Dear Colleagues,

How is your year going? It seemed like just yesterday we were starting another school year and now the Holiday Season is upon us. And what a wonderful time of year it is. It is a great time to reflect on the past and give thanks for what we have. Though I believe we will have another tough budget year, I am thankful that this year has turned out as good, financially, as it has.

I’m thankful that I have a job, one that I love, and am healthy enough to go to work each day. I turned 55 years old in September, and I’m very thankful to have made it this far, in seemingly good health. Not everyone is that lucky. My mom is 93 years old and still able to get around. She is truly quite a lady. About 14 years ago she had both knees replaced, at the same time. Wow! This past year she underwent radiation therapy, 36 treatments, for bladder cancer and is doing well. Her demeanor is as gentle as a warm spring day, yet she’s not one to give up. Having her still with us is a blessing.

Yes this is truly a time of reflection and thanksgiving. We all have many reasons to be thankful. I consider myself, as President of this Faculty Association, very fortunate to work with many great and appreciative people. Thank you all for your hard work and continued support. I am also thankful for all the hard work your Executive Board and the various committees have done to help your Association operate. This newsletter, our website, the conference committee, the social committee and the survey committee are just a few. Thanks.

I want to thank members of the Rep Council for continuing their hard work and ask that you do the same. They are the strength of the association. Their decisions are what define much of the way we do business. Their efforts and dedication demonstrate a unity of purpose despite small differences that exist amongst us.

We all need to remember to thank our Executive Board. I need to say that they are an extremely dedicated and caring group of people. They work untiringly and deal with the day-in and day-out business of running an Association. They continually go above and beyond the norm to improve our workplaces, protect our rights and our contracts.

I would like to personally thank them. I truly appreciate all they do. My job would be impossible without their work.

In closing I want to wish you all the absolute best this Holiday Season. It is my wish that you might enjoy the holidays and share them with your friends and family.

Looking forward,
Doug
Rep Council Highlights
By Susan Kusalonis

October 22, 2008-Colonie Community Center

Appointments:
- Paula Williams and Tim Roberts - Assault Leave Trustees for the Teachers
- Susan Kusalonis, Chairperson for the Conference Committee
  [Representatives needed from CTE Teachers, TA/EA and Service]

Old Business:
- Related Service Staff Survey was reviewed and changes were made. This survey will be going to the 10 Month Classroom Staff that work with Special Ed. students.

New Business:
- Spreadsheet on the expenses for 2007-08 year for Conferences attended, was passed out
- Children’s Christmas Party – The Social Committee agreed to work with members that have run the event this year before officially taking over for next year.
- Capital Region Regional Office Conference expenses were discussed. A motion was passed to transfer money from other conference line items (under budget) to this one to balance the expenses.
- Vote Cope – will be out soon. Please consider donating.

Standing Committees:
- Audit – Deb Sorvari needs volunteers from the Service Chapter. Vicky Belyna will represent the TA/EA chapter; Don Orlando will represent CTE Teachers, and Carolyn Beattie will represent the Special Ed. Teachers.
- Nominating & Elections Committee Chair Needed. Lanny Barsale will mentor whoever volunteers.
- NYSUT – Health and Safety Committee, Colleen Condolora is working on a Resolution to bring the RA in the spring.

FYI
New Teachers Orientation, November 5th at the Century House. Pat Gollub will be organizing. Please contact her if you want to attend.

Joe Cohn (former member of the Capital Region BOCES Board) passed away. Those that remembered him felt that he had been one of the best advocates for BOCES and how he always attended school functions he was invited to.

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<tr>
<td>President</td>
<td>Doug Harple</td>
<td>899-1044</td>
<td>862-4776</td>
<td><a href="mailto:hdharple@msn.com">hdharple@msn.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Patricia Gollub</td>
<td>583-1119</td>
<td>862-4716</td>
<td><a href="mailto:Gollub02@yahoo.com">Gollub02@yahoo.com</a></td>
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<tr>
<td>CVP TA/EA</td>
<td>Colleen Condolora</td>
<td>393-2244</td>
<td>356-8349</td>
<td><a href="mailto:condolora@aol.com">condolora@aol.com</a></td>
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<tr>
<td>CVP Service</td>
<td>Susan Kusalonis</td>
<td>393-5598</td>
<td>464-6304</td>
<td><a href="mailto:maidmn300@aol.com">maidmn300@aol.com</a></td>
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<tr>
<td>CVP Spec. Educ.</td>
<td>Gail Radecky</td>
<td>765-9354</td>
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<tr>
<td>CVP C T E</td>
<td>Jeannine Moran</td>
<td>587-7662</td>
<td>862-4816</td>
<td><a href="mailto:jnmoran@hotmail.com">jnmoran@hotmail.com</a></td>
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<tr>
<td>Recording Secretary</td>
<td>Christine McDonough</td>
<td>885-6469</td>
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<td><a href="mailto:camcd9@yahoo.com">camcd9@yahoo.com</a></td>
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<tr>
<td>Corresponding Sec’y.</td>
<td>Sue Davis</td>
<td>427-0459</td>
<td>456-0574</td>
<td><a href="mailto:scdavis@nycap.rr.com">scdavis@nycap.rr.com</a></td>
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<tr>
<td>Treasurer</td>
<td>Deborah Sorvari</td>
<td>452-8138</td>
<td>334-1296</td>
<td><a href="mailto:debmom39@nycap.rr.com">debmom39@nycap.rr.com</a></td>
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<tr>
<td>Membership Chair</td>
<td>Lisa Mink</td>
<td>372-7240</td>
<td>464-3979</td>
<td><a href="mailto:lmink8@nycap.rr.com">lmink8@nycap.rr.com</a></td>
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<tr>
<td>Grievance Chair</td>
<td>E.J. Hanley</td>
<td>877-0622</td>
<td>356-8342</td>
<td><a href="mailto:ehanley1@nycap.rr.com">ehanley1@nycap.rr.com</a></td>
</tr>
<tr>
<td>EAP</td>
<td>Kevin Eglit</td>
<td>454-9650</td>
<td></td>
<td>Employee Assistance Program</td>
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</table>

11/08 Page 2
Dear Gabby,

I am a new TA in a classroom. Before working for BOCES, I had no experience working with children with special needs. I would like to get some training to help make doing my job easier. Any suggestions?

Sincerely, Looking for Learning

Dear Looking,

Gabby thinks it’s great that you want to learn how to do your job better. Being new to this field can be very overwhelming. It’s also important for you to know that in order for you to maintain your certification as a Teaching Assistant with BOCES, you are required to complete 75 hours of professional development. Start by looking at the VISTA catalog. It offers a variety of trainings for Teaching Assistants. If you do not have a copy, ask your classroom teacher for a copy or contact SETRC. NYSUT also offers workshops and classes for TAs. You may also want to check with local colleges or look into online courses. If there are other TAs in your classroom or building, you should ask them for suggestions.

Gabby

Dear Gabby,

I am the teacher of the only BOCES classroom located in an elementary school. I am finding that the district teachers and staff are not very friendly. I will say hello and try to initiate conversation in the lunch room or at the copier. The response is usually followed by a polite smile and nothing else. My class is not included in school wide assemblies or invited to participate in the typical elementary school goings-on. I don’t think it’s me since the rest of my classroom staff also complains of getting the cold shoulder. I would like to improve the relationship with the host building. What should I do?

Sincerely, Snubbed

Dear Snubbed,

Believe it or not, your problem is fairly common when you are new to a building or the only BOCES class. Developing a positive and productive rapport with the host district often falls into the hands of the teacher and his or her staff. Have you tried approaching the building principal? If not, this would be a good place to start. Express to the principal that you would like to be included in school wide activities. Ask how you can contribute to these activities as well. Being a part of a school community involves give and take. When there is a special holiday luncheon in the faculty room, sign up to bring something. Encourage your staff to do so as well. You may also want to attend a few faculty meetings. There may not be a quick and easy answer to this problem. It may take effort and a great deal of time. Good luck.

Gabby

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**2008-09 Capital Region BOCES Faculty Association**

**REP COUNCIL DATES** (4:15 Start Time)

November 19 (Colonie Community Center), December 17, 2008
Dear Colleagues,

We are very close to the Thanksgiving holiday and I for one have many things to be thankful for this school year. I must relay to you that I am very proud to serve as your Chapter Vice President and to have the pleasure of working with such professional and talented people. I am also pleased to see how many Teaching Assistants have accomplished their goal of 75 hours or more of professional development to meet the districts’ requirement. As you know, professional development is an intricate part to keeping our skills honed and to placing students needs first by implementing current staff development knowledge. Please continue to avail yourselves of the many opportunities afforded us for professional development. I have spoken to many teaching assistants and other paraprofessionals from other districts throughout the state at statewide conferences and the main theme of many is the lack of staff development opportunities provided to them by their district to be able to grow professionally. This is not a concern for Capital Region BOCES employees. The district recognizes and values the needs of the staff by providing us with a wide venue in order to enhance our growth. Please continue to increase your knowledge base and keep up the good work!

Speaking of professional development, I am honored to tell you that the TA/EA Recognition Celebration will be held again this spring. I know this was an important event for many Teaching and Educational Assistants in the past so I felt we needed to get it back on track. For those TA’s and EA’s who are new, the Recognition Celebration is an opportunity for Administration to sponsor an event to honor the accomplishments of each Teaching Assistant/Educational Assistant for their participation in professional development for the current school year. More information will be forthcoming in the spring. When you receive your invitation please keep the date open. A good attendance will insure the success of this event. You should all be very proud of yourselves. Remember also, we are the only unit which is formally recognized for their staff development accomplishments. Allow yourself to be showered with appreciation, you deserve it.

The PDP/TA Subcommittee met for the first time in October. We did a live query of PDP Timekeeper and were able to observe several problem areas regarding the input of data into Timekeeper. I will be speaking to Administration regarding my concerns. Training will be beginning soon for the trainers for the new Timekeeper version we will be implementing next year. Hopefully, all the glitches we have endured will be eliminated.

Hoorah!! I am pleased to announce the TA/EA blog is up and running on the Faculty Association website. Please check it out at www.capregbocesfa.com. There is a link on the left panel for the TA/EA unit. I have included information that is relevant to TA/EA issues such as Teaching Assistant/Teacher Aide duties and certification requirements and timelines. If there is any topics you are inquisitive about please contact me and I will place it on the website. Our webmaster, Special Education Teaching Assistant, Sarah Adriance, has worked diligently on this site to keep our members informed. I am very proud and impressed by Sarah’s knowledge base and thankful to have had the opportunity to work with her to insure that this blog is successful. She continues to amaze me with her dedication to our membership. Thank you Sarah, you are a valuable asset to the Association.

Finally, the contracts I ordered have arrived and I have sent copies out to the folks who contacted me. If anyone else needs or knows of someone in need of a contract, please contact me at home at 393-2244. You can also reach me through my personal email address condolora@aol.com.

I want to wish everyone a wonderful Thanksgiving holiday. Please take an opportunity to reflect on the important things you cherish and hold dear to your heart. Life can become very hectic and we can forget to be thankful for the simple pleasures in life.

In Solidarity,

Colleen Condolora
Dear Colleagues,

At this time I am home recovering from surgery to my right shoulder. I should be back to work by first week in December. Please feel free to call me at home (393-5598), if you have any questions.

Recently I took on the responsibility of chairing the new Conference Committee that was started by your Rep. Council. I have had a Special Education Teacher member (Susan Stewart) volunteer to be part of the committee. I will need a member from the CTE Teacher Chapter, TA/EA Chapter and the Service Chapter. After I have been contacted by each member, I will ask the President to appoint them. As a group, we will decide on the role of the committee and present our findings to the Representative Council.

Please welcome Margie Westley, School Nurse in Special Education, stationed at RA II.

Thanks for your support and enjoy the upcoming Thanksgiving Holiday.

In solidarity, Susan

A reminder for those considering retirement!

IF you are thinking about retiring during the 2009-2010 school year, YOU must submit a letter to Mark Jones, [Assistant District Superintendent, Capital Region BOCES, 1031 Watervliet Shaker Road, Albany, NY 12205] by January 15, 2009.

Please refer to your contract for the correct wording.

This will ensure that you receive compensation for unused sick days when you do decide to retire. A copy of a sample letter is on the Faculty Association’s website

www.capregbocesfa.com

Sunshine Chair

Please remember to contact the Sunshine Chair when one of our members is ill, has experienced a death in the immediate family, or has had an addition to the family. It is extremely helpful if you also give the Chair YOUR telephone number so the information may be verified. If you have the current address of the person to whom you want a card/note sent, that, too is helpful. Cards are often returned because of changes in address.

FREE LOAN PROGRAM PROVIDES DESCRIBED CAPTIONED MEDIA

Media is often used in the classroom as a supplemental learning tool for students, but for students with visual and hearing impairments, it may not be an effective aid. To help these students, the National Association of the Deaf, with support from the Education Department, established the Described and Captioned Media Program to eliminate inconsistencies that may occur with traditional media.

The program operates as a free loan system that provides educational media with audio and captioning to parents, K-12 educators and administrators who teach one or more students who are deaf or hard of hearing and those with visual impairments, including blindness and deaf-blindness. “It’s sort of like Netflix but smaller because we are nonprofit,” said Thomas F. Lohman, communication service specialist, for the program.

Online registration is required to access the loan library, which has more than 5,000 captioned media titles and 300 programs with captioning and audio description.

Go to www.dcmp.org for more information
Hello Retirees,

Aren’t we blessed to be free of the marathon our working brothers and sisters face each day? They prepare their families for the day ahead, they prepare themselves and the materials they will need for the day, they must face the snarls of traffic as they change hats and put aside thoughts of home and family and gear up for the job responsibilities which await them. Then another marathon begins.

Often the workday is followed by other obligations; strand meetings, Association meetings, committee meetings and numerous errands necessary to keep home and family going and for some, going to a second job. Family, dinner, mail and endless laundry further take their toll on time and energy, leaving limited time for keeping up with world events.

In contrast, many retirees know only too well the details of the situation in our country and our world and have great concern about the future. The impact of the economy in our country has affected world markets. We have concerns that 70% of our oil comes from foreign markets. We have concerns that 401K’s, which future and current retirees are counting on, are in jeopardy or showing loses. (We are grateful for our $30 monthly pension increase this year.) We know that we as tax-payers, will be billed for the "bailout". We have concerns that those who have variable rate mortgages could lose their home. Most of all, our hearts go out to those who have lost their jobs and benefits and are at risk of being homeless.

We began this piece with compassion for our working sisters and brothers and the harried lives they lead. The positive side is that they have the good fortune to be employed in secure and interesting jobs with many benefits. They also have the satisfaction of knowing they are helping others to have a better life, either directly in the classroom or through supportive services. They have the opportunity to use their creative talents in their work which comes with ready-made challenges. On some days, there are a few too many challenges.

We cannot wish away the trepidation we feel about the future, but we can appreciate the good experiences each day brings. We hope we can weather this storm which has no quick and easy solution. We will have no choice in learning to distinguish between wants and needs if the predictions we hear are correct. We have no choice but to continue on and gain new perspectives on what is really important in life.

On the lighter side, it is known that many retailers of consumer goods are experiencing a decline in sales. However, one business has maintained or increased its sales. Can you guess which one? The liquor stores!

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WE INVITE YOU to share update for the RETIREES CORNER

Name _____________________________________________________________
How are you?_______________________________________________________
Have you moved?____________________________________________________
Travel?____________________________________________________________
New family members?________________________________________________

Send to: Jeanette K. Christoff Phone- 518-356-0137 OR jankachristo@juno.com
1029 Day Rd., Schenectady, NY 12303
RETIREE UPDATES

Congratulation to Paul O. Gordon, (So. Col. School Board), and Florence DuCharme-Thompson, (So. Col. teacher), who were married on October 11, 2008 at St. Pius Church in Loudonville.

Wishing a speedy recovery to Anita Riccio, who recently had shoulder surgery. She tore a muscle while ziplining in Costa Rica.

We saw Jill Ogilve Brown at church recently looking as elegant as ever.

Special Ed Teacher's Chapter Meeting

Nov. 19, 2008 Colonie Com. Center
Jan. 21, 2009 School Support Services
Mar. 18, 2009 School Support Services
May 20, 2009 School Support Services
Dec. 17, 2008 School Support Services
Feb. 25, 2009 School Support Services
Apr. 22, 2009 Colonie Com. Center
June 10, 2009 School Support Services

Wednesday, Nov. 19
(Before Rep Council)
3:30-4:00 PM

What's Bugging You?
Special Ed. Teacher Unit Meeting Minutes—October 22nd
By Carolyn Beattie

- The issue of classroom hours that was discussed during our last teacher unit meeting is being examined further by the appropriate parties.
- It was discussed that not everyone is familiar with the Teacher Unit contract. Also, there have been times when teachers have not spoken up when the contract is not being followed. It is important to address these violations when they occur. The contract is there to assist, protect, and provide teachers with an acceptable working environment (see Article VII on pp. 26-33). If you do not have a copy of your contract, you should contact your Chapter Vice-President (Gail Radecky).
- The issue of Association Reps not contacting their constituents was discussed. Those present at the meeting feel it’s important for members of the teacher unit to know who is representing them in the Faculty Association. These representatives should be opening the lines of communication. One suggestion included a beginning of the year letter or email.
- Additional topics included moving computers during the summer school session, teacher prep time, and the Special Ed Advisory Committee meeting.

If you would like to contribute to any of the above topics or have other subjects you would like to discuss, the next Special Ed. Teacher Chapter meeting is November 19th at the Colonie Community Center in Room 11.
To receive email reminders and a copy of the meeting minutes, please email Susan Stewart at jsdvs@aol.com.

2008 Friday Socials

- Friday, November 21st—O’Tooles - 3:30 PM
  (in the Kohl’s Plaza on Central Avenue)
- Friday, December 12th—Doratoes—3:30 PM
  (in the 20 Mall, Guilderland)

If you’ve never been, this is the time to come check it out. Invite a new co-worker or make plans to meet up with that person you only see at opening day.

Upcoming Conference Schedule

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<td>Regional Presidents Conference</td>
<td>February 5-6, 2009</td>
<td>Gideon Putnam, Saratoga Springs</td>
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<tr>
<td>NYSUT Health &amp; Safety Conference</td>
<td>March 6-7, 2009</td>
<td>The Hilton, Saratoga Springs</td>
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<td>Committee of 100</td>
<td>March 23-24, 2009</td>
<td>Albany</td>
</tr>
<tr>
<td>NYSUT Representative Assembly</td>
<td>April 2-4, 2009</td>
<td>Buffalo, NY</td>
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**New York Cancer Screening Programs are closing their doors!!**

In the midst of Breast Cancer Awareness Month, the breast, cervical and colon cancer screening program for uninsured New Yorkers is running out of money. From New York City to Buffalo, From Westchester to Central New York, many of the state funded programs are shutting their doors. The explanation is that there simply isn't enough funding to sustain life-saving cancer screenings for those in need!

A little more than halfway through the fiscal year, many programs have screened so many people that they've expended their contracted funds and the State is telling Partnerships that, because of the budget crisis, no supplemental additional funding is available, even though many eligible people still need screening. The result is that women and men requesting life-saving tests are being turned away. Further shutdowns loom when the NYS Legislature meets again on November 18th for further state budget cuts!

The American Cancer Society and others are demanding that cancer screening remain a priority. We must not let cancer screening be sacrificed. TELL YOUR LEGISLATORS AND THE GOVERNOR TO FULLY FUND CANCER SCREENING PROGRAMS FOR THE UNINSURED!!

Follow this link to send a message directly to your elected officials!

https://secure3.convio.net/acscan/site/Advocacy?JServSessionId=ia06731s91.app303b&cmd=display&page=UserAction&id=2755

For questions, please contact your Regional Advocacy Director, Sherry Tomasky, MA, American Cancer Society (Phone 518-454-4011)

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**HELP TWEENS’ MAKE SMART MONEY DECISIONS**

Want to bring math skills to life? ARID helps children develop sound saving and spending habits—skills that will help them now, but especially in the future? Check out Feed the Pig for Tweens, a fun, hands-on financial literacy program for grades 4-6 from the American Institute of Certified Public Accountants. Developed with input from the Teacher Advisory Board through the National Council of Teachers of Mathematics, Feed the Pig helps children learn about the urgency of saving while building important math skills in a fun and engaging way. Teaching materials, including course/work that reinforces math skills with real-life applications—like tracking expenses and balancing a checkbook—are free to download at [http://feedthepig.org/tweens](http://feedthepig.org/tweens).

Reprinted from November/December 2008 NEA Today

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**Membership Report**

Lisa Mink, Membership Chair

- Service Unit Members: 107
- TA/EA Members: 266
- Teacher Members:
  - Special Ed: 246
  - CTE: 76

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

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**Remembering Barbara Zimmerman**

In her own words…

Following is a letter composed by Barbara Zimmerman and read by her step-daughter Judith Willison at Zimmerman's funeral services on September 1, 2008:

“I have sat endlessly wondering how to start out a letter that would be read at my funeral. The best I can come up with is...I'm sorry for your loss."

To read more, please go to the Capital Region BOCES Special Education Web site or use this link: [http://www.capregboces.org/speced/News/ZimmermanEulogy.htm](http://www.capregboces.org/speced/News/ZimmermanEulogy.htm)
Good to Know!

Whether you are a new educational professional or have had many years of experience, it is important to protect yourself in the educational setting. NYSUT has published an excellent brochure entitled: “What You Need to Know About Protecting Yourself”. The entire brochure is available from NYSUT by calling 1-800-342-9810 (ask for the Publications Department) or by contacting one of the Triad Co-Editors. However for your convenience we will be publishing excerpts from the brochure over the next several issues.

Protecting Yourself

We live in troubled times, and school employees need to behave in such a way (and avoid certain situations) to protect themselves physically, medically, legally and professionally.

Touching Students: There was a time when schools and teachers acted in loco parentis (literally, in the place of a parent), and no one thought twice about teachers touching kids to praise them, to discipline them, to comfort them or to restrain them. Those days are long gone.

Now, a school employee who touches a student for perfectly innocent reasons may be accused of child abuse, sexual harassment or assault. Often, the charges are groundless, the case never goes to trial, or the employee is found not guilty. It’s not fair, but the reality is the eventual disposition of the charges may have a far lesser impact than the original accusations. The reputation and career of a totally innocent employee may be irreparably damaged.

Some students come to school with weapons. An employee trying to restrain or discipline such a student risks bodily harm. New York prohibits corporal punishment (any act of physical force used to discipline or punish a student) in public schools. It does permit a teacher to use physical force to protect a student or teacher from physical injury, to protect school property or to restrain or remove a disorderly student. If possible, secure assistance from school administrators before acting. Physical force should only be used as a last resort in a drastic situation.

If you must use physical force to protect or restrain, make sure there are witnesses to the sequence of events. Obtain names and written statements from student and adult witnesses immediately after the incident. Don’t use more force than is necessary and never use physical force to punish a student.

Upcoming topics: Notes and Jokes, Handling Money, Alone With Students.

Submitted by Lois Leonard, TRIAD Co-Editor

Related Service Survey

There will be a survey sent out from the Faculty Association Rep Council. Please take the time to fill it out and send to the address stated on it.

Friday Socials

If you have any suggestions for future locations, please contact Carolyn Beattie at carbeattie@aol.com.
American Indian Month

November is National American Indian Heritage Month, and the AFT has developed a Web site http://www.aft.org/teachers/native.htm that pulls together a variety of resources to facilitate learning about Native American history, culture and achievements. Younger students will enjoy learning about the numerous American Indian tribes. Secondary students can find out about key historical events and Native Americans’ significant political and social contributions to our country.

New Classroom Resources from the AFT Capture 2008 Election’s Teachable Moments

Immediately moving the historic 2008 presidential election from the voting booth to the classroom, the American Federation of Teachers today launched a Web site for educators that provide information, materials and lesson plans to help students absorb the many teachable moments of this history-making campaign.

“So much about this campaign has been historic and electrifying,” said AFT President Randi Weingarten. “From the incredible voter interest to the fact that both the primary and general election campaigns featured two strong female candidates and, ultimately, to the election of our nation’s first African-American president, it is imperative that we move these events and lessons into classrooms across America as soon as possible.”

The Web site, www.aft.org/tools4teachers/AmericaElicts, includes broad lesson plans that can be adapted for all students by using grade-appropriate resource materials such as biographies of civil rights leaders and a timeline of key events in America’s continuing effort to provide equal opportunity for all. In addition to providing information about historical events, the site helps explain the present-day dynamics that led to the Nov. 4 results. The site will be updated through the Jan. 20 Inauguration Day and beyond.

AFT Healthcare opens Web-based Learning Center

Nurses and other health professionals can earn continuing education credits online with AFT Healthcare's new Web learning center.

The first course, Making the Case for Nurse-to-Patient Ratios, is now available and provides 1.5 contact hours.

Courses are free and are self-paced. Participants can print a certificate of completion following the submission of the course evaluation.

AFT Healthcare will continue to add new courses, so be sure to check the Web site regularly.

To enroll, visit http://afthealthcare.weblearningcenter.net

State designates special SRP day

Nov. 18th is School-Related Professionals Recognition Day in New York State. SRPs are dedicated professionals who help educate and keep students healthy. They transport and tend to students and keep our schools clean, safe and running smoothly.

SRPs are partners in education with other school staff on both the front lines and behind the scenes. Who’s an SRP? School-Related Professionals include: clerical and support staff, school nurses, school bus drivers and attendants, cafeteria workers, teaching assistants, teacher aides, paraprofessionals, groundskeepers and custodial, maintenance and security personnel.

“Because of all they do every day, they are the hidden heroes of our schools,” said NYSUT Vice President Kathleen Donahue, whose office oversees SRP issues for the union.

Efforts to create a School-Related Professionals Recognition Day began at the 2002 NYSUT Representative Assembly, when delegates overwhelmingly approved a resolution — submitted by more than a dozen locals — to honor NYSUT’s approximately 90,000 SRPs.

NYSUT then lobbied the state Legislature for a statewide SRP Recognition Day, which lawmakers approved on an annual basis for the next few years.

Last year, a bill creating a permanent School-Related Professionals Recognition Day was finally approved and signed into law.

Now, SRP Recognition Day will be celebrated permanently on the third Tuesday in November, which often falls during American Education Week. In a public service announcement that will air on radio stations statewide, NYSUT President Dick lamuzzi outlines the important work SRPs perform and encourages listeners to "say 'thank you' to an SRP."

— Leslie Duncan Fottrell
Healthy Living; Living for Good Health
By Catherine A. Aini-Jakway, TA, Spec. Ed.

Save the Earth While Saving Money With Energy Star Qualified Products

My husband and I recently became home owners. After three months of grueling paperwork, moving, and remodeling almost every room in the house, I was left with the task of filling up my large raised ranch with furniture and new appliances. I have learned three things from this lengthy and costly experience.

1. Things will get done “in time”
2. We will “find a place” for all of our belongings
3. And, like finding the right house, shopping for new furnishings and appliances gets old real fast!

My husband left me in charge of all the decorating and the furnishing. So, that meant the money I spent and the purchases that I made had to be worth every penny. After making an expensive executive decision on a new bath and toilet, the next room to start on was my kitchen. I lived in a rented apartment for years and the only appliance I could truly call my own was the microwave. So, I began the process of shopping for a new washer/dryer, range, dishwasher, refrigerator, and a built-in microwave (that was my husband’s idea, not mine, and for anyone who asks, I tell them that I have a silver and black corvette parked under my kitchen cabinet). After countless exhausting trips to home improvement stores, I decided on the new stainless steel and black appliances for my kitchen. As I was shopping, I became aware of the large selection of Energy Star qualified products.

Energy Star is an international standard for energy efficient consumer products. First created as a United States government program in 1992. An easy way to identify the most energy-efficient products is to look for products that are ENERGY STAR qualified. Home electronics, office products, appliances, and more prevent greenhouse gas emissions by meeting strict energy efficiency guidelines set by the U.S. Environmental Protection Agency and the U.S. Department of Energy helping us all save money and fight global warming.

- ENERGY STAR qualified washers are better for the environment saving energy and water use means less air pollution. By using 30% less energy and saving 7000 gallons of water usage per year, these models save an average of $50 a year and $550 in operating costs over its lifetime compared to a regular clothes washer.

- Using an ENERGY STAR qualified dishwasher instead of washing dishes by hand can cut utility bills by more than $40 per year.

- Water efficient products like faucets, toilets, and showerheads, can reduce use by 11,000 gallons per year and can save you about $90 in water bills.

- Choosing an ENERGY STAR qualified Room Air Conditioner over a conventional Room AC will save you enough energy to run an ENERGY STAR qualified refrigerator for over a year and a half.

- To meet consumers increasing use of laptops, ENERGY STAR products must now meet energy use guidelines in three distinct operating modes: standby, sleep mode, and while computers are being used.

- Energy Star qualified fixtures or bulbs can save billions in energy costs and reduce greenhouse gases. CFL’s last longer and use about 1/3 the energy of a standard incandescent bulb. A new law requiring all bulbs to be more energy efficient will go into effect in 2012. All CFLs contain mercury, a neurotoxin that can cause kidney and brain damage. These bulbs cannot be thrown away in regular trash. Many local home improvement stores now offer free in-store CFL recycling.

Did you know by reversing your ceiling fan’s direction it will circulate warm air without creating a wind chill making the room feel warmer?

You can buy products that truly make a difference for your home and the environment. These products save you money because they cost less to operate and they use less energy, so they help to conserve natural resources, all without sacrificing quality or performance. Also, look for money saving rebates and tax deductions on energy saving home improvements.

For more information:
http://www.energystar.gov/homedepot.com/ecooptions
The bus will be dropping us off at Bryant Park. Bryant Park is located within walking distance of Times Square. Past trips to NYC have provided opportunities for various activities. These activities have included: ice skating at Rockefeller Center, seeing a Broadway show, visits to Ellis Island, The Statue of Liberty, and the Empire State Building. When you're hungry, the city has every possible type of cuisine you might be craving. New York City also offers countless places to finish your holiday shopping. The bus will be leaving Maywood School at 7 AM and arriving in NYC at approximately 10 AM. We will be leaving NYC at 5:30 PM. This gives you over 7 hours to take in the culture, food, and amazing holiday window displays. You will not find any other way to travel to the city for only $15.00!

Name ____________________________________________________________

Guest 1________________________________ Guest 2_________________________

Home Email address:__________________________________________________

Home Phone: ________________________Cell Phone:_______________________

Emergency Contact Person:________________________________Relationship_____________________

Emergency Contact Phone #:___________________________________________

$15.00 per person!!!!!

2 Guests per person

You must submit this form in order to reserve a seat

We will be leaving Maywood School at 7:00 AM and returning by 9:00 PM

Deadline: December 1st

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

Send Reservation Form and Payment to:

Carolyn Beattie
1247 Trinity Avenue, Rotterdam, NY 12306

PT/OT Representative Council Member Needed:

Please contact Gail Radecky, Chapter Vice President for the Special Ed. Teacher Unit if you are interested in joining Rep Council to represent Physical Therapist and Occupational Therapist. Here is an opportunity to express your concerns related to professional issues in the classrooms or within BOCES. Whether you are a veteran therapist or relatively new to BOCES you will find Rep Council an interesting and rewarding experience. For information or to sign up contact Gail at: gradecky@verizon.net or home phone: 765-9354.

Submitted by L. Leonard
Congratulations to Carolyn Beattie (Sp. Ed. Teacher) and Brent Pierce (Sp. Ed. Teacher) on their recent engagement. The wedding date is set for June 27th this summer.

Best wishes and hoping you will get well soon to Teresa Jones-Strock (Secretary, Sp. Ed.)

Joan (Teacher, Sp. Ed.) and Mark (Culinary Teacher, CTE) Brucker would like to announce the marriage of their son, Christopher Brucker to Meredith Jordan this past August 8th. Christopher is a former BOCES student in the DHH program. Congratulations to all!

Please contact Lisa Mink, Membership Chair with any change in address that you have. You can reach her at lmink8@hotmail.com or call 372-7240. 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.

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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Philanthropic Fund
By Anne O’Brien-Teta

The Capital Region BOCES Faculty Association has a long history of generously contributing to student, colleague, and Association causes in recognition of times of hardship and need. During the 2002-03 school year, the Association Representative Council established a Philanthropic Committee charged with the task of structuring a fair process through which Association members could apply for funds when a need was identified. As a result, a Philanthropic Fund was included as a line item in the Faculty Association annual budget.

The Philanthropic Fund defines three categories of need: student, Association member, and Association cause. The budget for each category provides $400, with a total budget for all three categories of $1200 annually. The process states that any Association member may request funds up to $100 per request, one request per Association member per year. There are forms to apply for funds available through your Association representative (in the rep’s binder of information) and through the Association’s corresponding secretary, Sue Davis. The form is then submitted to Rep Council, proposed as a motion at the meeting, and voted on by the entire Rep Council. Funds are distributed by the Treasurer, Debbie Sorvari.

Through the establishment of a Philanthropic Fund, the Association renewed its commitment to continued support of philanthropic causes and to judicious stewardship of your Association funds.

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

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