



OCT 2025 –VOL.50–NO. 1

THE VOICE

FOR ISD622 EDUCATORS



MESSAGE FROM THE PRESIDENT

Hello Members,

I hope you all had a great start to your school year. Special THANK YOU to Beth Ingberg who represented our membership during the school board screening. Just a reminder, we endorsed Sam Rosemark. Also, special THANK YOU to all the members who have made phone calls so far for the upcoming levy vote. If you have not signed up yet, please do so. Pizza is served each night we call. We are only calling "likely yes" voters. If all of us make 10 phone calls, we can get these two questions passed! As always, please do not hesitate to reach out at any time.

Together,

Tim Kappes
701-640-3177



IN THIS ISSUE

- ♦ Message from the President
- ♦ Notable Numbers
- ♦ Contract Corner
- ♦ Scrambled Names
- ♦ Community Service
- ♦ October Slump
- ♦ Relicensure

Community Service Project

September was School Supplies Drive. If you are in need of some school supplies, contact Tim to go shopping at the union office for FREE!

October is our Clothing Drive. Please give new or gently used clothing to your building rep before October 6, 2025. Clothing will be donated to our district for the McKinney/Vento.

MEA

MEA is on Thursday, October 16, 2025 from 7:30 am – 4:15 p.m. at the Saint Paul RiverCentre. Be sure to register online!

Executive Board Meeting

You're invited!
Monday, Oct 6, 2025
4:15 p.m.

Cowern Elementary

Library

Park in back and enter
through door 4W

Important

Phone Numbers

**Tim Kappes (President)*

Cell: 701-640-3177

**Jody Murphy (Vice President)*

Cell: 651-353-2554

**Katie Semmerling (Treasurer)*

Cell: 715-897-2221

**Mary Glagavs (Secretary)*

School: 651-748-6876

Cell: 651-249-6292

**Katrina Geske (Membership)*

Cell: 715-456-8920

**Jill Mueke (Membership)*

Cell 612-515-5686

Member Rights

**Tim Kappes (Chair)*

Cell: 701-640-3177

**Kent Gordon (High School)*

School: 651-702-8685

**Annie Hodges (Special Education)*

Cell: 952-250-6637

Reminder: November 3, 2026 meeting is at the DEC.

Contract Corner

Get out the Vote—the essential information!

There are two levy questions on the ballot this November for ISD 622.

Question Number 1 would increase our operating levy to help maintain class sizes, protect essential student programs, retain high quality staff and strengthen the arts in elementary schools.

Question Number 2 would create a capital project levy to maintain technology including security systems, reliable networks, classroom hardware and software, and technology staff.

These questions are independent of each other so both could pass or only one could pass. If they do not pass, it means we will need to add to the \$11 million we have cut in the last two years. This will mean further cuts to both staff and programs.

The financial cost to the homeowner of a \$300,000 home in our district would go up by \$26 a month for both questions.

District employees can be most helpful by joining the call bank. We know that this is a hard ask and can be uncomfortable for some people but, like we tell our students, we can do hard things.

Vote Yes Calling Dates – Phone banks (call center) will operate from 5:30-7:30.

- October 1, 2*, 8, 9, 14, 22, 23, 28, 29, 30
- November 3 – *The night before voting. All hands on deck! Everyone who can be is present!*

Please consider helping with this important work and sign up below.

[Levy Call Sign Up](#)

Relicensure Information

Be sure to check when your teaching license expires. You are responsible to renew your license. To check your expiration date you can go to the MDE website to look up your license. To start the process go to the NSPMOEA website and click on Renewal. The committee does not meet until January because you can not renew your license with the state until after January 2026.

How to Get Over the October Slump

- excerpts from an article by Sarah Said

Prioritizing and Time Management

Prioritizing and time management are what keep teachers going. Your prep periods are for you to get work done, so use them wisely. Make a prep-time to-do list when you get to school early in the morning. When you finish all the things on that prep-time to-do list, celebrate when you cross them off. If you have the choice not to, don't sub during your prep time. Try as much as possible to allow yourself a sitting lunchtime. It's so hard to give yourself that time and space with some of the limitations we have, but it's necessary. Also, it's OK to say no. Give yourself boundaries between yourself and work. If this means saying that you can't work on a project that isn't in your job description, then do it. I know it's hard to do this because you care, but you also have to care about yourself in order to be there for your students.

Choose Your School Friends Wisely

Socialize with peers, but watch your time around negativity. There are people in your building who may just like having problems. If people are negative in your teachers' lounge, try to use your voice to find ways to make the teachers' lounge more positive. Positive voices drown out the negative ones. School climates can be rough, and it's OK to vent when we're with our teacher friends, but if that's all you're doing, it's time for a temperature check. Staying out of the lounge when you feel negative might be a good idea unless it's a positive space that can uplift you.

Find Joy In the Classroom and Season

The reason we became teachers is in our classroom. We love learning and teaching. Getting to the point where you're ahead in lesson planning so that you can enjoy time at home. Taking on a fun project either at home or at school.



Is this your scrambled email?

theusasoulmoon
isamth

If so, email
mglagavs@isd622.org
to claim your \$10 prize!!