



September 2011

Vol. XXXVI No. 1

CAPITAL REGION BOCES FACULTY ASSOCIATION

TRIAD

Affiliated With NYSUT [10-195] & AFT/NEA AFL/CIO-[Local 2991]

News from the President

Dear Colleagues,

Welcome back to another year of education and Capital Region BOCES. If you are new to BOCES, "Welcome".

I hope you had a chance to relax and enjoy your summer. Though I know most of you have been hard at work doing things that needed to be done, perhaps you found some time to refresh your self and recharge your energy supplies.

The summer has been an active one for members of your Executive Board and myself. We have been dealing with a number of issues. Though many of us are not working at our school jobs our Association work seems to continue.

Things continue to change at Capital Region BOCES. Probably the most difficult changes we have had to endure are the Reductions in Force or layoffs. Since last year we have seen almost 60 layoffs. That is nearly 10 percent of the members we represent. What makes this even harder is that a number of these folks had 20 years or more with BOCES.

Why so many layoffs? Though the problem is complex, the short of it is there is less money available to help take care of and educate kids. As a result, our districts, in an effort to reduce their cost have cut the number of students they are sending to us. In some cases they are trying to provide required services and education in house. In other situations they have opted to do business with private providers. Is the quality as good as ours? No, I don't believe so. Unfortunately, in this economic downturn, quality becomes second to cost. Perhaps this is what is meant by the term "trickle down economics".

Yes, these are not easy times. So what do we do? We continue to provide the excellent quality programs and services. We make sure that we give our best every day. We go the extra distance in caring for and educating every child who comes to us. We welcome every customer who walks through our doors and focus on their needs, making each day the best.

Okay, so now you're thinking "I already do that." I get that, but we need to make sure it shows. We need to make sure our customers see it. And, anytime you have a chance to promote our work, our Association and our BOCES, please don't hesitate. This is our school and we make it work.

Now, as we gear up for the new school year I want to ask you to consider what you can do for your Association. Many members have volunteered to help, but there is still much to be done. Please consider becoming a Chapter representative, bringing concerns of your colleagues to the Association. The Rep. Council, of which you would then be a member, is the governing body voting on issues and making decisions.

If you don't feel you can make that commitment, perhaps you can work on one of the many committees that help get the work done. There have been many changes at BOCES and there will be more. Consider sharing your thoughts, voicing your concerns and offering your help. It is your Association, but it won't run by itself. Your help is needed and welcome.

Best wishes for the new school year.

Looking forward,

Doug

CALENDAR

CAPITAL REGION
BOCES FACULTY
ASSOCIATION.

EXEC. BOARD

Sept. 7, 2011

REP COUNCIL

Sept. 21, 2011

BOCES BOARD

Sept. 19, 2011

Sept. Flower:

Aster



Rosh Hashanah

9/29/11

TRIAD Article Deadline:

Sept. 21, 2011 for
October Newsletter

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FROM THE COMMUNICATION COMMITTEE

We are saddened by the departure of our co-editor, **Lois Leonard**. Her clear thinking, her ability to look at issues from many perspectives and her upbeat personality gave impetus to the preparation of our TRIAD. We miss her presence and wish her well in her future plans.

However, life must go on. We have tried to have a representative from each of our chapters on our staff, and Lois represented the Teachers' Chapter.

The cutbacks which have affected our country, our state and our community have also affected our BOCES and our TRIAD. In the spring we were happy that **Marissa Skinner** had volunteered to join our staff. Unfortunately her teaching position was eliminated. During the summer, **Dan Darpino**, son of Margaret, a BOCES retiree, expressed his willing to join us, but he too was RIF'd.

We welcome hearing from anyone in the Teachers' Chapter willing to join our endeavor. Some background in newsletter work at the high school or college level would be helpful or someone who just enjoys writing.

Rep Council Highlights June 15, 2011

No report due to lack of quorum.

CONGRATULATIONS MINI GRANT WINNERS: iPads, interactive lessons, community service round out winning programs

The BOCES Mini Grant program, which offers monetary awards to cover the costs of staff-driven projects and initiatives, has announced its 2011-12 winners.

This round of winning projects will expose students to a variety of hands-on learning activities, from participation in community projects to learning with iPad apps, thanks to their winning Mini-grant applications.

A total of \$5,110 was awarded to six different submissions, with the Special Education division represented in all but one project.

Sensory Classroom

[Sharon Swain](#), Special Education-\$420

With iPad iCan!

[Trisha Frament](#), Special Education-\$735

Project G.I.V.E.

[John Fitzpatrick](#), Special Education-\$960

Reach For The Top With BrainPOP

[Carol Green/Amanda Drobys](#), SSS-Instructional Services-\$995

Making Music: A Project for Literacy Learning

[Donna Lamkin](#), Special Education-\$1,000

iPad: Integrating Progressive Applications Daily

[Gerene Lynn/James Bailey](#), Special Education-\$1,000

Capital Region BOCES Faculty Association Leadership

POSITION	NAME	HOME	WORK	E-Mail Address
President	H. Douglas Harple	899-1044	862-4776	hdharple@msn.com
Vice President	Patricia Gollub	583-1119	862-4716	Gollub02@yahoo.com
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CVP Service	Susan Kusalonis	393-5598	421-2007	maidmrn300@aol.com
CVP Spec. Educ.	Flora Fasoldt	674-0223	377-9018	electflora@aol.com
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Recording Secretary	Barbara Burnham	334-1193	862-4720	baburnham@googlemail.com
Corresponding Sec'y.	Sue Davis	427-0459	456-0574	scdavis@nycap.rr.com
Treasurer	Deborah Sorvari	452-8138	334-1296	debmom39@nycap.rr.com
Membership Chair	Lisa Mink	372-7240	464-3979	lmink8@hotmail.com
Grievance Chair	E.J. Hanley	321-0485	356-8342	ehanley1@nycap.rr.com

TEACHING ASSISTANTS/EDUCATIONAL ASSISTANTS/AIDES

By Colleen Condolora, Chapter VP

Dear Constituents:

Welcome back to the new school year. Summer seemed to pass very quickly, I hope everyone enjoyed their break and were able to find some time for some relaxation.

As many of you are aware, back in June, attendance became a focus for denying summer school assignment to applicants who had used excessive short-term leave throughout the school year. It is important to send this reminder to everyone to remember to try to safeguard your allotted days. Excessive use is problematic not only for summer school assignment but it is also having a negative impact in negotiations. Administration is examining very closely all elements of employment that have a negative monetary impact for the district...poor attendance is one of these areas. It is our professional responsibility to provide to the districts the services they have purchased. During tough economic times, everyone should be extremely vigilant and to remember our classrooms are paid for by our component school districts. We must try to remain professional in all aspects... attendance, appearance and promptness to name a few....everyone is watching very closely.

Negotiations are currently moving very slowly. The team met over the sum-

mer but unfortunately we were not able to settle. We will begin meeting again in the fall. There is some information we are waiting for that may assist our efforts. Please stay patient, as I have said before, these are the worst of times to be negotiating a new contract. Just look around the state, everything is being slashed or cut.

BOCES will only be providing a database system for professional development hours to Level III Teaching Assistants who have a 75 hour state requirement. Each Level III Teaching Assistant will have their PD hours imported into the WinCap database by Administration. Currently, all other Teaching Assistants will need to keep an accurate accounting of their 75 hour BOCES district requirement. I recommend a binder with certificates, dates, times, workshop titles and location. If anyone has any questions, please call me with your concerns.

I am looking forward to the new school year and will be keeping the faith that I will have more news to report to each of you regarding any updates in negotiations. You can reach me at work at 356-8349 or at home at 393-2244.

In Solidarity,
Colleen Condolora,
Chapter Vice President

RETIRES CORNER

Jeanette K. Christoff, Teacher, Retired

Greetings to All,

Can you recall the bitter, cold winds of winter? Do you remember the long, rainy spring? Would summer ever get here, we wondered. July answered our question. Then we wondered if the heat wave would ever break. Venturing outdoors felt like being encapsulated in a bubble of hot, murky air. We thought of the cool, refreshing breeze autumn would bring.

Our human nature seems always to be in search; improved weather, a new place to visit, a new project, a new experience, a new outfit, a new electronic. Our world offers an endless variety of choices, as we search for the new and novel that will satisfy our longing. How exciting it is to scan brochures and visualize being on an elegant cruise ship. How regal to fantasize driving that car envisioned in many dreams. How satisfying to imagine scoring a birdie on a par 3 that has been a nemesis.

It is not uncommon to find the pursuit of the goal to be more exciting than achieving it. For a little while, our new "thing" brings that exciting, satisfying feeling. Negative thoughts and concerns evaporate. But soon the freshness fades. It is no longer enough. We look to an upgrade, an accessory, a better score, another adventure, a greater challenge, ever seeking a

lasting feeling of happiness and contentment.

Have you wondered why this is so, why that spirit to seek perfection is always present? Yet, obtaining our goal is so temporary and fleeting? Those who are Believers, have an understanding of the reason for our inborn discontentment and the brevity of our joys. For those who do not believe, "Seeking and ye shall find". The answer will bring relief from the frenzied pursuit of the intangible and unattainable goal of lasting happiness.

RETIREE UPDATES

The **Munteer** family held their annual reunion in Bethany, Delaware, at the summer home of daughter Kate. All six of **Mimi's** children attended, from as far away as Brazil. Most of her many, many grandchildren were also present.

Anita Riccio spent her vacation working at several of the many orphanages in Haiti. She brought two suitcases filled with books, crayons, games, teaching materials, toiletries, etc. Anita is affiliated with the Federation for Orphaned Children in Haiti and found her "vacation" to be much more satisfying than last year's trip to Dubai.

We have heard that **Carolyn** and **Ted Kozubal** are taking up ballroom dancing.

Gil (Ogilvie) Brown is recovering from a fractured foot.

Fran O'Connor's husband passed away in January.

FORGIVENESS

Forgiveness is letting go of wanting to hurt someone for hurting you.

C. Dobson

Service Chapter Notes

By Susan Kusalonis, VP

Dear Colleagues:

We will start out the new year with the hope for the health and recovery of our families, friends and co-workers during this latest hardship that has been handed to them. It has been said that we are given only what we can handle and the rest we must leave in the hands of our faith.

Now, there is a lot of house-keeping to be done and it is with continued hope that some of you will be able to step in to help the Service Chapter. We lost a member of Rep Council (Pat Dover, OTA) to the recent layoffs. Barbara Hasselbach (COTA) has let me know that she will join Rep Council to represent the assistants in the OT/PT strand. We are entitled to one rep per 12 members. With 110 members we should have nine members at the monthly meetings. Right now, we have Lisa Mink, Barbara and I. Please consider joining us. The dates for the entire year are posted in this TRIAD.

Our contract ends this coming year. I hope to have active mem-

bers on the negotiating team and to send out a survey during the upcoming year asking for suggestions on the contract. Please add your two cents when you can.

We want to acknowledge the following staff that was laid off at the end of the year and during the summer when there was a final student count for Fall. They are: **Mary Cremo, Pat Dover, Anna Latham (OTA), Eileen Duell, Tammy Ingraham, Terri Johnson, Wendi Solomon-Nish and Diane Thompson**, (PTA's). Two other staff were reduced to .8 FTE. It is hoped that more intakes will bring them back up to 1.0 FTE before school starts.

Medical Leave Form – Remember that this form is on the Human Resources web site and will save you up to four hours per year for any cancer screening or blood donation you have done during the work day. Follow the directions and you will not be charged for time you need for a mammogram or for a prostate exam (up to four hours).

In solidarity, Susan

Rep Council Dates	Location Of each meeting
9/6/11	General Membership Mtg. Opening Day, Union College
9/21/11	900 Watervliet Shaker Road, Albany/Schoharie Rms.
10/19/11	“
11/16/11	“
12/14/11	“
1/18/12	“
2/15/12	“
3/21/12	“
4/18/12	“
5/16/12	“
6/13/12	“

DID YOU KNOW!

Researchers have discovered that dogs can comprehend a vocabulary of 2,000 words, whereas cats can only comprehend 25 to 50. No one ever asks how many words researchers can comprehend.

-Unknown

Every boy that has a dog should also have a mother, so the dog can be fed regularly.

-Anonymous

Don't hike alone
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CHALLENGES WE ALL FACE

Call NYSUT Social Services
at 800-342-9810 ext. 6206

Free • Confidential • Responsive

Fall is coming!



INFORMATION OF INTEREST

The Scotia Glenville teachers will see an average 3 percent step raise in a 2-year contract. Their health insurance plans have also been changed. New teachers will start at \$40,804 and those in their 23rd year will receive \$87,207. ([Gazette.6/28/11.](#))

The leaders of CSEA's 66,000-member, proposed a 5-year contract calling for a 3-year wage freeze with a 2% increase in each of the final 2 years as well as higher health insurance contributions. The contract was approved by the membership on 8/15/2011. ([Gazette, 6/24/11 and 8/16/11.](#))

People in the field of math, science and technology can have an easier path to entering the field of education through a proposed plan by the Board of Regents. They would be required to complete six hours of undergraduate or four hours graduate level educational theory. Also accepted would be on-going monitoring and professional development at the district. ([Gazette, 6/21/11.](#))

Public Supports Teachers and School Funding

The public gives high marks to public school teachers, respects the teaching profession, supports investments in education, and rejects tax-funded vouchers for private school tuition, according to the 2011 [PDK/Gallup Poll of the Public's Attitudes Toward the Public Schools](#). "At a time of breakneck change in what students need to be successful in this economy, sandwiched between years of school budget cuts and economic turmoil, Americans' respect for public schools and teachers is strong and growing stronger," AFT president Randi Weingarten says. "Americans' strong support for teachers and public schools is all the more heartening given that more than two-thirds of respondents say they hear more bad news about education than good news."

LOCKS of LOVE CAMPAIGN 2011

September Update

Let's Grow the Distance!

By Catherine A. Jakway, TA. Spec. Ed.

Hello and welcome back! Last month's devastating hurricane for many continue to be a hair-raising experience. My thoughts and prayers are with the victims of Mother Nature's most deadly wrath. We have all been affected in some way with those who have suffered loss of family, homes, and their prized possessions. My last few vacation destinations were cut short due to Irene's aftermath so I had a stay-cation instead. There are always things that need to be done at home anyway so I made the best use of my time.

Speaking of time, as I had mentioned in my June update, I offered to "grow" a little longer. This hair donation campaign has taken us into the fall.

I began my **Locks of Love** campaign in December of 2010. At the time of this writing, my hair is at 22 and a half inches. The summer heat and humidity was brutal and it felt much better up and off my neck and shoulders anyway. Still, I look forward to making the cut and at the same time giving myself and those who join me a whole new look. My hair grows like crazy so when the warm weather comes around again in 2012, I'm pretty sure I will be well on my way to long again.

If you are considering donating but need just a little more time, now is your opportunity to help make a difference for someone in need real soon. I am waiting on a date and time for the cuts. I will let you know in my October update. So close but still so far to grow!

This campaign is open to all of Capital Region BOCES employees, our Faculty Association and to their family members and friends.

But, I still only have a few volunteers. I am in need of some creative volunteers who can assist in creating posters and putting them in our self-contained buildings. I am seeking some great ideas and suggestions to get this news out to all of our locations and I am still in need of your help.

My goal is still 200 inches. That is just 20 people with 10 inches including me. If you, a family member, co-worker, or friend would like to join me in this **Locks of Love** campaign, I can be reached at (518) 469-7969 or at my personal email address, MsSmartypants429@nycap.rr.com.

Together we can make this campaign a success. I know we can do this! All it will take is a few minutes of your time and 10 to 12 inches of your hair. Give me a call or send me an email. I've waited this long, I can wait a little longer! LOL. Contact me and we can talk.



I hope this **Locks of Love** campaign will grow on you and I look forward to "hairing" from you soon!

Thank you from the bottom of my rootie tooties.

Cathi

Healthy Living; Living For Good Health

By Catherine A. Jakway, TA, Spec. Ed.

Autism Speaks Louder Than Words

What is Autism?

Autism has been said to be the fastest growing special-needs disorder in the world. Autism is a general term used to describe a group of complex developmental brain disorders known as Pervasive Developmental Disorders (PDD). The other pervasive developmental disorders are PDD-NOS (Pervasive Developmental Disorder–) (Not Otherwise Specified), Asperger Syndrome, Rett Syndrome and Childhood Disintegrative Disorder. Many parents and professionals refer to this group as Autism Spectrum Disorders.

According to the Autism Society of America Foundation there are no medical tests for diagnosing autism. An accurate diagnosis must be based on observation of the individual's communication, social interaction, and the quality of his or her activities and interests. However, because many of the behaviors associated with autism are common to other disorders, some medical tests can be performed in order to rule out other diagnoses or to identify possible causes of the symptoms being exhibited. In our mainstream culture, autism is often thought of as a childhood condition. This is because until very recently, public attention has been focused primarily on children and the importance of early detection and intervention. However, autism is a lifelong condition.

Facts & Statistics - How common is Autism?

Today, it is estimated that one in every 110 children is diagnosed with autism. An estimated 1.5 million individuals in the U.S. and tens of millions worldwide are affected by autism. Government statistics sug-

gest the prevalence rate of autism is increasing 10-17 percent annually. There is no established explanation for this increase, although improved diagnosis and environmental influences are two reasons often considered. Studies suggest boys are more likely than girls to develop autism and receive the diagnosis three to four times more frequently. Current estimates are that in the United States alone, one out of 70 boys is diagnosed with autism.

What causes autism?

The vast majority of cases of autism are idiopathic, which means the cause is unknown. Just as there are different levels of severity and combinations of symptoms in autism, there are probably multiple causes. The best scientific evidence available today points toward a potential for various combinations of factors causing autism – multiple genetic components or chemical ones during pregnancy that can cause birth defects or may cause autism on their own, possibly when combined with exposure to as yet undetermined environmental factors.

Timing of exposure during the child's development (before, during or after birth) may also play a role in the development or final presentation of the disorder. A small number of cases can be linked to genetic disorders such as Fragile X, (FXS), the most common cause of *inherited* mental impairment. This impairment can range from learning disabilities to more severe cognitive or intellectual disabilities. FXS is the most common *known* cause of autism or "autistic-like" behaviors.

Tuberous Sclerosis, is a rare genetic disease that causes non-cancerous tumors to grow in the brain and other organs. Symptoms vary depending on the location of the tumors.

Angelman Syndrome (AS) is a neuro-genetic disorder that occurs in 1 in 15,000 live births. AS is often misdiagnosed as cerebral palsy or autism. Characteristics of AS include; developmental delay, lack of speech, seizures, and walking and balance disorder. Possible causes are exposure to environmental agents such as infectious ones, maternal rubella or cytomegalovirus.

CMV spreads directly through person-to-person contact and indirectly through the air when an infected person coughs or sneezes. It can be spread through saliva and other body fluids. CMV can also be passed from a pregnant woman to her unborn baby. Congenital CMV infection passed from a pregnant mother to her baby can cause long-term problems, including growth disturbances, vision or hearing loss, or mental disability. Cytomegalovirus is one of the most common viral infections present at birth: every year, approximately one in every 750 babies born in the United States has the infection (Source: CDC).

Vaccines – testing still continues to discover the truth behind the MMR vaccine and a possible link to autism.

Immune System Disorders – researchers are investigating the role of the functions and regulation of the immune system in autism – both within the body and the brain. Piecemeal evidence over the past 30 years suggests that autism may involve inflammation in the central nervous system. There is also emerging evidence from animal studies that illustrates how the immune system can influence behaviors related to autism.

MARK YOUR CALENDARS!



The Annual 5K Run & Walk for Autism to benefit the Autism Society of America will be held on:

Date:

Saturday, Sept. 17th, 2011

Time:

Run Registration at 7:30 AM

Location:

Schenectady Central Park

The Autism Society improves the lives of all affected by autism through education, advocacy, services, research and support. <http://www.autism-society.org/>



ELECTIONS MATTER. Make your voice heard!

The 2012 presidential election promises to be a highly competitive race. In the weeks ahead, the AFT will be assessing all of the candidates based on their positions on key issues. Because elected officials have a direct effect on your job, your rights, and your family's and community's well-being, it is critical that you get involved.

[Visit AFT.org/election2012](http://www.aft.org/election2012) to make your voice heard

Every day, educators and other public employees, and the services they provide our communities, are being attacked. From challenging collective bargaining rights, to undermining the quality of public education and higher education, to decimating pensions and trying to put healthcare coverage further out of reach, working men and women across the country are under assault. And if this has taught us one thing, it is that Elections Matter.

The charge against our rights is being led by people who were elected to represent us. But recently, we have seen in too many places that once these anti-worker crusaders get into office, their power to strip away our rights is alarming.

For example:

In Wisconsin, immediately upon taking office, Gov. Scott Walker began an unprecedented assault on public employees and workers' rights. He cut funding for key public services, stripped workers of collective bargaining rights, and has proven to be one of the most anti-union, anti-working-family crusaders holding elected office anywhere in the nation. Elections matter.

In Florida, Gov. Rick Scott has been unrelenting in attacking public services and silencing the union voice of educators and working people. Scott supported a budget that weakens quality education, and has worked for legislation that severely limits workers' rights and the power of unions to represent their members who would stand up to him. Elections matter.

In Pennsylvania, Gov. Tom Corbett, immediately upon his inauguration, demonstrated that his top priorities were to promote private school vouchers and break the unions. He signed a budget that will effectively increase class sizes and will weaken the overall quality of public education. He also stated that he would sign a "right-to-work" bill as soon as it came to his desk. Elections matter.

These attacks are sustained, coordinated nationwide, and dedicated to weaken not just our rights but our ability to stop the very people who are doing this to public services.

That's why it is critical that you get involved in elections—to ensure we elect people who will stand up for our rights, not strip them away. Go to the AFT's new Elections Matter website to see where these attacks are occurring and find out what you can do to help stop them. We will continue every day to push back against these assaults, but ultimately, the surest recourse is the ballot box. The stakes couldn't be higher!

Sources: Larry Doyle, Alex Hanna, AFT press release, Department of Transportation; Lauren Samet, editor; Jane Feller, copyeditor; Natalie Smalls, Production Assistant

Capital Region BOCES Board Meeting's June 20, 2011

Dr. Dedrick – Regents

Eight new tenure areas created to provide BOCES with person power for RTT. Today was deadline of staff to choose their tenure area. Only one chose to remain in the Tenure area they are presently in. Any new hiring for these titles will be in the new tenure area.

Calendar Issue

New Regional Calendar will be voted on due to Regents canceling January Testing. This will save 1.4 million dollars. Some groups want the dates back. They will hold new calendar until after the next Board of Regents Meeting.

Annual Vote – Monday 23rd of April is a conflict with National School Board Members Conf. in Boston. Tuesday 17th may be the last day to reschedule Board Vote.

Employee Retirement System – Section 8B – Transfer of Funds to help mitigate costs for next two years (2 million). Help RIC to keep the costs within 2% will help protect districts in long term.

TECH Valley Graduation. Went very well.

July 18, 2011

Dr. Dedrick was not present.

Carl Strang reported on the results of the Regents Scan Results vs. hand scoring. Machines are agnostic, teachers are not. Teacher will look harder at a wrong answer to see if any leeway.

A board member wanted to know how summer school was going. Hopes the board will be invited to visit.

Aug. 29, 2011

Dr. Dedrick stated that the meeting would be short due to Board members who were having trouble getting in due to the road conditions.

Board Policy "Code of Conduct" must be distributed to all staff and students at the beginning of the school year.

Kevin Herran reported on the NYSUT APPR law suit. That NYSUT had won and how the State is taking it to the Appellate Court. Until that happens everything remains in effect for about one year until they make their decision. If Districts were in compliance in the 2000-01 process, it won't be a heavy lift for them. Some Districts have not evaluated their staff at all.

Dr. Gerbino stated that about 400 Administrators have been trained in the RTT to gather evidence and place evidence in a rubric. Not the APPR process itself.

Bloomberg and five wealthy friends "save" January Regents

The January Regents Exams will apparently be restored statewide after NYC Mayor Bloomberg announced he and five anonymous donors will chip in \$250,000 each. *The New York Times* reported this may be the nation's first private effort to pay for standardized tests.

While NYSUT applauds the generosity of the donors and is pleased students will get the opportunity to take the exams, this is a troubling short-term fix. NYSUT Vice President Maria Neira said that since students have to pass these exams to graduate or earn an advanced diploma, it's clearly the state's responsibility to fund the testing program. SED certainly can't depend on philanthropists to sustain the state's testing program and must work with the Legislature to find a long-term solution to the funding shortfall.

Wanted: Global citizens

Find out more about how the New York State United Teachers and the Robert F. Kennedy Center for Justice and Human Rights partnered to create a new curriculum that teaches students about human rights issues and abuses. It features 17 teacher-crafted lesson plans for grades 6-12 that not only educate but also serve as a powerful spur to student engagement. Details at: AFT.org

September Checklist

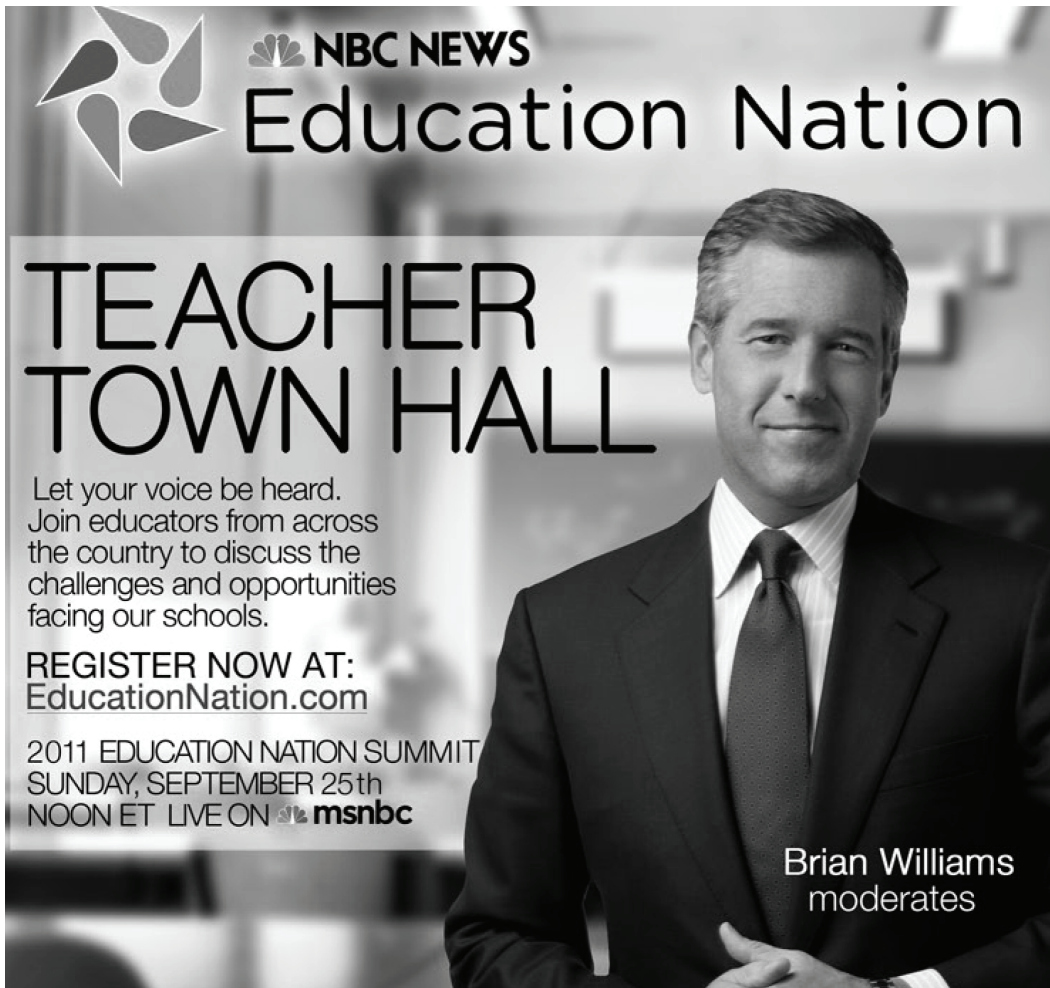
- Commemorate 9-11 a decade later: Join a memorial stair climb to honor firefighters (www.9-11StairClimb.com). Contribute to the Twin Towers Orphan Fund (www.ttof.org). Volunteer locally (www.VolunteerMatch.org). Donate blood (800-GIVE-LIFE, www.RedCrossBlood.org).
- Prepare for emergencies: Put together an emergency kit, and plan what you and your family should do. Resource: **Error! Hyperlink reference not valid.** it now: Tuesday, September 6, is Fight Procrastination Day. Tackle a small chunk of a neglected project. Tell yourself that it doesn't have to be perfect and choose a reward that you can give yourself right away.
- Perfect your writing: Saturday, September 24, is National Punctuation Day. Review correct usage at www.NationalPunctuationDay.com.
- Take a yoga break: More than 1,500 studios and teachers offer some free classes during National Yoga Month. Information: www.YogaMonth.org.


NBC News will host the second annual Education Nation Summit and a Teacher Town Hall in **September**.

Although we may not agree with all of the opinions and ideas expressed at last year's summit, it is important that we encourage all AFT members to participate in this year's Teacher Town Hall. We need to make sure that teachers' voices are heard and firsthand classroom experiences are shared. We have had many conversations with NBC and have made the network aware that last year there were not enough teachers included in the conversation, that the focus was too much on pinning charter schools versus traditional public schools, and that what we need is time to discuss what teachers really need to help their students.

The Teacher Town Hall will be broadcast live on **Sunday, Sept. 25, on MSNBC from Noon-2 PM EDT**, as well as streamed on the Education Nation website.

Please encourage your members not only to tune in to the Teacher Town Hall, but also to participate in the online discussions before, during and after the event.




 **NBC NEWS**
Education Nation

TEACHER TOWN HALL

Let your voice be heard.
Join educators from across the country to discuss the challenges and opportunities facing our schools.

REGISTER NOW AT:
EducationNation.com

2011 EDUCATION NATION SUMMIT
SUNDAY, SEPTEMBER 25th
NOON ET LIVE ON  **msnbc**

Brian Williams
moderates

Dec. 10th Faculty Association Bus Trip to New York City

\$30.00 per person

Each person may bring up to 2 guests.

Name: _____

Guest #1: _____

Guest #2: _____

Home Email Address: _____

Phone Number: _____

Emergency Contact Person _____

Emergency Contact Person's phone number _____

We will be leaving Maywood School (1979 Central Avenue) at 9:00 AM and returning at approximately 10:30 PM. Please arrive no later than 8:45 AM.

Please send completed registration form and payment* to:

Carolyn Pierce

1247 Trinity Avenue

Schenectady, NY 12306

*Checks should be made out to CRB FA

Deadline to Register is December 3rd.

You will receive an email confirmation when your seat (s) on the bus have been secured.

BACK TO SCHOOL: WORK SHOULDN'T HURT

It's back-to-school time, and this year we should resolve not to accept aches and pains as just being part of the job. Researchers and unions both have made great strides to improve working conditions by promoting ergonomics as an approach to help prevent workplace injuries. For more extensive information or to download a customizable brochure on the topic, go to the Working Families Toolkit at: www.workingfamilies toolkit.org.

In the meantime, keep in mind these helpful hints.

Healthy Hints for Bus Drivers

- Choose aerobic exercises such as walking, swimming and biking, which can significantly increase the oxygen, water and nutrient supply to disks in your back.
 - Stand and do mild stretches whenever you get the opportunity.
- Try to modify your seat with an ergonomic device such as a lumbar pillow to support your lower back.

Healthy Hints for Office Employees

- Take frequent breaks from computer work. The National Institute for Occupational Safety and Health recommends that computer users work no more than 45 minutes at a time on a computer before taking a 15-minute break that can be used to do non-computer work.
- Stand up, stretch and walk around before beginning another sedentary office activity.
- At least twice a day, take a few moments to do hand and

finger exercises.

If your computer workstation or desk isn't adjustable, try putting the keyboard on your lap and raising your chair so that you are keying with your wrists in a neutral position. If your keyboard tray is adjustable, keep it in a low position.

Healthy Hints for Paraprofessionals

- Sit with students at tables and desks instead of bending over them.

- Alternate between sitting and standing to reduce the strain on the back.

- Monitor computer work by sitting next to students instead of standing over them.

Store heavy books and materials on shelves at waist level.

Healthy Hints for Custodians, Maintenance Workers and Groundskeepers

- Lift items in a smooth, controlled manner; do not jerk or speed up while lifting a heavy item.

- Avoid lifting heavy items off the floor; when you must do so, get as close to the object as possible and pull the object and/or tilt it toward you before lifting.

Don't rely on back belts to protect your back. Research indicates that back belts may give workers a false sense of security that makes you lift more than you should and increase the risk of a back injury. Back belts actually put more force on the lower back during a lift.

PERSONNEL PERSONALS

Our condolences to the family of **Joyce A. Moch**, (former secretary at Albany CTE) who died July 2, 2011. Mother of Lucas G. Moch and Ian S. Moch; sister of Allan Glynn and Gail Vopelak. Aunt of Erin Arendt, Ed and Rob Vopelak. She also leaves behind her beloved friend, Stormy Shayne.



Faculty Association Scholarship winners for 2010-11

Congratulations to the two Faculty Association Scholarship winners for 2010-11.

Stephen Brucker (Mark and Joan's son)
Alyssia Ragucci (Mary Beth's daughter).

Sunshine Chairperson

If you know of someone who could use a little cheering up, our sympathy, or a get well card, please contact:

Michelle Angelo
385 Ballston Avenue, Scotia, NY 12302
(518) 370-3468
mangelo1@nycap.rr.com

Please contact **Lisa Mink**, Membership Chair with any change in address that you have. You can reach her at lmink8@hotmail.com. In doing so, you will be assured of receiving all that correspondence that the Association will send you including your newsletter, the TRIAD.

The TRIAD is published monthly for the Capital Region BOCES Faculty Association Membership. We appreciate any comments or suggestions you may have.

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