



Garden Valley Teachers' Association

The Apple Core

September 2019

Upcoming Events

Karen Giesbrecht Memorial Service (Winkler Bergthaler Mennonite Church) - Tues, Sept 24 @ 11am

Fall Picnic (Plum Coulee) – Tuesday, September 24th @ 4:30

Orange Shirt Day – Monday, September 30th

GVTA Executive mtg - Tues, Oct 1

ESJ Book Club - Wed, Oct 2

GVTA New Teacher Event (Flavours of Mexico) - Thurs, Oct 3 @ 4:30,

GVSD Board Mtg - Tues, Oct 8 @ 8pm

Federal All-Candidates Election Forum (Enns Concert Hall)- Wed, Oct 9 @ 7pm, PW

PD Committee Mtg - Tues, Oct 15 @ 7am

Joel School Visit (Parkland) – Tues, Oct 15

Joel School Visit (Pine Ridge) – Wed, Oct 16

Joel School Visit (Plum Coulee) – Fri, Oct 18

Next Apple Core – Mon, Oct 21

Greetings, GVTAers;

Welcome back! We begin a new year with a new school (Welcome Pine Ridgers!), new members, a new-ish government, and we're raring to go. This year also begins with a sense of loss for some. With the opening of Pine Ridge, some of our schools have shifted and our colleagues and students have been moved to new buildings. Several schools are reinventing themselves as grades are added or removed, and we are working through a period of positive change.

We also mourn the loss of our colleague Karen Giesbrecht (NPC), who passed unexpectedly last week. Karen was a dynamic, energetic, talented professional with a vision for the performing arts in Winkler. She had goals and plans for our community that will now be brought to fruition in her memory, rather than by her hand. Our prayers go out to her family, colleagues, students, and friends. She will be missed.

Through our many changes, please afford yourself time to spend with people and activities you love. Lean on others when you need support and watch for others who need support if you are able. Should you need it at any time in the year, the Educator Assistance Program (EAP) through MTS provides counselling services for members; their number is 1-800-378-8811.

In solidarity,

Joel, GVTA President
GVTAPresident@gmail.com
204-384-5635 (call or text)

Message From the VP

Hello GVTA members and welcome to the new year,

My name is Mike Urichuk and I will be your Vice-President for our year ahead. My role of Vice-President is largely met in the statement “duties as assigned by the GVTA President”. Last year this included chairing a committee that reviewed our policies and procedures as well as drafted our very first by-law document. In the year ahead, I look forward to being able to serve you and represent your values to provincial MTS.

I would also like to take a moment to reflect on a recent passing in our school division. Karen Giesbrecht has been taken from us too soon and she will be greatly missed by many of us. I have had the pleasure of knowing Karen’s artistic, jovial, and driven spirit for the past 5 years. I was looking forward to seeing her retirement goals of bringing musical theatre to our community become a reality.

I will remember Karen as a workhorse that has advocated for the importance of choir through her actions and her statements throughout her entire career. I will always remember Karen as a visionary that saw beauty in the music that she made with her ensembles but also recognized it in the world around her. I know that my wife and Karen both shared a love for the fall colours so I will be thinking of Karen with each leaf I see this Fall and remember to take a moment to appreciate the beauty that the season brings. to appreciate the beauty that the season brings.

Prairie Soundscape

It is with heavy hearts that we announce the passing of our beloved co-director Karen Giesbrecht. Karen was an inspiring, innovative, and hard-working woman. She was creative, exuberant, and cared deeply for her singers in all of her choirs. Karen believed that everyone should have the opportunity to sing. After years of building an incredible legacy at WES, Karen built a choral program from scratch at NPC, founded our Middle Years Choir, and founded Prairie Soundscape.



Over the last several years, Karen served as President of the Central Manitoba Choral Association, Marketing/Communications Chair of Manitoba Choral Association, and editor of the MCA Noteworthy Newsletter.

Never one to settle, Karen embraced challenges and was bursting with energy and enthusiasm for her work. Karen was a shining example of collaboration, and she loved working with her cross-town counterpart and Soundscape co-director Melanie at GVC. Whether sharing rep choices or designing new engaging assignments, Karen was truly perfecting her craft and thriving right to the very end.

Karen was immensely driven and focused, always working toward something big. She's left behind footprints that we can all tread in, each on the way to our own peak.

With broken but grateful hearts, we love and miss you deeply, Karen. We know that you're singing with your whole soul in paradise.

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.

2019-20 Equity and Social Justice Committee

Your representatives this year for the GVTA Equity and Social Justice committee are:

- James Driedger – chair, teacher at NPC’s Fresh Start off-campus program
- Donna Mccausland – co-chair, teacher at NPC

The main goal of this committee is to help develop awareness of social justice and equity issues in the school division by sharing information and resources with teachers. One of the main ways this committee has worked towards this goal in past years is through an ESJ book club. The book club will continue this year, meeting on the first Wednesday of each month at 4:00 at CK’s lounge. Approximately 5-8 books in a variety of formats and topics are read and discussed each year. For more information on the book club, contact James Driedger at james.driedger@gvsd.ca



Stolen Lives: Indigenous Peoples of Canada and Indian Residential Schools Course Offering

In this online course you will:

1. Receive historical background materials, classroom-ready videos and participatory teaching strategies to engage students in learning about the Indian Residential Schools
2. Use teaching strategies to safely navigate student discussion when exploring difficult history
3. Discover new teaching strategies that help students interrogate text, think critically, and discuss controversial issues respectfully
4. Engage with survivor testimony and use sensitive and thought-provoking teaching strategies to bring this history into the classroom
5. Analyze the legacy of the Residential School System, the role of apology, and methods of meaningful reconciliation
6. Explore ways to engage students in meaningful reconciliation in response to the TRC’s Calls to Action- Receive a free copy of *Stolen Lives: The Indigenous Peoples of Canada and the Indian Residential Schools*

Who should take this course: 8th - 12th grade Canadian history, humanities, and English language arts teachers and curriculum specialists . Please note due to our funding sources, acceptance priority to this course must be given to **Canadian** classroom educators.

Cost: \$50 Registration Fee

Duration: 5 weeks, with a new session each week. **Pre-work begins on October 17th; Course begins on October 24th.** Each week’s session begins on Thursday and ends on the following Wednesday.

Time Commitment: Approximately 4 hours per week

Format: Self-paced, asynchronous, with facilitated online and webinar discussions, and survivor testimony sharing

Certificate of Completion: Awarded upon successful completion of the course, for 20 professional development hours

Register: [Click Here](#)

Food Talk with Caitlin and Amanda

Welcome back to school and some of the busyness that goes with it! Caitlin and Amanda here. Your GVTA social and wellness committee. When getting back into the full swing of the school year it's easy to fall into the rut of grabbing take-out or pre-made food from the frozen aisle at the grocery store. These are all well and good from time to time, but when it becomes your daily norm your health can take a serious downturn. Here are some tips and tricks that you can use on the weekends to help you eat healthy during the week, no matter how busy your schedule is.



Big batch soup cooking – Take the time on the weekend to make a big batch of your favorite soup and make a double batch. You can eat one batch that day and freeze the second one for a fast-favorite meal another time.

Pre-dice veggies – Pick up all of your vegetables for the week ahead and cut them into edible sizes. These can then be washed and eaten raw as a snack, or steamed quickly for a side dish.

Pre-make an extra large salad – Tear the lettuce and add some diced veggies for a premade side dish OR add protein to it for a full meal. If you like onions on your salad, leave these out for the pre-made version and add just before eating.

Pre-package dips/dressings for lunches. It might seem simple but taking the time to put dip for your veggies or salad dressing into single serving size containers is a big time saver during the week.

Pre-Dice chicken breast or other protein - This saves you prep time and clean-up. This way the protein is all ready to go to cook for a salad topper, tacos, stir-fry's, etc.

Pre-make favorite sauces or marinades – Having sauces or marinades already measured out and stored in the fridge makes for a fast and easy “packet” supper to make quickly during the week.

Got a sweet tooth? **Pre-make a healthy snack alternative** so when that craving hits, you've got something to soothe that sweet tooth. This might be making muffins/cake with the oil replaced with applesauce and/or some whole wheat flour added. This way the amount of sugar is lessened and the whole-wheat flour helps them last longer as fuel.

GVTA Scholarships 2019

In accordance with GVTA policy, \$1,500 scholarships are awarded to one graduate of each high school entering Education or training for the purpose of entering into a Faculty of Education.

After interviewing all of the applicants in June, the GVTA Scholarship Selection Committee awarded two \$1,500 scholarships to Grade 12 grads. The recipients were Janik Giesbrecht (GVC) and Sam Goertzen (NPC).

[Congratulations to both Janik and Sam as they begin their studies this fall.](#)

Employee Benefits

Chair: Gwen Heinrichs Co-Chair: Kirsten Carman

The Role of the Benefits Committee is:

To develop awareness and maintain files of all employee benefits

To respond to member inquiries

To identify and investigate local needs for which the employee benefits committee can provide assistance

To organize and host employee benefits seminars relative to GVTA members

Give monthly reports at GVTA Executive and general membership meetings

Chair and Co-chair attend regional and provincial Employee Benefits meetings and report to GVTA membership

The Manitoba School Employees website is a great place to go for information regarding your benefit plans and how they work. www.mpsebp.ca.

If you have any questions regarding your benefits, please do not hesitate to contact us.

MTS Discount Program

MTS has a Discount program for a variety of businesses; more information is available at <http://www.mbteach.org/mtscms/discounts/>

Discounts are available with the presentation of your MTS Membership Card.

Need a Membership Card? Head on over to <http://mbteach.org> and click on My Profile/Members Area (which should take you to <https://memberlink.mbteach.org/>). After you login, click on “Make Changes+” and then “Update My Info”. On the dropdown beside “Request New Card”, click “Yes” and then “Submit”. Your card will show up in the mail! (This is also where you can request an electronic copy of the MB Teacher – beside “Request MB Teacher”, change “Yes – Mail” to “Yes – Electronic”).

Discounts are available for:

Accommodations

Best Western Plus Winnipeg Airport Hotel

Canad Inns

Comfort Inn Winnipeg South

Courtyard by Marriott

Days Inn Brandon

Delta Winnipeg

Fairfield Inns & Suites by Marriott

Holiday Inn Winnipeg South

Motel 6 Brandon

MTS Travel Discounts Program

Sleep Inn – Regina East

The Sandman Hotel & Suites Winnipeg Airport

Automotive

Absolute Autoguard

Car Rental Discount Program

Car Rental Discount Program

Crown Nissan

Fort Rouge Auto Centre

Gauthier Chrysler Dodge Jeep Ram

Maxim Muffler and Auto

McPhillips Toyota

Murray Chevrolet

Winnipeg Honda

Winnipeg Hyundai

Communications

Rogers Airsource

West Can Group

Computer Services

Dell Member Purchase Program

Craft and Hobbies

Party Stuff

Entertainment

Celebrations Dinner Theatre

Manitoba Theatre for Young People

MTS Centre and Burton Cummings Theatre

Rainbow Stage

Royal Manitoba Theatre Centre

Financial

The Co-operators

Fitness

Effectus

EverFit Boot Camp Fitness

Good Life Corporate Wellness

Shapes Fitness Centres

Winnipeg Winter Club

Zen Physiotherapy

AccoHome and Garden

A Plus Water Heaters
A Touch of Grass
Benjamin Moore Stores
CertaPro Painters
Design Manitoba
FrogBox
Globe Moving & Storage
Reliance Superior Heating & Air
Conditioning
Stephen Breton Realtor

Personal

Arbor Memorial Family
Colors Beauty and Wellness
Dignity Memorial
Dr. Earl Minuk's Skin Clinic & La-

ser Centre
Jellyfish Float Spa
The Hula Hut
Urban Retreat Derma Spa

Pet Care

Happy Trails Pet Resort and Spa
Petland

Restaurants

Buccacino's Fresca Italiana
Celebrations Dinner Theatre

Retail

A Flower Affair
Canadian Footwear
Costco Wholesale

Dell Member Purchase Program
Design Manitoba
Discovery Toys
Dragonfly Flower
Gifts.com
Party Stuff
Personal Creations
ProFlowers
Reitmans
Shelmerdine Garden Center
Staples Copy and Print

Travel

Flight Centre

Web Shopping

Dragonfly Flowers

2019-2020 GVTA EXECUTIVE

Position		Executive Member & School/Unit		
Elected March 14, 2019	President	Joel Swaan (PLS)		
	Vice-President	Mike Urichuk (SUB)		
Elected May 28, 2019	Treasurer	Rhonda Peters (NPC)		
	Secretary	Mary Eberling-Penner (PCS/EDW)		
	Collective Bargaining	Chair	Mike Urichuk (SUB)	
		Co-Chair	Moyra Valletly (JRW)	
	Education Finance	Chair	Anny Froese (PDS)	
		Co-Chair	Jennifer Kennedy (SWD/HES)*	
	Employee Benefits	Chair	Gwen Heinrichs (DO)	
		Co-Chair	Kirsten Carman (GVC)	
	Equity & Social Justice	Chair	James Driedger (NPC)	
		Co-Chair	Donna McCausland (NPC)	
	Indigenous Education	Chair	Roxanne Baraniski (PRS)	
		Co-Chair	Ashly Dyck (PRS)	
	Professional Development	Chair	Raffaele Bagnulo (NPC)	
		Co-Chair	Jennifer-Laura Heide (DO)	
	Public Relations	Chair	Jonathan Cullen (NPC)	
		Co-Chair	Kayly Letkeman (DO)	
	Social & Teacher Wellness	Chair	Caitlin Parr (GVC)	
		Co-Chair	Amanda Rempel (PDS)	
	Workplace Safety & Health Liaison	Mary Eberling-Penner (PCS/EDW)*		
	Appointee	Past-President	VACANT‡	
To be elected by Schools/Units not represented above	BVS/BES Member-at-Large	Sherry Ehnes (BVS/BES)†		
	ECS Member-at-Large	Jessica Riddell (ECS)†		
	WES Member-at-Large	Esther Klassen (WES)†		

* Appointed by GVTA Executive at June 3rd Executive Meeting

† Elected by the school/unit represented

‡ If the current past-president chooses not to serve or has left the division, this position remains vacant.

Bold Schools/Units indicate school representatives

INDIGENOUS EDUCATION

Submitted by Roxanne Baraniski and Ashly Dyck
Written in collaboration with Brandy Springer and Bryce Bergman

What is orange shirt day?

Orange shirt day was first commemorated in 2013. Orange Shirt Day is a legacy of the St. Joseph Mission (SJM) residential school commemoration event held in Williams Lake, BC, Canada, in the spring of 2013. It grew out of *Phyllis' story* of having her shiny new orange shirt taken away on her first day of school at the Mission, and it has become an opportunity to keep the discussion on all aspects of residential schools happening annually.

The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It also gives teachers time to plan events that will include children, as we want to ensure that we are passing the story and learning on to the next generations. (orangeshirtday.org)



Why should we commemorate this day?

Residential schools are a part of Canadian history and as educators we are entrusted to teach all the children in our care about all aspects of history.

It is a small, simple act of reconciliation. The 96 Calls to Action are individual instructions to guide governments, communities, and faith groups down the road to reconciliation. Calls to action 6-12 are on the theme of education. Calls to action 43-94 ask us to do our part in reconciling the wrong doings of the past so that every child matters today, and tomorrow. Of note for Manitoba public schools are #57 which states that part of reconciliation is educating public servants on the history of Aboriginal peoples. #62 says that developing and funding Aboriginal content in education is also a part of the reconciliation process.



Some important facts to note:

- First residential school opened in 1831 and they were in operation until **1996**
- The affects of residential schools are still being felt by aboriginal youth to this day
- An estimated 150 000 children were seized from their families as a means to assimilate the next generation into Canadian society.
- An estimated 6000 children died while in residential schools.

More information can be accessed through:

- Truth and Reconciliation Commission of Canada
<https://education.nctr.ca/>
- Manitoba Education and Training
https://www.edu.gov.mb.ca/k12/docs/support/racism_free/full_doc.pdf
- “First Contact” (APTN documentary)
www.aptn.ca

Together, Canadians must do more than just talk about reconciliation; we must learn how to practise reconciliation in our everyday lives—within ourselves and our families, and in our communities, governments, places of worship, schools, and workplaces. To do so constructively, Canadians must remain committed to the ongoing work of establishing and maintaining respectful relationships. (TRC, “What we Learned”, pp. 126).

I think the words of Justice Murray Sinclair speak of the importance of our role as educators, “education is what got us here, and education is what will get us out”.

Orange Shirt Day in GVSD

This year the Garden Valley School Division Board has given their blessing for each school in the division to acknowledge Orange Shirt day considering the age the students, their current level of awareness and their capacity for understanding.

This year, September 30 is on a Monday! We encourage staff and students to participant by wearing an orange shirt and having conversations about what this important day means to Canadian students in this day and age.

Here is a link to information and resources that can be used in your classroom:

<http://www.orangeshirtday.org/teacher-resources.html>



We are pleased to provide an update on your benefits, which are reviewed annually to ensure they continue to provide value at a competitive cost. This newsletter offers updates on what you receive as a member and news about what's changing.

We continue to grow

Our total number of plan members continues to increase. This helps keep rates stable which is a win-win for everyone.



Health rate updates

If you're not enrolled in Health coverage, please skip to the next section

The following premiums for Health plan members are effective **September 1, 2019**.

	Under age 65 12-month payroll	Age 65+ 12-month payroll
Single:	\$66.50 (no change)	\$87.00 (\$1.00 increase)
Family:	\$138.25 (no change)	\$179.25 (\$2.00 increase)



Dental rate updates

If you're not enrolled in Dental coverage, please skip to the next section

Effective **September 1, 2019**, your Dental premiums will remain unchanged. Your current premiums are listed below:

	12-month payroll
Single:	\$41.00
Couple:	\$82.00
Family:	\$126.00



Life and Accident Insurance updates

Rates for Life and Accident Insurance remain unchanged.

Group Life Insurance: Need to change your coverage?

When eligible life events occur, you have a fixed time frame to make changes (within 90 days) to your Group Life Insurance coverage. If you increase your Group Life Insurance coverage within the 90-day period before or after a life event, you do not have to provide medical evidence of insurability.

Eligible life events include:

- Legal or common-law marriage
- Loss of your coverage under your spouse's benefits program **(NEW)**
- Divorce or termination of a common-law relationship **(NEW)**
- The death of your spouse
- The birth or adoption of your **first** child

Taking a leave of absence?

If you want to add Family Life or increase your Group Life coverage, **you should do so before your leave begins**. Otherwise, the new insurance amounts won't be in effect until you return to work.

Family Life Insurance

Family Life coverage can be added without medical evidence of insurability within the 90-day period before or after gaining your first dependent.

Accident Insurance: It's time to review your coverage

It's September, which means (as long as you're actively at work), it's your annual opportunity to add or increase your level of Accident Insurance coverage and/or add coverage for your dependents.

Take this time to consider whether you and your family would need extra financial protection in case of accidental death or accidental injury. If you need to add or make changes to your coverage, contact **your Payroll Administrator**.

Have your beneficiaries changed?

Remember to update your beneficiary designation for your coverage if your personal circumstances have changed. Change forms are available from **your Payroll Administrator**.

Online Benefits Resources

Manitoba Public School Employees Benefit Plans Website

This website is a useful resource for all plan members. On it you'll find:

- ▶ Coverage summaries, retiree information, life insurance rate calculator, annual paramedical maximums, past newsletters
- ▶ Links to the **Blue Cross Plan Member Site** and the **Express Scripts Canada Pharmacy[®]** website (*details below*)

www.mpsebp.ca

Access Health and Dental plan summaries, sorted by school division, as well as Life and Accident Insurance information

Blue Cross Plan Member Site

- ▶ Manage your coverage, submit claims online, set up direct deposit reimbursement, access your ID card

www.mb.bluecross.ca

Manage your coverage on the go with the **mybluecross[®] mobile app**

Express Scripts Canada (ESC) Pharmacy[®]

- ▶ Enroll in home delivery of maintenance drugs for chronic conditions
- ▶ Receive 10% additional reimbursement* when you use this service for eligible prescriptions (if your plan reimburses less than 100%)

www.express-scripts.ca/mpse

Manage maintenance drug prescriptions; schedule automatic refills

*The additional 10% reimbursement also applies if you fill your eligible prescriptions at Costco. You don't have to be a Costco member to have your prescriptions filled at that pharmacy.



1. **New Executive:** Welcome to Sherry Ehnes, teacher from Blumenfeld Elementary who will be representing the members from Blumenfeld and Border Valley Schools as a Member-at-Large on the GVTA Executive. With her appointment, all of the vacancies on the executive have been filled.
2. **GVTA President School Visits:** As Joel is currently on Paternity Leave until October 15th, school visits will not begin until October 15th, and will continue until mid-November. Visits will take place over the school's lunch hour – as soon as he can reasonably travel to your school after teaching until 11:30.
 - BES – Thurs, Oct 24
 - BVS – Mon, Oct 28
 - DO – Tues, Oct 29 @ 4pm @ CKs
 - ECS – Tues, Oct 29
 - EDW – Wed, Oct 30
 - Fresh Start – Tues, Oct 29th @ 12:50pm
 - GVC – Thurs, Nov 14*
 - GVCtec – Wed, Nov 6
 - HES – Thurs, Nov 7
 - JRW – Fri, Nov 8
 - NPC – Tues, Nov 12
 - PCS – Fri, Oct 18
 - PDS – Mon, Oct 21
 - PLS – Tues, Oct 15
 - PRS – Wed, Oct 16
 - RRTVA Dir. – TBA
 - Substitute Teachers – Mon, Oct 28 @ 4pm @ CK's
 - SWD – Tues, Oct 22
 - WES – Wed, Oct 23
3. **MTS Summer Training:** President (Joel), Collective Bargaining Chair (Mike), Equity & Social Justice Chair (James), and Professional Development Chair (Raff) & Co-Chair (Jennifer-Laura) all took time in August to receive training at MTS Summer School. Thanks to each of them for giving up family and back-to-school-preparation time in order to serve the membership better.
4. **MTS Standing Committees:** Three GVTA members have been invited to participate on MTS Standing Committees. This committee work is on behalf of MTS members province-wide and is over-and-above the work they do at the local level. Raff is on the MTS Professional Development Standing Committee, Mike is on the MTS Collective Bargaining Standing Committee, and Joel is on the MTS Ad Hoc Alternative Resolution Debate Standing Committee which is looking at different structures for MTS Spring Council.
5. **June Superintendent-President Mtg:** At their June meeting, Joel and Todd discussed duty coverage by substitute teachers, Late Assignment Policy IKA 4.2.11, and the divisional WSH Committee 2019-20.
6. **GVSD Board Meetings:** GVTA Executive will continue its practice of sending executive members to GVSD Board Meetings as observers. It is important to show support to our board, and to be able to participate in the process that governs our schools. Each executive member attends one meeting, and reports back to the executive through the minutes.
7. **October GVTA Executive Meeting:** Monthly Executive Meetings continue to be held on the 1st Tuesday of the month. The next meeting is scheduled for Tuesday, October 1st. All members are welcome, please RSVP to Joel.