



AFT New Mexico Retirees Chapter 8029

Summer 2020 Newsletter

June Meeting

Many of us are thankful that we retired when we did and can hardly imagine how to cope with the recent change in classrooms. To get a better understanding, four currently working union members joined us by Zoom to give us their perspective on teaching and distance learning. We got to hear each one speak about their personal experiences with virtual classrooms. We posed four questions: What were the positive outcomes from this spring's swift conversion to online classes? What were the challenges? What are you expecting this fall? And lastly, how can retirees be of support in the coming year? Our four guests were:

Jon Seyfried, History (Sandia HS, Albuquerque)

Sara Cook, English/Language Arts (Hayes MS, Albuquerque)

Cristlerose Helvie Kinder (MLK ES, Rio Rancho)

Barb Thompson, SpEd IGS2 (Mark Twain ES, Albuquerque) as well as written input from

Rep. Debbie Sariñana, math (Manzano HS, Albuquerque)

Our Next Zoom Meeting - July 8

*Instead of a "regular" meeting – this Zoom meeting will be a **townhall** meeting. We will have a panel of legislators speaking about the recent Special Session. If you would like to pose a question about the Special Session send it to Anne at AFTNewMexicoRetirees@gmail.com*

Zoom Meetings – Have you tried it?

Sure, there's a little stress the first time or two but we soon learned it's fun. If you don't have a computer you can join a meeting on your phone. A computer or smart phone gives you the chance to see others (or not -you can always turn off the video) and you don't have to change your clothes, drive anywhere or even wear shoes! If you are not sure how to join a Zoom meeting, many of us older retirees will be happy to walk you through the process.



Mindful Breathing "Recipe"

Ingredients:

An open mind

A quiet space

A desire to live with less stress & anxiety

Your breath

A comfortable sitting position

5 -20 minutes of your time

Directions:

Close your eyes and take a deep breath, in through your nose, filling up your lungs. Hold for 1 second, then breath out slowly through your mouth. Next, breathe in for 2 seconds, pause for 2 seconds, then breathe out for 2 seconds. Continue by building up to 5 seconds each. When your mind wanders – and it will – don't judge your thoughts; just bring your attention back to your breathing.

Teacher Emporium Collection

Cleaning out a closet? Getting rid of old teaching materials? Retiree member **Lois Goldfarb** found items in her closet that will be useful to new educators.



The Albuquerque Teachers Federation (ATF) is collecting high-quality, gently-used materials every Tuesday in July from 8-10. They will be stored and given free of charge at the New Employee Orientation. The Retirees are providing cold drinks and snacks at the drop off.



New Employee Orientation

On Friday, July 31 large tents will be set up outdoors at the AFT Union office, 530 Jefferson St. NE, Albuquerque. Those just starting their educational career can collect the donated items. Retirees' help is needed. This is a great opportunity to tell new employees of the purpose and benefit of Union membership. For more information contact us at:

AFTNewMexicoRetirees@gmail.com

AFT NM's 58th Annual Convention

This years' annual convention was both exciting and disappointing. But only disappointing in the sense that it required social distancing that did not allow the usual fellowship, friendship and bonhomie that are hallmarks of a great gathering. Retiree members/delegates who attended the Zoom convention were: **Marcia Demento, Franklin Schargel, Laurie Harris and Anne Pierce-Jones.**

Two important and impactful issues were voted on and passed at the Convention. One, an anti- racism resolution and the other, a schedule change to alternating years for the state convention.

AFT NM Anti-Racism Resolution.

AFT NM president Stephanie Ly and VP Kathy Chavez released the following statement: *"Building on the long history of the American Federation of Teachers fighting against racism – including the exclusion of segregated local chapters in the 1950s – this resolution calls for a greater emphasis on training of school security as peace officers, with a focus on non-violent resolution techniques, and a shift away from the militarization of our schools."*

Convention Schedules

Going forward, the state AFT convention will be held on even numbered years. In the past our Union has held yearly conventions for delegates from the New Mexico locals, followed by *"leadership training/summer school/professional development"* open to all union members. Beginning in 2021, odd numbered years will be for statewide professional development. These learning opportunities have usually focused on the interests of active employees. But we should take the opportunity to give input on topics of interest to retirees as well. If you have any suggestions send them to:

AFTNewMexicoRetirees@gmail.com

Free Credit Check

The coronavirus has also brought scammers looking for ways to take advantage of us. If you are worried about identity theft or other scams - you can now get free *weekly* credit checks, rather than only one freebie per year. Equifax, Experian and TransUnion are doing this through April 2021. Credit reports show credit and payment history, and reviewing them will turn up any suspicious cards or charges made in your name.

To get the free reports, go to AnnualCreditReport.com

Thought for the Day

“Self-respect without the respect of others is like a jewel which will not stand the daylight.”
- Alfred Nobel



ERB

The following information is taken from the ERB website:
“It is our understanding that a third-party entity (temp agency) is providing letters to NMERB retirees interested in substitute teaching. This letter states that the retiree returning to the classroom will be responsible for making their own individual contributions to the New Mexico Educational Retirement fund and to contact NMERB directly to determine the required amount. PLEASE NOTE: This letter contains many inaccuracies. All contributions must be submitted electronically through the retiree’s school or school district.”

For more information: nmerb.org or call them at 1-866-2345.

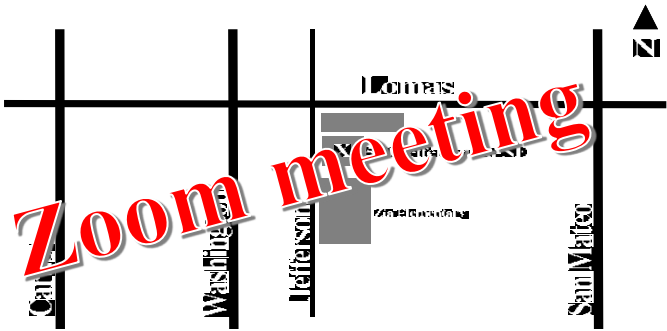
AFT - Not JUST Teachers

We are The American Federation of Teachers. But who are we really? We are 1.7 million teachers, paraprofessionals/school- related personnel, higher ed faculty, public employees, healthcare workers and retirees making a difference every day. And our Union membership is growing.

Just last October, the faculty of the University of New Mexico voted by a 70% margin to join the union. This represents more than 1,600 full- and part-time faculty across five campuses – UNM’s main campus, in Albuquerque; UNM-Gallup; UNM-Los Alamos; UNM- Taos; and UNM-Valencia.

Next Meeting – a Virtual Meeting

Our next meeting will be **Wednesday, July 8 at 1 pm**. We will **NOT** meet at the AFT Union office at 530 Jefferson St. NE.



Contact information:
Email: AFTNewMexicoRetirees@gmail.com
Facebook: AFT New Mexico Retirees – Chapter 8029
Web: <http://aftnmretirees.nm.aft.org/contact-us>
530 Jefferson NE Albuquerque NM 87108



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AFT New Mexico

A Union of Professionals

AFT New Mexico Retirees Chapter

Local 8029-R/AFT/AFT NM

MEMBERSHIP APPLICATION

NAME

ADDRESS

CITY

STATE AND ZIP

PHONE

EMAIL

ANNUAL DUES
\$25 Per Person - Certified
\$20 Per Person - Classified

Please make checks payable to AFT NM Retirees Chapter and mail to: 530 Jefferson St NE, Albuquerque NM 87108

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