

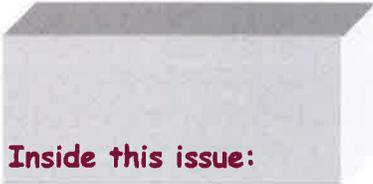
# Union Gab



Union Gab

MAY/JUNE 2015

AOPA - a union of professionals



## Inside this issue:

Co-President Letter Did you know	1
NYSUT news	2
Birthdays	3
Heard at the Water Cooler	4
Dear AOPraH Recipe corner	5
Days Off & Word Search	6

## Letter from the Co-Presidents

Dear Members,

We met again on Monday, June 15 with District to continue our discussion of economic proposals. We presented some cost information for their consideration. District reps will be meeting with the Board of Education on July 7, and we are scheduled to follow up with District on July 14.

After that meeting we will send a further update and depending on the outcome of that meeting we may schedule a meeting with the membership. As of July 1, we want to remind you that our current contract will stay in effect as required by law. **{The Mandate: The 1982 Triborough Amendment to the Taylor Law prohibits a public employer from altering any provision of an expired labor agreement until a new agreement is reached.}** This means that you will get your step increase for next year, utilizing the 14/15 step/increment salary schedule.

Your Co-Presidents,  
Sharon and Deb



## Special points of interest:

- \* Paid days off
- \* NEW Word Jumble

**DID YOU KNOW:** Exercise boosts brain power and movement melts away stress? Take time to walk 30 minutes a day at least 3 times a week either after dinner or when you get home from work. Walking will help reduce blood sugar as well as lower your blood pressure. Try to eat natural foods in lieu of processed foods too. Your body will thank you for it in the long run...

Sharon Zak 362-3059	Deb Davern 362-3048	Dawn Mach 362-8191
Mona Reuben 362-3077	Lisa Sommer 362-7193	<b>EXECUTIVES</b>
-----		
Nancy Boeing ~ MS 362-7157	Angela Himes ~ SDS 362-2192	
Cheryl LaForte ~ WBS 362-4191	<b>BUILDING REPS</b>	



## Benefits that matter to you!

Membership in NYSUT allows you to enjoy the benefits of the more than 40 programs & services endorsed by NYSUT Member Benefits.

These endorsed programs include crucial products that the majority of NYSUT members already purchase:

- Homeowners Insurance
- Auto Insurance
- Legal & Financial Services
- Life Insurance
- Shopping & Travel Programs

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



For more than 30 years, the NYSUT Education & Learning Trust has been offering professional development programs created with the NYSUT member in mind -- providing an extensive online inventory with studies to fit your busy schedule.

The Education & Learning Trust offers online, VESi or in-classroom courses for graduate, undergraduate and in-service credit. Professional development training is available for public education issues such as:

- School Quality
- Student Achievement
- Achievement Gaps
- Teacher Retention
- Special Education
- Cultural Diversity
- Classroom Management
- And Much More

To learn more about ELT programs available and/or register online, visit [nysut.org/inspire](http://nysut.org/inspire) or call 800-528-6208.



## 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!



NYSUT is more than 600,000 people who work in, or are retired from, New York's schools, colleges, and healthcare facilities. They are classroom teachers, college and university faculty and professional staff, school bus drivers, custodians, secretaries, cafeteria workers, teacher assistants and aides, nurses and healthcare technicians.

NYSUT is a federation of more than 1,200 local unions, each representing its own members. They are affiliated with the American Federation of Teachers (AFT) and the National Education Association (NEA). They are also part of organized labor - the AFL-CIO - and of Education International, with more than 20 million members world wide.

They range in size from tiny locals of fewer than 10 members to the United Federation of Teachers, which represents more than 140,000 teachers and other school employees in New York City.



## May & June Birthdays!

Kelly Sykas ~ May 7

Jim Antes ~ May 8

Kim Montondo ~ May 25

Judy Sheridan ~ June 7

Rose Howard ~ June 15

Kathy Keating ~ June 18

Lisa Sommer ~ June 26

# HEARD AT THE WATER COOLER

Did you hear that Adrienne's sons surprised her by having both of them come home for the first time in 5 years?!?! She had a wonderful weekend with her boys and couldn't be more proud



Did you hear that the Smallwood Office Staff will be setting up camp at the High School while they undergo renovations? Welcome aboard!!!



Summer is finally gearing up!!! Come to any of the free Gratwick Concerts this year in Tonawanda on July 10th (USS), 17th (SOJA), 31st (Lou Gramm), and August 7th (Warren Haynes w/Railroad Earth). Dawn will be working VIP tent so stop by and say hello!!!

Just a reminder that if you are a 10-month employee and are interested in summer hours, let your co-presidents as well as your building principals know no later than July 1. There may or may not be work available...

Congratulations to Deb Davern as she is going to be a grandmother for the 4th time this summer! Her son and daughter in law are expecting the little one soon!

## QUOTES

I learned many great lessons from my father, not the least of which was that you can fail at what you don't want, so you might as well take a chance at doing what you love. Jim Carrey



## 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.

I just discovered this recipe and it is quick, easy, and delicious...



### Nutella Cream Cheese Dip

1 Cup Heavy Whipping Cream  
 1 ~ 8 ounce block of Cream Cheese  
 3 Tablespoons Powdered Sugar  
 3/4 Cup of Nutella

Whip the Heavy Whipping Cream in a small bowl until stiff peaks form. In a medium sized bowl whip the softened Cream Cheese with 3 tablespoons of Powdered Sugar. When well blended, add the Nutella to the Powdered Sugar Mixture. Gently fold half the Heavy Whipped Cream into the Nutella mixture until well blended, then fold in the additional Whipped Cream until well blended again. Refrigerate for an hour or more.

Serve with whatever fresh fruit you would like. Strawberries work really well and/or you can also use graham crackers, pound cake, or brownie chunks.

Enjoy!!!

## DEAR AOPRAH

### Mother Teresa's Inspirational Poem

Life is an opportunity, benefit from it...

Life is beauty, admire it...

Life is a dream, realize it...

Life is a challenge, meet it...

Life is a duty, complete it...

Life is a game, play it...

Life is a promise, fulfill it...

Life is sorrow, overcome it...

Life is a song, sing it...

Life is a struggle, accept it...

Life is a tragedy, confront it...

Life is an adventure, dare it...

Life is luck, make it...

Life is too precious, do not destroy it...

Life is life, fight for it...

**AOPA - a union of professionals**

Amherst Office Personnel Assoc.  
55 Kings Highway  
Amherst, NY 14226



**The following day is designated by the District as a Paid Holiday:**  
**May 25 ~ Memorial Day**  
**June 3 ~ Independence Day Holiday**



*June Word Search*

G K U Z K S N N R N D L N X Y  
M N N O E M O R S Z L A E X G  
U N I S B I E D R A B U H Y C  
A O T M T M R B B V Q O A S H  
G I J A M I S E V B N D J A X  
D T C U B I S D R E S H D R K  
N A S T C A W A Y ' K V N V Z  
V U G O B J B S R C Q J V G E  
H D N P C U U E O O E T H N T  
I A I T G C H N E L S P V I S  
K R D S K T E Q O J S E L P C  
I G D L A C X R G L T T E M T  
N W E F I S H I N G Q A I A J  
G C W T U T O V B E R J Y C M  
R C R O O N W V M L V L I M E

- BARBEQUE
- BASEBALL
- BIRDS
- BUGS
- CAMPING
- FATHER' SDAY
- FISHING
- FUN
- GRADUATION
- HIKING
- HONEYSUCKLE
- JUNO
- PEAR
- ROSE
- SOCCER
- SOLTICE
- SUMMER
- SWIMMING
- VACATION
- WEDDINGS

