



“Using a democratic structure, SABEA supports student success and works toward improving the professional, economic, and personal lives of our members and families.”

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**NOTE FROM PRESIDENT RUTH SHIPPEE:
“THEY DID, WE SHOULD, WE WILL”**

Dear SABEA members and retirees,

What a difference a month makes!!!!

We started a new year. We have a new president. We have a new Congress. We have seen how people can come together in a peaceful way to voice their concerns and views. We see Congress continuing to look at what is best for their party and not necessarily what is best for our country. We are seeing things in Albany heating up again:

- Gov. Cuomo trying to change things up with his mobile, multiple state of the state speeches and lawmakers fighting with each other.

- And now, an anti-public education Secretary of Education.

Business as usual? Some things are changing. Representatives at all levels are expressing how they are getting emails, letters, calls and actual visits from constituents. They are, even though the vote on DeVos went the wrong way, beginning to feeling that we are not going to just let things go on as usual and not voice our concerns and focus.

Inside you will again find some information that will help you to take those steps: making the phone calls is easy and very painless. You just call the office and a staffer will take your name and contact information and what your topic is. The staffers then get the information to our representative. Easy! We need to keep up the press.

This is our time to make a difference- don't be left on the sidelines during this critical time in our lives and the life of our country.

In solidarity-

Ruth



Sunshine Club Report

Keep these SABEA members in mind both for support and in joys!
Let Laura at sunshineclublaura@hotmail.com know about any life events: she would rather hear multiple times than not recognize and reach out to people. This also includes information regarding our many retirees!

January 2017

GET WELL

John Heslin: Surgery
Lisa Fearis: TA Sanford St: Surgery
Pam Valastro: TA SAEC: Surgery

WE ARE SO SORRY FOR YOUR LOSS

Amanda Dean: Uncle Passed
Kevin Buell: O&M, Myers: Uncle Passed
Pam Thomas: TA, TSPN: Dad Passed
Kelly Dowd: Aunt Passed
Stacy Kelly: Mother in Law Passed
Amy Harris: Sister in Law Passed
Corky Tucker: O&M, Myers: Uncle Passed
Paula Katz: Myers: Death in Family
Joanne Bemis: Son Passed

CONGRATULATIONS

Andrew Gates: Myers: Welcomed a new baby boy!



UNION REPRESENTATION

As an employee, you may have a right to the presence and counsel of a union representative at a meeting where your conduct is being questioned and you reasonably believe disciplinary action may result. If you are in doubt about whether you are entitled to union representation, ask for it anyway.

This year's reps are:

SAEC:

- o Michele Morris 321-4552 *mmorrisunion@gmail.com*
- o Lisa Colvin 260-9994 *colv77@yahoo.com*
- o Owen Landrey 914-772-7669 *owenlandrey@gmail.com*
- o Keaysie Carpenter 681-6822 *misskeaysie@gmail.com*
- o Jim Blakey 793-1416 *jblakely8615@roadrunner.com*
- o **Gick Road:**
- o Chris Guenther *cgguenther01@gmail.com*

Itinerants:

- o Terry LaNoir 796-3154 *tdlanoir@gmail.com*
- o Deena Pearlee 307-3619 *dctracy73@yahoo.com*

Myers:

- o Paul Cerone 583-9935 *pcerone@gmail.com*
- o Jane Amorosi 355-8576 *janie64@nycap.rr.com*
- o Mary Moyles 322-1273 *shamrocks2@aol.com*
- o Kim Weaver 884-8153 *kweav60@gmail.com*
- o Linda Parker 232-0985 *waystation1977@gmail.com*

SSTLC:

- o Mike Dinsmore 683-8712 *md1093@yahoo.com*

WSTLC:

- o Nancy VanVoast 496-5958 *nvsquare@gmail.com*

Retiree

- o Stephanie Pischel 355-0360 *spischel@netzero.net*

SABEA Members: Bulletin Board

This feature contains information about things members are doing. This may include items like bands they play in or plays they are a part of. Kicking off businesses could also be included. Send your information by the 2nd week of the month to SunshineClubLaura@hotmail.com to be included in the newsletter. Items may also be added to our FACEBOOK page so send in the information.

- **Doggie Treats!** Homemade dog treats with no added preservatives. Contact Nicole Mabey at buddysbarkery1@gmail.com or 518-321-6274
- **Arbonne:** Tracey Rockenstyre is your independent consultant for Arbonne international, a health and wellness company. Here's a link to her website: www.bit.ly/tracyrock also have a fb biz page: @trockarbonne



Food for Thought: Broccoli Roman Style

Ingredients

1 bunch broccoli, cut into florets, stems peeled and sliced
2 teaspoons plus 1 tablespoon olive oil
2 tablespoons whole-wheat panko breadcrumbs
5 garlic cloves, sliced
1/3 cup white wine
Pinch red pepper flakes
Kosher salt
Zest of 1/2 lemon



Directions

Cook the broccoli in a large pot of salted boiling water until just bright green, about 3 minutes. Drain and cool under cold running water. Drain again and pat dry with paper towels.

Heat 2 teaspoons of the oil over medium-high heat in a small saucepan. Add the panko and cook, stirring, until the panko is just lightly toasted, 2 to 3 minutes. Set aside.

Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, until it just turns golden around the edges, about 3 minutes. Stir in the wine, pepper flakes and broccoli. Sprinkle with salt and cook, stirring frequently, until the broccoli is heated through and the wine has evaporated, about 5 minutes. Transfer to a platter and sprinkle with the panko and lemon zest

February is National Wellness Month

Use the 5 steps to help you celebrate spiritual wellness and create inner alignment



1. Nurture your inner self with an everyday retreat. Take some time away from your busy schedule and create a retreat at a place where you feel *peace*-filled and connected to your source. This could be at the beach, the mountains or your favorite spa.

2. Create or redefine your life vision and purpose statement. A retreat is the perfect place for journaling and looking within. This may be the perfect place to create or redefine your life vision and purpose statements. We are very familiar with the importance of a vision and purpose statement for business, however, creating these statements for your life will help you bring clarity, meaning and direction to every area of your life especially your career or business.

3. Connect your vision with your heart by defining your guiding principles. Your guiding principles are the philosophy of how you live your life regardless of changes in your goals, career or relationships. It is a barometer in which to gauge if you are on target with your actions and decision.

4. Live in harmony. Decide to live each day in harmony by aligning your vision, purpose and guiding principles with every area of your life to include your career or business.

5. Have fun. Do something that you absolutely love doing and that allows you to feel connected to your source and your life purpose.



Legal plan updates

Didn't get in to do your paperwork for your will, etc.? Don't worry, there is still time.

Steps:

- 1. Take form that is on our SABEA website**
http://sabea.ny.aft.org/files/legal_security_package_questionnaire.pdf
- 2. Complete for yourself and your spouse/significant other**
- 3. Mail to address on back page of packet**
- 4. When completed documents arrive to you in the mail, take to one of the lawyers listed and they will witness your signing (at no charge)**
- 5. And you and your loved ones will have peace of mind.**

Don't wait-- too many of our members have been in a situation where they wished they had done this. This service is at no additional cost to you and would cost you several 100's of dollars if you went to have these documents completed outside of the legal plan.

Financial plan updates

Financial Advisors:

Is your money working the best that it can for you? Don't have enough money? Want to have more? Contact Call Stacey Braun Assoc. at [\(888\) 949-1925](tel:8889491925) to make an appointment today!!

Through the Financial Plan that SABEA purchased trained financial advisors can help you navigate how to make your assets- however small or large they are- work better for you. They do not sell any products, just evaluate what you have and where you might do better.

Call today! A Certified Financial Planner from Stacey Braun Associates will be **holding consultations from 1pm – 6pm on the following days:**

Feb. 28th – Myers Center: 15 Henning Road, Saratoga Springs NY 12866

Mar. 14th – SAEC: 1051 Dix Ave, Hudson Falls, NY 12839

Apr. 11th - Myers Center: 15 Henning Road, Saratoga Springs NY 12866

May. 9th - SAEC: 1051 Dix Ave, Hudson Falls, NY 12839

June. 12th - Myers Center: 15 Henning Road, Saratoga Springs NY 12866

Topics you could discuss include: Retirement, Debt Management, Budgeting, Investments (403b, etc.), Estates, Elder Care, Education Funding Methods, Refinancing, Financial “second opinion”, Life, Disability, Long Term Care Insurance, Any other financial topic

Items from AFT

Looking for ideas for a lesson? Have a really great lesson that you would like to share with others? Check out Share my Lesson <https://sharemylesson.com/>

This site has ideas on lessons that have been vetted and ready to use. Share your ideas and work with educators from around the country.

MUSLIM BAN AFFECTS AFT MEMBERS AND STUDENTS

Faculty, staff and students studying and teaching in the United States are scrambling after President Trump barred entry into the country for many foreign nationals. Those who are abroad visiting family or at academic conferences face the possibility of no return for the 90 days of the executive order. Those in the United States are canceling travel plans, afraid if they leave this country they will not be allowed to return. Many have been in the United States for years, with long-term jobs and families well-ensconced in schools, careers and communities. Trump's executive order also bans entry to the United States for all refugees from Iran, Iraq, Libya, Somali, Sudan, Syria and Yemen. Most are fleeing their war-torn countries' violence. The AFT has many members who could be shut out of the country or who have been prevented from traveling since the Jan.27 executive order went into effect. The national union is disseminating information and resources on these executive orders and offering some legal advice for foreign nationals from the affected nations.

http://allin.rtp.aft.org/aft-opposes-trump-executive-orders-information-and-resources?link_id=3&can_id=0e9ea45e1fbd3f92faa34af6d72e3d0c&source=email-inside-aft-feb-3&email_referrer=inside-aft-feb-3&email_subject=inside-aft-feb-3

- **Share My Lesson has resources for teaching about refugees and immigration.**

EDUCATORS UNIONIZE AT CLEVELAND CHARTER SCHOOL

Educators at a fourth Cleveland charter school won union representation after administrators agreed to voluntarily recognize the educators' effort to join the Cleveland Alliance of Charter Teachers and Staff (ACTS). An overwhelming 94 percent of staff at the lower campus of Northeast Ohio College Preparatory School (NEO K-8) signed a petition two weeks ago stating their support for joining Cleveland ACTS and requested the school voluntarily recognize their union. Cleveland ACTS, affiliated with the AFT and the Ohio Federation of Teachers, then secured a formal card check agreement with I Can Schools, the company that manages a network of Ohio charter schools, including NEO K-8. "We are so happy to join the Ohio Federation of Teachers," says Megan Walker, intervention specialist at NEO K-8. "Unionizing has helped us grow closer and truly understand the meaning of power in numbers. We are committed to helping our scholars succeed academically as well as giving them positive role models who will fight for them. We are united and ready to make a difference in the Cleveland charter school community."

THINK VOTE COPE DOESN'T MATTER... READ THIS:



REPUBLICANS PUSHING NATIONAL RIGHT-TO-WORK LAW

So-called right-to-work legislation, introduced Feb. 1 in the U.S. House of Representatives, should really be called "right to work for less." It needs to be recognized for what it is, AFT President Randi Weingarten says: a full-frontal assault by corporate America and the U.S. Chamber of Commerce to strip working people of any voice at work, resulting in CEOs having more power and the working class having reduced wages. "The evidence is clear," she notes. "Right-to-work laws trigger a race to the bottom that shifts full-time jobs to part time, encourages off shoring, and guts health and safety laws. The average worker makes \$6,000 less in right-to-work states. Workplace deaths are 44 percent higher in those states. And of the 20 states with the lowest education spending per student, 19 are right-to-work. Unions help all workers get ahead, not just their members. They protect workers' safety and give them a voice in politics."



BOCES Lobby Day is Wednesday, March 1st a team will be going to Albany to provide important information to legislators and their staff. This is our opportunity to talk with lawmakers directly about foundation aid, tax cap, aidable salary cap, expanding access to graduation pathways, etc.

The issues NYSUT will be advocating during next month's Day of Action include: fully funded community schools, limited standardized testing, protecting undocumented students, ensuring access to affordable higher education and living wages that lift working people out of poverty.

NYSUT, according to the Board's resolution, "will join with AROS to lead the resistance to efforts to attack public education, immigrants, worker rights, and lift up our positive vision to protect and improve public education."

New York State United Teachers is a statewide union with more than 600,000 members in education, human services and health care. NYSUT is affiliated with the American Federation of Teachers, the National Education Association and the AFL-CIO.

Executive Vice President: Nicole Mabey

Each month I try to either share some important news from NYSUT or to entice you to become an active union member. This month I have included a summary of NYSUT President Karen Magee's latest message.

NYSUT is going to be talking to members in the days ahead as they home in on new specifics to bring our mission statement to life. NYSUT needs your input to get this right because there's so much coming at us and we need to keep moving forward. The NYSUT officers and the Board of Directors have spent a lot of time recently updating NYSUT's Frameworks. The next step is to solicit input and feedback from you. Members of the Board will bring the draft document to local leaders and rank and file members in their election districts for discussion, review and comment. From these conversations, ideas will be collected to incorporate in the final version. The hope is to complete this before the 2017 NYSUT RA in April so that the Board can adopt a final version at the convention.

In other news, by now you probably know that Betsy DeVos has been confirmed. Public education may be in for a wild ride. Please stay informed by reading your NYSUT publications.

NYSUT Conferences

Local & Retiree Council Presidents Conference: April 6-7 – New York City

Representative Assembly: April 7-9 – New York City

[Health & Safety Conference](#): March 3-4 – Saratoga Springs

Professional Issues Forum on Health Care: April 22 – Latham

Local Action Project Conference (LAP): July 10-14 – Saratoga Springs

SRP Leadership Conference: October 20-22 – Albany

Community College Conference: October 27-29 - Saratoga Springs

NYSUT News

Here's another reason to vote NO on the constitutional convention Nov. 7.

The same politicians who are sitting in Albany could rewrite the legal document that governs every other law currently on the books and any law that comes after.

Put simply: The foxes will guard the hen house and get paid double for it to the tune of \$79,000 each. (oh, and that's on top of their regular annual salary.)

March SABEA Representative Meeting: Presentation

At the March Representative Meeting on:

March 8, at 3:30 SAEC Computer lab- Building C

There will be a guest speaker from **Washington County Civil Service**. As the BOCES business office is in Washington County, this is the office that guides Civil Service positions at BOCES.

Come find out some of those questions you have had for a long time.

How to take some action to support schools and other issues:

Sign up for newsletters like the one at:

- *Did someone send this to you? Sign up for this weekly checklist here:* <http://jenniferhofmann.com/home/weekly-action-checklist-democrats-independents-republicans-conscience/>

What to Do This Week of February 5, 2017 Action Checklist for Americans of Conscience

- We have [91 weeks](#) to mid-term elections. Deep breath--here we go!
The intention of this weekly document is to make clear, hype-free suggestions for action backed by well-considered research. If an issue doesn't affect you, consider whether you would support this issue on behalf of other Americans, then act accordingly. Although diligently prepared, contents are subject to human error. Please do your own research.
- I believe I can make a difference.
Print out the [Americans of Conscience Action Worksheet](#) and make a plan.
(Or use this adorable [pocket version](#) by the amazing [Kelly Wooten!](#))

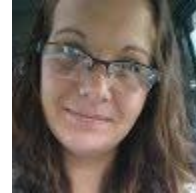
Featured 'New' Staff



Gail Donaldson started on September 15th. She is the Office Clerk in Building G at SAEC for the BEST and TSPN Special Programs. She has been married 25 years

to her husband, Mike. She has two children, Tiffany and Brandon and a 3-month old grandson, Gage.

Lauren Camarda is as a 1:1 Aide in Building G at SAEC in a 6:1:1 class for the TSPN Special Program.



Social Committee

Roll your way into spring!

When: March 10, 3:30

Where: KingPins Alley, Rt. 9, Glens Falls

Cost: \$8. Includes 2 games, shoes, pizza, soda

Retirement Party

Will be held June 6th... more info. to come



Woman's March
In Washington
DC January, 2017

You asked for it... and you got it!

Third Annual Member Appreciation Month set for February 2017



Don't miss out... join MAP!

NYSUT Member Benefits and our endorsed program providers will once again be teaming up for the Third Annual Member Appreciation Month set for February 2017 in recognition of all you do to make *NYSUT union strong*.

To be eligible for these drawings, you simply need to be a member of the voluntary MAP Alert email service or sign up before January 31, 2017.

MAP Alerts are a convenient way to learn about new endorsed programs; updates to current programs; and special offers unique to MAP Alert participants -- without being inundated with emails.

Prize drawings will be held each day, with the winners announced exclusively on the Member Benefits website throughout the month of February.



Win prizes such as Best Buy, Amazon or American Express gift cards; car rental certificates; wireless speakers; an i-Pad Mini; and many more.

Last's year Grand Prize winner received a free vacation to Orlando, FL!

We encourage you to spread the word to your colleagues about this special event. **So if you see a phone call or email from us, make sure you answer it!!!**

For more details about this exciting event, visit the Member Benefits website at memberbenefits.nysut.org or call **800-626-8101**.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

Jan./Feb. '17