District 75 News

David Doorga

To my District 75 family,

What a great moment to be a District 75 UFT member! I hope everyone took a little bit of our 25% lump sum payment and used it to treat themselves to something wonderful. And if it all went to bills, hey, it's a terrific feeling to pay those off as well. What is also remarkable is that UFT President Michael Mulgrew and his negotiating team skillfully negotiated what I think is the best contract I have seen in my entire career. First and foremost, we are receiving a 7.5 percent raise over 43 months. And yes, we will continue to receive our remaining 25% lump sum payouts in October of 2019 and 2020. At long last, the paraprofessionals are being given due process and more compensation. The top salary for teachers (without Chapter 683 or overtime) is now $128,657. But I urge you to read all about it for yourself:

Read the contract at a glance »

See the memorandum of agreement »

Our chapter leaders are mobilizing to get the vote out at your schools, and I strongly urge you to vote "Yes." Teachers, paraprofessionals, school secretaries, school counselors and lab specialists vote at school. All other members received their ballots at home.

Please use social media to let people know that you support the UFT. Ask your chapter leader how to support COPE, our political action fund, as well as 100% membership in your school. Pay it forward.

Stay Strong, Stay United, We are One.

As always, I am very honored to serve as your district representative.

In unity,

David Doorga
District 75 Representative

For Baby Boomers and Gen Xers: Those Who Aspire to Retire

October is Breast Cancer Awareness Month, and I hope you wore pink proudly and had a chance to check out our pictures from Go Pink 2018 on the UFT website.

I wanted to share with you some thoughts on the most important physical asset that we have — our health. A dear friend of mine utilized her UFT contractual right to schedule a mammogram during school hours just last month and discovered a 'pre-cancerous' growth, which came as quite a surprise. She followed her doctor's advice, scheduled an out-patient procedure to remove it and may have saved her own life and an incredible amount of suffering for her family.

The most valuable entity we have is our health, and we tend to take it for granted until something goes wrong. The vast majority of us, myself included, have a long way to go in terms of improving our diet, exercise regimen and habits. But as we move closer to retirement, think about who you were when you began your career with the Department of Education. Did you enjoy going dancing every weekend, or fishing or running around amusement parks with the kids? For many of us, our working lives and our children take first priority over caring for ourselves. But as the kids grow up, and we begin the five-year countdown to retirement, we need to rethink our priorities and set our sights on new goals. Reconnect with who you were when you started, and think about how, health wise, you can move closer to who you were then. You will never be who you were 20 years ago, but there is no reason why you cannot be the healthiest and happiest you have ever been. Remember, you will never be as young as you are today, so start taking steps (literally!) towards a healthy lifestyle.

One huge shift in perspective is the idea that you need to treat yourself as well as you treat everyone else. I have seen parents who will race to Urgent Care if their child coughs once — turn around and drag themselves to work when they are in agony. Most people who work in District 75 tend to put everyone else above themselves. Although this is a noble and wonderful characteristic, we District 75 folk have to consciously take the time to care for ourselves as well. Schedule the preventative medical tests, an annual physical, eye exams and dental appointments. Remember that health depends on a solid foundation of enough sleep, enough exercise and a wholesome diet. What can you do today to adopt habits that will make you feel better for the rest of your life?

Celebrate with us at Teacher Union Day on Sunday, Nov. 4

Teacher Union Day on Sunday, Nov. 4, offers an opportunity to celebrate our union's recent accomplishments while remembering the brave educators who put everything on the line in the 1960 strike that forged the union.Each year at Teacher Union Day, the union bestows the Jules Kolodny Award in honor of the legendary former teacher and UFT secretary who devoted 50 years to the teacher union movement. In this defining year for the UFT — when we faced the Supreme Court Janus decision — we have decided to bestow this distinguished award on chapter leaders and their chapters that embraced the #UnionProud campaign and demonstrated that they were prepared to stand united to keep our union strong. This year's Jules Kolodny Award will be given to five Manhattan schools, two Staten Island schools, six Brooklyn schools, five Bronx schools and six Queens schools. Exemplary door knockers will receive the Backer-Scheintaub award at this year's event. The event begins at 8 a.m. with a continental breakfast. The awards ceremony will be followed by a cocktail reception starting at noon. Tickets are $50. Online registration is now closed. If you plan on attending, you must register and pay in person. Read more about this year's celebration.

Donate winter clothing for homeless students

Cold weather will be here soon, and we are calling on UFT members to help homeless students stay warm. Donate new winter coats, sweaters, scarves, mittens, gloves and hats. The items will be distributed at the UFT Middle School Division's fifth annual Thanksgiving Luncheon for students who live in shelters or temporary housing. You may drop off donations until Friday, Nov. 9 at UFT borough offices or at UFT headquarters, 52 Broadway, 14th floor. Members can also make a monetary donation. Chapter leaders may also bring their school's donations to the Nov. 7 Delegate Assembly. The union can only accept **NEW** articles of clothing. The garments may range in size from toddler to adult. For questions, contact Mika Charles at MCharles@uft.org. For more information, see the How about Some Giving on Thanksgiving? flier.

Nominate a colleague for the 2018 paraprofessional awards

Paraprofessionals are core members of every school community, and this year is the kickoff of the 50th anniversary of the UFT's paraprofessional chapter. To recognize our paras and this special event, members are encouraged to honor a paraprofessional who has made outstanding contributions to their school, community and union. These activities can include community involvement in church, youth groups, volunteer work or any union-related activities such as phone banks, rallies or political action. Any member can submit a nomination; however, paraprofessionals cannot nominate themselves. The nomination deadline is Thursday, Nov. 15. Use the online form to submit a nomination.

In the event you are arrested

If you are arrested for any reason, even for civil disobedience and even if it happens out of state, you must immediately contact the Office of Personnel Investigations: call 718-935-2666 or email OPIarrestnotifications@schools.nyc.gov. You must also notify your principal. If you are arrested on school property and/or for anything related to your job, please immediately contact your district representative.

Paraprofessionals gained several new protections in 2016 as a result of the UFT's union-initiated grievance that challenged the unfairness of automatic suspensions for paraprofessionals who have been arrested. Under a Department of Education policy issued on March 22, 2016, paraprofessionals arrested on the job or on their own time, now have a new review procedure to determine if a suspension without pay is warranted. For more details about the policy, read the New York Teacher article.

Upcoming District 75 Events

- **Saturday, Nov. 4**: Teacher Union Day at the New York Hilton, 8 a.m. to 2:30 p.m. Registration is closed. Please see the above Teacher Union Day item for event details.

- **Thursday, Nov. 8**: District 75 Queens meet-and-greet at the UFT's Queens borough office, 3 to 6 p.m
  Register now »
- **Thursday, Nov. 15**: District 75 Bronx meet-and-greet at Brewski's Bar and Grill, 3 to 6 p.m.
  Register now »
- **Tuesday, Nov. 20**: District 75 Brooklyn meet-and-greet at the UFT's Brooklyn borough office, 4 to 6 p.m.
  Register now »
- **Wednesday, Jan. 30, 2019**: District 75 tenure workshop at UFT headquarters, 3:30 to 6 p.m.
  Register now »

Don't forget that **daylight saving time ends on Sunday, Nov. 4**. Don't forget to set your clocks back on Saturday night!

Send me your feedback about this newsletter

Thank you for all your feedback about our newsletters. I have enjoyed reading your thoughts and suggestions, and I will be addressing topics of interest from time to time in this and future newsletters. So keep reading and continue sending your feedback.

As your representative, I hope to communicate with you often about topics that are of help and interest to you. If you haven't already, please fill out this online form to let me know what you found most valuable in this month's newsletter and how I can improve it.

Stay in touch!

For news alerts and important information about your rights and benefits as a UFT member, sign up on the UFT website, opt in for text messaging, "like" the UFT on Facebook, follow the UFT on Twitter and read the *New York Teacher*.

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