

The Apple Core

Feb 2022

Upcoming Events

Feb 15. PD Committee Meeting
Feb. 15 Deadline for Leave of
Absence without remuneration
Feb. 16 Early Dismissal
Feb. 21 Louis Riel Day
Feb. 24 WDCC AGM
Feb. 28 New Salary Grid in effect
Mar. 1 GVTA Executive Meeting
Mar. 2 ESJ Book Club
Mar. 5 Pre-retirement Seminar
Mar. 10 GVTA President Nominations
close at 4pm
Mar. 11-12 Provincial Bargaining
Seminar 2
Mar. 14 Placement of permanent staff
for 2022-23 school year
Mar. 15 Deadline for ERIP entitlement
Mar. 15 Deadline for Local resolutions
to PX
Mar. 15 PD Committee Meeting
Mar. 15 Scheduled removal of all
COVID-19 restrictions
Mar. 16 Early Dismissal
Mar. 17 St. Patrick's Day
Mar. 24 GVTA Presidential Election,
if needed
Mar. 31 Deadline for Deferred Salary
Leave Plan
Mar. 28-April 1 Spring Break
Apr. 4 First round of applications close
at 12:00pm (Noon)
Apr. 5 GVTA Executive Meeting
Apr. 6 ESJ Book Club
Apr. 30- Resignations for teachers on a
Teacher General Contract
May. 12 Advance Nominations for
GVTA Executive close at 4pm
May. 31 Resignations for teachers on a
Form 2 Contract

Hello GVTA members,

One sentence has stuck with me over the past few days. It comes from a recent Government of Manitoba release:

“Mask requirements and other restrictions will be lifted effective March 15.”

Nearly two years to the day when restrictions were announced in Manitoba, they will be ending. I have heard from members that are celebrating this news and those that are deeply stressed by this announcement. While restrictions may be ending on March 15, I want to encourage our membership to remember that the trauma, emotions, and tensions are likely not to resolve by March 15. There are scars that will remain from this pandemic.

Thinking of the lost family members, community members, and staff members, I approach the resolution of COVID restrictions in a sombre mood. Sombre in that I feel like I can finally grieve those who we lost. We often talk about a necessary economic recovery with the removal of restrictions, but I believe that this next phase is going to be a much more important period of personal and social recovery. Just like the ongoing economic recovery, this social recovery will be uneven, so be patient with yourself and others. Just as we extended grace as we entered this pandemic, we must do the same as restrictions are removed.

Be compassionate, be kind, and be clear with what you need from those around you—whether that’s a hug or a little extra space. Be receptive to hearing what others need, know your boundaries, and know that we are entering a time of healing and recovery. Just like recovery after a major injury, patience will be paramount.

We are now given the opportunity to move on from the pandemic because of the work of medical researchers, frontline medical staff, and those who elected to get vaccinated. However, our society was able to function through the pandemic thanks to the work of teachers and other frontline & critical service workers. We would not be where we are today without the work of teachers.

Looking forward to hearing from you folks as I visit your worksites in the coming weeks.

In Solidarity,

Mike Urichuk
gvtapres@mbteach.org
204-573-6214

Social & Teacher Wellness

By: Brenda Richer & Brandy Springer

One child, one teacher, one book, one pen can change the world.~ Malala Yousafzai.

Ahh February... the month where most of us have settled back into routines and are hard at work making the best of our time with students! Regardless of what the groundhog said winter will eventually break.... eventually.... please be sooner rather than later... and we'll once again be able to dig out the sandals and ditch the shovels! Until that day be mindful of how the weather is affecting you – be sure to take care out on the icy sidewalks and roads, practice safe shovelling habits and take the rest that you need on those dark dreary days.

As always if you have suggestions or ideas please feel free to reach out!

Almond Flour Bread

Prep: 10 min.

10 servings.

Bake: 30 min.

My almond flour bread recipe is keto-friendly. It's low in carbs with a fluffy, crumbly texture like a traditional loaf of bread. —Caroline Baines, Spokane, Washington



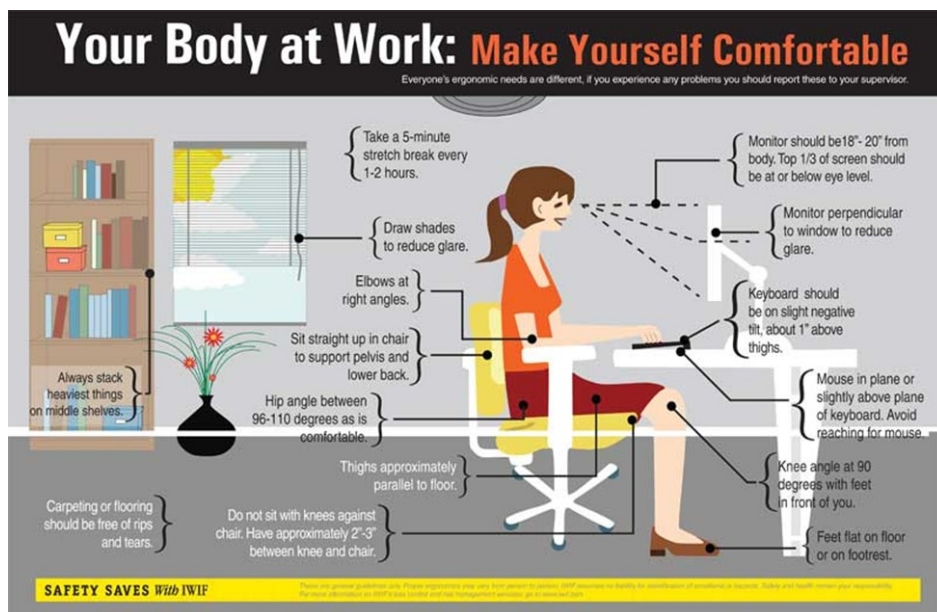
Ingredients

2 cups almond flour
1/4 cup chia seeds
2 teaspoons baking powder
1/2 teaspoon salt

4 large eggs, room temperature
1/4 cup butter, melted or coconut oil, melted
1/4 cup unsweetened almond milk or water

Directions

1. Preheat oven to 350°. In a large bowl, whisk almond flour, chia seeds, baking powder and salt. In another bowl, whisk eggs, almond milk and melted butter; stir into dry ingredients just until moistened. Pour into a parchment-lined 8x4-in. loaf pan.
2. Bake until a toothpick inserted in center comes out clean and top is golden brown, 25-30 minutes. Cool in pan 10 minutes before removing to wire rack to cool completely.



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.

GVTA EXECUTIVE POSITIONS	DESCRIPTIONS IN BRIEF
President	Call, preside, provide notice, and create agendas for all Executive meetings and general meetings; attends Association Standing Committee, GVSD Board, Society, Presidents' Council, and South Central Region President meetings as necessary; make reports at all Executive and General meetings; act as a liaison between the Association and the Society; deal with personnel issues; attend negotiation sessions between the Association and Garden Valley School Division; work with Treasurer to create the Association budget.
Vice-President	Assist the president as needed; take full charge of the affairs of the Association during the absence of the President.
Treasurer	Keep an accurate record and take charge of all funds collected; prepare a financial report for each Executive and general meeting; meet with the President in budget preparation; prepare all necessary reports for the yearly financial review; present the completed review at a general meeting; be one of the co-signers to access Association accounts.
Secretary	Keep an accurate record of all proceedings of the Association; distribute agendas and minutes of Executive meetings, special meetings, and general meetings.
Collective Bargaining	Represent GVTA at all regional and provincial bargaining meetings with The Society; survey the local members when appropriate before regional bargaining seminars; promote knowledge of the collective agreement and provincial bargaining procedures, including ratification voting procedures, amongst the Association.
Education Finance	Track trends in Education Finance; gather information to present to local Executive and General Meetings; present to the Board as a part of the GVSD budget process.
Employee Benefits	Develop and promote awareness of all employee benefits; identify and investigate local needs for which the Employee Benefits committee can provide assistance; organize and host Employee Benefits Seminars relevant to GVTA members.
Equity & Social Justice	Develop awareness of social justice and equity issues in classroom materials, attitudes, school policies, and programs; share information and resources; identify local needs for which the committee may provide assistance.
Indigenous Education	Develop awareness of indigenous education and equity issues in classroom materials, attitudes, school policies, and programs; share information and resources; identify local needs for which the committee may provide assistance.
Professional Development	Initiate, organize, and implement a program of in-service training to provide opportunities for the continued improvement of GVTA membership's educational practices; inform GVTA teachers of PD opportunities; engage such resource persons as are deemed necessary for the in-service program; prepare, administer, and evaluate the GVTA PD budget; work in cooperation with senior administration in the planning and implementation of PD programs for the division.
Public Relations	Purchase prizes and food for General Meetings; publish a membership newsletter; promote GVTA events for all committees; purchase and distribute an annual GVTA 'gift' for members. Enhance and increase GVTA's on-line media presence.
Social and Teacher Wellness	Promote unity and build morale; plan, budget for, and execute a minimum of three (3) events throughout the school year; plan, budget, and execute a recognition for retiring teachers as needed; purchase prizes for all social and teacher wellness events; develop awareness of wellness issues in teacher attitudes, school policies, and programs.
Workplace Safety & Health Liaison	Promote the aims and objectives of the Association within the GVSD Workplace Safety and Health Committee; inform the Association of the activities of the GVSD WS&H committees; WS&H Liaison shall be an Association member who serves on the GVSD WS&H Committee.

2022-2023 GVTA EXECUTIVE NOMINATIONS

GVTA positions do not have term limits so, while some persons will be letting their names stand, all positions are annually open for nominees (including self-nominations) and subject to any subsequent election:

Position		Confirmed Nominations as of Feb 11 th @ 4pm		
Nomination Deadline: 4:00pm, Thursday, March 10 th , 2022	President	Mike Urichuk (ECS)		
	Vice-President	<i>Incumbent not returning</i>		
Advance Nomination Deadline: 4:00pm, Thursday, May 12 th , 2022 Nominations can also be made at the GVTA AGM on Tuesday, May 31st, 2022	Treasurer	Anny Froese (PDS)		
	Secretary	Mary Eberling-Penner (PCS/EDW)		
	Collective Bargaining	Chair	Jessica Riddell (ECS)	
		Co-Chair		
	Education Finance	Chair	<i>Incumbent not returning</i>	
		Co-Chair	<i>Vacant 2021-22</i>	
	Employee Benefits	Chair	Kirsten Carman (GVC)	
		Co-Chair		
	Equity & Social Justice	Chair	Donna McCausland (NPC)	
		Co-Chair	Val Harder (DO)	
	Indigenous Education	Chair	<i>Incumbent not returning</i>	
		Co-Chair		
	Professional Development	Chair	Alyssa Friesen (PRS)	
		Co-Chair	<i>Incumbent not returning</i>	
	Public Relations	Chair	Jonathan Cullen (NPC)	
		Co-Chair	Sarah Waldner (NPC)	
Social & Teacher Wellness	Chair			
	Co-Chair	Brandy Springer (NPC)		
Workplace Safety & Health Liaison	Mary Eberling-Penner (PCS/EDW)			
Appointed in accordance with GVTA Bylaws	Past-President	Joel Swaan (PLS)		
	MTS Provincial Executive	Joel Swaan (PLS)		
Members-at-Large elected by the members they represent	COSL MAL			
	Administrative units qualifying for representation by Members-at-Large to be determined after GVTA Elections at the Tuesday, May 31 st AGM. Any Administrative unit not otherwise represented by an elected or appointed executive member will be eligible to elect their own Member-at-Large.			

Please send all nominations, including self-nominations, to joel.swaan@gvsa.ca, chair of the GVTA Nominating Committee.



Banning Symbols of Hate

Did you know ...?

There is currently an act to amend the Criminal Code to ban the symbols of hate.

Interested in seeing the progress of the bill?

- <https://www.parl.ca/legisinfo/en/bill/44-1/c-229>

There is also a petition that you could sign.

- <https://www.ndp.ca/ban-hate-symbols>

(Please note that I am not endorsing any political party. I am endorsing action.)

Write a letter to your government representatives to express your concerns.

Please consider what you can do to make the world a place where we all want to live.

Silence is an action.

Use your voice to eliminate hatred.

Donna McCausland (Chair ESJ)

Black History Month

28 Moments of Black Canadian History

When it comes to Black Canadian History, what do you know?

Do you remember lessons on Martin Luther King Jr. and Rosa Parks - mostly African American history and nothing on Global Black History?

Although African American history is very important to know, the fact that it is the only thing we get to hear about highlights the great erasure of Black Canadians in our history lessons.

Unilateral produced 28 Moments of Black Canadian History to address this issue by establishing a link between our present and our past, allowing us to have a greater understanding of our collective challenges and successes.

Every episode introduces:

- A Black Youth speaking about their experiences in Canada, their goals, aspirations, and interests.
- A small history lesson on an important moment or figure in Black Canadian history.

If you're interested in knowing more about Black history in Canada, make sure to subscribe to the Unilateral Youtube Channel, follow them on Instagram, facebook and/or twitter @unilearnal.

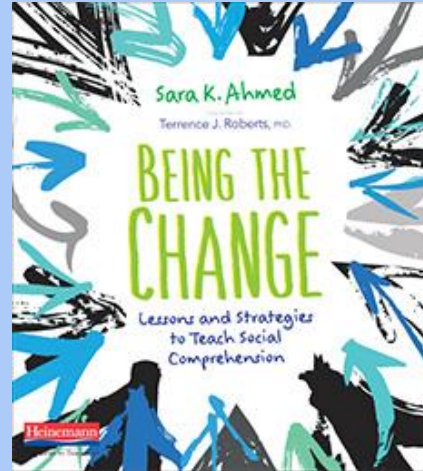
Donna McCausland (ESJ Chair)

No Time to Wait

“There is no magic formula for making the world a better place. It happens in the moments we break our silent complicity, embrace discomfort, and have candid conversations about what stands in the way.”—Sara K. Ahmed

“When we face a crisis individually, there is inevitably an undulating pattern of emotions.

Where our response may begin, swing, hang, or end in time depends on how we self identify, how we see others, and our universe of obligation, not entirely on the event itself. To test that premise, take the last event crisis or tragedy you can think of and consider how you responded, then how someone else you know responded. Did emotions run in lockstep, or were they wildly different? Has that drawn the figurative wedge between you and people you've held close your whole life? Why do you think that is? Consider your own identity and then how that other person self identifies.



When we look at tragedy in the eye, together we can assume that every single human being around us is feeling a different emotion, at a different pace, at a different point in time, and to a different degree than we are.”

→Excerpt from ***Being the Change***, Chapter 6 – Facing the Crisis Together ←

What Can We Do?

The following list is what Sara K. Ahmed considers her best collection of ways we can all be more compassionate observers of the world.

Making these a part of who we are makes us at least a fraction more prepared when we face crisis together.

- **Understand that Everyone's Identity is at Stake**
- **Get Proximate to the Human Story**
- **Be an Authentic Listener**
- **Get Out of Your Echo Chamber**
- **Measure the Inclusiveness of Your Community**
- **Commit to a Learning Stance**
- **Shine a Spotlight on the Upstanders**
- **Be Proactive with Your Privilege**
- **Progress with Compassion**

You download a study guide or a chapter sample on the Heninmann website.

I will be sharing a few sections in the next Apple Core reports; however, if you are **keen to learn** about all of them sooner, please let me know, and I will try my best to put the book into your hands. It is well worth the read.