

Volume 5 Number 1 September 2016



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

SABEA: YOUR UNION’S MONTHLY NEWSLETTER:

<i>President's report</i>	<i>Page 1-2</i>
<i>Sunshine Report</i>	<i>Page 3</i>
<i>3rd Week Rep Meetings</i>	<i>More info. for Rep. meetings on page 3</i>
<i>Food for Thought</i>	<i>Page 5</i>
<i>What National Month is it?</i>	<i>Check out page 6</i>
<i>Conferences and workshops</i>	<i>Page 7</i>
<i>NYSUT News</i>	<i>Pages 8&9</i>

NOTE FROM PRESIDENT RUTH SHIPPEE:

“THEY DID, WE SHOULD, WE WILL”

Another school year has begun and predictably, the weather turned warm (or actually hot) for a few days making us yearn for a bit more summer. It is exciting and yet a bit unnerving each year as another year kicks off. The impact of having students back in session changes the rhythm for all of us in a school setting.

This year will bring many ripples to our lives as we go through it, in and out of school. We have a possibility of a new contract and APPR agreement, we have several facilities that have

been renovated and expanded, and programs and requirements have changed in many areas. The next couple of months will intensify as the people trying to gain our votes bombard us with information and try to sway us. Our individual votes are very powerful- make sure to educate yourself and then VOTE. If you are not registered, there is still time. Not sure who to vote for? NYSUT will be providing information on candidates' backgrounds based on their views on educational issues- stay tuned.

Your reps will be providing information to you regarding our two Member Benefit group packages. The legal plan is continuing. Along with the wills, power of attorney, etc. there are other benefits that you can take advantage of. The financial plan will assist all of us in trying to make the most of what we have. When you receive the materials, please make sure that you read them over and take advantage of these benefits that your union has for you as active members.

We are in interesting times. As with any organization, it is only as strong as its members. There has been a great growth in members taking a more active role in SABEA. Keep the momentum going- reach out and support one another, wear your pride in your union (buttons, shirts, etc.), walk in Making Strides against Breast Cancer in October, help at Open Door and other soup kitchens and shelters as part of our showing that we are a strong union. Be the Union!

In solidarity,

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!

Summer 2016

GET WELL

John Winch, SAEC: Injured

WE ARE SO SORRY FOR YOUR LOSS

Mary Phalen, Retiree: Brother passed away

Jolie O'Brien, Retiree: Mother in law passed away

Keith Longton, Retiree: Son, Scott, passed away

Lou Kosloski, 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.

3rd week Rep. Meeting Schedule: Your reps will be contacting you regarding this year's schedule. You can attend any rep meeting if the one you rep holds is not convenient for you.

This year's reps are:

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

- **Gick Road:**
 - Chris Guenther cgguenther01@gmail.com

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

- **Myers:**
 - Paul Cerone 583-9935 pcerone@gmail.com
 - Jane Amorosi 355-8576 janie64@nycap.rr.com
 - Mary Moyles 322-1273 shamrocks2@aol.com
 - Kim Weaver 884-8153 kweav60@gmail.com

- **SSTLC:**
 - Mike Dinsmore 683-8712 md1092@yahoo.com

- **WSTLC:**
 - Nancy VanVoast 496-5958 nvsquare@gmail.com

- **Retiree**
 - 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 will also be added to our FACEBOOK page so send in the information.

- ✓ Visit jack Powell's website for his upcoming Zucchini Brothers schedule Riverjackz.com
- ✓ **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



Food for Thought: Alfredo Pasta

- 2 cups broccoli
- 1 tablespoon salt
- 1 pound pasta *******Make it gluten free by using gluten free pasta!!!*******
- 1 (16 ounce) jar four-cheese Alfredo sauce
- 2 tablespoons butter
- 1 tablespoon ground black pepper (optional)
- 3 tablespoons grated Parmesan cheese, or more to taste

Directions

1. Bring a pot of water to a boil. Cook broccoli in the boiling water until bright green and tender, 2 to 3 minutes. Drain.
2. Cook Pasta
3. Mix broccoli, Alfredo sauce, butter, and black pepper into pasta using tongs. Transfer Alfredo to a serving bowl and top with Parmesan cheese.

September is Pain Awareness Month

Understanding more about the underlying causes of pain can help improve treatments and alleviate suffering. Johns Hopkins researchers are working on everything from the molecular causes of pain to the latest advances in pain treatment.

What You Need to Know

- Nearly 100 million Americans experience **chronic pain** —more than those who have diabetes, heart disease and cancer combined.
- Pain is a warning sign that indicates a problem that needs attention.
- Pain starts in receptor nerve cells located beneath the skin and in organs throughout the body.
- Living with pain can be debilitating and adversely affect everyday life.

Arthritis: Arthritis refers to over 100 different conditions ranging from autoimmune disease to normal joint inflammation.



Back Pain: According to the National Institutes of Health, eight out of ten people will have back pain at some time in their life

Headaches: Millions of people get crippling headaches, and there are dozens of different headache types

Innovations in Pain Treatment

There are many different methods and techniques for treating pain, both chronic and acute.

- Botox For Pain Relief -- Botox may offer temporary relief and an alternative to rib-removal surgery. A small research study has shown promising results.
- Attitude Adjustment -- If you have chronic pain, especially face and jaw pain, you may sleep better and experience less day-to-day pain if you learn to dwell less on your ailments..
- Newly Discovered Protein May Turn Pain Off -- Researchers have discovered a protein that holds together multiple elements in a complex system responsible for regulating pain, mental illnesses, and other complex neurological problems.
- Burning Away Intractable Pain -- Neurosurgeons can open the patient's spine and burn away tissues to alleviate this pain.

CONFERENCES, WORKSHOPS, AND WEBINARS

New York Leadership Summit: Common Elements in a World Class Education System

Another school year presents educators with wonderful opportunities to help prepare our students to be competitive in a global society and begin to explore ESSA and what it means regarding assessment systems. Please join assessment innovation experts and researchers from NWEA and Education Analytics for this complimentary full day event that will focus on a number of topics.

- Date: October 5, 2016
- Time: 8:30 am - 2:45 pm
- Venue: Capital Region BOCES, 900 Watervliet-Shaker Road, Albany NY 12205

(RSE-TASC) Transition Interagency Council Meeting - WSWHE/HFM Areas - Meeting in Saratoga Springs

Program: Support Services: Regional Special Ed Technical Assistance Support Center

Audience: Special Education Teachers, School Psychologists, Transition Coordinators, CSE Chairs, Counselors, Teaching Assistants, Job Coaches, Agency Personnel

Transition Academy/Interagency Council is a group that meets 3 times per year to discuss transition to post-secondary life for individuals with disabilities. Discussions include: changes in policy; sharing best practices and challenges; and networking with regional/local agencies with the goal of improving transition outcomes for students with disabilities. EVERYONE IS WELCOME TO JOIN!

Topics for this session: Introductions, updates (agencies and policies), resources and services, networking, planning for the year.

- Date: September 20, 2016
- Time: 9:00 am - 2:00 pm
- Venue: BOCES on Gick Rd.

(RSE-TASC) Graduation Options for Students with Disabilities training in Saratoga Springs

Program: Support Services: Regional Special Ed Technical Assistance Support Center

Audience: Teachers, Teaching Assistants, Administrators, Work Based Learning/Transition Coordinators, CSE Chairs, Guidance Counselors, Agency Personnel, Employers

Dates: 9/26/2016

IN THIS SESSION PARTICIPANTS WILL LEARN ABOUT:

- Regents Diploma Requirements, including the Multiple Pathway
- Local Diploma Options, such as Compensatory Safety Net and Low Pass Option
- Appeals Process
- Superintendent's Determination
- CDOS Credential and Skills and Achievement Commencement Credential
- Date: September 26, 2016
- Time: 9:00 am - 3:00 pm
- Venue: BOCES on Gick Rd.

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

Opening day! Welcome back!!



DECLINE OF UNIONS IS BAD FOR ALL WORKERS' WAGES

Just in time for Labor Day, a new [report from the Economic Policy Institute](#) shows that the decline in the strength of unions over the last 30 years has led to lower wages across the economy. "For America's middle class to truly prosper, we need a thriving labor movement," AFT President Randi Weingarten says. "Over the last three decades, real wages for many working Americans have gone nowhere, a trend often blamed on trickle-down economics, globalization and technological change. This report highlights another major factor—the decline in union strength, which has suppressed wages, not just in unionized jobs but right across the economy. It proves the correlation between collective action and a better life."



**Making Strides: Sign up, wind up, rise up, lace up!
Got pink?**

*It's time to make some strides in autumn walks all over the state.
Be part of the NYSUT team at makingstrideswalk.org/NYSUT.*

Contact Michelle Madella- SABEA captain at mm0330@live.com Look for team **SABEA Walkers. If you can't walk, sponsor our team!**

Sunday, October 16, 2016 in Albany

https://secure.acevents.org/site/SPageServer?pagename=MSABC_CY15_TR_event_search&methodToCall=getTeamsByInfo&event_type=Making+Strides+Against+Breast+Cancer&sort_column=name&list_page_size=100&event_type=Making+Strides+Against+Breast+Cancer&team_name=Team+Name



This week we celebrate what unions can do. With strong support from students and the community, as well as unwavering solidarity, the faculty at Long Island University Brooklyn emerged victorious from an unprecedented lockout.

From the very beginning, teachers wanted to teach and students wanted to learn.

In locking out faculty instead of continuing negotiations toward a fair contract, administrators at LIU Brooklyn did students and faculty a tremendous disservice -- and everyone knew it. The faculty's unity, widespread community outrage and heart-warming support from students were the pillars on which this positive result was built.

The LIU Faculty Federation and its president, Jessica Rosenberg, showed tremendous solidarity and strength in fighting for fairness and faculty rights. Their work rallying students and the community to their side helped them emerge from this even stronger than before.

Solidarity wins again!

Let me also congratulate Amy Hysick of the North Syracuse Education Association, the new state Teacher of the Year. Amy understands learning is a process and that, when students are supported properly, even mistakes and wrong answers can be tremendous learning opportunities. That is the essence of teaching and learning

Free poster marks Hispanic Heritage Month

NYSUT celebrates Hispanic Heritage Month, Sept. 15 - Oct. 15, with a free poster honoring Juan Felipe Herrera, the first Latino to serve as United States Poet Laureate. He was appointed to the position in 2015. As laureate, Herrera launched the project "La Casa de Colores," which invited citizens to contribute to an epic poem.

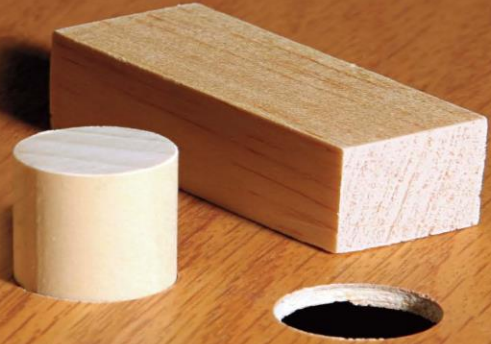
To download your poster visit:

<http://www.nysut.org/news/2016/september/nysut-poster-celebrates-hispanic-heritage-month>

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.

