

## THE UNION GAB



Letter from the Co-Presidents

Dear AOPA Members,

Good news...the days are getting longer!

At our initial bargaining session, on January 22, 2015, the Executive Board, along with Bill Grande, exchanged initial proposals, in writing with District. We have met several times with District to review proposals and get clarification where needed. Our Executive Board met with Bill Tuesday February 24, to discuss our next strategies. We will be meeting again with District on March 5.

Congratulations to Kim Montondo in her new position as Principal Clerk Typist at the High School Athletics Office, replacing Mary Jane Vanderbosch. *Best wishes Kim!* Senior Clerk Typist interviews are scheduled for next week to fill the open position in the HS Records/Transcripts Office.

We apologize again for the delay in scheduling a general meeting. At our next meeting with Bill, we will decide on a date that will work for the executive board and Bill. Thank you for your patience and understanding.

We just want to remind you *if there is ever a topic you would like covered specifically for clerical, during a Superintendent's Conference Day, please let any AOPA officer, or a building representative know.* We are your elected representatives, and are not aware of your concerns or needs, unless you make them known to us.

Remember, if you have any questions or concerns please feel free to contact a member of the executive board or your building rep. Don't forget to share any building news with us so that it can be included in the newsletter! Weddings, babies, graduations etc.

<b>EXECUTIVE BOARD</b> Sharon Zak 362-3059 Deb Davern 362-3048 Dawn Mach 362-8191 Lisa Sommer 362-7193 Mona Reuben 362-3077	<b>BUILDING REPRESENTATIVES</b> HS – Volunteer Anyone? MS - Nancy Boeing 362-7157 WBS - Cheryl LaForte 362-4191 SDS – Angela Himes 362-2192
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Once again thanks to Dawn for volunteering to do the AOPA newsletter! By submitting the newsletter to NYSUT and placing their ad in our newsletter, we earn \$500 per year for our unit! Thanks Dawn!

Sharon Zak  
Deb Davern  
AOPA Co-Presidents

## NYSUT NEWS

Go to [www.nysut.org/yourunion](http://www.nysut.org/yourunion) to tell NYSUT what you want from your union - and share the link with your members so they can do likewise.

NYSUT Member Benefits is proud to offer a quarterly electronic newsletter designed to make NYSUT members better-informed consumers. This publication serves as a valuable educational tool and offers a variety of informational articles about issues of importance to our members. Go to [www.memberbenefits.com.nysut.org](http://www.memberbenefits.com.nysut.org) for more information!



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NYSUT also offers many other benefits online including Financial Calculators on whether you would like to refinance your home, personal loans, investments, and retirement. These tools are there to help you in any major financial periods in your life. Take advantage of them when you have any major financial decisions in your future. [www.memberbenefits.com.nysut.org](http://www.memberbenefits.com.nysut.org)

NYSUT is here to help you in many ways including shopping and travel. Take a moment to visit their website and see how they can be of service to you.



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**JANUARY & FEBRUARY**  
**NONE!!! Can you believe it???**

# Make your dental & vision care a priority!

Well, another year has passed us by and the New Year is upon us! As you take stock of the various resolutions you've made for this year, now is the time to make your dental & vision care a top priority.

## Dental Care



The NYSUT Member Benefits Trust-endorsed Dental Plan features the MetLife PDP Plus Network.

### The Plan offers easy to understand dental coverage that allows you to:

- Protect you and your family by providing competitively-priced dental coverage for most preventive and routine services that help promote long-term oral health.
- Choose the dentist of your choice at the time of treatment. You do not have to select a primary dentist and there is no ID card to show or referrals needed for specialty care.
- Save on out-of-pocket expenses by receiving services from thousands of participating dentist locations nationwide that agree to charge fees typically 15% to 45% lower than the average charges in your area.

With the MetLife Dental Plan featuring the PDP Plus Network, you'll receive a wide range of benefits that provide choice, savings and convenience to help make your dental health a priority.

## Vision Care

The NYSUT Member Benefits Trust-endorsed Vision Plan provided by Davis Vision ensures that you are able to obtain proper eye care.



### The plan offers a variety of benefits, including:

- One complete eye exam (including glaucoma testing, and when professionally indicated, dilation).
- One pair of eyeglasses (lenses & frames) or contact lenses per benefit period – paid in full according to plan specifications from participating providers.

Once you've enrolled in the plan and you're confirmed, simply call an in-network provider, identify yourself with your name or NYSUT ID number (available on your NYSUT membership card), make an appointment, and use all of the plan benefits at that visit (exam & glasses cannot be split into two appointments).

The provider's office will contact Davis Vision and verify your eligibility for benefits. There are no claim forms or ID cards needed to use the plan.

## February is Member Appreciation Month!

Don't forget that NYSUT Member Benefits is teaming up with its endorsed program providers for a special month-long event in **February 2015**.

Member Appreciation Month will feature a special prize drawing each day of the month in February, including a Bose Wave Radio, iPad Mini, several



Amazon Kindles, and a variety of gift cards. The winners of the daily prize drawings will be announced exclusively on the Member Benefits website throughout the month of February.

You **MUST** be a member of the voluntary Member Benefits MAP Alert email service to be eligible for these drawings!

For more details about these endorsed programs or Member Appreciation Month, visit the Member Benefits website at [memberbenefits.nysut.org](http://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.

## Member Recipe Corner

This month's recipe comes from Dawn. If you have a favorite recipe that you would like to share please email it or interoffice it to the attention of Dawn at the High School. We will choose one for each upcoming newsletter.

This is a quick and easy recipe for any day of the week and is wonderful year round. Enjoy!

### Salsa Chicken

2 Large Boneless/Skinless  
Chicken Breasts  
2 Tablespoons Butter  
2 Teaspoons Chili Powder  
1/4 Cup Peach Preserves  
1 16 oz. Jar Mild Chunky Salsa  
Mexican or Cheddar Shredded Cheese  
Brown Rice

Cut chicken into bite sized pieces. Melt Butter in medium saucepan. Drop Chicken into Butter and sprinkle with the Chili Powder. Heat till thoroughly cooked through {never overcook your chicken, though... it will get tough...}. Add the Peach Preserves and stir well. Add the Jar of Salsa and mix well.

Pour a generous serving over individual dishes of Brown Rice and sprinkle with Cheese.

Serve immediately. Reheats well for next days lunch too!!!



## DEAR AOPRAH

From "Dear Abby" A little something for the new year...

Welcome to 2015! If the last year was challenging for some of us, a new one has arrived, bringing with it our chance for a new beginning.

Today is the day we have an opportunity to discard destructive old habits for healthy new ones, and with that in mind, I will share Dear Abby's often-requested list of New Year's Resolutions, which were adapted by my late mother, Pauline Phillips, from the original credo of Al-Anon:

**JUST FOR TODAY:** I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.

**JUST FOR TODAY:** I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.

**JUST FOR TODAY:** I will accept what is. I will face reality. I will correct those things that I can correct and accept those I cannot.

**JUST FOR TODAY:** I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.

**JUST FOR TODAY:** I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking.

**JUST FOR TODAY:** I will refrain from improving anybody but myself.

**JUST FOR TODAY:** I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully -- if only just for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.

**JUST FOR TODAY:** I will gather the courage to do what is right and take responsibility for my own actions.

\*Please submit your requests to "Dear AOPrAh", High School Main Office..

# HEARD AT THE WATER COOLER

The executive board and Bill, our NYSUT representative, have been in negotiations with district for the past month. Things are currently going smoothly we hope to continue that way...



Even though we had to work a few days over the winter recess, it was certainly nice to have a couple of days off!



Congratulations to Adrienne's son, Ian, who is graduating 1st in his class for Military Police Training from the US Marine Corps. He will be heading to Camp Pendleton near San Diego for his permanent assignment! She is a proud mom!!!

Did you hear that Mary Jane has left us to go to another District? She is heading to Ken-Ton as a Confidential Secretary. Congratulations, Mary Jane, and good luck!!!

Congratulations to Kim Montondo who is moving from the Registrar's Office to the Athletic Office at the High School!

## QUOTES

Life's unfairness is not irrevocable; we can help balance the scales for others, if not always for ourselves. Hubert Humphrey



**AOPA - a union of professionals**

Amherst Office Personnel Assoc.  
55 Kings Highway



**The following days are designated by the District as a Paid Holiday:**

**January 19 ~ Martin Luther King Holiday**

**February 16 & 17 - President's Day Recess**



**Next full issue will appear in March 2015**

**♥ Valentine's Day Word Puzzle ♥**

H	E	A	R	T	S	W	E	E	T	O
K	T	K	A	F	L	O	W	E	R	S
K	I	S	S	Z	C	D	G	X	L	I
C	H	H	L	Z	U	L	I	E	O	K
W	A	M	A	R	P	O	V	G	V	L
R	P	N	J	W	I	N	E	E	E	R
E	P	K	D	M	D	R	O	S	E	S
D	Y	T	Y	Y	H	U	G	Y	D	C

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CANDY	FLOWERS	HEART	RED
CUPID	GIVE	HUG	ROSES
KISS	HAPPY	LOVE	SWEET

If anyone has any other ideas for word games, please e-mail Dawn at the High School.

Under a partnership between NYSUT's Education and Learning Trust and SUNY Empire State College, members can receive graduate credits through a new online course.

