June is National Pride Month, when the world’s LGBTQIA communities come together and celebrate the freedom to be themselves. Across the globe, various events are held to recognize the influence LGBTIA people have had around the world.

Pride month is also an opportunity to peacefully protest and raise political awareness of current issues facing the community. Here in NH, we are taking up a battle with HB 544, which is currently attached to state budget legislation. To summarize HB 544, Mikayla Bourque, chair of the SEA Lavender Caucus, recently wrote an OpEd declaring this bill dangerous. As the bill reads, HB 544 “Prohibits any public employee training or education in New Hampshire that teaches "divisive concepts." The definition of "divisive concepts" includes several concepts on race and sex, such as the concept that "an individual, by virtue of his or her race or sex, is inherently racist, sexist, or oppressive, whether consciously or unconsciously.

If this bill passes, it would supposedly stop propagating such divisive concepts as “Critical Race Theory” (CRT) in public classrooms or private workspaces. However, it does quite the opposite. This bill does nothing to prevent divisiveness but only seeks to obfuscate the truth, according to Mikayla. This bill will be a roadblock to holding discussions around accountability, equality, and justice. This is a dangerous and ignorant bill that has real-world consequences and should be voted against.

Pride at the SEA here in NH runs deep; we celebrate diversity, welcome change, and support our LGBTQIA members with our membership. Although attitudes and injustice remain, we have made progress. By continuing to support this long-standing tradition of celebration and recognition, we continue to raise awareness, improve society’s attitudes, and encourage inclusiveness.
Win for the SEA at US Supreme Court

On Monday, June 14, 2021, the United States Supreme Court refused to accept an appeal by certain former "agency fee payors" employed by the State of New Hampshire. These "agency fee payors" sought to be reimbursed for years of agency fees for themselves and all fee payors. The request was to have the retroactive application of the Janus decision. As you may remember, the Janus decision was the decision by the Supreme Court stating public employee unions could not charge an agency fee to free-riders due to First Amendment concerns. Janus v AFSCME Council 31, 138 S. Ct. 2448 (2018).

After this decision, the SEA ceased collecting agency fees. However, the agency fee payors wanted to be reimbursed for all sums of money paid over their entire career. This could have bankrupted the SEA. In coordination with the SEIU Legal Team, the SEA Legal Team argued that until Janus, the law of the land allowed for the collection of agency fees, and the SEA had operated at all times in good faith.

The United States District Court for the District of New Hampshire agreed with the SEA and dismissed the fee payors lawsuit. Undeterred, the fee payors attempted to appeal this decision to the United States Court of Appeals for the First Circuit. The First Circuit summarily affirmed the dismissal of the fee payors lawsuit and agreed with the SEA. In a last-chance effort, the fee payors attempted to appeal the dismissal to the United States Supreme Court. Appeals to the Supreme Court are within the discretion of the Court. In this matter, the United States Supreme Court chose not to hear the appeal of the fee payors. As such, the dismissal is FINAL!

Congratulations to all members!
IT'S A WIN!

The House Defeats Right to Work here in NH!

Earlier this month, we celebrated a BIG win here in NH for working families. In a bipartisan win, the NH House voted down S.B.61. The so-called “right-to-work (for less)” bill died again. Thirty-nine times the measure has been proposed, and thirty-nine times it has failed in New Hampshire. This was the first attempt post-Janus.

As a member-driven organization, we are overjoyed with this outcome and thank everyone who came out to assist in solidarity. Our allies in both parties stood by us in this fight, and we will continue to stand by them.

Martin Luther King said “right to work” laws provide no “rights” and no “work.” The New Hampshire Legislature has again rejected the misnamed “right to work” in favor of the rights of workers to be well represented at the workplace.

Congratulations!

IT'S A WIN!

Muriel Hall wins the seat in Merrimack District 23

We had a big WIN this week out of Merrimack 23, where Muriel Hall, an important voice on education, will now take over Rep Fox’s sea. She will represent the towns of Bow and Dunbarton. There was a huge turnout (36%), and it was not that close - Muriel Hall received 58% of the vote.

The numbers:
Dunbarton: Turnout 31.9% (Lins 419; Hall 328; 2,347 voters on checklist, 749 total votes cast)
Bow : Turnout 38.6% (Hall 1583; Lins 974 ; 6629 names on checklist; 2561 ballots cast)

A HUGE thank you to all involved!

With so much going on, we appreciate those who leaned in to get this win.
IT’S A WIN!
Corrections Supervisors sign NEW contract!

Friday, June 11, 2021, Corrections Supervisors David Honeman and Gary Burke joined SEA President Rich Gulla and Organizing Manager Justin Jardine to officially sign their NEW contract!

Congratulations everyone!

SEA/SEIU 1984 ENDORSES MANCHESTER MAYOR JOYCE CRAIG FOR RE-ELECTION

Last week members of the SEA visited Manchester Mayor Joyce Craig, to show support by endorsing her for reelection to a third term. Craig, the 48th overall and first female mayor of Manchester, officially made the announcement last month after weeks of deliberation. The campaign will heat up between now and November and they are already getting started, her campaign headquarters also opened last week in Manchester.
Celebrating Juneteenth with the NH Black Heritage Trail in Portsmouth, NH

For more than 300 years, the lives of African people and their descendants have been a part of New Hampshire’s history. African-American history has long been hidden in the shadows even though Black lives have been intermixing with White lives in highly personal ways.

The Black Heritage Trail of New Hampshire promotes awareness and appreciation of African American history and life in order to build more inclusive communities today.

Juneteenth, also known as Freedom Day, Jubilee Day, Liberation Day, and Emancipation Day – is a holiday celebrating the emancipation of those who were enslaved in the United States. According to Wikipedia, it originated in Galveston, Texas, and it is now celebrated annually on June 19 throughout the United States. It is commemorated on the anniversary date of the June 19, 1865, announcement of General Order No. 3 by Union Army General Gordon Granger, proclaiming freedom from slavery in Texas.

The Black Heritage Trail of New Hampshire holds an annual day of education, commemoration, and music to recognize Juneteenth on the Saturday nearest to the actual date. This year’s celebration will run June 17-19th and will include workshops, concerts, a keynote address, and Ancestor Reverence Drumming & Dance. With a focus on African American genealogy and research, this year’s Juneteenth Celebration offers a series of engaging, informative, and entertaining programs that examine the connection between the emerging knowledge of our DNA and historical events in the Black community.

For more information: https://blackheritagetrailnh.org/2021-juneteenth-celebration/
A union steward is a union representative and an employee of an organization or company and a labor union official who represents and defends the interests of his or her fellow employees. The position is voluntary and is generally elected by fellow workers through democratic election.

The role of the union steward is to represent the nonmanagement employees commonly referred to as the “rank-and-file” and to be a link and conduit of information between the rank-and-file and the union leadership.

We are offering Steward Training throughout the summer with the schedule below. If you have any questions, please contact the SEA Legal department at ......

**June 21, 2021 - 9:00 to 11:00 AM**

**July 15, 2021 - 2:00 to 4:00 PM**

**August 17, 2021 - 10:00 - 12:00 PM**

**October 21, 2021 - During Steward Committee Meeting**

For more information, please visit our website at [https://seiu1984.org/membership/your-chapter/stewards/](https://seiu1984.org/membership/your-chapter/stewards/)
Individualized Nurse Health Coaching via Telehealth is Available for you!

Many employees have participated over the last 6 months in the SONH Nurse Health Coaching program available through LiveHealth Online. We continue meeting with employees regularly to answer healthcare-related questions, assist in completing their HAT, assist in their chronic disease management, answer specific questions related to their health, assist in daily goal development, and connect them and or register them for many resources that are available for many conditions.

Confidential appointments can be scheduled for a 30-minute timeframe. There is NO COPAY the service can cover any healthcare-related question. Please enter “SONNHEALTHCOACH” to schedule your appointment today. The Service Key is case sensitive and can be entered through mobile or desktop access with LiveHealth Online.

Take advantage of this great NO COST benefit. See the attached flyer for additional detail on scheduling a health coaching appointment today.

State of New Hampshire (SONH) Employee Nurse Health Coaching program offers help reaching health goals

When you are ready to take that next step in your journey to better health, you can have a little extra telehealth support from a nurse health coach who is there to help you set and achieve goals — at no extra cost. Through the program, your dedicated SONH Nurse Health Coach, Lori Hub bard, BSN, RN, can help answer questions, make suggestions when you are not sure what to do next, and put you in touch with other health care providers, as needed.

A health coach is a guide to walk with you on the journey to a healthier you.

Healthy habits for better sleep

Sleep is often a result of bad sleep habits, stress, or sleep disturbances. As sleep possible your bedtime might be too late, too warm, or too noisy, making it hard for you to sleep. Try to set aside enough time to sleep each night, here are tips to help you sleep better:

- Go consistent with your sleep schedule. Go to bed at the same time every night and wake up at the same time every morning, including weekends. Don’t nap after 3 p.m., or longer than an hour.
- Exercise early. Give your body at least two hours to make bedtime.
- Skip or limit the following:
  - Coffee and nicotine. These stimulate the body and can take up to eight hours to wear off.
  - Alcohol. A drink may make you feel sleepy, but it is hard for deep sleep.
  - Large meals and drinks at night. Too much food can cause indigestion and prevent sleep. Avoid drinks that make you want to go to the restroom.
- Talk to your doctor about certain medications. Certain heart, blood pressure, ADHD, and ADHD medication can delay or disrupt sleep, so ask your doctor about your Q&A.
- Relax before bedtime. Try listening to music, reading, or taking a bath.
- Get outside during the day. At least 30 minutes of natural light a day can help you sleep better at night.
- Do something you can’t do during the day. After 20 minutes, do something relaxing, like reading a book, until you feel tired. Stay away from smartphones and tablets, which emit blue light and can keep you awake.

Wellness Webinar Series

Improve your sleep habits for better health

**JUNE WEBINARS**

12:00 – 12:30 PM

Wednesday, June 16

Tuesday, June 22

Wednesday, June 23
Social Activities

Are you an imaginative and creative person who wants to share new skills with your peers in a fun and safe environment? One hour a month is all you need to engage with others and expand your horizons while having a good time. The goal is to improve relationships with different agencies to foster goodwill and positivity.

If you're interested, please contact Rebecca Ladd at 581-5977 (texting is best) for more details.

Some of the fun things we are already doing include: Casino Trips, Camping trips, Bookclubs, Game nights, Movie nights, Committee meetings, Decorating the office, Planning new and fun adventures, Motorcycle club, Holiday parties, Appreciation BBQ.

This committee is a great escape from home life and/or work (but it doesn't have to be that for you). Join me to learn about your fellow state employees and build on your networking skills.

Chapter Backpack Drive

We're asking all chapters to help out this year by donating at least one backpack per chapter. The goal is to donate over 50 backpacks to children in need. There should be lots of deals this summer, so keep your eyes peeled and tell all your friends, anyone can donate!

Drop-offs of backpacks can be scheduled at the SEA Office during regular business hours, or you can reach out to Tam Feener at tamarafeener@metrocast.net.

BIKE RUN & BBQ

Details TBD, contact Rebecca Ladd for more info. @ 581-5977 (texting is best)
The SEA Book Club meets again on **Monday, July 12**, due to the 4th of July holiday. They will be discussing their next read, *This Is How It Always Is*, by Laurie Frankel.

“This is how a family keeps a secret ... and how that secret ends up keeping them. This is how a family lives happily ever after ... until happily ever after becomes complicated. This is how children change ... and then change the world. When Rosie and Penn and their four boys welcome the newest member of their family, no one is surprised it’s another baby boy. At least their large, loving, chaotic family knows what to expect. But Claude is not like his brothers. One day he puts on a dress and refuses to take it off. He wants to bring a purse to kindergarten. He wants hair long enough to sit on. When he grows up, Claude says, he wants to be a girl. Rosie and Penn aren’t panicked at first. Kids go through phases, after all, and make-believe is fun. But soon the entire family is keeping Claude’s secret. Until one day it explodes. This Is How It Always Is is a novel about revelations, transformations, fairy tales, and family. And it’s about the ways this is how it always is: Change is always hard and miraculous and hard again; parenting is always a leap into the unknown with crossed fingers and full hearts; children grow but not always according to plan. And families with secrets don’t get to keep them forever”--

If you are interested in joining the book club, we meet on the first Monday of the month at 6:00 pm via zoom. To be sent the link to join or to be added to our email list, please email dholt@seiu1984.org.

**SEA 5K Road Race Committee**

The SEA 5K Road Race Committee has scheduled its next meeting for **June 16, 2021, at 5:00 PM.**

**Join Zoom Meeting:** [https://us02web.zoom.us/j/82985451758?pwd=b3F4cFgyd2syTzNPTWZ5OWxyRm9iUT09](https://us02web.zoom.us/j/82985451758?pwd=b3F4cFgyd2syTzNPTWZ5OWxyRm9iUT09)

The SEA 5K Road Race and Fitness Walk has taken place for over 20 years on April's first Saturday. With the uncertainty of the pandemic, the race was moved to **Saturday, September 18th @ 9:00.**

This race is part of the NH Race series. **If you register to run, you will be entered to win a years' pass to participate in all races a part of this series!**

**Online Registration Deadline:** Thursday, Sep 16, 2021, at 9:00 AM ET.
The Social Activities Club is hosting the Annual SEA Camping Trip again this year!

July 15 - July 18th at the Lost River Valley Campground.

This is a "bring your own" social event this year. Campers and tents welcome. Time for everyone to get out and enjoy the lovely NH summer.

If you're interested or would like more information, please contact Rebecca Ladd at 603-581-5977, text is best.

SEA COMMITTEE MEETINGS

- CFPG meets on the first Tuesday of the Month at 5:00 PM. Taking a summer break, the next meeting will be September 7, 2021. Join us if you can!
- Social Activities Committee meets on the first Friday of the month at 5:00 PM, July 2, 2021.
- NH Faith & Labor Coalition meets on the third Wednesday of the Month at 12; the next meeting is on July 21, 2021.
- Clinicians United NH Associate Members Chapter meets at noon on the first Monday of the month; the next meeting is on July 12, 2021, due to the 4th of July holiday.
- Road Race Committee meets on the third Wednesday of every month from 5:00 – 7:00 PM; the next meeting is June 16 at 5:00 PM.
- Conservative Committee meets the second Tuesday of each month at 5:30 PM; the next meeting is July 13, 2021.
Scholarship Opportunities

Apply for a scholarship just for union families! Union Plus Scholarships help union families with the cost of college.
https://www.unionplus.org/benefits/education/union-plus-scholarships

NEW 2022 APPLICATION WILL BE AVAILABLE SOON!

Nearly $5 million in scholarships awarded to union families.
Since 1991, the Union Plus Scholarship Program has awarded more than $4.8 million to students of working families who want to begin or continue their post-secondary education. More than 3,200 families have benefited from our commitment to higher education.

ELIGIBILITY
Current and retired members of participating unions, their spouses, and their dependent children (as defined by IRS regulations). At least one year of continuous union membership by the applicant, applicant’s spouse, or parent (if the applicant is a dependent). The one-year membership minimum must be satisfied by May 31 of the scholarship year. See more details on eligibility in the tab below.

EVALUATION CRITERIA
This is a competitive scholarship. Applicants are evaluated according to academic ability, social awareness, financial need, and appreciation of labor. A GPA of 3.0 or higher is recommended. The required essays can account for up to half your total score. Scholarship applicants are judged by a committee of impartial post-secondary educators.

APPLICATION TIMELINE
Applications are available starting in mid-June, and a complete application must be received on or before 12:00 p.m. (Noon) Eastern Standard Time on January 31st of the scholarship year. Applications received after this deadline will not be considered.

SCHOLARSHIP AWARD AMOUNTS
Amounts range from $500 to $4,000. These one-time cash awards are for study beginning in the Fall of 2021. Students may re-apply each year.
FREE COLLEGE DEGREES PROGRAMS

Members and their families can earn an Associate Degree with NO out-of-pocket cost.

SEIU MEMBER BENEFITS

FREE COLLEGE BENEFIT

You, your spouse or domestic partner, children, financial dependents, parents, siblings, and grandchildren can all take advantage of this exciting opportunity!

Your College Degree in Reach!

Federal, state, and employer grants don’t always cover the full cost of earning a degree online. SEIU is proud to partner with Eastern Gateway Community College and Central State University to help eligible students fill the financial gap. Choose from several online programs offered by Eastern Gateway Community College (EGCC) and Central State University (CSU):

- Earn an Associate’s degree or certificate—for free!
- Complete your Bachelor’s Degree—for free!
- Pay nothing for tuition, fees, or e-books – a savings of at least $20,000!
- Open to eligible SEIU members and their families.


Bachelor’s degrees are available in Business Administration, Criminal Justice, Education – Early Childhood Education, Education – Intervention Specialist, Interdisciplinary Studies/Humanities.

To learn more, visit https://www.seiu.org/education/seiu-free-college-benefit.

SEA CONSERVATIVE MEMBERS

SEA Conservatives Are in an Excellent Position to be a Powerful Influence

New Hampshire voters selected Republican candidates to lead the legislature. With a clear majority in the New Hampshire House and Senate, Republicans will take over leadership in both chambers. The takeover means that it is less likely Governor Sununu will veto as many legislative efforts and may allow SEA conservatives an opportunity to move on some of the SEA legislative priorities, not to mention our ability to secure a contract.

Here’s How You Can Help.

1. Join our next Conservative Members Committee meeting on Zoom the second Tuesday of each month at 5:30 PM.
2. Connect with legislators in your district. If you don’t know who they are, you can find them here.
3. Donate to SEAPAC, our Political Action Fund. As little as $1.00 a month helps. The link is here.

For more information or if you have any questions, please contact Mason Petit, mpetit@seiu1984.org.

SEA PAC DRIVE

Make a donation of 10$ or more to SEA PAC or increase your current donation to SEA PAC and receive an SEA backpack!