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Welcome Back!

It's that time of year; the kids are back in school, pumpkins are on the doorstep and the weather is crisp outside!

It definitely has been a busy fall for me and I'm sure for everyone of you as well. I often tell people that I have no life outside of school during September as it is such a busy time at school.

One issue that I will focus on this year is health and wellness. As I approach that "50 mark" I have realized that I need to do more to keep myself in shape, eat better and maintain good health.

After all, we take care of so many people in our lives (kids, spouse, parents, grandkids, students) that if

we don't take care of ourselves we won't be able to do what we want and need to do for others.

If you have tips, suggestions,

ideas, etc. that have worked for you in keeping yourself well and healthy, please let me know. I would love to share them with the council members in this newsletter. Remember, we all learn from each other!

Lastly, encourage others to

learn more about NAEOP. It could be your administrator, superintendent or co-worker that you share this information with. Direct them to the NAEOP website. The more that others know about NAEOP, the more we grow as an organization.

Pam Posey's theme this year is "Shining Brightly—Touching Lives Around the World." I encourage you to shine brightly, touch others and remember that you are an "essential piece" of the NAEOP membership.

I wish you a wonderful school year!



Calendar:

- November 11: Veterans Day—Recognize and Honor a veteran you know
- November 26: Thanksgiving Day—Be thankful for what you have (family, home, job) and possibly help out with someone less fortunate (Rescue Mission, Food Bank, etc)

2009 Council Breakfast Highlights

Those members that were able to attend the 2009 Council Breakfast at the NAEOP Conference in Bloomington were treated to a wonderful breakfast and a great time of learning and sharing with each other.

We had a round table discussion focusing on changes and challenges we faced this year or have faced in the past and what we did to overcome those challenges and face those changes head-on!

This came out of review from the 2008 conference breakfast and everyone enjoyed the session and the information that they could take back to their schools and apply to their positions!

Think Pink!

Even though October is designated as Breast Cancer Awareness month, you need to do all you can to protect yourself from breast cancer every day of the year.

One thing you can do is follow the recommended schedule of breast-care screenings. If you are at a higher than average risk for breast cancer, ask your doctor about additional screenings.

Also, discuss any lifestyle changes you can make to help prevent the disease including limit-

ing your alcohol intake, maintaining a healthy weight and staying physically active.

All women can get breast cancer—even those with no family history of the disease. Learn about breast cancer and take control of your breast health by following the guidelines of the American Cancer Society:



awareness

Age 40 and Over:
Mammogram & clinical breast exam yearly

Age 20s and 30s
Clinical breast exam about every 3 years

Starting in 20s
Choose whether or how often to do breast self exams

In addition to lifestyle changes, be vigilant about early detection of breast cancer. If you practice healthy habits and consult your doctor about extra measures you can take, you may reduce your risk.

Showcase Your Newsletter!

A new feature on the NAEOP website is a space for state and local affiliate newsletters.

It has been there for awhile, but now there are some newsletters from a few state and local affiliates.

Many members from across the country do wonderful newsletters. It is great to see not only the creativity in the different styles of

newsletters, but what members are doing across the country in their own areas.

Often we only see newsletters during the awards part of the national confer-



ence and then only those that have been submitted.

Encourage your board or newsletter editor of your state and/or local affiliate to send in your newsletter to Angela in the NAEOP office.

It's a quick and easy way to share information with members without having to mail or e-mail it all over the country!

2010-11 Election of Officers

The on-line voting instructions for the election of the 2010-11 officers will be sent out on Monday, November 9, 2009.

On-line voting is the easiest way to vote as you don't need a stamp, you don't need to make a trip



to the post office and you can do it in the comfort of your own home at your computer. It is safe, easy and quick!

If members so choose or don't have access to a computer, they can con-

tact the NAEOP office and request a paper ballot.

Remember, it is your right as a NAEOP member to vote for those who you want to see in office, so take advantage of the opportunity and vote by the deadline date!



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Middle School/Jr.
High Council

[www.naeop.org/
council_middle.htm](http://www.naeop.org/council_middle.htm)



Hearty Fall Sloppy Joes

I love a good, easy recipe that doesn't take a lot of time and preparation, yet tastes good and fills you up!

One recipe that I enjoy making is one that I found on the "Weight Watchers" website which has thousands of easy meals and suggestions for staying healthy.

The recipe is: Barbecued Turkey Joes. It is simple, has few ingredients and takes less than a 1/2 hour to make.

Barbecued Turkey Joes

- 1 pound lean ground turkey
- 1/2 medium bell pepper, chopped
- 1/2 medium sweet red pepper, chopped

1/2 medium onion, chopped
(I use red onion)

1/8 tsp cayenne pepper

1 cup barbecue sauce

(You can use any flavor or brand you prefer)

4 medium mixed-grain hamburger buns

Brown turkey in a nonstick skillet coated with cooking spray,

about 8-10 minutes. Drain off liquid. Add peppers and onion and cook until tender, about 3 minutes. Add barbe-

cue sauce and cayenne pepper, heat thoroughly, stirring frequently, about 2 minutes. Top bottom half of buns with turkey mixture, cover with top half of bun and serve.

This dinner, with a green salad or low fat baked beans, makes an easy and healthy dinner for you and your family. I tend to double the recipe so that I have leftovers for lunch the next day!

If any of you have a simple and healthy recipe that you enjoy making, send it to me and I'll include it in an upcoming newsletter so that we all can try it and add something new to our diet.

