



# CAPITAL REGION BOCES FACULTY ASSOCIATION

## TRIAD

May 2009

Vol. XXXIII No. 9

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

### News from the President

Dear Colleagues,

Well we're almost there. The 2008-2009 school year is almost done. We are ready to move into the wrap-it-up, review and final testing modes. It's hard to believe we are finishing up. Still I think both staff and students are ready for a break, myself included.

This has been a long year, not because of what we do as educators, but more because of what we have seen and will continue to face economically. It has not been pretty. Foreclosures, bankruptcies and layoffs are a part of our daily news. The continued unethical and possibly criminal actions of many Wall Street, corporate and political leaders fill the media and give the journalists/reporters much to write about. And the reality of it all is that we, those who work for a living, will pay the bill.

What we have had is government and business truly run amuck. I believe that many of those leaders pretty much knew what they were doing, but didn't care. They knew they could grab a ton of money before it all began tumbling down and did. Not only did they do that, but

are continuing to help themselves to the "honey pot" and then they ask, us and our government, to fill it again. When honesty and ethics are gone, this is what you get.

On a brighter note, I believe we are not going to see as many cuts and layoffs as first anticipated by our districts. Your efforts through the NYSUT political action venues, such as the NYSUT website FAXES and lobbying, funded by VOTE/COPE, have effectively stemmed the tide by reducing cuts in funding. Though the counts are really not in yet, it appears the actions taken to avoid layoffs, both by our governments and our school leaders have lessened the impact. I think the actions of our Superintendent, school board and administrators, both in finding real cost savings and in working with our districts to effectively target our services to meet their needs, have been significant and will save jobs.

Some say that when good people work together great things can happen. I think that is what is now happening locally and nationally. There is hope for tomorrow, but only if we continue to do our part.

**Looking Forward**  
**Doug**

### CALENDAR

CAPITAL REGION  
BOCES FACULTY ASSOC.

#### EXEC. BD. MEETING

05/06/09

#### BOCES BOARD MTG.

05/18/09

Schoharie Campus

#### REP COUNCIL

School Support Services

05/20/09—4:15 PM

#### Celebration Bash

5/7/09

#### Mothers Day

5/10/09

#### Memorial Day

5/25/09

Newsletter Committee

#### TRIAD Article Deadline:

05/26/09

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# Rep Council Highlights April 22, 2009

By Lanny Barsale

## Support for Association Member and her family.

Money was collected for Cathy Savage's (TA – Special education) daughter, Hope, and grandchildren. Her daughter's husband, Jason Rivenburg, was killed at a truck stop in South Carolina. Hope gave birth to twins a short time later and now has three small children. Doug is taking \$100 out of his discretionary fund to put in an account at Trustco Bank.

## Opening day meetings.

They have added an extra day, August 11<sup>th</sup>, after summer school for people unable to make the one on September 1<sup>st</sup>. People need to pre-register.

The Celebration Bash Committee and the Social Committee have merged. Many hands make light work. The committee consists of Brent Pierce, Carolyn Beattie, Cathy Aini-Jakway, Susan Kusalonis, Shelly Peck, Lanny Barsale and Terry Bennett.

The Association Budget, had been given out at the March meeting, was reviewed. It was noted that there won't be any money allocated for pens, etc. since they have enough left from before. Because the RA will be in Washington, money will have to be

voted on to be taken from savings to pay for the delegates. There was some discussion about the budget, but because the reps were given a month to consider it, the budget passed quickly and unanimously.

Nominating: AFT nominees were: Sara Adriance, Carolyn Beattie, Jenny Frank, Pat Gollub, Joan Kosinski, Susan Kusalonis, Brent Pierce, and James Reed. The election will take place in May. Special Education Chapter Vice-President: Flora Fasoldt.

## Election Committee Chair:

Cathy Aini-Jakway

Philanthropic: A request from the Deaf and Hard of Hearing program to fund four students for a field trip to the Great Escape. This fits under the student needs section. Motion was made & seconded. It passed.

Problems with sub service. Classrooms are short-staffed when the teacher is out because they can't hire a TA to cover for the teacher. When someone makes an error, it is unclear how to fix. TAs are not consistently getting paid when teacher is out and there is no sub. This will be investigated.

Student incentive awards – no applicants yet. The form is on the web page. Lanny Barsale is the chair of the committee.

## Representative Assembly-Buffalo:

Doug went for the first time. He was impressed with the speakers. They gave what he said was a real "morale boost". Diane Kavanaugh added that money was collected in response to the shootings in Binghamton. In a short time, \$5000 was raised. There will be more information about resolution at the next Rep Council. Delegates that attended in addition to the President were Carolyn Beattie, Colleen Condolora and Diane Kavanaugh.

An offshoot of this convention was the desire to do community activities such as supporting a Food Pantry or giving time at a local one.

## Board meeting report by Susan Kusalonis.

### Presentation by the Business Academy at Rotterdam Academy II

Michael Camarota (Teacher)  
Amanda Genzer (SW) ran power

## 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
CVP TA/EA	Colleen Condolora	356-8349	condolora@aol.com
CVP Service	Susan Kusalonis	393-5598	maidmrn300@aol.com
CVP Spec. Educ.	Gail Radecky		gradecky@verizon.net
CVP C T E	Jeannine Moran	862-4816	jmmoran@hotmail.com
Recording Secretary	Christine McDonough	273-1512	camcd9@yahoo.com
Corresponding Sec'y.	Sue Davis	456-0574	scdavis@nycap.rr.com
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 continued

point that the students in the program had prepared. Two students Nicholas Wade (photographer) and Walter McNulty (power point) worked in the business academy and spoke about the interview process and going to Maywood School to sell their products they had made. Very well done!

#### Privilege of the Floor:

I stood to speak about the Giffy Bar-B-Q fundraiser to support the "Very Special Prom". Lanny and Inge helped with comments on history of the Prom. Board was encouraged to come to see for themselves. \$80 in donations was given by Board members that would not be here on Friday for the chicken dinner, but wanted to help out.

#### **BOARD COMMITTEE REPORTS:**

Policy Committee – Rates of Compensation: Temporary Part-Time Employees # 4035 Amended (not sure, what the change was, not available for me.) Approved by Board

Annual Meeting – Great meeting. Board complemented both divisions on the presentations by staff and students. Hope to increase the attendance of Component District Board members next year.

Facilities – Maywood School Window replacement on schedule and will be almost half the cost originally quoted.

JMT Update – Governor will be addressing the drop out rate in the region

#### **Superintendents Comments:**

Transition Move – they will be picking up more space with this move. Due to restructuring the existing offices and empty spaces, they should be able to add one more meeting space. Hope to be fully moved by end of summer.

Electronic Communication – it is recommended that we move in this direction and meet less. Electronic Calendar – to replace the hard copy. This would free up staff to work on updating our BOCES Web Site. Calendar would be more accurate.

School Quality Review – Five schools in our BOCES have been identified by SED.

Labor Relations Service – Posting for Position (Attorney)

We will sell this service to component districts. Service will be vital to us as well as components. Board members are invited to be part of the interview process. This position will give us ready access to an attorney.

#### Miscellaneous Information:

Chuck Dedrick has been asked to speak to the St Rose Education Program Graduates

WWHES BOCES Superintendent Search - Chuck has been asked to conduct the search

NYSERTA – Geo Thermo heating for BOCES owned buildings – space for cooling is issue – recommended that we be careful on the type being offered.

#### Eminent Domain – Schoharie Campus

NYS DOT has informed BOCES that due to widening route 30A they would be taking part of the campus' front lawn. This would mean moving our sign. After discussion, it was suggested that Mark Jones and Dan Haggerty ask for a traffic light to be installed in front of the campus to slow down traffic. Have been a few accidents in front with in the last couple years.

Board President read a letter that she had received from the North Colonie Superintendent about how lucky we are to have Chuck Dedrick as our District Superintendent. This was an unsolicited letter of praise.

Tech Valley HS – \$500,000 was asked from Legislature and \$750,000 was given.

#### **Retirements listed were:**

##### **Special Education:**

William Andrews, OT; Gail Radecky & Kathleen Bartow, Speech Therapist; Anne Gabriel, Teacher; Bev Rosen, Teacher of the Deaf; Candy Keis, Consultant Teacher; Linda Oliver, VI Teacher; Kathleen Strollo & Cynthia Flaherty, TA's; Margaret Breen, Asst. Adult Educ. Coor.

##### **CTE:**

Sandra Paolino – Coordinator, Adult Ed

##### **SSS:**

Linda Griffing & Judith Prest, School Social Workers

#### New Positions on Agenda:

##### Certified –

Four - Teachers to Adult Ed., Samuel Frink, Michael Sardella, Michael Todd, Stephen Weinhofer all Part Time; 1 – TA, Hope Pelcher

##### Civil Service –

Ronda Alger, Teacher Aide; Abby Fischer, Secretary 1; Dawn Kerber, Clerk 1; Anna Latham, COTA and Four – PAO's



# TEACHING ASSISTANTS/EDUCATIONAL ASSISTANTS

By Colleen Condolora, Chapter VP

Well, can you believe it! We are just about in the home stretch. I see that old proverbial light at the end of the tunnel. This year just seemed to fly by for me. Time has a curious way of getting by us when there is so much to be done. Multi-tasking has become an art form.

On another note, I want to begin by thanking you for making my first year as your Chapter Vice President such a wonderful learning experience. One of my goals this year was to keep the windows of communication open. I definitely feel I have accomplished this task. It is my experience that when there is an open dialogue most challenges can be overcome. Please feel free to call (393-2244) or email me through at my personal email [condolora@aol.com](mailto:condolora@aol.com) with any or all concerns. On the communication front, I will continue to meet monthly with each Director to discuss your concerns and issues. Please remember, when I meet with the Administration, names are not mentioned. We discuss just the issues. If fear or hesitation has kept you from contacting me, please be reassured your privacy will always be a priority.

For those who do not know, I am currently an active member on NYSUT's Health & Safety Task Force as well as the Faculty Association's Health and Safety Chairperson. I will be attending a meeting in a few weeks to discuss legislative bills that are a priority for NYSUT members throughout the state. The Task Force has met several times through the year and the consensus across the state is that the **Workplace Violence and Air Quality** bills are of the highest priority. Through the Task Force's

recommendation, NYSUT's legislative department will be lobbying on behalf of the Task Force to get the important bills passed. If there are any concerns regarding health & safety issues, please inform me and I can assure you that your concerns will be addressed.

**FYI:** NYSUT has launched its first phase of its new Career Center. The Career Center is designed to share resources for members who may face loss of jobs. It will have information on the changes in Cobra, extensions in unemployment benefits and other valuable information. Please check out this site [www.nysut.org/careers](http://www.nysut.org/careers). In these fiscally challenging times, the more you know, the easier the situation may become for you and your family.

In closing, I hope to have seen you at the TA/EA showcase held on May 13<sup>th</sup>. I have looked forward to the resurrection of our special recognition for several months. Everyone should be very proud of their professional development achievements, please continue to avail yourself of the many professional development opportunities offered to you. Also remember, contractually if you attend a workshop outside your normal work day, you will be paid at your hourly rate, up to 15 hours. You can also receive an additional 15 hours with your principal's permission, an added incentive to continue to grow and develop professionally.

**In Solidarity,  
Colleen Condolora**

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## **WANT TO BE MORE EFFICIENT? TAKE A POWER BREAK**

Often when we are in the middle of a lot of work or a project we forge relentlessly forward until we finish. This may not be the best approach, according to office fitness expert Liz Weaver, who suggests taking a power break for greater efficiency. "Taking a break when you are overloaded with work and/or in the middle of a big project may be a hard thing to do," says Weaver. You may feel that you are losing productive time, but in fact you will be able to return to your task with improved energy and focus. Weaver believes we work best in cycles.

Doing the same task for a long period of time

causes us to lose focus and slow down. In fact, studies have shown that taking a short exercise break in the middle of a task can improve our accuracy by about 13 percent compared to before the break. While any kind of break can help to improve your focus when you return to a task, doing something physical such as walking around the block or running or walking up and down the stairs a couple of times will give you the most benefits in terms of focus when you return to work.

### **SOURCES AND CONTRIBUTORS:**

The Office Professional; Leonard Edmonds, editor  
Electronic PSRP Newsletter

# Service Chapter VP

By Susan A. Kusalonis

Dear Colleagues:

Recently the members of the “Very Special Prom,” conducted a fundraiser. Our Giffy’s Bar-B-Q take-out was a success despite our having no idea what we were supposed to do. Everything came hot and Giffy’s set us up in an assembly line (thank goodness most of the committee was there: **Lin, John and Fred Polster, Carol Farrere, Anne Gabriel, Brent Pierce, Jim Reed** and myself.) We packaged the meals as people came into Maywood School. The chicken and baked potato were hot, cold slaw cold and rolls, butter and cookies were fresh. The feedback was very positive and we as a committee had fun. Hope to see you next year.

I would like to welcome **Dawn Kerber** (Clerk 1, SSS) and **Anna Latham** (COTA, Sp.Ed.) to our Chapter. Anna is joining us from the TA/EA Chapter.

We wish **Margery Westley** (RN, Sp. Ed.) well with her future endeavors.

At the recent Board Meeting I discovered that we will be moving to an **Electronic Calendar**, replacing the hard copy we have received every fall. This would free up staff to work on updating our BOCES Web Site. The calendar would be more accurate and you will be able to review the calendar at any time. It will have much more accurate information as changes or additions occur.

I hope all of you have had a great Mothers Day and I believe that you are raising children every day that you work, so you may be a mother in somebody’s eyes, whether you have had children or not.

**In solidarity, Susan A. Kusalonis**

## 2009 Elections—Resume’s of Association members running for office.

### **Sarah Adriance, TA, Sp. Ed.**

Association Activities: Rep Council Member

Committees: Website Com. Chair, Past Conf. Com., Health Insurance Com.

Other: Webmaster for Faculty Association’s Website, BOCES Children’s Holiday Party Activities, TA Negotiation Team

Work Experience: Special Ed. Teaching Assistant, 17 years

### **Carolyn Beattie, Teacher, Sp. Ed.**

Association Activities: Rep Council member, ED 10 Delegate

Committees: Professional Development Plan Committee, APPR,

Other: Teacher Mentor-5 years

Work Experience: Special Ed. Teacher (10 yrs.), District (3 yrs.)

### **Jenny Frank, SW, Sp. Ed.**

Other: Strong commitment to unions and working people. Interested in working within BOCES and the Association to make our classrooms and schools as “green” as possible.

Work Experience: Capital Region BOCES since 2000 in CTE, School Support and Special Education. 30 years as a SW.

### **Pat Gollub, Teacher, CTE**

Association Activities: Rep Council Member before being elected Vice President, **Current Vice President Faculty Association** 4 years. BOCES Leadership Conference 2002.

Committee Memberships: Skills USA Co-chair Cosmetology, cluster chair, Teacher of the year 1999 Who’s Who Among Teachers in 2000.

Committees: Professional Development Plan Committee

APPR, Triad, Website, CTE PDP committee, Labor Management, Health Insurance

Other: Participated in Mentoring program, graduate of NYSUT Leadership Institute, RA Convention, BOCES Leadership conferences, President Council conferences and ED10

Work Experience: Cosmetology Instructor at CTE, New York State Cosmetology and Nail Exam Supervisor, Cluster Chair at CTE

### **Joan Kosinski, Educational Interpreter, Sp. Ed.**

Association Activities: Rep Council Member

Committees: AFT Delegate, Website

Work Experience: Educational Interpreter

### **Susan Kusalonis, Secretary, Sp. Ed.**

Association Activities: **Current Service Chapter Vice President;** Current AFT Delegate

Committees: Co-Editor TRIAD, Labor Management Com., Health Insurance Com., PDP Service Sub Com. Chair., Conf. Com. Chair

Other: Very Special Prom Committee Member,

Work Experience: Secretary, Special Ed, 20 years, NYS Personnel & Guidance Association and Center for the Disabled prior to BOCES.

### **Brent Pierce, Teacher, Sp. Ed.**

Association Activities: Rep Council Member, ED 10 Delegate

Committees: Social Com., Conference Com., Tenure Celebration Com.

Other: Very Special Prom Committee Member,

Work Experience: 7 years Capital Region BOCES, 4 Years ONC BOCES, 1 Year Auburn City Schools

### **James Reed, TA, Sp. Ec.**

Association Activities: Rep Council Member for 5 years

Committees: Social Committee member, AFT Delegate

Work Experience: TA in Elementary and High School Classrooms.

# RETIREES CORNER

Jeanette K. Christoff, Teacher, Retired

Happy Spring to All,

The unending stream of dire news of our times awakened memories of stories my Grandma told of living through the Great Depression. Perhaps it will bring a recollection to those who heard of or experienced similar events in their family.

My grandma's family left their native Poland to escape poverty, fear and subjugation. Throughout history their country had been invaded. What little food they had and few possessions were confiscated or pilfered and they became subjects of the invading country. My great grand father immigrated to America, found work, saved and sent for his family. Grandma, then a teenager, described the sea voyage as horrendous with crowded conditions, filth and seasickness that overtook almost everyone. What anguish my great grandmother must have known, as she traveled with her 3 children, one just an infant. Each of them had only one change of clothing, which was saved to be worn on arrival in America. As I try to imagine that journey for her, I marvel at the courage it must have taken.

In time, an arranged marriage to another immigrant was made for my Grandma. Grandpa bought a house for \$100, in which Grandma gave birth to 8 children, 7 of whom survived, 6 boys and 1 girl who was mentally retarded. Raising a family during the depression years took hard work and cooperation from all. But to my grandparents, the safety and freedom of living in America was worth whatever hardships they had to endure. Going to sleep without fear and knowing their home and children were safe was the fulfillment of their dreams of coming to America.

In their small home, it was 3 boys to a bed or the floor. Each had one coat hook for his entire wardrobe. Grandma awoke early to stoke up and rejuvenate the coal fire in the kitchen stove, then headed to the bakery to buy day-old bread at a cheaper price than fresh baked. The boys took whatever work they could find and all they earned was turned in to their parents. Every neighbor had a garden. In the fall, fruits and vegetables were canned and root crops were stored in the cellar, covered with soil to be used throughout the winter. Cabbages were made into sauerkraut. Fruits and mushroom were dried. Chickens were raised over the summer. Fruit seeds, peelings and the few table scraps left, became chicken food. Little was wasted and even the feathers were used to make pillows and quilts. Grandma never did say what the hen's

teeth were used for. (They are very scarce I have heard.)

Clothing was repaired and patched but eventually had to be placed in the rag bag. When the rag man came through with his horse and wagon, calling "Rags, rags", the bag was sold to him for 10 cent. I learned later that our rag man was the father of actor Kirk Douglas.

At Easter, Grandma colored eggs a beautiful orange by boiling them with onion skins and for Christmas, receiving a fresh orange was a prized gift.

Very little was thrown away. Bar soap bits were placed in a small wire basket to be swished in warm water for washing dishes and a large teakettle always sat over the coal fire with warm water when needed. The string used to wrap meat from the butcher shop was saved and made into a ball to be used as needed and the wrapping paper was used to line shelves or burned for heat. Anything broken was repaired or saved. An umbrella man walked the streets ringing his bell, making repairs and sharpening knives. Shoes were resoled. Pencils were used until they became stubs. Ashes were sifted to save unburned coals and lumberyards allowed folks to take slab wood left from their sawmills.

I joined my grandparents' family during WWII and was absorbed into their way of life. For them the depression years were a prelude to the war years as they faced rationing, shortages and making do with what they had. They continued to live as they had but now they again faced fear as they saw two of their boys go off to war.

VJ Day and VE Day were joyous celebrations as both sons came home safely. Grandpa however, did not live to see their return.

We, who have lived these 60 plus years since the War, have seen the lifestyle of our nation grow from the minimal and uncomplicated to a proliferation of material goods and the complexities of technological progress far beyond our youthful imaginations. We have witnessed a seemingly unending, upward spiral and wondered how long it could continue. We now know the answer as millions struggle to survive, as did our ancestors. There is a common thread we all share with those past and present, regardless of the circumstances in which we find ourselves. We are free and are privileged to live in America. We are grateful to those who had the courage to pursue their dreams of freedom and left their native lands and as Memorial Day approaches, we pay homage also, to all those who gave their lives to form and secure our America. God bless them and us.

## RETIREE UPDATES

Of the many, many trips **Anita Riccio** has taken, her two weeks in India were the best ever. Never in her travels had she experienced the warm welcome she received from the people of India. Traveling on her own, in contrast to being part of a tourist group, gave her a unique experience. She met and got to know families, children and people going about their daily jobs. She was invited into their homes, read to children and also volunteered at the Mother Teresa orphanage. Where ever she went, she felt safe. Her memories are of a people who are friendly, respectful, well-mannered and gentle spirited, as was Gyan Khanna with whom she worked for many years. "Namaste" Anita.

**Lois Abramson** and her husband Morrie have "crossed the pond" (Mohawk River) and moved to the big city of Schenectady. They are residing at the Schaeffer Heights Apartments on the 8<sup>th</sup> floor. They did not hear that Lois does not like heights. The complex has many services available, which are appreciated when driving is treacherous. Lois traveled to California to attend the wedding of their first grandson Adam, who is 26. We remember the day he was born. His mom and family will be visiting from Texas this spring. Lois and Morrie celebrated their 51<sup>st</sup> wedding anniversary in November. Although retired from his pharmacy, Morrie volunteers 2 days a weeks at the Schenectady Free Clinic on Franklin Street. Nurse **Shirley Kilmer** also volunteers there. Lois enjoys computing and would love to hear from friends. Her e-mail address is [lomofoto@aol.com](mailto:lomofoto@aol.com).

### Special Ed. Teacher Chapter Meeting Was not held in April.

Next teacher unit meeting is May 20th at School Support Services starting at 3:30 PM. .

**Future Special Ed. Teacher Meetings**  
**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)

### Upcoming Conference Schedule

**NYSUT Member Benefits Conference**

Nov. 6-7, 2009– Desmond, Albany

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](mailto:lmink8@hotmail.com)  
that way you won't miss out on the TRIAD or any other  
important Faculty Association information.

**Lisa Mink, Membership Chair**

# Healthy Living; Living For Good Health

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

## Swine Influenza, What We Need to Know

**This is the most up to date information on the swine flu from the Center for Disease Control (CDC) as of May 3, 2009.**

### **What is swine flu?**

Swine Influenza is a highly contagious respiratory disease of pigs caused by type A influenza virus. These viruses can cause high levels of illness and low death rates in pigs

### **Are there human infections with swine flu in the U.S.?**

The global caseload stands at 763 and growing, with the vast majority in Mexico, the U.S. and Canada. Swine flu cases have been confirmed in 18 countries so far, including Europe, the Middle East and the Asian-Pacific region. Experts believe the actual spread is much larger than those numbers suggest. The World Health Organization (WHO), remains cautious to declare this swine flu epidemic a global health threat.

### **What are the signs and symptoms of swine flu in people?**

The symptoms of swine flu in people are similar to the symptoms of seasonal influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In severe cases the disease can result in pneumonia resulting in death.

### **How does swine flu spread?**

Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become in-

fectured by touching something with flu viruses on it and then touching their mouth or nose. Health officials don't know enough about swine flu to know the precise incubation period, but if it's similar to other flu, people are likely to spread it before they're sick. People are potentially contagious as long as they are symptomatic and possibly up to seven days following illness onset. Children, especially younger children might potentially be contagious for longer periods.

### **What should I do to keep from getting the flu?**

Follow basic hygiene precautions at home and around people. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **Are there vaccines to treat swine flu?**

Yes. The CDC recommends the use of antiviral medications oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. There is no vaccine yet.

### **What surfaces are most likely to be sources of contamination?**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets left on a surface from another

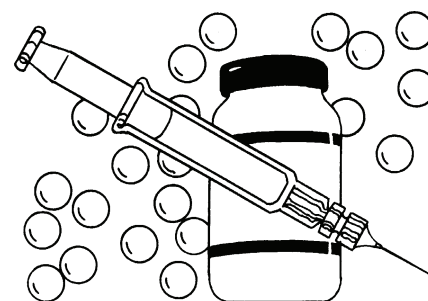
person, then touches their own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces such as cafeteria tables, doorknobs, and desks.

### **Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products.

Centers for Disease Control and Prevention  
1600 Clifton Rd.  
Atlanta, GA 30333  
800-CDC-INFO (800-232-4636)  
[cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov) or  
<http://www.cdc.gov/swineflu/>

For general information about swine flu, people can also call New York State's toll free hotline at 1-800-808-1987.





## **This Article is reprinted from the American Federation of Teachers Website.**

The AFT is tracking news of a highly dynamic swine influenza type A (H1N1) outbreak in Mexico, the U.S. and now Canada for its implications in preventing the spread in schools. We are assessing recommendations from the Centers for Disease Control and Prevention as well as the Occupational Safety and Health Administration and public health departments to keep you informed of changes.

On Sunday, April 26, 2009, the acting secretary of Health and Human Services declared a public health emergency for swine flu. The declaration allows HHS to prepare and mobilize in the event that the outbreak grows to the level of an epidemic in the U.S.

In the U.S., new cases include a cluster identified in a New York City school among students who recently visited Mexico (28 cases as of April 27); two 16-year-old boys in San Antonio, Texas, who attended the same school; and a father and daughter from San Diego County. Another case occurred in a patient from Imperial County, which borders San Diego County. Both California counties are home to the first two swine flu patients that the CDC announced on April 21. Two cases have since been reported in Kansas, another in Ohio and additional cases in California. As of April 28, the CDC had identified 64 cases. The number of cases is expected to rise as more suspected influenza cases are tested for the virus (H1N1).

Swine flu ordinarily is not transmitted easily from human to human, but the rapid spread in Mexico and the U.S. clusters led Centers for Disease Control and Prevention to conclude that the virus is easily spread human to human.

The new swine type A (H1N1) influenza is considered an outbreak. It has not become an epidemic or pandemic influenza. This episode may subside or it may grow. There is a great deal of uncertainty and we'll have to monitor it. In this uncertain environment, we want to reassure members and avoid general panic. At the same time, we should closely monitor school districts to make sure that they mount an adequate response.

### **School Policy**

The AFT especially encourages leaders in states with a confirmed case to contact their school or college districts and ascertain if the employer's policy and response to this outbreak are sufficient.

### **Policies should:**

- clearly communicate good practice to all staff, students and parents;
- actively exclude sick staff and children from school and communicate that to the school community;
- create a process to quickly refer children with acute respiratory symptoms to the nurse for assessment and possible isolation;
- provide additional support to teach and encourage hand hygiene (soap and water, opportunities to wash hands and alcohol gel); address the status of employees if the system closes; and provide for appropriate cleaning of all classrooms, cafeterias and lunchrooms, bathrooms, gymnasiums and other common areas.

### **Other steps the union can take include:**

- monitoring the status of running water, soap and towels in bathrooms; monitoring ventilation and working with the district to increase ventilation either by opening windows or increasing outside air in mechanical systems.

AFT leaders may also want to contact the local health department to find out how the health department is working with the district and what resources it will make available to the district to cope with a potential outbreak.

The AFT health and safety program has posted a fact sheet ([Swine Influenza: Fact Sheet](#)) that you can distribute to members. If you have questions and concerns, please contact staff at 800/238-1133, ext.5677.

In mid-April, the AFT issued a news release <http://www.aft.org/presscenter/releases/2009/041609.htm> about an AFL-CIO survey [www.HealthCareWorkersInPeril.org](http://www.HealthCareWorkersInPeril.org), which warns that healthcare facilities are woefully unprepared to protect healthcare workers in the event of an influenza pandemic, and they lack the necessary plans, training and coordination with public health departments.

The study, entitled "Healthcare Workers In Peril: Preparing To Protect Worker Health and Safety During Pandemic Influenza," was presented at a briefing before the Senate Health, Education, Labor and Pensions Committee. The report concluded that healthcare facilities are not adequately prepared to protect healthcare workers--first responders--during an influenza pandemic.

We at NYSUT know your lives are complicated, busy and full. Unexpected complications arise. NYSUT Social Services can help by suggesting a positive course of action, providing pertinent information, and/or help from a caring professional.

## **Let NYSUT Social Services assist you.**

Please call 1-800-342-9810, ext. 6206 or email us at: [socsvcs@nysutmail.org](mailto:socsvcs@nysutmail.org)

Confidential ~ No Cost ~ Available to In-service & Retirees, and their families

Scott Hicks, LCSW ~ Laurie Kupperstein, MS ~ Ani Shahinian, LCSW-R

# The 2009 Tour De Cure Ride for Diabetes

## “Take The Ride of Your Life”

by Catherine A. Jakway

The Tour De Cure is an annual cycling event of the American Diabetes Association that is held in more than 80 cities nationwide. Since the Tour De Cure's beginning, this one day bike tour has thousands of individual riders and teams participating to support the Association's mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Riders of all athletic ability are invited to raise funds and ride to fight the epidemic of diabetes. The local tour is on Sunday, June 7<sup>th</sup>, beginning at Saratoga Springs High School.

The tour is filled with challenges, excitement, and fun. It features routes of different lengths from a leisurely 6-mile course, to a demanding 100-mile journey.

Every cyclist has their own reason for joining the cycling tradition while raising much-needed funds for diabetes research, education, and advocacy.

The incidence of diabetes is growing rapidly in the United States. It is the fifth-deadliest disease in the United States and it kills an estimated 180,000 people annually. Diabetes is a silent killer and about one-third of the population does not even know that they have it.

Local participants, **Brent Pierce**, Teacher, Spec. Ed, and **Mike Todd**, Instructor of Welding and Metal Fabrication at the Capital Region Career and Technical School, will be setting personal and physical goals while riding to get ahead of this deadly disease.

### **Help Brent and Mike raise funds in their 100 mile ride to fight the epidemic of diabetes.**

Your tax-deductible contribution to the American Diabetes Association can make a difference in the lives of 18 million Americans who suffer from diabetes, and the 20 million people with pre-diabetes. It is faster and easier than ever to support this great cause - you can make your donation online or sponsor Brent and Mike at the Association's website:

[www.diabetes.org](http://www.diabetes.org) or [www.Tour.diabetes.org](http://www.Tour.diabetes.org)

By phone; toll-free at 1-800-DIABETES (1-800-342-2383)

By mail; **please put the riders name in the memo on the check**

American Diabetes Association – Web

P.O. Box 7023 Merrifield, VA 22116 - 7023

Brent has a goal of \$1,000. The link to his web page is [http://main.diabetes.org/site/TR?pg=personal&fr\\_id=4351&px=1591692](http://main.diabetes.org/site/TR?pg=personal&fr_id=4351&px=1591692) or [http://main.diabetes.org/site/TR?team\\_id=189758&pg=team&fr\\_id=4351](http://main.diabetes.org/site/TR?team_id=189758&pg=team&fr_id=4351)

Mike is riding with the Cambridge Valley Cycling team. He has a goal of \$1,000. People can sponsor him at this link: [http://main.diabetes.org/site/TR/TourdeCure/TDC051598030?px=3319685&pg=personal&fr\\_id=5570](http://main.diabetes.org/site/TR/TourdeCure/TDC051598030?px=3319685&pg=personal&fr_id=5570)

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## ATTENTION FACULTY ASSOCIATION MEMBERS



**WOULD YOU LIKE TO HAVE AN ARTICLE OR NOTICE PUT ON THE FACULTY ASSOCIATION'S WEBSITE THAT IS OF INTEREST TO OUR MEMBERS?**

**DO YOU HAVE SOMETHING SPECIAL YOU WANT TO SHARE?**

**IF SO, PLEASE CONTACT THE FACULTY ASSOCIATION WEBMASTER AT [local2991@capregbocesfa.com](mailto:local2991@capregbocesfa.com), AND YOUR MESSAGE WILL BE POSTED FOR THE MEMBERS TO ENJOY.**

# Shopping for insurance? Keep NYSUT Member Benefits Trust in mind.

Insurance - it's one of those things no one likes to think about. Is it necessary to have? It depends on the type of insurance, on your personal risk tolerance and other individual circumstances.

It can provide peace of mind, and usually once you need it, it's too late to apply for it.

NYSUT Member Benefits Trust endorses a variety of voluntary insurance plans to provide extra protection for you and your family. Consider these options when you're in the purchasing process.

## **Term Life Insurance.**

Members and their spouses (or certified domestic partners) under age 85 may apply. Up to \$1 million of coverage is available for applicants up to age 65. Coverage up to \$30,000 is available for applicants between the ages of 65 and 84.

## **WrapPlan<sup>SM</sup> II Flexible Premium Adjustable Life Insurance**

is group universal life insurance. The plan allows you to purchase life insurance coverage that increases as your term life coverage decreases or terminates. You must be age 65 or under to apply.

## **Personal Property & Liability Insurance.**

Policies include automobile, boatowners, homeowners/renters, personal excess liability (umbrella), mobile home, recreational vehicle, snowmobile, motorcycle, fire and landlord's rental dwelling.

**Disability Insurance** provides tax-free benefits to help meet living expenses if a covered

sickness or injury prevents you from working. You must be under age 64 and work 20 or more hours per week to apply.

## **Accidental Death & Dismemberment Insurance**

covers you against any type of accident in the course of business or pleasure. Worldwide Emergency Travel Services is included, and an education benefit for qualified children is also provided.

## **Catastrophe Major Medical Insurance**

supplements your basic hospitalization and major medical insurance, including Medicare. You must be age 79 or younger to apply.

## **Long-Term Care Insurance**

provides choices with regard to plan design and daily benefit amounts. Services provided include care planning and coverage for home health care, adult day care, homemaker services, licensed assisted living facilities, nursing home care, hospice care and respite care.

**Vision Plan** benefits include an annual eye exam and one pair of eyeglasses. You may receive services from an out-of-network provider; however, maximum benefit is received when using an in-network provider.

**In-Service Dental Plan and Retiree Dental Plan** pay benefits for preventive, restorative and major restorative services.



NYSUT Member Benefits offers Consumer's Guides on many of these types of insurance. Call or log on today. (See below for contact information.)



For information about these programs or about contractual expense reimbursement/endorsement arrangements with providers of endorsed programs, please call NYSUT Member Benefits at 800-626-8101, visit [www.memberbenefits.nysut.org](http://www.memberbenefits.nysut.org) or refer to your NYSUT Member Benefits Trust Summary Plan Description.

Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

# PERSONNEL PERSONALS

Congratulations to **Cassy Bryant-Williams** on the birth of her grandson, Travis C. Maderick, Jr. He was born May 1<sup>st</sup> at 3:40 PM, 7lbs 15 ozs, 20 inches.

Our condolences to **Debbie Evans** (Secretary, Sp. Ed.) on the passing of her Mother in April.

Condolences to **Terri Cuomo** (Speech, Sp. Ed.) and family upon the passing of her Mom, Catherine R. (Kay) Orsini, 85, on Monday, April 13, 2009.

Wishing **Stan Christoff** a speedy recovery from his fractured wrist.

Our condolences to **Don Orlando** (Teacher, CTE) on the passing of his mother.

Condolences to **Evelyn Loeb**, (SW, Spec. Ed.) who lost her father recently.

Our condolences to **Kari Shekhter** (Teacher, Sp.Ed) on the death of her Grandmother.

## SAVE THE DATE

### 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, your Chapter 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](mailto: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.

#### TRIAD NEWSLETTER STAFF

##### Co-Editors:

Lois Leonard ([jleonar4@nycap.rr.com](mailto:jleonar4@nycap.rr.com))

Susan Kusalonis ([maidm300@aol.com](mailto:maidm300@aol.com))

##### Contributing Staff and Committee:

Pat Gollub ([Gollub02@yahoo.com](mailto:Gollub02@yahoo.com))

Dianna Bernard and Vocational Training & Transition Class

Jeanette Christoff ([jankachristo@juno.com](mailto:jankachristo@juno.com))

Cathi Aini-Jakway ([MsSmartyPants429@aol.com](mailto:MsSmartyPants429@aol.com))

Capital Region BOCES

Faculty Association

1015 Watervliet Shaker Road

Albany, NY 12205

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