In their words

The candidates for president this year couldn't be any more different on the issues we care about as union members. In their own words, see the differences yourself.

DONALD TRUMP

Vouchers are the American way.

ISSUE

PUBLIC EDUCATION

HILLARY CLINTON

“Public education remains the foundation of our democracy, and we are going to fight for it.”

Started Trump University, which faces multiple lawsuits and state investigations for defrauding students. I don’t want to settle it because, look, the people that took the course, 98 percent of those people liked the school. We have report cards.

HIGHER EDUCATION

She would eliminate in-state public college tuition for working families, provide free community college, and cut interest rates on federal student loans. "... families are drowning in debt caused by ever-rising college costs.”

“It’s the balance of power: Teachers’ unions with too much power, parents with too little.”

UNIONS

“We’ve got to stand up for unions and working people who have been at the core of the American middle class.”

“We are going to repeal Obamacare.”

HEALTH CARE/AFFORDABLE CARE ACT

“Affordable health care is a basic human right.”

“When Mexico sends its people, they’re not sending their best. They’re bringing drugs. They’re bringing crime. They’re rapists.”

IMMIGRATION

“If Congress refuses to act, as president I would do everything possible under the law to go even further [than President Obama].”

“The deal is so pathetic and so bad.”

TRANS-PACIFIC PARTNERSHIP TRADE DEAL

“If I don’t believe we can keep giving new agreements the benefit of the doubt.”

LET THE FACTS

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**Important Dates for 2016-2017**

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**NYS School Related Professional Day**  
**November 15, 2016**

Please acknowledge the wonderful work that your co-workers do and make this day special for them.

**Capital Region BOCES Faculty Association Leadership**

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www.crbfa.org
Dear Colleagues,

It seemed like just yesterday we were starting another school year and now the holiday season is upon us. It is certainly a time of wonder. The students are excited in anticipation of the holidays. They may just be hoping for a snow day or maybe there is a magic that touches all of us.

When you read this I expect we will have selected the person that will be our next president. Not a task we take lightly. I want to thank you for voting in this election and for the next president of the United States. That right to vote you recently exercised is a right that many of the citizens of this planet do not get. It is a precious right I do not believe we should take for granted.

I hope your year is going well. Mine is off to a good start with students that both challenge and entertain me. As I may have said before, teaching is one of the toughest jobs you can do. Some say it is an art, some say it is a science. I say it is a passion. A passion to want to help kids by giving them the tools to be successful in life.

I don’t think there is a higher calling. The students we teach are our legacy. They truly are the future of this country. How well they are prepared to take on the issues of tomorrow, big and small, will help America to continue to be great. They will be the builders and decision makers of tomorrow. I have confidence that with our help, they will up to this challenge and will do a great job.

Thanksgiving is at hand. I want to thank each of you for the work you do, both for the union and for our students. They are both important to our future. I especially want to thank all our officers, Association representatives and committee members. You make the difference between success and a lack of success.

There is a definite magic to the season, I can feel it. This magic makes us smile in spite of what is wrong. There seems to be something mystical that causes us to be a little friendlier and a bit more giving. I can’t explain it, but the truth is it is there. It truly is a time to give thanks.

And finally I would like to thank you for your continued support and help. As we are entering the holiday season I want to wish all of you best of luck and good fortune. I know I have been blessed with the most important things in life and I hope you are too.

Looking forward, Doug
What's at stake nationally?

Nov. 8 is your day to choose the leaders who will help fulfill our collective obligation to help all students succeed and to help our communities thrive, all over the United States. Turnout will be exceptionally large during this presidential election year; every vote will count!

"Your votes will determine whether public officials in Washington, D.C., from Capitol Hill to the White House — and, yes, the U.S. Supreme Court — will be our allies against those who demand and pursue austerity, polarization, privatization and who want to undermine the professions in education and health care," said NYSUT's Executive Vice President Andy Pallotta.

In addition to the historic and critical presidential race, we need to elect members of Congress who will preserve and enhance earned benefits such as Social Security and Medicare, essential programs radical right-wingers in Congress want to dismantle and discard.

The continuing war against labor and collective bargaining rights will play out in these national elections again this year. Workers in many states have lost their rights to collective bargaining. It could happen here. If we end up with another anti-worker Congress and the balance on the Supreme Court falls to the conservatives again, the whole country could lose these rights.

"Make no mistake, this is the goal of many, many misguided elected officials and hopefuls," Pallotta said. "It's an agenda to lay siege to the foundations of the middle class. We must elect those candidates and incumbents who will defeat it."

Here's a rundown of some of the federal issues:

ESSA: To reclaim the promise of a high quality public education for all children, we must ensure that the Every Student Succeeds Act is implemented as it was written and intended. It must not resort to the testing obsession we've seen fail before.

Affordable Care Act: The ACA has allowed millions of people to obtain affordable health insurance, which is the only path to a more efficient and effective health care system in this country. The Republicans have vowed to repeal it, but it must be protected and expanded.

Minimum wage: NYSUT helped win a minimum wage increase in New York State, but a federal minimum wage remains on the table. No one who works full time and plays by the rules should have to struggle for basic necessities.

Student debt and for-profit education: Wall Street is making enormous fortunes off of higher education, paid for by students who finance their schooling with debt. At the same time, the agenda to privatize education for profit — in charter schools and higher education — has devastating effects on students and their communities.

Safe patient handling: We won it in New York State. A federal bill would decrease the potential for injury to all who provide and receive care.

Nurse in every school: A quarter of all school children have chronic health conditions, and school nurses are essential to their health and safety, as well as their ability to learn.
Key U.S. House races

**Anna Throne-Holst**
**CD 1**
Anna Throne-Holst understands the importance of accessible quality education at all levels, from pre-K to life-long learning, and supports pre-K for every child. She spent the past eight years as supervisor in the Town of Southampton cleaning up the town’s financial problems.

**Adriano Espaillat**
**CD 13**
Twenty years ago, State Sen. Adriano Espaillat was the first Dominican-American elected to a state Legislature. Espaillat's education platform is aimed at creating ladders of opportunity, from increasing funding to Title 1 schools to putting the same focus on building a national technology curriculum.

**Zephyr Teachout**
**CD 19**
Zephyr Teachout advocates for public education and stands with teachers and parents in the anti-Common Core movement to roll back the worst effects of high-stakes testing. She supports renewable energy solutions and opposes pipelines that threaten water and soil.

**Elise Stefanik**
**CD 21**
U.S. Rep Elise Stefanik has been involved in politics since she was in high school. She will fight to make sure parents and teachers in New York State communities are the ones making the best educational decisions for students.

**John F. Plumb**
**CD 23**
John Plumb has spent the past two decades serving his country in active duty and in the Navy reserves. He is committed to protecting health and reproductive rights for all women, and to ensure they have access to the health care they need.

**Colleen Deacon**
**CD 24**
Colleen Deacon has spent the past six years working with U.S. Sen. Kirsten Gillibrand to serve people in Central New York. In Congress, she will fight for STEM programs, for hiring new teachers to reduce class sizes and for expanding Head Start.
Dear Constituents:

As we head into the Thanksgiving season, I want to extend my heartfelt thanks for all you do for our students each and every day you are with them. Often times, because of our busy schedules, we don’t get a chance to reflect on how important we are to so many people. I know firsthand how important each of you are to the students our district serves. We are often the only role models our students have to encourage and praise them daily and to assist in making them feel safe. The holidays are particularly hard for some of our students. Continue to encourage and make them feel safe in their school environment. This caring will carry them through the difficult times they face when they feel scared and unsure. Each of you are appreciated more then you know.

Last week, training began for the Trauma Informed School initiative. I felt the training went very well and was pleased it got off to a good start. At the training were six teachers, four teaching assistants, two social workers and two administrators. Our next training will be on November 9th. I am looking forward to the next step of bringing this training to other staff. As you know, this training was brought to our district through a grant by the Department of Labor to NYSUT. Our Association is working closely with our Special Education division to bring quality training to assist with the mental health issues we have been experiencing in the classrooms.

On that same note, I will be presenting a NYSUT, Education and Learning Trust, Trauma workshop on our BOCES staff development day on November 8th. I’m looking forward to seeing those who attend this workshop. Several facilitators throughout the state were trained this summer and I was fortunate to be one of them. You will be able to learn strategies to use and also recognize the signs of trauma student’s exhibit. Often these signs are mistaken for other conditions such as ADHD or anxiety.

Susan Kusalonis and I attended a NYSUT School Related Professional Leadership Conference at the end of October. It was a wonderful experience to be able to network with so many SRP’s from around the state. I had the opportunity to speak to other BOCES personnel and discover they are experiencing the same hardships as we do. Substitute problems, stressed workers, violent students and injuries are a common theme for all school districts. We must continue to avail ourselves of quality professional development and take care of ourselves in mind, body and spirit.

Have a wonderful Thanksgiving holiday everyone! Give yourself a pat on the back for a job well done. I hope you find some relaxation and delicious food with friends and loved ones. Enjoy!

In Solidarity, Colleen Condolora

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Adopt A Family:

The Faculty Association is now excepting applications for its 2016 ADOPT A FAMILY program for the upcoming holidays.

Are you a member of the Faculty Association? Could you and your immediate family (spouse and children) use a little extra help with gifts this coming holiday season? Maybe we can help.

Please call or email the committee chair Sandy Smith @ Shortmom02@Yahoo.com and she will get an application and the guidelines out to you right away.

You will be asked to fill out an application along with certain income information. Then mail it to the address on the bottom of the application sheet by December 1, 2016. All requested documents must be sent with the application—no exceptions.

The committee chair will review your application and let you know if you qualify for the program for this year. All your information will be kept confidential and will not be shared with any of the committee members. Up to two families may be chosen for the program depending on the sizes of the families.

Any questions contact

Sandy Smith, Committee Chair – Shortmom02@Yahoo.com
Greetings,

It is likely that the Presidential Election will have been decided by now, barring a major power outage, a cyber-attack, a recount, hanging chads, (remember that one) or other natural or man-made occurrences. Haven’t we come to expect something negative to happen with the process? At least we are finished with the rhetoric, TV commercials and yard signs. Now we can hope and pray that “We the people” will be FIRST priority for the winner.

The hectic holiday season approaches and my list of summer jobs remains unfinished. Time can pass by so slowly when you are working and waiting to retire and too quickly, once retired. We have learned to slow down from the break-neck pace of our working years and have the time to listen to the stories that others have to tell, to appreciate the wonders of Nature in the morning sunrise and constellations of the night, to catch up on some of the reading we promised ourselves we would one day, and do. We have also learned that our body does not move as easily or painlessly as it once did. I certainly found that out when I tried to “jump” into my canoe this summer after 20 plus years away. It often seems like a battle between our spirit that stays young and our body that doesn’t.

During my summer reading, there were a few articles which may be of importance to some.

- If you are covered by NYSHIP and Medicare, you should have recently received a letter from the State of New York, Dept. of Civil Services, verifying that enrollee’s meet the credible coverage for the Medicare Prescription Drug Plan.

- Channel 9 reported, on 10/15/2016, that there are some doctors who are making house calls to people unable to leave their homes. I did not get further information but it may bear looking into.

- We were saddened to read that the Netherlands has proposed legislation to legalize assisted suicide for older people who are generally healthy but feel they have lived a full life. Opponents say the proposal threatens to lead the country down a perilous moral and ethical path. In contrast, we read that millions of refugees are fleeing their homes in the Middle East to save their life, as the wars continue.

As we think of the millions living in tent settlements, uncertain if they will have water to drink, let alone clean water or any food to eat that day, we cannot help but wonder why we in America have been so blessed or some would say, fortunate. Could it be that most of the original settlers in America came for religious freedom? Could it be that our Nation was founded on the Judeo-Christian ethic? Could it be the acknowledgement of Our Creator in our Nations original documents? Could it be the opening prayer of our legislative body or the motto, “In God We Trust”, chiseled into monuments and engraved on our coins? Could it be that for 150 years, the day began in public schools with a prayer and the Bible was read in class? Could it be that life was held to be precious when adults and infants died young and men lost their lives in wars?

None of us can answer these questions. As we see our freedoms slowly being eroded, it would not be surprising that many would consider it politically incorrect to even ask these questions. What is happening to our “Freedom of Speech”? Is it still okay to wish all a Happy Thanksgiving or does that have “incorrect” religious connotations?

I wish each of you a day full of thankfulness and introspective thoughts on what it means to you in your heart.
Mindfulness is a relatively new term but the concept has been around for centuries. This column will be an ongoing attempt to entertain as well as educate about mindfulness for social emotional health and wellbeing. How to be more present or in the moment and just what that means.

Mindfulness is a product of personal awareness, being present, calm and peaceful. It is a practice; a dedicated practice that most people shy from for that very reason. One has to practice and be dedicated to it. If you think about it, we practice and are dedicated to various activities every day for our physical and social wellbeing, like brushing our teeth, bathing, cooking, having morning coffee, going to work, teaching, exercise, raising our children, etc. So why aren’t we dedicated to a practice for our emotional and mental wellbeing? We come up with many reasons. The two most surveyed reasons are “I don’t have the time” or “I don’t know what mindfulness is or how to meditate”.

According to Mindful Magazine, yes there is a magazine dedicated to this subject; they list 5 reasons (wbur.org/cognoscenti) you are having a hard time with the concept and practice of Mindfulness. Here is the list with condense versions of explanations on how you can achieve this practice.

1. You don’t understand what it is. Mindfulness is simply being conscious and present. Choosing to pay attention to the moment. Noticing when your mind is wandering and bringing it back to what’s right in front of you.

2. You are forgetting to be curious. Taking into consideration that life does not always go our way. That people places and things are generally working on schedules, thoughts and actions of their own reality not yours. Stop wishing reality was different and get curious about the world around you.

3. You are making it bigger than it needs to be. Notice a wandering mind, wait to send that e-mail or think before you snap. Just remember to breath.

4. You only practice when you are upset. The more you practice being in the present moment when your calm and happy the easier and more effective it will be when you are freaking out.

5. You are trying to do it alone. Our brains are wired to think, worry, remember, predict, plan and regret. Mindfulness asks us to swim against the tide of these mental habits. We need support in this practice, with books, lectures, classes and conversations with like-minded friends.

The bottom line is mindfulness is the practice of being present by living in the moment. We have to communicate and react in positive, kind and meaningful ways in order to receive positive, kind and meaningful communication and reactions from others.

Maywood has a mindfulness program. Every morning we affirm positive thoughts with meditative music by utilizing the school PA system. This avails all the students and staff the opportunity be in a present moment, sit quietly, relax and breathe at the same designated time.

Look at it this way. As the cold weather approaches we usually take our car in to winterize it. Think of mindfulness as antifreeze for the brain.

Let’s take stock of our stress levels, be curious about our reactions, be willing and open to new ideas, practice what we preach and seek help in understanding what is nothing to be afraid of but, just might be everything to gain in regards to inner peace, emotional calm, spiritual serenity and quite possibly a happier easier life.

In the future with the help of other experts like my friends at The Albany Peace Project, (albanypeaceproject.com) I can provide information to help us all do the good work we do with vigor and more conviction with less stress and anxiety. To help us all just RELAX and BREATHE.

Here is something to start with. Something easy and simple to contemplate while having your morning coffee or say it just before you leave your house for work.

“My intention for today is that I may be honest, pure, unselfish, kind and loving. My intention is that I may make the quality of my life good by these standards.”
A little Turkey talk
Myth buster.

You have to periodically baste a turkey to make it juicy and come out with a nice brown crusty skin.

ABSOLUTELY NOT!

Nor do you have to tent it with foil to keep the skin from burning.

Opening the oven, to baste a turkey, only let’s all the heat out. This process means the oven has to constantly come up to temperature and also slows down the cooking time for the bird.

Tenting is not necessary either as the percentage of fat in the skin is commensurate to the time it takes for the turkey to cook, minutes per pound per instructions (usually 20 min. per pound when completely thawed). Just make sure the Turkey is centered in the oven so there is even room all around the bird. A simple hand oiling prior to putting it in the oven will be sufficient for browning.

Trust me on this … I have cooked thousands of turkeys in my former career as Chef and Caterer. (I am also a Culinary Institute of America graduate.)

Completely thaw and clean the bird. Salt and pepper the cavity. (I also like to sprinkle some poultry seasoning in as well) Stuff with quartered onions, smashed garlic cloves, a couple of bay leaves and maybe some quartered oranges or lemons.

Leave the stuffing for the stove top made with drippings from the turkey pan.

Pre heat oven, according to directions, lightly rub the bird with olive oil, place it on the rack of your roasting pan. Place the roasting pan with the turkey in the oven and leave it alone for the length of time required to cook it. I’m serious … do not open the oven door.

If you have other things to cook in the same oven back time it so everything comes out the same time. If you really have to, open the oven only once or twice just to place the other items in. Close the oven door as quickly as possible and leave it closed.

When the time is up take out the bird and let it rest for about 20 min. before carving …

This process will give you a moist, perfectly browned turkey. I guarantee it.

Happy Thanksgiving
Kevin Rheden
TA III Maywood School
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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Things to Do in November

Boost online safety: Wednesday, November 30 is Computer Security Day. Strengthen passwords by including letters, numbers and symbols. Don’t share passwords over the phone or in texts or e-mail. Adjust Privacy settings on social media. Back up computer files.

Bond over new games: November 20 to 26 is National Game and Puzzle Week. Popular new board games include Codenames for spy enthusiasts and The Voyage of Marco Polo, which re-creates his journey to China. For new/upcoming video games: Shack-News.com (search “Fall Releases”)

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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