



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

<i>President's report</i>	<i>Page 1-2</i>
<i>Social Committee</i>	<i>Page 2</i>
<i>Sunshine Report</i>	<i>Page 3</i>
<i>3rd Week Rep Meetings</i>	<i>More info. for Rep. meetings on page 4</i>
<i>New members</i>	<i>page 5</i>
<i>Members Bulletin Board</i>	<i>page 6</i>
<i>Food for Thought</i>	<i>Page 6</i>
<i>What National Month is it?</i>	<i>Check out page 7</i>
<i>Conferences and workshops</i>	<i>Page 7!</i>
<i>NYSUT News</i>	<i>Page 8</i>

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

Dear SABEA members and retirees,

I am writing this reflecting on the many women and men who have served our country in the various branches of armed forces. I am so grateful to them pledging their lives to protect our country, our way of life and democracy. Our debt to them is immeasurable. THANK YOU!

This week brought the end to an election cycle that is like none that I remember. I hope that as we move forward on all levels, the concerns and hopes of the electorate will be addressed. We

all need to work at healing and supporting everyone in the US- we *are great* and continue to work for ways to make life better for all Americans of all backgrounds and conditions. I encourage each of us to continue to be more informed and contact our local, state and national lawmakers.

I would like to give a shout out to the many staff who works to make sure that our students and members of the community making a difference especially at Thanksgiving. Various programs create a special community/family experience by sharing a meal together. Others like at Myers and SAEC also do food baskets so people can eat over the holidays. SABEA is a proud sponsor of those efforts. If you are interested in contributing, call SAEC at 746-3500 or Myers 581-3600 and see what they still need for help.

During this transition time, I am looking at all that I have to be grateful for and what I need to do to support others so they can have a better life. I hope you have an opportunity to reflect and plan your efforts.

Happy Thanksgiving.
In Solidarity of our Labor-

Ruth
sabea.nysut@gmail.com

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!

September 2016

GET WELL

Deana Pearlee, Music Dept.: Injured
Maria Richards: extended illness
Kim Monroe, Myers: Ill
Tom Coffinger: Ill

CONGRATULATIONS

Alicia Behan: Married
Mary Baker: Married
Ian Hamilton: Welcomed a baby boy

WE ARE SO SORRY FOR YOUR LOSS

Kim Ferguson, Myers: Brother passed away
Kerri Bruno, Myers: Grandfather passed away
Margie, Teacher registry: Husband passed away
Margaret Chadwick, retiree: Passed away



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 *jparker24@nycap.rr.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*

Please join us in welcoming New Employees since 8/31

Karen August, Christian Bruce, Georgianna Bull, Gregory Nathan Chandler, Lisa Corbett, Jessi Corrigan, Amanda Dennis, Brooke Einig, Andrew Gates, Katherine Gonzalez, Erin Herkenham, Mollie Horgan, Laura Johnson, Michelle Johnson, Ashley Kearney, Amy McElhinney, Charles Munro, Alicia Pierce, Christina Rees, Katherine Riggins, Janeen Savage, Emily Tarity, Kaitlyn Tesiero, Sarah Turcotte, Brandi Ramsey, Courtney Sayward, Mary Quonce, Stella Cho-O'Grady, Gail Davidson, Kathleen Mahan, Alissa Gallo, Lauren Camarda, Linda Parker, Janelle Cahee, Gary Gordon, Michelle Savoie, Mary Whalen, Stacey Kelly

NEW MEMBER OF THE MONTH: ANDREW GATES!

MY NAME IS ANDREW GATES. I AM ORIGINALLY FROM OXFORD NY, IN CHENANGO COUNTY. I ATTENDED CORTLAND FOR MY UNDERGRAD IN HISTORY EDUCATION. I GOT A JOB RIGHT OUT OF SCHOOL TEACHING IN ENDICOTT BUT GOT LAID OFF AT THE END OF MY FIRST YEAR. THIS ALLOWED ME TO GO BACK TO SCHOOL TO WORK ON MY MASTERS IN SPECIAL EDUCATION AT BINGHAMTON UNIVERSITY. DURING THIS TIME, I BEGAN AN INTERNSHIP AT THE MAGIC PAINTBRUSH PROJECT, A THERAPEUTIC FAMILY ENGAGEMENT PROGRAM SERVING INDIVIDUALS WITH DISABILITIES FROM ALL AGES. AFTER FINISHING MY MASTERS, I ACCEPTED A JOB AT DCMO BOCES IN NORWICH NY TEACHING HISTORY IN AN ALTERNATIVE HIGH SCHOOL SETTING. A YEAR AFTER STARTING THAT JOB, WHILE AT A FRIEND'S WEDDING, I MET THE WOMAN WHO WOULD BECOME MY WIFE. IN MAY OF 2013, WE WERE MARRIED AND SOON HAD A DAUGHTER. IN THE SPRING OF 2016 I WAS INFORMED BY MY SCHOOL THAT I WOULD BE GETTING LAID OFF AT THE END OF THE SCHOOL YEAR. THIS ALLOWED ME TO START LOOKING FOR NEW OPPORTUNITIES AND TEACHING AT WSWHE BOCES SEEMED LIKE A GREAT FIT. MY FAMILY MOVED TO VERMONT TO THE DAIRY FARM OWNED BY MY WIFE'S PARENTS IN AUGUST. MY BIG PASSION, OTHER THAN TEACHING, IS BREWING. AT SOME POINT IN THE NEXT FEW YEARS, MY BROTHER-IN-LAW AND I ARE HOPING TO TURN THAT PASSION INTO A BUSINESS.

I AM HAPPY TO BE A PART OF YOUR TEAM AND WELCOME THE OPPORTUNITY TO MEET EVERYONE.

-ANDREW GATES

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.

- **Gluten Free Baked Goods!** Contact Laura Rychcik for delicious gluten free cookies and cupcakes (from a dedicated gluten free kitchen)! For order information contact: Laurars31@gmail.com



- **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: Cream Corn

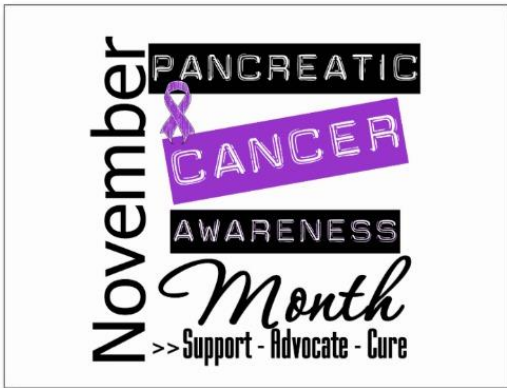
- 2 (10 oz.) packages frozen corn kernels, thawed
- 1 cup heavy cream
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons butter
- 1 cup whole milk
- 2 tablespoons all-purpose flour
 - MAKE IT **GLUTEN FREE**, use all-purpose Gluten Free Flour!



Directions

- ✓ In a skillet over medium heat, combine the corn, cream, salt, sugar, pepper and butter.
- ✓ Whisk together the milk and flour, and stir into the corn mixture.
- ✓ Cook stirring over medium heat until the mixture is thickened, and corn is cooked through.
- ✓ Remove from heat, and stir in the Parmesan cheese until melted.
- ✓ Serve hot.

November is Pancreatic Cancer Awareness Month



In 2002, the Pancreatic Cancer Action Network declared November National Pancreatic Cancer Awareness Month. In the United States, pancreatic cancer is the fourth leading cause of cancer death and has a mortality rate of 99%— the highest of any cancer.

Pancreatic cancer

One of the deadliest cancers because it spreads rapidly and is seldom detected early.

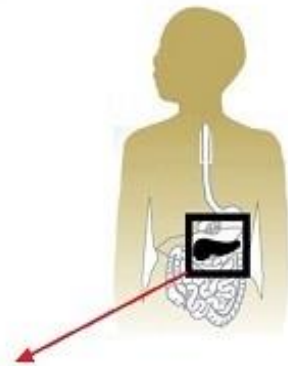
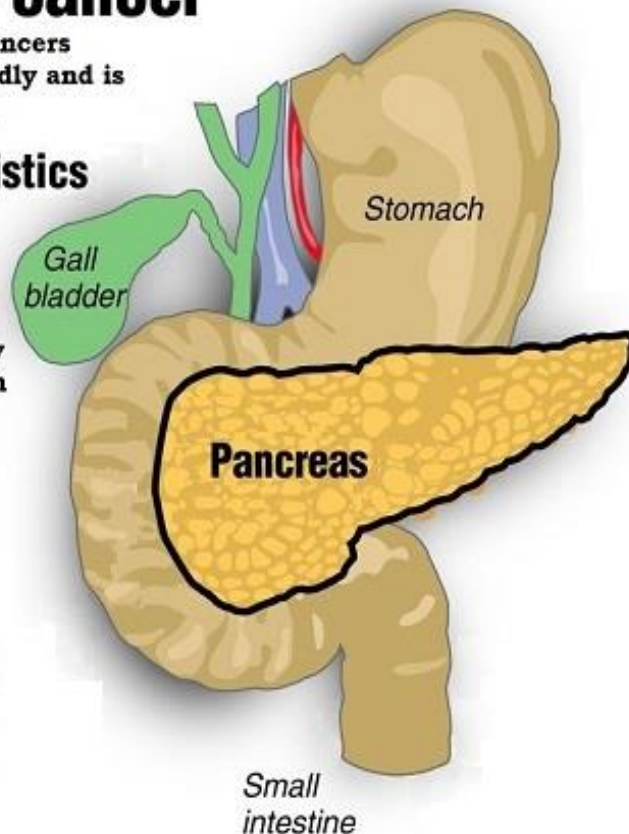
Cancer characteristics

Only minor symptoms are experienced until the cancer is advanced until the disease is in its advanced stage; very hard to treat; more men develop the disease than women.

Survival rate 3-6%

Causes, risk factors

- Smoking
- Diet high in animal fat
- Diabetes patients
- Alcohol consumption
- Chemical exposure



Main symptoms

- Pain in upper abdomen, may radiate to back, gets worse when patient eats or lies down
- Jaundice when tumor blocks bile duct
- Weight loss
- Nausea
- Itching of skin

CONFERENCES, WORKSHOPS, AND WEBINARS

Register online for 2016 Member Benefits Conference

Register now for the [2016 NYSUT Member Benefits Conference](#),

Nov. 18-19

Saratoga Hilton.

All local leaders, benefit fund trustees and administrators are encouraged to attend. The registration fee is \$175 per person, due by Nov. 4.

- For the first time, NYSUT will be offering a pre-conference forum for individuals looking to better understand school district health insurance consortia. Pre-conference registration is \$25 per person.

Risks of wireless technologies and protecting children and staff in schools

- If you missed the Dec. 9 Health and Safety webinar on the risks of wireless technologies and protecting children and staff in schools presented by Patti Wood, Executive Director, Grassroots Environmental Education, visiting scholar, Adelphi University College of Nursing & Public Health.

<http://www.nysut.org/resources/special-resources-sites/workplace-health-and-safety/webinars#TraumaSensitiveSchools>

Trauma Sensitive Schools - Transformational School Climate Change

It is estimated that nearly every school has children who have been exposed to traumatic experiences.

This NYSUT webinar addresses:

- The prevalence of trauma among school children
- The impact of trauma on behavior, relationships and learning at school
- The elements of a trauma sensitive school approach
- Resources for implementation
 - <http://www.nysut.org/resources/special-resources-sites/workplace-health-and-safety/webinars#TraumaSensitiveSchools>

*******NYSUT NEWS*******

During the recent NYSUT SRP Conference, SABEA's SRP unit was honored for their contributions to VOTE COPE based on the average of our contributions. Our SRP unit recognizes the importance of contributing to this separate organization to influence policy makers on what is important to us as union members and those who work in an educational environment.

Way to go SRP's!

.....

[School-Related Professionals Recognition Day](#), celebrated this year on Tuesday, Nov. 15, recognizes the importance of the NYSUT members who are an integral part of students' educational experience.

SRPs are cafeteria workers, custodians, building and grounds workers, clerical staff, bus drivers, monitors and attendants, mechanics, teacher aides and teaching assistants, health care professionals, security personnel and many other members.

ALERT

All members!!!!!! SABEA representatives and executive board has found out from members that some have been called into meetings and not been informed that the meeting is disciplinary. You are, **by labor law**, entitled to have union representation with you. **If you are in a meeting and begin to feel that it is becoming a meeting where it will be turn disciplinary, use the following:**

Please use this information below when asked to meet with a supervisor:

"If this meeting is in any way related to my work performance or attendance, then I respectfully request that a SABEA Representative be present. Please schedule this meeting at a date and time when my SABEA Representative can be available."

Then, call Ruth (321-8676) for assistance in obtaining the appropriate representation. The SABEA President should be informed prior to such a meeting by the BOCES to follow labor law. We select, not administration, who the representative will be in those meetings.

This does not mean that you can't meet with a supervisor by yourself BUT, know that you are entitled to have a representative with you in disciplinary situations. The ONLY way that our organization, SABEA, knows that you have been asked if you want a representative is for request for representation to go through Ruth. Otherwise, there is no proof that the law is being followed.

.....



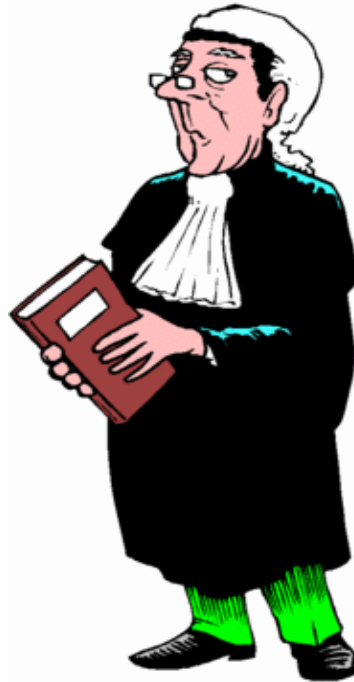
Legal Service Plan- *another NYSUT Member Benefit group plan brought to you as an active member of SABEA*

For the 2016-2017 school year, SABEA active members can take advantage of the benefits of the group legal plan.

First of all each member can have an annual simple will, power of attorney, health care proxy and living will done. For most of our members a spouse or significant other would receive all four this year too.

Other benefits of the plan:

- telephone advice & consultations with an attorney who is an expert in the field of your concern
- legal letters written & phone calls made on your behalf (ever been in a situation that you “just needed your lawyer to write a letter?”



- Guaranteed maximum fees for specific legal matters
- nationwide referral attorney network
- discounts on personal injury cases
- document preparation at fixed rate

Among other items...

All active SABEA members should have received an envelope entitled “Legal Service Plan Material Enclosed” from their reps. The number to reach the main law firm of Feldman, Kramer & Monaco is 1-800-832-5182 9 am-5 pm Monday to Friday. Emergency hotline number is 1-800-292-8063.

Members interested in completing their *will, power of attorney (POA), health care proxy or living will* need to complete the questionnaire and mail to the law office listed above or make an appointment at one of the two will days in December.

EVERYONE WHO DOES NOT HAVE ONE OF THESE DOCUMENTS SHOULD DO THIS!!!!

Will Days: Tuesday, December 6 Sanford Street (9 am-11:30 am)
SAEC noon- 5 pm

Wednesday, December 7 at Myers in the Board Room (9 am – 5 pm)

To be scheduled, contact Ruth Shippee and your preferred time and location by November 30. It takes about 15 minutes to review your notes with the lawyer.

To all active SABEA members:

Do you have all the financial security that you could ever want? If so, go on to the next article... if not, consider talking to the following resource that is part of a group member benefit package that we, as SABEA active members, have this year. Stacey Braun DOES NOT sell any products but looks over your current situation and helps you to develop a plan on how to get to a more secure future.

“But I don’t have anything spare to invest”--- It can’t hurt to meet with Stacey Braun- they might be able to find an idea that could help you.

We currently have two dates for meetings but you can call and arrange others. We also plan to have additional meetings scheduled.

Even if you have a financial advisor, a fresh perspective could give you some further ideas. (Spouses and dependents are welcomed to come with you for these also.)



SARATOGA ADIRONDACK BOCES EMPLOYEE ASSOCIATION

TO ALL ACTIVE SABEA MEMBERS

RE: Stacey Braun Associates, the provider of our Financial Planning Benefit.

SABEA provides a Financial Counseling Program to all members. This NYSUT Member Benefits endorsed Program is designed to provide you with a personal review of your finances, to help answer

your financial questions and/or assist you with the development of a financial strategy.

A Certified Financial Planner from Stacey Braun Associates will be **holding consultations from**

1pm – 7pm as the last appointment on the following days:

November 29th, 2016 at Southern Adirondack education Center

December 20th, 2016 at F. Donald Myers Education Center

Call Stacey Braun Assoc. at [\(888\) 949-1925](tel:8889491925) to make an appointment today!! Spouses, significant others and family can attend appointments.

Topics you might want to cover in your confidential review can 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

Remember, these services are paid by SABEA and THERE IS NO ADDITIONAL COST TO YOU!!

Stacey Braun Planners are prohibited from selling investment or insurance products. Further, they have no affiliation with any 403(b) provider!

If none of the dates listed are convenient for you, you should still contact Stacey Braun Associates, as other arrangements can be made. [\(888\) 949-1925](tel:8889491925)



**NYSUT MEMBER BENEFITS
ANNOUNCES 4
NEW ENDORSED PROGRAMS!**



Office Depot/OfficeMax

This program offers NYSUT members & their families the opportunity to save up to 80% on almost 100,000 products in all Office Depot/OfficeMax locations or online through the company's website; the average savings on items is approximately 30%. NYSUT members can save on school supplies, office supplies, ink & toner, copying & printing, and much more.

Tunstall Medical Alert

Tunstall offers a variety of medical alert products that ensure NYSUT members and/or their family members living alone can get quick assistance when they need it; the majority of Tunstall's products have a lightweight, waterproof activator that can be worn around the neck or wrist.

When pushed, the Tunstall activator signals a base unit that in turn communicates directly with the Tunstall 24/7/365 Emergency Response Center. Tunstall offers personal emergency response systems for both traditional landline and cell phone users that directly connect with the Tunstall Emergency Response Center when the activator button is pushed.

Premier World Discovery

This program offers a variety of group tour vacations designed for active adult American travelers specializing in domestic and international worldwide tours. NYSUT members & their family members who use the Premier

World Discovery program can save \$100 per person on specific tours and cruises.

Since the company's inception in 1999, Premier World Discovery has developed a lineup of more than 70 travel programs around the globe, including fully-escorted tours, unique rail tours, private-chartered European river cruises, festive holiday and New Year's getaways, and more.

Abenity Discounts

The Abenity discounts program gives NYSUT members access to approximately 290,000 exclusive member discounts across 10,000 U.S. cities, including discounted tickets for entertainment & sporting events; a variety of travel opportunities; and numerous local deals.

With the Abenity discounts program, you'll be able to enjoy substantial savings on tickets to the latest blockbuster movies or theater events, theme parks, museums & attractions, zoos, major appliances/televisions, restaurants, groceries, gym memberships, and much more!

NYSUT members can utilize their Abenity discounts program on any mobile device and gain access to exclusive local deals no matter where you are. Purchase tickets to more than 3,000 movie theaters and theme parks. There are no hidden fees and you'll receive electronic tickets immediately!

To learn more about Member Benefits-endorsed programs & services, visit 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.

Nov./Dec. '16