



CAPITAL REGION BOCES FACULTY ASSOCIATION

TRIAD

April 2010

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

News from the President

Colleagues,

I hope you are in good health and find yourself enjoying your work. Why do I say that? Well without good health everything is often less enjoyable to almost unbearable. Also, enjoying work can be very hard for some who are not in good health or are in pain. Some folks spend their day thinking about how lousy they feel. That is such a tough way to go. When we are sick or in pain it is a constant reminder that we are mortal and only have a relatively short time in this life. Though we may not think we are dying, in reality we are, all of us. As we get older it becomes more apparent.

I think many would agree that when it comes to our health we usually have very little control over that. Sure, we can work to stay healthy by eating right, getting enough rest, exercise and other activities that are said to keep us in shape. Still, people often get sick who do these things, working hard to stay healthy. We really don't have a lot of control over this. Do we?? I don't think so.

As I think I have told you, my dad, who I miss very much, spent most of the years I knew him in pain and/or poor health. I think it was in 1959, that he was in a car accident. Not a very serious one, or so it seemed. He was hit from behind when stopped at a stop light. It was serious enough. The impact caused damage to his spine which required several surgeries. It also broke one of the bones in his neck which was discovered a couple years later. Compared to today, medicine in the 60s was primitive. Because of other health conditions, the broken bone in his neck was never repaired. He was always in pain, and would not take the narcotics prescribed to him. He said they really didn't help any more than aspirin and he had a concern of becoming a drug addict.

In the late 60s they found he had become diabetic. He was able to control the diabetes by diet, then medicine and eventually insulin. In the mid 70s he had a cancerous lung removed. The doctor also found he had emphysema in his other

lung. Needless to say his oxygen supply was not what it should have been. Without an adequate supply of oxygen, we have much less strength and endurance. While in the hospital, he picked up a virus which made his recovery slow and limited. Though his health was not good and it seemed like an uphill battle, he lived to be 84 years old, dying in 1994. His longevity surprised me, given all he went through. What I think is really surprising is my dad never, ever gave up. I believe that through his attitude and his effort of exercise (walking more than a mile every day) he lived at least ten years longer than I thought he would. He was in and out of the hospital the last few years, but always grateful to be alive and productive.

I was fortunate enough to know my dad outside of the home. He was active in church and other organizations. When others gave up, through his efforts and ability to lead and team, he would get the job done. Through his actions he taught me perseverance. He also taught me that if a job is honest work, it was a good work. He taught me how to get things done and how to be a professional. I don't think he ever looked at a task and thought "It's not my job" or "We can't do that". He more likely thought "How can I help get this done" or "We can do that, it will just take some work". And then he would proceed to make it happen. He was a very proud individual and rightly so.

Why do I tell you this? These are tough times, no question. They may get tougher. If we are to weather this storm we need to persevere. BOCES is a "service business" and therefore we need to provide our best service to all our clients/customers. We need to move forward in spite of our individual "pain" or personal difficulties. We need to pull together and work hard. Though at times our opinions may differ from those of our teammates or administrators, we can't let those differences get in the way of doing our jobs and doing them well. We really can't afford to say "That's not my job" or "We can't do that".

Looking forward, Doug

CALENDAR

CAPITAL REGION
BOCES FACULTY ASSOC.
EXEC. BOARD MEETING

3/31/10

BOCES BOARD MTG.

4/15/10

REP COUNCIL MTG.

Maywood School

4/21/10

Earth Day

4/22/10



Giffy's Bar-B-Q

Maywood – 4-6 PM

4/23/10

Celebration Bash

5/13/10

TA/EA Show Case

5/18/10

Newsletter Committee

TRIAD Article Deadline:

4/27/10

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Rep Council Highlights

March 17, 2010

Submitted by Lois Leonard

Treasurer's Report:

New Association Budget for 2010-2011 was presented by Association Treasurer Deb Sorvari and reviewed. Rep Council will vote on the Budget at the April meeting. For budget details contact your Rep.

New Business:

- Special Education Advisory Consultants Flora Fasoldt, CVP Spec. Ed., reported. They will submit a plan to the Superintendent on April 2, 2010. Members who participated in the focus groups felt they were a productive means of relaying information.
- Fund Raiser for the Very Special Prom. Giffy's Bar B Q at Maywood April 23, 2010, 4:00-6:00. Tickets are \$10. This year, people can drive up and purchase Bar B Q without tickets as well. Hoping to bring people in off the streets.
- Lymphoma Fund Raiser in Honor of Karen Teal: Anne Gabriel will participate in the Lake Placid Half Marathon on June 13 to raise \$1500 in charitable contributions for The Leukemia and Lymphoma Society in honor of her friend and former co-worker

Karen Teal. For donation information see Anne's letter in this issue.

- Residential Habilitation Services: Catherine Jakway informed the group of the need for Res Hab Workers, leading to a discussion of placing an ad in the TRIAD to advertise for these employment opportunities. Catherine distributed a flier on Residential Habilitation Services from the Center for Disability Services.
- Ads in TRIAD. Discussed, TRIAD committee will explore the idea and report back to Rep Council.

Negotiations:

Initial meetings continue.

Nominations:

Nominations were taken from the floor.

Grievance:

E.J. Hanley, Grievance chair encouraged people to call with questions or concerns. 321-0485

Select Committees:

Diane Kavanaugh reported on Lobbying Day held 2/23/10

Capital Region BOCES Faculty Association Leadership

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Capital Region BOCES Board Meeting Highlights – 03//15

By Susan Kusalonis

TAKE A POWER NAP FOR PRODUCTIVITY

We know that sleep is important, and that most of us don't get enough of it for various reasons. According to wellness coach Elizabeth Scott, who writes about stress management for www.About.com, if you miss too much sleep you can feel the effects in many ways. It can affect your reaction time, judgment, vision, information processing, short-term memory, performance, motivation, patience and vigilance.

What's the solution? Scott recommends a power nap during the day. She says: find an appropriate place, other than your desk, to power nap during your lunch break or coffee break outside your office. Somewhere like your car, a comfortable chair in the staff lounge or under a tree on a warm sunny day; reduce your caffeine intake because caffeine stays in your system for four to six hours and can disrupt your sleep; and set an alarm for 15 or 30 minutes so that you don't oversleep.

SOURCES AND CONTRIBUTORS:

The Office Professional. Leonard Edmonds, editor; Mary Boyd, copy editor; Val Klayman, design.

District Superintendent Report

March 30th – Regional Cost Saving Form at 6 PM.
Commissioner Steiner and Sr. Deputy King want BOCES to come up with suggestions on how BOCES will be saving money and how BOCES will assist the SED and/or legislature save money.

Three suggestions at this time are:

- Energy Conservation – 7 Districts have joined and projected saving over 7 years is 9 million dollars.
- GASB 45 / Actuary Service – 118 districts with a \$880,000 saving over 3 years
- Model for Insurance Brokerage – NYS Insurance Department Approved – Cost savings will come from the ability to compete and drive down insurance costs

NYS Educ. Dept.–Initiative–Changing Regents Exams.
DS believes there will be some cut backs on these tests.

WWSHE DS search is winding down. May be a new DS by the end of June.

Not for Profit Insurance Agency – This is in the process of being completed. Look for report at April Board.

Committee Reports

Legislative Committee: - Lynn –Spoke with Senator Openheimer and the Senator is proposing that any future educational mandates have to be funded.

Capital Region BOCES FA Representative Council Meeting Dates for 2009-2010	
Rep Council Dates	Rep. Council Location
April 21, 2010	School Support Ser.
May 19, 2010	Maywood School
June 9, 2010	School Support Ser.
All Rep Council meetings run from 4:15-6 PM unless there is a motion to extend.	

Conference Dates 2009-10

2010

April 28-29, 2010

NYSUT Local Presidents Conference / Marriott Wardman - Washington, DC

April 29-May 1, 2010

Representative Assembly / Marriott Wardman Hotel - Washington, DC

July 7-11, 2010

AFT Convention Washington State Conv & Trade Center, Seattle, WA

Oct. 1-3, 2010

SRP Leadership Conf., Desmond, Albany

Oct. 22-23, 2010

BOCES Leadership Conf., Crowne Plaza, Albany

TEACHING ASSISTANTS/EDUCATIONAL ASSISTANTS/AIDES

By Colleen Condolora, Chapter VP

Dear Constituents:

Welcome to Spring everyone! I am looking forward to seeing beautiful fresh flowers, feeling a warm breeze on my face and smelling the scent of newly mowed lawn. Saving on the heating bill is also a big plus. Spring has always been one of my favorite seasons; it brings with it new beginnings and a welcome energy.

I want to send a reminder to everyone. Next month you will be receiving a ballot for the Faculty Associations election. This year you will be voting for Executive Board members and ED-10 delegates. Please remember to exercise your right as a member to vote for the candidates you want. Voting will ensure your voice is heard especially in contested positions. Remember be on the lookout for your ballot, it will be coming soon.

This month the Evaluation webinette was completed by Administration and me. I will be debuting the video at the TA Showcase on May 18th to all attendees. The finalized version will be launched to all Teaching Assistants in September. The webinette will be another useful resource for all TA's to assist them with the Evaluation process.

A few weeks ago I sent an email to all Level I and II Teaching Assistants regarding their certification requirements and deadlines. Unfortunately, several TA's who should have read this email did not open their GroupWise account. Since this is a main source of communication for both Administration and myself it is important that everyone check their mail at least once every few days.

At the last Labor Management meeting I attended, Superintendent Chuck Dedrick requested we get the message out to our members regarding fund raising solicitations. He stated we should not be sending blanket solicitations for fundraisers to all Capital Region BOCES employees through GroupWise unless program or student related. He is agreeable to staff sending out requests to their friends and close co-workers but not to all employees. He mentioned that BOCES will be looking into changing their policies regarding these types of fundraising activities.

In closing, I am looking forward to seeing everyone at the TA Showcase, on May 18th. Please remember to send your RSVP to Marcia Siver. It is great to show support for your colleagues!

In Solidarity, Colleen Condolora

AFT DISAPPOINTED WITH ADMINISTRATION'S ESEA BLUEPRINT

Based on an initial review of the U.S. Department of Education's plan for reauthorizing the Elementary and Secondary Education Act, it appears that despite some promising rhetoric, this blueprint places 100 percent of the responsibility on teachers and gives them zero percent authority, AFT president Randi Weingarten says. The **blueprint** was released on March 13.

"For a law affecting millions of schoolchildren and their teachers, it just doesn't make sense to have teachers—and teachers alone—bear the responsibility for school and student success," Weingarten says. "Teachers are on the front lines, in the classroom and in the community, working day and night to help children learn. They should be empowered and supported—not scapegoated. We are surprised and disappointed that the Obama administration proposed this as a starting point for reauthorizing the Elementary and Secondary Education Act. We will work to make this law, which is the lifeblood for millions of disadvantaged students, work for kids and their teachers. Our next step is to share this blueprint with teachers in America's classrooms to elicit their opinions."

Respond to an **AFT Voices** question on the union's public Web site. <http://www.aft.org/voices/index.cfm>

Service Chapter VP

Susan A. Kusalonis

Dear Colleagues,

Elections are going on this month. Please exercise your right, to the decisions our Association makes, by voting. Even if there is no one running in opposition, you need to be heard. It will be the best 44 cents you can spend. I am not personally involved in this election process, but I can confirm the fact that the number on the ballot is strictly for verification that the ballot is what was mailed and not a copy. There are too many pieces of paper to take the time to write down the name and number of each piece of paper. Trust in the process, your Constitution defines the process that occurs.

NYSUT is hosting a School Related Professionals Regional Roundtable discussion on Monday, May 17th from 4:30-7:30 PM (Dinner will be provided) at the NYSUT Conference Center at 800 Troy Schenectady Road in Latham. There is no cost to us for this event. I would like to know if any of you would like to attend. I'm not sure how many will be able to attend, but it is a very worthwhile event and great for networking and learning what is happening in the state that may effect you work environment. Any knowledge is better than none. I will keep list on first come first serve basis. Please contact me by May 5th Home-393-5598 or maidmrn300@aol.com.

I wanted to take a few minutes and revisit the recent judgment that was decided on Feb. 2, 2010 by the State of New York Supreme Court. In a nutshell "reduction in hours of [an employee's] position in the competitive class of the classified civil service from 100% to 60% was [not] subject to the provisions of section 80 of the Civil Service Law."

Enjoy the wonderful weather and feel free to contact me for any reason.

In solidarity, Susan

Very Useful Web Sites

Measure your risk of identity theft:

Free, confidential service from a leading identity intelligence firm.

www.MyIDScore.com

Ask a librarian: Free research service answers reference questions online.

www.IPL.org/div/askus

Native plant database: Find out which wildflowers and other native plants will thrive under growing conditions in your area. From the Lady Bird Johnson Wildflower Center.

www.Wildflower.org/explore

Deer-resistant plants: Directory of plants that deer tend to avoid—and ones that they can't resist.

<http://NJAES.Rutgers.edu/deer-resistance>

Home product savings: Buy donated building materials, appliances, furniture and other merchandise at more than 500 Habitat for Humanity stores around the US.

www.Habitat.org/env/restores.aspx

Healthier pets: Information from veterinarians on caring for pets—not only cats and dogs but also birds, ferrets, fish, reptiles and other creatures.

www.PetMD.com

Support the bill to enact NYSUT 55/25 early retirement option

Gov. Paterson has introduced a program bill to create a one-year 55/25 early retirement option for NYSUT members. This bill -- S6972 sponsored by Sen. Diane Savino and A10065 sponsored by Assemblyman Peter Abbate -- will implement the early retirement option agreed as part of the 2009 Tier 5 legislation.

This legislation will provide NYSUT members in both TRS and ERS who are 55 or older and have at least 25 years of service with a 90-day window to retire without incurring a penalty. The retirement window for K-12 will be June 1 -- Aug. 31, while the window for SUNY and community colleges will be set by the SUNY board of trustees. This option will be available exclusively to our members and entirely at employee choice, unlike previous early retirement incentives, which required the school district to opt into the plan. We will be pushing for this bill to be fast-tracked in order to provide school districts with increased flexibility to address their local school budgets and avert staff layoffs and provide our members with sufficient time to make their retirement decisions.

RETIREES CORNER

Jeanette K. Christoff, Teacher, Retired

Happy Spring,

We continue to try to simplify our life by sorting and discarding some of the mountains of paperwork we have acquired through the years. With the arrival of warmer weather, it has become a more tedious task as we are freed from our winter prison and beckoned to the beautiful outdoors.

From our teaching days, we have saved many plans and projects. The time and effort it took to create them makes parting difficult. We also found a collection of birthday and get well cards, many signed only with a first name. We try to recall who was so thoughtful to remember us and wished they had signed their last name as well. Certainly they were a part of our life sometime, somewhere along the way.

Then we sort through those important legal papers and return them to file as we wonder how long are we supposed to keep old bank statements and income tax forms. It is so much easier to recycle the endless barrage of junk mail and requests for donations that we receive almost daily.

A good deal of our paper mountain is of our own making as we cannot resist reading National Geographic, Time, Consumers, the hunting and outdoor magazines, the daily Gazette, our New York Teacher and NYSTRS newsletter. Often there are nuggets of information, which cause us to groan at the injustice, to nod in agreement or to save information worth sharing. So before tossing those articles, here are a few brief summaries of reports you may find of interest or of use.

Change in Terminology

The American Psychiatric Association is proposing some changes to their diagnostic manual. Among the changes will be the term "intellectual disability" replacing "mental retardation" and Asperger's syndrome will be called a mild form of autism. These proposed changes have not yet been finalized. (Gazette 2/10/2010)

Power of Attorney

In September 2009, the Governor signed into law a revision of the Power of Attorney form. Previously used forms will continue to be valid. The new form enumerates the responsibilities of the agent and will require their signature. This also clarifies to the principal a list of the specific powers their agent will have. (New York Teacher 3/4/2010).

Retiree Health Benefits

Both the Gloversville and Broadalbin-Perth retired teachers have filed notice of claim, stating intention to file suit. Their districts have changed their health insurance benefits to less than that received by those in the work force. This violates recent legislation securing retirees health benefits. (Gazette 3/8/2010, 3/13/2010).

Administration applauds teacher firing

The education commissioner, superintendent and board of education of the Central Falls High School in Rhode Island fired 88 teachers when they could not come to an agreement. The teachers would not accept an increase in their daily hours, plus an additional weekly hour plus lunch with students without compensation. President Obama and Education Secretary Arne Duncan applauded the firing "as a model turnaround plan under new federal requirements for school reform" As the New York Teacher went to print, talks between the Central Falls union and superintendent were being reopened. (Gazette 3/6/2010 and New York Teacher 3/18/2010)

Jason's Law

Hope Rivenburg, widow of Jason Rivenburg has been in Washington with Paul Tonko, pushing for the passage of legislation which would grant monies for a program to improve the safety of truckers during required rest stops. Jason was shot on March 5, 2009 while resting at an abandoned gas station prior to making his delivery. Hope is the mother of 3 children, Joshua, and twins Logan and Hezekiah who were delivery 12 days after their father's death. (Gazette 3/17/2010).

Healthy Living; Living For Good Health

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

Research Shows Cause For Concern From Exposure to BPA

Have you ever wondered why most plastic ware has a number before the recyclable symbol or why the lining of some canned foods have a pretty white coating? What we may think is a protection may be dangerous to our health.

Bisphenol A (BPA) is a man-made chemical used to harden plastics and is found in hundreds of kinds of plastic items, everything from glasses to CD's to canned food including liquid infant formula. About 90% of Americans have traces of BPA in their bodies, as the chemical leaches out of food containers. Some dental sealants and composites may also contribute to BPA exposure. First approved for use in 1963, BPA became widespread in the United States in the 1980's

How does BPA get into the body?

The primary source of exposure to this chemical for most people is through the diet. While air, dust, and water are other possible sources. BPA in food and beverages accounts for the majority of daily human ingestion. It can transfer into food and beverages from containers with internal epoxy resin coatings and from consumer products made of polycarbonate plastic such as baby bottles, tableware, food containers, and water bottles.

Why are people concerned about BPA?

Researchers have expressed concern that BPA can increase chances of lifelong-obesity, impair brain and nerve development, and cause disruptions to the body's thyroid regu-

lation system, a key factor that also impacts moods and body weight. Some scientists believe that BPA exposure can harm the reproductive and nervous systems and possibly promote cancers. They point to findings of dozens of animal studies involving BPA, though the negative effects have not been recorded in human studies.

The U.S. National Toxicology Program has expressed concern that BPA could cause behavioral changes in infants and children and trigger the early onset of puberty in females. Their report also states more research needs to be done before making some very clear recommendations.

In an article dated January 15, 2010, the U.S. Department of Health and Human Services said they would expand efforts to research and track possible harmful effects of BPA. A major concern for the health agency is the use of BPA in baby bottles and the linings of cans of liquid infant formula.

More study is needed before any regulatory changes are considered. FDA Commissioner Dr. Margaret Hamburg said that the agency shares concerns over potential health issues with BPA but "needs to know more." The agency does support industry measures to stop the production of BPA lined containers and cans.

To reduce your exposure to BPA

- Don't microwave polycarbonate plastic food containers.

BPA is strong and durable, but over time it may break down from over use at high temperatures.

- Avoid plastic containers with the #7 on the bottom.
- Don't wash polycarbonate plastic containers in the dishwasher with harsh detergents.
- Reduce your use of canned foods. Eat fresh or frozen foods.
- Use glass, porcelain or stainless steel containers, particularly for hot food or liquids.
- Use infant formula bottles that are BPA free and look for toys that are labeled BPA-free.

The U.S. Department of Health recommends throwing away scratched baby bottles and refraining from putting hot liquids in bottles that could contain BPA. According to the FDA, the six major makers of baby bottles and infant feeding cups no longer use BPA in those products in the United States. Those products which include Gerber and Playtex represent more than 90 percent of the U.S. market.

Bills introduced in both the U.S. House of Representatives and the Senate have proposed a ban on BPA and this year the EPA and the FDA plan separate inquiries into whether to regulate the use of BPA in food packaging. Canada has banned BPA in baby bottles and WalMart stores have voluntarily removed baby bottles with BPA from store shelves across America.

NYSUT Professional Issues Forum on Health Care —

March 20, 2010

By Darlene Anapolis, RN, BSN, MS Supervising Nurse, Special Ed.

Below are two workshops I attended.

1. Assessment: What has the H1N1 Experience Taught Us?

I learned that school districts must be prepared for future flu outbreaks, thus having an updated health and safety plan in place. Unions should be involved in meeting the OSHA compliance requirements. Engineering controls (custodial services and employee work practices must be in place, such as the proper chemical cleaning agents and personal protective equipment. Nurses should be fit tested for a respirator. Education on how to minimize spread of infection (hand washing) and significance to stay home if presenting symptoms (temperature >100 degrees F) must be adhered to by staff and students alike.

Encouraging staff to contact their physician/county health dept in order to get annual flu vaccine is always key to prevention.

2. Therapies: Supporting Adolescents and Young Adults with Autism Spectrum Disorders

I learned some new information at this presentation. A local educator, Martha Frank, Russell Sage college professor, occupational therapist, Pines Preschool serving pre-schoolers with ASD. Terms being used for diagnosing are as follows: Autistic disorder, Asperger's disorder, Childhood disintegrative disorder, Rett's Disorder and Pervasive developmental Disorder, not otherwise specified are all under the "umbrella" of Autism Spectrum Disorders.

Research/debates continue as to whether or not environment and/or immunizations trigger autism continues. Ms. Frank was instrumental in discussing terminology, cause, incidence, evidence and prevalence of the disorders. She also discussed current behavior therapies that are proven to be successful and finally stressed that the key to success and treatment is early intervention and services.

Thank you for the opportunity to attend this informative conference and to network with other nurses while learning new information!!

HAVE YOU CHECKED OUT THE FACULTY ASSOCIATION WEBSITE LATELY

See what you have been missing

- Important dates for upcoming events
- TRS and ERS information
- Certification requirements
- TRIAD articles
- Forms, Forms, Forms
- And much, much, more



PLEASE GO TO WWW.CAPREGBOCESFA.COM AND NAVIGATE THROUGH THE SITE

If anyone has any suggestions or thoughts the website committee would be pleased to hear from you. Please contact one of the committee members listed below.

Sarah Adriance, Colleen Condolora, Pat Gollub, Cathi Jakway, Joan Kosinski

HEALTHY VISION ON THE JOB: EVERYONE'S BUSINESS

In honor of March's Save Your Vision Month, the AOA encourages Americans to prevent workplace eye strain and eye injuries by following some easy and important steps

Whether using a computer or a sledge hammer to get the job done, the American Optometric Association (AOA) reports that visual discomfort, eye strain and eye injuries in the workplace are not only common, but cost billions in lost productivity each year. And, research indicates that 2,000 workers each day in the United States sustain job-related eye injuries requiring medical treatment, yet safety experts and doctors of optometry agree that 90 percent of all eye and vision injuries could be prevented with simple safety steps such as wearing properly designed and fitted protective eyewear.

"Healthy vision is critical to successfully completing job-related tasks," said James Sheedy, O.D. Ph.D., Director of the Vision Ergonomics Laboratory at the College of Optometry at Pacific University and AOA's occupational vision specialist. "And while most people think of construction or manufacturing as high-risk occupations where eye injuries are prevalent, even jobs requiring 'smart phones,' laptops and desktop computers can cause vision problems if not used properly."

Keep the following suggestions in mind for healthy eyes at work:

- **Go Easy on the PDA** According to the AOA's American Eye-Q® survey, nearly half of all Americans (46 percent) spend five or more hours per day using a computer or a PDA (personal digital assistant). And while technology can easily improve the efficiencies of one's life, pro-

longed use of electronic devices may lead to symptoms of Computer Vision Syndrome (CVS) such as eye strain, dry eyes, headaches, fatigue, blurred vision and loss of focus. "CVS can be a serious problem for those who spend hours in front of a computer or hand-held electronic device on a daily basis," said Dr. Sheedy. "However, in this digital era, no one expects Americans to simply stop using these devices. Small steps can make big changes to ease vision strain."

- The AOA encourages all tech users to follow the below recommendations, which will go a long way in keeping productivity up and discomfort down while surfing the Web, editing a document or sending an e-mail.
- **Give It A Rest:** Remember the 20-20-20 rule. At least every 20 minutes, take a 20-second break and look at something 20 feet away.
- **Size Up:** Smaller screens on hand-held devices usually favor tiny type that challenges your vision. Instead of bringing the screen closer to the eyes, increase the font size.
- **Sharpen Up:** Better resolution offers greater clarity and usually more comfort.
- **Reduce Glare:** Hand-held devices present challenges in various lighting conditions. When possible, try to make sure lighting is not directly behind the head or in front.
- **Look Down:** It's easier on the eyes to focus on reading material that is below eye level.

SOURCES AND CONTRIBUTORS:

Peter Budnick: Ergonomics Today; Leonard Edmonds, editor; Mary Boyd, copy editor; Val Klayman, design editor.

HEALTHCARE REFORM PASSAGE IS HISTORIC STEP FORWARD

After a long, steep climb that took many twists and turns, in the end, "morality trumped greed to give 32 million more Americans health insurance coverage," AFT president Randi Weingarten says. "We applaud the Congress on passage of the health reform reconciliation legislation, which will create a safety net for the previously uninsured, curb insurance company abuses, and make important changes to the excise tax on some plans so that costs are not unfairly shifted to working families.

"It is a shame that not one Republican voted for this transformative piece of social legislation. In the United States, healthcare that is accessible and affordable to all, and that enables seniors to purchase affordable medications, should be a right, not a privilege. Congress and the White House have now given Americans what they need and deserve."

In an earlier statement after the House of Representatives passed the main reform bill, Weingarten noted that the bill is not perfect, but it is a historic piece of legislation that makes a significant start toward the goal of affordable, high-quality healthcare for all Americans.

AFT PSRP E-NEWS March 29, 2010

SOURCES AND CONTRIBUTORS: Leonard Edmonds, editor; Mary Boyd, copy editor; Val Klayman,

June 12th Faculty Association Bus Trip to BOSTON

\$15 Per Person!! You won't see prices like this again!

Each person may bring up to 2 guests.

Name: _____ Phone # _____

Guest #1: _____ Guest #2: _____

Home Email Address: _____

Emergency Contact: _____ Emergency Contact phone # _____

We will be leaving Maywood School (1979 Central Avenue) at 8:00 AM and returning at approximately 9:30 PM. Please arrive no later than 7:45 am.

Please send completed registration form and payment to:

Carolyn Pierce, 1247 Trinity Avenue, Schenectady, NY 12306

**Checks should be made out to CRB Faculty Association Deadline to Register is May 28th.*

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

Life skill: Staying safe on the Internet

Among the life skills Diane Babin teaches her students is Internet safety:

- Once you post something on the Internet, it is out there forever. You can never get back.
- Colleges and potential employers check the social networking sites of potential candidates.
- Words can be misinterpreted online because you cannot see the other person's reaction.
- Children are taught to not talk to strangers. This applies to the Internet as well.
- Keep personal information private as online predators will use it to find you and possibly do harm to you. Even your school name or mascot can lead predators to your door.
- If someone you are "talking" to in a chat room invites you to join a private chat room, block that person from your buddy list and sign off.
- If someone you are "talking" to online starts asking you personal questions, block that person from your buddy list and sign off.
- If one of your online "friends" starts sending you inappropriate material, block that person. Do not delete the information; it could be evidence if the person is arrested.
- If an online "friend" suggests keeping your relationship a secret, block that person, sign off and tell someone about it. Children should always tell a trusted adult.
- Do not agree to meetings with online "friends."
- Many online "friends" lie about themselves to help you feel comfortable with them.

Retiree updates

REMEMBER HARRIET - During the 1980's, Harriet McGart subbed in almost every classroom at Maywood as an E.A. We often see her at the Farmer Boy Diner and chat about our Maywood Days.



**Capital Region BOCES Faculty Association
 Celebration Bash & Retirement Party
 May 13, 2010**

Mohawk River Country Club and Chateau 847 Riverview Road, Rexford, NY

5:00 – 6:00 Cocktail Hour -

Butler passed hors d'oeuvres, made to order hot stations

Cold Stations: International cheese, antipasta, eggplant, fresh mozzarella

6:00 – Dinner

Rainbow mesclun salad with cranberries and walnuts

“Turf and turf:” Chateaubriand (filet mignon) and/or Poulet Francaise (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 you Spouse/significant other for a wonderful evening.

Entertainment, great food, camaraderie and send off for retirees. All for: \$27.00 per person

Deadline: May 4, 2010

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 in our celebration.

Please make checks payable to: Capital Region BOCES Faculty Association

Please mail check and registration form to:

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 _____

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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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.

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

PERSONNEL PERSONALS

Brennan, Jeff GLENVILLE

Jeff Brennan died suddenly on Tuesday, April 6, 2010. A special education teacher for 37 years, Jeff worked for the Schenectady City Schools and the Albany-Schenectady BOCES. Jeff was a member of St. Madeleine Sophie Church and loved working with kids. He also loved to eat out, travel and go to Nebraska Cornhuskers games. He was a devoted father, grandfather, husband and brother. He is survived by his wife, Ann; his two sons, Eric and his wife Susan of Ballston Lake and their children, Nick, Evan and Emma; Todd and his wife Kim of Niskayuna; his daughter, Robin of Glenville and her children, Ben, Maya and Sam. Memorial contributions may be made in Jeff's memory to St. Madeleine Sophie Church, 3500 Carman Rd., Schenectady, NY 12303.



Ann Gabriel is requesting sponsorship from you to honor a former member of the BOCES Faculty Association, Karen Teal, who passed away from Lymphoma on February 14, 2010, ending her optimistic and valiant struggle to beat the disease. She fought this disease with courage and dignity and that has inspired me to take on this challenge to train for Leukemia and Lymphoma Society. I will be running/walking across the finish line to recognize my friend and former co-worker, Karen Teal on June 13, 2010. You can donate to this cause by going to: <http://pages.teamtraining.org/uny/lkplacid10/agabriedh>. Please let me know of anyone else you would like me to run for! I will attach a ribbon to my jersey for them on race day and training days. THANK YOU from the bottom of my heart!!

- To honor Karen Teal and the thousands of men, women, and children affected by blood cancer., • To finish the race (running, walking, hobbling, or crawling across the finish line); • To raise \$1,500 for The Leukemia and Lymphoma Society. In solidarity, Ann.

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