

The Apple Core

December 2018

Upcoming Events

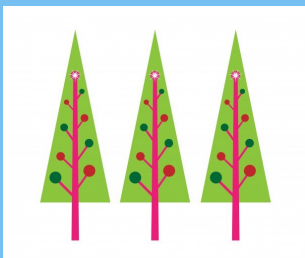
GVTA Executive meetings:

- January 8
- February 5
- March 5
- April 2
- May 7
- June 4

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

Other Events:

- December 24 to January 4th—Christmas Break
- January 9th—ESJ Bookclub, 4:00 pm, CKs



Season's Greetings, GVTA-ers!

Thanks again for all those who attended the MTS Regional Priorities Meeting on November 6th. The final numbers are in, and our regional meeting recorded the highest attendance of the twelve meetings hosted around the province. Thanks for taking an interest in local and provincial matters.

The government's comprehensive educational review begins in January and is expected to take about six months with another six to compile the report. In March, the provincial government is also planning on introducing legislation that will provide a framework for provincial collective bargaining. Your local committee is also looking to set bargaining dates in the new year with the new school board - we don't yet know if the provincial legislation will be all-encompassing or if there will still be provisions for bargaining at the local level, nor do we know when a new provincial agreement will commence, so we will continue working with our board in the best interests of our students, our members, and our educational partners.

With Christmas just around the corner, and concert season (nearly) wrapped up, I hope you will have a chance over the break to rest, reflect, and take some time for yourself and your loved ones.

As usual, I look forward to hearing from you, and seeing you again as I continue my school visits in February. If you have any reason to be in touch in the meantime, please do so.

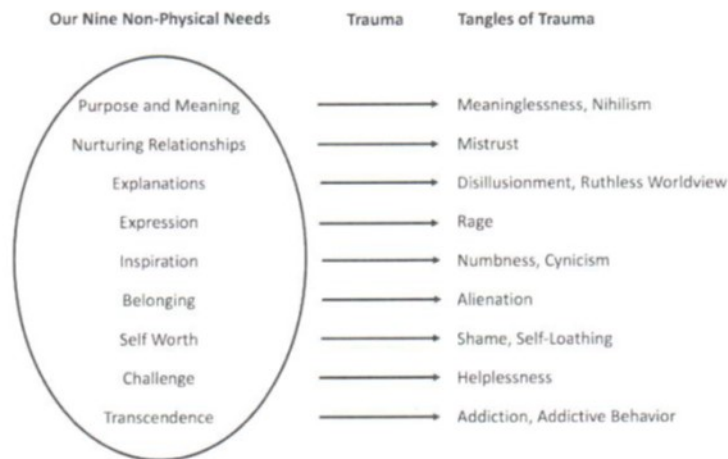
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Equity and Social Justice and Peace Literacy

Equity and Social Justice Chairs' from around the province recently had their Fall Seminar in Winnipeg. One of the topics was Peace Literacy, which was described as offering a new way of understanding the human condition and trauma that upends Maslow's hierarchy and shows how fulfilling our non-physical needs such as purpose and meaning helps us fulfill our physical needs. Paul K. Chappell puts the following nine non-physical needs at the base for all human needs and then shows the corresponding tangles that can occur from trauma. For more information, visit: www.wagingpeace.org

Our Nine Non-Physical Needs and the Tangles of Trauma:

Peace Literacy gives us a diagnostic tool that shows how trauma, especially childhood trauma, racial trauma, and war trauma, can get tangled in these needs, and also shows how we can assist the healing process.



Adapted from Paul K. Chappell's pamphlet *A New Peace Paradigm: Our Human Needs and the Tangles of Trauma*, available for download at Peaceliteracy.org

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.

Manitoba Trustees Look To Inform The Public Ahead Of Provincial Education Review

From Pembina Valley Online

Manitoba school boards now know the timeline for the Manitoba government's promised education review. Trustees were told this month the process will begin in early 2019 and will take about one year to complete.

In preparation, the Manitoba School Boards Association plans to launch a campaign called Local Voices, Local Choices in an attempt to help inform the public heading into the review.

"There's going to be an online component, there's going to be forums, and all across Manitoba in all divisions we need to make sure our parents, chambers (of commerce), our municipal leaders, seniors, everyone in the community that's going to have a chance to fill out those surveys, that they have the same information and the facts so that when they are asked to do the review they can give informed answers," said Patty Wiebe, MSBA Region 2 Director. "That's really important because education belongs to the communities."

Wiebe explained the campaign will ensure that all school boards across Manitoba are sending the same, consistent message to all facets of the community.

"That we are your local elected officials. That we represent your voice when it comes to how your schools are run, and how important that voice is," she said. "Schools are the hubs of your community, it's important to have local voice when it comes to governing those buildings and what happens in those buildings."

The province has said everything will be examined during the education review, including proposals to eliminate or amalgamate school boards.



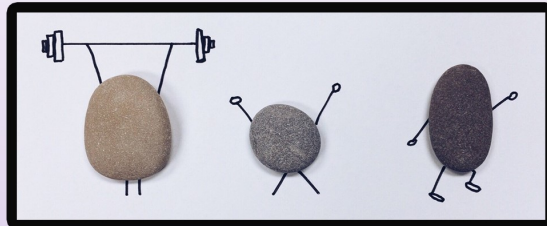
Join The Manitoba Teachers' Society & The Manitoba Moose Sunday, February 17, 2019 2:00 p.m. as the Moose take on the Milwaukee Admirals in support of the MTS Young Humanitarian Awards!

Tickets available at www.ticketmaster.ca.

Questions? Contact Anne Bennett, MTS Public Affairs Facilitator at 204-831-3072 / abennett@mbteach.org.

**All GVSD employees are invited
to join GVTA's Social Committee
In celebrating health and wellness in our 2019**

GVSD WELLNESS EXPO



There will be a number of options available:

- Yoga**
 - Spin Class**
 - Circuit Training**
 - Cardio drumming**
- and more!**

**Keep an eye on your email in the first week back
in order to register for any and all
classes available!**

Employee Benefit News

As you head into the holiday season remember that you have travel Health Benefits. Detailed information is available on the Manitoba Teacher Society website at “mbteach.org”

Changes Effective January 1, 2019

◆ **Travel Health benefit changes for members age 65 and older and retired members**

Enhancements

Are you age 65 or older and still working? Are you retired? If so, and you’re taking off on a winter getaway to escape the cold, your trip just got more satisfying!

Effective January 1, 2019, the enhancements being introduced to the Travel Health benefit will keep you feeling worry-free and safe longer abroad. Your Travel Health coverage will now be:

- **Longer** – with coverage for 90 days (previously 60 days), starting from the first day that you’re away.

With this enhancement, Travel Health coverage will be the same for everyone in the Manitoba Public School Employees Benefit Plans. There aren’t any other changes to Travel Health coverage for 2019.

Remember to pack your benefit card for your trips or visit the Blue Cross site at www.mb.bluecross.ca to access a copy of your card, so that you have your plan number handy if you require assistance while travelling.

Change in premium rates

Plan members age 65 or older and retired plan members will see a slight rise in monthly premium rates as a result of this increased coverage. Monthly rates will increase by **\$2.75** for single coverage and **\$5.50** for family coverage starting in January 2019.

◆ **Legalization of recreational cannabis**

On October 17, 2018, the federal government legalized recreational (non-medicinal) cannabis in Canada. With this legalization, provincial governments are required to take action to regulate, permit or prohibit aspects of recreational cannabis use as appropriate, as well as promote public education and safety. To learn more about cannabis laws in Manitoba, visit www.gov.mb.ca/cannabis.

Cannabis and the workplace

- The legalization of cannabis doesn’t change or affect the use of medicinal cannabis.
- **Neither recreational or medical cannabis is covered under your Health plan.**

Indigenous Education- Small Steps Toward Reconciliation

Submitted by Ashly Dyck, IE Co-chair

Recently Roxanne and I went to a training session for our roles on the GVTA in Indigenous Education. We learned about programs available through the Canadian Museum for Human Rights, we heard from other chairs from associations across the province, and we brought back information about CBC’s website designed to track progress on the 94 Calls to Action- Beyond 94. Over the course of the two-day session we learned that our school division is at the beginning of a long journey. Having representatives for Indigenous Education on the association executive is one step towards learning more and doing better; we are starting conversations in our schools, in our division, and with other members of MTS in the province. The next step is for teachers to start conversations in our schools and classrooms. Below is a list of resources that teachers can use at various grade levels to get started on reconiliACTION.

Grades	Books on Residential Schools and Genocide	Books on Treaties and Values Connections
K	When We Were Alone by David Alexander Robertson (2016)	A Circle of Friends by Penny Terry Mack (2012)
1	Nanabosho and the Butterflies by Joe and McLellan and Matrine Therriault (2015)	T is for Territories: A Yukon, Northwest Territories, and Nunavut Alphabet by Michael Kusugak (2013)
2	When I Was Eight by Christy Jordan-Fenton and Margret Pokiak-Fenton (2013)	Two Row Wampum by Michelle Corneau (2016)
3	Not My Girk by Christy Jordan-Fenton and Margret Pokiak-Fenton (2014)	Eagle Feather: An Honour by Ferguson Plain (1989)
4	Kookum's Red Shoes by Peter Eyvindson (2015)	Indiaa Trail: In Steps of Our Ancestors by Wendy Stephenson (2005)
5	As Long as the Rivers Flow: A Last Summer Before Residential School by Constance Brissenden and Larry Oskiniko Loyie (2005)	The 10 Most Significant Crossroads in Aboriginal History by Jan Beaver (2008)
6	Fatty Legs: A True Story by Christy Jordan-Fenton and Margaret Pokiak-Fenton (2010)	We Are All Treaty People by Maurice Switzer (2011)
7	My Name is Seepeeetza by Shirley Sterling (2004)	Aboriginal History and Realities in Canada by the Elementary Teachers' Federation of Ontario(2015)
8	Goodbye Buffalo Bay by Constance Brissenden and Larry Loyie (2016)	Aboriginal Peoples: Building for the Future by Kevin Reed (1999)
9	Sugar Falls: A Residential School Story by David Alexander Robertson (2012)	Aboriginal Beliefs, Value and Aspirations by Kevin Reed, Natasha Beeds, Mary Joy Eljiah, Keith Lickers and Neal McLeaod (2011)
10	Ends/Begins by David Alexander Robertson (2010)	The Ruptured Sky: The War of 1812 (print/digital) (2013)
11	Secret Path by Gord Downie (2016)	Aboriginal Peoples in Canada by Kevin Reed, Natasha Beeds, Mary Joy Eljiah, Keith Lickers and Neal McLeaod (2011)
12	God and the Idian: A Play by Drew Hayden Taylor (2014)	Indigenous Writes: A Guide to First Nations, Métis & Inuit Issues in Canada by Chelsea Vowel (2016)

Velvet Beet Cupcakes with Raspberry Icing

Beets are one of the *New SuperFoods!*

¼ cup frozen raspberries

1 ¼ cup all-purpose flour

¼ cup Cocoa powder

¾ tsp baking powder

¼ tsp baking soda

½ tsp salt

1 cup finely chopped cooked beets (may be drained canned beets or thawed frozen beets)

¾ cup sugar

¼ cup canola oil

1 egg

1 tsp vanilla

½ cup buttermilk (may be ½ cup regular milk with 1 tbsp vinegar added)

½ of a 250 gm block of light cream cheese, cubed

½ cup icing sugar

Measure out raspberries and leave on counter to thaw. Preheat oven to 350 F. Line a 12 cup muffin pan with paper cups or spray with oil. Stir together flour, cocoa, baking powder, baking soda, and salt in a large bowl. Puree beets in a blender or food processor. Beat sugar and oil in a medium sized bowl until combined (about 2 minutes). Beat in egg and vanilla and beets. Gradually beat in 1/3 of flour mixture until smooth, add ½ buttermilk then beat smooth again, and repeat, ending with flour. Fill muffin cups ¾ full. Bake until a toothpick inserted comes out clean (about 20-25 minutes). Cool in pan for 15 minutes. Then remove cupcakes to cool completely.

Push raspberries through a sieve into a bowl, using the bottom of a ladle. Discard seeds. Stir in cream cheese and icing sugar until evenly mixed. Spread over cooled cupcakes.

Merry Christmas and Happy Holidays from your GVTA Executive

Have a restful and restorative holiday season!



SAVE THE DATE

16th Annual Winter Conference

Comprehensive School Health : Part II School Health

February 14 and 15, 2019

The Fort Garry Hotel Conference Centre

Keynote Speakers

Wab Kinew, NDP Leader of Manitoba

Shannon Gander, Mental Health and Resiliency Strategist

“Matters of Resilience: Skills for Protecting Your Mental Health in Time of Threat”

Dr. Pamela Osmond-Johnson, University of Regina

“Supporting TRC Calls to Action: The Importance of Relationality and Reciprocity”

Final details will be available before December 21, 2018



1. **GVTA-GVSD Liaison Meeting** – Joel (PLS), Mike (ECS), Raffaele (NPC), Gwen (DO), Anny (PDS), Roxanne (WES), & Ashly (JRW) attended the November 22nd Liaison Meeting with Todd Monster (Superintendent), Laurie Dyck (Board Chair), Tash Olfert (Vice-Chair, Education Standing Committee Chair), and John Klassen (Policy Standing Committee Chair). Topics on the agenda were:
 - a. Pine Ridge School update – on schedule
 - b. 2018-2019 GVSD Executive/New Board – introductions and new committee chairs
 - c. GVTA – Structure & Purpose – history, purpose, and hopes for liaison meetings
 - d. Orange Shirt Day (GVTA) – this day has been marked by several GVTA members and schools, but not yet in an official division-wide capacity. GVTA presented on the history of Orange Shirt Day, it's roll-out in GVSD, and sought board-input on the possibilities for the future.
 - e. Treaty Acknowledgement (GVTA) – GVSD has a treaty acknowledgment statement in the board room at Division Office. Discussion was had around the viability of school-based notices and announcements.

2. **Workplace Safety & Health:** Joel Swaan (PLS) and Superintendent Todd Monster attended the WorkSafe Manitoba event “Knowledge Exchange for Educators: Acknowledging Violence in Manitoba Schools” on November 14th. Topics for the day included:
 - a. CSA Standard on Psychologically Healthy and Safe Workplaces (Stacey Shule Krueger)
 - b. Safety Culture (Rick Rennie)
 - c. Responsibilities and Reporting (Jack Slessor)
 - d. The Aftermath of Violence in Schools: Understanding Impact and Building Resilience for Educators (Dr. Bobbi Walling)
 - e. Matters of Resilience: Skills for Protecting Your Mental Health in Time of Threat (Shannon Gander)

3. **Equity & Social Justice CLG Book Club:** The December/January read is *Women Talking*, by Miriam Toews. Contact James Driedger if you are interested in joining the conversation.

4. **December GVTA Executive Meeting:** GVC Room S230 at 4:15pm on Tuesday, January 8, 2019. All welcome, RSVP to Joel.