



CAPSULE

THE KRAMER BROWN NEWSLETTER

Badger, Goodridge, Greenbush-Middle River, Grygla-Gatzke, Kittson Central, Lake of the Woods, Lancaster, Marshall County Central, NWRIC, Red Lake County Central, Red Lake Falls, Roseau, Stephen-Argyle, Thief River Falls, Tri-County, Warren-Alvarado-Oslo, Warroad

Special points of interest:

- KB Recognition Dinner
- Summer Seminar
- MRA I Training Bemidji June 12th

2017 Kramer Brown Recognition Dinner

May 2017

Educators and Friends of Education were honored May 2, 2017 at the Kramer-Brown Intermediate Organization (I.O.) Recognition Dinner at the Quality Inn in Thief River Falls, Minnesota.

The event was held to honor Governing Board Members, local Presidents, Teachers of the Year, Retirees, and Friends of Education and Retired Senator Leroy Stumpf. Music was provided by the Woodpicks.



The Woodpicks with Gene Lunseter



Honored Retired Senator Leroy Stumpf & Beth Kucera, KB Treasurer

SPRING 2017

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Eric Mickelson, Goodridge Teacher of the Year



Cynthia Hanson, Lake of the Woods Board Rep & Gretchen Thompson, Lake of the Woods Teacher of the Year

Teachers of the Year honored were:

Goodridge:
Eric Mickelson
Lake of the Woods:
Gretchen Thompson
Roseau:
Brenda Dahl
Thief River Falls:
Katie Shaw
Tri-County:
Melissa Thompson
Warroad:
Katrina Reeves



Brenda Dahl, Roseau Teacher of the Year



Kate Shaw, Thief River Falls Teacher of the Year & Sandy Fladeland, Thief River Falls President





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The 2017 Retiring Educators are: Goodridge: Connie Moe, & Duane Kjono; Grygla-Gatzke: Beth Kucera & Mike Gast; Lake of the Woods: Deb Carlson, Marilyn Mai, Elaine Sunne & Gretchen Thompson; Red Lake County Central: Dan Brustad, Molly Brustad, Nancy Bray, Mary Fore & Sue Hagge; Red Lake Falls: Shirley Johnson; Thief River Falls: Lynn Dyer, Scott Hetherington. Carol Schmitz; Tri-County: Kitty Rodhal; Warren-Alvarado-Oslo: Tom Anderson, Marybeth Edman, Dave Schroeder, & Mona Schroeder; Warroad: Carol Merriman & Judy Turenne



Connie Moe, Goodridge Retiree & Ruby Sundberg, Goodridge Co-Pres



Andrea Eskeli, Red Lake County Central Board Rep, Nancy Bray, Mary Fore, Sue Hagge, Molly Brustad & Dan Brustad, RLCC Retirees



Shirley Johnson, Red Lake Falls Retiree & Board Rep



Marybeth Edman, Mona Schroeder & Dave Schroeder, Warren-Alvarado-Oslo Retirees



Judy Turenne, Warroad Retiree & KB Board Chair



Rose McDonald, Warroad President & Carol Merriman, Warroad Retiree



Beth Kucera, Grygla-Gatzke Retiree, Gene Lunseter, Grygla-Gatzke President & Mike Gast, Grygla-Gatzke Retiree



Cynthia Hanson, Lake of the Woods Board Rep, Elaine Sunne, LOW Retiree, Gretchen Thompson, LOW Retiree, & Deb Carlson LOW Retiree



Jeff Loe, TRF Teacher & Lynn Dyer, Thief River Falls Retiree



Kitty Rodahl, Tri-County Retiree



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Thank you Friends of Education!

There are those special individuals or groups that go out of their way to aid education, whether it is for the teachers, students, materials, or classes in their communities. Honored as Friends of Education by their locals were: Badger: Badger Town & Country Club; Red Lake County Central: Gunderson, & Alice Jobe; Red Lake Falls: Sandy Bertilrud, Marie Chaput, Marline Majeres & Cecilia Pettit; Roseau: Roseau Women of Today; Thief River Falls: Janet Shaw; Tri-County: Kathy Englund; Warren-Alvarado-Oslo: Sheryl Schanil; Warroad: Solveig Harren



Badger Town & Country Club
Friends of Education



Cecilia Pettit, Marie Chaput, Sandy Bertilrud, Marline Majeres,
Red Lake Falls Friends of Education



Andrea Eskeli, RLCC Board Rep, Alice Jobe, Friend of Education, Shelly Steva, RLCC President, Suzie Gunderson, Friend of Education



Roseau Women of Today, Friends of Education & Pam Iverson,
Roseau Co-President



Kathy Englund, Tri-County Friend of Education



A big THANK YOU to Lisa Amb,
Tri-County Board Rep for taking such
great pictures this evening!!



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Friends of Education continued



Rose McDonald, Warroad President &
Solveig Harren, Warroad Friend of Education



Sheryl Schanil,
Warren-Alvarado-Oslo Friend of Education

Thank you to all the local Presidents for the work you do throughout the year!

Presidents recognized were: Badger:Gretchen Lee; Goodridge: Jennifer Sargent & Ruby Sundberg; Greenbush-Middle River: Mara Gusst; Grygla-Gatzke: Gene Lunsetter; Kittson Central: Mark Christenson; Lake of the Woods: Jennifer Moeller; Lancaster: Laura Reese; Marshall County Central: Lisa Donarski; NWRIC: Nora Heilman; Red Lake County Central: Shelly Steva; Red Lake Falls: Andrea Remick; Roseau: Brenda Dahl & Pam Iverson; Stephen-Argyle: Shawna Peterson & Jill Adolphson; Thief River Falls: Sandy Fladeland; Tri-County: Heidi Hanson & Lisa Amb; Warren-Alvarado-Oslo: Nathan Wozinak & Amber Schoepp; Warroad: Rose McDonald.

Thank you Kramer-Brown Governing Board!

Chairperson: Judy Turenne, Warroad; Vice Chairperson: Shirley Johnson, Red Lake Falls; Secretary: Marcy Helling, Thief River Falls; Treasurer: Beth Kucera, Grygla **Local Representatives:** Badger: Kelly Grahn; Goodridge: Kelsey Loberg & Lindsey Rystad; Greenbush-Middle River: Mara Gust; Grygla-Gatzke: Beth Kucera & Robin Johnson; Lake of the Woods: Cynthia Hanson; Marshall County Central: Tom Loberg; Red Lake County Central: Andrea Eskeli; Red Lake Falls: Shirley Johnson; Stephen-Argyle: Jill Adolphson; Thief River Falls: Marcy Helling, Rebecca Schmidt & Sherri Pearson; Tri-County: Lisa Amb; Warren-Alvarado-Oslo : Beverly Torgerson; Warroad: Judy Turenne, Rose McDonald & Avis Kennel.



From the Field



KEVIN YOUNG

share a personal story.

This past weekend was an annual gathering of a group of friends to do a little early walleye fishing on the South Dakota border waters. Most of those attending are friends I have met in college or during the early years of my teaching career. I specifically thought about four of us who started teaching within a year or two of each other and are all about the same age. Three of us were at Moorhead State (GO DRAGONS!!) at the same time and knew each other. The other ended up teaching in the same small school as two of the foursome. The group of four were made up of two life science teachers, one math teacher and one elementary teacher. Of the four, only one, the elementary teacher, is still in the classroom and he has an administrative degree, just waiting for the "right" position to become available. I am one of the science teachers that left the classroom for Education Minnesota. The other science teacher is now farming. The math teacher works for the state of Minnesota as a driver's education tester. I realize this is a small sample, but we are facing a huge teacher shortage across the country and these stories show that the shortage is more of an issue than it should be. At a recent staff meeting, I learned there are approximately 58,000 teaching positions in Minnesota, which require a valid teaching license. There are also a few thousand people with valid teaching licenses who are working in schools in some other capacity. After learning this information, I was amazed to learn that there are approximately 80,000 people in the state of Minnesota with a valid teaching license, who are not currently teaching and this does not include those who have let their license expire.

So again, I am driving home after hearing people speak about the fact we all are teachers and that teachers are "the salt of the earth." Teachers help students see and reach their fullest potential. Teachers are so very important to all of us, spending many late night hours and weekends correcting papers, and making sure students have food over the long weekend, school supplies to be successful in the classroom, and just being there for students who just need someone to listen. I also heard, when education does well, all of Minnesota does well. When education does well, businesses and the economy do well. And on and on and on.

The atmosphere in the room was so electric and positive towards the people who make the education of our children their priority day in and day out.

I then thought about the recognition of those teachers in the Kramer-Brown IO who are retiring. The total number of years of experience as a teacher had to be several hundred, if not close to 1,000 years. Just take Red Lake County Central as an example.

The district is losing 5 of their 33 teachers, having 183 combined years of teaching experience at RLCC between them. How do you replace that? All I can say is, you cannot. The experience they have is invaluable.

Back to my personal story earlier. This is an example of four teachers who started teaching and by the time 22 years have gone by, only one continues to teach. We as a country need to take a hard look at why so many people are making the choice to leave the teaching profession and why fewer and fewer young people are considering teaching as a career. I guess you could say that I am still involved in education, but there are many who have left the profession for good. Many will tell you the career of teaching is just not as attractive as it once was. No one goes into teaching for the money and they could make more money in the private sector, but it is a career with a steady paycheck and the promise of a decent retirement benefit if you spent your entire professional career in the classroom. Now, it seems like changes to TRA are discussed annually. As I write this, expectations to teach until the age of 66, with lower annual increases, and higher penalties for early retirement are being considered by the legislature. To address the teacher shortage, the GOP has proposed a new teacher licensing system, which does not require an individual to have a four-year degree, not to mention any teacher preparation course work. If this happens, Minnesota will go from a teaching licensing system which is considered one of the "gold standards" across the country to one where most states will probably not accept teaching licenses from Minnesota. What does that say about Minnesota and the value we have for education?

Education is facing many challenges today both federally and within our state. I ask that you get involved and contact your legislative representatives and let them know that what they are considering and proposing are not acceptable. We need to make the teaching profession attractive to the best and brightest people. These people will be educating the leaders of the future and we cannot afford to lower our standards just because it is the easiest, fastest way to address the situation. I also ask that you become involved in your local and community and educate people about what is happening. It is apparent most people have no idea what is happening and we need to change that. Have one to one conversations and let them know that what is happening is not acceptable. After all, we are all teachers and learners our entire life, and if we cannot speak up for the teaching profession, who can?

Do not forget the opportunity to attend Education Minnesota's Summer Seminar July 31-August 1-2, at St Bens. Registration information will be out soon.

I hope you are able to spend some quality time this summer with family and friends. Summer is a great time to relax and rejuvenate yourself so are ready to start the school year in the fall. It will come fast, but always remember, the students have no idea if you are ready or not when that first day comes. Just enjoy the fact you have the opportunity to shape and mold the minds of tomorrow.

As always, please feel free to call me any time. Again, have a great summer!!



2016-2017

Kramer Brown I.O. Chair

This is my "Swan Song"! After 31 years in the classroom in Warroad, Minnesota. I have decided to retire and spend some quality time with my parents who are in assisted living in Princeton. Life is too short to be separated from loved ones!

JUDY TURENNE

My proudest moments include: being adjunct faculty from RRCC, teaching Spanish to adults, educating over 3,000 high school, middle school and elementary students, taking 20 educational tours to 22 countries, spending over 10 years with students at the Concordia Language Villages, mentoring exchange students, preparing student teachers to instruct elementary students, inspiring 2 students to become Spanish teachers, receiving a Star award from MCTLC, and coordinating prom for 25 years. I have also learned so much from my colleagues along the way and formed great friendships. I will consider subbing and teaching Community Education in the future.

My union involvement began in 1995 as vice president of Warroad Teacher's Association, which is now Education Minnesota Warroad. Within a year, I became local president and chaired almost every committee over 22 years.

I joined the Kramer Brown Uniserve as a Warroad representative, became KB vice chairperson and then KB chairperson in 2012.

I have served on Education Minnesota's Council of Local Presidents and the Intermediary Organization Leaders at the state level.

I have also been a state delegate to the NEA Representative Assembly since 1996 and AFT national convention since 2016. The highlights include witnessing Bill Clinton receive the "Friend of Education" award, Minnesota native, Mary Beth Blegen, accept the "National Teacher of the Year" award and our own Mark Dayton be awarded the "Governor of the Year" honor.

We just celebrated Kramer Brown "Friends of Education", Teachers of the Year" and fellow "Retirees" such as Shirley Johnson (KB Vice Chairperson) and Beth Kucera (KB Treasurer) at the KB Recognition Dinner on May 2 in Thief River Falls. Beth and Shirley have both been very instrumental in the leadership of Kramer Brown.

My passion has and always will be ...advocating for teachers! I learned from my mentors such as Elaine Grovum, Diane Churchill and John Lang, all former KB Chairpersons who were honored at the KB Recognition Dinner. We also welcomed retired Senator Leroy Stumpf and past Field Staff, Bob Larson who have supported the educators in our area over the years.

I would also like to extend a thank you to our present Education Minnesota field staff, Kevin Young, and professional support staff, Andrea Gross, who have assisted me over the years. They have been my lifeline and are incredibly competent in their positions!

I plan to be involved with Education Minnesota Retired now and continue to support education issues.

To all who have helped me grow as a person, as an educator, as a union leader and teacher advocate....

THANKS FOR THE MEMORIES!



**KB Governing Board Meeting (Rep. Assembly) (unapproved)****March 8, 2017****Nordhem Cafe, Karlstad**

Chairperson Judy Turenne called the meeting to order at 5:30pm

Adopt Agenda with flexibility: Moved by Sherri Pearson, second by Kelly Grahn. Motion carried.

Delegate Roll Call (KB Secretary): Kevin Young, EdMn (guest); Kathi Sloan, EdMn (guest); Beth Kucera, KB Treasurer; Marcy Helling, KB Secretary; Kelly Grahn, Badger Delegate; Tom Loberg, Marshall County Central Delegate; Cindy Hanson, LOW Delegate; Nicole Fiala, LOW Alternate; Robin Johnson, Grygla-Gatzke Delegate; Gretchen Lee, Badger Alternate; Andrea Eskeli, Red Lake County Central Delegate; Shirley Johnson, Red Lake Falls Delegate; Jill Adolphson, Stephen-Argyle Delegate; Avis Kennel, Warroad Alternate; Heidi Hanson, Tri-County Delegate; Lisa Amb, Tri-County Alternate; Rebecca Schmidt, Thief River Falls Delegate; Sherri Pearson, Thief River Falls Alternate; Judy Turenne, Warroad Delegate; Rose McDonald, Warroad Alternate

Absent: None

Correspondence: None

A. Field Office Report - Kevin Young**Value of Belonging (VOB)/Member Engagement:**

- a. 16 of 17 KB Locals have attended local leadership meeting/training
- b. b. next are the local 10 minute meetings – present to as many members as possible and remember to send all information gathered and sign-in sheets to the Bemidji Field Office no later than April 14
- c. Reminder of action item at 2016 EdMN RC - All locals are to have a member engagement plan in place by the 2017 EdMN RC; Locals missing plans are Grygla-Gatzke, Kittson Central, Lake of The Woods, Lancaster, NWRIC, Stephen-Argyle, and WAO.
- d. reminder to update local member engagement plans for remainder of school year, summer and next year; send an electronic copy to the Bemidji Field Office
- e. local commitment cards – (see handout) a way to reach out to all members and have a 1-1 conversation with them

3. Representative Convention – (see handout)

- a. April 21-22; Double Tree in Bloomington
- b. Would be great to have a representative from every KB local
- c. Please register and make hotel reservations ASAP

4. Negotiations Update Meetings –

- a. Meetings for this school year have been completed

- b. For the Feb/March mtgs, 15 of 17 KB Locals were represented
- 5. KB/NU Overnighter – See Flyer
 - a. 102+ have registered

- 6. Audits: Missing audits are Kittson Central, Marshall County Central, Warroad, and KB IO.

Fiscal period:	Due Date
July 1 - June 30	due by Dec 31
Sept 1 - Aug 31	due by Feb 28
Jan 1 - Dec 31	due by June 30

- 7. Important Dates for Local Leaders: Please refer to this for important dates and information

- a. Roster Updates needed in St. Paul
- b. January – mailed mid-January and due March
- c. April – mailed mid-April and due July 1

- b. Please consider adopting 2017-18 Local Budget and Dues prior to the summer break; If dues are set for 2017-18., please let me know what they are so I can inform St. Paul for electronic membership forms.

8. KB Recognition Dinner – (see handout)

May 2, 2017 – Quality Inn, TRF

Invitations/registration info will come out on Thursday

NOTE: A motion was made by Shirley Johnson to approve the registration form, second by Mara Gust. Motion carried.

9. Summer Planning Meeting – June 6 & 7 - Rutgers

- a. Any Changes from last year?

- b. Registration info will come out soon

10. Emerging Leaders – (see handout)**11. Summer Seminar – July 31- August 1-2**

- a. Please ask your district not to hold any events/trainings during this week

- 12. Please make sure the information I share with you at Governing Board meetings is passed on to those in your locals who need the information. Thank You!!!

13. Other – Thank you

- B. Secretary's Report: Moved by Rose McDonald, second by Sherri Pearson (Jan. minutes). Motion carried. Moved by Kelly Grahn, second by Mara Gust (RA Minutes/2016). Motion carried.

Minutes

C. Treasurer's Report: File as updated.

Audit Report: Marcy Helling presented information from the 2016-17 audit report to the KB Governing Board. A motion to accept this audit was made by Cindy Hanson, second by Shirley Johnson. Motion carried.

NOTE: The audit was completed by Reid Froiland. Payment was made for \$200.

D. Old Business:

1. CBOC - 10 people from locals attended
2. President's Appreciation Weekend/February 3,4
4. IO Leaders State Meeting/March 4
Legislative update was given

E. Action Items:

1. KB Northland/Overnighter/March 17,18/Hampton Inn, Bemidji

- a. Friday: Registration 5pm, Sessions 7-9pm
Saturday: 8:15-noon
- b. Saturday Lunch stipend of \$15
- c. EM per member rebate of \$5
- d. Sessions include: Governing Board, Negotiations,

Staff Dev., Core Trainings (CNP I and Health Insurance Basics)

NOTE: Kimberly Antonson, Waubun ESP, will be a member speaker at this event. Lisa Amb made a motion to pay for half of her mileage (\$46.55) and half of her lunch (\$7.50), along with a \$100 speaking stipend for a total of \$154.05, second by Cindy Hanson. Motion carried.

2. EM Representative Convention/April 21,22/Hilton, Bloomington

- a. Delegate Registration by March 17/Hotel by March 30
- b. EM pays for 1 night's lodging, mileage, and parking
- c. Convention Call emailed to local presidents
- d. Submit voucher and receipts for \$100 rebate/paid to local

3. NEA Rep. Assembly /Boston, MA/July 1-5

a. EM State Credential delegates are Rose McDonald and Shirley Johnson

- b. KB Cluster Delegates to RC

1. Timeline: Feb. 28 - Notice to locals

March 16 - Names to EM office

March 20-March 31 - Ballots in locals

April 3 - Names to Andrea at EM office

4. AFT Convention, Minneapolis, MN/July 20,21

5. KB Teacher Appreciation Dinner/May 2/Quality Inn, TRF

a. Meal - Beth (Dessert - cheesecakes/Beth)

b. Music - Marcy (*Stipend of \$100)

c. Table decorations/Retiree gifts (Marcy)

d. Presentations by local presidents or another district

person

e. Presentation for Leroy Stumpf will be done by KB

Board

6. KB Summer Planning Retreat/June 6,7/Ruttger's Resort, Bemidji

NOTE: \$1,000 deposit for Ruttger's Resort was sent to Andrea at EM

7. KB Governing Board Members - Marcy Helling will send an email to all board members on the interest he/she may have for KB Chairperson, Vice-Chairperson, and Treasurer for the upcoming year. She will bring names to the Summer Planning meeting for discussion/appointment.

NOTE: Email was sent out week of March 13.

F. Reminders:

1. KB Capsule Spring assignments: Bev T., Avis K., Lisa A., Andrea E. (April 15)
2. Make sure to wear KB badge when attending events/creates an awareness
3. Next KB Governing Board Meeting: June 6,7/Ruttger's Resort, Bemidji
(Meeting to begin at noon, with lunch being served.)

A motion to adjourn the meeting at 7:50pm was made by Shirley Johnson, second by Kelly Grahn. Motion carried.

Respectfully submitted,
Marcy Helling, KB Secretary

"Believe in 'We'" ad campaign debuts

Education Minnesota's new TV ad theme, "Believe in 'We,'" debuted during the broadcasts of the Minnesota State High School League tournaments in March, and another new ad in the campaign debuted on statewide broadcast and cable television March 22.

One of the core purposes of the "Believe in 'We'" campaign is to emphasize how our members and the Minnesota public share the same values for our students—fairness, freedom, opportunity, equity, inclusiveness, excellence—and that we must all speak up for these values.

"Believe in 'We'" also will help us express the value of belonging to Education Minnesota and the power we have when we speak with a united voice.

The campaign calls on everyone—educators, students, parents, employers, school administrators and board members—to speak up for the one place that welcomes, embraces and helps students from all walks of life find their voice: public schools.

The new campaign website, BelieveInWeMN.com, has also launched. The website includes more information on the campaign and the issues it discusses, ways to speak up to lawmakers and others about our values and a method to stay connected with us as the campaign moves forward.

View the ads on our YouTube page, www.youtube.com/EducationMinnesota. Share the ads using the hashtag #BelieveInWeMN.



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Summer Seminar 2017

Enhance your personal and professional skills at Education Minnesota's 2017 Summer Seminar July 31-Aug. 2 at the [College of St. Benedict](#) in St. Joseph, Minn. We make a special effort to create offerings that will help engage and motivate you to participate in the work of your local.

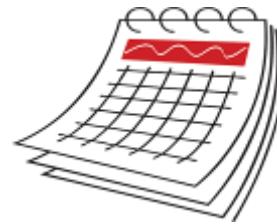
NEW: We have expanded our course offerings!



That's right - more professional development! More ideas to build a powerful local union! And based off your feedback, we're offering member-led courses focused on the use of technology to deliver instruction. This is an excellent opportunity to gain professional development created by educators for educators.

Online registration opens on May 5!

Questions? Contact [Sam Jasenosky](#), 800-652-9073 or 651-292-4869.



Calendar of Upcoming Events

May 2

Recognition Dinner, Quality Inn, Thief River Falls

May 9

National Teacher Day

May 7-12

Teacher Appreciation Week

May 6

School Nurse Day

June 6-7

Kramer Brown Summer Planning Meeting, Bemidji

June 30-July 5

NEA Representative Assembly Boston, MA

July 20-22

AFT Convention Washington, D.C.

July 31-August 2

Summer Seminar St. Bens

NEA Representative Assembly



The National Education Association Representative Assembly, the NEA's major decision-making body, will be June 30-July 5 in Boston, MA.

NEA: We Educate America

Over 9,000 delegates will gather for NEA's 154th annual meeting and 94th Representative Assembly. This is an opportunity to unite as one voice for education, teachers, and students.

AFT TEACH

The 85th convention of the American Federation of Teachers (AFT) will convene in Washington, D.C. on

July 20-22, 2017

Go to <http://www.aft.org/education/aft-teach> for more information.



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“One book, one pen,
one child, and one
teacher,
can change the world.”

– Malala Yousafzai

NATIONAL TEACHER APPRECIATION WEEK
MAY 7-12



National Teacher Day is May 9
www.nea.org/teacherday
#ThankATeacher



CAPSULE

2nd Chance Breakfast at WAO High School is a #1 Hit

Submitted by: Bev Torgerson, Warren-Alvarado-Oslo



On January 17, 2017, the Warren/Alvarado/Oslo High School student body was introduced to a second option for breakfast that would fall between their 2nd and 3rd hour of classes. It is called "Brain Break", which is a 10-minute opportunity for students to go to the cafeteria to buy a yogurt parfait or a fruit smoothie and a granola bar, depending on the day. These options follow the guidelines for a reimbursable breakfast through the School Breakfast Program, funded by the USDA.

Although the school has only

been offering this optional breakfast for a few months, it has doubled its reimbursable breakfasts from approximately 700 in a month to 1400.



Clearly this has been a huge success for our students. When asked how they like Brain Break, students enthusiastically responded with comments like: "It's the BEST!"

"It's amazing because I'm always hungry." "It's a long time from breakfast to lunch. This helps a LOT." "I'm a lot happier, and I'm not complaining as much. People don't get 'hangry' as much." Teachers have seen a huge difference in their morning classes because students aren't watching the clock in those "just-before-lunch" classes, and they seem a lot more focused and attentive in class.



WAO students have always been offered breakfast at 8 a.m. each day, but not many students have taken advantage of this opportunity. Only about 30% of our whole student body was eating breakfasts, even though 47% were eligible for free and reduced meals. Some of the reasons why students weren't participating in the early breakfast were that it was too early to make it to school or they needed to do homework or meet with teachers during that time. Brain Break gives them a second opportunity to get the nutrition they need to concentrate in school.

Studies have shown how important breakfast is to students. According to [Healthy Eating Magazine](#), published by the American Academy of Pediatrics, "'Breakfast is thought to be the most important meal of the day,' says William Cochran, M.D., a past member of the American Academy of Pediatrics Committee on Nutrition. 'As the first meal, it gets the body going for the rest of the day....By the time kids enter adolescence, as many as 20 to 30 percent of them have completely given up the morning meal.'" Yet students need to eat breakfast to succeed in school. "Study after study shows that kids who eat breakfast function better. They do better in school, and have better concentration and more energy" ("The Case for Eating Breakfast").

Missy Jones, who coordinates this second breakfast option, stated, "Any time I can feed a hungry child, I feel I have succeeded. If we see that a student is learning better because of this, then we all have contributed something to better a child's life." Clearly, students come first with this second chance breakfast.

Work cited: "The Case for Eating Breakfast." [HealthyChildren.org](#). American Academy of Pediatrics, 21 Nov. 2015. Web. 31 Mar. 2017.





CAPSULE

Frequently asked questions about pensions, their purpose, future

Two members of the Teacher Retirement Association Board of Trustees recently answered some of the frequently asked questions about pensions in the April issue of the Minnesota Educator newspaper. Here are a few of the questions. Read the full article, including information on potential changes to the pension plan being proposed at the Legislature and the difference between a defined benefit and a defined contribution plan. For the full article, go to www.educationminnesota.org/news/minnesota-educator/minnesota-educator and click on the story link.

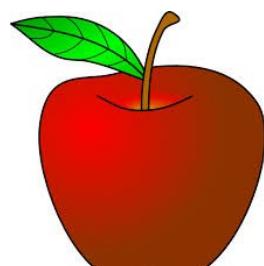
What is a pension?

A pension is a regular payment made during one's retirement. While working, employers and employees contribute to the retirement fund, the Teachers Retirement Association (TRA). In Minnesota, the State Board of Investment takes those contributions and invests them in the market. The result is that 73 percent of fund revenue comes from investment income, while just 27 percent comes from direct contributions. The fund then pays out that revenue in the form of monthly retirement checks.

Why is a pension an important benefit? How does it help with recruitment and retention, especially when our state is facing a teacher shortage?

TRA is the best benefit no one thinks about. Early in our careers, our focus is on learning the craft of teaching and doing our absolute best for our students. As our careers continue, the value of our TRA benefit emerges. Less than 50 percent of private sector employees have any pension at all. As TRA members, we have the security of a guaranteed pension, paid monthly, for the rest of our lives. No teacher should ever have to worry about how to make ends meet in retirement, and the TRA defined benefit pension helps our members retire with dignity.

It's a fact that teacher salaries are much lower when compared with other careers requiring advanced degrees. We also know that teaching is a highly stressful job. Our pension provides a tangible, guaranteed, future benefit, and that helps attract and keep high-quality teachers in the profession.



The Kramer Brown Capsule is the official publication of the Kramer-Brown Intermediate Organization

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KRAMER BROWN GOVERNING BOARD:

Chairperson	Judy Turenne, Warroad
Vice Chair	Shirley Johnson, Red Lake Falls
Treasurer	Beth Kucera, Grygla
Secretary.....	Marcy Helling, Thief River Falls

LOCAL REPRESENTATIVES:

Badger	Kelly Grahn
Goodridge.....	Kelsey Loberg
Goodridge.....	Lindsay Rystad
Greenbush-Middle River.....	Mara Gust
Grygla-Gatzke	Beth Kucera
Grygla-Gatzke.....	Robin Johnson
Lake of the Woods.....	Cynthia Hanson
Marshall County Central	Tom Loberg
Red Lake County Central.....	Andrea Eskeli
Red Lake Falls.....	Shirley Johnson
Roseau	OPEN
Stephen-Argyle	Jill Adolphson
Thief River Falls.....	Marcy Helling
Thief River Falls.....	Rebecca Schmidt
Thief River Falls.....	Sherri Pearson
Tri-County.....	Lisa Amb
Warren-Alvarado-Oslo.....	Beverly Torgerson
Warroad.....	Rose McDonald
Warroad.....	Avis Kennel
Education Minnesota Field Staff.....	Kevin Young
Education Minnesota Support Staff.....	Andrea Gross

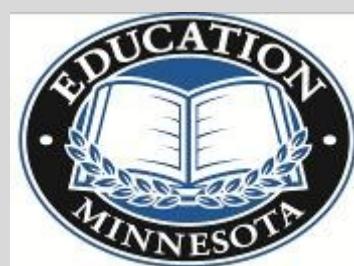
The Kramer-Brown office is located in Bemidji, MN

800-622-4971

Education Minnesota Representative Convention

More than 900 Educators representing over 70,000

teachers from Minnesota gathered at the 2016 Education Minnesota Representative Convention held on April 21-22 at the Hilton in Bloomington. The convention sets policy for the organization by voting on action items and legislative positions. The RC has sole authority to amend the Education Minnesota Constitution and bylaws.



To find out more about this year's convention log on to the Education Minnesota website @ educationminnesota.org or by calling Education Minnesota at 800-652-9073.



CAPSULE

Mission of the Close Up Foundation

Submitted by: Lisa Amb, Tri-County

The Mission of the Close Up Foundation is to inform, inspire and empower young people about the rights and responsibilities that belong to citizens in a democracy. In order to carry out that mission Close Up partners with schools and youth organizations to bring young people to the heart of democracy; Washington, DC.

Fifteen students from the Tri-County School junior and senior classes attended the Close Up Program in April 2017. They joined other high school students from Alaska, Arizona, California Connecticut, Florida, Illinois, Louisiana, Montana. Nebraska, Nevada, New Hampshire, North Dakota and Puerto Rico to look at democracy in action. During their days in Washington, DC the students used DC as their classroom. They visited many of the famous DC monuments and memorials where they learned how the people and events these structures honor impacted the history of the country. They also discussed how these people and events are still impacting our world today. Students also had the opportunity to meet with a staff member from Congressman Collin Peterson's office to discuss current issues such as the farm bill, the school lunch program and the cost of college and technical schools.

In the evenings the students spent time debating current issues including the accessibility and affordability of college and career training, youth voting, juvenile justice and bullying in schools. Students also conducted a Mock Congress. During the Mock Congress students were assigned to participate in the roles of Congressmen and Congresswomen and lobbyists.

During the week the Tri-County students were also able to take time to tour Mount Vernon, the Library of Congress and Ford's Theater. The Tri-County group also had the honor of touring the Capitol Building and the White House.

After spending a week learning the history of our great nation, discussing current issues with peers from across the United States, and participating in a congressional simulation these 15 TCS students are prepared to be informed and engaged citizens of their communities, their state and their country.

Member-led session proposals wanted for Summer Seminar

Education Minnesota is looking for members to submit proposals for sessions they would like to lead at the 2017 Summer Seminar.

Summer Seminar is part of the Minnesota Educator Academy and offers high-quality professional development, leadership training and networking opportunities. It will be held July 31-Aug. 2 at the College of St. Benedict in St. Joseph, Minnesota.

Members are invited to submit a session idea regarding professional practice. Potential topics could include culturally responsive teaching, curriculum and assessments, school climate and learning communities, technology integration or student engagement. Sessions run an hour-and-a-half.

Last year, Education Minnesota members taught their colleagues best practices for one-to-one iPad/ChromeBook classrooms, how to earn grants to fund innovative classroom instruction, best practices in technology integration and more. All of us have things we excel at in the classroom—from managing student data to performance assessments to best practices in restorative justice—so please, consider sharing your skills with fellow educators.

If selected to present, Education Minnesota will cover the cost of the presenter's attendance at the other sessions offered during Summer Seminar, double-occupancy lodging accommodations, meals and mileage to and from St. Ben's. That equals three days of professional development for free.

If you are interested in presenting, go to <http://bit.ly/sumsem17member> and fill in your session title, description, objectives, intended audience and more. Please submit your session idea by April 28 to be considered.

Registration to attend Summer Seminar opens May 5. Information on attending the event can be found at www.educationminnesota.org/events/summer-seminar. A poster with course offerings will be mailed to school sites in May.



CAPSULE

**Warroad Public Schools Represented At:
MN EPIC-Team
AFT's CSI-Center For School Improvement Leadership Institute**
Submitted by: Avis Kennel, Warroad



Avis Kennel, Warroad EA member, became a member of Education Minnesota Education Policy Innovation Center Team in the summer of 2016. EPIC was started by ED MN in 2015 to make sure educators are at the forefront of policy decisions that have an impact on students, teachers, schools, and communities. EPIC brings together teams of educators to provide research-proven solutions to the challenges faced in our schools. The teams of educators dig into academic research on a specific topic, then share experiences of their own, and then choose what policy proposals would best solve the challenges of discussion. The team then together drafts an academic research paper outlining the proposals from the team, presents the paper to the media, colleagues, and policy makers. So far since the beginning of EPIC in 2015, teams have addressed the following topics: student testing, Pre-K, teacher recruitment and retention, full service community schools, and student behavior, school climate.

When the opportunity came from ED MN to become a member of the EPIC Team, I applied. With my new position as High School Emotional Behavior Disorder (EBD) teacher at Warroad High School, I was very interested in being part of a project that would be addressing student behavior and school climate. I applied and was fortunate to be selected to represent northern Minnesota and join the other 8 other MN educators from throughout the state to look at the problem of how our education system has come over rely on exclusionary discipline in the form of suspensions and expulsions.

The paper drafted by my EPIC Team members addressed the following questions:

What kind of things are going on in the lives of many of our students, what make it difficult for them to learn, and what type of practices in our schools are making things even harder for our students? The team's focus for their paper was moving a school structure from one that now focuses on exclusionary interventions, like suspensions, to trauma-informed, restorative practices.

After the EPIC Team completed our research and drafted the paper, we found that using trauma-informed, restorative based interventions, that there was improved student connectedness, improved student achievement, greater respect for educators across racial and ethnic groups, reduced punitive disciplinary actions and problem behavior over time, and reduced the number of referrals for misconduct. The EPIC report found that in order to get to need to promote trauma-informed practices. They need to change zero-tolerance policies, more community schools, full development for all staff, and support staff, such as counselors

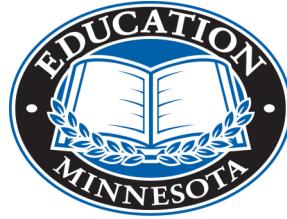
This experience was very meaningful to me as an educator. The process of writing the paper was done in a creative way. ED MN staff were encouraging and provided purposeful feedback to the ideas and efforts of all the team members. We learned a lot from working on this team. I can honestly say that I took the time to be involved because I wanted to give me a voice in an educational issue that is so important to MN Schools. I would encourage members to check out the next EPIC topic that is presented, and apply to become a member of the team. This was one of the most rewarding experiences I have had in my 30 years of teaching and ED MN involvement.



the team then recommended these concepts, schools informed schools and restorative practices reduce exclusionary intolerance mindsets, build a fund on going professional development, hire adequate student services and social workers.

beneficial and rewarding to access to create and develop innovative and motivating fashion, supportive, and gave the team. It took a lot of time and effort from all the members involved. I worked with each of the members and say that I am happy that I was able to be a part of an experience that gave

"If You Want Change, You Have To Be The Voice!"



THE VOICE FOR PROFESSIONAL
EDUCATORS AND STUDENTS

MEMBER RIGHTS ADVOCACY I

Presented by Education Minnesota

Date: Monday, June 12, 2017

Time: 10:00 AM – 3:00 PM

Location: Bemidji Field Office
677 Anne St NW, Suite E Bemidji

Who: *Education Minnesota members*

Cost: **Training is Free**
Lunch provided

RSVP: Wednesday, June 7, 2017
218-751-5957 or 800-622-4971
andrea.gross@edmn.org

MRA Part I is an introduction to the role of a member rights advocate. Participants develop the knowledge and skills to assist other members in understanding their rights and in resolving conflicts using a variety of options and strategies.

QUESTIONS: Please call 218-751-5957 or 800-622-4971

Marie Blumhardt, Education Minnesota Field Staff

Kevin Young, Education Minnesota Field Staff

Andrea Gross, Education Minnesota Field Assistant