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Update - Stay Connected

May 11, 2022

Ballots for the 2022-23 Executive Committee Elections

Close this Friday, May 13 @ 4:00PM

**Your elected Executive Committee Representatives
will bring your voice to LWEA.**



Why is voting important? Executive Committee Reps provide oversight on LWEA governance issues before they are brought to the LWEA Rep Assembly or to General Membership. Therefore, elected members of the **Executive Committee are responsible for representing ALL members of LWEA**, not members in their category. These categories help ensure that EC, in its governance oversight role, is a representative body of LWEA membership.

Your Slate of Candidates Are:

Primary Rep:

Kristi Bergquist
Patti Cook

Intermediate Rep:

Mary Kay Weinmeister
Fareeha Nasir

Middle School Rep:

Hattie Midboe
Martha Daman

High School Rep:

Bethany Shoda
Sharon Curry

Special Services Rep:

Karyn Taggart

Specialist Rep:

Heather Jones
Nikole Lalas

Ethnic Minority Rep:

Michael Finley
Kelsey Brown
Rojine Rudio
Cookie Grant-Suggs

Election ballots from BallotPoint were sent to home emails on Monday, May 2. If you are not finding your ballot (check trash, spam, junk) notify [Terri Neely](#) with your home email address.

So far voter participation is at 19.66%, this means that 406 of our 2,065 eligible members have cast their vote.

VOTE Now!

Building Rep Elections 2022-23

Now is the time to elect LWEA building reps for the 2022-23 SY!

Each building is entitled to 1 rep for every 15 members, or major fraction thereof; these reps are considered voting reps for Rep Assembly. **Additional reps, beyond this ratio, may be elected to serve as building reps at your building.** Ask Terri Neely if you have questions about how many voting reps your building is allocated. Reps must be elected by secret ballot, and ballots should provide an opportunity for write-in candidates. Election results must be sent to LWEA. Please complete your building rep elections and send results prior to the last day of school to [Terri Neely](#) in the LWEA office. If you have questions about rep responsibilities, meeting schedules, or the amount of time involved, we can help with that, see [Bldg Rep Elections and Responsibilities](#)

Additional information:

- LWEA and LWSD will be holding a 3-hour Building Labor Management Training on August 23, 2022, for building reps and the building admin to attend together.

Money Minute



Do you have a 403b Plan? If you are not sure if you have a 403b Plan, you can find out by looking at your paycheck in the lower left corner where the Deductions are listed. If you see "TSA" and then the name of a company (e.g. AXA, Equitable, Vanguard, Fidelity), you are currently contributing to a 403b Plan. Even if you are not currently contributing to a 403b Plan, you might still have a 403b if you signed up and contributed in the past. A 403b Plan is an optional savings plan that is not the same as Plan 2 or Plan 3 through the WA Dept. of Retirement Services.

If you have a 403b Plan or are considering getting a 403b Plan, please join us at a presentation by Dan Otter from www.403bwise.org on Wednesday, June 1st at 4:30 pm on Zoom. Dan, a former elementary school teacher, started 403bwise which is a non-profit organization focused on education and advocacy about the impact of high fees embedded into some 403b Plans. What you will learn at this presentation will have a significant impact on your retirement savings as Dan will show the impact of a high-cost 403b Plan compared to a low-cost 403b Plan. Do you have a high-cost 403b Plan or a low-cost 403b Plan? Join us on 6/1/22 to find out! Contact [Terri Neely](#) to **register for the presentation** and receive the Zoom link to join.

To submit a general question to be considered for this column, please send an email to: moneyminute@washingtonea.org

We Celebrate our Nurses and SLP's You are the Best!

We celebrate and thank our **School Nurses** who nurture our students physical and mental health every day. Through their essential services they make students feel safe and valued.

Communication is the foundation of learning and so we celebrate and thank our **SLP's** who support our students in the areas of: articulation, expressive and receptive language, voice, fluency, oral-motor and many other areas of speech. SLP services offer insight and expertise that are critical for student growth.

Thank you!
♡

LWEA Officers and Executive Committee

President:

Howard Mawhinney
LWEA Office / 425-822-3388

Vice President:

Katie Badger
LWEA Office / 425-822-3388

Primary Rep:

Patti Cook
Rush / 425-936-2690

Intermediate Rep:

Fareeha Nasir
Alcott / 425-936-2490

Middle School Rep:

Hattie Midboe
Stella / 425-936-2475

High School Rep:

Sharon Curry
RHS / 425-936-1800

Specialists Rep:

Amy Waldroup
Barton / 425-936-2480

Special Services Rep:

Cookie Grant-Suggs
Rush / 425-936-2690

Ethnic Minority Rep:

Cathey Hettinger
Barton / 425-936-2480

LWEA
WE are YOU
This is your union!



Educators of Color— Last Gathering of the Year

Connecting Educators of Color, **Sharing** ideas/struggles and **Empowering** each other to make change.

Where: New LWEA Office—8575 164th Ave NE Suite 100, Redmond, WA 98052

When: May 25, 2022, 4:30-6:00pm

Dinner will be provided! Please **RSVP by May 13th** at LWEA-EOC@lwsd.org so we have a proper headcount!

Lots of love to our members!

~The EoC Planning Team



A Friend in Need

Lorrie Uribe, Para at Robert Frost El, is requesting shared sick leave donations. Her husband has Stage 3 Kidney disease, he had emergency surgery and is undergoing Dialysis. Any donations would be so appreciated.

Susan Jester, teacher at RMS, is in need of shared leave donations. Her son struggles with severe depression and intermittent suicidal tendencies. As his only care provider, Susan has needed to provide full-time support during this difficult time. Any shared leave would be greatly appreciated.

Please consider a [Shared Leave Donation](#) by filling out the donation form and sending it to HRLeaves@lwsd.org. Thank you.

Do You Receive the Update through Text?

If so, you will notice a change in June. LWEA/WEA is changing our media platform to Message Media. Everyone who is currently on the textline will be migrated to the new MM textline. The only difference you will see is the incoming message will be coming from +1 (833) 258-6815 instead of the old 81411 number.



Marketplace

Ads are run in the Update on a first come, first served basis. All ads must include a home email and/or phone number. Send directly to [Terri Neely](#) in the LWEA office.



May 11

School Nurse Day

May 25

EOC Gathering

May 27

LEAP Day

May 30

Memorial Day

May 31

Snow Make Up Day

June 1

403bwise Presentation



SMARTHEALTH WASHINGTON MOVES EVENT (SEBB)

Subject: Join the SmartHealth Washington Moves event

Join the virtual SmartHealth Washington Moves event between May 16 and May 27, 2022.

Who can participate?

This event is for all eligible SmartHealth participants - all ages and abilities. Any type of movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing, whatever you like.

Governor Inslee encourages you to join him.

Watch [this video message](#) from the Governor.

Why is movement important?

Movement helps your well-being and quality of life. It can:

- Improve mental health by lowering your stress.
- Lower your risk of certain conditions like heart disease, diabetes, and cancer.
- Help with your weight.

Track it!

You'll earn 200 SmartHealth points for participating virtually from wherever you are.

Learn more about SmartHealth on [HCA's website](#) and then visit [SmartHealth](#) to get started!

[SmartHealth WA Moves](#)

Honoring Retirees

Are you planning to retire this year? Later this year, LWSD will recognize our retirees in a slideshow that will be showcased on our district website and our social media pages. Please contact Collin Sullivan at csullivan@lwsd.org or 425-936-1300 if you are planning to retire so we can be sure to include you in this year's presentation.

