



CAPITAL REGION BOCES FACULTY ASSOCIATION

TRIAD

April 2009

Vol. XXXIII No. 8

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

News from the President

Dear Colleagues,

VOTE/COPE. Please make sure you contribute to VOTE/COPE. In the past, our support of this so necessary fund has not been great. We need to do better. This is the fund that helps improve our working conditions by funding efforts to change or add legislation that determines things like educational funding, improvements in retirement benefits or what education in the next 10-20 years will look like.

Now more than ever we need to support VOTE/COPE. Education is and has been under attack. We are certainly a ways from having a robust economy. With a percentage of Americans losing their jobs, I fear that public sector employees will be targeted as excessive or expendable. Give to VOTE/COPE.

Not only do we need to support VOTE/COPE like never before, we need to continue to send a message to all our legislators. The message is that support for education is paramount to the future of this state. The ability of New York to attract employers and employ its workforce is directly proportional with the state's willingness to invest in the education of that workforce.

We need to send a message, not once, but over and over. "Don't cut educational funding, especially BOCES". The services we provide are vital. We know this and we need to make sure the politicians in both Al-

bany and Washington DC listen to our message

Use the NYSUT web site and FAX, FAX, FAX. E-mail if you want, but keep the faxes going. Ask friends, neighbors and relatives who have any interest in education or the future of this state to do the same.

It is understandable, that a governor who looks to balance the state budget on the backs of public employees would lose popularity. He certainly has me scratching my head. And the concept of re-opening public employee contracts has my blood boiling. At best, it is unbelievable. Why should WE pay for the mistakes of the Bush administration, crooked or unethical investors and inept legislators/regulators? When the stock market was booming my salary increases continued to be modest. I don't have a fourth, third or even second, home I can sell to pay my bills. I do not have millions in foreign or U.S. investments. Do you?

We work hard for what we are paid. When I go home at night, my day is not done. Most nights I am still working, some nights until late in the evening. I have to say that the level of stress I experience some days is far and above that I experienced when I worked in the private sector.

Please FAX your legislators

Looking Forward, Doug

CALENDAR

CAPITAL REGION
BOCES FACULTY ASSOC.

EXEC. BD. MEETING

04/01/09

BOCES BOARD MTG.

04/20/09

Passover begins

4/8/09

Good Friday

4/10/09

School Recess

4/13-17/09

REP COUNCIL

Colonie Community Center
04/22/09—4:15 PM

Newsletter Committee

TRIAD Article Deadline:

04/28/09



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Dear Gabby



Dear Gabby,

I am a new member of the Faculty Association (FA). I was just wondering if you could tell me how my dues money is spent?

Miserly in Menands

Dear Miserly,

That is one big question! Briefly, some goes to the American Federation of Teachers (AFT) our national affiliate, some goes to New York State United Teachers (NYSUT) our state affiliate, and the rest goes to our Capital Region BOCES Faculty Association. Each year a new budget for the Faculty Association is proposed and then voted on by the Representatives Council members. The dues for the State and National are set by them.

The two biggest items in our FA budget (after dues to AFT and NYSUT) are stipends (the salaries we pay our Executive Board

members) and conferences. There are many other items in the budget, but Gabby does not have the space to list them here.

Interested in learning more about where your dues money goes? Join Rep Council! We need you.

Gabby

Dear Gabby,

Someone told me that we are having Opening Day a week before Labor Day this year. In my twenty years at BOCES I have never heard of such a thing! Can this be true?

Startled in Stamford

on Wednesday, September 2nd. However, school will not start until the day after Labor Day.

The reason for this, as Gabby understands it, is the lateness of Labor Day this year. Actually, over the past few years, many component districts have been having their staff development days prior to the beginning of school.

There may be some options for Opening Day during the summer for people who are unable to make the September 2nd date due to scheduling conflicts. Watch the TRIAD for more on this as things progress.

Gabby

Dear Startled,

It sure can! Opening Day will be

Capital Region BOCES Faculty Association Leadership

POSITION	NAME	PHONE	E-Mail Address
President	Doug Harple	862-4776	hdharple@msn.com
Vice President	Patricia Gollub	862-4716	Gollub02@yahoo.com
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Treasurer	Deborah Sorvari	334-1296	debmom39@nycap.rr.com
Membership Chair	Lisa Mink	464-3979	lmink8@hotmail.com
Grievance Chair	E.J. Hanley	356-8342	ehanley1@nycap.rr.com
EAP	Kevin Eglit	454-9650	Employee Assistance Program

Rep Council Highlights March 18, 2009

By Lanny Barsale

Nominations & Elections – have been moved one month. Nominations will take place in April and the election in May. This is to give us time to search for nominees for Chapter Vice President for Special Education.

Opening Day – people will be able to attend the summer opening days in case they have plans that fall over the new opening day in August. There is a chance for an extra opening day for Special Education. Doug will continue to research with Dr. Gerbino. It should take place either before or after summer school.

Question about whether or not the spouse of a member can apply for **Student Incentive Award** if the spouse is taken as a dependent. A motion was made that the spouse of a member who is claimed as a dependent can apply for the student incentive. It was defeated. It was felt that the initial intent was to provide for children of members.

Returning student incentive chair – Lanny Barsale

The form can be found on the Faculty Association webpage (capregboocesfa.com).

Monthly agenda and minutes will be e-mailed to save on paper and postage.

2009 – 2010 budget was given to members of the Rep. Council for review. It will be voted on at the April meeting. This extra month will allow members to contact constituents. Please discuss or meet with your representative.

A fundraiser for the BOCES Prom has been scheduled for April 24th. This is **Giffy's BBQ**. The plan is to have it at Maywood. The **BOCES Very Special Prom is May 22nd** at the Best Western Sovereign.

Retirement Committee Report – no report. Although the committee itself has not heard anything regarding health insurance, people are finding that once they are assisted; satisfaction in the plan seems to be following, although there are some instances where Medco is expensive with certain prescription drugs.

Celebration Bash – May 7th at Mohawk River Country Club and Chalet. Social committee will be assisting with this function. They have added many new members. This is greatly appreciated by the Celebration Bash committee.

NYSUT.org – allows you to fax your representative's letters every day. Doug gave out a packet to the Reps. Contact your representative for more information.

Conference Committee – A goal of the committee will be gathering information and maintaining a calendar. There will be detailed information about conferences and involved members will be encouraged to attend. The treasurer will do the financial record keeping. If you attend a conference paid for by the Association, you will be asked to bring back information to share with the membership through the Triad/Website and possibly to rep council?. An outline of what is expected of the ED 10 and AFT delegates will be developed.

TRIAD – There will be an opt-in form to have the TRIAD sent to you via e-mail. You must use personal e-mail address.

ED#10 –

- NYSUT endorses Scott Murphy against Jim Tedisco. Scott is more pro-labor.
- There will be 2 labor walks on March 21st and 22nd.
- Bethlehem did not reopen contract as reported in the newspapers.
- Check out resolutions for the RA Conference in NY Teacher.
- Letters on website – “shoot down” Tier 5.
- Support teacher centers.
- Food drive in Post Office on May 9th.

Board Meeting –

- Transition team in place to move to School Support Services to NERIC office space there.
- NERIC received favored report from state comptroller.
- They will be meeting with NYSUT to work with the locals for distance learning. The army uses distance learning. It's an evolution in education.
- NERIC's network is one of the largest private networks in the State.

Layoffs have hit Special Education. A social worker and a speech therapist have been cut as of March 31st. Job cuts are continuing and will impact all Chapters.

TEACHING ASSISTANTS/EDUCATIONAL ASSISTANTS

By Colleen Condolora, Chapter VP

Spring has finally arrived and with this season brings new beginnings. On the note of new beginnings, I have had several people ask how the next 75 hours of professional development will be tallied. Currently, you will continue to enter your professional development into Timekeeper as you have in the past. The number will not be reset to zero but will accumulate with your previous total. In the fall, we will be piloting a new database called WinCap to enter our professional development. More information will be given in the fall when the pilot is initiated.

Please save the date! On Wednesday, May 13, our TA Subcommittee will host recognition for the Teaching Assistants/Educational Assistant Chapter from 3:00-5:00 PM at the Career & Tech Dining Room, Bldg. B. We will be showcasing several projects our co-workers have been working on this year. I am looking forward to seeing everyone's accomplishments. Certificates will be given to all attendees. Appetizers and refreshments will also be served. Please join us in celebrating your professional development achievements.

In April, several Teaching Assistants will have taken the NYSATAS test. I want to extend my best wishes to everyone on passing this test. Remember to submit your passing score to Human Resource so your name can be removed from the "list". Also submit your passing score to **Barb**

Petraznik so you can be reimbursed for the registration fee. For the Continuing Certified Teaching Assistants, the next available test will be held on June 13th. If you must take the test, this will be your final opportunity before the deadline.

The first set of NYSUT Education in Learning Trust workshops brought to BOCES has been well received. The TA Subcommittee continues to strive to bring quality professional development opportunities to our staff.

On a final note, the Career & Tech Teaching Assistants last day will be June 24th. Professional Development opportunities will be offered from June 18-24. Please contact Tracy Gyoerkoe, if you are interested in a particular subject.

In closing, if there are any concerns or questions you may need answered, please contact me at 393-2244 or email me at condolora@aol.com. Thanks for all that you do!

**In Solidarity,
Colleen Condolora**

Capital Region BOCES Faculty Association Student Incentive Award

Capital Region BOCES Faculty Association is accepting applications for the Student Incentive Awards. Applicants must be dependents of Association members. Awards are two scholarships for \$1000 each to be used for post-secondary education. One award will be given based on need and the other based on scholarship. Applications are available on the Association Website www.capregboocesfa.com and due by May 1st. Selections are made by the Student Incentive Committee.

**Mail applications to:
Lanny Barsale
PO Box 762
Cobleskill, NY 12043**

Service Chapter VP

By Susan A. Kusalonis

Dear Colleagues:

When you receive this TRAD, I hope you will be resting and renewing on Spring Break. We will need this strength to end the school year on an up beat.

In Special Education, Region 3 is trying to maintain while **Betty Ann Frampton** (Secretary,) is out recovering from surgery. In Central Admin. the payroll department is also trying to maintain, with **Lisa Ritter** (Sr. Acct. Clerk) out due to an ill child. I do not always hear about staff in the Service Unit being out, so please forgive me if I have not mentioned you.

I am on tender-hooks waiting to hear what decisions have been made, whether or not we have lay-offs or if we can fill open positions due to retirement in the Service Chapter. We have confidence in the commitment our District Superintendent has made to try to keep the impact on all Chapters as low as possible. Soon we will hear from Districts and have a better idea of the number of students who will be coming to or staying at BOCES. Change is coming, hopefully for you, good change.

Finally, I want to mention that I was able to stop by the Annual Meeting that was held at CTE. Both Special Ed. and CTE presented themselves well. The food was fantastic and I was able to stop by the displays that some of our teachers had set up to feature some wonderful projects they do with BOCES students. The culinary students seemed to have a good time, displaying their work and explaining the different types of food they had prepared. I was not able to see everything and know by what I did encounter, that all of the programs, were well represented by both students and staff.

In solidarity, Susan A. Kusalonis

We Encourage You

To use

Medco Mail-In Service

Offers Great Prices on Prescription Drugs for HMO Plans: BC Community Blue, CDPHP, MVP

Here comes spring and that means here come my allergies.... sneezing, itchy eyes, sore throat from that annoying post nasal drip. Where are my allergy pills? I'll be needing those meds from April all the way to October. That is more than three months so I better dig out that Medco Mail Service form and order my 90 day supply. I can get a three month supply of my generic allergy medication for \$10, a brand-name for \$20. Mail-in prices give you a one month supply free compared to using a local pharmacy for a monthly supply.

Here's how it works. Ask your doctor for a 90 day script for any medications needed for three months or more. Fill out the Medco form available online (www.medco.com), attach the script and mail. Prescriptions can also be faxed from your doctor's office, bring the appropriate form. Call the member services number: 1-800-711-0917 if you have any questions. They are great and will walk you through the whole process. You can pay with a credit card or send a check. Refill can be requested online.

Start saving money on your prescription needs. Use Medco Mail-In Service. Medco is a self-funded Prescription Drug Program for HMO plans only.

What is self-funded you ask? The money that you pay each paycheck for the prescription cost is put into a BOCES account. When you purchase a prescription, you pay your co-pay. The balance owed for the prescription is taken out of this account. Any money not used from this account at the end of the year, could mean that our bi-weekly deduction could become lower. A loss could mean higher deductions. So, help us all by using the Medco mail in service and generic drugs when you can.

Submitted by: **Lois Leonard, TRIAD Co-Editor**

RETIREES CORNER

Jeanette K. Christoff, Teacher, Retired

Greetings to All,

RETIREE UPDATES

As the earth renews itself with new growth, we as Christians and Jews renew our own Spiritual growth as we have commemorated the foundations of our religion.

For our Jewish friends, it is a time of recalling their heritage, when the Lord passed over the homes of the Israelites, sparing their children from harm. It marked the beginning of their flight from Egypt and is to be commemorated by all generations to follow.

For Christians it is a time of sorrow and joy, sorrow as we meditate upon Our Lord's Passion and death, joy for His Resurrection and promise of our Eternal Home with Him.

We hope each of you has found renewed strength and perspective during this Easter and Passover season, as we continue on, in these troubled times of our country and world.

Jane Caruvana and husband Tony had planned a month-long cruise this past year. It was to include the ports of Saigon, Hong Kong, Bangkok, Singapore, Luxor, Athens and more. Their trip had to be postponed when Tony, who had enjoyed 47 years of good health, became ill. He has done incredibly well over the past 10 months and they are anticipating future trips.

We received a call from **Fred Stein**. Fred has given many years of work to our Association. He served as Vice President, as Chapter Vice President for Special Education, organized and led our local Committee of 100 and served on numerous committees. He continues his political involvement and spent a weekend in Scranton, PA, working on the campaign for our new President. In December Fred was given a surprise 70th birthday party by his family at the Washington Ave. Armory, prior to the basketball game. Attending from BOCES were Jim Owen and Mike Montague. Sadly, Fred lost his Mom recently. She was almost 98 and lived in her own home until age 96. Our condolences to Fred and his family.

Anita Riccio survived 4 days without power during our outage. The fireplace kept her warm but it was soooo dark at night. In March, Anita traveled to India. More next time.

SAVE \$\$\$\$\$\$ ON PRESCRIPTION COSTS

In the interest of stretching our dollars as far as possible, it would behoove all of us to order our ongoing medications by mail.

Ordering by mail or on line has the following advantages:

1. It is convenient to have a 3-month supply available instead of one month.
2. The cost is less, usually 3 months supply for the cost of 2, from the pharmacy.
3. It saves gasoline, since the meds are delivered to your home via the U.S. Postal Service
4. It saves time, not having to reorder every month.
5. It is convenient, especially when the roads are bad.
6. It gives a sense of security, when traveling, knowing you won't run out in an unfamiliar city, miles from a pharmacy or in a foreign country.
7. Your physician can fax your prescription directly to Medco.

I personally would not even considered going back to the inconvenience of the trips-to-the-pharmacy method. Jeanette



Healthy Living; Living For Good Health

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

Get Smart About Salt

After a long, cold and unfriendly winter and counting down the days until Spring, the renewal of life and warmth for the earth has finally returned. I have had just about enough of Jack Frost nipping at my nose, my toes, and any other body part that Frost managed to nip at. I looked more like Nanookie of the North, wearing a long coat, boots, gloves, and a furry hat that made me unrecognizable, even to myself. Just this past weekend, I finally banished that heavy duty cold weather gear out of my sight to the family room closet.

So, now I think Spring. Aaaaah yes...Spring, waking up to an early morning sunlight, birds chirping happily, a fresh breeze finding its way through open windows, planting my vegetable garden, and dusting off the barbeque grill. Winter hibernation brought hearty comfort food, but now it's time to prepare for outdoor cooking, and loading up on barbecue sauces and meat and poultry seasonings of every flavor, right? Wrong! Barbecue sauces, marinades and most varieties of cold salads became no friend of mine. I don't even know why I bother eating all that salty stuff. I should just apply it directly to my ankles and feet, it's going to end up there anyway. By summer, I could go swimming and not even get wet. My feet can become the size of pontoons and I could probably walk on water. So, what have I learned from this painful experience besides not recognizing my ankles until September or finding my shoes no longer fit? Salt, sodium and I no longer get along.

What is the difference between sodium and salt?

When you hear the word most people think of table salt as a seasoning

found in every kitchen. Table salt is made of sodium and chloride, both nutrients needed for good health. The term salt does not mean the same as sodium because salt is only 40 percent sodium. The 2005 Dietary Guidelines released by the U.S. Department of Health and Human Services have sent a strong message. Adults should consume no more than 2,300 milligrams of sodium per day. That's about one teaspoon of salt. Currently, the average salt intake is nearly twice the recommended amount. A lower salt intake can reduce the risk of high blood pressure, stroke, and heart disease. The American Medical Association has advised the Food and Drug Administration to review sodium labeling and boost consumer education. Be label conscious. Take the time to read the nutrition facts and food labels before putting items in your basket. Find sodium-free, very low sodium, or low sodium options.

Foods may say sodium free, very low sodium, or low sodium, but what do those labels really mean?

- Sodium free – a product that contains 5 milligrams or less of sodium per serving
- Very low sodium – a product that contains 35 milligrams or less of sodium per serving
- Low Sodium – a product that contains 140 milligrams or less of sodium per serving
- Reduced sodium – a product with the usual sodium content reduced by 25%
- No added salt, unsalted – a product with no salt added during processing, although the product may still contain sodium

Tips for reducing sodium in your

diet;

The most important thing you can do is to retrain your shopping habits

- Fresh is best. Buy fresh, frozen or canned "no salt added" vegetables
- Use herbs, spices, and salt free seasoning blends in cooking and at the table. Your salt and sodium intake could be reduced by 30% if you don't reach for the salt shaker.
- Choose foods naturally low in salt and sodium. You can gain health benefits by eating more fruits and vegetables to reduce sodium.
- Cook rice, pasta, or hot cereals without adding salt.
- Buy low or reduced sodium or no salt added items like canned soups, cereals and prepared foods.
- Buy fresh poultry, fish, and lean meats instead of canned and processed types.
- You can retrain your taste buds by gradually replacing added salt with herbs and spices without reducing taste and flavor. Watch for hidden salt and sodium. Bouillon cubes, meat tenderizers, marinades, soy sauce and steak sauce can be loaded with salt and sodium.

Get smart about salt, your body will thank you.

Special Ed. Teacher Chapter Meeting Minutes

March 18, 2009

Minutes taken By Susan Stewart

The teachers met at 3:30, before Rep Council. Items addressed included:

1. At the February Region 1 and 2 Stand Meeting, Terry and Jaime addressed related service frequency considerations for the 2009-10 IEPs.
2. Special Ed. has had one classroom closed and has had a social worker and a speech pathologist rified.
3. The teachers present were in support of maintaining the Grievance position on the Executive Board. The consensus is that a trained Grievance person is a valuable resource to the Executive Board, can help maintain grievance timelines, provide education on grievance issues to the membership and can be ready when needed if we run into difficulty dealing with the agency.
4. Retirement dinner will be May 7th. Come! If you have had the pleasure of being celebrated as a 20 or 25 year member, then this is the time to come and support your peers who are now enjoying the same occasion. Put it on your calendar now!!
5. Please consider attending one Board meeting. Bring a friend. The Board meetings are on the BOCES calendar.

Next teacher unit meeting is April 22 at the Colonie Community Center at 3:30. We are in the classroom across the hall from where the Rep meets.

Future Special Ed. Teacher Meetings
May 20, 2009 @ School Support Services
June 10, 2009 @ School Support Service
3:30-4:00 right before Rep Council

Membership Report

March 18, 2009

Service Chapter: **96** (17 Agency Fee)

TEA/EA Chapter: **262** (64 Agency Fee)

Teacher: Spec. Ed.: **249** (19 Agency Fee)

Teacher: CTE: **76** (8 Agency Fee)

Have you moved recently? Married? Change your name? Or changed your personal e-mail? Give me a call (518) 372-7240 or drop me an e-mail at lmink8@hotmail.com that way you won't miss out on the TRIAD or any other important Faculty Association information.

Lisa Mink, Membership Chair

Upcoming Conference Schedule

Motivate and Celebrate the Teacher in You?

Wed., April 29, 2009

Saratoga Springs City Center, Co-Sponsored by Greater Capital Region Teacher Center and NUSUT.

Registration: \$47—Contact Diane Miller, 783-7977.

NYSUT Member Benefits Conference

Nov. 6-7, 2009—Desmond, Albany

Capital Region BOCES Faculty Association

Wade Tours - Trip to Boston

Saturday, June 13th

Send in this form with your payment as soon as possible. The seats fill up quickly!

Name _____

Home Email address: _____

Home Phone: _____ Cell Phone: _____

Guest 1: _____ **Guest 2:** _____

Emergency Contact Person: _____

Relationship _____ Emergency Contact Phone # _____

Deadline: May 29th

\$15.00 per person!!!! **2 Guests per person**

You must submit this form in order to reserve a seat.

We will be leaving Maywood School at by 8:00 am and returning by 9:30 pm

Please make checks payable to: **Capital Region BOCES Faculty Association.**

Send Reservation Form with payment to:

Carolyn Beattie

1247 Trinity Avenue, Rotterdam, NY 12306

Capital Region BOCES staff honored by Sage Colleges for work with students and schools in character education



The Capital Region BOCES Student Support Services' team of Pat Gogol, Joe Otter and **Cathy Welling** were honored with a Champion of Character Award by Sage College at the college's 6th annual Champions of Character Awards Banquet on March 18.



Capital Region BOCES Faculty Association
Celebration Bash And Retirement Party

May 7, 2009

Mohawk River Country Club and Chateau

847 Riverview Road, Rexford, NY
 (Off of Balltown Road, past Edison Club)

5:00 – 6:00 Cocktail Hour you won't want to miss the
 Butler passed hors d'oeuvres, made to order hot stations
 Cold Stations: International cheese, antipasti, eggplant, fresh mozzarella

6:00 – Dinner
 Rainbow mesclun salad with cranberries and walnuts
 "Turf and turf:" Chateaubriand (filet mignon) and/or
 Poulet Françoise (chicken).
 Vegetarian dinner available upon request with your check.
 Vegetables: Julienne vegetable purse and twice-baked potatoes.
 Dessert: Painted Plate Sampler

**Book a table of co-workers and bring your
 Spouse/significant other for a wonderful evening.**

Entertainment, great food, camaraderie, and send off for retirees.

All for: \$30.00 per person

Deadline: April 30th

Are you retiring? Please call **Lanny at 231-0552** if we have not already contacted you so we can be sure to include you and a guest, at no cost, in our celebration.

We also wish to honor people with 20, 25, 30 and even 35 years of service with a free dinner. Contact Lanny if you have served BOCES for these lengths of time. We will be gathering this information but records are not always accurate.

Please make checks payable to: Capital Region BOCES Faculty Association

Please mail check and registration form:

Lanny Barsale, P.O. Box 762, Cobleskill, NY 12043-0762

Name: _____ Phone # _____ Requesting Vegetarian? _____

If registering for more than one, please list names of each person having vegetarian dinner.

Seating requests: Maximum of 12 per table _____

**Special Education Division &
School Support Services Division
Teachers' Unit**

Dear Members,

I am writing to tell you that I will be retiring at the end of the current school year. I have always enjoyed serving as your Chapter Vice President, and I know that I will look back at this service as an important part of my career. It has given me the opportunity to get to know so many of you. I have always looked at this as one of the reasons why I loved the position.

There is one year left on my term of office. It is time to think of who you want to nominate to run for the position. Taking over for the 2009-2010 school year will give the new Chapter VP an opportunity to gain experience before it is time to begin negotiating the next contract.

It is not easy to say good-bye to an organization and a membership that have meant so much to me. Stay in touch. I will always enjoy hearing from you.

Gail Radecky

**Gail Radecky
Is out of here**

We wish her good luck and enjoy.

However, that means we need to fill the position that she has held for 21 years.
Special Education Chapter Vice-President.

Okay, all you Special Education & School Support Service Teacher Chapter members, put on your thinking caps. We need this job filled.

NOMINATIONS FORM FOR CHAPTER VP OF SPEC. ED. TEACHER CHAPTER

Please nominate a person to fill this position. Send it to Lanny Barsale, PO Box 762, Co-bleskill, NY 12043.

Please talk to the person that you nominate first. Nominations are due April 15th.

Name of nominee

telephone number

Submitted by: _____

PERSONNEL PERSONALS

We wish a speedy recovery to **Betty Ann Frampton** (Secretary, Sp. Ed.) from her recent surgery.

Congratulations to **Carol Berry** (TA, Sp. Ed.) on the birth of her grandson on Feb. 23rd.

Our condolences to **Cathy Savage** (TA, Sp. Ed.) who lost her son-in-law to a tragic incident in which he was shot while resting in a truck stop in South Carolina (it was in the news). Donations are being accepted in c/o Jason Rivenburg at any local Trustco Bank. His wife just delivered twins and has a 2 year old son.

SAVE THE DATE

Giffy's B-B-Q—April 24, 2009

Maywood School, 4-6 PM

(Dinner pick up only)

Pre-Sale tickets can be purchased from **Brent Pierce**, Mohonasen HS, **Ann Gabriel**, Guilderland HS, **Linda Stapleton**, Maywood School, and **Denise Capece**, CTE.

BOCES Very Special Prom

—May 22, 2009

Best Western Sovereign, 6-10 PM



TRIAD GOING GREEN

[Up to a Point]

If you want to opt out of receiving a hard copy, please email **Lisa Mink** (lmink8@hotmail.com). Please give her your name and Chapter you belong to and your home email address.

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.

If you know a member or retiree who should be getting the TRIAD, give them this information.

Sunshine Chairperson

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

Theresa Bennett

23 Harriet Street, Albany, NY 12205
869-2367

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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Capital Region BOCES

Faculty Association

1015 Watervliet Shaker Road

Albany, NY 12205

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