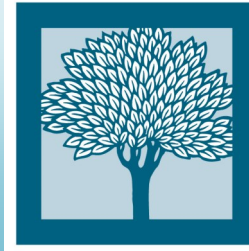


ASSOCIATION NEWS



WEA
Southeast

December 16th, 2015

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- Ken Hays (Richland EA) khays@washingtonea.org
- April Miller (Pasco AE) mustangapril@hotmail.com
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- Denise Hogg (Kennewick EA) denisecho58@hotmail.com
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- Margo Piver (Walla Walla Valley EA)- wwveamargo@gmail.com
- Debbie Kibling (Pasco AE)- dlkibling@yahoo.com

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- Edna Jenkins (UniServ Rep) ejenkins@washingtonea.org
- James Gow—(UniServ Rep) jgow@washingtonea.org
- Steve Lindholm—(UniServ Rep) slindholm@washingtonea.org
- Michelle Joy—(Field Assistant) mjoy@washingtonea.org
- Bridget Steen—(Field Assistant) bsteen@washingtonea.org

Benefits of WEA Membership!!

If you are new to the Washington Education Association (WEA), you might be curious about what your membership entitles you to receive!

- ♦ Economic benefits through your local's contract negotiations
- ♦ Protection of member rights
- ♦ Professional development support
- ♦ Legislative representation & information
- ♦ Legal assistance with job-related issues
- ♦ Voice & vote in association decisions
- ♦ Publications
- ♦ \$1 million in liability coverage
- ♦ Life Insurance
- ♦ Member benefit discounts
- ♦ Legal Assistance and/or discounts for legal services for personal matters (Attorney Referral Program)
- ♦ Home & Vehicle Insurance Programs



Monday, January 11th - #ProudToBeUnion Social Media Campaign

Thursday, January 14th – WEA-Southeast Exec Board Meeting 5:30PM dinner, Meeting begins at 6PM – Council Office

Wednesday, January 20th – Local WEAPAC Training, 5:30PM, more information to be sent to Presidents in Mid December

Friday and Saturday, January 22-23rd – WEA Board Meeting, Federal Way

Thursday, January 28th – 1:30-4:30PM – Local President Training, Council Office

Thursday, January 28th – 5:30-7:30PM – Council Meeting at the Council Office



WEA Southeast Board Member Bio



Last month, due to a technical glitch, Debbie Kibling's introduction wasn't included, so here is the introduction to your Council Secretary, Debbie Kibling!

I've been teaching for 34 years. I've taught Special Ed., and 1st grade. I've been a reading specialist and Reading Recovery teacher leader. I currently teach at Ruth Livingston in Pasco. I teach Reading Recovery and Leveled Literacy Intervention. I've always been active in the union. I consider it part of the job. I'm pleased to serve you on the executive board.



Council NEWS

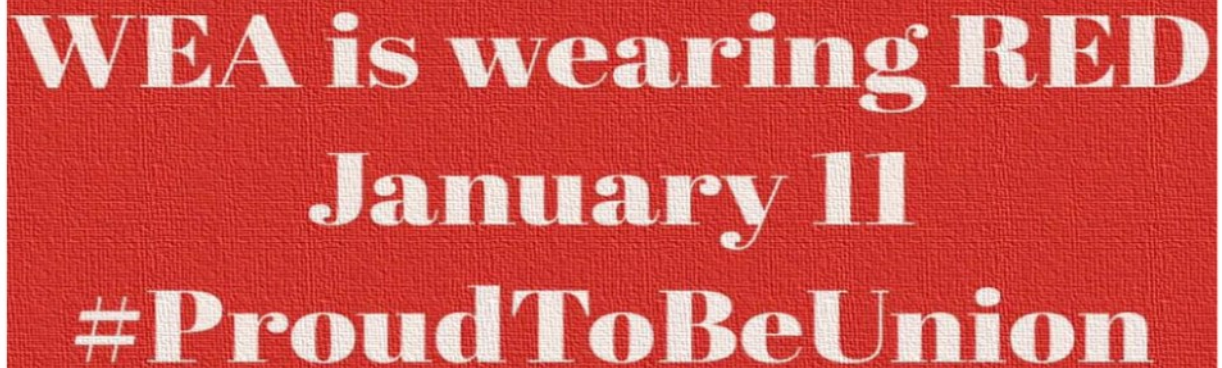


The Executive Board met on November 16-17th in Walla Walla and established the direction that the Council will be taking this year.

The State Association has established new membership & leadership goals:

- ***Improving Membership Engagement, Organizing & Recruitment***
- ***Building Strong Locals & Leaders*** ~ Continuing to identify new leaders and encourage them to become more involved in local and regional leadership.
- ***Communications & Partnership*** ~ Helping others who support WEA in its struggle to improve the conditions in which our members work and our students learn at the state and local levels. For example, WEA has partnered with the Washington State Labor Council so that the interests of both groups, where appropriate, can be advanced together.
- ***Building Value of Membership*** ~ Continuing to help all our members know and articulate the value of their union membership.

One thing that keeps coming up is the subject of communication, both from the Council level and Local level. In order to increase communication between the Council and the Locals, the members of the Executive Board are in the process of contacting local presidents to see how things are going, positively and negatively. The end result of these contacts will be the releases of a new publication, letting everyone know how all the locals which comprise the council are doing. This way, help from everyone can be given, and celebrations for everyone can be had, in an efficient way. . .



WEA is wearing RED
January 11
#ProudToBeUnion

WEA Southeast is asking all of its members to join us on January 11th, 2016 for our first social media campaign. What do you have to do?

WEAR RED!!!!

TAKE A PICTURE!!!!

POST TO SOCIAL MEDIA (Facebook, Twitter, Instagram)!!!!

SHARE IT!!!!

GET LIKES & SHARES!!!!

As many of you may know, the Supreme Court of the United States is hearing a case January 11th that may affect all public employees across the country. So in an effort to create solidarity we are asking you to participate and have fun with this!

The local that has the most shares (as counted and reported by you) will win the #ProudToBeUnion trophy for the month! **So get out there & wear the red—proudly!** Contest begins January 11th & ends January 14th. Your totals will be due to Michelle Joy (mjoy@washingtonnea.org) no later than 3pm on January 14th! The winning local will be announced on January 15th and the trophy will be delivered to you by your Rep and Executive Board Liaison!

How to Catch a Cold or the Flu



By Karen Asp

WANT TO FEEL miserable for a few days, even a few weeks? Feel like hugging a box of tissues instead of your kids? If catching a cold or the flu is your goal, research has found that some daily habits could land you in the sick bay with a cold, or worse, the flu. Here are five of those not-so-healthy habits:

You sleep less than you should

People who slept less than six hours a night were four times more likely to get a cold than those who slumbered seven to nine hours a night, according to a study in the journal *Sleep*. “Sleep loss affects the immune system, including aspects critical to protecting you from viruses,” says Aric A. Prather, lead author and assistant professor of psychiatry at the University of California, San Francisco.

You battle chronic stress

Who isn’t stressed, right? Yet if you constantly feel overwhelmed, you could be putting your immune system at risk.

“Different neurochemicals are released in the body in response to stress, and over time they can impact the immune system,” says Dr. Aaron Clark, assistant professor of clinical family medicine at The Ohio State University and chief medical officer for Primary One Health in Columbus, Ohio.

You skimp on fruits and veggies

Eat only two servings of fruits and vegetables a day—current guidelines recommend at least five a day— and you might as well book a date with your bed. That’s because people who ate only two servings a day for 12 weeks had less immune protection against illnesses and reported more illness overall than folks who ate five servings daily, per a study from *The American Journal of Clinical Nutrition*. How much less? While only 20 percent of the five-a-day group reported

illnesses, that number jumped to 33 percent for the two-a-day group.

Plus, if you load your plate with more whole foods, you’ll probably cut your intake of processed foods, which are linked to poorer immune function, according to a study in the *Nutrition Journal*. Bacteria in your gut, after all, eat your food as well, and when you eat junk, they eat junk.

“Bacteria that do best on junk flourish, while bacteria that do best on healthy foods die off,” says Dr. Ian A. Myles, study author and chief medical officer with the National Institutes of Health.

Your body needs good bacteria, he explains, to fight off dangerous infections and train the immune system, neither of which bad bacteria can do.

You push exercise to the bottom of your to-do list

If you’re not exercising enough—government guidelines recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise or a combination of both weekly—you’re undoubtedly spending the majority of your day being sedentary, which can increase body fat. You’re also putting yourself at risk for diabetes and other chronic issues, all of which can decrease the functioning of your immune system.

On the flip side, studies show that regular exercise can strengthen your immune system.

You light up

Smokers in general have more respiratory issues, which means increased odds of picking up colds and the flu. “Tobacco smoke contains carcinogens and other toxins that are directly harmful to the respiratory system,” Clark says. “This creates inflammations and stimulates responses such as mucus production, creating a medium in which viruses and bacteria can enter your body more easily.”

Don’t think you’re off the hook if you don’t smoke but you live with a smoker. Secondhand smoke could also lower your immune function, Clark says.



FRIEDRICHS v. CALIFORNIA TEACHERS ASSOCIATION



A **bad decision** from the U.S. Supreme Court could limit working people's ability to negotiate better wages, benefits and working conditions.

Higher wages.
Better benefits.
Workplace
safety.

Union workers earn \$207 more per week than nonunion workers.



Unions make communities stronger by advocating for smaller class sizes for our children and better patient-to-staff ratios in our hospitals.

A Last Word . . .

Because it's the Holiday Season, and there seems to be LOTS going on from Thanksgiving through New Year's, I'm going to keep this Last Word short. As the holiday season gets rolling with family and social events, in the hustle and bustle of it all, please take the time to take care of you, particularly since we're also in the middle of Cold & Flu season. . .

Dave

So what is this case really about?

Greedy CEOs and wealthy special interest groups want to manipulate economic rules in their favor and make it even harder for our public servants—our teachers, firefighters and nurses—to speak up together and fight for what's good for our families.



**AMERICA'S ECONOMY IS
ALREADY OUT OF BALANCE.
A BAD DECISION HERE WILL
MAKE IT WORSE.**

#WorkTogether