Colleagues,

I am so glad it’s June. This has been a long school year for all of us. The ongoing economic uncertainty and continued attacks on our excellent public education system and the middle class by many self-serving individuals and groups, has weighed heavily on us all. NY education was a model for quality and efficiency, yet over-testing, foolish regulations and under-funding schools has done much to damage our system and hurt our kids. So much so, that I believe, even with the best state leadership, it will take many years to recover and get our schools back up to the high level of quality we had six years ago.

The latest buzz is a teacher shortage. I am not at all surprised. So many of our fine teachers across NY are getting out. They’ve had enough. Spending time and money on a “Test to Punish”, state mandated, APPR plan has taken a toll on teacher morale. People do not teach to get rich (like wall-street hedge funders). You become a teacher because your ideals are not limited to how much money can make. You go into teaching because you care about what the future will be and want to make a positive difference in the lives young people. I know a lot of teachers and they all fit this description. Unfortunately, after the last few years, many have decided that they can no longer teach in such an educational environment that we now have. As much as I love teaching, I would be careful about suggesting it as a career. Maybe in time it will get better.

I want to thank you for participating in our Association election. Your interest in your Association is demonstrated by the number of ballots cast. With the election, there have been some changes in Association officers. Sandy Moran, CTE VP and Patricia Gollub, Executive VP, were defeated in contested elections. Jean-nine will be replaced by Erica Kane as CTE Chapter VP. Patricia will be replaced by Sherry Karcher-Hewitt as Executive VP. It has been an honor working with these three ladies. They are each strong union activists who worked very hard representing members and solving problems.

We have shared many battles with administration, settled a few contracts and at times, helped our administrators view things differently (a clearer view). They have helped me in my duties and served each of you with a dedication and passion for what is right. I know that many times they carried out their duties when they had more on their plate than most folks could handle, without the additional Association responsibilities. They have my admiration and I will miss each of them.

Welcome aboard Gina, Erica and Sherry. You have your work cut out for you. Summer is here and right about now that is a good thing. A chance to enjoy a bit of nice weather. Time to do some of the household jobs that we put off during the school year. Possibly get away for a little vacation. Recharge our spirits in preparation for another school year and more challenges.

In closing, I want to thank each of you for your continued support and help throughout the year. I want to thank all who have helped serve on a committee and get the work of the Association done. I especially want to thank all your Association officers for their help. They continue working hard for you and in doing so, help me.

Enjoy your summer and have some fun. You work hard and have earned the break.

Looking forward, Doug

June 2016
Vol. XXXX No. 10

News from the President
Important Dates for 2015-2016

<table>
<thead>
<tr>
<th>Exec Board NYSUT</th>
<th>Rep Council 900 bldg. (unless noted otherwise)</th>
<th>TRIAD Meeting Maywood</th>
<th>BOCES BOARD Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 1, 2016</td>
<td>June 15, 2016 Schenectady Room</td>
<td>None</td>
<td>June 20</td>
</tr>
</tbody>
</table>

NYSUT Capital District Regional Office Calendar

July 6, 2016, Wednesday, 8:30 a.m. – 1:00 p.m.  
**Member Workshop - Teachers Years 1-4**  
NYSUT Headquarters  
Register at: http://www.nysut.org/eReg/CDROMM1

July 31- August 5, 2016  
**Leadership Institute**  
Location TBD  
Contact: Theresa Bernacki, Program Services  
213-6000

July 11-15, 2016  
**LAP**  
**Gideon, Saratoga Springs**  
Contact: Theresa Bernacki, Program Services  
213-6000

October 14-16, 2016  
**CDRO Leadership Conference**  
High Peaks Resort, Lake Placid  
Registration site TBD

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>
</tr>
</thead>
<tbody>
<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>265-2358</td>
<td>356-8349</td>
<td><a href="mailto:condolora@aol.com">condolora@aol.com</a></td>
</tr>
<tr>
<td>CVP Service</td>
<td>Sandy Smith</td>
<td>869-7421</td>
<td>229-1403</td>
<td><a href="mailto:shortmom02@yahoo.com">shortmom02@yahoo.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>
</tr>
<tr>
<td>CVP C T E</td>
<td>Jeannine Moran</td>
<td>587-7662</td>
<td>862-4816</td>
<td><a href="mailto:jmrmoran@hotmail.com">jmrmoran@hotmail.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Barbara Burnham</td>
<td>334-1193</td>
<td>862-4720</td>
<td><a href="mailto:baburnham@gmail.com">baburnham@gmail.com</a></td>
</tr>
<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>Gina Hanley</td>
<td></td>
<td>862-5332</td>
<td><a href="mailto:ghanley97@gmail.com">ghanley97@gmail.com</a></td>
</tr>
<tr>
<td>Grievance Chair</td>
<td>Kristen Lashway</td>
<td>421-3446</td>
<td></td>
<td><a href="mailto:Kris10Lashway@gmail.com">Kris10Lashway@gmail.com</a></td>
</tr>
</tbody>
</table>

www.crbfa.org
Dear Constituents:

It seems unreal to me to be writing an end of the school year article for the TRIAD already. The older I get the faster time seems to be flying by. I think time is moving so fast because we are all so busy with our jobs, family, appointments and volunteer work. For me, I have very little down time for myself, so I am going to make a point of giving myself a well-deserved rest and relaxation. I hope each of you does the same because you have earned some peace and quiet.

The TA ShowCase was well received by staff and administration. I want to thank everyone who participated for the wonderful opportunity to display your many talents and show how hard you work to make learning fun, rewarding and engaging for our students. Great job everyone; I am so proud of each of you! I am looking forward to next year already!

Please pay attention to the number of days you work this school year. Our pay is based on 184 days this year, so make sure if you go over those numbers of days that you fill out a timesheet and give it to your principal. The timesheet will be sent to payroll so you will be paid for any days you have gone over the 184 day threshold. Each school will have different calendars so you will have to figure this out on your own. If you need help, please let me know and I will assist you with this matter. The timesheet is available on the Capital Region BOCES website. Click on the Special Education link, and go to Forms Library.

The Employee timesheet is under Other Forms.

As of this writing, I am still waiting to hear how many staff will be placed in the TA pool. I have reached out to administration but they are still compiling the list. Hopefully, the number will be low and the pool will go as smoothly as last year. I can say though, I have had an inordinate number of staff asking to be placed in the pool. Contractually, we are only allowed five Teaching Assistants to voluntarily transfer into the pool, so a few TA’s will not be allowed to move at this time.

It has come to my attention there are a few staff who do not know that contractually you are allowed up to 15 hours of paid professional development, at your hourly wage, if the workshops are after your regular work day hours. You can also get an additional 15 hours if you are approved by your principal. If you need any clarification, the language is in your contract on page 30 under Professional Development. You can also contact me to assist you in this matter.

Enjoy your summer everyone. I look forward to seeing many faces during the summer program. I also will enjoy seeing everyone at Opening Day in September. Opening Day will be held at South Colonie High for 10 month employees this next school year. More information will be coming this summer.

In Solidarity, Colleen Condolora

---

Rep Council Meeting – May 18, 2016

Chapter VP Reports

TA – Colleen
- May 15th is the last day of new hires. Contractually only five TA’s can volunteer to go into the pool.
- Thanks to Natalie Powel for her help with the TA ShowCase. There were 12 members participating

Service – Sandy
- She was just informed today that the seven part time couriers will not be continuing after June 30th. New full time positions (1.5 FTE) will no longer be supervised by NERIC.

Old Business:

Teacher Contract Issue – there was much discussion about wording in the new contract and the process for retirement for Teachers. The group was asked to inform all members planning on retire, please try to see Carol Ratigan (HR) as much as a year before they plan on retiring for her assistance in the process.

It was asked of the TRIAD to put something in the future that will address this subject.

New Business:
- Tech Talk by Ken Ackley – He wants staff to call him if they want to know the five year plan that is in place for the classrooms. This way you can do programing with better information.

It was agreed by the group that more training is needed in the classroom for technology.

- Motion to provide $500 to support the RAI community. One time request to come from savings. Passed

Standing Committees:

Elections: Lisa Butler, Chairperson reported the following:
- President and ED 10 Delegate—H Douglas Harple
- Vice President – Sherry Karcher-Hewitt
- Secretary—Barbara Burnham
- Treasurer—Debbie Sorvari
- Special Ed Chapter VP—Flora Fasoldt
- CTE Chapter VP—Erica Kane
- Service Chapter VP—Gina Hanley
- TA/Aide Chapter VP—Colleen Condolora
- ED 10 Representatives 2016-18 are: Sherry Karcher-Hewitt, Kristen Lashway, Colleen Condolora, Patricia Gollup, Barb Burnham.
- Alternates: Joe Bouchard, Erica Kane, Kevin Rheden, Jeannine Moran

Lisa thanked her committee members: Maureen Klemek, Susan Kusalonis, and Tim Roberts. Also thanks to AnnMarie Chiappinelli and Peggy Parascandola who also contributed their time and assisted in the process.

District PDP Committee – next meeting is on June 6th.

Notes by Susan Kusalonis.

06/16—Page 3
Summer Greetings,

It is finally here, summer, the end of the school year and the retirement bash. It was not easy, but we’ve all made it! For those retiring, it is your time to do anything you want, any time you want. Congratulations, savor the sweetness.

My TRIAD folder is overflowing with notes and article that may be of use or interest so this will be a potpourri and a quick read so you can go forth and enjoy the summer.

- **STAR REIMBURSEMENT** - If you are over 65 and your gross IRS income had been reduced, you may be eligible for the Enhanced STAR reduction on your school taxes. Your local assessor can send forms to apply.
- **SENIOR MOMENTS** - It is the inability to quickly retrieve information. The accumulation of vast amounts of information and knowledge through the years may require a longer amount of time for the hard drive of our brain to scan and process.
- **NEW CARS** - The avalanche of electronic gadgetry on new cars can be a source of much confusion to their owners. The National Safety Council and a division of the U. of Iowa have launched a site called “My Car Does What?” It is an informative and interactive site that may reduce some of the confusion, www/mycardoeswhat.org. (Gazette, 5/14/2016.)
- **GOING GREEN** - Many seniors have been doing so, long before it became fashionable. They learned from their parents and grand-parents to repair, reuse and recycle, rather than toss and buy new.
- **COLORING** - It is a current adult fad. Some find it a way to relax and clear their mind while filling in intricate patterns and designs.
- **DRIVING** - The loss of the license to drive can cause depression and shorten the life of seniors. Isolation, the decrease in socialization, inability to obtain medical attention and loss of independence all contribute.

Wishing all a happy, safe summer. Blessings.

Condolences to Helen Reid on the passing of her husband Donald, in Florida.

---

**Celebration Bash—June 2, 2016**

It was a pleasure to attend the annual Celebration Bash held at the Mohawk River Country Club and Chateau, formerly Walhalla and the Willows. The program listed 24 retirees, 9 of whom attended the event. They included Katherine Bollin, Mark Finkin, Matthew Hogan, Kenneth Jacobs, Robin Lippman, Marypat Melsheimer, Charles Rhynhart, Bernadine Stanton and Albert Wolfer. Those retiring but not in attendance are Susan Adair, James Baumeister, Theresa Bennett, Daniel Bush, Barbara Flood, Patricia Gabree, Judith Hicks, Suzann Kipp, Laurie Lumbra, Richard Lupi, Wendy McMahon, Mary Ann Palmer, David Patzarian, Mary Ann Remington and Barbara Taylor.

The stories, skits and roastings were most enjoyable. Pres. Doug Harple presented to each retiree a NYSUT certificate of recognition. Superintendent Diedrick accepted the Association’s invitation to attend and spoke of his retirement from BOCES at the end of July.

It was an especially happy occasion to see colleagues who were once much a part of my life. Some continue in the work force, some retired and some anticipating the day when it will be their party. They included Lanny Barsale, Gerene Lynn, Kathy Collen, Susan Stewart, Ann Burger Teta, Paula Williams, Evelyn Loeb, Sherry Karcher Hewitt, Colleen Condolora and Ross Stonefield.

Past retirees attending were Julie McNair Magnano, Wendy Brown, Chris Barber, Mary Elliot, Sue Whittle, Laura Cooper, Jan Silverman Pallow and Susan Kralovic.

Accolades to the committee who planned, organized and contributed to this event; Brett Pierce, Master of Ceremonies, Catherine Jakway, Susan Kusalonis, Carolyn Pierce, Natalie Powell, Victor Away, photographer, Chuck Fuller, entertainment, Meg Bugler and students for floral creations.

Our very best wishes to the new retirees upon achieving their “long-term goal”. Enjoy this new way of life you are entering. To my friends from the past, it was great to see you and a nice evening to celebrate my 70 plus birthday.

Blessing to all, Love Jeanette
BUILDING RESILIENCE: OUR MOST IMPORTANT TASK

John Fitzpatrick, Special Education Teacher, TRIAD Committee Member

I have been attending Sheryl Kaplan’s series of trainings on the effects of trauma on brain development and sharing the highlights plus some research sparked by her presentations. This article will be the final one on this topic, but I hope will convey what I believe to be the most important point; that what we model to our students in the contexts of our relationships with them can offer powerful healing opportunities. Their growth as a factor of the slow shaping of their self image and ability to self regulate due to the internalization of our ongoing messages to them will include increased resilience.

Trauma can occur as a result of violence, abuse, neglect, loss, and other emotionally harmful experiences. Resilience refers to the ability of an individual, family, or community to cope with adversity and trauma, and adapt to challenges or change. (SAMHSA). So what can we do at school to teach skills that foster resilience? “We can provide them with authentic evidence of academic success (competence), show them that they are valued members of a community (belonging), reinforce feelings that they have made a real contribution to their community (usefulness) and make them feel empowered (potency). Conversely, we know that students who regularly have feelings of failure, alienation, uselessness, and impotence reinforced through their school experiences will be young people poorly equipped to cope with adversity. Instilling these positive feelings in students will not result from pep talks or positive self-image assemblies but, rather, from planned educational experiences. Simply put, we must structure opportunities into each child’s daily routine that will enable him or her to experience feelings of competence, belonging, usefulness, potency, and optimism. Rather than developing new strategies, therefore, we must become more strategic and deliberate about some of the good things we are already doing. “(Sager)

Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician specializing in adolescent medicine, summarizes what we know for sure about the development of resilience in kids by the following. His Bottom Line #1 is that young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative and Bottom Line #2 is that what we do to model healthy resilience strategies for our children is more important than anything we say about them. He has identified seven “C”s of resilience: competence, confidence, connection, character, contribution, coping and control.

At Maywood, our Peer Buddies program has demonstrated that kids who have difficulty with behavioral self control in certain settings are quite often beautifully capable of committed compassion and generosity when given the opportunity to be of service. I’m convinced that being considered as a participant in the Peer Buddy program gives simultaneous messages to the student that we have high expectations that include confidence in their ability to be a caring support to someone else, trust in their character to form and value relationships with those they will be committing to help and that they were chosen because we already see these traits within them even if they do not.

So, how to be mindful of keeping expectations high, while looking for chances to reinforce the seven “C”s and readjust when necessary to weather a true crisis? I guess a conversation with a student could possibly sound something like this: “Listen, I see parts of you that maybe you don’t yet and there’s a lot I like. I expect you to try this because I have no doubts about your ability to eventually succeed. I’m happy to help, but maybe all you need right now is to start!” or “I know this feels overwhelming. I’ve seen you be successful in situations like this before. How would you like to begin?” I’m sure you have your own versions. My teaching partner, Rose, has been instrumental in the development of my understanding of the importance of maintaining high expectations and of the implicitly devaluing, pathologizing, disabling and demeaning messages inherent in not doing so. It reinforces their worst fears about themselves and contributes to additional weakening, thus colluding with the forces that created their false sense of self initially. But this is where it gets really difficult, because we only have so much resilience ourselves and we often “pick our battles” out of sheer emotional or mental exhaustion. But these missed opportunities do deliver mixed messages. I do feel guilt and occasionally less than as competent as I feel I would like to be because of that, but as my TA, Chuck, reminds me, “We often only have the choice of which mistake we are going to make”.

What came through loud and clear in Sheryl’s classes and in my review of the literature on fostering the development of resilience is that supportive relationships are the key. The presence of a caring adult outside the family, such as a teacher, counselor, coach, or mentor is the one factor that consistently made the difference. I am fully committed to pursuing that opportunity with every kid at school (staff too!) and I observe my wonderful colleagues recommitting daily to do the same. It would be optimal if I could also always be modeling and expecting the seven “C”s of resilience: competence, confidence, connection, character, contribution, coping and control. I’ll be working on it….

SOURCES:
http://www.samhsa.gov/capt/tools-learning-resources/trauma-resilience-resources
Sager, Richard; http://fosteringresilience.com/7cs_parents.php
http://www.ascd.org/publications/educational-leadership/sept96/vol54/num01/Building-Resiliency-in-Students.aspx
Healthy Living; Living For Good Health
By Catherine A. Jakway, TA, Spec. Ed.

Living With Type 2 Diabetes: Where Do I Begin?

What is Type 2 Diabetes?

Food is broken down into a sugar called glucose when you eat. Glucose is what gives your body the energy it needs to work. But to use it as energy your body needs insulin. When you have Type 2 of this disease your body does not make enough insulin or use it well. When your body’s cells can’t use the glucose from food as energy the glucose stays in the blood where it can cause serious health problems.

And that, my faithful readers, is where my story begins. I volunteer every year at the Tour de Cure sponsored by the American Diabetes Association for a reason. Yes, I would like to see a cure for this condition called diabetes, but I have a personal reason. I come from a family of diabetics. My grandmother passed away from heart disease and diabetes, and my mother and sister currently manage their diabetic condition. I ran borderline diabetes twice in the past few years and that was the best wake-up call I could have gotten before I added myself to the family list. I looked at my weight, my amount of exercise, and the diet I could improve by making a few easy but consistent healthy changes. The first thing I did was portion control. That meant pushing myself away from the table. I didn’t need that second helping of starchy mashed potatoes. I can find nutrition information for chain restaurants, grocery stores, and brand-name foods. Eating out or grocery shopping may take longer to make healthy choices but it has become so worth it. I don’t hear the scale crying when I stand on it and I have a big box of slacks and blouses that I will never wear again thanks to losing 30 pounds. With the help of family and friends who got me on the path to a healthier way of living, I continue to keep the weight off.

Exercise was next. For me that was easy. I had rotator cuff surgery on both shoulders so I was in physical therapy three times a week. I felt great. My weight was dropping, but when physical therapy ended, I had to push myself every day to exercise at home whether doing the recommended exercises at home or finding other things to do that kept me moving. It’s been almost two years. When I have blood work now I don’t lose sleep over the results. The benefits of physical activity include: having more energy, relieving stress, keeping joints flexible, it lowers the risk for heart disease and stroke, and you feel great!

So far I have been spared dealing with one more thing I don’t want to endure. But, if you have Type 2 diabetes it is a big deal. People find it scary or hard to believe. Yet it is very important to take this disease seriously. Some people worry that their lives are over or that they won’t be able to do the things they used to do. What is true is that changes may need to be made in daily routines like I did. There is a lot that can be done to stay healthy. Like anything else it is a job to control.

There is no cure for it but can be managed by taking it seriously. A balanced diet along with exercise and medication (if prescribed) can keep your blood glucose in a healthy range. Many people with diabetes live long, healthy and normal lives.

Daily diabetes care is up to you. In the past, diets for people with diabetes were very restrictive but science and medicine have come a long way since then. Things are different now but still there is no “one-size-fits-all” diet. You still need to make some changes in what and how much you eat. With planning, you can still enjoy your favorite foods. So, what does “healthy eating” to keep diabetes in control really mean?

Here are some tips:

- Eat a variety of foods including vegetables, whole grains, fruits, non-fat dairy foods, healthy fats, and lean meat or meat substitutes.
- Try not to eat too much food or too much of one type of food
- Space your meals evenly throughout the day and don’t skip meals

Remember you are not alone with your battle to keep this disease in check. Your family, friends and health care providers are a great source of support. They care about you and they will help you to stay healthy. Family and friends are the most important members of your care team but they need information about diabetes and you can help them by telling them what your needs are. Try some of these ideas:

- Ask them to learn about how diabetes affects your body and emotions
- Invite them to attend doctor appointments so they can learn how to help you
- Include them in your new healthy lifestyle
- Ask for help when you need it. Don’t feel like you are fighting it alone.
- Connect with others living with it through programs and events in your community

Get information you need from your health care providers (pamphlets are usually readily available) or contact organizations like the American Diabetes Association. Visit diabetes.org/community or call 1-888-DIABETES (342-2383). If you are looking for recipes for healthy living: diabetes.org/recipes
The meeting was opened with the National Guard awards to members of the Capital Region BOCES. They were: Laura Combs, Dr. Charles Dedrick, Douglas Harple, Mindy Iannotti and Robert Zordan. **Patriot Awards are awarded to individual supervisors, not to an entire staff or organization as a whole.** These members were nominated by Ottavio Lopiccolo who recently retired from the National Guard after 30 years.

The first in ESGR’s (Employer Support of the Guard and Reserve) series of awards is the **Patriot Award**. An employee serving in the National Guard or Reserve, or the spouse of a Guard or Reserve member, may nominate individual supervisors and bosses for support provided directly to the nominating Service member and his or her family. The Patriot Award reflects the efforts made to support Citizen Warriors through a wide-range of measures including flexible schedules, time off prior to and after deployment, caring for families and granting leaves of absence if needed.

Dr. Dedrick noted that he had been surprised that not all employers are supportive of releasing staff for their training.

**Next the BOARD highlighted CTE SkillsUSA competition students who brought home medals – it was noted that there were 400 competing regionally and over 2,000 students in the states competition.**

Capital Region BOCES students who earned medals at the state competition are as follows:

**Second Place**
- **Brian Netkin**, Ravena-Coeymans-Selkirk Central School District, for the criminal justice competition
- **Meaghan Irving**, Bethlehem, for the customer service competition (present at Board Meeting)
- **Kaylee Ebert**, South Colonie, **Kristina Belser**, Voorheesville, and **Samantha English**, Shenendehowa, for the CSI competition
- **Tiffany Sinatra**, Duanesburg, for the commercial baking competition (present at Board Meeting)

**Third Place**
- **Brittany Boyce**, Mohonasen, for cake decorating (present at Board Meeting)
- **Henry Abeel**, Shenendehowa, for diesel equipment technology

- **Scott Matthews**, Guilderland, for the hydronic heating competition (present at Board Meeting)
- **Emma McGivern**, Cohoes, in the job skill demo competition (present at Board Meeting)
- **Irving Skowfoe**, Middleburgh, for the carpentry competition

Dr. Dedrick thanked all of the parents and faculty for all that they had done to help and support the students.

**District Superintendent Report**
Dr. Dedrick asked Laura Combs to explain how the Customer Service Goal worked on their PD day and the awards designed for good customer service. He felt that this was a good follow through on the Customer Service goal we have.

He stated that the **April Annual Meeting** was the best attended since he has started at BOCES.

**Administrative Budget Vote** – Unanimous vote in favor of the Budget from all the district boards. Thanks to Mark Jones and Wendy Ashley for their hard work.

**School Budget Vote** – May 17th. Don’t forget to go vote.

Thanks to Dale Breault and Roxanne Pombrio on their help and support for a meeting that was held recently at their new facility in Plattsburgh. A nice show place. Thanks to Karen Slater also for all her hard work.

**Nominating Committee – discussion.**
The Board President, Rose Surman, stated that she could not locate any documentation on the process. One question from board member was “how does a member get nominated to be on the slate”? Gary DiLallo and John Bergeron volunteered to be on the committee.

**Maywood School Graduation** – June 10th at 11 AM - There are 23 students graduating this year.

**Administrative Consideration**
The motion to appoint John Yagielski to the position of Chief Executive Officer for one year to cover the interim time frame it takes to look for a replacement for Dr. Dedrick starting in July.
The TRIAD is published monthly for the Capital Region BOCES Faculty Association Membership. We appreciate any comments or suggestions you may have.

COMMUNICATION COMMITTEE AND TRIAD NEWSLETTER STAFF

TRIAD Co-Editors:
Susan Kusalonis—maidmnr300@aol.com
Erica Kane—ericalynnkane@gmail.com

Website Editor
Barbara Burnham, baburnham@gmail.com
Web Site: www.crbfa.org

Contributing Staff and Committee:
Pat Gollub—Gollub02@yahoo.com
Jeanette Christoff
jankachristo@juno.com
John Fitzpatrick
jfitzpat1959@gmail.com
Catherine Jakway
mssmartypants429@nycap.rr.com
Gretchen McDonough and Transition Class

June Checklist

Follow the Shadow Rule: When you shadow is shorter than you are, stay out of the sun. The sun’s damaging rays are strongest at this time.

Protect pets from the sun: Apply dog-specific sunscreen to vulnerable areas (the bridge of the nose, ear tips, belly, groin and exposed areas of non-pigmented skin). Light-skinned, white-haired cats that sunbathe indoors may need cat-specific sunscreen.

Keep carpenter ants from, damaging your home: Trim trees and bushes so that they do not touch the house. Store wood away from the home, clear clogged gutters, and fix other problems that may allow moisture into the wood.

Prevent motion sickness: Eat a light snack before traveling. Avoid fat-rich, heavy or spicy foods. Cars – sit in the front. Rest your head against the seat back. Don’t read or watch videos. Planes – choose a window seat near the wings. Boats – book a lower-level cabin near the center of the ship.

Sunshine Chairperson
If you know of someone who could use a little cheering up, our sympathy, or a get well card, please contact:
Abby Fischer 518-221-1237,
abby.fischer5@gmail.com

Disclaimer for Articles in the TRIAD
The articles contained in the TRIAD are proofed by the Communication Committee and the individual’s opinion and do not reflect the opinion of the Executive Board of Rep Council or the Communication Committee of the Capital Region BOCES Faculty Association. They are strictly for your information and enjoyment.