



“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,

This is such an important time for us. It is time for each of us to get off the couch and make sure that we are able to vote- meaning registered to vote. And then, what have we done to educate ourselves on all the people that we have an opportunity to select from. NYSUT will be providing materials to us and the candidates have websites promoting their works and plans.

In each of the races, it is so important to look beyond the party candidates belong to and find what they have done, what their lives stand for and what direction will they attempt to lead

us in. The future is too important to let others be the one to decide for us. GET OUT and VOTE!

I keep reading and viewing items from our candidates- in state, local, and national elections. Using what behavior I expect from our students, I evaluate how the candidates conduct themselves. If they display positive, respectful behavior, I will look further at them. If they are rude, mislead or attempt to mislead the public on their behaviors or their competition, I am not inspired or support them in taking leadership roles. We owe it to ourselves and the future of our country to demand more from our leadership than mudslinging and mistruth. Investigate and vote.

SABEA members have gotten involved in larger numbers. Members and retirees can be found at various political action events. We are at various community service events like the Making Strides Breast Cancer Walk in Albany on Sunday, October 16. Do your part and wear your union pride. We can have and do have a large influence and impact. Stand with other union brothers and sisters and make a difference.

Continue to make that difference at work too. So many of you are reaching out to your colleagues to support them. This might be in being a mentor, helping them through an issue with a supervisor, or helping them to find assistance from the union. Keep up the good work- we are stronger together.

Next month, we will be able to see how our votes turned out. Until then,

In solidarity,

Ruth

SABEA.NYSUT@gmail.com

Social Committee

NORTH VS. SOUTH FALL BOWLING CHALLENGE

When: Friday, November 4th at 3:30pm

Where: Saratoga Strike Zone in Saratoga

Cost: \$8.00/includes 2 games, bowling shoes rental and 2 slices of pizza. The money is payable at the door

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

Paula Katz: Injured

Sally O'Donnell, Retiree: extended illness

- Cards for Sally can be sent to:

Schuyler Ridge Residential Health

1 Abele Drive

Clifton Park, NY 12065

WE ARE SO SORRY FOR YOUR LOSS

Melissa VanEarden, Myers: Brother passed away

Cindy Hall, Myers: Family member

Eileen Woodcock, Myers: Mom passed away

Stacey Stillwell: Father in law passed away

Diane Rossi, Myers: Brother in law passed away

Steve Meers, O&M: Aunt passed away

Jean Jenkins, Retiree: Passed away

Kris Keough, SAEC: 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 0

- o **Gick Road:**

o

Itinerants:

o

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

SSTLC:

- o Mike Dinsmore 683-8712 md1092@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.

- ✓ **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



Food for Thought: Halloween Sugar Cookies

- 1 1/2 cups butter, softened
- 2 cups white sugar
- 4 eggs
- 1 teaspoon vanilla extract
- 5 cups all-purpose flour
(for Gluten free cookies use gluten free all purpose flour)
- 2 teaspoons baking powder
- 1 teaspoon salt



Directions

Depression, even the most severe cases, can be treated. The earlier that treatment can begin, the more effective it is. Depression is usually treated with **medications, psychotherapy, or a combination of the two**. If these treatments do not reduce symptoms, **electroconvulsive therapy (ECT)** and other brain stimulation therapies may be options to explore.

Beyond Treatment: Things You Can Do

Here are other tips that may help you or a loved one during treatment for depression:

- Try to be active and exercise.
- Set realistic goals for yourself.
- Try to spend time with other people and confide in a trusted friend or relative.
- Try not to isolate yourself, and let others help you.
- Expect your mood to improve gradually, not immediately.

Resources:

www.bullybust.org

Bully Bust is a nationwide bully prevention awareness effort designed to help students and adults stand up to bullying and become part of the solution. This site includes resources for students, parents, and educators on how to address bullying effectively. Bully Bust is a program of the National School Climate Center.

<http://library.thinkquest.org/07aug/00117/bully.html>

Time for Tolerance website was created for kids ages 9-16+. The site encourages children to take action and to make changes in their schools, homes, and neighborhoods.

CONFERENCES, WORKSHOPS, and WEBINARS

SED offers one-day English Language Learner Literacy Conference

In collaboration with the State Education Department, NYSUT is co-sponsoring a free one-day professional development conference for educators working with English Language Learners. The event, which can be used to fulfill state professional development requirements.

Wednesday, Nov. 30

8 a.m. to 4 p.m.

Empire State Plaza Convention Center in Albany. [Register here](#)

(<https://www.eventbrite.com/e/developing-linguistically-and-culturally-diverse-students-tickets-27353193137>) by Nov. 7.

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.

Help NYSUT push candidates to victory on Nov. 8

NYSUT members make up a significant proportion of voters in every legislative district, and those numbers will elect union-endorsed candidates in every corner of the state -- if we get out and vote! The biggest advantages of the union's endorsement are the massive phone banks and grassroots get-out-the-vote efforts. Contact your [regional political organizers](#) to tap into volunteer opportunities.

Take [NYSUT's Pledge to Vote](#) and encourage your friends and families to do the same.



Making Strides kicks off, many more walks to come

Last weekend hundreds of Broome County NYSUT members supported the first [Making Strides Against Breast Cancer](#) event of 2016. That was just the beginning. Buffalo and the North Country will host walks on Oct. 15. The next day, volunteers will walk in the Bronx, in Central Park, in Brooklyn, in Queens, on

Staten Island, at Jones Beach on Long Island, in Westchester, at Woodbury Common, Rochester, Albany, Utica and Syracuse.

(Photo: NYSUT walkers have fun at the union's welcome booth at last weekend's Making Strides event in Binghamton.)

NYSUT has materials for SRP recognition day.

School-Related Professionals Recognition Day is Nov. 15. Please work with your SABEA rep to make plans for this day. Our SABEA SRP's are outstanding.

Financial advice shouldn't be a one-size-fits-all approach!

Are you looking for unbiased, objective advice specifically designed for you and your family? With the NYSUT Member Benefits Corporation-endorsed Financial Counseling Program, you've found it.

Stacey Braun Associates – the program provider – understands our members' benefits & retirement options and can work with you to address your specific financial needs.



Learn more by calling 800-626-8101
or visiting memberbenefits.nysut.org.

Get expert legal assistance today!

You can get legal expertise on a variety of personal legal matters ranging from dealing with a traffic violation to handling real estate transactions with the NYSUT Member Benefits Trust-endorsed Legal Service Plan.

**Easy Online
Enrollment!**

The program offers:

- Low annual cost of just \$85 (\$55 for retirees)
- Unlimited toll-free legal advice
- Includes Simple Will, Power of Attorney, Health Care Proxy & Living Will
- Two, free, hour-long consultations with a plan attorney

Learn more by calling 800-626-8101
or visiting memberbenefits.nysut.org.

