

The Chronicle



Redlands Education Support Professionals Association

410 Alabama St., Suite 102
Redlands, CA 92374
(909) 793-1526

www.respaonline.org

Your Board

Gladys Kershall, President
president@respaonline.org

Or
respapresident@gmail.com

John Havard, Vice President

vicepresident@respaonline.org

Mary Ambriz, Executive Secretary

executivesecretary@respaonline.org

Fred Nuñez, Treasurer
Directors - At - Large

Child Nutrition Services:

Joleen Carlson

Clerical:

Sheila Best

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Mike Newmeyer

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School Safety:

Marisela Gonzalez

Transportation:

John Valdez

Mama NEVER EVER Said There'll Be Days Like This!

We hope this "Quarantine Edition" of the RESPA newsletter finds you and your family well. These are strange and challenging times, but we are confident that our RESPA family will get through this.

There is a wonderful new song by Alicia Keys called "Good Job" and the lyrics are particularly fitting for those who are "out and about" and says better than we could how we feel about all our members:

*You're the engine that makes all things go
And you're always in disguise, my hero
I see your light in the dark
Smile on my face when we all know it's hard
There's no way to ever pay you back
Bless your heart, know I love you for a that
Honest and selfless
I don't know if this helps it but ...*

*...Good job
You're doing a good job, a good job
You're doing a good job
Don't get too down
The world needs you now
Know that you matter, matter, matter.*

You are doing a good job. If you are simply keeping those who must be out safe by sheltering at home, **you are doing a good job.** If you are social distancing, washing your hands, wearing a mask...**you are doing a good job.**

And yes, you definitely matter.

Please take this time to practice patience and kindness, both with others, your family and equally as important, with yourself. We know that our members are often the "glue" that keeps the family together, so please make sure you are taking care of yourself. It is "OK" to feel down sometimes, these are crazy, crazy days.

In closing, please remember that your union is here for you. If you are struggling, have a need for support, food or whatever, please do not hesitate to reach out. The last pages of this newsletter includes all emails for our E Board and Directors and some information about food assistance. Please let us know what we can do, and know that always, it is in confidence, of course.

Stay well,

Gladys, John H., Mary, Fred, Joleen, Sheila, Mike, Richard, Liz, Marisela and John V.

You can enjoy the entire "Good Job" song by going to the link below.....

(I'm not crying, you're crying!)

<https://youtu.be/N63tvQBwSSw>





Open Enrollment for Health and Welfare Benefits begins Monday, May 11, 2020 and runs through Friday, May 22, 2020 at 5:00 p.m.

Employees making benefit plan changes MUST log into BenefitBridge@keenan.com, otherwise current year options will roll over to next year.

All Employees are strongly encouraged to review current enrollment options and update beneficiary information.

For more information on 2020-2021 Health and Welfare Benefits, please go the Health and Welfare Benefits tab on the Redlands Unified School District Website found under Employee Information or under Departments, Employee Health & Welfare Benefits.

Hard copies of the rate sheets and plan design comparisons are available for pick up in front of the District office beginning 5/1/2020.

For questions related to benefits, please email the Employee Benefits office at employee_benefits@redlands.k12.ca.us, Karen_houston@redlands.k12.ca.us,

Heather_roe@redlands.k12.ca.us

or contact Keenan & Associates at emyricks@keenan.com ,

yarias@keenan.com or

jcontreras@keenan.com, 1-800-654-8347 ext. 1037 or 1163.



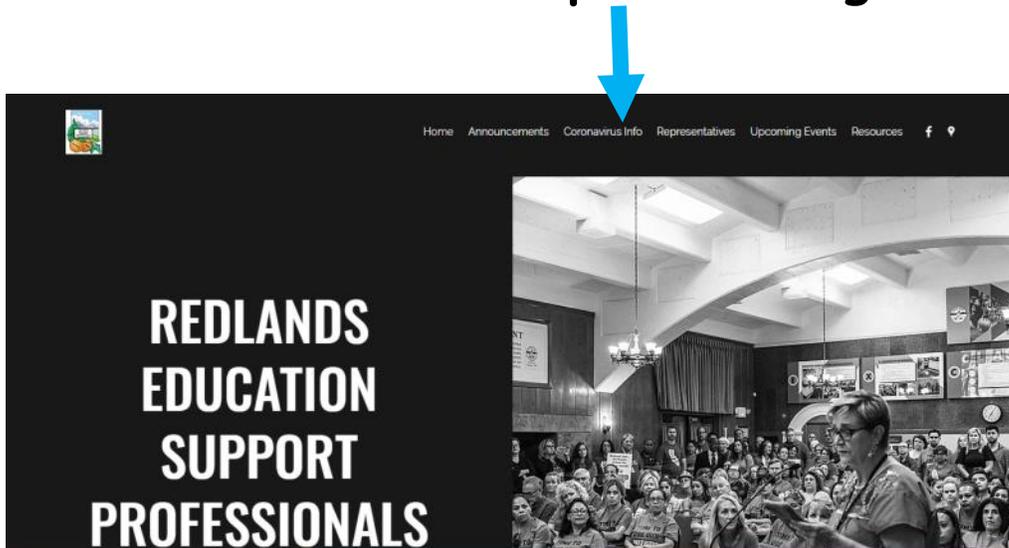
**DEADLINE IS
Friday, May 22, 2020 at
5:00 p.m.**





PLEASE MAKE SURE YOU ARE...

- At least once a week, checking the RESPA Web site www.respaonline.org



So many important pieces of information are on there and you can be assured that it reflects the most accurate, up to date facts.

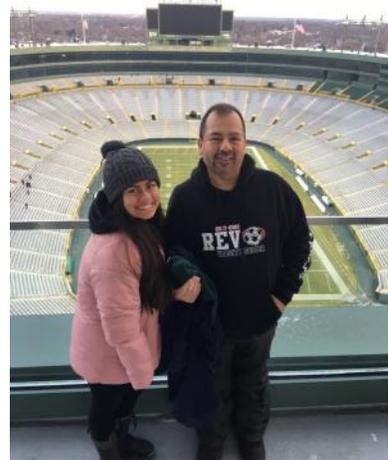
- Check your RUSD email often. There are many, many important communications that come to us via district email and it is vitally important to be diligent about checking often.
- Check Bestnet payroll website and make sure it reflects what is accurate. If you think something is amiss, contact classified payroll via email jennifer_murray@redlands.k12.ca.us



<https://employeeselfservice.sbcss.k12.ca.us/login.aspx>

GET TO KNOW YOUR E-BOARD: Fred Nuñez, Treasurer

- 1: What is your idea of perfect happiness? *The beach, the waves, sunny blue skies, nice breeze, BBQ, and family & friends around to enjoy it all with.*
- 2: What is your greatest strength? *Jesus. I can do all things through Him who strengthens me.*
- 3: What famous figure do you most identify with? *Jonah of the Bible.*
- 4: What is a trait you most deplore in yourself? *Patience*
- 5: What do you consider the most overrated virtue? *Patience*
- 6: What living person do you most admire? *Tim Tebow*
- 7: What words or phrases do you most overuse? *"that's what happens" and "I tried to tell ya."*
- 8: What is your greatest regret? *No regrets. Everything happens for a reason. But, if it can happen? And it's within reason? Then go for it, that way there are no regrets!*
- 9: When and where are you happiest? *Behind the drum set, observing people enjoy music and each other.*
- 10: Which talent do you wish you had? *Playing music on the harp. Such a beautiful sound.*
- 11: If you would change one thing about yourself, what would it be?
I would go back to my younger days, and be more of the person I am now, so I could correct the mistakes I made then.
- 12: If you could change one thing about your family, what would it be? *That my wife would be restored to complete health and be free from MS. It will still happen (because Our God never breaks His promises) but we have to be patient and wait for that day.*
- 13: What is your most treasured possession? *All my drumming equipment.*
- 14: What is your favorite occupation? *Drummer-as long as I don't have to rely on drumming to make a living!*
- 15: If money were no concern, what would you be doing? *See 14 answer above.*
- 16: What do you most value in your friends? *A good, loving and caring heart, and the ability to laugh at themselves.*
- 17: Who are your favorite writers? *Paul the apostle, John Steinbeck, sportswriter Jim Murray*
- 18: Who is your favorite hero of fiction? *Forrest Gump*
- 19: Who are your heroes in real life? *People that pay for the person behind them.*
- 20: What is it that you most dislike? *Being in a position of authority and not telling the truth, nor taking any responsibility for your actions or lack of action.*
- 21: What is your motto? *"It's what you learn after you know it all that counts"*

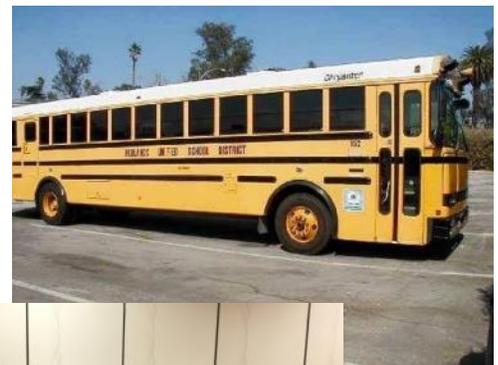


GET TO KNOW YOUR E-BOARD:

John Valdez

Director, Transportation

- 1: What is your idea of perfect happiness? **Enjoying spending time with my family and friends.**
- 2: What is your greatest strength? **Listening to others.**
- 3: What historical figure do you most identify with? **Really haven't thought about it.**
- 4: What is a trait you most deplore in yourself? **Impatient.**
- 5: What do you consider the most overrated virtue? **Self denial.**
- 6: What living person do you most admire? **The person I admire the most is no longer living. It would have to be my mom.**
- 7: What words or phrases do you most overuse? **Don't make me knock you out.**
- 8: What is your greatest regret? **I would say not finishing college.**
- 9: When and where are you happiest? **At home with the kids and family.**
- 10: Which talent do you wish you had? **Not sure.**
- 11: If you would change one thing about yourself, what would it be? **My strange sense of humor.**
- 12: If you could change one thing about your family, what would it be? **Nothing. Love them very much.**
- 13: What is your most treasured possession? **My faith and trust in God.**
- 14: What is your favorite occupation? **Being a youth minister.**
- 15: If money were no concern, what would you be doing? **Traveling.**
- 16: What do you most value in your friends? **Their honesty and allowing me to be myself with them.**
- 17: Who are your favorite writers? **Don't have one.**
- 18: Who is your favorite hero of fiction? **Superman.**
- 19: Who are your heroes in real life? **The youth I work with, my parents and my kids.**
- 20: What is it that you most dislike? **Fake people.**
- 21: What is your motto? **Always on time /God is good! All the time.**



WHAT CAN I DO WHEN I'M FEELING WORRIED?

The Article below is from a great resource (www.counselorkeri.com) and used with permission. It is for children, but honestly, we all can use these tools! Stay well!

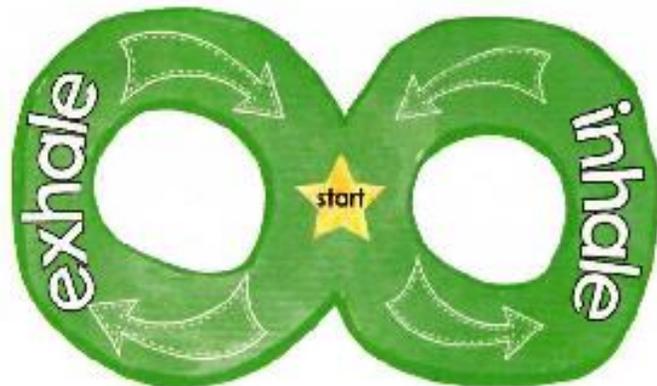
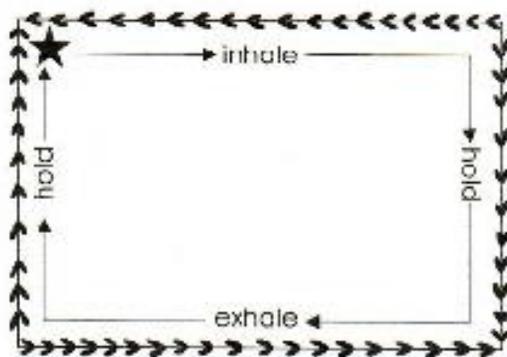


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!

RESPA SUNSHINE COMMITTEE NEEDS YOUR HELP!

We all need a little cheer, sympathy and kindness from time to time and our Sunshine Chair, Liz Huerta-Brewster needs your help to make that happen for our members.



If you know of someone who has had a baby, gotten married, facing a serious illness, is dealing with a death of a family member, etc. please reach out to Liz and let her know. She will make sure that our members know that we are thinking about them.

Best way is via email..... **shuerta1322@gmail.com**

and please make sure to copy Gladys Kershall at respapresident@respaonline.org or respapresident@gmail.com so she is aware as well.

If you can include specifics– such as situation and home address, that would be great.

I'M STRESSED AND SO ARE MY KIDS!

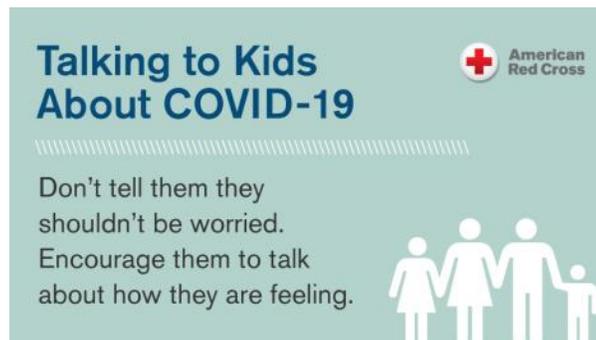
“ Control what you can. You can control what you let in your head. Here are a couple resources that will speak to you if you let it. Both of these can be accessed from your phone. ”
(good advice from Dave Kovach)

Kaiser

https://healthy.kaiserpermanente.org/health-wellness/podcasts?kp_shortcut_referrer=kp.org/podcasts.

Abide

<https://abide.co/>



And then some great resources for kids:

<https://www.counselorkeri.com/2020/03/14/talk-to-kids-about-coronavirus/>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>



Chicken N Chive with Cream Cheese Sauce

from Dolores Sarkis

1 pkg. Ritz Crackers, crushed fine
1/2 Cup grated parmesan cheese
4 boneless skinless chicken breasts- pound thin
3 Tbs. oil
1/3 Cup Chive Onion Cream Cheese
3/4 Cup chicken broth
2 eggs

Mix crackers and parmesan cheese in bowl. Beat eggs in another bowl. Dip chicken in egg, then coat with cracker mixture. Fry chicken in oil in skillet until done. Remove chicken to plate—keep warm.

Make Sauce: Add chicken broth and cream cheese to a saucepan, bring to a boil, simmer for 3 minutes until thickens.

Plate chicken and spoon sauce on top to your liking ; great if served with mashed potatoes, rice or noodles

EASY BLACK BEAN ENCHILADAS

Ingredients

- 2 cans low sodium black beans, drained
- 1 cup yellow sweet corn
- 1 can Ro*Tel, drained
- 2 limes
- 3 cloves garlic, minced
- 1.5 tsp ground cumin
- 1 tsp red pepper flakes
- 2 cups chile verde enchilada sauce
- 4 oz cream cheese
- 20 corn tortillas
- 1 cup Monterey Jack Cheese
- 1 cup Sharp Cheddar Cheese
- 1/4 cup sliced olives
- 1 green onion, chopped
- 1/2 tsp chopped cilantro
- 1 avocado, sliced

Instructions

1. Begin by roughly mashing up the first can of drained black beans.
 2. Add them to a large skillet, and add the corn, Ro*Tel, and other can of unmashed drained black beans.
 3. Simmer on low, heating the bean mixture with the juice from half a lime. Add the garlic, cumin, and red pepper flakes. Heat until garlic is fragrant, then add about 1 cup of sauce to bean mixture with the cream cheese. Simmer on low for about 5 minutes, stirring occasionally until cream cheese is softened and mixed well into the sauce.
1. Preheat oven to 350 degrees as you assemble the enchiladas.
 2. Spray a large 12x9 baking dish with nonstick cooking spray, then set aside.
 3. Lightly warm the tortillas, just a few at a time. Add about 1 tablespoon of the bean mixture to the center of each tortilla, then sprinkle about 1 tablespoon of the combined cheese on top. Roll tortilla tightly, then place on sprayed baking pan with the seam side down.
1. Continue to assemble enchiladas and place in baking sheet, then cover enchiladas with the remaining sauce, then sprinkle the remaining cheese on top.
 2. Cover with foil tightly, then bake for 20 minutes in preheated oven. Remove foil from top of enchiladas, add olives, green onions, and cilantro, then bake another 5-7 minutes until cheese is well melted and mixture is bubbling.

Remove enchiladas and let cool at least 30 minutes. Cut and serve with avocado slices, with a few squeezes of lime and sour cream.

THANK YOU!
Over 84,000 meals a week and nearly 7,000 Chromebooks for our kiddos delivered so far!
Kudos Classified!



How Have We Been Keeping Busy? Ideas from our Members.



Mary Risner (Para.II-Sp.Ed.-Inclusion) tells us "To keep busy, we've done some gardening, watched movies, we taught our autistic teen how to play the card game, War. He kicked our butts! We've also done some major spring cleaning, cleaning out closets and linen drawers. I even did a wallpaper project in my pantry room."

Love it!

Susan Schoeny (Secretary II, Cope Middle School): "My recipe for something with less than 5 ingredients is....wait for it...Mask, gloves and take out. LOL". " She also shared that her daughter and granddaughter decorated the house for Easter "secretly" with beautiful plants and signs..."such a touching and wonderful pick me up."

We agree!



David J Kovach (Tech Services): "We live in an awesome and amazing world. I enjoy rocks, fossils and minerals. I think about the things that have roamed this earth. Did you know sharks were around 200 million years before dinosaurs? Do you know that minerals grow but they are not alive? Investigate the world around you. This is your opportunity to stop and smell the roses quite literally.

If these kind of things are fascinating to you and you would like for me to send you a little discovery kit, feel free to email me and let me know, I may be able to send you some fossil fun. Maybe you have a fossil or mineral you want identified, send me pictures....

sharktoothdave@gmail.com

ASK US ANYTHING!



ANSWERS TO YOUR QUESTIONS....

Many of you have asked about some specifics about the RESPA Covid-19 Memorandum of Understanding (M.O.U.)

"What should I do about my calendared vacation days...do I still need to use them all up by the end of the year?"

The answer: **Yes...**but this doesn't apply to 11E or 12 month members who get to "roll over" a limited number of hours.

All calendared vacation days must be used as scheduled. If you have scheduled a vacation day and you are called to report to work, you will not need to re-schedule your unused vacation day. You will be paid out at the end of the year or you will have the option to accrue vacation time as set forth in Article 17 of the RESPA contract. Otherwise, all employees will use calendared vacation days.

"What is the protocol for calling people into work where they get the 1.5 hourly wage? How does that work?"

The answer:

First, the supervisor will ask for volunteers: if there are multiple volunteers, the assignment will go to the most senior employee; if there are no volunteers, the assignment will go to the least senior employee. However, the ultimate decision on how positions will be filled may vary by circumstances during the crisis and the District reserves the right to make assignments.

"Is the 1.5 hourly wage in addition to (on top of) my regular compensation?"

The answer:

No. The 1.5 hourly wage is the rate that employees will be compensated at if they are deemed an essential employee for work that they perform at a school site or district location.



Example: Bill Smith is asked by his supervisor to come to a site to work. He normally makes \$18.00 an hour. For this work he will be paid \$27.00 an hour for those work hours.
(\$18. an hour + \$9 an hour = \$27. an hour)

WEEKLY FOOD BOXES AVAILABLE FROM REDLANDS FAMILY SERVICES

Starting on Tuesday, May 5th 2020, Family Service will begin to distribute weekly food boxes to San Bernardino County low income families and households whose income or lives have been affected by the recent COVID 19 crisis. This new program is made possible by a generous grant from the Will J. Reid Foundation facilitated by Board member Char Burgess and as always, because of loyal community supporters.

In a commitment to safety of staff and others, the distribution will be a "contactless" system in which staff members and volunteers will ask to see identification through the vehicle window and then place the food in the trunk of each vehicle.

Families needing food boxes need to sign up by Friday for Tuesday pick up at- <http://rfsfoodbox.eventbrite.com>

Family Service is operating Monday through Friday from 9am to 4pm. The Housing Program is still in existence and the motel voucher and food programs continue to show to be a high need area currently.

On a limited basis they are allowing volunteers to participate in food distribution and organization. For more information and to sign up to volunteer please go to- <http://rfsvolunteer.eventbrite.com>

Family Services continue to need food donations so when you venture out to the store please keep them in mind. Donations can be dropped off in a "no contact" manner by placing them in the blue bins in front of the Donation Center and at the backdoor of Building 2.

Monetary donations can also be made at -<https://www.redlandsfamilyservice.org/donate/>

Countywide Food Assistance



RESPA MEMBERS NEEDING FOOD ASSISTANCE CAN ALSO GO TO THE WEB SITE BELOW FOR ASSISTANCE:

<http://sbcovid19.com/food-assistance/>

Check us out on



RESPA on Face Book;

@UNITEDRESPA on Twitter,

RESPAUNITED on Instagram
and of course,
our web site

WWW.RESPAONLINE.ORG



Shout out to
Shawna Chambers

from Franklin for her
volunteer work for the
2020 senior students.

She has been making senior gift packets and
was also instrumental in getting the adopt a
senior activated in Redlands.

Nice going, Shawna!

RESPA Contact Information

President: Gladys Kershall 909 793-1526
president@respaonline.org or respapresident@gmail.com

Vice President: John Havard *vicepresident@respaonline.org*

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Treasurer: Fred Nuñez *treasurer@respaonline.org*

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CNS Director: Joleen Carlson *cns-director@respaonline.org*

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STRONG
BECAUSE OUR MEMBERS ARE
STRONG**