can lead to serious health complications. Fortunately, we now understand safe and effective weight loss methods like proper nutrition and exercise.

Leeches for Bloodletting

Bloodletting—the practice of draining blood to cure or prevent illness dates back to ancient times. One method involved using leeches to “suck out bad blood.” Dr. Jane Smith, a medical historian, explains, “Though leeches are still used for certain medical treatments today, the idea that they could cure any ailment was misguided.”

Cigarettes for Asthma

It's hard to believe that in the early 1900s, some people thought smoking cigarettes could cure asthma. The tobacco industry promoted smoking as a way to open the airways and alleviate asthma symptoms. Today, we know that smoking is detrimental to lung health and can actually worsen asthma symptoms.

Urine for Acne

In the past, some believed that applying urine to the skin could treat acne. This idea stemmed from the presence of ammonia in urine, which was thought to have antibacterial properties. Thankfully, modern medicine offers far more effective and hygienic acne treatments.

Tomatoes as Poison

During the 18th century, tomatoes were mistakenly believed to be poisonous. This misconception arose because tomatoes belong to the same plant family as deadly nightshade. However, we now know that tomatoes are not only safe to eat but are also packed with nutrients and antioxidants that support overall health.

The Vibrating Belt Machine

In the 1950s and 1960s, the vibrating belt machine was a popular weight-loss device. Users strapped the belt around their waist or thighs, and the machine would vibrate—supposedly helping to burn fat and tone muscles. Dr. John Stevens, an exercise physiologist, clarifies, “Vibration machines have some therapeutic uses today, but they are not effective for weight loss or muscle toning. A balanced diet and regular exercise remain the best ways to achieve a healthy weight.”

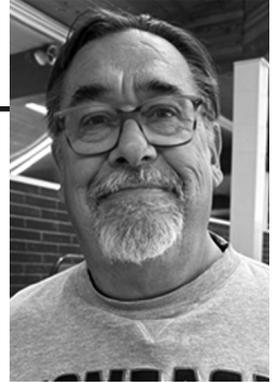
Mummy Powder

In the 16th and 17th centuries, Europeans believed that consuming “mummy powder”—made from ground remains of Egyptian mummies—could cure various ailments. This practice, known as “corpse medicine,” was based on the belief that mummies possessed magical healing properties. Today, we understand that this macabre remedy was not only ineffective but also posed significant health risks.

The Tooth Worm

Before the discovery of bacteria, people believed that toothaches were caused by tiny worms burrowing into the teeth. This mythical “tooth worm” was thought to be responsible for decay and pain. In an effort to remove the worms, early dentists used methods like drilling holes into teeth. Thankfully, modern dentistry has advanced significantly, and we now know that proper oral hygiene and regular dental check-ups are essential for maintaining healthy teeth.

As we chuckle at these bizarre health myths and remedies, let's remember that our understanding of medicine is always evolving. Staying informed about health trends and seeking advice from trusted healthcare professionals is essential to making the best choices for our well-being.





LEGISLATIVE REPORT

Dear WSSRA Unit Presidents,

We have exciting news to share! On Monday, March 3, the Washington State Senate passed legislation to restore an ongoing COLA for TRS 1 and PERS 1 retirees. Substitute Senate Bill 5085 would give TRS 1 and PERS 1 retirees the same annual benefit increase that members of TRS/PERS/SERS plans 2 & 3 receive. This would be achieved by merging TRS 1 and PERS 1, which are both underfunded, with Law Enforcement Officers and Firefighters (LEOFF) Plan 1, which is substantially over-funded. In addition to providing an ongoing COLA, the bill would fully fund all pension plans and help the state balance the budget, saving \$600 million over the next four years.

The bill passed with the support of 28 of 30 Senate Democrats. Senator Marko Liias (D-Edmonds) and Senator John Lovick (D-Mill Creek) joined all 19 Senate Republicans in voting against it.

SSB 5085 must now pass the Washington State House of Representatives, where it faces an uphill battle. The House has its own plans for the LEOFF 1 surplus. Instead of merging TRS 1, PERS 1, and LEOFF 1, House leaders want to transfer the entire LEOFF 1 surplus into the general fund via House Bill 2034. This would effectively block us from restoring an ongoing COLA this session.

As the Senate and House have differing approaches to the issue, an agreement likely won't be reached until Democratic leaders in both chambers negotiate a final budget near the end of April. From now until then, we must work harder than ever to convince our State Representatives to pass SSB 5085. Please keep an eye on your email for opportunities to get involved. If you haven't received any emails from us, please visit www.wssra.org to join our email list.

Please let me know if you have any questions.

Thank you,

Emmett Mills

Legislative Coordinator, Washington State School Retirees' Association

emmett@wssra.org Office: (360) 413-5496 ext. 2

PRE-RETIREMENT ZOOM WEBINARS

APRIL 22, 2025 • 5:00 PM
DEPARTMENT OF RETIREMENT SYSTEMS
AND HEALTH CARE AUTHORITY/PEBB

APRIL 23, 2025 • 5:00 PM
SOCIAL SECURITY / MEDICARE & VEBA

SPONSORED BY WASHINGTON STATE SCHOOL RETIREES' ASSOCIATION

Certificated and Classified Employees:

If you are within 1-5 years of retirement, you will want to attend these (no fee) virtual webinars to learn about your retirement plans (Plan 2 or Plan 3), medical/dental options, sick leave buyout (VEBA), Social Security options, and Medicare. Find the form here:

<https://form.jotform.com/233046866768167>



YCSRA to Host WSSRA Convention in Yakima – Volunteers & Delegates Needed!

Convention Gift Baskets 2025

As a fund raiser at convention each unit is asked to contribute gift baskets to be auctioned off. We are asking members to contribute to the gift baskets. We will have 3 baskets from our unit:

1. Items representing Yakima Valley
2. A Gift card basket
3. A Wine basket

Please bring any items you wish to donate to the April meeting. Also, if you would like to make up your own gift basket feel free to do so. Each basket should be valued at about \$50.00. Thank you for your help.

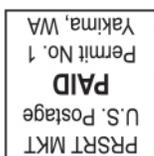


Programs for 2025-2026

As we plan programs for next year we would like some ideas from the members. Please give us the following information:

1. Your name and phone number
2. Program suggestion and contact information.

We are looking forward to your ideas. Please give them to Jan Saxton at the April meeting.



Yakima County
School Retirees' Association
4708 Fechter Rd
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