

The PEF Jewish Committee



Cordially invites you to PEF Region 8

CHANUKAH~HANUKKAH



CELEBRATION



DATE: Tuesday December 3, 2013

TIME: 5:30pm – 7:30pm

WHERE: THE PEF REGION 8 OFFICE
1168-70 Troy-Schenectady Road in Latham

PRICE: FREE

All PEF members are cordially invited to join the men and women of the PEF Jewish Committee as we celebrate Chanukah, the festival of lights with music and food; wine and song, a special surprise and more. Light Kosher refreshments will be served.

PLEASE confirm your attendance and RSVP for our Region 8 Chanukah celebration no later than COB Friday November 29, 2013 to Andrea Coton in the PEF Region 8 office at 518-785-1900 x 228 or send an email to Rich Nebb at RNebb@PEF.org or Ben Gamoran at BMG@NYSIF.com (*we need a final head count to order the food*). The meeting room can accommodate no more than 50 people; we therefore cannot accept more than 50 RSVPs.

For more information about the PEF Jewish Committee, please contact Rich Nebb at RNebb@PEF.org. Also, to keep informed of all of our programs and statewide activities, please **LIKE** the **PEF JEWISH COMMITTEE** on Facebook.

PLEASE POST THIS FLYER ON YOUR PEF BULLETIN BOARDS



29TH Annual Holiday Hunger Appeal

REGIONAL FOOD BANK

NORTHEASTERN, NEW YORK

November 20-December 29, 2013

3 WAYS YOU CAN MAKE A DIFFERENCE

1... Bring in nonperishable food Items. Collection box will be in the PEF Headquarters Lobby.

2... Monetary donations are always welcome. Checks can be made payable to PEF Region 8

3... Volunteer at the Regional Food Bank Kiosk. Crossgates Mall, Saturday December 14TH, 2013.

To sign up for a shift, please call Andrea Coton @ 785-1900 ext 215 by Dec 6th

8:00-10:00 1 _____ 2 _____ 3 _____

10:30-12:30 1 _____ 2 _____ 3 _____

12:30-3:00 1 _____ 2 _____ 3 _____

FREE

NUTRITION CLASS & HEALTHY FOOD SAMPLING!

Adrian Allen, registered dietitian for ShopRite of Albany, will be discussing topics based on healthy weight loss & maintaining a healthy weight. Also try a healthy holiday recipe!

Contact Andrea to reserve your spot!

Phone: 785-1900 ext. 215

**WHEN: Monday, November 25th,
5:30-6:30 PM**

WHERE: PEF REGION 8

**1168-70 Troy Schenectady Rd. Latham, NY 12110
with ZUMBA at 6:30 -7:30 PM!**



FOR MORE INFORMATION CONTACT:

**DEBI CHOWDHURY ~ Co-Chair, Women's Program,
DEBICHOWDHURY@YAHOO.COM**

**LINDA BAKER ~ Biggest Loser Coordinator
LINDABAKER0916@YAHOO.COM**

NIKKI BRATE ~ REGION 8 COORDINATOR

 Happy
Holidays

RS

HOLIDAY PARTY

Friday, December 06, 2013

5:30 to 9:30 p.m.

COLONIE ELKS

***1 Elks Lane,
Latham, NY***

LOCATION: Elks Lane is off of Watervliet-Shaker Road, (RT 155)

ADMISSION: A \$10.00 (min.) **NEW unwrapped toy for Toys for Tots
Or \$10 cash at the door for PEF members.**

Guests the cost is \$25.00

Hot and Cold Buffet, Beer, Wine and Soda included.

***Toys will be distributed to: St. Margaret's Hospital for Children, the
PEF Parolees Holiday Project, and the Marine Corps Toys-for-Tots
Program***

Live music provided by ; "THE HEATERS"

Please RSVP to Andrea Coton at

acoton@pef.org or 785-1900 ext 215

NEW STEWARD TRAINING

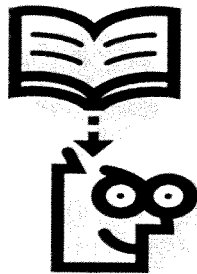
Region 8 will sponsor Basic Steward Training on Tuesday Dec 03, 2013. It is an all day training commencing at 8:30 am and ending no later than 4:30pm. The training will take place at PEF Headquarters. A light breakfast (starting at 8:00 am) and a lunch will be provided.

Training is for newly elected stewards and those long-term stewards who have never been trained. Established stewards who feel they would benefit from a refresher course are also welcome.

Orientation will be presented by the Region 8 Coordinator, Nikki Brate. The modules will be facilitated by the Region 8 Field Reps, and trainers from Health & Safety and Organizing. The modules covered will be; ***Many Roles of a Steward, Know Your Contract, Health & Safety, Understanding the Grievance Procedure, Discipline & Discharge and Organizing.***

No EOL will be provided, but the majority of agencies have in the past provided release time to attend this training. PEF cannot compel agencies to provide leave...

This course is by reservation only. **RSVP to Andrea Coton at 785-1900 ext 215. Or email acoton@pef.org.**



"THE MORE YOU KNOW"

Discover the Beauty of Alaska

You're invited!

Join us, along with our Princess Cruises representative Debe Hege, to learn about cruising and tours offered for Alaska.



PRINCESS CRUISES
escape completely.®

Date: Wednesday, Nov. 13, 2013

Time: 6-8pm

Place: PEF Headquarters
1168-70 Troy-Schenectady Road,
Latham, NY

RSVP: PEF Travel (518) 782-9045
or email us at peftravel@pef.org



Plus, get entered to win raffle prizes!



Scan to visit our website.

