

NOVEMBER WOEА-R MINUTES
November 17, 2021

WELCOME: Debbie Owens, November meeting chair; She will also be chairing the December meeting.

-December Location- Franco's Restorante Italiano, 824 E. Fifth St. Dayton
Reservations are needed and the deadline is Dec. 7, 2021.

-Requesting members bring books to the December meeting for Read Across America. Drawings will be held at the Dec. meeting. Door prizes will be given out to celebrate the holiday season. They will include most books donated, farthest distance traveled, best dress for holiday cheer and more.

MEMBERS IN ATTENDANCE:

Emmy Brudzynski, Marie Ciolek, Sandy Dobberstein, Jo Fehl, Yuverdia Irving, Sharon Jenkins, Phil Long, Suman Medinaltta, Lori Moodie, Debbie Owens, Jane Rahn, Ken Ridenour, Karen Shires, Clarence Thomas,

CALL TO ORDER: Deb Owens at 11:21

SPEAKER: Dr. Terry McCosley

Goal- Share a few strategies to manage holiday and any stress. Stress creates a toll on your bodies. The recipe for disaster is trying to please everyone else during the holidays. See next sheet for details from this speaker.

SECRETARY REPORT: Lori Moodie, approval of October's minutes

TREASURER'S REPORT: Sandy Dobberstein

COMMITTEE REPORTS:

Newsletter- Wayne Wolodarski

Mailing- Willie Terrell, Jr.

Membership- Jane Rahn and Emmy Brudzynski; \$10 per year or \$100 for life

Sunshine: Debbie Owens- Call her if you know of anyone who needs a card

WOEA COMMITTEES:

Collective Bargaining- Jane Rahn

Lori Moodie discussed our last meeting- The committee discussed the situation all around the state with teacher burnout because of Covid and discipline. There is a lack of consistency on how Covid procedures are being handled across the state, lack of cleaning supplies, serious

decrease in student learning, due to students being out of the classroom (some for almost two years), attendance is a big issue due to students, teachers/staff and their families being quarantined.

Organizing Strategy- Phil Long

WOEA UNISERV COUNCIL MEETINGS

Far West, Miami A&B, Western- Sandy Dobberstein

Grand Lakes, Grand Old-River- Phil Long

Greene Co., Happy Trails- Jane Rahn- Everything is difficult because of Covid (not a pleasant situation)

NAACP- Willie Terrell and Doris Moore- Willie Terrell spoke (President of NAACP was going to come, but maybe some other time.

-See Willie if you want to become an individual member. They meet on the 4th Monday of each month- January is the next meeting.

OLD BUSINESS

-We still don't have a leader, since Phil Long left. Let Jane Rahn know if you are interested or wanting details.

-The Vice Chair is rotating for now.

-WOEA-R- Lori Moodie, Yuverdia Irving, Emmy Brudzynski

NEW BUSINESS

-Redistricting- We're losing two reps- very political. It's not equal. Continue to follow it, and let your rep know how you feel.

-Everyone introduced themselves since there were new people.

-Phil Long- Going to be screening candidates. They need 10 or 11 people, so let Phil know if you are interested. They need to do this by the end of Dec.

ANNOUNCEMENT FOR THE GOOD OF THE ORDER

-December meeting will be at Francos at 11:00.

-Bring a book (new or gently used) or more to donate to classrooms (We support Read Across America)

-Wear your best Christmas outfit, ugly sweater, etc.

-Door prizes

-Invite others- work of mouth grows out membership

ADJOURNMENT- 12:39

SPEAKER: Dr. Terry McCosley

Goal- Share a few strategies to manage holiday and any stress. Stress creates a toll on your bodies. The recipe for disaster is trying to please everyone else during the holidays. See next sheet for details from this speaker.

-Suggestions: 1. Keep holiday obligations reasonable.

2. Moderation- Moderate behavior and what you eat (Sugar and alcohol is not your friend); Moderate your time.

3. Drink plenty of water- #1 importance- (energy level will improve even with 2 extra glasses a day- helps you to eliminate toxicity).

4. #2 Sleep- need a bedtime routine; Sleep keeps hormones balanced. Eliminate carbs from evening. Best time to eat junk food is in the morning. No screen time for at least an hour or two before going to bed.

5. Nervous system- Brain- Managing your body's master system.; Symptoms are designed to get your attention to check the system. **Chiropractors don't just affect headaches, back pain, etc. It's digestion too. He gives a spinal health evaluation. Indigestion is actually a lack of stomach acid.

6. Nutritional Support- A long time ago they didn't need an organic section in the store because all our food was organic. Magnesium is nature's muscle relaxer. It affects anxiety and depression (need multivitamins like fish oil and vitamin D).

7. Forgiveness (of yourself)- Emotional stability is affected during the holidays (This could actually be #1).

*If you like your situation don't change anything- If you don't like where you're at move because you are not a tree that can't move.

Turn off your TV and computer because news creates stress. Let Dr. Terry know if he can solve a health issue.

There is a relationship between your spine and how it affects your body

What you, your children and students are or are not eating affects behavior.