Even though Memorial Day has technically passed, I thought it important to share a message of thanks to all who have served us so well.

Memorial Day, as you know, is one of the United States’ most poignant holidays. It is a day to remember and honor those who have lost their lives in military service. As much as we may enjoy Memorial Day as part of a weekend that heralds the start of summer fun, it’s still important to remember that the holiday is about remembering those who made the ultimate sacrifice in the service of our country.

So, even though the holiday has passed, let us honor those who gave their lives for our country, not only on Memorial Day but every day. On behalf of the SEA, I extend my warmest wishes and deepest gratitude for the ultimate sacrifice of our fallen heroes. Thanks to those who gave their lives in service to our country. Thanks for their invaluable contribution to our lives.

And to all who currently serve, we praise and support you, who are still out there every day, keeping all of us safe.
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.
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/)
The Importance of Preventative Care

Preventive health care helps you maintain your health. Preventive healthcare consists of measures taken for disease prevention. Disease and disability are affected by environmental factors, genetic predisposition, disease agents, and lifestyle choices and are dynamic processes that begin before individuals realize they are affected.

Screenings are important to avoid future health problems or catch them early when they are easier to treat. But the COVID-19 pandemic has led to a decrease in preventive screenings because some patients have been hesitant to see their health care provider. What’s included in a preventive care visit?

Preventive services include:

- Vaccines, blood pressure check, diabetes screening, lipid (cholesterol) blood test, colon cancer screen, mammogram, pap smear, bone mineral density testing, depression screening, health risk assessment focusing on behaviors, lifestyle habits, education, counseling, Infectious disease screening, specialty screens such as supplemental breast cancer screening and pharmacogenomics testing.

You’ll meet with a health care professional to devise a tailored plan using accepted national guidelines.

Whether you're nervous about COVID-19 safety or simply putting off your next trip for care, don't delay in talking to your health care provider about scheduling your preventive health screenings.

WELLNESS WEBINAR SERIES

State of New Hampshire Employee Wellness Webinar Series

Improve your knowledge and wellness!

Join our new monthly webinar series presented by Lori Hubbard, BSN, RN, Anthem Health Coach. She will assist in providing brief education on the monthly topic, recognizing signs and symptoms, and assist in goal setting to improve your overall wellness.

All webinars will be from 12pm-12:30pm. Session dates:

- June 2, 2021 Tuesday
- June 8, 2021 Tuesday
- June 9, 2021 Wednesday
- June 15, 2021 Tuesday
- June 16, 2021 Wednesday
- June 22, 2021 Tuesday
- June 23, 2021 Wednesday

HEALTHY EATING AND IMPROVING YOUR SLEEP

- What is Healthy Eating?
- How does healthy eating support overall health?
- What is the impact nutrition has on your sleep health?
- Learn what nutritional and healthy sleep resources and benefits are available to you.
THANK YOU, JACKIE

Most of you are aware that our long-term Membership Coordinator, Jaclyn Morrill recently retired. We celebrated Jackie’s thirty years of dedicated service last week with a celebratory, Happy Retirement Party. Cheers Jackie, Enjoy!
June 9, 3:30 PM
You are invited to New Hampshire State Parks Virtual Job Fair!
Variety of jobs (park crew, park clerk, lifeguard, evening park patrol, and many more)
Park locations across the state from the seacoast to the great north woods

• Competitive pay all positions start at $12.16
• Part time and full time available
• Benefits include; free day-use family pass, 2 free nights of camping and 50% off all camping nights beyond the 2 nights, 20% off in our retail stores

Learn more about potential positions at: nhstateparks.org/about-us/employment-opportunities
Link to join: https://www.nhstateparks.org/.../employm.../virtual-job-fair

COMMITTEE EVENTS & UPDATES

Attention all union members

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

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 fast, flat, family-friendly 5K loops through the state office park and along Hazen Drive. The SEA 5k is registered online with Millennium Running at RunReg.com and is part of the NH Race series.

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

It takes a lot of preparation and many volunteers to make this fun and exciting race such a wonderful fundraising effort for Operation Santa Claus.

**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; the next meeting is July 6, 2021.
- 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 June 16, 2021.
- Clinicians United NH Associate Members Chapter meets at noon on the first Monday of the month; the next meeting is on June 7, 2021.
- Road Race Committee meets on the third Wednesday of every month from 5:00 – 7:00 PM, next meeting is June 16 @ 5:00 PM.
- Conservative Committee meets the second Tuesday of each month at 5:30 PM, next meeting is June 8.
Scholarship Opportunities

Apply for a scholarship just for union families!

Union Plus Scholarships help union families with the cost of college.

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™ FREE COLLEGE BENEFIT

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 degree(s) available in Business Administration, Criminal Justice, Education—Early Childhood Education, Education—Intervention Specialist, Interdisciplinary Studies/Humanities.

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

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

ASP CHAT - LABOR UNIONS

- Videos featuring discussions with U.S. lawmakers
- Conversations that go behind the scenes
- Defining key issues and helping demystify politics

https://www.astartingpoint.com/chats/asp-explores-labor-unions_sT86bpNly/congresswoman-mariannette-miller-meeks-r-ia-and-congressman-andy-levin-d-mi_cQZdpfAFb

ASP EXPLORES: LABOR UNIONS

CONGRESSWOMAN MARIANNETTE MILLER-MEEKS (R-IA) AND CONGRESSMAN ANDY LEVIN (D-MI)
May 25, 2021: Representatives Mariannette Miller-Meeks (R-IA) and Andy Levin (D-MI) discuss the past, present, and future of America's labor unions