

West Suburban Teachers Union, Local 571, IFT, AFT, AFL-CIO

# Union Messenger

## "A Union of Professionals"

### April Calendar

4/3—Registration deadline for TRS Workshop - (Westmont)  
 4/7—TRS Workshop (Westmont)  
 4/13—ExBd Mtg. (5:30 p.m.—Westmont)  
 4/13—HOR Mtg. (6:45 p.m.—Westmont)  
 4/13—571 proposed budget presented to HOR  
 4/13—571 Area Trustee ballots ready for pickup  
 4/25-26—IFT ULI (Westmont)

### Union Messenger

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 571 Union Messenger Editor



### Vote Our Values

The AFT endorsement process for the 2020 presidential election is considerably different than the process four years ago. Many AFT members were upset and made to feel as if they had no voice in the 2016 presidential endorsement. That has changed.



In March 2019 the endorsement process was adopted that included member engagement first and foremost. Since that time, more than 300,000 members have participated in 10 candidate town-halls, five regional meetings, multiple telephone town halls and online and telephone surveys. Across the country, members have different views. Many AFT Locals have endorsed a presidential candidate.

The next step in the AFT endorsement process is advocacy. A resolution was passed by the AFT Executive Council in February 2020. After hours of review of candidate advocacy on our critical issues and process debate, **the Executive Council encourages members to actively support Joe Biden, Bernie Sanders and/or Elizabeth Warren.** The resolution goes on to say, "They share our values, have demonstrated effective leadership through their records, have earned significant support within our membership, and are best positioned to achieve meaningful and lasting victories on the issues that matter to us most."

This resolution encourages AFT members and leaders to become engaged and even provide individual support to the candidate of their choice. There are many ways to be involved. Some members have run as a delegate to their party's national convention. Others have volunteered for a campaign. The AFT encourages you to check out

[www.Joebiden.com/take-action](http://www.Joebiden.com/take-action)  
[www.Berniesanders.com/volunteer](http://www.Berniesanders.com/volunteer)  
<https://elizabethwarren.com/volunteer>

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## How to Help the Most Traumatized of Students By Bonnie Saracco

AFT's Trauma Toolkit, available at [www.fbmarketplace.org](http://www.fbmarketplace.org), contains evidence-based strategies and Action Plans to help traumatized students, and it also presents ways to help the most traumatized among them. These are the children who live daily with degrees of poverty, fear, and family dysfunction that few adults could cope with. Although not always possible, these children need professional counseling, the sooner the better.

While professional counseling will not always happen, there are other ways to help. It is important to be aware of behavioral changes because they are often indicative of secreted home trauma. While listening more than talking, teachers should approach these students about their changing behaviors. Research shows that just one caring adult can make a world of difference to a traumatized child.

Of course, learning activities must continue even as these children experience trauma, and there are research-supported ways to help them. Counterintuitively, it is important to maintain high expectations. Although it may seem compassionate to tell an upset child to skip homework or a test, this lowering of expectations usually reinforces feelings of helplessness and chaos. A better route is to give or arrange the support that these students need to meet normal classroom expectations.

Choice is especially therapeutic for these students because they have a desperate need for a sense of agency and control. Among possible instructional choices are which book to read, whether to participate in class discussions verbally or in writing, and whether or not to use their bodies in group activities. The First Book Marketplace publication, "Healthy Feelings and Relationships for 4<sup>th</sup>-7<sup>th</sup> Grade" is a collection of ways to offer choices to traumatized students without singling them out. It is available at [bit.ly/HFR4-7](http://bit.ly/HFR4-7).

Some basic knowledge of brain function can help these students understand and cope with the behavior of themselves and their peers. Children need to understand that the brain has a part called the amygdala which is designed to keep us safe, but only knows how to do three things:

fight, flee, or freeze. These are very helpful reactions to physical danger, but not so helpful in other situations. The problem is that when the amygdala is in control, another important part of the brain, the prefrontal cortex, is not. It is the prefrontal cortex that allows us to think, learn, and remember. When the amygdala takes over, there are ways to calm it down, such as deep breathing or imagining a peaceful place.

"Hand Model of the Brain **for Kids**", available on YouTube, presents this information in an entertaining and child-appropriate way.



This Action Plan to practice emotional self-regulation takes about five minutes. Begin by having students write on a slip of paper whatever emotion they are feeling at the moment, referring to a word bank if helpful. Then have them write, also privately, any

thoughts that accompany that feeling. Finally, have them add any physical reactions to the feeling, paying attention to the head, throat, shoulders, chest, mouth, and stomach. This lesson develops awareness of how the mind affects the body. A helpful script and recorded guided version of this activity is at [www.mindful.org/body-scan-kids/](http://www.mindful.org/body-scan-kids/).

Last, it is important to avoid labels in public discussions as seeing trauma as part of a child's identity rather than as an experience to heal.

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<https://www.hertz.com/rentacar/rental-car-deals/unionplus>

## How You Can Help Puerto Rico

Puerto Rico is suffering from a recent wave of high-magnitude earthquakes and hundreds of tremors that have rattled the island over the past month, leaving the people and infrastructure devastated once again.



Buildings on the southern part of the island have been completely flattened.

Homes have been damaged beyond repair. Many of the island's 856 schools—we believe up to 20 percent—

have been deemed structurally unsound, forcing the start of the semester to be delayed.

Schools are the centers of communities. When schools are open, children have set schedules, warm meals and adults checking in on their well-being. In Puerto Rico, without schools and the stability they offer, communities cannot begin to recover.

Our union family in Puerto Rico, the Asociación de Maestros de Puerto Rico, has been working around the clock to check in with our members, their families, students and communities.

The **AFT** and the **AMPR** are working diligently with local officials in the areas most affected by the earthquake to create safe and welcoming school environments so educators and students can return to teaching and learning as quickly as possible.

As we wait for Puerto Rico's infrastructure to be rebuilt, we are bringing tents and supplies to the island to create temporary classrooms, in addition to providing first-aid kits, Operation Agua water filters, solar-powered lights and other necessary resources.

**Please consider contributing today so that we can provide desperately needed resources to the people of Puerto Rico.**

**DONATE**

<https://www.aft.org/puerto-rico-earthquake-relief>

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## Vote Our Values

We have a great responsibility not only to vote for the candidate of our choice, but to encourage others to vote. As members of the education community, we are trusted messengers. AFT President Randi Weingarten has stated many times,

“While we may have diverse views on who the presidential candidate should be, there is no question that AFT members from all over see Donald Trump as an existential threat to the values and aspirations of our families our communities and those we serve. And while our members have respect for Mayor Pete Buttigieg, Sen. Amy Klobuchar and Tom Steyer, they gravitate toward President Joe Biden, Sen. Bernie Sanders and Sen. Elizabeth Warren because of their leadership in public education, affordable higher education, healthcare, labor and civil rights.”

The primary polls are open for early voting. For further information on the presidential candidates, go to [AFTvotes.org](https://AFTvotes.org). Whether you cast your vote before March 17 or on primary election day, please strongly consider the AFT's recommendations and vote for our values.

In unity,

*Jane A. Russell*

Local 571 President



## Illinois Federation of Teachers Announces March Primary Endorsements

2/04/2020

WESTMONT – Today, the Illinois Federation of Teachers (IFT) proudly announced endorsements for the March 2020 primary, which include federal, local, and judicial contests.

The IFT's endorsements come after months of extensively vetting candidates and gathering member input. The union's multi-step process includes surveying candidates on a variety of important issues, regional discussions open to all IFT members in the candidate's community, and final consideration by the 40 elected members of our statewide Executive Board, which represents our union's multiple constituencies and diverse membership. These endorsements reflect the results of that robust, democratic process.

Illinois Federation of Teachers President Dan Montgomery said, "We are proud to endorse candidates who are committed to public education and labor rights. These folks share our values and will fight for our families, public services and healthy communities."

The full list of endorsements is below.

### United States Senate

Richard Durbin (D)

### U.S. House of Representatives

CD 2 Robin Kelly (D)  
 CD 3 Marie Newman (D)  
 CD 4 Jesus "Chuy" Garcia (D)  
 CD 5 Mike Quigley (D)  
 CD 6 Sean Casten (D)  
 CD 7 Danny Davis (D)  
 CD 8 Raja Krishnamoorthi (D)  
 CD 9 Jan Schakowsky (D)  
 CD 10 Brad Schneider (D)  
 CD 11 Bill Foster (D)  
 CD 13 Betsy Dirksen Londrigan (D)  
 CD 14 Lauren Underwood (D)  
 CD 16 Dani Brzozowski (D)  
 CD 17 Cheri Bustos (D)

### Illinois State Senate

SD 10 Robert Martwick (D)  
 SD 13 Robert Peters (D)  
 SD 22 Cristina Castro (D)  
 SD 25 Karina Villa (D)  
 SD 40 Patrick Joyce (D)  
 SD 49 Meg Loughran Cappel (D)\*

### Illinois House of Representatives

RD 1 Aaron Ortiz (D)\*  
 RD 2 Theresa Mah (D)  
 RD 3 Nidia Carranza (D)\*  
 RD 9 Lakesia Collins (D)  
 RD 10 Jawaharial "Omar" Williams (D)

RD 16 Denyse Wang Stoneback (D)  
 RD 19 Lindsey LaPointe (D)  
 RD 20 Michelle Darbro (D)  
 RD 29 Thaddeus Jones (D)  
 RD 31 Mary Flowers (D)  
 RD 32 Andre Thapedi (D)  
 RD 40 Jaime Andrade (D)  
 RD 41 Janet Yang Rohr (D)  
 RD 45 Diane Pappas (D)  
 RD 47 Jennifer Zordani (D)  
 RD 49 Maura Hirschauer (D)  
 RD 51 Mary Edly Allen (D)\*  
 RD 54 Maggie Trevor (D)  
 RD 60 Rita Mayfield (D)  
 RD 63 Brian Sager (D)  
 RD 65 Martha Paschke (D)  
 RD 66 Jim Malone (D)  
 RD 70 Paul Stoddard (D)\*  
 RD 83 Barbara Hernandez (D)  
 RD 93 Scott Stoll (D)  
 RD 107 David Seiler (D)\*  
 RD 111 Monica Bristow (D)  
 RD 114 Latoya Greenwood (D)  
 RD 115 Johnnie Ray Smith (R)  
 RD 117 Dave Severin (R)

### Illinois Supreme Court

1st District (Freeman Vacancy) P. Scott Neville, Jr. (D)  
 5th District (Karmeier Vacancy) Judy Cates (D)

### Illinois Appellate Court

1st District (Neville Vacancy) Michael Hyman (D)  
 1st District (Simon Vacancy) Sharon Johnson (D)  
 5th District (Chapman Vacancy) Sarah Smith (D)

\*IFT member

*The Illinois Federation of Teachers (IFT) represents 103,000 teachers and paraprofessionals in PreK-12 school districts throughout Illinois, faculty and staff at Illinois' community colleges and universities, public employees under every statewide elected constitutional officer, and retirees.*



## MEMBER ENGAGEMENT



Members of **Cicero Council** attended the 3<sup>rd</sup> annual fundraiser for the **Illinois Economic Policy Institute** (ILEPI). The ILEPI promotes thoughtful economic growth for businesses and working families.



Those enjoying the evening food and camaraderie with many labor union members are (l->r) Nicole Arguelles, Nicole Gamez, Maria Rivera, Olga Vazquez and Mary Ann Putrya.



**Argo** teachers, staff and administration wearing their **Black Lives Matter at School** t-shirts in support of the IFT convention resolution for **Black Lives Matter**. Shout out to members Aimee Guldin and Evelyn Sanchez for securing administrative support and ordering the shirts, and to Kyle Stern, Council President.

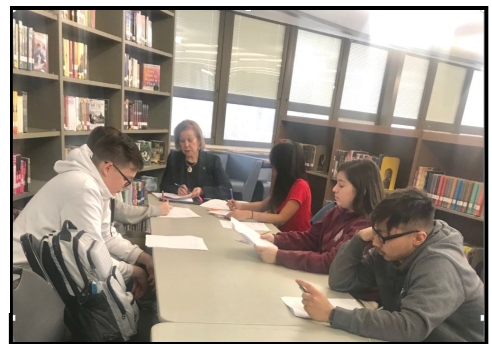
**Morton West** juniors and seniors enrolled in a social studies class had the opportunity on February 5, 2020, to participate in a mock-negotiations as either a union or administrative team member. Labor union members, from **Teamsters**, **Illinois Brotherhood of Electrical Workers**, **IEA** and **IFT**, to name a few, act as coaches for each of the teams. Within a couple of hours, if there is no contract settlement, a mediator from the **Federal Mediation and Conciliation Service** (FMCS) works with the teams in hopes of coming to a joint agreement.

**Local 571 Council presidents** attended the **Great Lakes Regional Leaders** meeting on February 8-9, 2020 at the Hyatt Regency O'Hare in Rosemont. Over 80 participants from Illinois locals spent the weekend at workshops and sharing with other local leaders. AFT President Randi Weingarten spoke about the upcoming presidential election and potential endorsements.



Pictured with President Weingarten (center) are Council Presidents (l->r) Kyle Stern (Argo H.S. Teachers), Tony Lacivita (Morton HS), Emily Ishida (Elmhurst PSRP) and Rachel Esposito (Cicero).

Local 571 President Jane Russell (center) is pictured coaching the "hospital union workers" team who are preparing to present their proposals to management.



Both "Union and Management" student teams worked to present their point of view on important issues to both sides such as hospital safety and training, worker compensation and pension, and vacation and healthcare.



## WSTU Retiree Nan Loerop Continues Educational Outreach--in Honduras

Submitted by Andrew Bendelow

**Helping Hands, Helping Hearts** began in 2010 when WSTU teacher and Elmhurst Teachers' Union President Nan Loerop and her husband Tim (a trade union member) decided to apply their knowledge, skills, and resources to serve the poor around La Ceiba, Honduras, Central America. They established a thriving 501(c) (3) corporation with the mission to provide primarily educational resources to help individuals break the cycle of poverty. Their vision is of a Honduran society in which all children and adults, regardless of income, can attain an education which prepares them for a self-sufficient and hopeful future for themselves and their children.



Tim and Nan began their charity small by helping two women with 7th grade educations continue their training into careers which they dreamt might include nursing and police work. They were 18 and 22 when Helping Hands, Helping Hearts stepped in, aiding them in their educational goals by purchasing uniforms, books and supplies, and speaking to school Directors regarding matriculation and policies.



In 2019, the charity funded the education of twelve students from Kindergarten through young adult education and a trade school. In December of 2019, Nan was thrilled to witness the graduation of their beauty school student! **For the year 2020, the Board of Directors for Helping Hands, Helping Hearts has expressed a goal of aiding 20 Honduran students who might otherwise succumb to the hopelessness of poverty.**



When Nan was asked about the Helping Hands, Helping Hearts' core goals, she said, "In a society where the norm is completion of an average of 4 years of school (the global norm is 12 years of school), "squatter" communities even lower, our goal would be to increase that average by offering educational opportunities and peripheral supports thereby enabling literacy attainment and future job procurement."

Currently, the charity is developing its application process for student enrollment and organizing public school service projects by groups from the US to improve the quality of the educational experience. Helping Hands, Helping Hearts welcomes the support of WSTU members, retired or still in the trenches, to spend some time at their charity's base in Honduras, taking advantage of the opportunities to serve the local populace for 1, 2, or 3-week sessions.

### Contact and support Helping Hands, Helping Hearts--

At their website: [www.helpinghandshelpingheartshonduras.org](http://www.helpinghandshelpingheartshonduras.org).

Via email: [info@hhhhHonduras.org](mailto:info@hhhhHonduras.org), or

Via post: PO Box 5584, Villa Park, IL 60181-4906

### NATIONAL BOARD CERTIFICATION CANDIDATE FEE

#### SUBSIDY NOW AVAILABLE

ISBE is pleased to announce the **\$1,900** National Board Candidate Fee Subsidy application is now available for Illinois teachers and counselors wishing to pursue National Board Certification beginning the 2020-21 school year.

#### Applications are due by May 10.

Please visit <https://nbrc.illinoisstate.edu/firsttime/index.php>.

The National Board Resource Center (NBRC) provides free support for teachers and counselors throughout their journey to National Board Certification. Email Director Kristin Mason at [kamason5@ilstu.edu](mailto:kamason5@ilstu.edu) or call the NBRC at (309) 438-1833 for more information.

The National Board for Professional Teaching Standards was founded as a nonprofit dedicated to improving teaching and student learning:

Just as teachers differentiate instruction for their students, the National Board process differentiates professional development for teachers. There are 25 certificates available across various disciplines, age ranges, and developmental levels.

- Ninety-seven percent of teachers change their teaching after going through the National Board process.
- More than a decade of research from across the country confirms that students taught by National Board Certified Teachers (NBCTs) outperform their peers taught by non-NBCTs.

Many teachers have commented that after completing the process that it was the best professional development experience of their career. To view more information about the process, please visit: <https://www.nbpts.org/>.





### *Important Notice Local 571 New Position Available*

WSTU Local 571 is hiring up to three Legislative Directors for the 2020-21 school year. The positions are open to WSTU Local 571 members. If you are interested in reviewing the job description, qualifications, duties and responsibilities as well as stipend and reimbursement, go to the website, [wstu571.org](http://wstu571.org) or contact Local 571 President Jane Russell, [jrussell@ift-aft.org](mailto:jrussell@ift-aft.org) or (630) 468-4043.

Application/resume is due no later than **April 8, 2020**, and should be requested from President Jane Russell by either e-mail or phone.

### Union Leadership Institute

Union Leadership Institute (ULI) North courses are held at the IFT Robert M. Healey Center in Westmont Illinois. Most courses are held over three weekends and participants must attend all three sessions to complete the course. In addition to the core three-weekend courses, one weekend sessions to be offered.

**Spring: April 25-26, 2020**

2020 ULI courses will include:

**Register by  
April 3**

- **New!** Building and Sustaining Union Power
- Introduction to Collective Bargaining
- Boot Camp for Union Leaders
- Effective Grievance Administration
- The Union's Response to Student Trauma and Stress (one weekend)
- Worksite Leader (WSL) Training (one weekend)

**Questions?** Call Benita Twillie at 630/468-4080.

For course and registration information visit:  
<https://www.ift-aft.org/professional-development/ULI/uli-north>

### The Illinois Teachers Retirement System (TRS) Seminar

*Sponsored by the  
West Suburban Teachers Union  
Local 571*

\*\*\*\*\*

- WHEN:** Tuesday, April 7, 2020  
5:00 p.m.—7:30 p.m.
- FOR:** Local 571 members (teachers)  
close to retirement
- WHAT:** Light dinner followed by a  
presentation by a  
representative of the Illinois  
Teachers Retirement System
- WHERE:** Robert M. Healey  
Conference Center  
  
500 Oakmont Lane  
Westmont, Illinois 60559  
**(Entrance D or E)**
- R.S.V.P.:** If you plan to attend, please  
contact Patty Clancy by April  
3rd at 630-468-4083 or  
[pclancy@ift-aft.org](mailto:pclancy@ift-aft.org)
- OTHER:** Anyone who signs up to attend  
the seminar and finds that they  
cannot attend, must notify Lo-  
cal 571 by phone or email by  
5:30 p.m. on April 3rd, or they  
may be charged \$15 for the  
cost of the dinner.



In 2020, the **spring** equinox (also called the March equinox or vernal equinox) falls on **Thursday, March 19**. This event marks the astronomical first day of spring in the Northern Hemisphere.



Rear Admiral Grace Murray Hopper was at the forefront of computer and programming language development from the 1930s through the 1980s. One of the crowning achievements of her 44-year career was the development of computer languages written in English, rather than mathematical notation — most notably, the common business computing language known as COBOL, which is still in use today.



Chien-Shiung Wu, Chinese-born, American-trained physicist worked on the Manhattan Project, which helped the United States develop the atomic bomb during World War II. She also performed game-changing experiments in physics that disproved the law of conservation of parity. In 1975, she became the first female president of the American Physical Society.



Dr. Shirley Ann Jackson was the first African American woman to earn a doctorate at Massachusetts Institute of Technology, when she received her Ph.D. in nuclear physics. Dr. Jackson conducted breakthrough basic scientific research that enabled others to invent the portable fax, touch tone telephone, solar cells, fiber optic cables, and the technology behind caller ID and call waiting.



Mexican-American, Ellen Ochoa was the first Latina to be chosen as an astronaut, as well as the first Latina in space. She has been on four NASA missions, and is the co-inventor on three patents dealing with optics, object recognition and image processing. Ochoa is also the second woman, and first Latina, to become Director of NASA's Lyndon B. Johnson Space Center.



## March is Irish American History Month

Did You Know?

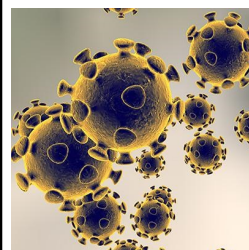


- 32 million Americans claim Irish ancestry.
- 9.9% of all of the Presidents of the United States have claimed Irish heritage.
- 123,950 - The number of foreign-born U.S. residents who reported Ireland as their birthplace in 2018.
- 20,590 - The estimated number of U.S. residents who spoke Irish Gaelic in 2013.

## AFT Resources on the Coronavirus

On February 11, 2020, the World Health Organization announced a new name for the disease caused by the novel coronavirus: COVID-19. We have updated our materials accordingly.

**COVID-19** causes fever and lower respiratory illness—cough and difficulty breathing, resulting in pneumonia. Preliminary information indicates that persons older than 60 and those with underlying illness are at higher risk of severe disease and death, but information is still lacking on the scope of the illness. While the disease appears to be very infectious, it does not appear to be as deadly as SARS and MERS, earlier corona-type viruses. The CDC has developed a diagnostic test that it will share with domestic and international partners. No vaccine or specific treatment is yet available; care is supportive.



**See our guidance document:**

<https://www.aft.org/coronavirus/educators>

### What's Missing from the Messenger?

Is there something innovative or exciting happening at your school? If so, we want to hear from you!

Email your news to Robin Hancock at: [571editor@gmail.com](mailto:571editor@gmail.com)

We Want To Hear From You



We're on the Web!!!  
[www.wstu571.org](http://www.wstu571.org)

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