Thank you to the members of the Eden Teacher’s Association for your ongoing generosity and support from Warm the Children and the Eden-North Collins Food Pantry!

Dear Eden Teachers,

Thank you for continuing to be such long-time generous supporters of Warm the Children. With your help, 400 local young people are wearing new, warm clothing.

As we experience another cold, snowy winter, it’s comforting to know there are caring organizations like yours that contribute to our support our program.

Happy New Year with Divine Health,

[Signature]

WFC Coordinator
January 2, 2019

Mrs. Linda Schwanz
Eden Teachers Association
3150 Schoolview Rd.
Eden, NY 14057

On behalf of the Eden North Collins Food Pantry, I would like to thank your organization for your generous donation of $300.00. It is greatly appreciated.

It is because of the continuous support of individuals and organizations like yours that we are able to operate. We are a 501c3 organization with no paid employees, but many wonderful volunteers. We serve five local communities and have more than 130 families that participate.

Thank you again for your wonderful donation. May God bless you and your family.

Warm regards,

Mary Granger

Eden-North Collins Food Pantry
**Curious George STEM Collection**

The Curious George STEM Collection contains a variety of hands-on lesson plans teaching STEM concepts through Curious George videos. Concepts taught include simple machines, measurement, sorting, and more. Each lesson begins by watching a video, then using the concepts presented in the video, participate in a variety of learning activities. In addition to the complete lesson, each activity also includes a variety of additional resources for extending learning. Lessons align to National and Next Generation Science Standards.

https://www.pbslearningmedia.org/collection/curiousgeorge/

**Math at the Core: Middle School**

Explore and find math activities for middle school students (grades 5-8) aligned to Common Core Standards at this comprehensive site.

https://www.pbslearningmedia.org/collection/mathcore/

**Monster Sciences**

Monster Sciences contains an extensive array of experiments, videos, and printable materials for teaching science and more. Choose any experiment for a full description of the activity including teacher's notes and extended questions. The video category includes several videos of students performing activities found on the site. Be sure to check out the literacy and math sections for games and templates for teaching activities.

http://www.monstersciences.com/

**Country of the Week**

Each week the New York Times provides an interactive quiz introducing a new country through video, photography, and journalism. Begin each week by finding the highlighted country on a map through multiple choice options. After choosing the correct location, scroll down the page to answer multiple choice questions. This site also includes archives of previous quizzes dating back to September 2017.

https://www.nytimes.com/column/country-of-the-week
9 Tips to Boost Your Energy

1. Control stress
Stress-induced emotions consume huge amounts of energy. Talking with a friend or relative, or joining a support group can all help diffuse stress. Relaxation therapies like meditation, yoga, and tai chi are also effective tools for reducing stress.

2. Lighten your load
One of the main reasons for fatigue is overwork. Overwork can include professional, family, and social obligations. Try to streamline your list of "must-do" activities. Set your priorities in terms of the most important tasks. Pare down those that are less important.

3. Exercise
Exercise almost guarantees that you’ll sleep more soundly. It also gives your cells more energy to burn and circulates oxygen. Exercising also causes your body to release epinephrine and norepinephrine, stress hormones that in small amounts can make you feel energized.

4. Avoid smoking
You know smoking threatens your health. But you may not know that smoking actually siphons off your energy by causing insomnia. The nicotine in tobacco is a stimulant, so it speeds the heart rate, raises blood pressure, and stimulates brain-wave activity associated with wakefulness, making it harder to fall asleep. And once you do fall asleep, its addictive power can kick in and awaken you with cravings.

5. Restrict your sleep
If you think you may be sleep-deprived, try getting less sleep. This advice may sound odd, but determining how much sleep you actually need can reduce the time you spend in bed not sleeping. This process makes it easier to fall asleep and promotes more restful sleep in the long run. Here’s how to do it:

- Avoid napping during the day.
- The first night, go to bed later than normal and get just four hours of sleep.
- If you feel that you slept well during that four-hour period, add another 15–30 minutes of sleep the next night.
- As long as you’re sleeping soundly the entire time you’re in bed, slowly keep adding sleep on successive nights.
9 Tips to Boost Your Energy

6. Eat for energy
It's better to eat small meals and snacks every few hours than three large meals a day. This approach can reduce your perception of fatigue because your brain needs a steady supply of nutrients.

Eating foods with a low glycemic index — whose sugars are absorbed slowly — may help you avoid the lag in energy that typically occurs after eating quickly absorbed sugars or refined starches. Foods with a low glycemic index include whole grains, high-fiber vegetables, nuts, and healthy oils such as olive oil. In general, high-carbohydrate foods have the highest glycemic indexes. Proteins and fats have glycemic indexes that are close to zero.

7. Use caffeine to your advantage
Caffeine does help increase alertness, so having a cup of coffee can help sharpen your mind. But to get the energizing effects of caffeine, you have to use it judiciously. It can cause insomnia, especially when consumed in large amounts or after 2 p.m.

8. Limit alcohol
One of the best ways against the mid afternoon slump is to avoid drinking alcohol at lunch. The sedative effect of alcohol is especially strong at midday. Similarly, avoid a five o'clock cocktail if you want to have energy in the evening. If you're going to drink, do so in moderation at a time when you don't mind having your energy wind down.

9. Drink water
If your body is short of fluids, one of the first signs is a feeling of fatigue.

www.health.harvard.edu
Traditional defined benefit pension plans are a vital tool for attracting and keeping highly qualified, experienced public school teachers in the classroom, according to a new report from the National Institute on Retirement Security (NIRS). In addition, defined benefit pension plans ultimately aid local economies by being more cost-efficient and providing greater retirement security than 401(k) retirement accounts, the study concluded.

The study warned that shifting from pensions to 401(k) or other account-based plans, such as cash-balance plans or hybrid defined benefit/defined contribution plans, will increase teacher turnover, significantly reduce the retirement income of long-term teachers, and ultimately reduce consumer spending by those teachers.

"As teacher shortages worsen, policymakers should understand that pensions exert a clear retention effect on teachers," the NIRS study said. "Retaining experienced teachers lowers teacher turnover, eases schools' staffing pressures, and contributes to education quality."

Additionally, the researchers said that "a pooled pension is simply more efficient than individual investment accounts as a means of financing retirement for a large, multi-generational workforce."

The report focuses specifically on six states – Connecticut, Colorado, Georgia, Kentucky, Missouri and Texas – but the findings generally apply to most public school teachers. The six states examined were chosen to represent a mix of large and small systems in both Republican- and Democratic-leaning states across all regions except the West Coast.

The report, titled "Teacher Pensions vs. 401(k)s in Six States," noted that pensions "help compensate for lower pay in public school teaching." It also found that traditional, defined benefit pensions provide higher, more secure retirement income for eight out of 10 teachers compared to a 401(k)-style plan.
Benefits designed exclusively for NYSUT members

NYSUT members and their loved ones have access to dozens of endorsed shopping, travel & personal programs available through NYSUT Member Benefits, including discounts on hotels & vacations; car & truck rentals; international group tours; sports & concert tickets; theme parks & attractions; and more.

Whether you are participating in one of our shopping/entertainment/travel offerings; auto, homeowners or life insurance plans; or financial or legal services, NYSUT members have the “Power of the Union” behind them ready to serve as their advocate.

The following is just a sample of the endorsed programs available to NYSUT members:

Bose -- NYSUT members receive special educator pricing on high-end, high-quality electronics such as music systems, headphones and bluetooth speakers. You must contact Bose toll-free at 877-709-2073 and mention “educator pricing” to receive this exclusive pricing.

Orlando Employee Discounts -- NYSUT members save up to 30% on unforgettable Orlando, FL excursions to Disney World, Universal Studios and many other attractions.

Grand Circle Travel -- NYSUT members can enjoy a number of unique travel deals on international river cruises and other travel opportunities with Grand Circle’s small ship cruise tours, river cruises and land tours.

Member Appreciation Month is back!

One of our most popular annual events is set to return this February. The 2019 Member Appreciation Month celebration will be filled with a series of prize drawings for items donated by NYSUT Member Benefits and our endorsed program providers -- including gift cards, iPads, Echo Dots and more!

As a MAP Alert member, you are eligible to win prizes every single day throughout the month of February.

All MAP Alert members are already entered to win; if you have colleagues who would like to be eligible to win, they simply need to sign up for our MAP Alert service on the Member Benefits website. Prize winners will be listed daily on the Member Benefits website.

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.

Jan-Feb 2019
I have been thinking about the state of our union. Of course, I am always thinking about the current state of the ETA, but I am thinking about the future state of our union more frequently lately.

Reading the descriptions of the NYSUT Winter Leadership Conference workshop offerings probably nudged my thinking. Two of them are titled: Emerging Leaders and Strengthening Your Union. Both of them focus on encouraging new leaders within your Association.

It's no secret we have an older teaching force here in Eden. As many of us consider retirement, the ETA is faced with losing long-time active leadership. This isn’t something we can ignore and then try to figure out later. Now is the time to consider how we will continue on, without a lot of growing pains, even after many of our dedicated colleagues leave us.

When I started my teaching career, over 23 years ago in another district, my first interaction with union leadership was less than positive. I had been on the job for a week, and a Rep came to see me. He stated that I should enter and leave the building during our contractual times because they were negotiating a contract. I wasn’t welcomed or informed on the benefits of the union. I was merely told what to do. This first interaction stayed with me for a long time, and it directly contributed to me being less than enthusiastic about “the union” even after I was hired here at Eden.

Your view of what our union does, has probably been shaped by your personal experiences as well. If you’re new to the profession, you may not even have a strong opinion. If you have been here for awhile, I am confident that you understand the importance of our ETA. I know this because I have watched our past leadership make member engagement a priority, and I witness the positive ways our union impacts us every day. I also know that our members having a positive view of the union isn’t enough. A strong union requires active involvement and hard work by its members.

If you've ever considered becoming more involved I am encouraging you to seek out those that hold current positions, your officers, reps, and committee members, and have some conversations with them. Ask them what their jobs entail, and why they do them. You may be surprised by the answers you receive. The state of our union, will depend on our ability to prepare well for the future. It will depend on our commitment to remain united and strong. It may even depend on you.

In Solidarity,
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