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## Happy PayDay July 31st, 2013 News and Information

1 message

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**United University Professions** <uup@stonybrook.edu>

Wed, Jul 31, 2013 at 10:06 AM



Please Post/Forward to the UUP Members in your Area

# UUP Calendar for Aug. 2013

**July is a 3 paycheck month so enjoy your Summer !!!**

**August Exec. Board Mtg. TBD, Noon**

### **March on Washington, DC Sat. Aug. 24th**

On Saturday, August 24, 2013, Americans from all over our nation will gather in Washington, DC to commemorate the 50th Anniversary of the 1963 March on Washington, which featured the Reverend Martin Luther King, Jr.'s "I Have A Dream" speech. UUP members can stand with our brothers and sisters from around the country as we march in support of civil rights. The event will begin at the Lincoln Memorial at 10:00 AM and participants will march from the Lincoln Memorial to the King Memorial for the formal program at noon. Transportation is available through NYSUT regional offices. Long Island has a Nassau @ [516-496-2035](tel:516-496-2035) and Suffolk @ [631-273-8822](tel:631-273-8822) There will be no charge to ride a NYSUT bus or to participate in the event, but you must call your NYSUT regional office to reserve a seat. Please plan to bring your own food and Join Us. In Solidarity, Fred Kowal UUP Statewide President

### **Healthier U Learn to be Tobacco Free Program**

With all SUNY campuses to be Tobacco Free by January 1st, 2014, the SBU Healthier U. will be offering a six-week, one hour per week program starting October 18th. Participants will learn techniques to stop smoking as well as stress management, relaxation and behavior modification will be shared. Skills will be developed and Nicotine replacement is offered for 3 months as indicated. The program is free and you need not stop smoking to attend. Speaker is a smoking cessation counselor/educator with the Suffolk County Dept. of Health and/or Stony Brook Univ. To find out more about this program and reserve a seat please call Donna at Healthier U. [631-632-2945](tel:631-632-2945).

### **Toastmasters meetings at HSC on Thursday Evenings**

If you are interested in learning more about and practicing public speaking, the Toastmaster's organization has weekly meetings in the Health Science Center 9th Floor conference room. The meetings are on Thursday evenings at 7:15pm and you can find out more information by calling Brian Cohen at [631-255-3581](tel:631-255-3581).

\*RSVP\* **No later than three days prior to an event** for lunch orders.

UUP Office: Room S-5415 • Frank Melville Jr. Memorial Library • Zip = 3388 • 632-6570

Charlie McAteer, Writer & Editor : )

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