

The Voice



A Newsletter for Yakima County School Retirees

February 2023

FEBRUARY'S MESSAGE

Introducing Lorry Evert-Garvin

I was born, raised and educated in North Seattle (Shoreline) area. I knew I wanted to be a teacher by 3rd grade. I graduated with a BA in Education from Central Washington State College (it became Central Washington University in 1977) although the 3 minor program I had been working through was changed before my senior year. I completed 2 majors - English/History and a minor in Psychology. I carried 22 credits for 2 quarters, did September Experience and Student Teaching in the winter quarter and then graduated.

I had married the summer before and moved to Yakima and commuted to Central that last year. My 1st teaching job was Summitview Elementary in the West Valley School District and then grades 7-8 teaching everything but Science and Math. It was a great experience. We then moved to Seattle where I taught English, Social Studies, Business Math and V groups at the new R.H.Thomson Jr. High. I was in my classroom on the 2nd floor when a 6.3 quake hit! Two students had arrived early and we were huddled together when the light fixtures came cascading down. After 2 years there, I moved back to Yakima and taught at Franklin Jr. High. We bought a house and I retired when my husband was seriously injured.

Then I worked for a year at KNDO TV, typing logs etc. In 1967 I was hired to teach Special Education at WVHS (V groups were classified as special experience), and stayed in that position for 32 yrs. – retiring in 2000. I had divorced my first husband, married again, had 2 sons and lost my 2nd husband to ALS in 1986. I had been active all along in WVEA as a representative and secretary. After retirement, I subbed in the Yakima school district and in a Retire/Hire position from 2003 – 2005 as a Special Needs teacher.

I married again in 2007, moved to Kentucky, subbed there and finally returned to my home in Yakima after my husband passed away. Upon return, Betty Andrews convinced me to join YCSRA. I did and found myself the Health Services Chair for the group.

I am still active in community groups but these last couple of years have been a challenge. I get to present a program for the February 6th meeting called “**Just in Case**” and hope you will attend and bear with me. Wish me luck and be kind!



Central Washington University





THE VOICE

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GENERAL MEETING

When: Monday, February 6, 2023

Where: Englewood Christian Church, 511 N 44th Avenue

Fellowship: 12:30pm

Program: 1:00pm

“Just in Case” presented by Dan Young, EMT. He will present preparedness for seniors. He is YCSRA member, Peggy Young’s son.

Food

Norma Haney 509 961 8616
Sandy Gavin 509 952 9855
Willie Sgambelluri 509 453 3947
Chuck-Gloria Weedon 509 697 8040

Drawing Prizes

Lorry Evert-Garvin 509 961 0125
Peggy Young 509 453 7250
Sandy Gavin 509 952 9855
Kevin Enzminger 509 654 5681

Door Prizes

Jan Saxton and Linda Lockwood

We will see you in February!

**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.

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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: cmstenhjem@msn.com
or 509-966-3409. Leave a message if no one answers.

~ Millie Stenhjem



YCSRA MINI-GRANT WINNERS

December 2022

SCHOOL NAME	TEACHER	GRANT TITLE
Marcus Whitman Cowiche Elementary	Lisa Monson Rhonda Boyle Dennis Richardson	SEL Focus Support TK/PreK SEL Scooters
Lincoln Elementary Toppenish	Kirsten Mulvaney	Attend! Achieve! Succeed!
Moxee Elementary	Michele Gress	This and That
Simcoe Elementary Wapato	Lynda Wall	Quality Instruments for Quality Students
Hoover Elementary Yakima	Mari Lyn Stangland	Reading Assistance for Special Students
Ridgeview Elementary Yakima	Katherine Graham	Learning Through Art for Unique Learners
Nob Hill Elementary Yakima	Deanna Quenzer	Student Developmental Sets
Robertson Elementary Yakima	Nichola Hill Jennifer Jackson Sandy Kerr	Stools, Bench, and Mallets Developing Authors and Artists Fall in Love with Books
St. Joe/Marquette Yakima	Janet Fanciullo	Title 1 Reading Materials
Martin Luther King, Jr. Elementary Yakima	Anne Chapman	Purchase a Ukulele Cart/Recorders
Whitney Elem Yakima	Lori Cleveringa Camille Soria	Restock the Book Vending Machine Amazing Math Minds
Grandview Middle School	Joyce Golob	“Donut” Miss a Day
Highland Junior High	Jamie Pottratz Rebecca Kok Paige Matson	Math Interactive Notebooks HJH Students of the Month PBIS Rewards
Tieton Intermediate	Jackie Panattoni	TIS 5th Grade Field Trip
Harrison Middle School Sunnyside	Darla Van Corbach	Replace Electronics for Robots
Stanton Academy Juvenile Detention Yakima	Susan Harper	Books for Green Pants
Eisenhower High School Yakima	Suzanne Walker Dawn DeGrasse	Food Science Kitchen Lab High Interest Low Lexile Books
Highland High School	Lana Koenes Teresa Brooks Vanessa Williams Megan Jacobson	Chefs in Training Art Supplies PBIS Rewards Knitting Needles

29 YCSRA Active Members received a Total \$11,965 in grants for spring 2023.

Congratulations!



QUESTION OF THE MONTH

WHAT DO YOU ENJOY MOST ABOUT WINTER WEATHER?

I enjoy the snow that covers everything up.
~ **Peggy Campbell**

It's beautiful, but I stay in the house or in my son's car where it is warm. I don't like being cold.
~ **Peggy Young**



Looking at snow from a davenport by a window-especially the snow covered trees. Not traveling through it. Ugh!
~ **Lorry Evert-Garvin**

Cuddling! ~ **Larry Scholl**

Staying inside where it is warm! ~ **Coreen Fortin**

Snow and a warm fire! ~ **Steve Dulude**

Flannel sheets. ~ **Candace Dulude**

I love to shovel snow-Really I do! ~ **Nancy Lindgren**

The thing I like most about cold, winter weather is that it only lasts a couple months! ~ **Jim Churchley**

Sorry but it is when it gets warmer! ~ **Kathy Dyblie**

That it is outside and beautiful! ~ **Jane Butler Nix**

The memories of summer past. ~ **Robert Swope**

Actually pretty much everything. Snow is so clean and lovely until the thaw comes. ~ **Paul Schaffer**

Sitting before a cozy fireplace and watching the snow fall.
~ **Anonymous**

SNOW-I love snow!! Skiing. Snow blowers!
~ **Ken Stenehjelm**

Sitting in front of a fire and reading! ~ **Anonymous**

Wearing sweaters and vests, along with warm, comfy, fur lined boots! ~ **Kathy Schultz**

When my snow thrower starts on the fist pull and hot chocolate with Schnapps. ~ **Nick Schultz**

Editor's Note:

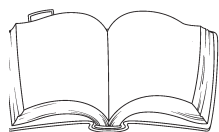
Four responses to the December Question of the Month "What is your favorite childhood candy bar? Is it still your Favorite?" were inadvertently overlooked. So here are 4 more responses:

Baby Ruth. Now it is Kit Kat ~ **Linda Braun**

Big Hunk. Not now, too chewy. ~ **Jan Saxton**

Senator. Dark Chocolate. ~ **Ulla Whitmont**

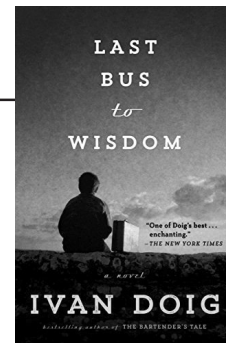
Hershey bar then. Now I try a higher grade of chocolate bars. ~ **Kathy Dyblie**



Book Corner

Here are some books recommended for your reading pleasure:

- **Last Bus to Wisdom** by Ivan Doig
- **Service for Two** by Lane Loland
- **Devotion** by Adam Makos
- **Murder & Mayhem in Central Washington** by Ellen Allmendinger





BITS & PIECES



By Peter Diedrick, WSSRA Legislative Coordinator

The 2023 Legislative Session is underway. It is scheduled to be a 105-day session and adjourn by April 23. The Legislature is set up for online work, but is mostly back to in-person operations. This is a budget writing session.

WSSRA's legislative team is working on several issues this session:

1. Passing Plan 1 COLA legislation. The Select Committee on Pension Policy has recommended a 3% COLA for plan 1 retirees. That measure must still pass the legislature before the April 23 deadline. We are advocating to get the COLA increased to match the Social Security increase.
2. Protecting the \$183 Medicare Eligible Healthcare Benefit.
3. Equalizing healthcare benefits for plan 2 and plan 3 retirees. Plan 3 members have more rights to defer their PEBB retiree insurance.
4. Full pension funding. TRS 1 and PERS 1 are expected to be fully funded by 2025.
5. Optional age based jury duty deferrals. This request comes from a WSSRA unit. Legislation would allow seniors over age 70 to defer jury without a physician's note.

HEALTH MATTERS



By Lorry Evert-Garvin

As I write this, it's cold, gloomy, at least not snowing or raining, but no sun to brighten the day. This has been going on for at least a month, and my response has been to hibernate. We all needed to get things done during the past holiday season, but the weather made it impossible for me to move about. I'm still not through with my Christmas shopping!

I learned something after the first big snow-don't use clumping cat litter on sidewalks or ramps. Works real well in litter boxes, but when sprinkled on snow or ice, it forms mounds of goo that when it stays on ramps it turns into a concrete mess that clings to shoes, boots, wheels, etc. and is carried or dragged into car and house. If allowed to dry, you'll need a chisel to remove. What a mess! I would have used irrigation water to wash it off, but that source wasn't available in winter.

This brings me to the subject at hand-EXERCISE. We all know that to remain healthy and vibrant, we need to get as much movement as possible and most of us have used walking or a gym to keep in shape. The weather has given me an excuse to just remain indoors, safe, secure and to just vegetate. This is not healthy for any of us. We need to keep moving! Do stairs, get up from your chair and walk around the house every half hour. Just keep your body moving.

The holiday season presented itself with tons of snacks, (sugary and salty) and these are incredibly hard to resist when they seem to call out to you to take a bite. Try to eat healthy foods including fruits, vegetables, fish, lean meats and drink plenty of water. Too much of anything brings regret. That old saying: "Have something to do, someone to love and something to look forward to" is still good advice. Spring is about 2 months away, but start planning something to look forward to. It will bring you joy, erase depression and add a little hope to your future.

Keep safe, warm, dry and guard your health. Your health matters and you matter!

Stay well, Lorry

Our Wish For All In 2023

Kathy and Nick Schultz

LESS

Talking
Planning
Soda
Junk Food
Complaining
Worrying
Doubting
Laying Around
Frowning
Insecurity
Weakness
Ignorance
Hate
Ungratefulness

MORE

Listening
Doing
Tea
Salad
Encouraging
Hoping
Believing
Working Out
Smiling
Trust
Confidence
Understanding
Love
Gratitude

THIS NEW YEAR JUST BE HAPPY!



2023 is here! Enjoy the new year and new opportunities!

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