



CAPITAL REGION BOCES FACULTY ASSOCIATION

TRIAD

May 2010

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

News from the President

Colleagues,

Summer is almost here. I'm ready and I imagine most you are. This has been a hard year. Last year was hard, but I think this year has been harder. We have an economy that is just not better yet. As our state legislature continues having trouble getting a budget done (because there is a huge difference between need and revenue), we wonder when they will. A governor that only seems to bring bad news and just wants to cut jobs even after he promised he would not (must not really be a Democrat or maybe he is the 'new Democrat'). Then there are the impacts on our members and other staff, as a result of coming into compliance with Civil Service rules. That is really only some of what we have dealt with this year.

Though summer is almost here, my students seem less antsy and a little more serious than normal. I wonder why. What impact will this economic turn down (serious recession) have on how these kids think? These kids were in second or third grade when the terrorists struck the World Trade Center. I wonder how that has adjusted their outlook. That in it self might be reason for a more serious way of looking at life, in addition, to any of their older brothers and sisters, friends and neighbors who are or were in the military as a result of the terrorist strikes that day. Not all returning safe and sound. Add to that global warming and the energy crunch with seriously increased fuel costs. Not pretty.

Sometimes I wonder how any of us smile and laugh. Well, we seem to cope, some better than others. I guess kids don't focus on the negative. At least not until it hits home. As we do, they carry on in spite of all the problems. I look at what is going on and think "Boy, not a great time to be raising (and worrying) about your kids". It really isn't, is it?

Then I stop to think about it. I grew up during the Vietnam War, with race riots, a couple of recessions, "duck and cover drills" and the idea (thanks to the atom bomb) that the world might end anytime soon. Oh, that doesn't sound very good, now that I say it. I guess my parents must have been pretty worried about me and what kind of world I would live in. I guess maybe it's not that much worse, just different problems (and some not so different). You could say that they were the problems of the moment.

Yep, that's what I would say. And what we are dealing with this year and next are the problems of the moment. Let's not minimize them, but let's not make them bigger than they are. As long as there are people, there will be problems (societal problems) of that day. And as long as there are problems there will be solutions (and/or resolutions) to them. In this country we are great at dealing with problems. We not only help solve our problems, but we seem to help solve problems globally. I don't see that changing.

Looking forward, Doug

CALENDAR

CAPITAL REGION
BOCES FACULTY
ASSOC.

EXEC. BOARD
MEETING

5/6/10

BOCES BOARD MTG.

5/17/10

REP COUNCIL MTG.

Maywood School

5/17/10

Celebration Bash

5/13/10

TA/EA Show Case

5/18/10

Newsletter Committee

TRIAD Article Deadline:

5/25/10

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Rep Council Highlights

April 21, 2010

Submitted by Lois Leonard

Old Business:

Ads in the TRIAD: Pat Gollub, VP, informed Rep Council that gaining income from ads would result in tax obligations. However an article in the TRIAD stating employment opportunities for Res-Hab workers through the Center for Disability Services would be acceptable.

Members Visiting Rep Council Meeting: Catherine Jakway suggested sending invitations to the membership to attend a Rep Council Meeting in order to increase interest and participation. Additional ideas were to have a "special meeting" for visitors where procedure would be clarified. It was decided to add "Welcome New Comers" to the monthly agenda. TRIAD and Website will publish announcements encouraging membership to attend Rep Council Meetings.

Lymphoma Fund Raiser in Honor of Karen Teal: Colleen Condolora read a thank-you note from Anne Gabriel for contributions to honor Karen by running in the Lake Placid Half Marathon on June 13.

TA Showcase: May 18, 3:00-5:00 at School Support.

Budget: Voted on 2010-2011 Budget, passed.

Old Business:

Bottle Cap Collection for Student Receiving Dialysis: Discontinued. Look for further information for another collection.

New Business:

Diabetes: Brent Pierce passed a collection envelope for diabetes.

SRP: NYSUT SRP Roundtable will be held 5/17/10 from 4:30-7:30 at NYSUT. Contact S. Kusalonis or C. Condolora for more information.

Committee Reports:

Elections: Catherine Jakway reported that 20% of the ballots were returned. The following committee members were appointed: TA, Terry Bennett; Teacher, Brent Pierce; CTE, Wendy Cotter; Service, TBA. Meet on 5/6/10, 4:00-5:30 at Maywood.

Student Incentive: Committee appointed to make selections: Teacher, Alison Mesick; CTE, Tim Roberts; TA, Catherine Jakway; Service, TBA.

Vote Cope: Catherine Jakway announced that the mailings are out, \$487 have been contributed to date.

For your information:

Board Meeting: Doug Harple reported.

Discussion on Civil Service Jobs within BOCES.

Special Education Advisory Consultant's report will go to the board in May.

Capital Region BOCES Faculty Association Leadership

<u>POSITION</u>	<u>NAME</u>	<u>PHONE</u>	<u>E-Mail Address</u>
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.	Flora Fasoldt	466-1703	electflora@aol.com
CVP C T E	Jeannine Moran	862-4816	jmmoran@hotmail.com
Recording Secretary	Christine McDonough	273-1512	camed9@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	321-0485	ehanley1@nycap.rr.com
EAP	Kevin Eglit	454-9650	Employee Assistance Program

COMMITTEE OF 100 – REPORT

MARCH 16, 2010 MEETING

In keeping with the overall outlook of the economy, the results of the first meeting of this year’s Committee of 100 were pretty grim. For those of you who are not familiar with the Committee, it is a NYSUT run representation of union members throughout the state, who gather in Albany at least twice in the spring semester to lobby representatives in the State Assembly and Senate in support of public education issues. The title of the group is a misnomer, as it consists of upwards of 800 members. I lobbied with people who live in my own voting district, many of whom represent schools in Rensselaer County. We voice the concerns of educators from K to higher education, and try to have our elected officials appreciate the importance of all parts of the public educational system for our future as a state. As of this writing, the state budget has not been agreed upon, and is lately hung up on whether or not the State should borrow to balance the budget, or institute further cuts in spending.

Meeting with the legislators this year was a different experience from years past. NYSUT leaders did not have the usual “new” proposals for legislators to consider for new or increased funding. The main theme was to try our best to hold on to the gains made in the last few years, and reduce cuts. Teacher Centers were on the chopping block, and members of our group argued passionately for their continued funding

for the further development of teachers, especially in light of devastating SUNY cuts. In our group there is also a professor from University at Albany, who talked of increased class size, dwindling resources, and closed out classes. I spoke of the special 55/25 retirement proposal for this year, which at that time was not passed by either the Assembly or Senate. Apart from the obvious benefit for those wishing to retire early without penalty, the proposal helps open up a closed job market for new professionals just graduating, many of whom are carrying heavy loans due to the shrinkage of higher education grants. Thankfully, that measure has recently been passed by both houses, and signed by the governor. It should result in some relief for school districts in terms of salary costs, and perhaps get some very discouraged young teachers into the classroom to begin their own careers.

The Committee’s next meeting is on May 11 (probably passed by the time you receive this.) I hope to give a final report of those results, and hopefully, the budget will be passed by then!

Enjoy the last of the school year!

Jim Owen, SW, Sp. Ed.

Capital Region BOCES FA Representative Council Meeting Dates for 2009-2010	
Rep Council Dates	Rep. Council Location
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.	

<u>Conference Dates 2009-10</u>
2010
<u>July 7-11, 2010</u> AFT Convention Washington State Conv & Trade Center, Seattle, WA
<u>Oct. 1-3, 2010</u> SRP Leadership Conf., Desmond, Albany
<u>Oct. 22-23, 2010</u> BOCES Leadership Conf., Crowne Plaza, Albany

TEACHING ASSISTANTS/EDUCATIONAL ASSISTANTS/AIDES

By Colleen Condolora, Chapter VP

Dear Constituents:

I want to take this moment to thank everyone who donated to the Leukemia and Lymphoma Walk being held in Lake Placid this summer. **Anne Gabriel**, retired Special Education teacher, is walking in memory of **Karen Teal**, Special Ed. Teaching Assistant. It is through your generosity and support that I believe a cure will be found for all blood cancers. Thank you for your thoughtfulness and support for this good cause.

The annual TA/EA Showcase will be held on May 18th, at School Support Services from 3:00 to 5:00 PM. The following Teaching Assistants will have their Special Projects showcased this year. **Patty Brown-Wilson** Reading and More, **Stephanie Champ**- Life Prep Program, **Barb Burnham**- I SAFE- Internet Safety, **Judith Grassia**- Regents Global History Review Program, **Carol Clark**-Literature & Computer Technology and **Kelly Vavala**- Nibbish & Nature. This is a wonderful opportunity for everyone to support their peers and to also receive professional development hours. I hope to see you there and be able to say thank you to each of you for all your achievements. For me it is always nice to put a face to a name.

I also want to recognize **Kelly Vavala**, Special Ed. TA, for all her accomplishments this year with her

mini-grant. Kelly has been able to flourish with her Nature themes this year. Her class has enjoyed nature field trips, raising money for pandas, adopting polar bears and saving the rainforest to name a few exciting adventures. Her class recently performed in a play at Pine Bush Elementary which received rave reviews. Next time you see Kelly, tell her thanks for a job well done.

As I am writing this article, I am preparing to attend the annual Representative Assembly. This year the convention is being held in Washington, DC. One of the resolutions that I will be advocating for is the Workplace Violence bill. This resolution is an improvement on the Save Legislation and includes language for violence protection for K-12. All the delegates will be very busy insuring our voices are heard on many important issues.

In closing, I have been receiving many phone calls and emails with concerns about the budget and layoffs. As soon as I have more concrete information I will keep you abreast of this situation. Until then, enjoy the sun and find some fun, everyone deserves it.

In Solidarity, **Colleen Condolora**,
TA/EA Chapter Vice President

Racing to Save Lives

Diane Ogren (Secretary, CTE) and Monique Jacobs (Communications) are in training for the Leukemia and Lymphoma event to be held at Lake Placid. Diane's Dad has Lymphoma and also her brother in law. Their team is:

Di-na-Mo (Diane and Monique) our page address for contributions is:
<http://pages.teamintraining.org/uny/lkplacid10/TeamDinaMo>

Service Chapter VP

Susan A. Kusalonis

Dear Colleagues,

New words are entering our world. Retention list and retreat rights are new phrases that will be used when we discuss civil service positions in the future. The first will replace what we have called the Seniority List and the second will allow an employee to move back into a title that is in the same line to keep a job, if theirs is cut.

I want to congratulate **Shelley Viola** (SSS) on becoming permanent in the Secretary I title.

I have been hearing about some staff that are considering the retirement incentive and want to congratulate those that will start the next chapter in their life.

Finally, negotiations are on hold and the possibility exists that there won't be a contract to start the new fiscal year. If so, the 1.75% increase will go into effect as of July 1st until you have a chance to vote on the next contract. In today's economy, we need to be patient.

In solidarity, Susan



**Change is a part of life,
Let us help you with the
challenges we all face.**

**Call NYSUT Social Services
1-800-342-9810 x6206
or email us at
socsvcs@nysutmail.org**

Free, Confidential, Responsive

May Checklist

No postage increase: For the first time in four years, the price of a first-class stamp won't go up this month.

National Asparagus Month: Asparagus is low in calories, high in folic acid and a good source of other vitamins and minerals. Enjoy raw—or try tasty variations from <http://SimplyRecipes.com> (search "asparagus").

National Stroke Awareness Month: Call 911 if you experience any of these warning signs—sudden numbness or weakness, especially on one side...sudden confusion, trouble speaking or trouble seeing...sudden trouble walking, dizziness or loss of balance...sudden, severe headache with no known cause.

Poison ivy self-defense: If you're likely to be exposed, wear vinyl, not rubber, gloves. *Urishiol*, the oil that causes the rash, can penetrate rubber. Or coat hands with IvyBlock lotion. If a plant touches your skin, wash with soapy water or a special oil-removing product, such as Tecnu, immediately after exposure. Calamine or a topical corticosteroid can relieve itching.

Home-improvement tax incentive: Energy-efficient windows and roofs, additional insulation, new water heaters and new heating and air-conditioning equipment may qualify for a tax credit of up to \$1,500. Certification should be obtained from the manufacturer, installer or retailer.

Don't Fry Day: Friday, May 28. Easy to remember sun-safety slogan: Slip! (on a shirt)...Slop! (on sunscreen with SPF of at least 15)...Slap! (on a hat)...Wrap! (on sunglasses).

Reprinted from BottomLine.

RETIREES CORNER

Jeanette K. Christoff, Teacher, Retired

Happy Spring, again! Can we believe it is really here? For a few days we thought it was summer and although fleeting, it gave us a start on clearing away the vestiges of winter.

Spring has brought us renewed connections with some of our co-workers, so this month we will share retiree news. We welcome hearing from you too.

RETIREE UPDATES

Fran Yankowski is doing well and appreciates the many conveniences not available in Galway. She entertained her family at Easter, preparing the traditional Polish and Italian foods of their heritage.

Jan Albertini sent some photos of staff and students from our Maywood days. They included **Pat G., Mimi M., Lauren D., Terri C., Gerene L., Betty L., Jim O., Ann S., Ann G., Michelle R., Sylvia H.G., Rick R. Eileen R., Gyan K, Joan H. and Jan.** Students were Sharon P., Penny C., Brett, Frankie, Sharon L, Nicky, Karen D., Kathy K. and Kathy P.

Anita Riccio recently returned from a trip to Singapore, Hong Kong and some of the Indonesian islands, including Jakarta, Bali and Lombok. As with her trip to India, Anita traveled alone so she could spend time in some of the villages and meet the people, riding a motorbike to get to some. Anita helped prepare meals, fed babies, planted rice, visited a school, attended a wedding, danced, ate grasshoppers, (not raw) and gave some lessons in the English language and American slang.

An advantage of traveling solo is having the freedom of not being locked into a schedule. She was free to get to know people, share in their daily life and traditions of their culture. Anita found everyone to be very welcoming and made many new friends in her travels.

We noted a letter to the editor in the Gazette (3/20/10), from **Marilyn Sargent** who lives in

close proximity to the one-way bridge in Edinburg. Marilyn has encountered numerous motorists who ignore the red light, inviting a head on collision. With the tourist season approaching, the problem will likely escalate. Marilyn urges that "civilization depends on societal cooperation" in observing the traffic pattern. (Marilyn is an EMT in the Edinburg area)

Zelda Zeh sent us a photo e-mail of "Why God Made Pets". The answer, because they make us smile, and they did. Thank you, Zelda.

We met some old friends sadly, at the wake of Jeff Brennan, **Sue Valchovic, Barbara and Jim Bishop.**

A letter from **Cindy Ley:**

Just want you to know how much I enjoy reading your thoughtful essays in the Triad. You seem to strike a cogent chord in just about every one you write. This issue's reminiscences of coming across old photos was quite poignant; perhaps one needs to be 70+ to appreciate times gone by. Whatever the reason, your article is the reason I enjoy getting the TRIAD.

I was happy to read Stan is well and that his 82nd Bday was celebrated so grandly. May you both enjoy happy returns of the day.
Best wishes,

LOST RETIREES

Can you help us find some retirees who no longer reside at their previous address? We welcome any information. My phone # is 518-356-0137, email is janakachristo@juno.com. Lost retirees are:

Lois Bergman, Patricia Bonacci, Bob Burroughs, John Gray, Doug Krueger, Sandy Lawyer, Gordon Millington, Sue Rosa, Lloyd Scott, Nancy Smith, Don Welch, Judy Wyckoff.

Healthy Living; Living For Good Health

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

Sleep Matters Because Sleep Matters!

According to the National Institutes of Health, 70 million people are affected occasionally or chronically by a lack of sleep. Too little sleep can affect your health, relationships, productivity, and your job. Sleep loss can even put your safety and that of those around you at risk. If your lack of “40 winks” is interfering with your ability to carry out your daily activities, this may be a wake up call.

All of us have suffered by some kind of sleeplessness. Given our constant multi-tasking lives, some nights you feel like you never close your eyes. Trying to get our heads to shut off at night from stress or planning tomorrow can be a job in itself. Then there are other nights when you fall asleep just fine but wake up a few hours later and spend the rest of the night watching the clock’s minutes and hours rob you of a good night’s rest.

The Impact of Sleep Loss

Studies have found that too little sleep is associated with serious health problems like hypertension, obesity, diabetes, heart disease, alcohol use, and depression. Lack of sleep can damage your health in other ways as well. Too little sleep can cause you to have trouble concentrating, making decisions and focusing. You may have trouble remembering things and feel irritable, moody or anxious. Poor sleep costs employers in lost productivity and increases the risk for workplace accidents. More than 100,000 police-reported car

crashes and more than 1,500 fatalities annually are caused by sleep deprived drivers.

The Benefits of Sleep

Sleep is not just a time of rest, it is vital to your health and well-being. Getting your necessary hours of shut-eye is critical to strengthen memory and the ability to think clearly. Sleep is vital for the normal functioning of your body’s endocrine and immune systems which regulate the release of key hormones and help repair and protect your body from disease.

How Much Sleep You Need

Sleep can vary from person to person. To be fully alert the next day sleep experts recommend adults get **7 to 9 hours** of sleep a night.

Why Sleep Matters

Quality Counts! In order for you to wake up feeling refreshed, recharged, and ready to face the challenges of a new day, restful slumber needs to be continuous and not disrupted by repeated awakenings. You also need to get enough sleep to avoid sleep debt – the effect of getting too little sleep on a routine basis.

Identifying a Sleep Problem

Everybody has occasional sleepless nights; that is nothing to lose sleep over but if you are having difficulty falling or staying asleep at least three times a week lasting more than a month and is impairing your ability to function and affect others, you may have a more serious problem than you think.

It’s time to talk to your doctor.

Your doctor may recommend these tips to help you fall asleep and stay asleep.

- ✓ Go to bed only when you are sleepy.
- ✓ Avoid stimulants like caffeine and nicotine a few hours before you go to bed.
- ✓ Sleep in a quiet, dark room.
- ✓ Don’t drink alcohol before you go to sleep.
- ✓ If you exercise make sure it’s three hours before you go to bed. Exercising raises your body temperature and makes you more alert.
- ✓ Try to keep a regular sleep schedule even on weekends. Set a routine by going to bed and wake up at the same time each day.

Resources:

National Sleep Foundation
www.sleepfoundation.org

This non-profit organization is dedicated to improving the quality of life for Americans who suffer from sleep problems and disorders. It supplies information on every aspect of sleep for people of all ages.

Information is also available from The National Center on Sleep Disorders Research

www.nhlib.nih.gov/sleep



Dear Gabby,

I have been following the progress of the proposal for the one time early retirement incentive for those who are 55 and have 25 years of service in the New York State Retirement System. Now that it has passed the Assembly and Senate and been signed by the governor, I am considering taking advantage of it. So, my question is what do I need to do now?

Retiring in Rotterdam

Dear Retiring,

This is an exciting time for those who can take advantage of this opportunity. Gabby is considering it herself. The very first thing you need to do is contact

the NYSTRS. They will be able to guide you through the retirement process.

There are a few things you need to know about BO-CES requirements for retirement. First, dust off your contract and read the section 'Compensation For Unused Sick Leave' (Teachers p. 50, TA p. 27, Service p. 32). Then talk to your Chapter VP. Also, a call to Human Resources is a good idea.

Gabby

Dear Gabby,

Do I get paid for graduate hour credits that exceed the requirements of my column of the Teachers Contract?

Learning in Latham

Dear Learning,

If you take a look at pages 39 and 40 of the Teacher Unit contract, you will find information about Graduate Hour Credit for CTE teachers and Special Ed teachers and how approval is granted. Approval needs to come from the District Superintendent, so read carefully and contact the Superintendent's office for more information.

Gabby

Dear Gabby,

I am in Teaching Assistant. Someone mentioned to me that I can get paid for not using short term leave time. Could that be true?

Hopeful in Halfmoon

Dear Hopeful,

You stumped Gabby with this one! And, yes, it is true. So, crack open that TA/EA Unit contract and start reading on p. 23, Article VII, Leaves. You will find all sorts of information about leaves. Section A, 'Short Term Leaves' has the information on how payments are determined. It ranges from not using any short term leave days, to using only three days. Check it out, and as always, talk to your Chapter VP if you have questions.

Gabby

Did you know that...

...tea may help men lose weight? *Recent finding:* Men who drink more than two cups of tea a day have trimmer waistlines, on average, than men who drink coffee or other beverages.

Danielle R. Bouchard, PhD, School of Kinesiology and Health Studies, Queen's University, Kingston, Ontario, and leader of a study of 3,823 people.

...CEOs of most big companies attended state universities or less known private colleges? *Examples:* Warren Buffett of Berkshire Hathaway attended University of Nebraska-Lincoln...H. Lee Scott, Jr., of Wal-Mart, Pittsburg State University in Kansas...and Paul S. Otellini of Intel, University of San Francisco. *The Wall Street Journal.*

...not getting a good night's sleep hurts your heart? *Recent finding:* People with no history of sleep disorders whose sleep was disrupted showed the same pattern of increased clot-promoting proteins as patients with sleep apnea, putting them at the same high risk for heart attack as those who suffer from regular sleep disruption.

Joel E. Dimsdale, MD, professor of psychiatry, University of California, San Diego, and lead researcher of a study of 135 people, published in *Chest*.

...the hole fat the earth's ozone layer is mending? Scientists say that averting this threat may lead to another threat—warming in the atmosphere. The hole (caused by chlorofluorocarbons in refrigerants and aerosol cans) helped form moist clouds that sheltered parts of the Southern Hemisphere from warming caused by greenhouse gases. Many countries have stopped using chlorofluorocarbons, and the hole has started to mend, so global warming may accelerate.

Ken Carslaw, PhD, professor of atmospheric science, Institute for Climate and Atmospheric Science, University of Leeds, UK, and coauthor of a paper published in *Geophysical Research Letters*.

...habitual liars make more eye contact than honest people? Liars know that most people associate eye contact with honesty—so they deliver the expected behavior. *Psychology Today*, 49 E. 21 St., New York City 10010. Six issues.

\$18/yr.

Special Education Teacher Notes: The teachers met before the April Rep Council meeting.

Topics discussed:

1. notification of teachers who are being rified (Reduction in Force)
2. issues about the ongoing CSE meetings

See you all at the May meeting!!

Next meeting will be at Maywood School, on **May 19th at 3:30 PM in Room 12, across from Conf. Rm. A.**

AFT Articles of interest!

Education Law Should Give Teachers Tools, Time and Trust

Saying "teachers can't do it alone," AFT president Randi Weingarten urged Congress to view the pending reauthorization of the Elementary and Secondary Education Act as an opportunity to provide more support for teachers and students. ESEA should "help ensure that teachers have the tools, time and trust they need to succeed, including offering teachers and students an environment that sets everyone up for success," Weingarten said in testimony on April 15 before the Senate Committee on Health, Education, Labor and Pensions. Weingarten's testimony described a comprehensive approach to high-quality teaching that includes better education programs for teacher candidates, stronger induction programs for new teachers and ongoing professional development for all teachers. She also repeated her call for more rigorous teacher evaluations and urged Congress to include in ESEA a pilot program to help school districts develop collaborative, transparent and fair teacher development and evaluation systems.

PSRPs Share Their Stories at AFT Conference

From honoring workers to mobilizing against those who would hijack education, AFT members attending this year's PSRP conference in Orlando, Fla., April 9-11, described how the work they do improves the lives of their students. The meeting's main events were devoted to stories of struggle and achievement on the job. The conference drew all three of the AFT's top officers. AFT president Randi Weingarten warned paraprofessionals and school-related personnel about hundreds of thousands of layoffs coming before June, unless emergency funding and cost-saving measures arrive from all quarters, including from members themselves. PSRP program and policy council chair and AFT executive vice president Lorretta Johnson acknowledged that layoffs are straining families, but noted that school workers are doing the smart thing by sticking together in the AFT, which now counts among its ranks more than 360,000 PSRPs.

Teacher Leaders Call for Clarity on Federal Initiatives

The administration must clarify the aims of new education initiatives created through federal stimulus funds, or risk having these efforts twisted to suit the narrow agendas of those opposed to reform that is based on cooperation between teachers and teacher unions, AFT president Randi Weingarten and NEA president Dennis Van Roekel warned in an April 9 letter to U.S. Education Secretary Arne Duncan. In a joint letter to Duncan, the two national union leaders said that the federal Race to the Top competition and School Improvement Grants "are being used to promote actions that do not align with the intent of these programs." They called on the administration "to reiterate [its] desire for collaboration and cooperation with educators on reform issues, and to oppose the use of these programs to bypass locally negotiated labor-management agreements."

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.

CONTROLLING INTERRUPTIONS: TRICKS OF THE TRADE

We've all been pressed to finish a deadline. Most of us don't have an office and we don't have a door we can shut. Students, parents and staff are everywhere. Noise and distractions are coming to you from all angles. How do you prevent unnecessary distractions and get your job done? The Office Professional website offers us a few tricks.

- **Avoid eye contact with people who are casually passing by.** Keep your head down and your eyes focused on your work. If you are working on the computer and have a headset that you use for voice dictation or telephone calls, put it on. People will be less likely to interrupt you if they think you are listening to something.
- **Don't make it easy for others to linger.** If you have a visitor's chair, remove it temporarily or cover it with papers. Put a time limit on conversations. If someone asks, "Do you have a minute?" glance at your watch and then tactfully say, "I have about two minutes right now, or I can come and talk with you when I've finished this project."

Let others know you don't want to be interrupted. Negotiate with co-workers to develop a "signal" that you can all use to tell others you are unavailable for anything but urgent matters. This can be very useful if you are working in an open area where there are no dividers. Put up a sign that says "Can't talk now—deadline near" or some other signal that lets people know you are under the gun.

SOURCES AND CONTRIBUTORS: The Office Professional

Special savings for NYSUT members

If you like to shop and if you like finding money-saving deals, then NYSUT Member Benefits might just be able to make you happy! Through the NYSUT Member Benefits Corporation-endorsed discount shopping programs, you have many choices available to you.

The recently endorsed **Motivano SmartSavings Online Discount Marketplace**

offers a slew of shopping opportunities. You'll have access to hundreds of brand-name retailers and thousands of discounts, all from one Web site. Motivano negotiates the best deals and regularly updates its offers to help you stretch your hard-earned dollars.

From clothing to vacations, event tickets and computers, you'll find it all on Motivano. And you can even recommend your favorite merchants to be added to the site.

Another online shopping opportunity is through **Working Advantage**. From this site, you can get discount tickets for movie theaters, movie rentals, theme parks, online shopping, Broadway Theatre, museums and attractions, special family events and more. You can save up to 43 percent on movie tickets, up to 45 percent on theme parks and up to 50 percent on museums and attractions.

Yet another shopping opportunity is available with **The Buyer's Edge**. You can use this helpful buying service when shopping for your best deal on major appliances; TV, video and audio

equipment; cars (new and used); furniture; carpeting; exercise equipment; pianos; luggage; moving services and more. This is a helpful buying service for consumer products.

Be sure to check out the other discount programs endorsed by Member Benefits. A new plan, the **EPIC Hearing Service Plan**, provides savings from 20 percent to 50 percent off Manufacturer's Suggested Retail Prices on all

name-brand manufacturer hearing aid technology and referrals to a network of credentialed audiologists and ear physicians.

Another new plan is online **Defensive Driving** courses through the National Safety Council, which offers convenience and savings. NYSUT members and their family members who are licensed in New York state can take this course at the Member Benefits-reduced

price of \$25.25 per person, a savings of almost \$20 per course fee.

Be sure to access these and other money-saving programs through the Member Benefits Web site, www.memberbenefits.nysut.org and click on Discounts - Members on the left-hand navigation bar. Using links provided from the site will ensure you receive any necessary discount ID codes and ensure you receive the Member Benefits discounted prices.

Questions? Call NYSUT Member Benefits during normal business hours at **800-626-8101**.



For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits 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.

May/June '10

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

Speedy recovery to **Wendy Brown** (TA, Sp. Ed.) hope you will be back at work soon.

Congratulations to **Al Wolfer** (SW, Sp. Ed.) on the birth of his granddaughter, Sophia Jayden.

Condolences to **Pat Dover**, (OTA, Sp. Ed.) and **Kelly Dover** (T.A. Sp. Ed) for the loss of their mother and grandmother. Elaine Krouse died on April 17 at the age of 80.

Condolences to **Matt Hogan** (Teacher, Sp. Ed.) on the recent loss of his daughter, Abigail on April 10, 2010. Contributions may be made to Scotia Highland Dance Association c/o Joan Lindsay, 18 Oak Hill Drive, Scotia, NY 12302.

Condolences to **Mary Davis** (TA, Sp. Ed.), death of her mom.

Condolences to **Elissa Fromowitz** (PT, Sp. Ed.) on the loss of her grandmother.

Condolences to **Robin Lippman-Scharf** (SW, Sp. Ed.) on the recent loss of her mother. Donations can be made to the local Hospice.

Sunshine Chairperson

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

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