May + June 2017
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Capital Region BOCES Faculty Association

TRIAD

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

President Harple says Good Bye!

Dear Colleagues

The school year is about over and things are winding down. Or are they? Association committees are still at work. Issues/problems are popping up and there is much unfinished business to work on. Summer school is about to start. The students still have to pass the regents exams or local exams., not to mention the foolish APPR testing students are beginning to go through. Winding down? Not yet.

We are continuing in the process of transitioning from our present Association leadership to some more new leaders. I have great news to tell you. I have decided to retire this year and hence have submitted my resignation from the office of Faculty Association President effective June 30, 2017. Though this was a very difficult decision to make, since my wife is also retiring this year, it makes a great deal of sense.

It has been an honor to be president of this Association for 17 years. I want to thank all of you for the support you have given to the Association and me. I have had many opportunities to work with many fine people both in the Association and BOCES many administrators. Admittedly I enjoyed working with some more than others and I am sure many of them would say the same of me. Thank you.

Our constitution outlines the path of succession. Sherry Karcher-Hewitt will assume the Office of President for the next year. A special election will be held and a new vice president will be elected for one year. Next spring there will be an election of all officers to serve for the next two years.

The retirement dinner is coming up on June 1st and I plan to be there with my amazing wife Barbara. I hope you can be there, it should be fun. Much thanks to our social committee lead by Carolyn and Brent Pierce. They work very hard every year to plan the dinner and make sure it is a great success.

The VOTE/COPE campaign is under way. Sherry is looking for your donations. This is your chance. It is probably the easiest way for you to help improve pay, benefits and other working conditions. All you have to do is send Sherry a check, a donation to VOTE/COPE, or better yet, fill out the payroll deduction form and forget about it. NYSUT and their experts will do the leg work. They will work to get legislation passed that will help us folks who work in public education. They just need a few bucks to do it. Remember, your dues cannot be used for lobbying etc. Thank you Sherry for taking on this job, I know it is a lot of work.

I want to take a moment and thank all the members who have helped this Association operate this year and in the past. This year has been a success because you took the time to serve on a committee(s), work on an election, prepare refreshments, serve on Rep Council, write a newsletter or serve on the Executive Board. You have done so much. If you see one of these folks who worked so hard on your behalf, please thank them.

Again, I want to thank you – **all of you**. I truly feel your support. I also ask you to consider what you might do to help your Association in the future. Maybe you are someone who didn't have any spare time you could give. Consider what time you might have and offer what you can. It is your Association. There is plenty of work to go around. There are still many things we need to work on. Your talents would be a great gift to give in support of your Association, to your fellow members and yourself.

Looking Forward, Doug

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Important Dates for 2016-2017

Exec Board NYSUT	Rep Council 900 bldg. (unless noted otherwise)	TRIAD Meeting Maywood	BOCES BOARD Meeting
June 7, 2017	June 14, 2017 Schoharie Rooms	*None*	*June 19, 2017*
	04:15-6:00 PM	*4:00 PM*	*July 17, 2017*
Important Dates for 2017-2018			
September 6, 2017	**September 20, 2017 900 Bldg.-NERIC Side**	Sept. 26, 2017	

Congratulations to all the retirees of 2016-17

Glenn Amell, Custodian
Patricia Blizzard, TA
Elaine Burrill, Speech Therapist
Anne Conway, School Social Worker
John Fitzpatrick, Teacher
Patricia Gabree, Secretary I
Robin Gibelius, Teacher
Karen Gloeckler, Speech Therapist
H Douglas Harple, Teacher
Matthew Hogan, Teacher
Joanne Knauer, School Social Worker
Lynly Layaou, TA (Deceased)
Ursula LeGere, TA
Alyce Lyons, TA
Kimberly Mahar OTA
Christine McCormack, Teacher
Pattie-Lee Miller, TA (Deceased)
Sandra Money, Speech Therapist
Jeannine Moran, Guidance Counselor
Margaret Parascandola, OTA
Lisa Schuff, Speech Therapist
Paula Williams, Speech Therapist

Capital Region BOCES Faculty Association Leadership

POSITION	NAME	HOME	WORK	E-Mail Address
President	**Sherry Karcher-Hewitt**	**366-9060**		**sherry.karcherhewitt@gmail.com**
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Grievance Chair	Kristen Lashway	421-3446		Kris10Lashway@gmail.com

Teaching Assistant/Aide Report

Colleen Condolora, Chapter VP

Dear Constituents:

Reflecting on the 2016-17 school year, many thoughts come to mind. One of the achievements for BOCES this school year, in my humble opinion, was the Special Education Redesign committee's commitment to implement the changes that were recommended in the independent study. Being part of this team of dedicated educators is an honor. The fruits of our labor will be implemented in stages and I feel confident the rollout will be a success. As with any change, some may feel uneasy but I am confident, when given time to adjust, everyone will be pleased with the committee's recommendations. Redesigning Special Education was a very heavy lift for the committee but it is and will continue to be a worthy endeavor.

Another area of pride for me was the implementation of the Trauma Informed Care initiative for our stand-alone buildings, Rotterdam Academy, Fulton Academy and Maywood School. The trainers are currently involved in the second phase of the training and are participating in a Collegiate Learning Circle on the book *Teaching Children Who Hurt*. To reach our Special Education and Career and Technical staff I recommended to the Professional Development Committee to offer a book study through a Vista workshop on the book the committee is reading and discussing. Once our training is complete the Trauma Informed Care initiative will be turnkeyed to other staff throughout BOCES. This systemic, therapeutic approach will complement our Therapeutic Crisis Intervention for Schools (TCIS), Handle with Care, and STRONG trainings for educators to better understand and help children who hurt and deal with trauma.

Although there are many positive aspects to our profession there is always some room for improvement. Health and Safety remains a concern for me. Certain buildings were very problematic for staff and students which resulted in several injuries and dangerous episodes. The Association will continue to work with administration to recommend solid and long lasting solutions to these problem areas. Attendance continues to be problematic also. All school districts have difficulty attaining substitutes but for BOCES it is particularly a major concern due to the population of students we serve. Being down staff in a classroom with students with intense physical, emotional and mental needs is an extreme safety issue. Our staff are exhibiting sign of PTSD, burnout and compassion fatigue. Please look out for each other and keep in mind your presence is needed in the classroom for both the students and staff. Remember as an incentive to limit absenteeism if you use three days or less of your short-term leave (which does not include bereavement, jury duty or workshops) you are entitled to receive $.50 for each hour you work, times the number of calendar days for the school year. Ex. (.50 x 7 hrs. x 185days = $647.50). Also, the more short term days you accrue towards retirement the more money you will receive in your short-term leave buyout. You will receive half of your accumulated short term leave days up to 100 days. This is a substantial amount of money when you retire. I hope I have given you some food for thought.

Thank you to each of you for your continued dedication to the students we serve. There are many rewards for the work we do. Stay focused on the achievements you see daily. Remember self-esteem comes from achievements not accommodations. Enjoy your summer and please find some time for yourself. You deserve all the best life must offer. I hope to see many of you over the summer months. Enjoy everyone!

In Solidarity, Colleen Condolora

What is VOTE-COPE?

VOTE-COPE is the political action fund of New York State United Teachers, supported by members' voluntary contributions to support grass-roots lobbying and political action on behalf of education, health care and labor issues.

Public employees must have a voice in the legislative battles and debates that take place over public service. Unionized professionals gain that voice by joining together in a state and national union. Together, public employees and unionized private-sector employees can seek funding to improve public services and overall government spending on employee salaries and benefits. Through effective involvement in political action, union members have clout at the bargaining table where it counts.

The NYSUT Legislative Department works continuously to preserve and enhance the rights of all employees to organize into unions and to effectively represent their members. These rights are contained in legislation commonly known as the Taylor Law. Through its legislative efforts NYSUT has not only enhanced Taylor Law rights of members, but has also been successful in other areas such as extending agency fee rights to public sector unions and passing legislation to protect the health insurance benefits of our retirees. In addition, NYSUT's legislative efforts bring benefits to professionals in various sectors, e.g. additional higher ed funding for colleges and universities, and Employee Retirement System enhancements that benefit professional employees working for municipalities. Members support NYSUT's legislative efforts through their voluntary contributions to VOTE-COPE, NYSUT's political action fund.

NYSUT, AFT and NEA are recognized as the most influential and successful advocates for children, public schools, higher education and labor in New York and in Washington.

NYSUT's Legislative Department drafts, introduces and lobbies for bills to improve state aid to schools and colleges, Tuition Assistance Program (TAP) funds, licensure, tenure, occupational health and safety, education standards, health care, retirement, and other issues affecting its members. The department also spends considerable time monitoring and opposing legislation that would be adverse to our members' interests.

Lobbying for public higher education keeps college affordable and accessible for not only members, but also all New Yorkers and their children. Fighting for greater state support for public education helps to improve our schools and keeps real property taxes down.

While NYSUT represents thousands of health care professionals, their lobbying efforts benefit each and every individual who's ever been to a doctor's office, hospital or nursing home.

VOTE-COPE is NYSUT's non-partisan political action arm that coordinates the voluntary contributions of members and supports NYSUT-endorsed candidates and campaign committees. Those candidates can count on NYSUT volunteers to help get out the vote and to support their campaigns in other ways as well. During election campaigns, NYSUT calls on members to help. New members can play a vital role in VOTE/COPE activities, especially in telephone bank solicitations for voter registration and to get out the vote for NYSUT-endorsed candidates. VOTE-COPE activities are funded entirely through voluntary contributions from members. No dues money is ever used to support VOTE-COPE activities.

Support for candidates for public office is determined not by party affiliation but by a politician's record of support for union members' issues. Regardless of party, the critical issue is the level of commitment the candidate has demonstrated to union members and to quality service. When politicians support collective bargaining, better public employee salaries and improved funding for government services, they know there will be solid support for them in the next campaign.

In addition to its full-time professional staff of legislative representatives who maintain regular contact with elected government officials, NYSUT depends on its **Committee of 100**, a statewide, grassroots network of member-volunteers, to carry out its political action efforts. The name Committee of 100 refers to a small group of NYSUT activists who first came to Albany in the 1970's to fight for greater state aid and for pension reforms. The Committee of 100 has grown to include more than 750 volunteers who make the biannual trek to Albany for political action.

Retirees Corner

By Jeanette Christoff 518-356-0137

Hooray, spring is finally here!

Have you heard of the move to give personhood to a chimpanzee? This is not an April fool joke. According to a report, "Animal activists in the U. S. argued, in April, at the New York State Supreme Court for legal "personhood" for chimpanzees, hoping to eventually include dogs, rats, pigs and other animals." Can you believe it?

As Homo sapiens we are considered natural persons, while companies and trusts are considered fictional persons. In New Zealand, the legislature gave a river personhood status. Last year, a court in Argentina ruled that a chimp had rights and had to be freed from a zoo.

Animals are protected by the government, but have no legal rights and cannot sue or bring a case into court. The Nonhuman Rights Project is trying to change that and get a court in New York to recognize "personhood" of a chimp to free it from "imprisonment" by its owner. This organization also hopes to eventually include in its appeal, personhood for apes, elephants, dolphins and whales.

PETA an animal advocacy organization, supports animals' rights to sue zoos and aquariums, considering them to be prisons. PETA is also against eating eggs, meat, cheese and wearing leather. (Gazette, 4/16/2017, p. D-1.)

This scenario seems ludicrous, yet it would be no surprise if it happened. Many of us senior retirees shake our head. Sadly, we are looked down on as old fogies, when we express our opposition the demise of some of our long held beliefs. Often our opinions are considered politically incorrect. What happened to free speech?

Sometime, approved legislation can have unforeseen and unexpected consequences. Do you think that giving personhood to animals would open the door to marriage between a homo sapiens and a chimp or dog or horse? Will hens be able to sue a farmer for selling her eggs? Could a house pet sue its owner for putting it on a diet? Could a chimp be charged with murder for fatally injuring one of its tribe or charged with assault for attacking a "natural" person? Most of all, I wonder if the status of pre born infants will be lifted to personhood if animals are given the status of personhood.

These are some of questions to be considered. How difficult it must be for those who adhere to the philosophy of secular humanism to decide what they feel is right. How would our founding fathers view this proposal? We do know that women and those of African descent were not recognized in our country's original documents. It took decades for some of us to be recognized as equals and even that is a work in progress. Our country certainly is not perfect, but everyone can have his/her day in court and maybe eventually even our animals.

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RETIREE UPDATE

Anita Riccio, Teacher Sp. Ed., has returned from a trip to Bhutan. One of the highlights was watching the sunrise over the Himalayas at 3:30 a.m. As always, meeting and getting to know the people in their peaceful life, was the best, but she also enjoyed climbing the tigers nest and seeing Bengal Tigers and red pandas.

We recently visited a friend of many years, **Fran Yankowski**, Teacher of Nursing. At 80+, Fran still loves to cook and bake and is very generous in sharing. Fran says to heed the warning for the new blood thinning medication which does not require blood level monitoring as with Warfarin (Coumadin), a medication that has been in use since the 60s. The new blood thinner did cause internal bleeding for Fran, which is listed as a possible side effect. A full body MRI revealed that bleeding was the cause of her excruciating hip pain. Fran spent a week in the hospital plus several more at rehab. In recent days, it was reported the 18,000 have suffered side effects and are suing the manufacturer.

June Update from Jeanette Christoff

Summer greetings,

The annual Association bash and retirement banquet was held on June 1st at the elegant Mallozzi's in Rotterdam. The warm and sunny evening was a gift amidst the weeks of spring rains that preceded. It was well attended, probably due to the central location and as well as the number of retirees who planned to celebrate.

The new retirees attending were: Patricia Blizzard, Anne Conway, Patricia Gabree, Karen Gloeckler, Pres. Douglas Harple, Sr., Joanne Knauer, Sandra Money, Jeannine Moran, Lisa Schuff and Paula Williams. Those also retiring or already retired are Glenn Amell, John Fitzpatrick, Robin Gibelius, Ursala LeGere, Alyce Lyons, Kimberly Mahar, Christine McCormack (Festin), Patti-Lee Miller and Margaret Parascandola.

We enjoyed seeing friends from our working days, some retired, some not, Lanny Barsale, Gerene Lynn, Lauren Duffy, Terri Cuomo, Kathy Collen, Pat Gollub, Nancy (Darnel) Fitch and Susan Stewart. Also, previously retired and attending were Matt Hogan, Christine Barber, Dorothy Pesnel, Laura Cooper, Bev Rosen, Bill Knauer, Cecelia Gookin, Sue Davis, Susan Brown, Susan Kralovic and Wendy Brown.

Appreciation and laurels to those who gave their time and effort to making this a joyous celebration; Catherine Jakway, Susan Kusalonis, Carolyn Pierce, Brent Pierce, photographer Victor Jakway, Doug and the Executive Board, Meg Bugler and her Floral Design class.

As a retiree, who was there at the beginning of our Association your acknowledgment and recognition of our work in the program is appreciated.

Our wishes are for happy years ahead and good health as you bask in the long-awaited freedom you have earned. Blessings to all.

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Our Condolences to **Barbara Muller** and her family. (See email from Barbara below).

"On May 7th my husband, Ed Muller, of 56 years passed away. It was sudden and a shock. He had a good life and many friends. He enjoyed all sports and was a member of the Albany Curling Club for more than 25 years. I had a heart attack on May 25th but am doing well now. AMC placed a stent in my pulmonary artery and I was out of the hospital in 48 hours. Must take it slow but it is hard for me to do that because "slow" is not in my make up."

^^^^^^^^^^^^^^^^^^^^^^^^^^^^^^

Our condolences to the family of **Lynly C. Layaou** (Adams Langille) who passed away on 6/8/2017 at age 51. Lynn worked for Capital Region BOCES for over 20 years and for the Center for the Disabled for 8 years.

Lynn is survived by her two children Corporal Shawn Layaou, Jr. US Marines, by her daughter Katrina, by her parents Carolyn and Tony Langille and grandchildren Shawn and Avery.

Memorial contributions may be made to the Cancer Research Institute, 55 Broadway, Suite 1802, NY, NY, 10006.

Pandora's Box -
Get the Facts about a Constitutional Convention

Under the New York State Constitution (Article 19, §2), every 20 years the people of the Empire State are asked a seemingly simple ballot question; *"Shall there be a convention to revise the constitution and amend same?"* These twelve simple words that will appear on the ballot on November 7, 2017, will have a huge impact on not just NYSUT members, but every citizen of the state. From teachers and school staff, to the children who will be entering pre-K the very next year, all of us will have a stake in the outcome of this important vote.

This document is designed to help you better understand the convention and amendment process, why it is important to you as a NYSUT member and what steps we will need to take as a union to protect our rights.

Constitutional Convention vs. Constitutional Amendments; What's the difference?

The state constitution can be amended in two ways. The first way to enact changes to the constitution is through the passage of individual bills by two separately elected state Legislatures (Article 19, §1). Bills just as this propose specific amendment questions which then appear on the November ballot. Most recently this process was undertaken in 2013, when several constitutional amendments ranging from the expansion of casino gaming in New York State to the sale of specific tracks of land within the constitutionally protected Adirondack Park were voted on by the people. All but one, increasing the mandatory retirement age for state judges, was passed and became part of the state constitution. This process has been used 200 times since the last major constitutional revision in 1894.

The second process for amending the New York State Constitution involves holding a constitutional convention (Article 19, §2). The question of whether to undertake this endeavor must go before the voters every 20 years and allows for much wider modifications of the constitution than the single amendment process; including a full rewrite of the document. If the voters approve holding the convention, three delegate's per-State Senate District and fifteen at-large delegates are elected at the next scheduled general election. These delegates can include sitting members of the State Legislature, political party leaders or other office holders. The convention meets in Albany the following April for an unspecified duration, deliberates and then publishes their suggested amendments. The proposed changes are then submitted to the voters, either individually or as a group, with another public referendum vote no sooner than six weeks after the adjournment of the convention. This process has been used nine times (1777, 1801, 1821, 1846, 1867, 1894, 1915, 1938 and 1967) to undertake major rewrites of the state constitution. Some of these conventions succeeded with voters accepting the suggested changes, while other convention recommendations were soundly rejected by the voters as was the case in 1967.

Why is this important to me as a NYSUT member? What's at stake?

There are lots of reasons why this issue is important to you, your families and the people you serve. First, the constitution establishes a basic organizational structure for state government. If changes are made that give too much power to one branch, for example say the executive, then our system of governance

Facts about a Constitutional Convention (continued)

could be upended. Second, the constitution establishes the fundamental rights you enjoy as a citizen of New York State and as a public employee. Some of these include:

§ Guaranteeing the right to a free public education (Article 11, §1);

§ Prohibiting reductions in public pension benefits (Article 5, §7);

§ Rights to workers compensation (Article 1, §18);

§ Rights to be a member of a union and bargain collectively (Article 1, §17), and

§ Requiring that the state provide for social welfare needs (Article 17, §1).

Third, the constitution sets the most important policy goals for the people of New York State, and thus, has an impact on every other law currently in place and on future statutes yet to come. For example, the 1967 convention was specially convened by an act of the Legislature a decade after the 20 year scheduled referendum was voted down in 1957. Following the 1967 convention, voters rejected the proposed changes which included proposed repeal to the "Blaine Amendment" which prohibits the use of state monies to be used to assist religious schools. Had this repeal not been rejected by the voters, public education would look very different here in New York.

How do I help and who else will be with us?

The voters rejected the last required call for a constitutional convention in 1997, but the rejection was not by accident. Many groups worked together to convince voters that holding a convention was not in the best interest of the people of the state. Some of these included:

§ Public and private organized labor;

§ Environmentalists and conservationists who did not want to see the repeal of the "forever wild" provisions that protect environmentally sensitive areas;

§ Advocates for public education at all levels;

§ Social welfare advocates who will seek to maintain the requirement that New York State provide for the underprivileged;

§ Fiscal conservatives who wanted to keep existing state debt limits in place; and

§ Some government watchdog groups who just didn't want to "spend the millions of dollars to hold a party in Albany!"

All of these groups, and more, will need to work together again in 2017 to make sure voters understand just what could happen if we open up the state constitution to drastic changes through a convention.

Since 2017 is an "off" election year for the state Legislature as well as an "off" election year for presidential voting, we will need to concentrate our efforts on this important issue. So, get involved with your local, stay active with the political process starting today, get informed on the important issues surrounding a constitutional convention and be ready to work come 2017.

PS/mmc
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Reprinted from NYSUT Website

Capital Region BOCES Board Meeting Notes

by Susan Kusalonis

April 13, 2017

Discussion opened up with the Constitution Pipeline impact on the stream by the Schoharie Campus. We have exhausted all avenues to challenge or influence the pipeline decision. The Tennessee Pipeline has chosen an alternate route through the western part of New York State.

Chief Executive Officer - John Yagielski

- Acknowledged **Doug Harple's** retirement in June.
- Restructuring NERIC administration – Deputy Director Position instituted to replace Aaron and has been modified and retitled with Roxanne Pombrio being promoted to this.

Of note: there are 6 retirees on this agenda.

Meeting adjourned to Executive Session

Capital Region BOCES Board Meeting Notes

by Susan Kusalonis

May 15, 2017

Meeting opened at 6:30 PM and I took the Privilege of the Floor to speak about the BOCES Spring Prom which was to he held on May 19th. Also handed out the invitation for their information.

Next, the program report was announced – SkillsUSA. Staff and students were introduced and awards were given to the winners:

- Alex LeClair of Voorheesville, Glenn MacDonald of Guilderland and Irving Skowfoe of Middleburgh took top honors among the hundreds of competitors who tested their technical skills at the competition at the New York State Fairgrounds in Syracuse, April 27-28.
- Thomas Ascenzi of Cohoes also brought home a medal for Capital Region BOCES after he placed second in the computer maintenance competition.

The three first- place winners earned the right to compete in the national SkillsUSA completion June-19-23, 2017 in Louisville, Kentucky.

- Capital Region BOCES Career and Technical School (CTE) teacher **Matt Millard** has been named the SkillsUSA Advisor of the Year by his peers in the statewide chapter of the organization.

The Board moved on to the agenda after everyone left when the awards were complete.

The new District Superintendent of BOCES, **Anita Murphy**, was confirmed and asked to come up front to take her oath of office. She was given a three year contract.

Of note, 14 positions were created under certified and civil service. Only two positions were abolished.

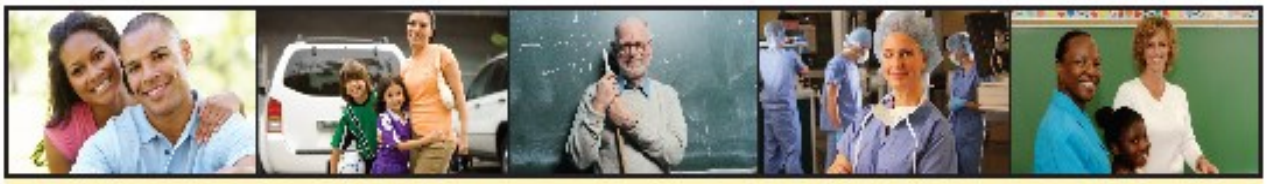
Next meeting will be held at the Schoharie CTE Center.

Meeting ended at 7:30 PM.

Congratulations to staff and thanks for their service.

Name	Position	Division	Years of Service
Alexeew, Ellen	School SW	ESS	25
Bailey, James	Teacher	Spec. Ed.	25
Bouchard, Joseph	Teacher	Spec. Ed.	30
Champ, Stephanie	TA	Spec. Ed.	20
Cosentino, Maureen	Teacher	CTE	25
Cotton, Dawn	TA	Spec. Ed.	25
Cuoma, Terri	Speech Therapist	Spec. Ed.	35
Degan, Kristin	Speech Therapist	Spec. Ed.	20
Fitch, Nancy	TA	Spec. Ed.	30
Flanders, Lori	TA	Spec. Ed.	20
Fuller, Charles	TA	Spec. Ed.	25
Gabree, Patricia	Secretary 1	CTE	25
Gigliello, Rose	Teacher	Spec. Ed.	30
Gleckman, Jacqueline	TA	CTE	25
Gottlieb, Valerie	TA	Spec. Ed.	20
Grassia, Judith	TA	Spec. Ed.	30
Hamel, Mary Lue	Guidance Counselor	CTE	20
Harple, Harold	Teacher	CTE	20
Heritage, Brenda	TA	Spec. Ed.	25
Hudson, Jill	TA	Spec. Ed.	20
Klimer, Linda	TA	CTE	30
Latham, Anna	TA	Spec. Ed.	20
Lenney, Richard	School SW	Spec. Ed.	20
Lockwood, Andrew	Teacher	Spec. Ed.	25
Mann, Connie	Data Entry Operator	NERIC	35
Maszdzen, Beverly	Speech Therapist	Spec. Ed.	25
McClarty, Phyllis	TA	Spec. Ed.	35
McGanne, Louise	School SW	Spec. Ed.	30
Menzies, Kathleen	TA	CTE	20
Mosher, Sterling	Aide	Spec. Ed.	20
Rea, Andrea	TA	CTE	30
Snyder, Denise	School SW	Spec. Ed.	20
Sorvari, Debora	TA	Spec. Ed.	20
Stern, Linda	TA	Spec. Ed.	30
Studler, Pamela	TA	Spec. Ed.	30
Toy, Debra	School SW	CTE	20

Thank you!



NYSUT Member Benefits offers savings, advocacy

Your union is steadfast in its fight for better contracts, safer working conditions, fair pay, advocacy and upholding the labor rights of the dedicated women and men proudly working in the education and health care industries on a daily basis.

But your NYSUT membership does so much more! It also provides you the opportunity to enjoy the benefits of the more than 40 endorsed programs & services offered by NYSUT Member Benefits. Look to Member Benefits for crucial insurance programs such as auto, homeowners, life, disability, or long-term care insurance along with a variety of travel, entertainment & shopping options.

And participation in Member Benefits-endorsed programs & services gives you the added protection of knowing you have a trusted advocate on your side. Each of our endorsed offerings are regularly reviewed and monitored to ensure member satisfaction. Member Benefits is here to help if you should ever have any issues or concerns with any of these programs.

The following is just a sampling of the endorsed programs & services available to NYSUT members & their families:

- **Homeowners Insurance**
- **Auto Insurance**
- **Legal Service Plan**
- **Financial Counseling Program**
- **Life Insurance**
- **Vision Plan**
- **Abenity Discounts**
- **Office Depot/OfficeMax**
- **Car & Truck Rentals**
- **Wyndham Hotels**
- **TripBeat by Endless Vacation**
- **Premier World Discovery**

To learn more about Member Benefits-endorsed programs & services, visit ***memberbenefits.nysut.org*** or call **800-626-8101**.

MEMBER BENEFITS NYSUT

For information about contractual endorsement arrangements with providers of endorsed programs, please contact NYSUT Member Benefits. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.

May/June '17

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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Check list for Summer

Do a summer medication checkup: Ask your pharmacist or physician whether any drugs you take increase the rist for heat-related illness or sun sensitivity. *Examples:* Antihistamines, blood pressure drugs and diuretics can affect the body's ability to cool itself. Certain antibiotics are anti-inflammatories may cause a sunburn like reaction to the sun.

Fight the bite: To stop itching, fill a zip-top bag with ice, wrap the bag in cloth and hold it against the bite for 10 to 15 minutes. *Other smart techniques*: Soak a tea bag in very cold water, squeeze out the excess liquid and apply the tea bag to the bite. Dab the bite with vinegar (apple cider vinegar works best) mint-flavored, gel-based toothpaste or a mixture of equal parts nonfat milk and water. *Bee and wasp stings:* Apply meat tenderizer.

Be kind to your kidneys: Kidney stones are most common in summer. To protect yourself from this painful condition, keep drinking throughout the day. Sugar-free lemonade an be especially helpful. Sugar-sweetened colas can make things worst.

(reprinted from Bottom Line Personal)

Sunshine Chairperson

If you know of someone who could use a little cheering up, our sympathy, or a get well card, please contact: Your Chapter VP until we find a new Sunshine Chairperson. Abby has taken another position in NERIC.

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