News from the President

Dear Colleagues,

Happy New Year! I want to wish you all the very best in this upcoming year. I hope your holidays were filled with the sounds of laughter and smiling faces. I hope that all your wishes for the Holiday season came true. As we prepare to move forward and face all the challenges that will be presented in this New Year, I hope you will be granted the strength and patience needed.

I would like to thank everyone for their hard work throughout the year. Your Executive Board and Rep Council continue to work hard and represent you daily. This newsletter is a success because of the fine staff we have doing it. It is an example of what we can do when we work together and support each other. A special thanks goes to Susan Kusalonis and the rest of the TRIAD Newsletter Staff. Our children’s Christmas party is another success. The smiling faces there are the result of hard work of our Social Committee and all their helper elves. Because this is your Association, these successes along with many others are your successes.

The beginning of another year can be a time of reflection, renewed hope and resolution. Looking back, I can’t say it was an easy year. The continuing economic difficulties have caused hardships not only for our students but many of our colleagues and friends. Though I find myself in good health I often am saddened at the thought of their troubles.

I am hopeful for a better tomorrow and that optimism helps me push forward in spite of our difficulties. Though it seems like the downhill economic slide may be slowing, it still has a long way to go to get back to where we were. As for hope, I am forever hopeful that more people will learn to appreciate how hard we work for the children in our care and recognize what we do to help them. I hope that funding for needed student programs will improve. I have hope that education will be seen as the answer to many problems and not continue to be the scapegoat for a society that has placed individual wealth over the desire for a greater nation. I also hope that we as educators will be allowed to use what we have learned and we know, works. It seems that we spend far too much time trying to fix things that aren’t broken but may just need to be cleaned and polished.

Since it is that time when we make our New Year resolutions, I would like to make one now. I resolve to count my blessings daily, enjoy life more, smile more and continue to look toward the future. Thank you for your continued hard work on behalf of our kids and colleagues.

Looking forward,
Doug

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Dear Colleagues:

It is time to consider what you would like to see changed in the Service Chapter Contract as it ends on June 30, 2012. Due to the economy, I wasn’t sure we should open up the contract, but the comments received last fall when we were discussing longevity and the holiday schedule, left me with no doubt that the majority of members want to discuss issues.

So, please email me at maidmrn300@aol.com with any suggestions, comments, changes (reference exact page number and line of contract) and it will be reviewed by an advisory committee on January 30th at NYSUT. After speaking with a few members, this suggestion best fits our needs. The group that meets on January 30th will not all be on the negotiation team, but will have the ability to help direct our Chapter for the next contract.

As this will be my first official opened a contract it should prove to be quite an experience. Wish us all well.

It was brought to my attention that the chart in last month’s article was a little misleading. The left hand column looked like it references days, when in actuality it referenced the years you worked and when you would be given another day. I have adjusted the chart and reprinted it below.

<table>
<thead>
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<th># of Extra Days Per for years worked</th>
<th>Additional Vacation Accrued per month</th>
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<tr>
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<td>0.33</td>
<td>1.67</td>
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Thank you all for your support over the past 5 years. This time has flown by and my actual retirement is only five years away, so, if you think you are interested in becoming Chapter Vice President in the future, call me and we can discuss it.

In solidarity, Susan

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**Capital Region BOCES Faculty Association Leadership**

<table>
<thead>
<tr>
<th>POSITION</th>
<th>NAME</th>
<th>HOME</th>
<th>WORK</th>
<th>E-Mail Address</th>
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<tr>
<td>President</td>
<td>H. Douglas 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>
</tr>
<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>
</tr>
<tr>
<td>CVP Service</td>
<td>Susan Kusalonis</td>
<td>393-5598</td>
<td>421-2007</td>
<td><a href="mailto:maidmrn300@aol.com">maidmrn300@aol.com</a></td>
</tr>
<tr>
<td>CVP Spec. Educ.</td>
<td>Flora Fasoldt</td>
<td>674-0223</td>
<td>377-9018</td>
<td><a href="mailto:electflora@aol.com">electflora@aol.com</a></td>
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<tr>
<td>CVP C T E</td>
<td>Jeannine Moran</td>
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<td>862-4816</td>
<td><a href="mailto:jmrmoran@hotmail.com">jmrmoran@hotmail.com</a></td>
</tr>
<tr>
<td>Recording Secretary</td>
<td>Barbara Burnham</td>
<td>334-1193</td>
<td>862-4720</td>
<td><a href="mailto:baburnham@googlemail.com">baburnham@googlemail.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>
</tr>
<tr>
<td>Membership Chair</td>
<td>Lisa Mink</td>
<td>372-7240</td>
<td>464-3979</td>
<td><a href="mailto:lmink8@hotmail.com">lmink8@hotmail.com</a></td>
</tr>
<tr>
<td>Grievance Chair</td>
<td>E.J. Hanley</td>
<td>321-0485</td>
<td>356-8342</td>
<td><a href="mailto:ehanley1@nycap.rr.com">ehanley1@nycap.rr.com</a></td>
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Mark Jones discussed our relocation efforts.
- Leases are up soon; down to four sites and speaking with property owners; more detailed conversations in the next couple months; they will balance long term needs of our organization and districts.

Human Resources received a letter from Albany County Civil Service saying we are now in order. No compliance issues at present time compared to 300 issues two years ago.

The New York State Regent’s want the districts to give them the email address of all staff working in districts. Half of the districts have chosen to submit to SED via NERIC. A question asked was about who is keeping the lists up-to-date? No one knows. SED feels that asking is OK since school email address is public information. This was a request, not a mandate. Some districts are very uncomfortable and until they learn more about it, will wait on this. NERIC is not a compliance agency.

Legal Advocacy Group – We are being asked questions from BOCES perspective about APPR process. Everyone is being invited to the table.

Dr. Dedrick and Lynn Lenhardt (Bd. Member) attended a Syracuse Conference (which focused on high needs districts). Rick Tims, NYS School Finance Consortium, is producing 5-7 minute videos for district use at their Board Meetings, as he cannot make the trip to all of the state districts. Videos are available to show at any board meetings.

NYS Education Department has decided to furlough all State District Superintendents for 67.5 hours. Dr. Dedrick is declining to take money from BOCES to supplement this. DS’s are not fighting due to economy.
Dear Constituents:

As I write this a new year will begin shortly. Somehow, perhaps because the weather has been rainy rather than snowy, it is hard to believe it is January. It is though, so I hope everyone had a wonderful holiday season and your new year got off to a good start. Try hard to keep those resolutions you made.

The Negotiation team met with administration and the arbitrator before the holidays. We are progressing and should be able to bring our contract for a vote in the spring. The news at ED-10 meetings reveals that most districts in our region are having difficulties at the negotiation table. Until our economy turns around, districts will continue to cutback and unfortunately we will have to do with less and be expected to do more. These truly are unprecedented and challenging times for schools. More news will be coming in the next few months.

I want to take this opportunity to thank the Teaching Assistants who participated in the Navigating the BOCES Website and Computer Basics workshops. It was a pleasure to see everyone working so hard to gain new skills and understanding. Communication is a key component in our job, thanks everyone for striving to become current and to enhancing your professional development skills.

We are pleased to announce, all Teaching Assistants who wanted to be called back from the Preferred Eligibility List have returned to a Teaching Assistant position. This will mean there can now be internal movement if someone is looking to voluntary transfer into an open position since no one needs to be called back off the list. Of course, as you know, any open position must go to a TA/EA who is displaced.

Next month, I will be looking at the Special Projects everyone is currently doing for their APPR. If anyone is interested in having their project showcased at the TA Showcase on May 1st, please contact me. I will be contacting each principal for recommendations. It is wonderful that so many TA’s chose to do a project this school year. Choosing candidates for the Showcase will be a difficult process. Everyone is doing remarkable work in their classrooms. Keep up the good work.

I want to thank everyone for being so patient and understanding this school year. Best wishes to each of you for a wonderful and healthy New Year. If anyone has any questions or concerns, please call or email me. Happy New Year everyone!

In Solidarity,

Colleen Condolora

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### Rep Council Dates

<table>
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<tr>
<th>Date</th>
<th>Location Of each meeting</th>
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<tr>
<td>1/18/12</td>
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<td>2/15/12</td>
<td>Albany/Schoharie Rms.</td>
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<td>3/21/12</td>
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<tr>
<td>6/13/12</td>
<td>Albany/Schoharie Rms.</td>
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</table>
Happy New Year to All,

We certainly were blessed and are grateful for safe passage on Christmas Day, Chanukah and vacation-week for some. Except for the Texas area, those who traveled locally or afar had no weather worries.

During the holidays, we read or heard about the difficult plight of so many. Our appreciation for our good fortune at being a BOCES employee and retiree was increased. Upon becoming employed by the BOCES, we were and are, automatically enrolled in the Teachers’ or State pension system.

In the 1960’s, we had a choice of contributing 3%, 5% or 8% from our salary. A wise college teacher told us to contribute the greatest amount and although retirement seemed an eternity away, we would one day be happy we did. She was right. However she was wrong in discouraging us from joining a “union”, which she said was unprofessional for a teacher. It is because of our Association (union), that we had and have the health benefits, the salary, and a voice in conditions of our employment. All of these have given us a better life than we might have had, otherwise. (Unless we were a CEO in the 1%).

As most know, employers generally do not lavishly bestow upon their employees, the bennies they enjoy. Thus the labor movement came into being, preceded by 100’s if not 1000’s of lives lost in abhorrent working conditions and unfair labor practices.

Our own better lives, which have resulted from our employment, are attributable to the teachers, who in the 1960’s and early 70’s channeled their efforts into forming our Association, creating the Constitution and first contract that affects us each day, whether working or retired.

Therefore, as a tribute to the many who came before us, the February issue of the TRIAD will be dedicated to them and our early history. We are reviewing the old documents we have, and contacting “old timers” for their input. We welcome hearing from anyone who can share stories and experiences. Please call me at (518) 356-0137 or Cathi at (518) 469-7969.

REMEMBERING.

Robert L. Burroughs, (Teacher, Sp. Ed.) 74, of Braintree, VT. passed away on November, 23, 2011. Bob had been a special education teacher at BH/BL O’Rourke Middle School, then for 30 years at Farnsworth MS in Guilderland. He had served as president of the Empire State Aero Science Museum at Schenectady Airport.

We have been informed that Jean Foley (TA, Sp. Ed.) passed away on April 28, 2008 from metastatic breast cancer. Had Jean survived her illness, she would have continued to be a vital part of the BOCES IMN workforce. Jean’s family came through the floods without serious damage.

(Our appreciation to Jean’s friend, Cheryl Holmes Wright (TA, Sp. Ed.) for informing us.)
Healthy Living; Living For Good Health
By Catherine A. Jakway, TA, Sp. Ed.

Pets Are Good Medicine

Pets are not just good medicine they are members of the family. Like people, they have their own personalities. If you are a pet owner, you know what I’m talking about. I have a 12 year old kitty named Midnight. She hears my car pull in the driveway before my husband does. I love my little fur ball and I can’t wait to get home to her. I would like to believe that she greets me at the door everyday because she misses me. The truth may be more that she waits for me because the alarm clock in her fat belly tells her that it’s snacky time, and only mama provides the snackies.

Caring for a pet can provide a sense of purpose and fulfillment while at the same time, the animal provides unconditional love and affection, and lessens the feeling of loneliness for all age groups. Many empty nesters, singles, or those who have lost their mates want someone to take care of so they choose animals. These furry creatures are important members of all family types. Pets are great listeners, company keepers in sickness and in health, protectors, and even body warmers. My cat sleeps right next to me and we share body heat!

I kid my husband all the time about Midnight. I have had her 12 years but I have only been married to him for four. I tell him blood is thicker than water and if we ever separated, I would still have my cat.

Having a pet can be a remedy that could reduce stress, lower blood pressure, improve heart health, promote social interaction, and boost your general well-being. The simple act of petting a dog or cat can turn a bad day into a good one. Pets bring a sense of calm and relaxation as well as satisfy the need for touch and affection. They rely on us for care, play, and exercise, and can be a motivating factor in establishing a routine for physical activity.

There are thousands of wonderful animals in desperate need waiting for loving homes, life-saving for the one you choose. If you don’t have a pet, adopting one can be a multi purpose remedy for health and happiness with life saving side effects. That’s what I call good medicine without having to go to the doctor. What a great way to start the New Year!

INFO OF INTEREST

* Those receiving Social Security or Supplemental Security income are receiving a 3.6% increase starting in January. There was no COLA in 2010 or 2011, therefore the total yearly amount did not change. The average yearly amount of Social Security is $13,000 and will increase by $467 for the year. (Saving as much as possible for retirement is wise decision.)
* The BOCES Memorandum of 12/22/11 contained information for those contributing to the NYSHIP health plan. For those who do not contribute, the memo can be disregarded.
* If you have rejoined the work force after retiring, there are rules governing your earnings. A reduction or suspension of your NYSTR pension could result if they are not followed. Check www.nystr.com for specifics.

Capital Region BOCES FA Website

Barb Burnham has worked hard on the newly updated website and it will be worth your while to check it out.

www.crbfa.org
Happy New Year to all. The coming of 2012 gives all of us a new opportunity to start fresh and make some changes for the future. I had the opportunity to make a change to my appearance and wow, what a difference! Not only did I lose 12 ½ inches of my hair, friends say that my new style has taken years off my appearance.

As much as I looked forward to making the cut for quite some time, I have to admit that I was seriously scared of the outcome. It has been at least six years since I had short hair although what I have now is a bit longer than what I had then. This turned out to be quite the experience for me. I knew what the requirements were as far as the cut and the guidelines to follow for Locks of Love. Knowing it but actually doing it became two entirely different things. I think the only things that weirded me out the most was the sound and the sensation of my hair being taken. With scissors so close to my ears, I could really hear my long hair being cut off while at the same time my neck began to feel a sensation it hadn’t felt in a long time, cold. All in all, the new person I saw in the mirror for the first time really liked her new look and so did those who watched the whole thing from start to finish.

My first night without the long locks turned out to be a tough one for me. My hair appointment was not until later in the evening. I was still wired from the stress and anxiety of it all and I got to bed late that night. You would think I would have slept, now that everything I had been waiting for such a long time was behind me. Instead it was a sleepless night. I thought maybe it was because I just couldn’t get my head to shut off. Finally after what felt like a couple hours, I did manage some sleep but still I kept waking up. I thought maybe I was worried about the reaction students and staff would have the next day, but that wasn’t it at all. I was missing over 12 inches of hair! That disturbing mane that would wake me up from being tangled, covering my face, caught under my arm pit now robbed me of sleep due to the lack there of. The cut was made on December 1st but I am really still getting used to it. I have received many compliments on my shorter hair style.

Gone are the bulky hairclips and long hair towels. Gone is the 15 minutes it took to dry my head. And, gone is the pain from carpal tunnel in both hands. I can dry in five minutes or less or I can wash, style, and go depending on the weather. I was very apprehensive about making the cut in December but where my hair is no longer pretty new scarves is its replacement to keep my neck warm!

What I need to keep in mind now that I have shorter hair:
Number one; The shampoo and conditioner I use is expensive, use less, and number two; going more than 5 minutes with the blow dryer burns my ears!

In the future:

Pat Gollub holds her cosmetology clinic at our Albany CTE location every year around the holidays. If I can get enough interest in another campaign I was thinking perhaps the Locks of Love hair donations could be an annual event. Would you consider it for next year? If we can run another event, I will not be a participant in 2012. Twelve inches of new growth in twelve months just isn’t going to happen. Maybe again in lucky 2013.

My Special Thanks to Pat Gollub.

Please remember to visit

Your Actions Here Fund Mammograms For Women In Need.
Mobilize now for special elections and budget votes

This is an important year to mobilize voters among membership, their families and supporters of labor and NYSUT issues.

- March -- Special elections will be held in a number of Assembly and Senate districts. Dates have not been set, nor has the NYSUT Board of Directors decided whether to endorse in any of these races.
- April 24 -- Republican and Democratic presidential primaries. Also -- Election for delegates, by congressional district, to both Republican and Democratic national conventions.
- May 15 -- School budget votes.
- June, August or September -- The primary election day for Assembly and Senate races is currently under debate. All 150 seats in the Assembly and all 62 seats in the Senate are up for election. We will update.
- Nov. 6 -- General election nationwide for President and a variety of state Assembly and Senate races and one U.S. Senate seat.

Social Gathering Dates

- Our Social Gatherings, aka Happy Hour Get Together's are planned for Friday, January 27th at Ruby Tuesdays at Mohawk Commons beginning at 3:00 p.m.
- We have not scheduled one for February due to Winter Break. If anyone has interest in meeting in February, contact Brent Pierce, Spec. Ed. Teacher.
- Our next Social Gathering is scheduled for Friday, March 2nd, 3:00 p.m. at O’Tooles Tavern in the Kohl’s Plaza on Central Avenue.

The bus trip to New York City on December 10th was a good time enjoyed by all. Fifty three passengers braved chilly temperatures and gusty wind to see the Big Apple at its finest time of year. I was “in charge” of the bus trip. We left Maywood School at 9:45 AM and returned at 10 PM. I didn’t leave anyone behind at Maywood nor leave anyone unaccounted for in NYC. (My biggest fear). Like Santa, I had my list and I checked it twice.

It was a long day, but everyone had their own agenda for their visit and we all met back at Bryant Park to make the return trip. We were tired, cold, and just about worn out from carrying packages and all the walking. I think everyone agreed it felt good to sit down and get off of our aching feet. I didn’t hear anyone say that they wanted more time. We wanted to go home! We had a terrific Wade Tours driver who got us there and back without incident. We made one stop on our way down but I didn’t hear anyone request a stop on our way back to Maywood. Everybody was rather quiet that evening most of the trip. Passengers including myself in the front heard the sound of applause coming from the back. So, I had to find out what it was all about. If there’s a story, I want it. And yes, there was a beautiful story. Allison Brown, TA Spec. Ed. left for New York a single girl with her boyfriend and came back a fiancé with her husband-to-be. Allison and her groom to be Doug Vine had just gotten engaged. We wish them a long healthy and happy marriage!
I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Colosseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland??" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible place. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

And the pain of that will never, ever, ever go away... because the loss of that dream is a very very significant loss.

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

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**Dog Wisdom**

- Live simply.
- Love generously.
- Care deeply.
- Speak kindly.

*When loved ones come home, always run to greet them.*

*Never pass up the opportunity to go for a joyride.*

*Allow the experience of fresh air and the wind in your face to be pure Ecstasy.*

*Take naps.*

*Stretch before rising.*

*Run, romp, and play daily.***

*Thrive on attention and let people touch you.*

*Avoid biting when a simple growl will do.*

*On warm days, stop to lie on your back on the grass.*

*On hot days, drink lots of water and lie under a shady tree.*

*When you're happy, dance around and wag your entire body.*

*Delight in the simple joy of a long walk.*

*Be loyal.*

*Never pretend to be something you're not.*

*If what you want lies buried, dig until you find it.*

*When someone is having a bad day, be silent, sit close by, and nuzzle them gently.*
NYSUT members: Are your pets protected?

As all animal lovers know, unexpected pet care expenses can quickly become overwhelming. Our favorite four-legged friends (along with exotic pets) are famous for devouring socks, coins and other "treats" that can make for expensive vet visits.

While it's difficult to anticipate accidents and illnesses, it is important to be prepared for them. It's also helpful to have some assistance when it comes to routine care for your pet.

NYSUT Member Benefits is here to once again help you save some hard-earned money through our new endorsed pet insurance program.

This Member Benefits Corporation-endorsed program offered by VPI Pet Insurance offers a variety of coverage options for dogs, cats, birds, and exotic pets.

The "scoop" on VPI
VPI – part of the Nationwide Insurance family – has served as the largest and most recommended pet insurance plan in the U.S. since 1982. VPI currently has nearly 500,000 policies in place and occupies 61% of the pet insurance market.

Pets under the age of 10 are eligible for coverage, and medical plans provide benefits for accidents and illnesses – ranging from ear infections to cancer. Optional CareGuard plans provide benefits for preventive care.

It pays to be a member
NYSUT members receive a 5% group discount on the base medical plan and up to a 15% discount if multiple pets in a household are enrolled. There are a variety of payment options available, including direct bill through your checking account or credit card; payroll and pension deduction will be offered down the line.

Easy submission process
VPI offers an easy, three-step claim submission process with a prompt turnaround for the majority of reimbursements.

- Simply pay for your pet's medical treatment at the time of service.
- Send the one-page claim form along with your receipts to VPI.
- After meeting your policy’s deductible, your eligible expenses will be reimbursed.

Policyholders can quickly process claims online, via email or fax, and easily keep track of their policies and download pre-printed claim forms through a helpful website.

VPI has an average turnaround time of 12-14 business days for a claim. The best part is that you will know up front exactly what is covered with your plan and how much you are eligible to be reimbursed thanks to the VPI published benefit schedule.

What to do first
To get started, please contact VPI toll-free at 866-838-3461 (this is a dedicated number for NYSUT members) or visit memberbenefits.nysut.org and click on "Discounts & Travel – Members" and then "VPI Pet Insurance." There, you'll find a link to a NYSUT member-specific VPI website. You can also contact Member Benefits at 800-626-8101 with any questions.

VPI Pet Insurance is a NYSUT Member Benefits Corporation (Member Benefits)-endorsed program. Member Benefits has an endorsement arrangement of 5% of adjusted gross premiums for this program. All such payments to Member Benefits are used solely to defray the costs of administering its various programs and, where appropriate, to enhance them. Member Benefits acts as your advocate; please contact Member Benefits at 800-626-8101 if you experience a problem with any endorsed program. Agency fee payers to NYSUT are eligible to participate in NYSUT Member Benefits-endorsed programs.
NOMINATIONS FORM

It’s that time of year again, and you know how important it is to get involved. It’s time to look to yourself and your colleagues for new faces to add to those familiar faces who have been providing strong leadership for our organization. Make your recommendations and return to the address below. Deadline March 1, 2012.

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Nominate in your Chapter only:

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Submitted by:      Print Name___________ Signature_________________

RETURN TO:      Catherine Jakway
                311 E. Campbell Road
                Schenectady, NY  12303-3284

Opt In for the TRIAD

A motion was passed by the Capital Region BOCES Faculty Association to try to “Go Green” and only send a hard copy of the TRIAD starting with the September 2012 issue to members who request it. We will start asking those members who want to continue receiving a hard copy to let our Membership Chairperson, Lisa Mink, know that they want a hard copy and confirm the mailing address. You can contact Lisa by phone (518) 372-7240 at home; email her at lmink8@hotmail.com or by US mail to: 8 Jester Drive, Colonie, NY 12205.

We will continue to put this in each newsletter as a reminder.
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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AND TRIAD NEWSLETTER
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PERSONNEL PERSONALS

Happy Birthday wishes for two retired Special Educators who shared many years, classrooms and students, Mimi Mounteer and Jan Albertini.

Congratulations to Stan Christoff, Votec/Sp. Ed., who is celebrating his 84th birthday and 20 years as a Stroke survivor.

We are saddened to report that Betsi Sherwood has died. Barb Sherwood (TA, Sp. Ed.) is her sister. Many of you had probably worked with Betsi when she was in the main office at Albany CTE.

Sunshine Chairperson

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

Michelle Angelo
385 Ballston Avenue, Scotia, NY 12302
(518) 370-3468
mangelo1@nycap.rr.com

Please contact Lisa Mink, Membership Chair with any change in address that you have. You can reach her at lmin8@hotmail.com. In doing so, you will be assured of receiving all that correspondence that the Association will send you including your newsletter, the TRIAD.

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