

The Apple Core

March 2018

Upcoming Events

GVTA Executive meetings:

- April 3 at Hochfeld School at 4:15
- May 1
- June 5

All members are welcome

Other Events:

- March 26–30th—Spring Break!
- April 4th, 4:00pm –ESJ book club, CKs
- April 4th, 4:30–6:30pm—Pension Seminar, Morden Collegiate Library
- April 11th—Day of Pink
- April 12th, 7:00pm—Young Humanitarian Awards, MTYP at the Forks
- April 13–15th—MTS Hockey Tournament, East End Community Center, Winnipeg

Greetings GVTA-ers!

I've just returned from the 17th Annual Mel Myers Labour Conference, which is a two-day conference in Winnipeg that I am privileged to attend as professional development for my role as the South Central Regional Coordinator on the MTS Collective Bargaining Standing Committee.

The Committee's objectives are to address issues related to collective bargaining and other working conditions. The committee is chaired by a member of Provincial Executive, and is made up of a committee member for each of the seven regions (I represent Garden Valley, Pine Creek, Portage la Prairie, Prairie Rose, Prairie Spirit, and Western) and four members-at large, and is supported by the department head of MTS Teacher Welfare and the MTS economic analyst. The committee meets five times a year, advises the society on collective bargaining issues, and discusses provincial, regional, and local issues. The funds for attending the conference come from the committee's PD budget.

The first session I attended was on "Identifying Unfair Labour Practices". We were presented with the relevant sections of the Labour Relations Act which pertain to unions, employers, and the relationships that exist between the two. Unfair labour practices can be committed by the employer towards an employee, but they can also be committed by a union representative:

20 Every bargaining agent which is a party to a collective agreement, and every person acting on behalf of the bargaining agent, which or who, in representing the rights of any employee under the collective agreement,

In the case of the dismissal of the employee,

acts in a manner which is arbitrary, discriminatory or in bad faith, or fails to take reasonable care to represent the interests of the employee, or in any other case, acts in a manner which is arbitrary, discriminatory or in bad faith;

commits an unfair labour practice.

Continued on next page....

The duty of fair representation applies whenever there is an actual or potential violation of collective agreement rights, and applies to everyone who may have rights under the collective agreement which can include retirees, term teachers, substitute teachers, teachers on leave, and teachers whose employment has recently ended. There are further sections on Arbitrary Conduct (the union must not act in a manner that is arbitrary), Discriminatory Conduct (the union must treat members in a similar situation in the same manner), Bad Faith (the union must not act in bad faith), and Reasonable Care.

Locally, this applies to the president of Garden Valley Teachers' Association, and it also applies to the Manitoba Teachers' Society and the staff officers who work on behalf of members. Everyone I know to whom this applies takes this responsibility very seriously. Please continue to reach out when you have a question or need.

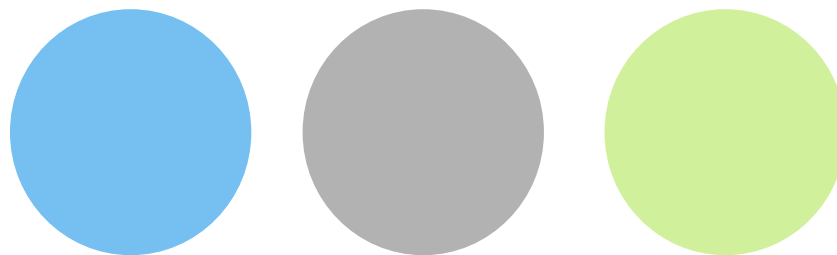
On another note, I have enjoyed my recent school visits in February and March. I appreciate those members who take the time to stop by and say "hello" and pick up a mug, courtesy of GVTA PR Chair Karla Rootsart (SWD) and Co-Chair Joanne Unrau (HFS) - and I apologize for still working on learning so many names (right, Lois?). Please continue to introduce yourself to me, it is my desire to know as many as possible eventually (not exactly a SMART goal, I know).

Enjoy the spring break. Find some time for yourself. Pick up a book, by a new album, and relax in a comfy chair. I wish you happiness and health.

Cheers,

Joel

gvtapresident@gmail.com / 204-384-5635



Are you in a term position or a substitute teacher? If yes this information is for you!

Optional Life Insurance

The Optional Life plan is open to any present or former MTS member and their **spouse/partners**. As a result, it may be particularly important for **term teachers** or **substitutes** as the MPSE Group Insurance ceases when the term ends and is not available to substitutes, Optional Life can be started at the first of any month, and will require at least a medical questionnaire. It does not flow through the employer. It is administered by Mercer and all forms or premiums must flow through them. Information on the plan is on the MTS website.

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.

Film Screening of *Birth of a Family*

All are welcome to a screening of *Birth of a Family*, a deeply moving NFB documentary concerning the children of Canada's infamous Sixties Scoop. Betty Anne, Esther, Rosalie and Ben were four of the 20,000 Indigenous children removed from their birth homes and adopted into white families or placed in foster care. These four Dene siblings grew up separately across North America, until in middle age they found each other. *Birth of a Family* follows them through the challenges, fears and joys of the first steps toward becoming a family.

Screening takes place on Sunday April 8, 7:00pm at Kenmore Theatre in Morden. Free to all.



FREE
ADMISSION
& REFRESHMENTS

CELEBRATE *goodness*
THURSDAY, APRIL 12, 2018 AT THE M^{TYP} (THE FORKS)



GVSD

WELLNESS MONTH

This April we are focusing on wellness! **All GVSD employees** are welcome to try out a variety of **FREE** fitness classes.

Please **RSVP** to caitlin.parr@gvsd.ca **by April 2nd** for all classes you would like to attend

Here are some of the classes that will be available **FREE OF CHARGE:**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Vinyasa Yoga GVC Drama Room 4:30 – 5:30		Country Heat GVC Weight Room 5:00 – 5:30	
9	10	11	12	13
		Spin and Strength Class Fittwell Centre (105-30 Stephen St., Morden) 5:30 – 6:30	Restorative Yoga GVC Drama Room 4:30-5:30	
16	17	18	19	20
	Resistance Training GVC Weight Room 4:30 – 5:30		Session with Rise Athletics and Wellness 245 Kimberly Road (behind the mall, former Best Sleep Centre) 5:00 – 6:00	
23	24	25	26	27
	Session with Rise Athletics and Wellness 245 Kimberly Road (behind the mall, former Best Sleep Centre) 5:00 – 6:00		Presentation by Candice Comtois - RD, CDE Chronic Disease Dietitian GVC (Room TBD) 4:30 – 5:30	
			Pilates GVC Drama Room 5:30 -6:20	

All classes are no charge and generously donated by:
Amanda Rempel (Pembina Valley Wellness Studio), Candice Bone (Fittwell Centre), Rise Athletics and Wellness (formerly Muscle Hut), Steph Rempel (BeachBody), Candice Comtois (RD, CDE Chronic Disease Dietitian) and Paula Rossi

Thank you!



GVSD WELLNESS MONTH



All **GVSD** employees are welcome to try out a variety of **FREE** fitness classes in April.

Please **RSVP** to caitlin.parr@gvzd.ca by **April 2nd**
for all classes you would like to attend

Vinyasa Yoga with Amanda Rempel (Pembina Valley Wellness Studio):

This class is suitable for participants of all ages and all levels. The class will be breath-focused, using sun salutations and sequenced poses to create a continuously flowing organic whole; bringing awareness to clarity of focus and building inner heat, working strength and flexibility in equal proportion. Please bring your mat to this class.

Fittwell Centre Spin and Strength Class:

Spin class is one of the BEST cardiovascular training options anywhere. Lead by Certified Trainer Candice Bone, you will enjoy the professional guidance, the motivation and the inspiration to go further and faster to achieve maximum results from your workout. One of the great advantages of spin is that each participant can control his/her level of intensity to suit ability or fitness level but still remain as a group together.

Resistance Training with Amanda Rempel (Pembina Valley Wellness Studio) :

This class is designed to work your physical strength and cardiovascular endurance using only your body weight and resistance bands. If you've never done resistance training before, don't worry – all the exercises are built on everyday motions that you perform daily. Each muscle group will be worked in a circuit and modifications will be provided for every exercise! Please be sure to bring clean indoor footwear to this class. Come on out and get ready to work up a good sweat!

Pilates with Paula Rossi :

Pilates is a workout style created by Joseph H. Pilates. The workouts are designed to help you develop longer, leaner muscles, establish core strength and stability and heighten mind-body awareness. Every exercise will target your core area in some way. Please bring your mat to this class. Get ready to work those abs and begin to get summer ready!

Country Heat (Steph Rempel):

You know that feeling when you're in the kitchen and your favorite song comes on, and suddenly you're a dancing superstar? Or when you're out for an evening with your friends, and a song starts playing that you just HAVE to dance along to? That's what Country Heat is about! It's a ridiculously fun 30 minute class where you'll get your heartrate up and learn moves step-by-step with music from your favorite artists. You'll be having such a blast, you'll totally forget that you're even working out. It is safe for any age and fitness level, with modifications given for every move! Can't wait to see you there!

Restorative Yoga with Amanda Rempel (Pembina Valley Wellness Studio):

This restorative class links a series of poses designed to safely move the spine in all directions, sometimes using props to allow for deeper relaxation. The class will focus on cultivating awareness by bringing our attention to the areas we hold tension and consciously releasing it. Please bring your mat to this class.

Strength Training with Rise Athletics and Wellness (formerly Muscle Hut):

We are a fully coached facility offering Personal Training, Group Training, Kids and Seniors programs as well as Athlete Development. Our trial session will be a group training session with some strength and conditioning for a full body workout targeting different energy systems. You'll have fun while challenging yourself using a variety of functional exercises!

Registered Dietician: Candice Comtois, RD, CDE:

A presentation on Food and mood: Examining the link between diet, gut, and the brain.



The Manitoba Teachers' Society - Benefit Programs
191 Harcourt Street, Winnipeg, MB R3J 3H2
Phone: (204) 888-7961; 1-800-262-8803 Fax: (204) 831-3077

Memorandum

March 2018

Dear Colleague:

Pension Sustainability Seminar Western TA and Garden Valley TA

(Please note these are NOT pre-retirement seminars)

You are invited to attend a presentation for Early and Mid-Career Teachers (5-20 years into their careers). This year we are offering a seminar specific to the long term sustainability of your pension. This seminar is taking place on April 4th, 2018 from 4:30 until 7:00 p.m. in the Theatre at Morden Collegiate. For seating and logistical reasons, we encourage you to attend the seminar scheduled for your region or local Association, but as the seminars are generic to any MTS member you may attend any one of them. The seminar Locations, Dates, and Times can be found on the MTS website at www.mbteach.org.

This session is sponsored by The Manitoba Teachers' Society. The objective is to help you understand aspects of your pension, prepare for retirement, and **consider potential changes to the Pension**. While the pension is in good shape, the other party to your pension, the Province, has indicated that they wish to discuss the pension and teacher pensions across the country are changing.

Resource persons from The Manitoba Teachers' Society *and* The Teachers' Retirement Allowances Fund (TRAF) will be in attendance to make presentations. Time has been built in for questions from participants. **Travel expenses are your responsibility.**

Prior to the seminar, we encourage you to login to your TRAF Online Services account to download, and bring with you, your most recent TRAF Benefits Statement (located under "My TRAF Documents") and your Teacher History record (located under "My Teaching Account"). These documents will *not* be provided at the seminar. If you have not yet signed up for Online Services, you can register through the TRAF website at www.traf.mb.ca and access these documents.

In order to prepare handouts, pre-registration is necessary. To register online go to the MTS website at www.mbteach.org, log in at **my profile**ⁱ, click on the header **Events** and from the drop down menu choose **Event Listings**, scroll down and click **the applicable Early and Mid-Career Seminar** to complete the registrations process.

Please ensure you register before the cut-off date for your seminar of choice on the MTS website, as space will be limited.

Please plan to attend and you may bring your spouse or significant other. A good understanding means better planning for life events.

ⁱ If you have not previously used myprofile on the member portal you will need to "Sign Up Now". Once you click on "Sign Up Now", complete these required fields:

1. First Name
2. Last Name
3. Password (you create your own password)
4. Confirm Password
5. Your MTS Number is your actual MTS membership number on your MTS Card. The next time you login, this is the number that you will use along with the password that you created.

TRAF!

EARLY AND MID-CAREER
PENSION SEMINAR

Hosted by MTS on April 4th,
from 4:30pm to 6:30 pm at
Morden Collegiate Library

This seminar is tailored to early and mid-career members (5 – 20 years) and the objective of the seminar is to help members understand aspects of pension sustainability

Contacts:
westernpres@hotmail.com
Register at
www.mbteach.org



1. **Policies and Procedures:** At the March meeting, we approved revisions to policy A1 which deals with unexcused absences from GVTA Executive Meetings by executive members
2. **Bylaws Committee:** Executive passed a motion to approve an *ad hoc* committee to create a bylaws document. We are required to update our constitution to follow MTS guidelines, but before we can replace it, we will need bylaws to cover gaps created by the new constitution. Mike Urichuk will chair the committee. If you are interested in serving on this committee to create bylaws for GVTA, using our current constitution and policies as a starting point, please contact Mike.
3. **Superintendent Meeting:** At the February President/Superintendent meeting, topics discussed included Summer Institute, Travel Safety for individuals (particularly for those who work alone, make home visits, transport people on their own, etc.), June Report Card Writing Day for K-8
4. **2018-19 GVTA Executive:** Every Executive position is elected each year for a one-year term. If you would like to nominate yourself or someone else to chair or co-chair one of our committees, or for any other position, please send nominations to rick.schroeder@gvsd.ca.
5. **Collective Bargaining Table Team:** The Executive approved the Table Team for the next round of Collective Bargaining. We can officially open negotiations in April, so this team needs to be approved in advance. Until the legislation is changed by the current government, we are legally obligated to proceed as we always have. The ratified table team is Mike Urichuk (ECS / Collective Bargaining Chair; Vice-President), Sarah Coates (GVC / Collective Bargaining Co-Chair; Employee Benefits Co-Chair), Anny Froese (PDS / Education Finance Chair), Joel Swaan (PLS / President; Equity & Social Justice Chair), and Terri-Lynn Hill (MTS Teacher Welfare Staff Officer)
6. **Indigenous Education:**
 - a. On Friday, April 6th at the Kenmore Theatre in Morden at 7pm, there will be a showing of “The Birth of a Family”. This movie is a documentary about three siblings reuniting after being moved into separate homes during the 60’s scoop.
 - b. The Royal Canadian Geographical Society has five giant-sized maps (11m x 8m) that can be booked by schools as a free resource. Themes are ‘The War of 1812’, ‘Parks Canada: Places and Spaces for Everyone’, ‘The Canadian Boreal Forest Agreement’, ‘Canada’s Energy: Production and Transmission’, and ‘Canada from Space’.
(www.rcgs.org/programs/education/giant_floor_maps.asp)
7. **Next Executive Meeting:** The next GVTA Executive Meeting will be at Hochfeld School on April 3rd at 4:15pm. All members are invited. If you are planning on attending, please contact Joel so that he can make sure there’s enough food for supper.