



Sponsored by:



In This Issue

- Anniversary Celebration
- Albany Academies bus transportation from Saratoga
- Meet our Client...Christian Cooke
- Food from small farms
- Relocation through the eyes of a teenager
- Non-Profit Spotlight...National Kidney Foundation
- Qualified Candidates Seeking Employment
- Writing a Well-Crafted Resume'
- TVC partners with Unique Non-Profit

Tech Valley Connect's 1st Anniversary Celebration Benefits Northeast Parent & Child's YouthBuild Program

On April 6th, Tech Valley Connect hosted their 1st Anniversary Celebration.



With proceeds from the cocktail reception going to the YouthBuild program at Northeast Parent & Child's Society, the cocktail reception was well attended at Pat's Barn in the Rensselaer Technology Park. Tech Valley Connect's President, Angela McNerney said, "I didn't expect to have as much fun as I did!!" A cross section of industry was present from around the Capital Region and great conversations took place in the way they often do when there are good people and great energy in the room. \$4000.00 was raised for the YouthBuild Program and we look forward to working with Northeast Parent & Child's Society in the future. Our common ground lays in the fact that we both focus on workforce development; we just do it in different ways.

Our sponsors for the event included:

Gold Sponsor - SEFCU, Silver Sponsor - Albany Valve & Fitting and Bronze Sponsors - Albany Academies, Center for Economic Growth, First Niagara, Fusco Personnel, Key Bank, LCS&Z Accountants, Pattison, Sampson, Ginsberg & Griffin, PC, Realty USA, Rensselaer Polytechnic Institute, TCE Search Group, Tech Valley Communications, Wojeski CPA. Our gorgeous flowers were donated by Bountiful Blooms and a portion of the event's catering was donated by Mazzone Hospitality.



Our Consortium Members



Crossing Cultures in the Capital Region

Tech Valley Connect is developing a program to address cultural assimilation to the United States, and more specifically to the Capital Region. Partnering with Capital Region Language Center and Lingua Linx, we are working to build a strong program to provide focused information that is meaningful to foreign nationals and their families. This information covers a cross-section of topics and interests.

With the continued growth of the Capital Region and the insurgence of international tech companies to the area, it is necessary for the region to develop meaningful infrastructure. Currently, there is no regional effort to address integrating foreign nationals into our communities. Mari Mujica, Principal of Diversity Consultants said, "Businesses need to find ways to be more welcoming to foreign nationals both as employers and business interactions." Mujica gives workshops to businesses and academic institutions providing coaching, facilitation and consultation with the goal to change the way organizations think, work and interact with one another.



A series of seminars will be headlined with topics covering assimilation, U.S. traditions and cultural structure. The topics will be distributed ahead of time for families to sign up for classes they think will be most helpful. Classes will be conducted with no less than 6 and no

more than 20 participants. They will offer classes in accent reduction as well as slang, idioms and acronyms. Welcome Kits will be distributed providing information such as: buying/leasing cars, using the American medical system, how internet and cell phones are used in US, sizing converter charts (shoes, clothes), holidays – their meaning and what is closed, tip chart and restaurant language, emergency card detailing what to do if you are involved in an accident and what to do if you get pulled over by the police.

Tech Valley Connect is working with the Chinese Community Center and Tri-cities Indian Association (TRICIA) to provide familiar cultural resources for many of our clients. We have engaged key individuals to share their own experience and knowledge with regard to the cultural differences between the United States and other countries.

Angela McNerney, President of Tech Valley Connect, has recently been certified in Cross-Cultural Competence.

A big "Thank You" to SEFCU for donating tickets to our new families for events at the Times Union Center. Our families were offered tickets to Ringling Bros and Barnum & Bailey Circus, ZZ Top & Lynyrd Skynyrd and Michael Buble.



GE Healthcare



KeyBank



Unlock your possibilities



LinguaLinx
Your Link To The World™

MOMENTIVE™



REGENERON



Rensselaer

The Sage Colleges



Banking with a Purpose

Coming this fall The Albany Academies will provide bus transportation from Saratoga and surrounding communities to the Academies.

In an effort to build a more collaborative partnership between The Albany Academies and the growing market of interest in the Saratoga county community, the Academies will pick-up and drop-off students from three locations off Northway exits 9, 12, and 15. This service is expected to benefit families living in and around Clifton Park, Glens Falls, Malta, and Saratoga.



"We noticed one of the biggest obstacles for families in the Saratoga region and surrounding communities was the time commitment it required to get their children to and from campus," said Bramble Buran, Director of Admissions. "In an effort to better serve our community, the bus will not only provide transportation for students but will be equipped with amenities like bucket seats and Wi-Fi which will allow students to complete homework and focus on academic commitments during their travels."

The bus, which can seat 42, will make three runs allowing students to participate in after-school programs and athletics. "Participation in extracurricular activities is key to our mission. It was important that this service didn't hinder students' abilities to actively participate in programs offered at the Academies," said Buran.

Families interested in utilizing the transportation service will be required to pay an additional transportation fee which is not included in the current tuition. To learn more about The Albany Academies - Albany Academy for Girls or The Albany Academy - and the new bus service to Saratoga, please contact Pamela MacAffer at The Albany Academies at (518) 429-2439 or visit our website at www.albanyacademies.org.

Meet our client...Christian Cooke

Why are you relocating to the capital region and when will you be moving?

I am relocating to the capital region this summer because I am looking for an incremental personal and professional change while adding a new experience with my wife.

My wife's acceptance to Rensselaer's PhD program provided both an excellent opportunity for her to excel in her education, as well as a chance for us to enjoy a new chapter in our lives.

What is your professional background and what type of position will you be looking for in the Albany area?





SKIDMORE

SUNYADIRONDACK

Taconic
Smart Solutions To Improve Human Health



Wadsworth Center
New York State Department of Health

My professional background consists of Information Technology roles such as systems administrator and desktop technician. I received my Information Technology education serving in the Marine Corps as a Small Systems Computer Specialist and a Tactical Data Network Specialist as Sergeant. Since then I have been successfully able to professionally expand in this rapidly growing technological field while supporting over 1,300 schools in the NYC with the Department of Education (DOE). Currently, I am looking for a position where I can utilize my computer science and network engineering background to benefit an organization and its entities.

Where have you lived and where did you grow up?

I spent the younger years of my childhood living in Bronx, NY and my teenage years living in New Brunswick, NJ. Several years later, I joined the Marine Corps and enjoyed the monumental experience of residing in California, and then Djibouti, Africa. Although I was far away, I considered New York as my home.

What was the best advice you have ever given and received?

The best advice I have ever received was by my Pastor who stated, 'listen twice as much as you speak'. This advice holistically improved and developed the entirety of my life (i.e. social and professional).

The best advice I have ever given was during my years as a youth basketball coach. I told the teenage players, 'when you pursue a goal with a passion, purpose, and plan, you will be successful'. Watching them develop as athletes and young men are a testament of the effectiveness of such advice.

What do I value most in other people?

I value integrity and loyalty. A mixture of them is the common thread of those closest.

Where do I like to vacation?

I really enjoy going on vacation to the Caribbean Islands.

The cultural experience and the fresh beach water are what I love the most.

What do I like to do in my free time?

My free time consists of quality time with my wife, and enjoying sports such as basketball, cycling, and kickboxing.

Physical fitness and training is perhaps one activity I have taken to an extreme mind-blowing experience.

About Food From Small Farms: Simply It Is Better For You

According to **Harvard Medical Center for Health and the Global Environment**, vitamin and mineral content of fruits and vegetables depends on the specific variety of the fruits and vegetables, the production method used, ripeness, post-harvest handling, processing and packaging, storage and transportation.

Most varieties of fruits and vegetables found in supermarkets are chosen first and foremost for yield, growth rate and ability to withstand long-distance transport. Unfortunately these traits which benefit national and international



fresh foods from
small farms™

Sponsors:



produce distribution often come at a cost: **nutritional quality.**



Small, local farmers, on the other hand, are able to grow produce of superior nutrition. Why?

- Local farmers favor taste, nutrition and diversity over durability in transport.
- They grow a greater product diversity, which means greater nutritional diversity.
- Produce is sold right after harvest (at peak freshness and ripeness), which makes them more attractive and healthier.
- Produce handling is minimized and typically not harvested with industrial machinery, decreasing damage.
- Transportation and processing is minimized, which maximizes freshness and flavor and nutrient retention.

Small Farming Methods: Nutrient Dense Farming

Nutrient Dense Farming (NDF) aims to grow crops that have a measurably greater quantity of minerals, vitamins, phyto-nutrients, and antioxidants than either conventional or many certified organic crops. These nutrient components also need to be in appropriate ratios to each other in order to maximize absorption and use by the body. Highly functional and robust soils translate into peak nutritive levels, peak yields, and peak pest, disease and extreme weather resistance.

Supporters of NDF believe that fruits and vegetables grown with NDF have more complex and intense flavor and a longer shelf life. "Weeds" prefer different soil life communities than crop plants do so NDF reduces the need for field maintenance. NDF crops have a higher yield, are more resistant to natural challenges, require less maintenance and because of their flavor and richness, demand premium wholesale and retail prices.



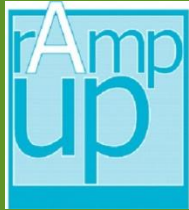
Consumers are beginning to understand that they can discern the quality of the produce by its flavor, aroma, texture and vitality, as well as being able to measure its brix (a measurement of various sugars and starches present, indicating the presence of micronutrients) with an easy to use refractometer. For more information go to <http://www.field-goods.com>

By Donna Williams, Founder of [Field Goods](http://www.field-goods.com).

Lessons Learned - Relocation through the eyes of a teenager.

MOBILITY Magazine, January 2011

Each year, the Charlotte Metro Area Relocation Council (CMARC) awards the Jane Osborne Memorial Scholarship to a high school senior who relocated to the Charlotte, NC-area during his or her high school years and submits an essay about the experience. Mobility is pleased to present the winning essay,



New Resources:

Weekend MBA Program at UAlbany



which offers a view of the mobility process through the eyes of a teenager.

By Jennifer Rosene

Cardboard boxes, numbered neon stickers, packaging tape, the whole nine yards. Once again, it was time to leave, and at this point in my life I knew the drill all too well. In six simple weeks I would be the new kid on the block full of awkward conversation and a repetitive story, which I would reiterate to each neighbor who came to our door. My brother and I would go through the same routine of walking the dog around the block a million times to scope out the kids our age. The first day of class would be terrible, and full of engagement in short exchanges like, "Hey, where are you from?" or, "You're the new one, right?" Life as I knew it was about to be twirled, twisted, and flipped-for the seventh time and counting.

At age 14, I had lived in more places than most people my age had visited. Charleston, WV, Raleigh, NC, Ft. Lauderdale, FL (and everywhere in between), I had at one point in my life called home. Just before I was allowed to become comfortable in a new setting, it was once again time to pick up and leave. Accompanying the strange smell of a new and empty house would be a new school, a new team, and a new set of directions. To me, "move" was just another horrible, four-letter word.

Each time it was the same old, same old. It started out with a family meeting. My dad would break the news, and my brother and I would ask questions until our brains gave out. "Is it cold there? Do they know what baseball is? How many kids live in that town? Does TV work in North Carolina?" Reluctance was followed by promises of bigger rooms and a cool backyard. Being kids, we quickly gave in. House showings appeared on the calendar and we were forced to commit to the most horrible thing in the world... clean rooms. As strange people began showing up at our door, we would take hour-long trips to Chuck E Cheese, the McDonald's play room, or anywhere else that would keep us occupied until it was safe to return home. Within two weeks, the moving truck was parked outside our house and the movers were taping cardboard to our floors. Plans quickly turned to reality.

The tears and goodbyes would set in as the closing dates came closer. Perhaps the only positive I saw in our constant relocation was the opportunity to reacquaint myself with realtor.com, because if we were going to move I was going to pick the house. Other than that, waving goodbye to everything familiar, I convinced myself, was a depressing way to live. I guess you could say I was living for the moment, and when the only things that mattered were happening now, moving doesn't quite fit into the schedule. Looking back, however, I see things a little differently.

Now I live in Charlotte, NC. I go to Ardrey Kell High School, I play softball, I swim, and I have a great group of friends. I have only lived here for three years and when people ask me where home is, I reply with whatever city would be most likely to spark a conversation. I haven't lived next door to my best friend since I was two, or played on the same team for three years, or even memorized a town like the back of my hand. But I do have friends across the country; I know how people work, how they are different, how they are the same. I have experienced lifestyles of every sort and been put in every situation. I am comfortable with talking to anyone and everyone, and little has come to intimidate me. Being immersed into a new world every few years has taught me how to adapt, but more importantly how to get along. I have realized what is important and what is pity; how to live life by taking

advantage of every opportunity. In retrospect, the occasional change of scenery for lifelong lessons wasn't such a bad trade-off after all.

Next year I will be going away to college. Quite ironically, the four years spent on campus will be one of my longest stays in a single location. Unlike a majority of my classmates, I am not nervous to experience something new; rather, I am excited for another opportunity to make the most of another stage in my life. I am fully aware that, when I arrive, challenges will be thrown my way and school will be tough, but from experience I will know how to take those challenges and run with them.

My dad would always tell us as we packed our rooms, "one day you will look back and be thankful." My brother and I would roll our eyes and look at each other with the same old thought-he doesn't understand. He doesn't understand new friends, new teams, and new schools. Well, he did understand, and each day I become more and more appreciative of how my childhood evolved. Each neighborhood was picked with care and our futures in mind. All of the people I was surrounded with have in some way made me who I am today. The different places and locations have shaped me to become the best possible version of myself, and for that, I could not be more thankful. I think anyone who has experienced a life of moving would say the same about their personal perspective of the process. For any child in the same shoes I was in just a few years ago, I have a simple piece of advice to help you on your journey-wherever the road takes you, build your life with experiences, look at every opportunity with an open heart, and run toward your dreams. You can have the attitude of sitting back and letting life happen, or you can challenge yourself to go out and make life happen.

Jennifer Rosene will be attending the College of Charleston in Charleston, SC.

MOBILITY Magazine, January 2011

We have clients with backgrounds in the following areas looking for employment:

- Analytical Chemistry, Biochemistry, Proteomics and Drug Discovery
- Art Educator
- Business Analyst
- Cardio-Vascular Researcher
- Developmental and Educational Psychologist
- Human Resources Professional
- I.T. Programmer
- I.T. Software
- I.T. Systems Admin/Desktop Technician
- Motivational Reading Teacher
- Organic Chemist
- Science & Environmental Educator/Sustainability
- Scientific Researcher/Project Manager
- Spanish Educator



Please contact Julie Hansen at Julie.Hansen@techvalleyconnect.com for more information.

Community Service



Non-Profit Spotlight



Albany/Glens Falls Walk for Kidneys: The Walk for Kidneys presents an occasion for dialysis patients, organ transplant recipients, donor families, living donors, medical professionals, business and community leaders, and the general public to celebrate LIFE and support the Foundation's mission. The Walk for Kidneys is a non-competitive, fundraising walk focusing on education and prevention of kidney and urinary tract diseases and awareness of the need for organ donation. It presents an opportunity for family, friends and colleagues to participate in an inspiring, community-based event which calls attention to the need for early detection of kidney disease while supporting NKF's patient services, public and professional initiatives and kidney research. The Glens Falls Walk will be held on Sunday, May 15 at the Great Escape and Splashwater Kingdom and the Albany Walk will be held on Sunday, June 12, 2011 at the University at Albany. Registration is open at www.healthykidneys.org

Catwalk for Kidneys: The National Kidney Foundation announces a new event to the 2011 calendar! "Catwalk for Kidneys", Fashion Show and Brunch, will be held as we celebrate "Friendship" in Saratoga. Your day will be a day to share fashion and friendship as well as celebrating families and the work of the National Kidney Foundation. The event supports those affected by kidney disease and organ donation throughout our 18 county territory. The 2011 "Catwalk for Kidneys" event celebrates our patients as we present summer fashion and celebrate local seasonal activities. The National Kidney Foundation of Northeast New York is pleased to present this first year event with an emphasis of support to NKF patients with a focus on looking good and feeling good. Please hold the date of Sunday, August 21, 2011 and plan to join us! For tickets or sponsorship information, call 518-533-7880 or call info@healthykidneys.org

Mutual Invitational: The National Kidney Foundation has the premiere charity golf tournament of the region, featuring quality gifts and prizes, and the opportunity to advance to national finals at prestigious courses such as Pinehurst. This year's local qualifying event will be held on September 12 at the prestigious Saratoga National Golf Club. For sponsorship and foursome information, call 518-533-7880 or email info@healthykidneys.org.

Get a jumpstart with a mortgage pre-approval

As the temperature starts to rise so do home sales in the Northeast. Don't get left behind. Get pre-approved for your mortgage and have all the information you need to find (and buy) the home of your dreams.

Why get pre-qualified?

You might not think it is necessary, but getting pre-qualified is an important step. By taking the



time to get pre-qualified at Home Funding Finders, a subsidiary of SEFCU, you'll know exactly how much you can borrow so you won't waste time looking at houses that you can't afford. Plus, it shows realtors that you are serious about buying a home so they'll be more responsive to you.

How do I get pre-qualified?

Getting pre-qualified at Home Funding Finders is easy! Get started by visiting sefcu.com and clicking on "Home Funding Finders Mortgage Center." Then complete the application online and you'll receive a pre-approval letter immediately that you can print out and bring with you when you start shopping. You can also stop by any of SEFCU's branches and complete a pre-qualification application while you're there!

What information do I need to supply?

Whether you complete the application online or in person, you'll need to provide the same information. At a minimum, you'll need to supply your name, current address, phone number, social security number, and date of birth.

Get shopping

Once you are pre-approved, let the shopping begin. Work with a realtor, or search on your own to find the home of your dreams. Once you do, just contact us and we'll get you started on the full mortgage application.

Summer Dining Riverside - Client Networking Event:

Join us on the terrace to meet new friends and enjoy a wonderful dinner at the Glen Sanders Mansion on Tuesday, July 12, 2011. More details to follow.



Join The Albany Academies this year for the perfect summer camp experience. During summer camp, the Academies will provide unique opportunities for your child to make new friends, learn new skills, discover, grow, and, most of all, have fun!

Whether your child has a passion for art, sports, cooking, science, or adventure the Academies have a program for you. A number of camps are being offered for children in Pre-K through Grade 9, including our highly popular LEAP(Learning Enrichment Activities Program) Camp; Leaps and Bounds Camp -- a new camp this year specifically for boys and girls entering Seventh, Eighth or Ninth Grade; Junior Camp, Classic Day, and a Driver's Education course.

Summer camp is held on our beautiful 50-acre Albany Academies campus, right in the heart of downtown Albany. With our many facilities, children have the opportunity to build robots, create their own cartoon characters, star in a special camp performance, publish a newspaper, or learn a new language. Summer camp at The Albany Academies offers something that will surely please anyone.



To learn more about the many opportunities offered during Summer Camp at The Albany Academies, visit us online at www.albanyacademies.org or call (518) 429-2300.

Contact Us:

<http://www.techvalleyconnect.com>

Angela.McNerney@techvalleyconnect.com

518.275.5032

Julie.Hansen@techvalleyconnect.com

518.698.1715

