



# ACTION NEWS

## President's Perspective

by Brenda Walker



### Focusing On Our Purpose

When I reflect on the past few months, I think it's safe to say that we've all had big choices to consider. Whether it has to do with our health, our safety, or even voting, we have been weighing the pros and cons to make the most informed decisions for ourselves and our families. What I would like us all to consider in addition to our personal choices, are the choices we make as an association. First and foremost is the choice to focus on unity. Our association's sole purpose is to represent the interests of our members. We advocate and bargain for working conditions, a fair salary, and benefits so that we are respected and compensated for the work we do to educate our students. This needs to remain our primary focus as an association. With our show of strength and unity, we get more done as a collective. And we have a big task ahead of us. That task is to organize around our bargaining efforts this year. To do that, we need to stand together, and stay connected. I know it hasn't been an easy year. It feels more like we should be heading into spring break rather than winter break. But I firmly believe that by taking care of yourselves and supporting one another, we'll get through this year together.

### October 2021

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**Together, we are ACT!**

Questions? Comments? Concerns?  
 Ideas? Please contact us at:  
**Candidacel33@gmail.com**



### Bargaining Update by Kelly Larned

Please join me in welcoming the 2021-22 Bargaining Team.

- Lara Savage** - Elementary Teacher at Cal Aero
- Erica Murphy** - Elementary SPED Teacher at Cortez
- Erin Mounce** - Elementary Instructional Coach
- Traci Reyes** - Psychologist at Wickman and Glenmeade
- Alison Berg** - Junior High Teacher at Canyon Hill JH
- Bill Acker** - High School Teacher at Chino Hills HS
- Liz Pinkava** - CTA Staff Member
- Kelly Larned** - Junior High Teacher at Magnolia JH

This year's Bargaining Team has been meeting regularly since August as we prepare to bargain for the 2022-23 Successor Agreement.

Three hundred and eight unit members responded to our bargaining survey that was sent out in late September. The team reviewed the survey results and used them to develop our Sunshine Proposal.

If you recall, Article 2.1 requires the Association to make its initial proposal (Sunshine Proposal) to the District Office between October 1 and November 1 of the year prior to the expiration of our current agreement. The Bargaining Team submitted its Sunshine Proposal to the District Office on October 22nd, which will go to public hearing at the Board meeting on November 4th. Our team will now begin to develop our first proposal and we expect bargaining sessions with the District Office to start in December or January.

Thank you for all of your feedback and continued support.

## Wellness News You Can Use

by Candida Celaya



***"Self-care is giving the world the best of you, instead of what's left of you."*** -Katie Reed

Welcome to the new Wellness News You Can Use section of the ACT Newsletter!

Now, more than ever, people's anxiety and depression levels are through the roof, especially in our profession. Teachers are well known for their selflessness and should really pay attention to their need for self-care and staying healthy, both physically and mentally. Developing healthy habits and routines are a way to focus on your own well-being.

CTA recognizes the need to protect our well-being and mental health, so they provide a wellness link on the CTA.org website. The link guides the reader to Greater Good in Action's website, which has already sifted through hundreds of scientific studies and collected, in one place, research-based methods for a happier, more meaningful life.

The following are Greater Good's 12 building blocks of individual and community well-being — the behaviors that research suggests will support your health and happiness:

Altruism • Awe • Bridging Differences • Compassion  
• Diversity • Empathy

Forgiveness • Gratitude • Happiness • Mindfulness  
• Purpose • Social Connection

Each building block you click on offers a wealth of science-based knowledge on the subject and tips for practicing it.

For our debut Wellness section, I chose to ask the members of ACT what tips they could offer other teachers to practice self-care. Below, you can read what they had to say:

"Set aside time for ONLY you to do something that brings you joy and refills your cup to be present for our students daily. That could look different for everyone depending on their interests. This year my co-workers and I implemented a 10/20 min walk daily outside in nature to clear our minds and reset. [It]has helped tremendously!! I also love massages, deep breathing and yoga. The Calm app is one of my favorites!" - Lisa Behounek, counselor

"Massage Envy!" - Diane Rouchon May, teacher

"Naps." - Tracy Mann Buss, Teacher

"Make priorities. You can't be good at everything. Find a hobby, that is not teaching, that gives you joy." - Nuria Davis, teacher

"Leave work at work, leave home at home... Never leave work unless you are ready for the next day...Realize you are only human... e-mails, meetings, grading, etc can wait..." - Amanda Swager, teacher

"One minute meditations help me. I find the one minute YouTube videos and close my eyes for just that one minute. That one minute helps relieve my stress for a few hours." - Angela Evans Milversted, instructional coach  
"Leave work at school as much as possible. Go for a run!" - Anne Abrahamson Whyte, Teacher

"Meditation, exercise, healthy eating. Boring, I know, but when my health is good it's easier to deal with stress. Having said that.....hanging out at my local bar." - Rachelle Tordiff, teacher

"A quick yoga routine at my lunch time with the lights off." - Rachel Spoerner Welchez, teacher

"Self care is setting boundaries, and knowing what is in your control and not in your control. Without boundaries and an understanding of control, I feel like the mind cannot settle, even if you're trying to get a massage, pedicure, or nap. It's a difficult thing to do with such a career with high stakes and lives in the mix.

I try to breathe and meditate in the morning and say, 'Lord, let me be of service to these kids.' I look at my children, kiss them, and think about their sweet smiles.

At the end of the day I reflect on what went well and not so well. I go home and am present with my children. This, to me, is self care." - Elizabeth De La Cruz, teacher

# Featured ACT Member: Alison Berg

by Candida Celaya



Alison Berg is ACT's newly elected Secondary School Director. She has been teaching for 9 years, with the last 8 as a History and AVID teacher at Canyon Hills Junior High.

In college, Ms. Berg thought she wanted to be a lawyer, but on day one of her first law internship, she found law to be boring. Since her mother had been a teacher in CVUSD and her father had been a Principal in CVUSD, it felt right to Ms. Berg to come to work in the same district as her parents, and she was right...it was the perfect fit for her.

Ms. Berg's favorite thing about her career is that it is "different every day. Teaching is fun, creative and I love learning alongside my students."

Ms. Berg's involvement with ACT began with her mother. When Alison decided to go into education, her mother told her it was important to become involved with the Association, as her mother had been a Site Rep for years, first at E.G. Marshall, and then at Liberty Elementary. And so it began...

Ms. Berg loves being deeply involved with ACT thanks to the connections she is able to make with teachers from other schools. "I feel like, sometimes, being a teacher can be isolating in the sense that you may not be around people outside of your department or your school, so it's been great to form those connections and to learn from others."

After facing many delays due to COVID, Best Wishes are in order, as Ms. Berg will be getting married next month!

When asked the question, "If you had a warning label, what would yours say?"

Ms. Berg quickly answered, "Caution: Can be too loud at times!"

ACT is all about letting your voice be heard. Welcome to the Secondary School Director position, Ms. Berg!



## Contract Corner



### Article 14.9.2 Hours/Preparation Periods

Except in cases of emergency, no unit member will be scheduled to teach as a substitute during said unit member's regular workday. Prior to scheduling substitute service for any unit member, the District will make a good faith effort to obtain a substitute teacher. If no substitute is available, the District will first seek volunteers for substitute service. If no volunteers are available, assignments of substitute duty shall receive the hourly instructional rate for each period of service. An elementary teacher, who is required to take extra students because no substitute is available, shall receive a pro rata share of the hourly instructional rate based on the percentage of the total class which he/she receives.



State Council Delegates: Laura Araujo-Salinas, Brenda Walker, Debi Woolery

## UPCOMING CONFERENCES



For more information, follow this [LINK](#)



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## Welcome All New CVUSD Teachers to the ACT Family

Alexandra Aguilar  
Theresa Alvarado  
Samantha Alvarez  
Kayla Amini  
Allyson Anderson  
Daniel Arciniega  
Zoila Avila  
Julianne Baca  
Tommy Baker  
Marisela Banuelos  
Hannah Bauer  
Michael Blackburn, Jr.  
Jasmine Bramlett  
Jennifer Brown  
Israel Cabral  
Gerry R Cacnio  
Aurora Cardenas  
Katherine Cassel  
Hannah Castaneda  
Eloisa Castillo  
Erica Castillo  
Marcus Ceballos  
Songwoo Chong  
Deborah Chun  
Jasmine Bramlett  
Jennifer Brown  
Tamarra Corel  
Alexandra Davis  
Maria De La Rosa  
Leticia Deluna  
Destinee Diaz  
Melissa Dieckhoff

Julianne Dizon  
Ludmilla Drake  
Madison Egan  
Taylor-Anne Esparza  
Dawn Fiske  
Kellie Flores  
Emily Forte  
Kelly Fountain  
Yasmine Fuller  
Nazareth Galvan  
Stephanie Gatica  
Dustin Gibson  
Andrea Gonzalez  
Cynthia Gonzalez  
Megan Hall  
Trevor Harden  
Marissa Harradine  
Jenna Henson  
Noemi Hernandez  
Christina Herrera  
Tiffany Irvine  
John Jackson  
Jillian Jackson-Macguinness  
Adam Jacoby  
Jaime Jara  
Daniel Joline  
Emily Kakuska  
Joseph Kanter  
Elisha Kim  
Kurt Klassen  
Christopher Knight

Timothy Kranawetter  
Emily Lara  
Vanna Le  
Joslyn Lem  
Amanda Liebesman  
Karen Littlefield  
Emily Lomasney  
Leah Lomeli  
Christine Lopez  
Tania Lycklama  
Fabian Machuca  
Amanda Martin  
Bryan Martinez  
Joseph Martinez  
Kyle Martinez  
Sarah Martinez  
Christine Mattar  
Sydney Meagher  
Brienne Medina  
Alejandra Mendoza  
Camille Moet  
Adam Noritake  
Lauren Nunez  
Cory Pawlowsui  
Dana Peduto  
Eduardo Peraza Jr.  
Teresa Phong  
Haley Pickett  
Jonathan Probst  
Nicole Quezada  
Christina Ramirez  
Gizelle Ramos  
Rosa Ramos  
Michael Reyes

Rebecca Richey  
Kathryn Rincon  
Nayeli Rodriguez Hernandez  
Rachel Rosoff  
Sophie Samson  
Sarah Sands  
Gena Schneider  
Caroline Scott  
Gabiella Segoviano  
Jared Seymour  
Parvin Shaker  
Jennifer Simental  
Tierney Smith  
Shelley Sprague  
Stephanie Stofila  
Deicy Suarez  
Sarah Torres  
Lilian Tran  
Ian Trantow  
Barbara Tuyen  
Megan Villanueva  
Richard Wallace  
Julia Wang  
Leslie Warn  
Makayla Warren  
Sarah Weik  
Tracee Williams  
Claire Wun  
Sarah Yanez  
Robin Yin  
Alyssa Young



### New Educator Reception 2021

ACT Board Members and Site Reps welcomed new educators at a reception held at the ACT office. Educators learned about the benefits of belonging to NEA/CTA/ACT and the importance of staying connected.



## Executive Board to Visit All School Sites

ACT President, Brenda Walker, and other members of the Executive Board have been busy visiting school sites, offering refreshments and getting to know the members through an informal meet and greet. Look for the Executive Board coming to you soon!



**Rolling Ridge Teachers enjoy a tailgate site visit**



**Buena Vista site visit**



**Just getting started at Rhodes with Site Rep Lisa Davis**



**Liberty Elementary site visit**



**Canyon Hills Junior High teachers gather for a morning site visit**



## 2021-2022 SITE REPRESENTATIVES

<b>Elementary Site Reps</b>		
<b>Briggs ES</b> Laurie McKellip	<b>Dickson ES</b> Jody G. Bilon Deanna Doezie	<b>Oak Ridge ES</b> Pat Chilton
<b>Butterfield Ranch ES</b> Laura Schlerf Patricia Schultz	<b>Eagle Canyon ES</b> Arcelia Velez-Lynch	<b>Rhodes ES</b> Lisa Davis
<b>Cattle ES</b> Debra May	<b>Glenmeade ES</b> Sandra Friesen	<b>Rolling Ridge ES</b> Denise Costello Anna Whyte
<b>Chaparral ES</b> Sherie Hamblin Susie Hoffman (Alt)	<b>Liberty ES</b> Jacqueline Brazynetz Lisa Witte Kimberly Kessler (Alt)	<b>Walnut ES</b> Carri Buffington Andrea Bell
<b>Cortez Elementary</b> Gina Crum	<b>Litel Elementary</b> David Lines	<b>Wickman ES</b> Cynthia Malo Rob Riley
<b>Country Springs ES</b> Jeannie Morley Kassondra Hensley (Alt)	<b>Marshall ES</b> Jim Castillo Traci Johnson	<b>Sites Needing Reps</b>  *Behavioral Health Counselors  *Borba ES
<b>Dickey ES</b> Rebecca Campos Amanda Hubbard	<b>Newman ES</b> Nathan Green Lisa Willson	*Hidden Trails ES  *Magnolia JH  *Nurses

<b>K-8 Schools</b>	
<b>Briggs Secondary (6th-8th)</b> David George	<b>Cal Aero</b> Lara Savage
<b>Junior High Site Reps</b>	
<b>Canyon Hills</b> Charlie Conaway	<b>Ramona JH</b> John Guillemet Michael Johnson
<b>Townsend JH</b> Cliff Harper	<b>Woodcrest JH</b> Timothy Yurk Patrick Lindsey Kelly Lockman (Alt)
<b>High School Site Reps</b>	
<b>Ayala HS</b> Amy Campbell Art Boren	<b>Chino Hills HS</b> Jennell Acker Delia Bahena Abraham Garcia
<b>Chino HS</b> Debbie Butler Lindsay Johnson	<b>Don Lugo HS</b> Candida Celaya
<b>Alt ED/CVLA/Adult S, Specialty Schools/Psych/Counselor Reps</b>	
<b>Alt ED/CVLA/Adult S</b> Cathy Lopez Tony Montanez	<b>MTSS-B Intervention Counselors</b> Gerardo Torres Christina Ruiz
<b>Behavior Intervention Counselors</b> Meghan Phillips Priscilla Sosa	<b>Psychologist</b> Traci Reyes Kelsey Wilcox
<b>Instructional Coaches</b> Sandra Stradling	<b>Speech and Language Pathologist</b> Sirena Magallon



**Union Code of Conduct**

- I will not criticize any union member except to the individual directly.
- If any member is being criticized in my presence, I will confront the criticism and ask that it stop.
- I will not participate in any conversations with management that criticizes or negatively speculates about any union member.
- I will settle my differences with members within my union.
- I will engage in debate, offer others every opportunity for debate, and respect minority viewpoints. I will, however, observe and support the majority mandate of my union.



**CONGRATULATIONS TO THE MEMBERS OF BUENA VISTA CONTINUATION HS!**  
Winners of the Fall Campaign



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## COMMUNICATION

Join in on the conversation- join us on Facebook. A great way to share with, and encourage other ACT members!



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**Questions? Comments? Concerns?**

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