

The Apple Core

December 2017

Upcoming Events

GVTA Executive meetings:

- January 9
- February 6
- March 6
- April 3
- May 1
- June 5

Held at NPC and begin at 4:00.
All members are welcome

Other Events:

- December 23–January 7—
Christmas Break!
- January 10, 4:00pm –ESJ
book club, CKs
- January 13, 1-3:30 pm—Early
and Mid-Career Retirement
Seminar, Carman

Happy Holidays!

Greetings, GVTA-ers;

While I should be writing you all a message of Seasonal Glad Tidings and Best Wishes of Holiday Joy, I've been in a number of concerning meetings this past week which are foremost on my mind.

Many of these meetings could have been avoided if our own GVTA Members followed the MTS Code of Professional Practice. The Code establishes the required standards of conduct for all members. A member's professional behaviour must reflect the *spirit* as well as the *letter* of the Code. It does not differentiate between teachers, clinicians, administrators, or substitutes. This code, combined with our division's "Choose Trust" motto, should guide and direct all of our actions and interactions. To be frank, I was disappointed to hear reports of several of our members who have operated either on the cusp of this Code, or who violated it altogether. *Specifically, I'm talking about how our GVTA members are treating each other.*

Bylaw IV, ¶ 1.3 of the Manitoba Teachers' Society states "Teachers are trusted by the public and others in the teaching profession to act ethically, responsibly and to adhere to high standards of professional practice. As a result, Members have an obligation to support and enhance the professional standing and reputation of all teachers and the status of the profession of teaching"

Member-to-member, please be reminded that the following principles are a mandatory part of being in the teaching profession:

4. A Member's conduct is characterised by consideration and good faith. The Member speaks and acts with respect and dignity, and deals judiciously with others, always mindful of their rights.

6. A Member first directs any criticism of the professional activity and related work of a colleague to that colleague in private. Only after informing the colleague of the intent to do so, the complainant may direct in confidence the criticism to appropriate officials through the proper channels of communication. A Member shall not be considered in contravention of this Article in the following circumstances:

- a) consulting with the Society or the Member's Local president;
- b) taking any action that is allowed or mandated by legislation;
- c) where the Member is acting in good faith and without malice in the discharge of the legitimate duties of the Member's appointed or elected position.

7. A Member does not bypass immediate authority to reach higher authority without first exhausting the proper channels of communication.

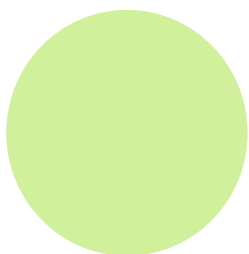
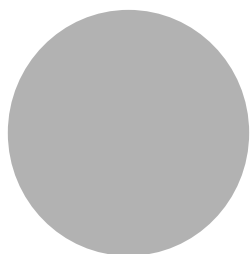
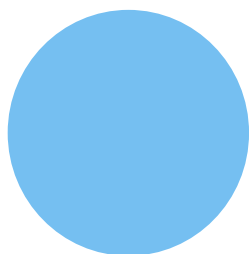
These principles are not optional. With regards to a member's professional and related work, this Code applies at school, at the baseball diamond, in the supermarket, and on the street. Whether they work in your building, another building, or another division; whether they work with you, your spouse, your friends, or your children, this is the protocol and procedure to follow. It is part and parcel of being a teacher.

As we head into the Christmas break, please consider how we can safeguard the noble profession we have chosen. Many times the work of teachers is negatively reported in the press, and not often enough are the good things we do made public. So, when you do have a concern, please handle it in the ways describe in your Professional Code of Practice. It is your duty to yourself, your colleagues, and our profession.

As always, call, text, or e-mail if ever you need. Merry Christmas and Happy Holidays,

Joel

gvtapresident@gmail.com
204-384-5635



Note: The MTS Bonspiel is coming up on February 2-4, 2018 in Brandon. GVTA will cover half of the registration fee for GVTA rinks that would like to attend. Contact Joel at gvtapresident@gmail.com for more information!



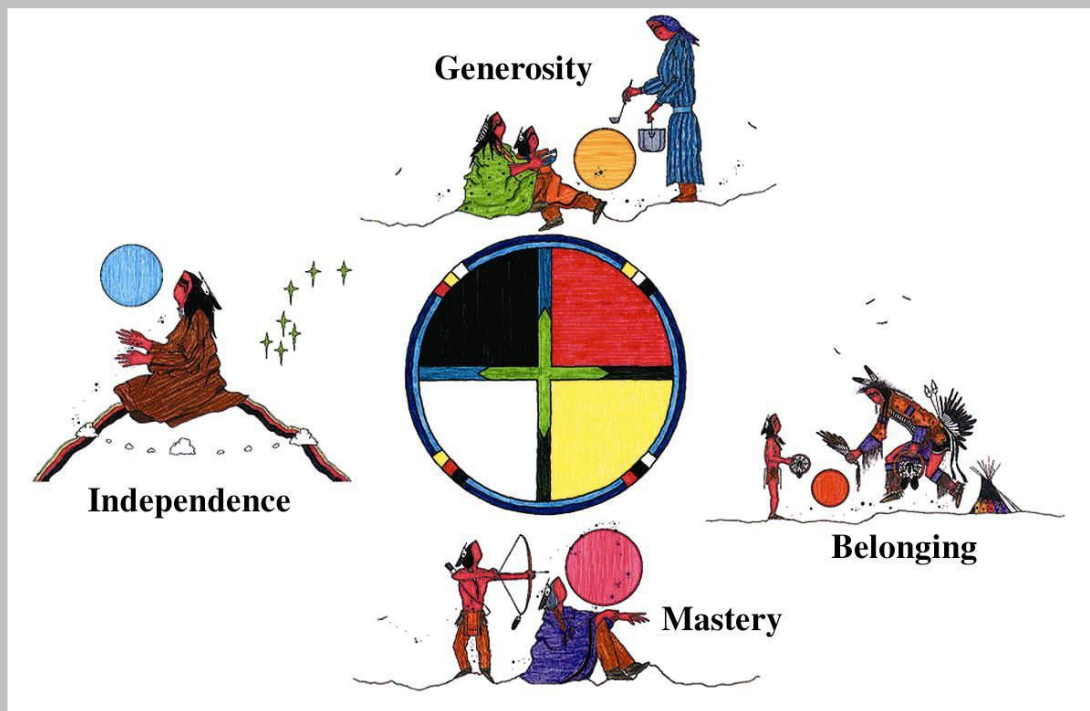
Garden Valley Teachers' Association members work on the traditional lands of the Anishinaabe, and the homeland of the Métis nation. GVTA respects the Treaties that were made on this territory.

Indigenous Education Report

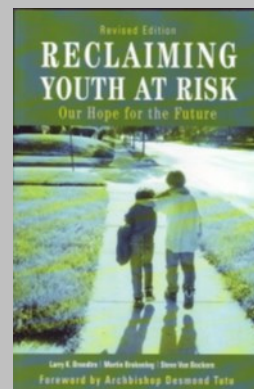
Thoughts on Intergenerational Trauma

“Some populations display complex social patterns that are the result of history. Aboriginal youth display intergenerational trauma but usually receive symptom treatment. The Circle of Courage transforms the foundation conditions for Native or any other youth.” Martin Brokenleg

The Circle of Courage:



For more information on the Circle of Courage, read [Reclaiming Youth at Risk](#) by Larry Brendtro and Martin Brokenleg



Social and Wellness Report

Hello GVTA members!

The Holiday season often continues to affect us well into January. While there are a number of positive elements of the holiday season for many people, there are also things that make the holidays quite difficult. While there may be an opportunity to rest, many people find this time of year to be filled with stressors, both good and bad; they can be overwhelming, disappointing, or exciting. It is important that during this blustery, busy time we take a minute and check-in with ourselves so we aren't caught off guard by sneaky stress. Taking this time for self-care will perhaps allow you to better enjoy this break and the beginning of 2018.

There are several effective strategies for looking after ourselves during this time. Some will work better for you than others but they all have the potential to calm our nervous systems and allows us to come into a restorative state - making the break feel like a break (who doesn't want that?):

Make time to rest without a screen. Reading a book, painting, quilting, carpentry, playing a game, working on the car - hobbies that you enjoy away from the screen will help you to feel centered, purposeful and rested.

Make sure sleep is a priority. If you need to nap, nap. This will make a world of difference and will reduce your cortisol levels which helps reduce your stress, anxiety, and appetite. It can also improve your mood.

Get some exercise in. Exercise is fantastic for boosting mood and energy.

Check in with yourself regularly. Where are your shoulders? Are you clenching your jaw? Does your brain feel scattered? If you notice these things, focus on breath. I have included a few breathing exercises that you can use to help you out if you would like a few resources (see below).

As much as possible, set boundaries that you know will keep you healthy over the holidays.

Don't forget that if none of these strategies are proving to be enough that we have incredible supports through MTS, from insurance coverage for massages to accessible counsellors.

Helpful resources for breathing exercises to reduce stress:

Several different strategies that take 5 minutes or less - easy to build into your daily routine: <https://www.healthlinkbc.ca/health-topics/uz2255>

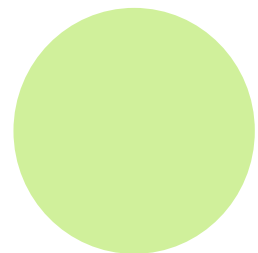
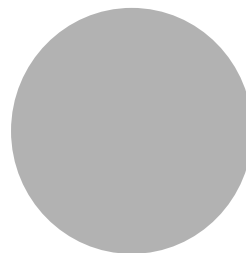
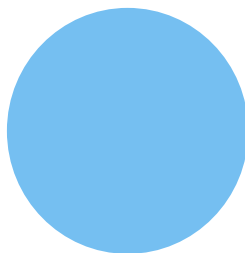
A variety of strategies for day to day health maintenance as well as breathing strategies to deal with unexpected stress: <https://www.headspace.com/>

If you feel like you might want a bit more guidance, this video guides you through some mindful breathing: <https://www.youtube.com/watch?v=nmFUDkj1Aq0>

Have a wonderful holiday!

Caitlin and Melanie

The Social and Wellness Committee



TRAF Optional Contributions

- ⇒ Optional contributions a member can make to TRAF that are over and above the required contributions to your pension
- ⇒ Deposited into a separate account which operates similar to a Registered Retirement Savings Plan (RRSP)
- ⇒ Making voluntary contributions this year will reduce your allowable RRSP contribution room next year by the same amount
- ⇒ Tax deductible
- ⇒ Voluntary contributions accumulate with interest at TRAF's fund rate of return
- ⇒ This past year saw a rate of return of 7.3%
- ⇒ The accumulated contributions and interest can be:
 - Paid as a lump sum (cash, net of withholding tax or RRSP transfer) before retirement, or
 - Used to purchase eligible service, or
 - Can be converted to a monthly annuity at retirement
- ⇒ Investing through TRAF's investment portfolio gives you access to markets that are not typically available to the average investor
- ⇒ You can start or stop contributions at any time
- ⇒ You pay \$0.08 (today's fee) on every \$100 if you take as an annuity versus \$2.50 (average) through another investment firm (eg: Great West Life)
- ⇒ Contributions are made through payroll and are automatic each month

Enrolling is easy! Visit the TRAF website for more information:

<https://www.traf.mb.ca/>



Travelling during the Christmas break?

Don't forget to check out your Travel Health Benefits coverage.

Information can be found at WWW.mpsebp.ca



GVTA President at Legislative Open House

By Joel Swaan

On Saturday, December 2nd, I had the opportunity to attend the annual Legislative Building Open House. As I went after an MTS Collective Bargaining Standing Committee meeting, I had about 45 minutes for my first-ever visit to the Legislative Building. During that time, I briefly met, and delivered holiday greetings on behalf of the teachers of Garden Valley to Hon. Ian Wishart (Minister of Education and Training), Hon. Cameron Friesen (MLA Morden-Winkler, Minister of Finance), Wab Kinew (Leader of the Opposition), and Dougald Lamont (Leader of the Manitoba Liberal Party).



Joel and Ian Wishart



Joel and Wab Kinew



Joel and Cameron Friesen



Joel and Dougald Lamont

ESJ Book Club Update

The book club's current book is Having Hard Conversations by Jennifer Abrams. We had an excellent meeting Wednesday, December 13th with some really good discussions and sharing by everyone there. Some points that resonated with the group were the relevance of the book and the practical tips, and knowing the competing reasons for not having that hard conversation with the other person. The reasons in the book just re-freshed for us the things we say to ourselves to not have these important conversations. Some great quotes throughout the chapters really make this book a resource for years to come.....the highlighters are well used! This book will be finished up at our next meeting on Wednesday, January 10 at 4 pm at CK's. Please consider and tap shoulders to see if someone will take over the book club after January along with an ESJ Chair position with our Executive committee! Thanks!

Merry Christmas!

Joe

GVTA ESJ Chair

Merry Christmas

Happy Holidays



Have a relaxing and restoring holiday!

From your GVTA Executive



The Brandon Teachers' Association, together with the Éducatrices et Éducateurs Francophones du Manitoba, will be hosting the 2018 Manitoba Teachers' Society Bonspiel February 2, 3 and 4, 2018. We are especially excited this year because it is the 50th annual event!

The MTS Bonspiel is a great event for all skill level of curlers. First timers or seasoned champions, you are all welcome to come out and enjoy the weekend! Teams can be made of any arrangement of male or female curlers; however, at least three members of each team must belong to the same local association of MTS.

Curling will begin Friday evening. We will adjust the draw to accommodate teams traveling to join us. Saturday curling continues all day with a social evening to follow. Teams are invited to join us Saturday night for supper and stay for the live band "Bethel Road Music". The supper and social is all included in your entry fee.

Sunday curling will resume 11:00 am with the finals later in the afternoon.

We look forward to hosting associations from all over our province. For more information please contact Cale Dunbar.

btabonspiel@gmail.com



50th ANNUAL MANITOBA TEACHERS' SOCIETY BONSPIEL

February 2nd – 4th 2018
Hosted by the BTA & ÉFM
Riverview Curling Club
420 Maryland Ave. Brandon, MB

ENTRY FEE: \$200 per rink (Includes 4 dinner tickets). Please make cheques payable to **Brandon Teachers' Association**. Please include payment for additional dinner tickets on the same cheque.

RETURN ENTRY FORM AND PAYMENT TO: Cale Dunbar, at the address below.

INFORMATION can be obtained from your local president or:

Cale Dunbar
14 Whitehead Crescent
Brandon, MB R7B 0W3
Telephone: 1-204-483-0301
Email: btavonspiel@gmail.com

*Include names of curlers on the official entry form. A spot will be reserved for each Local Association until **Tuesday, January 10th**. Additional entries from all association will be accepted until **January 26th**. All entries must be authorized by a Local Association.*

Accommodations: please contact the BTA office for information on accommodations (204) 729 - 3141

SOCIAL EVENT

Who: Curlers and Society Members
What: Cocktails, Dinner, Live Band
When: Saturday Night 5:30 – 1:00
Where: Riverview Curling Club
How much: 4 tickets included in entry fee.
Extra tickets are \$25

φ **RULES GOVERNING PLAY:**

The CCA rules, as adopted for mixed competition, will apply with the following amendments:

- a) Up to and including the deadline, each association is entitled to one entry. If all available rinks are not filled more than 1 rink from each association may be accepted.
- b) One member from each association need not be a member of the Society; however, all other members must be members of the Society and the same teacher association. The rink must be skipped by one of the teacher members. Retired teachers may also curl with active teachers with no restrictions on position or numbers.
- c) Curlers acting as substitutes for teacher-members must be members in good standing with The Manitoba Teachers' Society. Retired teachers can also act as substitutes.
- d) Associate members (staff and students) of the organizations are allowed to enter one rink each with representation open to all associate members in the respective teacher education institutions: Faculty of Education, University of Manitoba; the Faculty of Education, Brandon University; la Faculté d'éducation de l'Université de Saint-Boniface; the Teacher Education Division, Red River College; and the University of Winnipeg, B.Ed. Program. Students must curl with their respective teacher education institution.
- e) The Retired Teachers' Association of Manitoba (RTAM) is entitled to one entry. Additional entries from RTAM are at the discretion of the host association.
- f) In all cases, entries must be submitted through the association president, RTAM president or in the case of the teacher education institutions named in (d), through the chief elected official of the student government responsible for verifying each curler's eligibility.
- g) Substitution is allowed only at the discretion of the host association.
- h) A maximum of two substitute curlers per rink per game is allowed.
- i) Any substitute curler must be approved by the host association's curling committee before the game in which the substitute(s) is/are to play begins.
- j) Where no substitute curler is available as authorized by the rules governing The Manitoba Teachers' Bonspiel, the local teachers' association rules committee has the power to authorize a rink to proceed in play with three players.
- k) Notwithstanding (a) to (f) above, the central office staff shall be allowed to enter one rink into the bonspiel. In the event that the central office rink wins first place in the first event, the first event runners-up will represent the Society at any national championship.



MANITOBA TEACHERS' SOCIETY BONSPIEL ENTRY FORM

50th ANNUAL BONSPIEL – February 2nd – 4th 2018 – RIVERVIEW CURLING CLUB, BRANDON, MB

HOSTED BY THE BTA & ÉFM

THIS FORM MUST BE RECEIVED BY January 26th 2018

(Entry fee includes 4 tickets for dinner and social on Saturday, at the Riverview Curling Club)

Position	Name (Please Print)	Address (Full Home Address, Please)	Phone	Email
SKIP				
VICE				
SECOND				
LEAD				

Would you be able to curl in the first draw at 6:00 Friday, February 2nd? **YES** **NO**

ENTRY TYPE: Check One

Entitled Entry: Each association is entitled to ONE entry (with the exception of Wpg. Teachers' Association which is entitled to two). Such entries are ensured participation in the bonspiel, provided the entry is submitted prior to **January 10th**. The following are also entitled to one entry: 1) the Faculty of Ed. (U of Mb); 2) the Faculty of Ed., (Brandon U.); 3) la Faculté d'éducation de l'Université de Saint-Boniface); 4) the Teacher Ed. Division (Red River College); 5) the B.Ed. Program (U of Wpg.); 6) the Retired Teachers of Manitoba (RTAM) and 7) MTS Staff.

Additional Entry: Additional entries which meet the entry deadline will be selected randomly to fill the draw.

The _____ <p style="text-align: center;">Local Association</p>	authorizes this team to participate in the 49 th Annual Manitoba Teachers' Society Bonspiel in accordance with the "Rules Governing Play".
Signatures: _____ <p style="text-align: center;">Local President</p>	_____ <p style="text-align: center;">Team Skip</p>

Dinner: Please indicate how many additional dinner and social tickets you will need: _____
 Four banquet tickets are included in your entry. Additional tickets will be at a cost of \$25.

Please let us know of any dietary requirements:



1. **New GVTA Vice-President:** Congratulations to Mike Urichuk (ECS) who has been appointed as GVTA Vice-President for the remainder of the 2017/18 academic year, in addition to his role as Collective Bargaining Chair.
2. **New GVTA Indigenous Education Co-Chair:** Congratulations to Roxanne Baraniski (WES) who is our new Indigenous Education Committee Co-Chair. She joins committee chair James Driedger (NPC/FreshStart) in this work.
3. **GVTA Equity & Social Justice Executive Openings:** There remains a vacancy on the GVTA Executive for an Equity & Social Justice Co-Chair. As of February 3, 2018, we will also have an opening for an Equity & Social Justice Chair. If you are interested in either of these positions, please contact Joel.
4. **President/School Visits:** Due to extra curricular involvement in February, school visits will take place for elementary schools at afternoon recesses. Separate arrangements will be made for high schools and the remaining sites. Due to the nature of the shorter visits, there will be a snack incentive. A schedule will be posted in the January *Apple Core*.
5. **Portage la Prairie Pride Parade:** MTS typically supports the various pride parades throughout the province. The parade in Portage is the closest to Garden Valley, and is the only one in the South Central region. This event is usually in September. GVTA will support the next event by providing mileage to send one vehicle for any teachers who would like to participate. Look for communication from the president or ESJ chair early in fall 2018.
6. **ESJ Book Club:** December/January book is *Having Hard Conversations* by Jennifer Abrams.
7. **Star Wars Social Event:** Thanks to the Social & Teacher Wellness Committee for offering an event at Landmark Cinemas to watch *Star Wars: The Last Jedi*, and congratulations to the teachers who won tickets to the event. May the Force be with You!
8. **GVSD-GVTA Liaison:** GVTA Executive members Joel Swaan (President/PKD), Mike Urichuk (Collective Bargaining/ECS), Raffaele Bagnulo (Professional Development/NPC), and Anny Froese (Education Finance/PDS) met with GVSD Board members Laurie Dyck (Chair), John Klassen (Vice-Chair/Policy Committee Chair), Edwin Guenther (Operations Committee Chair), Garry Bueckert (Education Chair) and Terry Penner (Secretary-Treasurer) on November 23rd. We had an excellent conversation about the new school, the process of hiring a new superintendent, and GVTA history and processes. Most significant was the conversation around the need and desire to build a strong working relationship between the Executive and the Board.
9. **Next Executive Meeting:** All members (teachers, clinicians, substitutes, and those on leave who have worked at least one day this year) are always invited to our monthly meetings, which are the first Tuesday of the month at NPC in Room #103 at 4:15pm. If you are planning on attending, please contact Joel so that he can make sure there's enough food for supper! The next meetings are January 9, February 6, March 6, April 3, May 1, & June 5.