



The Sentinel

UUP – Oneonta Local 2190

Volume 13, Number 3

November 2012

The Union Agenda: the Revitalization of America and Public Higher Education

By Bill Simons, Chapter President

It was close to 4 PM by the time Fred Kowal pulled up to my house. Erik Burke has already claimed the front passenger seat so I climbed into the compact rear of the car. For the next eight hours, minus a couple of pit stops, my knees felt the distinctive cramp known to those of us who spend a lot of time in a canoe. It didn't matter though. We had a most excellent road trip. Buoyed by a beckoning adventure, exuberant idealism, and camaraderie, our spirits remained high. The calendar read Friday, October 19th, time for the big presidential election push in the battleground states, and we were off to Youngstown, Ohio, to campaign for Barak Obama.



Erik Burke and Fred Kowal calling on Youngstown voters

Despite our offers to split the driving, Fred never surrendered the wheel to Erik or I. The radio provided good background, but most of the time our own talk about politics, sports, movies, history, and unions trumped the electronic airwaves. Erik and Fred are interesting guys.

An ex-Marine, Erik graduated from SUNY Oneonta in 2008; as an adjunct faculty member, he currently teaches U.S. history at Cobleskill and serves as the UUP chapter Officer for Contin-

gents on that campus while continuing his graduate work. UUP needs more talented, young leaders like Erik. A political science professor at Cobleskill, Fred, a former State UUP Membership Development Officer, has returned as chapter President of UUP Cobleskill. He also serves on the State UUP Executive Board. In addition, Fred has taught as an adjunct at Oneonta. He is brilliant and charismatic. The timber wolf, grizzly bear, and buffalo figures perched on Fred's dashboard tell of his on-going work on the Northern Plains with Native Americans and of his vision.

After a few hours sleep, we rose early on Saturday morning and would spend most of the daylight hours going door to door in inner-city, predominantly black neighborhoods, urging people to vote for Obama. Fred and Erik teamed up, and I was paired with Alexis Wokocha, a Youngstown native, community activist, and remarkable lady.

Table of Contents

L-M Notes	page 3	Travel Tips	page 11
Survey Admin	page 4	Retirement	page 12
Party	page 4	Roasted Beet Salad	page 13
Membership	page 5	Veterans Day	page 14
Sentinel Quiz	page 5	Sacrifices	page 16
DA Photos	page 6	Chronic Illnesses	page 17
Adjuncts NEA	page 7	Buck Showalter	page 18
Education Tech	page 8	Opera	page 21
Rainbow II	page 9	Vietnamese Cuisine	page 22
		Contact Info	back pg

The Union Agenda: the Revitalization of America and Public Higher Education (continued)

Every other house had a less than friendly watch dog. Many people either talked with us through a window or just opened a chained door slightly. Wariness, fear, and resignation were common reactions--although most respondents, with some prodding, indicated they would vote for "Barak." High crime, joblessness, and the lack of infrastructure (or even a nearby supermarket) underlined that there are two Americas. Aside from a household standoff, I saw no police presence. Nor did public bus transportation come into the heart of the neighborhoods we canvassed. The ubiquitous black churches that punctuated the area provided one of the few positive and enduring notes. Alexis herself, however, had converted to Catholicism, and she expressed some ambivalence about the neighborhood churches.

Alexis was my guide. A black single mother, she knew the neighborhoods and the people. Kinship, friendships, activism, standing as a school board candidate, and the family funeral business linked her to many of the people we encountered. Tactful yet incredibly determined, Alexis did a phenomenal job of explaining issues, election procedures, and the importance of utilizing Ohio's early voting option. Although she appeared tireless, Alexis endures epilepsy and its consequences. By her example, wisdom, and passion, Alexis reminded me of the great potential residing in every person.



Getting out the Vote: Erik Burke, Alexis Wokocha , and Bill Simons

Something needs to be done. The gifts of too many Americans remain untapped and wither. Prisons, real and virtual, mute our best dreams. Managed images tinsel gritty reality. Every individual, by virtue of their humanity, merits opportunity and respect.

UUP and the rest of labor need to regain its historic voice. We must combat canards that the American worker is lazy, selfish, and inefficient. The powerful employ such tactics to solidify their own power.

The United States and, in particular, New York State needs to reinvest in public higher education. Private and public good are linked. Providing access to quality higher education empowers individuals and benefits the society that reaps the benefits of an educated citizenry. Higher education is the pathway toward new energy sources, medical advances, business innovations, unrealized explorations of the mind and space, efficient government, flourishing arts, and a growing economy.

SUNY is the epicenter in the conflict between shortsighted privilege and enlightened opportunity. Disinvestment in SUNY, the conversion of educators into fundraisers, and the proliferation of diluted distance learning threatens individual aspirations and the public good. In our community and in Albany, join with UUP in the campaign for a strong SUNY. We will prevail, and the victory will belong to all of us.

The Sentinel Websites and Disclaimer

Editor's Note: Statements Made in *The Sentinel* do not necessarily reflect the opinion of UUP or any of its statewide representatives.

To go to the UUP Oneonta chapter website, go to the following link www.1ontauup.org

Norm Payne and Alex Jean-Charles are UUP Oneonta Web Masters.

The chapter website contains a number of innovative features and links.

The statewide **UUP website** is located at www.uupinfo.org It contains information about members benefits and many other important topics.

UUP Labor-Management Meeting Minutes Thursday, October 25, 2012

Present for Management: Nancy Kleniewski, Steve Perry, Lisa Wenck, Maria Thompson

Present for Labor: Bill Simons, Rob Compton, Norm Payne, Fred Miller, Nancy Cannon, Darryl Wood

I. Labor congratulated Management for on-going improvements to physical facilities.

II. Labor suggested strategies to Management to increase applicant pool for full-time faculty course reductions under "appropriate justifications" as listed in "the Faculty Handbook." UUP proposed the following: (1) Develop a formal application process and form; (2) Establish specific deadlines; (3) Advertise the program, including the preceding items. Management agreed to take the recommendations under consideration.

III. Labor updated Management on the UUP *Quality of Professional Life & Administrative Assessment* Survey and informed them that the deadline for member participation is October 31.

IV. Labor and Management agreed to discussion of the Pilot Structured Phased Retirement Option proposal. UUP noted that this relates to "Terms and Conditions" under the NYS-UUP contract.

V. Labor and Management continued discussion of 4-day summer work week for UUP employees, as outlined in New York State Executive Order 68 which authorizes and "encourages State agencies to establish alternate work schedules". Management expressed concern that since this would not be a possibility for all employees due to specific needs in certain departments, it may be perceived as unfair. Labor replied that although an alternate work schedule may not work for all employees and for all time-periods, flexibility (e.g., unit schedule and staggering) would make implementation possible. Management will continue to look into this possibility.

VI. Labor provided additional information concerning the goal of establishing Labor Day observance at SUNY Oneonta comparable to normative practice in our sector. Management expressed concern that the Calendar Committee does not necessarily place student learning as the top priority in its consideration of the scheduling. Labor dissented: UUP noted the strong commitment of UUP employees to students. Furthermore, the Calendar Committee, in fact, recommended observance of Labor Day more than once, including at a very recent Calendar Committee meeting.

VII. Labor and Management agreed to discuss increasing starting adjunct compensation for a 3-SH course at the November 15th Part-Time Labor-Management Meeting.

VIII. Labor requested an update on the College Public Radio Station, which is scheduled to cease operation. Management replied that the College Public Radio Station is now in the hands of SUNY Central. SUNY will officially close the station and conduct the appropriate procedures.

IX. Labor referenced UUP member concerns in the Athletics Department. UUP and Management agreed to keep continue communications in this area.

X. Labor and Management will co-sponsor a session in the Professional Workshop Series on "Bullying" on November 7.

XI. Labor asked Management for an update on Performance Programs for Professionals for Permanently Appointed Professionals. Management noted that compliance is high but 13 are overdue. Labor also asked Germane to Performance Programs for the Professionals who do not have permanent appointment and management responded that current 8 are overdue. Management noted that most are ready for signatures.

XII. Other terms and conditions: Labor notified Management agreed to share perspectives and information about the proposed changes to the Internship program at a subsequent meeting.

Update: 2012 UUP Survey: Quality of Professional Life & Administrative Assessment

By Bill Simons, Chapter President

The fifth UUP **Quality of Professional Life & Administrative Assessment** evaluation was distributed electronically in October. The response rate was impressive. Respondents received confidentiality and anonymity. The Director of the Survey, Dr. Jen-Ting Wang, Associate Professor of Statistics, Department of Mathematics, Computer Science, & Statistics, will tabulate the results and prepare a report. Those evaluated include the SUNY College at Oneonta president, vice presidents, and associate provost.

The UUP Executive Board voted to conduct the College at Oneonta's fifth evaluation of **Quality of Professional Life & Administrative Assessment**. The Executive Board then created a committee, consisting of Jen-Ting Wang (Chair and Director), Rob Compton, Norm Payne, Andy Perry, and Bill Simons, to design the survey instrument. The committee held well attended meetings with the UUP bargaining unit to receive their input concerning the design of the instrument; moreover, members of the UUP bargaining unit were encouraged to contact the committee with their suggestions. UUP also discussed the contents of the survey with Management. In addition, two pre-tests preceded the finalization of the survey instrument.

The rationale for the vote of the UUP Oneonta Executive Board to conduct this evaluation rests on several factors, amongst them:

1. All employees, including administration should be accountable
2. Subordinate personnel are continuously evaluated,
3. UUP Oneonta has an on-going practice of periodic evaluation of senior administration,
4. Such evaluations of senior administrators provide important feedback, and
5. The survey results will assist UUP in representing its members.

The union will share the statistical and free response results of the **Quality of Professional Life & Administrative Assessment** with UUP employees and Management.



UUP Party: Saturday, December 8th: 7-10 PM

UUP will hold its traditional end of semester party on Saturday, December 8, 2012, from 7:00—10:00 PM at the Elks Club, 86 Chestnut Street, Oneonta. The gathering will start with a brief Chapter meeting. There will be a food and drink buffet; more details will be forthcoming. All who are represented by UUP are most cordially welcome to attend and bring one adult guest. Reservations are required. To make a reservation, please call 436-2135 to leave a message on the UUP answering machine, indicating your name and telephone number and, if bringing a guest, the guest's name. Thanks to Loraine Tyler for organizing this special gathering.



Loraine who always makes events special

Please Join the Union and Enjoy the Benefits!

By Hanfu Mi, UUP Membership Director

Another fabulous fall is upon us and it is once again a great time on campus and in the nearby Oneonta community. As the Director of Membership, I sincerely hope that faculty and professional staff will review your status to see whether you are a full member of the union. In order to be a union member, your paycheck **must** state "UUP Member." If it says "UUP Agency Fee," then you are included in the Professional Services Negotiating Unit, but are *not* a member of the union. The full UUP membership entitles you to:



UUP Membership Director Hanfu Mi, far right

- Vote on collective bargaining agreement;
- Hold union office and attend union workshops and meetings;
- Elect union leaders on our campus and choose state and national level representatives;
- Maintain UUP membership after retirement and be eligible for benefit programs; and
- Upon separation of service, obtain Associate Membership with NYSUT and be eligible for benefit programs.

Please contact me if you need to discuss any of the union benefits or you would like to have a membership card with some further information for becoming a member. I can be reached at hanfu.mi@oneonta.edu.

SENTINEL QUIZ

What is the specific location of a nature preserve, unintentionally created as result of a military conflict that officially resulted in a 1953 truce? This preserve, 160 miles long and 2.5 miles wide, is home to the bird depicted below and many other rare and endangered species.

Send responses to Nancy Cannon (cannonns@oneonta.edu). The first correct answer will receive a UUP cap.



The September Sentinel Quiz asked: "What Major League Baseball team will win the 2012 World Series?" Entries to the September Quiz were due September 20th. Bill O'Dea won September Sentinel Quiz. Of the 23 contestants, he was the only one to predict the eventual winner, the San Francisco Giants. Bill will receive a prize for his winning ways.

Oneonta Delegation Represents Chapter at State UUP Delegate Assembly

A large, full, engaged, and energetic Oneonta delegation participated in the Thursday, October 11-Saturday October 13, 2012, State UUP Delegate Assembly (DA) in Buffalo. The Delegate Assembly, the deliberative body of the union, establishes UUP policy and brings together representatives from all chapters across New York State. Chapter members attended committee meetings, plenary sessions, candidate presentations, and elections. In addition, Oneonta delegates networked with State Officers and delegates from other chapters. The Oneonta delegation included Rob Compton, Nancy Cannon, Bill Simons, Andy Perry, Nithya Iyer, Amy Crouse-Powers, Chris Bulson, Joe Baldwin, Loraine Tyler, and Rich Tyler. For Oneonta, a DA highlight was the announcement that former Chapter Part-Time Concerns Officer Caridad Souza had won the 2012 Faye Samuel Award for Courageous Service by Part-Time Academic and Professional Faculty. Every community has a heart and soul, and Caridad was ours, but her legacy of courage created a strong bridge to the future. And the solidarity manifested between State UUP and the Oneonta Chapter at the Delegate Assembly will energize us in the vital work ahead. For thus of us at the Buffalo DA, we can still hear our massed voices singing the words of Solidarity Forever:



UUP Oneonta Delegates Nithya Iyer and Andy Perry Examining DA Agenda Items

*When the union's inspiration through the workers' blood shall run,
There can be no power greater anywhere beneath the sun;
Yet what force on earth is weaker than the feeble strength of one,
But the union makes us strong.*

CHORUS:

Solidarity forever,

Solidarity forever,

Solidarity forever,

For the union makes us strong.

*Is there aught we hold in common with the greedy parasite,
Who would lash us into serfdom and would crush us with his might?*

Is there anything left to us but to organize and fight?

For the union makes us strong.

Chorus

*It is we who plowed the prairies; built the cities where they trade;
Dug the mines and built the workshops, endless miles of railroad laid;
Now we stand outcast and starving midst the wonders we have made;
But the union makes us strong.*

Chorus

*All the world that's owned by idle drones is ours and ours alone.
We have laid the wide foundations; built it skyward stone by stone.
It is ours, not to slave in, but to master and to own.
While the union makes us strong.*

Oneonta Delegation Represents Chapter at State UUP Delegate Assembly (continued)

Chorus

*They have taken untold millions that they never toiled to earn,
But without our brain and muscle not a single wheel can turn.
We can break their haughty power, gain our freedom when we learn
That the union makes us strong.*

Chorus

*In our hands is placed a power greater than their hoarded gold,
Greater than the might of armies, magnified a thousand-fold.
We can bring to birth a new world from the ashes of the old
For the union makes us strong.*



Oneonta delegates Bill Simons, Andy Perry, Nancy Cannon, and Rob Compton arrive at Buffalo DA



The Politics of Contingent Academic Labor

By Claire Goldstone, Professorial Lecturer, U.S. History, American University

[Editor's Note: The commentary that follows was excerpted from Claire Goldstone, "The Politics of Contingent Academic Labor," Thought & Action: The NEA Higher Education Journal, Fall 2012, 7.]

The alarming stories from adjunct faculty, who now comprise a majority of higher-education teachers nationally, share troubling commonalities: adjuncts paid less than a living wage... adjuncts eligible for food stamps; adjuncts concurrently teaching seven courses on four different campuses...adjuncts who enjoy a mere fifteen weeks of job security at a time; adjuncts assigned to teach the day before school begins; adjuncts required to schedule office hours without offices; adjuncts excluded from university governance despite their high numbers among faculty; adjuncts who, notwithstanding years of service, remain nameless and faceless entities in their departments. The frustrations are financial, personal, and professional.



The Evolution of Education: Technology and Instruction

[Excerpt from: Kayla Webley, "Reboot," Time, July 9, 2012]



...Salman Kahn, a 35-year old hedge-fund manager turned YouTube professor to millions around the world. Thanks to Kahn Academy, an online repository of some 3,250 digital lectures, he has become a celebrity to techies, educators...

15,000 classrooms ...Kahn Academy is used in some form.

Universities, meanwhile, are confronting massive budget cuts and new kinds of competition—as dramatized by the recent turmoil at University of Virginia. Its board fired the president amid worries that UVa wasn't keeping up with change and embracing online education fast enough, then rehired her 16 days later after a backlash from students and faculty.

With lecture material covered at home as kids watch those online videos, elements traditionally associated with homework—math-problem sets, history essays, science projects and so on—can become the focus in the classroom. All the lecture time is converted to personalized attention. Everyone's work is tracked and measured in real time, so teachers know where to direct their attention. . There's no more teaching to the middle: from bottom to top, all students work at their own pace.

Some worry that Kahn's methods are too untested. Others are more blunt, saying he wants to replace teachers with computers. Kahn responds that while this program could end the need for teachers to stand at the front of the class and pontificate, it makes their role no less important. "In the ideal classroom, the teacher is either spending all of their time doing deep interventions with students on one-on-one basis or facilitating true interactivity—labs, simulations, projects," he says.

Reflections on Anger as a Political Tool: A Jewish Journey through the LGBTQ Struggle, Part II

by Peri L. Rainbow, Women's Studies & Humanistic/Multicultural Education, SUNY New Paltz

[Editor's Note: The article previously appeared in Jewish Currents and The Bullhorn, the newsletter of UUP New Paltz. It is re-published in The Sentinel with the permission of the author and Peter Brown, Bullhorn editor and President, UUP New Paltz.]

I spent the better part of my daughter's elementary- and middle-school years fighting angrily on her behalf. I fought for gender-neutral language on all parental forms ("parent/guardian" rather than "father /mother"), and I let it be known that I expected all families to be represented in curricula and in the school's libraries. I made sure that the Harvest Festival did not take place during the Jewish High Holy Days, and I demanded that the very traditional 8th-grade "home and careers" teacher include "other" ways that people can become parents as he taught about family, parenting, and child development. I was even hired to facilitate in-service professional development training on cultural competency for school staff.

Looking back, I'm not sure I gave them much room to refuse — which sounds a lot like bullying. My e-mails were cutting, and my face-to-face conversations were brutally honest.

"How can my daughter receive a grade of 85 when she is failing every test?" I asked her 9th grade math teacher. "What do you mean they 'self-correct' and you do not look at their work? How dare you?"

When I saw this teacher take a step back, I softened my approach. I expressed understanding and empathy for her impossible workload. I was aware of her perception that I was a "helicopter mom," hovering around my daughter's school. My self-righteous anger, born of oppression, no longer seemed to serve me well. An adjustment was desperately needed.

But such an adjustment does not come easily. Each time I am set on fire by the latest injustice, I feel the power of my anger immediately. The intimate connection I feel to the oppression of women, Jews, and Queer people validates my stance.

Clearly, positive changes have occurred in the status of the LGBTQ community. Six U.S. states and ten countries around the world now grant equal marriage rights to same-sex couples, and President Obama has at last endorsed marriage equality. The federal government has lifted the military's "Don't Ask, Don't Tell" policy, and the New York State Board of Education has joined the anti-bullying movement by passing the Dignity for All Students Act. The Violence Against Women Act of 1994 and its reauthorizations have begun to reflect the actual experience of victims of domestic violence and sexual assault.

Much oppression remains in place, however, and the progress we have made is precarious at best. The U.S. government still does not recognize same-sex marriage, which greatly limits our rights and benefits. Thirty-one states have banned same-sex marriage outright — and in many jurisdictions, adoption by lesbian and gay people is also prohibited. The New York State Marriage Equality legislation passed only with an addendum that permits discrimination by faith-based organizations, and our gay and lesbian military personnel are well-aware that the repeal of "Don't Ask Don't Tell" may only last as long as Obama's presidency.

There is still an epidemic of suicides among young people tormented by their peers because of real or perceived homosexuality. Every semester I counsel students, often LGBTQ-identified, mostly young women, who have experienced sexual assault and harassment on our campus.



CAPTION: Cecilia and Peri in Woodstock, 2009.

Reflections on Anger as a Political Tool (continued)

Lesbian, gay, bisexual, and transgender history, which includes many important people, cultural traditions, and social movements, remains invisible in school curricula.

The merging of public hospitals with faith-based ones keeps us vulnerable at times when we most need dignity, respect and protection. Public institutions still fail to recognize our existence with inclusive language on documents and within facilities — try finding a gender-neutral bathroom anywhere!

Homophobia has shaped all of our thinking and permeates our society. When a group of people fail to see themselves represented in popular culture and institutions, when this group does not share equal rights or representation in our educational and legal systems, and when this group is constantly and self-righteously railed against, all people, including the group's constituents themselves, learn that there must be something wrong with them —for how can everything/everyone else be wrong?

I lecture on “cultural competency” these days, using my own family and personal journey as examples with which to teach educators and human service professionals about safety and diversity.

“You seem really nice,” commented one workshop participant recently, “but I am religious and I just don't believe in homosexuality.”

My stomach tightened and I felt rage flooding my body. I began my fiery retort: I am not the tooth-fairy, so you don't get to ‘believe in me’ or not. Unfortunately, you do get to vote on my civil rights! Then I took a deep breath while looking directly into the eyes of this young African-American woman. “I am here,” I said quietly. “And I'm going to continue to be here.” Then I left her to contemplate my “demands.”

Sometimes it is better to be quiet, and just keep showing up.

My gender and sexuality class has been a showcase for real change, personal and political. Students are responsible for creating effective ways to end oppression and violence; their research projects throughout the years have included panel discussions, curricula and lesson plans for all grades, art, music, children's literature, and web pages. Their work is often amazing. I am blessed!

As I go into my 50s and reflect on the role of anger throughout my life, however, I realize that I have so often focused on “fighting the good fight” that I have sometimes neglected to seek peace. I have not always created a safe space for those who disagree with me (based on everything they have learned in our homophobic society). My classroom has been a charged environment, and while those who “get it” feel liberated, I fear that those who do not “get it” remain alienated. Usually well-intentioned, those people have their own stories, their own truths, which must be told, and heard, and understood, before any real progress can be made, not only in writing new laws, but in opening hearts.

I now see how my deep anger about injustice and oppression has been a thread running through my life's tapestry. I have intimidated people with my knowledge and passion. I have demanded an almost impossible standard of understanding and behavior from them. I have forced concessions more than I have won understanding; I have forced justice to bloom like a hothouse flower, not like something cultivated in my garden. Although I am generally “right,” I am not at peace — and I do not create peace around me.

Yet whenever I look into the eyes of my wife and daughter, I see the life I want for myself and for everyone. It is a life of peace with justice, and love and respect. It is what Tamela and I vowed to give each other ten years ago in our ketubah. I want to live that peace and effect change through it, as I have effected change in the past through struggle.

Can it be done? Can I find compassion for my oppressor? Can I effect social change by living mindfully and remaining aware of the need for quiet consideration? Can I make this an effective activist tool to pass along as part of my legacy?

Reflections on Anger as a Political Tool (continued)

And at what point do I get to celebrate the cultures I have helped to nurture? Is my fate only to be wandering and wrestling — or can I step into the land of milk and honey and rejoice?

Every year at our house we celebrate Purim. Yet I am anti-Purim! I do not want to celebrate war or reenact brutality, no matter how much humor is invoked. I take offense, on behalf of my Queer community, at the idea that dressing in drag is impossibly ridiculous. Still, we read the Book of Esther; we discuss issues of women's power and how we must use our bodies and our sexuality to survive; we honor the quiet leadership of our foremother, her shrewdly submissive approach to King Ahasuerus.

My tradition — my Jewish, Queer, female, feminist tradition — honors all voices, even the quiet ones. Sometimes it is better to be quiet, to wait, to use our calm to help others find their own voices, and to learn how to safely listen to each other.

Quiet is not passive, but active and intentional. Quiet is an invitation to learn, to join, to understand, to celebrate. I am learning the lessons of our long-enduring, righteous indignation, and I now seek to couple that with the ability to take pleasure in our accomplishments, and in our survival against all odds — and to live the peace we have fought so desperately to achieve.

Peri L. Rainbow is an author, clinician and educator with over twenty years of experience in her field. Recognized for her treatment of post-traumatic stress, safety, and diversity, she has been teaching at SUNY New Paltz since 1991. Reprinted by permission from Jewish Currents: <http://jewishcurrents.org/reflections-on-anger-as-a-political-tool-a-jewish-journey-through-the-glbtc-struggle-11132>



Avoid Identity Theft at Home and Away

Compiled by Loraine Tyler, UUP Oneonta Retiree Representative and Special Events Coordinator

The following are tips to reduce the risk of identity theft.

1. Alert credit card providers if you are traveling or expect to make larger than normal purchases. This alerts the Fraud Department to identify bogus charges and reduces the risk that your credit card will be frozen. Imagine having your credit card invalid when away from home or in a store after buying that new kitchen!
2. Stop your mail and newspapers. An overflowing mail box alerts crooks that you're not home and credit card bills and offers may be in there. Also, don't advertise your travel plans on social networks.
3. Weed out your wallet. When traveling, take only essential identifiers, such as your driver's license, one or two credit cards, and little cash. Never carry your Social Security number in your wallet. Carry a spare wallet in plain sight with a few dollars and maybe some old plastic hotel cards. Crooks will take a quick look and see money and credit cards while running away.
4. Leave your checkbook home. Bills and private papers too.
5. Use safer ATMs. ATMS in bank lobbies are less vulnerable to devise that robber use to capture credit card information.
6. Be careful with hotel/restaurant computers. Don't access financial data on hotl or other public computers or on public Wi-Fi networks.
7. Keep purses and wallets secure. Men should keep wallets in front pants pockets or breast pockets. Women should carry a wide strapped purse with clasp closed diagonally across the chest.
8. Never disclose your Social Security number over the phone.

Retirement 102

By Judith Wishnia, Retiree, UUP Stony Brook

[Editor's Note: Retirement 102 was originally published in the *Insight*, the newsletter of UUP Stony Brook. It is republished with the acknowledgment and permission of article author Judith Wishnia, a veteran UUP and COARM leader.]

One of the joys of retirement is having the time to read and given the absence of lecture or conference deadlines, one can read for pleasure in fields other than one's discipline. Although I am addicted to mysteries, as a European historian, I also find it fascinating to read the many new books in American history. Some weeks ago I read a biography of Frances Perkins, the Secretary of Labor in the cabinet of Franklin Delano Roosevelt. What a fantastic woman: it was she who worked with FDR to pass legislation that gave us unemployment insurance, social security, the minimum wage and of course, the National Labor Relations Board. The only proposed legislation which did not go through was-- SURPRISE--universal health care.

Reading about the New Deal was, as Yogi Berra said, like déjà vu all over again. The New Deal achievements were attacked, as are the Obama proposals today, as socialist, communist, restrictive of free trade and finally, of promoting laziness! But after reading this carefully researched book, I found myself getting angry with the author. She made it sound as if all those labor laws had sprung full grown from Frances Perkins' own experiences. There was little mention of the role of labor unions that had been fighting for these laws throughout the twentieth century. It was the miners and John L. Lewis, the Reuther brothers and the auto workers who faced billy clubs and bullets fighting for the rights of workers who were the real authors of the New Deal.

The importance of union activity and demands has been left out of today's political analysis as well. In the discussion of the origins of employee health insurance, the usual line is: there were wage controls during World War II so in order to compensate workers who could not have their wages raised, employers gave them health coverage. It sounds as if the idea for health insurance coverage was the brilliant idea of hundreds of CEOs who, out of the kindness of their hearts, wanted to reward their hard working employees. Once again, the unions are left out. It was the unions who said, you can't pay us, give us health insurance!

Finally, my anger at the denigration of labor unions was further intensified when I read the comments of the CEO of a big box chain who was refusing to allow his workers to organize a union. His father had been a union activist, but the son asserted, unions were necessary in those days, but now employers are more enlightened and unions are unnecessary. Tell that to Walmart!

As they say in the ads, it was the unions who gave us the weekend and the eight hour day. But it was also the unions who gave workers the wages, the security and respect to build what is called the middle class. For us in academe, it is the union that fights for our benefits, for our job security, for academic freedom and for a secure retirement. In the past decade, state legislatures have cut funding to their universities and we have seen tenure eroded in colleges and universities across the nation as poorly paid adjuncts replace full-time faculty and those lucky enough to get full-time status frequently get only short-term contracts. Now in this time of crisis when New York State is cutting its support of SUNY so severely that many are advocating a turn toward privatization and many of our members are facing layoffs, where would we be without a union. In the private sector, we have watched as many workers have seen their benefits eroded, their retirement security destroyed. We can be sure that without union protection, tenure would disappear completely as would the benefits which are now guaranteed in the union contract. We must continue to support our union, UUP, as it fights to improve funding for SUNY schools, to maintain tenure and health benefits. At the same time we must continue to support the entire union movement, to help rebuild their power, for ourselves and for the generations to come. At the Delegate Assembly meetings, we begin the opening session with the singing of Solidarity Forever.

ROASTED BEET SALAD: Recipe

By Janet Frankl, Professional Delegate



Beets are a unique source of phytonutrients called betalains. Betanin and vulgaxanthin are the two best-studied betalains from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support

Ingredients:

- 6 fresh beets, roasted peeled and cubed (Alternately, beets can be peeled, cubed & steamed until tender.)
- 2 tablespoons apple cider vinegar
- 3 tablespoons olive oil
- 2 tablespoons chopped fresh cilantro
- 2 green onions, sliced
- Juice of 1 lemon
- Salt and pepper to taste
- A dash of sugar to taste
- 1/2 cup of gorgonzola cheese, crumbled
- 1/2 cup coarsely chopped pecans or walnuts
- 10 – 12 oz arugula, romaine cut into bite-sized pieces, or mixed salad greens

Method:

Preheat oven to 425° F.

Wash beets and trim off stems. Wrap in foil and bake like baked potatoes on a cookie sheet for about 50-60 minutes or until a fork pierces through the beet easily. Remove from oven and let cool for about 15 minutes. Remove foil, then using a paper towel, rub the beets to remove the skin. (Alternately, beets can be peeled, cubed & steamed until tender.)

Cut beets into cubes and add to a bowl and toss well with the next 7 ingredients (everything except the gorgonzola, nuts, and arugula, romaine or salad greens).

Cover and refrigerate until ready to use. Serve over arugula and sprinkle with gorgonzola cheese, nuts, an extra drizzle of olive oil and salt and pepper.

Makes about 10 appetizer size servings.

The beets can also be served warm as a side-dish prepared as above, sprinkled with gorgonzola cheese and nuts, but without the greens.

Veteran's Day, November 11, 2012: Working with Homeless and Low-Income Veterans

By Joseph B. Simons, Esquire, SUNY College at Oneonta Alumnus, Class of 2008

(Editor's Note: College at Oneonta Alumnus (2008) Joe Simons, a former Student Association Senator, is a 2011 graduate of the Suffolk University Law School, a member of the Massachusetts Bar Association, and an attorney in private practice in Boston. As an intern in the office of the Essex County (MA) Public Defender, he facilitated the release, on bail, of a homeless veteran enmeshed in the criminal justice system. Two of Joe's older brothers are veterans of the first Gulf War. With the approach of Veteran's Day, on November 11, 2012, it is appropriate to consider the needs of those who have served, numbers of whom our UUP members, family members and friends of UUP members, fellow unionists, and our students.]

I spent the summer of 2009 interning at a nonprofit agency, *Shelter Legal Services*, which provides legal advocacy for homeless and low-income individuals in the Greater Boston area. I was assigned to work with veterans who fall into either of those two categories. *Shelter* represents clients with a wide variety of non-criminal legal issues. The veterans often came to us for help with their benefits claims. The Department of Veterans Affairs (VA) too often wrongly denies veterans' compensation claims, frequently with little explanation.



Disabled Veterans Listen to Speech by President Obama

The process of applying for compensation from the VA is long and arduous, particularly if the initial claim is turned down. Many of the veterans that I encountered had served in the military with pride. In the service of our country, many of our clients were wounded, mentally or physically. By the time these veterans sought *Shelter's* assistance, they were sometimes dubious of ever receiving their full and legitimate benefits. Sadly others, worn down by repeated disappointment, had stopped trying.

The following example illustrates the frustration these veterans experience. One such veteran, whom I'll call "Greg," contacted *Shelter* asking if we could help him pursue a claim that had been denied repeatedly. He felt any further attempts would be futile, but he resolved to try one last time. Despite compliance with numerous VA requests for information, Greg had been turned down again and again.

When Greg entered the Army, he was a healthy 19 year-old. It even said so on his entrance physical exam. During his tour of duty, Greg was assigned to move large blocks of ice; subsequently, he slipped and fell off a truck. Greg's back hurt from the fall. But, with youthful illusions of invincibility, he didn't seek medical help right away, thinking his injury would just get better. Without a paper trail dating back to the initial condition, however, it was difficult for Greg to prove that his condition was service related. Like Greg, many service-men and women toughed out an injury, failing to report it in a timely fashion. When Greg's tour of duty ended with an honorable discharge, his exit physical exam noted the back injury, yet for some reason the doctor wrote in parentheses, "maybe old."

Veteran's Day, November 11, 2012 (continued)

According to the VA's own regulations, any doubt as to whether the veteran's injury arose from his service must be resolved in the veteran's favor. Yet the VA continued to deny Greg's claim. Greg provided authorities with evidence from their own VA hospitals as well as statements from private doctors and additional corroborating material, all indicating that his pain and disability most likely derived from his in-service injury.

Finally, after almost two years of navigating his way through the vast bureaucracy that is the VA, Greg was awarded his due compensation. He has now received at least some level of financial compensation for his back injury. I am glad that Greg received his due. I think, however, of all the other veterans in Greg's position who have yet to prevail. The daunting task of filing repeated and onerous appeals and then encountering rejection and denial undermines hope.

Many of our veterans exhibited courage in the face of hardship and danger. Having sacrificed to protect us and defend our freedom, they should not have to battle against unreasonable obstacles to receive compensation for injuries suffered in the line of duty. The VA too often falls short of its mandate to meet the needs of our veterans. Greg did everything he should have, but it took some coaxing from an attorney (my boss, who edited and signed the appeal) for the VA to do what it should have in the first place.

The plight of homeless and low-income veterans reflects the many ways that America's poor are underrepresented, treated unfairly, and pushed aside. Working with neglected veterans provided insight into the tragedy of poverty in our rich nation. Our disparities are too great. It was a privilege to come to know and learn from Greg and to provide a measure of help to him and over a dozen others. We owe our veterans much. My contributions are modest compared to theirs. I wish that I could have done more, and hope that my legal studies will enable me to do just that. Everyone deserves to have their basic needs met, and there is satisfaction in joining with those who have made the commitment to bring that aspiration to reality.



Sacrifices: Veteran's Day Reflections

By Robert Zack, CSEA Member, Mayor of Laurens, SUNY College at Oneonta Alumnus (2008), and Veteran

On the 12th of November, our nation will celebrate Veteran's Day. I was thinking of an article to write and quite a few ideas came to mind. It was hard to choose just one. Then I thought about when Veteran's Day is celebrated. It was the idea of Thanksgiving and Christmas coming soon that reminded me of a few sacrifices that our men and women in uniform make every day. There are some sacrifices that are greater than others and sacrifices made during the Holidays that may seem small to most, but not to the soldier and his/her family.

I entered the US Army in March 1972, finished Infantry training in May 1972 and received my orders for overseas duty in October of 1972. By this time, I had been married for two years and our daughter was not even a year old yet. Our first "military" Thanksgiving and Christmas was spent with other military families at Fort Knox, Kentucky, who also had received their orders. We wanted to save our leave time so that we could take 30 days of leave back home before reporting to Fort Dix, New Jersey, to fly overseas. Realization then hit all of us for the first time that we had to make sacrifices in order to serve our country.



Least We Forget

At least these first two holidays were with family and our new friends. Holidays overseas though were not the same, as most of us did not have our families with us. Unlike today, we did not have computers, smart phones, and ipods/ipads to keep in touch. We relied on cards, letters, and packages from home to give us a little of the Holiday Spirit, and if we were lucky we might receive a short phone call or be able to make a phone call. Mail at that time was not always reliable either. You may or may not receive your cards, letters, or your "care package" (as the package with baked goodies from home was called) until after the holiday. This was especially true if you were a member of the unlucky company that had to be out in the field pulling guard duty or on maneuvers. Training, guard duty, and being placed on alert did not take a holiday.

Don't get me wrong, the military would put on one hell of a spread for us whether in the mess hall or out in the field. We would go to the mess hall or chow line and we would fill our plates with all the holiday fixings and find someplace to sit to start "digging" in. Wherever we were sitting you would always hear something like: "Wonder who won the Texas/Oklahoma game?" or "Wonder who won the Packers/Lions game?" or "Me, my dad and brothers would be out all morning hunting" or "Just about now, we all would be watching some holiday show on TV." Then it would hit us, despite all the decorations and the great food, there was one important ingredient missing – our family. Most of us would get up without finishing our meal to be by ourselves for awhile. The holiday and the meal was not the same. It then became just another day. I do not ever remember finishing a holiday meal while overseas, but I do remember finishing a lot of beers. There would also be a lot of tear-filled eyes. This was one of the few times that it was okay to be a little teary-eyed and some did cry openly and without shame.

But like all good soldiers, we learned to accept this as part of what we **CHOSE** to do. We knew that we were doing something important for ourselves, our families back home, and for the people in whatever country we would be stationed in. This was our job. We did it faithfully and without question, because we wanted to and upon our induction into the Armed Services we all took an oath to protect our country, the president of the United States, the Constitution, and our citizens, and we did this without fail.

So, this Veteran's Day and the coming holidays, when you are at work or having a meal with loved ones or the many other things that we tend to take for granted, remember that our men and women in uniform are sacrificing all of that so that we can be free to enjoy these holiday traditions. Our veterans are to be remembered and thanked every day for these "small" sacrifices and for the ultimate sacrifice that some gave. They all have earned our thanks and respect! God bless our veterans, past, present, and future, and God bless America.

Understanding and Supporting Academics and Professionals with Chronic Illnesses

[Editor's Note: Excerpted from Stephanie A. Goodwin and Susanne Morgan, "Chronic Illness and the Academic Career," *Academe*, May-June 2012, 33-41]

Unlike acute illnesses, such as the flu or a broken arm, chronic illnesses — lupus, Crohn's disease, multiple sclerosis, arthritis, diabetes, mental illness, and cancer, for example — require long-term management. Many chronic illnesses have highly variable symptoms that are largely invisible to others. The symptoms can cause fatigue and pain, affect cognitive function, create sudden emotional shifts, and even impair speech. Such symptoms may not be detectable to an outside observer, yet 20 percent of individuals with chronic illnesses report that their symptoms are debilitating or limit life functions significantly...Our obligation to support colleagues who have chronic illnesses goes beyond an ethical responsibility and includes a legal responsibility to ensure an equitable workplace. Academic institutions generally have good policies for accommodating students with disabilities, but few models exist for parallel accommodations to promote the success of faculty members with disabling illness.



Nobel Laureate, Economics, John Nash, right, experiences paranoid schizophrenia

People who experience the effects of chronic illnesses are protected under the Family and Medical Leave Act and, because of its recent expansion, the American with Disabilities Act...the law and policies often do not match the realities of practice. Just as symptoms of chronic illness are invisible, existing policies at an institution may not be generally known.

Institutions have an obligation to examine their expectations for success and consider whether current assumptions about both physical health and scholarly productivity are reasonable. We need frequent conversations about how these expectations are shaping the culture and, therefore, the diversity of our campuses. Encouraging dialogue about these issues while promoting visible policies for accommodation would enhance the success of people with disabling chronic illnesses. Just as academia continues to drive away talented women, we may be driving out talented people with chronic illnesses or other disabling conditions.

Reflections on Leadership: Buck Showalter and the 2012 Orioles

By Rob Compton, Vice President for Academics



Bill Simons and Rob Compton outside Fenway Park prior to Red Sox-Orioles game

It costs the Yankees \$200 million to get to the Playoffs, but it takes the Orioles one Buck."— Anonymous Orioles fan

The Buck of Old

"Buck" Showalter, a Southerner with a Texas twang, is no stranger to baseball. This year, he managed the 2012 Orioles to the post-season and to a winning record for the first time since 1997. What accounts for the Orioles surge? Do managers even matter in today's business driven mega million dollar industry called baseball where players earn up to \$30 million a year, dwarfing a manager's pay of a couple of million? This article is about leadership—and how effective leadership can transform even the most dire of situations.

Supposedly Buck got his nickname for running "buck naked" through the clubhouse during a minor league playing stint. He is one of the few managers who never made it to the major leagues, a credential that lends most managers with legitimacy. In fact, his minor league record over seven seasons was flat out mediocre. He hit .294 with 17 home runs and 336 RBIs. He had only 100 at bats (AB) in triple-A (AAA) and hit a paltry .220 with 2 home-runs and only one stolen base. And he played left field and first base, both positions that expect players to have power numbers.

An Oct. 5, 2012, article in SB Nation, titled "Teach Me Stuff, The Evolution of Buck Showalter," provides insight into Buck's mind and approaches to managing a team (<http://www.sbnation.com/longform/2012/10/5/3456280/orioles-wild-card-playoff-buck-showalter-mlb>). If you ask anyone knowledgeable about baseball their opinion of Buck, the following descriptor would be used in the same sentence: a baseball guru and genius, a meticulous strategist, a man of profound respect for the game, a results oriented person. Then that would be followed with, "BUT..." he is too nettlesome, bound by bizarre rules, wears out his welcome, grinds his players down, too strict, unyielding and uncompromising, and arrogant. Perhaps his frustrations with the lack of major league experience contributed to what he perceived as a legitimacy gap and thus he sought to compensate with his "toughness."

There is no doubt that Buck Showalter is a baseball genius. He became the manager of the New York Yankees in 1992 at a young age of 36. He was credited (some say not enough) for rebuilding the Yankees after some dismal years. Then he turned around the expansion team Arizona Diamondbacks and took it to the post season in 1999 with 100 wins. Then from 2003 to 2006 he attempted to turn around the Texas Rangers, but failed to place better than third. It appears that his managing days were behind him as he moved to become ESPN top baseball analyst in 2008. As always, his sharp analysis and no-nonsense approach won him a loyal following.

Reflections on Leadership: Buck Showalter and the 2012 Orioles (continued)



Left: Buck Showalter looks content and proud of his team after defeating Texas in the playoffs. He was the Sporting News AL Manager of the Year (2012).

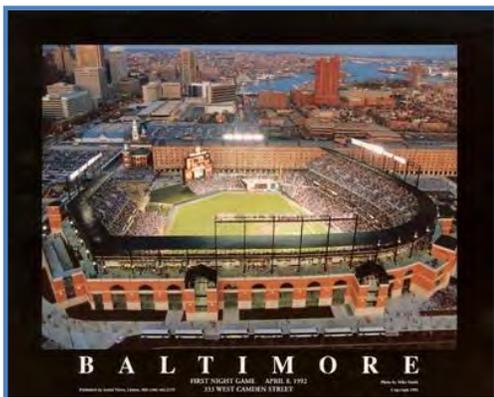
Buckism: "You're in Seattle [the team], it's 12:30 at night back in Baltimore and somebody is sitting in front of the TV living and dying with everything you're doing. And you better take that seriously."

The SN article summarized William Nathaniel "Buck" Showalter as follows:

"But Buck the information hound also pissed off about half the people he coached, three quarters of his colleagues, and the full spectrum of wealthy and powerful men he worked for along the way. Canned in New York, and in Arizona, he middled [sic] and muddled with the Rangers from 2003 to 2006 and got canned there, too. Too much information, and the consequent self-certainty that tends to accompany it... tend to off-put."

Buck Showalter Transformed

The Baltimore Orioles Vice President, Syd Thrift once complained that no free agents wanted to come to Baltimore. He ruefully stated, "what I am playing with Confederate money?" So tarred was the reputation of the Orioles since Davey Johnson, who took the Orioles wire-to-wire in first place, ended up unceremoniously fired the day after winning the 1997 Manager of the Year award for prematurely asking for a contract extension. The major owner, Peter Angelos, started the beginnings of getting a bad reputation. Fans referred to him as the "greedy Greek Petey" and "petty attorney who had to win on principle in every contract negotiation that he eventually lost pitching ace Mike Mussina who went to none other than the Evil Empire, the Yankees. The next fifteen years were brutal. My son would always ask me, "Dad, why are you watching the Orioles? You are wasting your time. You know they always lose." Their gorgeous stadium, Camden Yards ended up being taken over by Yankees and Boston fans who called the home of the Os, Bronx South and Fenway South. Managers, general managers, coaches and players came and left over the next 15 years. After Cal Ripken retired in 2001, Baltimoreans had little to look forward too except more uncertainty and mediocrity.



After several well-known manager candidates turned down offers to manage the team, including the then venerable Bobby Valentine, to the surprise of many, Buck Showalter accepted the manager's position. Pundits wondered, "why on earth" he would accept a position with one of the most mismanaged sports franchise in the US? Others said that this time, even Buck bit off too much to chew.

At the press conference upon his hiring in midyear 2010, Buck made an interesting point. He said, "you better look within to make sure you don't miss anything." On one hand, I believe he was talking about himself in addition to looking for hidden talent and flaws within the organization. The fans found Buck brutally honest and his blue-collar mentality of persistence and hard work resonated with a city tired of economic decline and crime. He slept in his office at the stadium on an air mattress often. Fans thought he would get frustrated and quit or he'd get fired and the circus would continue. These days, the Orioles were the laughing stock of professional sports and would continue to be so.

However, Buck had changed. At age 56, baseball had made the once precocious whiz kid into a more humbled wise sage. His tempered responses to crises and his ability to work quietly but decisively won his players over. He said, "Obviously the shelf life of managers and coaches has shortened up because of that win today mentality. I got it, I got

Reflections on Leadership: Buck Showalter and the 2012 Orioles (continued)

it. Believe me, I got it. And I'm Ok with it. It's like I told [management], 'if you get tired of my shtick thanks for the honor of doing it and how can I help the next guy coming in?' It's OK. I know there are lots of people out there who can do it as well or better than me so you enjoy it and you treat people the way they wanted to be treated."

(Yahoo Sports, <http://sports.yahoo.com/news/orioles-manager-buck-showalter-doesn-t-sleep-in-office-much-anymore--even-in-heated-race-with-yankees.html>)

Players were also suspicious of Buck. Players from other teams warned them. "Watch out" he's obsessive and a control freak. He would treat you like a child and the game would no longer be fun. Emerging superstar and Orioles catcher said, "I think the perception of him was: "It's going to be Buck's way or the highway. We heard stories on how intense he was going to be." But, "Since he's been here, he's been a player's manager." Wieters also adds, "We're in a kind of school setting where he is the teacher and we're trying to learn what he knows." Also according to Les Carpenter, the author of the article cited above, JJ Hardy, the Orioles short stop, traded from Milwaukee before the 2011 season noted, "I had players that had played for him in the past say, 'You're going to love him or hate him.' He found Buck to be enthusiastic, with a good sense of humor, and patient. He even laughed with them and tried to build a personal relationship with his players. He encouraged the players to get a ping-pong table. JJ said, "From what I've been told, the old Buck Showalter would not have allowed a Ping Pong table in the clubhouse." Yes, Buck had changed his way because he is smart.

Results of Buck's Leadership

Buck remains a no nonsense guy, but he is more patient. He sees himself as a teacher and a coach with an even keeled temperament. The 2012 Orioles remarkably won 16 straight consecutive extra-inning wins in 2012. But there were lots of holes. The manager used an unprecedented 50 different players during the year to cobble together the line-up. The rotation changed weekly and often the schedule would show that the starting pitchers for the next few games are "TBA". Some of the players who came to play an important role on the team included those "found" in the Mexican minor league, another who had not played in the majors in five years, and someone who was released mid-year and picked up by the team. One startling statistic deserves note: The Orioles "runs allowed to runs scored differential" (runs differential) was +7. Under normal predictions, the team should have played about .500 (81-81), winning one game for every one lost. Instead the Orioles won 93 and lost 69 and came within two games of defeating the \$200 million Yankees for the AL East pennant. The Orioles' cumulative salary was 40% of the New York Yankees!

Why did Buck succeed? What are the lessons that we can learn from the 2012 Orioles and his Management? Buck trusted his players and they trusted him because he placed them in situations where they could be effective. He was able to draw out the strengths and match them with what the team needed at specific moments. At the same time, he was not afraid to send any player back to the minors if they continued to fail. He got the players to believe in themselves but he also demanded a lot from them.



In press conferences, Showalter never blamed his players when things went sour. He also never yelled at them in public. He built up his credibility with the players and the coaches and his praise was magnanimous. In addition, he learned that humility and sharing the credit was very important. His player responded to his love of the game and his message to play the game correctly. They say winning is contagious, but so is defeat. The key to good organizations is to maximize the winning and minimize the defeats. That requires finding the right coaching staff and having an unwavering core philosophy that player could buy in to. Too many teams and organizations flounder because their leaders haven't figured out the winning ingredient. These are exciting times to be an Orioles fan. Although I don't usually wear hats, you might occasionally find me wearing an O's cap soon!

The Glimmer of Glimmerglass: “Marian.....Madam Librarian”

By Nancy S. Cannon, Academic Delegate and Librarian

The summer 2012 season of the Glimmerglass Festival, located eight miles north of Cooperstown on the shore of Otsego Lake, featured performances of *Lost in the Stars*, *Armide*, *Aida*, and *The Music Man*. Four hours driving distance from the nearest major metropolitan area may not seem a likely place for a world-class opera and musical theater company. This remarkable achievement reflects generous financial support from all segments of the community and beyond as well as countless hours of volunteer time. The curtain first went up at Cooperstown High School in 1975. The Alice Busch Opera Theater opened in 1987. Glimmerglass Festival now attracts opera connoisseurs from around the world. In October 2012, Glimmerglass will hit the road (figuratively) and take its production of *The Music Man* to the Royal Opera House in Muscat, Oman.



at Glimmerglass

After a hiatus of about twenty years, last year I again attended an opera, this time the Glimmerglass production of *Carmen* as a birthday present from Bill. Wow! We both wished we'd discovered the Glimmerglass Festival sooner. This year we saw an outstanding performance of *The Music Man* (how could we resist a musical featuring a librarian?) starring Cooperstown native and SUNY-Purchase graduate turned international opera star Dwayne Croft. And this time I felt like marching to the tune of "Seventy-six Trombones".

Since the Festival takes its name from the "Glimmerglass" (Otsego Lake) of James Fenimore Cooper's *Leatherstocking Tales*, I checked Cooper's correspondence to see if he mentioned opera:

TO J. E. DE KAY, NEW YORK

Florence, May 25th, 1829, Villa St. Hilano, near The Porta Romana.

My dear De Kay,

...As for myself I know nothing of Europe through cafes and valets de place. I make no acquaintances with Countesses in Diligences and do not see grandees at Restaurateurs, and scarcely know the name of an opera dancer. You see I shall return as ignorant as I came out, at least in the opinion of those galloping gentry, who think the world is to be best understood in the market places...

J. Fenimore Cooper

(Correspondence of James Fenimore-Cooper, edited by his grandson James Fenimore Cooper, Yale University Press, 1922 - Volume 1 - Page 171)

Information on programs, tickets, donations, and volunteer opportunities are available on the Glimmerglass Festival website: glimmerglass.org/. Productions for the 2013 season: *The Flying Dutchman*, *King for a Day*, *The Little Match Girl Passion*, *Stabat Mater* and *Camelot*. Near the end of *The Music Man*, Harold Hill is about to be tarred and feathered for misrepresenting himself. Marian the Librarian comes forward and reminds the crowd that Harold Hill brought excitement and joy to River City. Perhaps, for at least a time, the Glimmerglass Festival will bring the same to you.

The Joys of Vietnamese Cuisine: A Tribute to the Truong Family*

By Rob Compton, Vice President for Academics



“Tom” and “Rose” Truong (founders/proprietors)



The Mekong Vietnamese Restaurant in Johnson City, NY

Pictures from: <http://www.mekong-dining.com/>

Joys of Vietnamese Food

Life is enjoyed when value is created. The process of creating enduring value requires work and dedication. When I met “Tom” Truong in 1993, I had just started my Ph.D. at Binghamton a year earlier. I have fond memories of Tom and Rose Truong’s restaurant: Mekong. I’ve seen their family grow and prosper over the years. I was deeply saddened to hear that Tom passed away in 2010. A few months later, the restaurant reopened. However, on November 30, 2012, the restaurant will close for its last time.

Having grown up in Japan with many international kids, the thought of Asian cuisine causes me great comfort. To me, there is no better comfort food than Vietnamese cuisine. The use of bold ingredients such as lemon grass, coconut milk, and fish sauce blends in with the French colonial influence in modern Vietnamese cuisine. Every time I am in Mekong, my Pavlovian training kicks in as I begin to salivate uncontrollably as I look over the menu. (I know this doesn’t conjure up an appetizing visual, my apologies) I must add that each food is carefully and expertly prepared in the meticulously clean kitchen. In fact, the entire restaurant is the **CLEANEST** restaurant that I have ever eaten.

I’ve gone to Mekong at least six dozen times during my stay in Binghamton. In fact, that’s where friends and family celebrated my successful dissertation defense in 1997. I remember Tom and his daughter Thao who created the most memorable occasion for us. Tom was like extended family and we spoke often about his life during slower evenings.



Shrimp, Vegetables and Vermicelli

Tom and Rose cherished their family and worked fifteen-hour days to send their children to college. All of the children helped at the restaurant when they were not in school. We all know that the restaurant business is one of the most difficult to operate successfully because of the tremendous effort, savvy, and attention to detail that it takes to develop a strong client- base. Tom, the entrepreneur used his engineering and life experiences to maintain much of the restaurant’s equipment. Long hours and hard work came naturally to the Truong family. Originally arriving as refugees from Viet Nam (1978), they endured a harrowing escape from the country, and months in a refugee camp in Thailand.

Whenever, my studies got me down or I needed some time to bond with my family or friends, we chose Mekong eight out of ten times. We knew that the hospitality and the quality and consistency of food would be second to none. As soon as we walked in to the restaurant, we were greeted with smiles and welcoming conversation. The ambience of the restaurant was one in a million, appropriate for families with small children or an elegant evening out with someone special.

The Joys of Vietnamese Cuisine (continued)

The Menu: Appetizer and the Entrée

It best to start with jasmine tea and some summer rolls- pictured to your left- (\$2.25) stuffed with shrimp and vermicelli served with a special hoisen-peanut sauce. Alternatively, I'd recommend the "steamed buns" or the wonton soup (\$2.75). The wonton soup is no ordinary take-out type of soup. It has an indescribable depth of flavor. The "steamed bun" is not on the menu because it's difficult to make. Just ask if it's available for that night. You might also want to share a fabulous Vietnamese cabbage salad (\$3.95). Its fish sauce dressing is one of a kind.



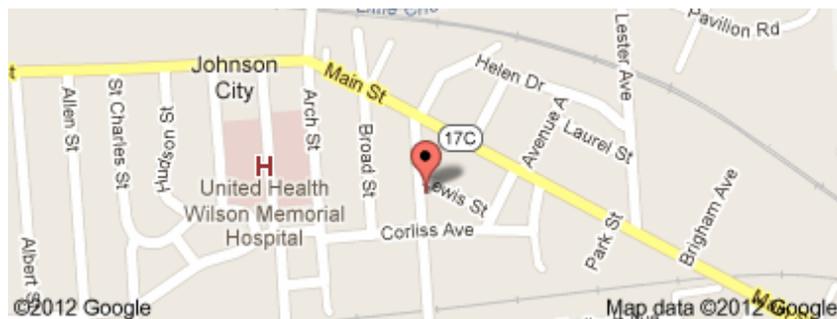
Now we move on to the entrée! Although pho is very good here, after having the wonton soup, I pass on this for something with rice. My favorite is Grilled Pork Chops on Broken Rice (\$11.50) and Deep Fried Bean Curd with Vegetables with Lemon Grass Sauce (\$11.95). I've also liked the Chicken Birds Nest (\$13.95). I don't know how they make their sauces, but I can say one thing for sure, the food is not simmered and saturated in the sauce. Therefore, the ingredients maintain their unique flavors and the sauce complements, rather than overwhelms the ingredients. You can see the whole menu here: <http://www.mekong-dining.com/menu.html>

Now it is time for the closing act. Rather than a dénouement, getting towards the end of the meal is just the beginning at the Mekong. Mekong has good deserts, but most importantly, the finest French press coffee. It's coffee is something that no coffee connoisseur should EVER miss. It comes with condensed sweet milk on the bottom, too and its aroma and bold taste is just what the doctor ordered if you are getting ready to stay up all night to work on the conference paper or dissertation.

Conclusion: It's Just the Beginning

Even when I finish eating at Mekong, I am in no hurry to leave. I often say for an extra hour or so, just to talk to my family or friends and to catch up with Tom and his family. Tom and Rose seized the American dream. Most of his family has subsequently moved to other parts of the US, given the lack of jobs in upstate New York. Their story is a quintessential American immigrant story. In classic Asian form, Tom and Rose gave their family the gift of life. I am sure that Tom is looking over the heavens with pride at his six children.

Mekong finally closes its doors on November 30, 2012. Theresa Truong said eloquently, "Now we will close Mekong's doors to bring the focus back to what started it all, the family. As we look forward to the next chapters of our lives, we will cherish the memories that we have made with our loyal patron friends." I will go to Mekong one last time this Fall with my family. Why don't you try it out and make some memories before it's too late?



Mekong Restaurant
29 Willow Street, Johnson City, NY 13790
Tel. (607) 770-9628

* Family history details from [Press and Sun Bulletin](#), October 14, 2012, pp. 1E and 6E.

Executive Board Contact Info

President (d)	Bill Simons	William.Simons	436-3498 (office)
Managing Editor			
VP for Academics (d)	Rob Compton	Robert.Compton	436-3048 (o)
VP for Professionals (d) ; Co-Web Master	Norm Payne	Norman.Payne	436-2021 (o)
Secretary (d)	Tom Horvath	Thommas.Horvath	436-3899 (o)
Treasurer (d)	Rich Tyler	TYLERRF	433-2452 (h)
Health/Safety Officer (d)	Ron Bishop	Ron.Bishop	436-3109
Contingent/ Part-Time Concerns Officer	Leah Bridgers	Leah.Bridgers	436-3655 (o)
Membership Director (d)	Hanfu Mi	Hanfu.Mi	436-3000 (o)
Grievance Officer (d)	Renee Walker	Renee.Walker	436-3346 (o)
Facilitator, Academics And Photographer (d)	Nancy Cannon	Nancy.Cannon	436-2160 (o)
Benefits Officer	Mona Hughes	Mona.Huges	436-2490 (o)
Disabilities Officer (d)	Dawn Hamlin	Dawn.Hamlin	
Director, Special Events And Retiree Representative	Loraine Tyler	TYLERLL	433-2452 (h)
Co-Web Master (d)	Alex Jean-Charles	JEANCHA	436-3384 (o)
Director, VOTE COPE (d)	Kyle Britton	BRITTOKJ	436-2263 (o)
Outreach Representative (d)	Fred Miller	MillerFredR@yahoo.com	988-9323 (h)
Format Editor, Sentinel	Terri Treibits	territreibits@yahoo.com	436-3318 (c)
Affirmative Action Officer (d)	Nithya Iyer	Nithya.Iyer	436-3128 (o)
Director, Labor Film Series (d) and Outreach Representative	Gina Keel	Gina.Keel	436-3505 (o)
Director, Community Service Grants Officer	Linda Drake	Linda.Drake	436-2633 (o)
Facilitator, Academics (d)	Kathy Meeker	MEEKERKL	436-2479 (o)
Facilitator, Professionals (d)	John Chiang	CHIANGS	436-3426 (o)
Facilitator, Professionals (d)	Amy Crouse-Powers	Amy.Crouse-Powers	436-2077 (o)
Facilitator, Professionals (d)	Janet Frankl	Janet.Frankl	436-3227 (o)
Facilitator, Academics (d)	Mike McAvoy	Michael.McAvoy	436-3533 (o)
Facilitator, Professionals (d)	Andrew Perry	Andrew.Perry	436-4141 (o)
Facilitator, Professionals (d)	Michael Sullivan	Michael.Sullivan	436-2825 (o)
Administrative Assistant	Peg Carney	ONEONTA@UUPMAIL.ORG	436-2135 (o)

UUP Oneonta Office: 206 Human Ecology Building

Other Delegates & Alternates:

Joe Baldwin	BALDWIJC	436-3517 (h)
Chris Bulson	BULSONCE	397-9345 (h)
John Carney	CARNEYBK@VERIZON.NET	432-5360 (h)
Jeri Anne Jerminario	JERMINJA	436-2377 (o)

*e-mail addresses are
@ONEONTA.EDU
(d = delegate)