

The Voice



A Newsletter for Yakima County School Retirees

October 2025

WALKING THE CAMINO DE SANTIAGO

Program arranged by Millie Stenehjem, October Interim President
Presented by Nancy Picatti Mazzola

For my 70th birthday, my husband Russ and I walked 500 miles across northern Spain on the Camino de Santiago (the trail of St. James). We carried everything we needed in our backpacks and stayed mostly in albergues (hostels). Each night we trusted God would provide a place to sleep—until one day, it didn't happen.



Nancy Picatti Mazzola

There are seven major pilgrimage routes across Spain that all end in Santiago de Compostela, the burial place of the Apostle St. James. The earliest known guidebook to the Camino was written in the 11th century. Today, more than 200,000 pilgrims walk part of these trails each year, seeking religious, cultural, or physical challenge.

The journey was life-changing as we met wonderful fellow pilgrims from all over the world.

About the Speaker: Nancy Picatti Mazzola

Born in Yakima, I am a proud Washington State University Cougar. My degree was in History and French Education, but after college I moved to Washington, D.C. to work for the government.

My first job in education began when our third son started school. I worked part-time in the Adult Education department at YVC, teaching ESL and GED prep classes for many years before becoming Coordinator for Adult Literacy. Over the summers, I attended Central, earning an endorsement in Special Education and later an M.Ed. in Reading.

In my 50s, I began teaching in the Yakima School District. I spent one year at Washington Middle School in Special Education, then moved to Davis where I taught 9th grade skills classes, Special Education, and directed a reading computer lab. Later, I followed Chapter 5 funding to McClure, where I ran their computer lab and served as a reading specialist. I retired in 2012.





THE VOICE

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509 248 1875

GENERAL MEETING

When: Monday, October 6, 2025

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30 pm

Coffee/tea and treats will be provided

Program: 1:00 pm

Nancy Picatti Mazzola-

WALKING THE CAMINO DE SANTIAGO

The Following People have signed up to bring:

REFRESHMENTS

Patrick Walsh	509 391 4906
Kathy Schultz	509 901 2148
Linda Sumner	509 248 1875
Nick Schultz	509 895 4231

DRAWING PRIZES

Larry Scholl	509 674 9352
Kathy Schultz	509 901 2148
Debbie Dougherty	509 594 5270
Nick Schultz	509 895 4231

Join us in welcoming Sue Ryan-Osegueda (left) as the new co-editor of *The Voice* and Linda Sumner (right) as the new Mini-grant Coordinator



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 chevylvn@icloud.com Sue Ryan-Osegueda • 509 895 4231 yakavegas@gmail.com Design. 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



MINI-GRANT APPLICATION

As a member of **Yakima County School Retirees**, you are eligible to apply for a mini-grant to use with the children in your school. These grants are intended for special projects or classroom materials. **Grants up to \$500 are available.** It is a token of our appreciation for all that you do to help students achieve their potential. This year we have **\$12,000** to award. So let us help you with that great idea you have for your class or school.

Grant applications must be received by **Friday, November 14, 2025**. Applicants receiving grants will be notified by December 14, 2025. If you receive a mini-grant, we ask that you plan to share with us a written description along with pictures of how this mini-grant benefited your students. This will become part of a display at our May 4, 2026 general meeting. Please send it by April 16, 2025 to: Linda Sumner, 2607 Clinton Way, Yakima, WA 98902

Please complete the application below and attach to your typewritten sheet outlining grant details. Make it brief and specific.

APPLICANT NAME _____

GRANT TITLE _____

AMOUNT REQUESTED _____ NUMBER OF STUDENTS SERVED _____

PROGRAM DESCRIPTION - Attach a separate typewritten sheet outlining GRANT details.

APPLICANT HOME PHONE _____

APPLICANT (PERSONAL) EMAIL ADDRESS _____

SCHOOL NAME AND ADDRESS _____

SCHOOL PHONE _____

SUPERVISOR/PRINCIPAL (print name) _____

SUPERVISOR/PRINCIPAL SIGNATURE _____

YOUR SIGNATURE _____

Please return this completed application along with your typewritten grant description to:

**Linda Sumner YCSRA Mini-grants
2607 Clinton Way, Yakima, WA 98902**

This application must be received by the due date: Friday, November 14th.

The completed application must be RECEIVED by the due date.



WSSRA CONVENTION HIGHLIGHTS

Hosted by YCSRA in Yakima, WA



Top L-R Activity Room Cup Stacking - Barbara Clark with delegates, Jan Saxton, enjoying the charcuterie treats, and delegate attendees doing a jigsaw puzzle

2nd Row Attendees playing Connect Four and the Davis HS Folclorico Dance Club waiting to perform

3rd Row Yakima Camerata Club performing



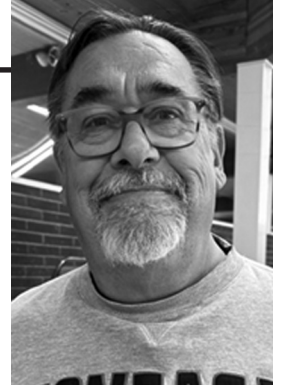
HEALTH MATTERS

By John Osegueda

Review your healthcare options

Fall is right around the corner and pumpkin spice is ready to make its annual invasion into every corner of our lives. It is also the one time of the year to review our healthcare options and to make any needed changes. PEBB open enrollment is set for October 27 and will run through November 24, with changes taking effect on January 1, 2026. You can go to the PEBB homepage to see what the changes are for 2026. If you have another vendor, you can expect information from them as we get closer to the enrollment period.

In the meantime, here is a link to a website I found useful that may answer some questions you might have: “Six Things to Know About Fall Open Enrollment” at www.medicareinteractive.org. In our area there are many agencies that can also help you navigate the healthcare maze, who, as a rule, do not charge for their advice. I will pass along any noteworthy items in future newsletters. Until then:



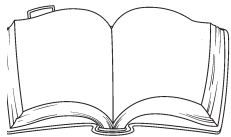
Fall Tips for Health & Well-Being

Autumn is a season of change, and it's a great time to refresh your habits.

Here are some simple ways to stay healthy and enjoy the season.

- Stay Active Outdoors
- Eat Seasonal Foods
- Keep Hydrated
- Dress in Layers
- Boost Your Immunity
- Get Restful Sleep
- Manage Stress
- Watch for Allergies
- Declutter Your Space
- Enjoy Seasonal Fun

Embrace the beauty of autumn—stay active, eat well, rest, and enjoy the season!



Book Corner

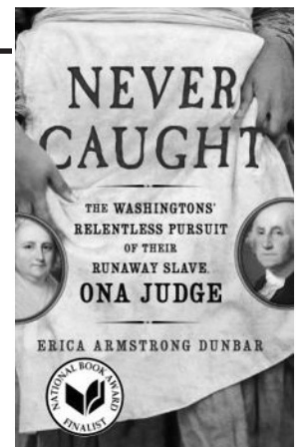
Submitted by John Osegueda: **'Never Caught'** by Erica Armstrong Dunbar

I am the first to admit I'm a history nerd. Ancient history is fine, and European history has its place, but when Jeopardy! pulls up a U.S. History category, hand me a bib because I'm going to eat it up like nobody's business. My bookshelf is full of books chronicling our past, and it is especially rewarding to find a title that gives me a new insight into a person or event. **Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge** by Erica Armstrong Dunbar (2017) is one such book.

We all know deep down that George Washington did not chop down that cherry tree. There's strong doubt he threw a dollar across the Potomac. Less well known is that Washington was a relative failure as a militia officer fighting the French early in his career. I also never realized that Washington owned 123 enslaved people at the time of his death until I read this book. As the title suggests, Washington was involved in the buying and selling of human beings. He was not the only Founding Father to engage in this practice, but it is a part of his legacy that history rarely highlights—making for a fascinating, if troubling, story.

This book tells the story of Ona Judge, a woman born into slavery and her lifelong pursuit of freedom, along with her uncanny ability to remain free. It offers vivid detail about the lives of enslaved people, providing new insight into this dark chapter of our past—especially important today, when some attempt to whitewash history or sugarcoat slavery as simply an economic “asset.”

If you are interested in seeing a different side of one of America's most celebrated heroes, I wholeheartedly recommend adding **Never Caught** to your reading list.



Register for our upcoming webinars:

Go to <https://wssra.org/index.php/webinars> for a list of webinars. It has upcoming webinars you can register for and recorded webinars as well.



October 6, 2025

10:00am

Health Care Authority
PEBB WEBINAR



October 29, 2025

10:00am

Washington State
Investment Board -
Pension Investments
for a Secure Retirement



November 13, 2025

4:30pm

Health Insurance
Options for Early
Retirees - How to
Ensure Coverage
Before Medicare

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PAID
Permit No. 1
Yakima, WA

Yakima County
School Retirees' Association
4708 Fechter Rd
Yakima, WA 98908

