



Association of Professional Student Services Personnel

Durham Catholic Chapter
Executive Update Report
Spring 2021



Message from the President

Dear APSSP Colleagues,

Welcome back, again! Though it has now been more than one year since the World Health Organization declared a global pandemic, the start of 2021 was a stark and sobering reminder that we must remain vigilant in our efforts to protect our students, our families, and ourselves from COVID-19. Special thanks to those APSSP members who continued to provide in-person learning to our most vulnerable students during the most recent school closures.

Over the past year many of us have had to work outside of our comfort zones, learning new technologies, implementing health and safety protocols, and finding new ways to connect with students and families. All the while, caring for our children, our partners, our parents, our sisters, our brothers... My hope is that you all treat yourselves and each other with the same care and compassion, you offer your students and your families.

In the coming months we will continue to experience uncertainty and challenge in the workplace. Through the anxiety, stress, and realities of the pandemic, APSSP will keep advocating and will continue doing everything we can to keep the health and safety of members at the forefront of conversation.

We may not have had March Break, but April Break is around the corner. The bluer skies, greener grass, and warmer weather will make it all the more enjoyable and worth the wait!

Please stay safe and well.

Kristin Adamcewicz
President
APSSP Durham



APSSP Welcomes

The APSSP executive and the rest its members would like to send out a warm welcome to the following new Student Services staff and APSSP members:

- Keely Owens-Jaffray (Psychometrist)
- Elizabeth Valero (Speech-Language Pathologist)

These ladies are wonderful additions to their individual teams and the Student Services department. Their students and staff will be lucky to have them during this school year.



IN CELEBRATION



Congrats and All the Best:

A big congrats and positive wishes go out to Janice Currie, one of our Psychologists, who recently retired from the Durham Catholic District School Board after a 40-year career. Janice, enjoy your freedom and unlimited weekends!! Cheers to you and all of your future adventures!!

Family Celebrations:



One of our lovely Child & Youth Counsellors (CYCs), Betty Van Koughnett and her family, have just welcomed a new bundle of joy. Baby girl, Maisie James was born Jan 30th, 2021, and they are so happy to welcome her into the world. Thanks for sharing some joy in these challenging times Betty!!

Winter Family Fun:



Stacy How, one of our CYCs, and family have found some pleasure and self-care time walking on trails in a Conservation area near her family home.



Stacey Carroll, one of our SLPs, and family enjoy their winter fun as well. These big smiles are from a fun day of exploring at the Enniskillen Conservation area in February.

DURHAM APSSP'S SELF-CARE CORNER:

It is essential to take moments for yourself, whether or not those are independent or moments with your loved ones around. Thank you to those members who shared and reflected on moments and things they have been doing to maintain their own mental health and self-care. Here are some ideas to continue to help you pass the time safely during these more challenging and complicated times.

**It's not selfish
to love yourself,
take care of yourself,
and to make your
happiness a priority.
It's necessary.**

INSPIRATIONS:

• Quotes:

- "How lovely to think that no one need wait a moment. We can start now, start slowly, changing the world. How lovely that every one, great and small, can make a contribution toward introducing justice straightaway. And you can always, always give something, even if it is only kindness" – Anne Frank
- "The meaning of life is to find your gift. The purpose of life is to give it away." – William Shakespeare
- "Discipline is the bridge between goals and accomplishments." – Jim Kohn



• Nature:



Sandra Rennie, one of our Social Workers, shared that the animals in her life provide reminders of the importance to reflect and just take a moment. Dogs take in every moment and take such joy from the "little things". While cats know how to stretch and be mindful of every muscle and to "just be".

Recommended TV Shows:

- The Morning Show (on Apple TV)
- Yellowstone (on Prime TV)
- The Flight Attendant (on HBO Max / Cable's OnDemand)
- Netflix shows:
 - Queen of the South
 - Virgin River
 - Animal Kingdom
 - Schitt's Creek
 - The Queen's Gambit
 - Offspring



Recommended Books:

- The Subtle Art of Not Giving A F*ck – by: Mark Manson
 - In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people.
- The Neapolitan Novels Series – by: Elena Ferrante
 - The Neapolitan Novels is an exploration of the friendship between Lila and Lena, two bright young girls who grew up in the tough, rough streets of post-war Naples. This is no normal friendship; it is a friendship that loves, hurts, supports and destroys - and yet it is one that lasts a lifetime. The first novel: My Brilliant Friend, begins in the 1950s in a poor but vibrant neighbourhood on the outskirts of Naples.
- Untamed – by: Glennon Doyle
 - Untamed is both an intimate memoir and a galvanizing wake-up call for all women. It encourages women to uncover the voice of longing that is inside them. Untamed outlines how society tells us we are supposed to be good and to fit our gender roles. However, the only way we can genuinely be happy is by starting to live rather than please. Untamed is the story of how each of us can begin to trust ourselves enough to set boundaries, make peace with our bodies, honor our anger and heartbreak.



Recommended Recipes:

- **Air Fryer Zucchini Recipe**

Ingredients:

- Zucchini
- Paprika
- garlic powder
- onion powder
- salt & pepper
- shredded parmesan cheese

Instructions:

- Preheat the air fryer to 375° F.
- Slice the zucchini. Trim the ends of the zucchini and slice in half lengthwise, then in half again to make spears.
- Season the zucchini. In a small bowl, combine the paprika, garlic powder, onion powder, salt, and pepper.
- Lightly spritz the zucchini spears with olive oil spray and evenly dust the seasoning mixture over the zucchini. Sprinkle with parmesan cheese and place in a single layer in the air fryer basket.
- Cook the zucchini. Air fry for 6-8 minutes, until the zucchini and parmesan cheese begin to turn golden brown.
- **PRO-TIP:** make sure you leave room in the basket between each piece of zucchini so it cooks just right and gets a good crisp.
- If they are too close together, they will steam up and won't get crispy.
- To avoid the parmesan cheese sticking to the basket, line it with air fryer parchment paper.



- **Instant Pot White Chicken Chili**

Ingredients:

- 1 small onion diced
- 2 x 15 oz cans cannellini white or great Northern beans, drained and rinsed
- 2 cups corn fresh or frozen
- 1 cup chicken broth low sodium
- 4 oz can diced green chiles
- 1 tsp cumin
- 2 tsp chili powder
- 1 tsp garlic powder
- 3/4 tsp salt
- Ground black pepper to taste
- 2 large chicken breasts, boneless and skinless
- Small bunch of cilantro finely chopped
- 1/2 cup plain Greek yogurt fat 2%+ (or sour cream)



- 2 oz cream cheese
- 1 lime juice
- Tortilla chips avocado, more yogurt, limes, for serving

Instructions:

- In 6 or 8 quart Instant Pot add onion, beans, corn, broth, green chiles, cumin, chili powder, garlic powder, salt, pepper and lay chicken on top. No need to stir.
- Close the lid, set pressure vent to Sealing and press Pressure Cook on High or Manual for 20 minutes.
- After, allow pressure to come down naturally for 10 minutes and release remaining pressure using “Quick Release” by turning pressure valve to Venting position, which takes 2 minutes.
- Open the lid, remove chicken and shred with 2 forks.
- Return chicken to the pot along with cilantro, 1/2 cup yogurt, cream cheese and lime juice. Stir well.
- Serve hot with your favourite toppings like tortilla chips, diced jalapenos and avocado, more yogurt or sour cream, hot sauce etc.

• **No-Bake Mini Egg Chocolate Cheesecake**

Ingredients:

Oreo Crust

- 24 Oreo cookies
- 4 tbsp unsalted butter, melted

Cheesecake

- 1 cup whipping cream, about 35% MF
- 20 oz cream cheese, softened
- ¾ cup powdered sugar
- 10 oz semi-sweet chocolate, melted
- ¼ cup sour cream
- 1 ½ cups chopped mini eggs

Instructions:

- Mix together the Oreo crumbs and melted butter.
- Press into the bottom of a 9-inch springform pan and place in the freezer to set.
- In a large bowl beat the whipping with 1 tablespoon of the powdered sugar until stiff peaks form.
- In a separate bowl beat the cream cheese until soft.
- Mix in the powdered sugar, melted chocolate and sour cream.
- Fold in the whipped cream, followed by the crushed mini eggs.
- Spoon the batter on top of the Oreo cookie crust and smooth the top over.
- Place in the fridge to set for at least 4 hours.
- When ready to serve, top with whipped cream and more mini eggs.



Recommended Outdoor Areas/Trails:

Thank you to our own Nicola Dunning, SLP, for a very detailed and extensive list for hiking and outdoor exploration.

We are very lucky here, in the Durham Region, to have access to many marked and well-maintained trails, to hike and enjoy. Please find a number of links to a number of maps below, for a number of walking trails in the Durham Region. As well as being good for mind, body and soul, hiking these trails is a great way to learn about the geology of the area, and the history of the first families to settle in the region.



- **Crownlands Nature Trails – Orono**
 - If you like to walk along or near water, Orono is the perfect place to do so. In the spring, you can watch the trout run, and in late September the salmon run
 - <https://oronocrownlands.com/>
- **Darlington Provincial Park – Bowmanville**
 - Darlington Provincial Park is a family-friendly place with picnic facilities, camping grounds, a long sandy beach, and four hiking trails ranging from 1 to 2.6 kilometres. One of these includes the waterfront trail that follows the shore of Lake Ontario. There is a small family graveyard for the Burk and Trulls families, loyalists who arrived on the north shores of Lake Ontario, from the U.S in 1790's.
 - <https://www.ontarioparks.com/park/darlington>
- **Long Sault Conservation Area – Bowmanville**
 - The largest conservation area in the Durham region, Long Sault is tucked into the Oak Ridges Moraine and offers more than 18 kilometres of trails ranging in difficulty. Well-marked trails bring hikers past plantation, wetland, mature forest, and lots of wildlife.
 - <https://www.cloca.com/long-sault>
- **Ganaraska Forest Centre – Clarington**
 - The Ganaraska Forest Trail is a quiet stroll in the forest that combines rolling hills and mixed forest and plenty of wildlife. Your hike can span across many groomed track-set trails in the Central Forest.
 - <https://www.ganaraskaforestcentre.ca/>
- **Durham Regional Forest – Uxbridge**
 - This forest encompasses a 596-hectare area that is located at the top of the Oak Ridges Moraine, in the Town of Uxbridge, and is renowned for its excellent cross-country skiing, mountain biking, hiking and horseback riding. More than 16 kilometres of trails in four marked loops and numerous secondary trails throughout the main tract.
 - https://www.lsrca.on.ca/Shared%20Documents/ca_maps/durham-forest.pdf
- **Walkers Woods and Glen Major Forest – Glen Major/Uxbridge**
 - Glen Major Forest, along with Walker Woods, provide the public with 47 kilometres of recreational trails for many activities, including hiking. This complex span more than 1500 hectares and is surrounded with agricultural land.
 - <https://discoveruxbridge.ca/trails/walker-woods-and-glen-major-forest/>

- **Stephen's Gulch Conservation Area – Bowmanville**
 - Stephen's Gulch borders a significant portion of the Soper Creek. The Conservation Area protects a large area of deciduous forest and coniferous forest/swamp. Visitors will enjoy the 3km looped trail through the forest and valleyland. Open May 1st to Thanksgiving for your enjoyment.
 - <https://www.ontarioconservationareas.ca/component/mtree/conservation-authorities-of-ontario/central-lake-ontario/stephen-s-gulch-conservation-area>
- **Samuel Wilmot Nature Trails – Newcastle**
 - The Samuel Wilmot Nature Area is a significant contribution to the ecosystem of Lake Ontario's north shore. This ecological area is a provincially sensitive wetland with a walking trail system with interpretive and viewing opportunities.
 - <https://www.ontariotrailsmap.com/map/?trailid=1527>
- **Purple Woods Conservation Area – Oshawa**
 - Purple Woods Conservation Area accommodates hikers year-round, with a short 1.3 kilometres of trails, the area has spectacular views, Discover Walk trails and stunning colours each season. The highlight of the area is the actively tapped 150-year-old sugar maple forest.
 - <https://www.cloca.com/purple-woods>
- **Heber Down Conservation Area – Whitby**
 - 5 kilometres of trails run through Heber Down Conservation Area, boasting scenic vistas and tons of opportunities for recreational activities, like hiking.
 - <https://www.cloca.com/heber-down>
- **Oak Ridges Moraines**
 - The Oak Ridges Moraine stretches for over 160 kilometres across the most populated area of Ontario. It is the source of 65 major streams or rivers and provides clean, safe drinking water to over a quarter of a million people living on the Moraine. The Moraine forest, wetlands and open meadow are vital in maintaining a healthy ecosystem for Toronto and the GTA. It also provides beautiful space for recreational use.
 - <http://www.oakridgestrail.org/>
- **Seaton Hiking Trails – Pickering**
 - The Seaton Trail runs for 13 kilometres and follows historic fishing and hunting routes on the creek. Hiking on this significant trail will take you past creeks and valleys that used to be home to several water-powered mills.
 - <http://www.seatontrail.org/>
- **Enniskillen Conservation Area – Enniskillen (North of Bowmanville)**
 - Enniskillen Conservation Area (65 hectares) has a cedar swamp, open wetlands and bubbling brooks—everything you would expect to find on the south slopes of the provincially significant Oak Ridges Moraine. It is located only a stone's-throw away from the small village of Enniskillen and offers 5.5 km of trails through a beautiful mixed deciduous forest that includes the Bowmanville Creek and two ponds.
 - <https://www.cloca.com/enniskillen>

FYI: All trails are marked, and have (paid) parking. Some have shorter loops, which are great for small children. Most have levels of difficulty marked, and some are wagon/stroller friendly. Get out and enjoy!!!



PARTNERSHIP HIGHLIGHTS:



Did you know that the DCDSB has a number of established partnerships with various community agencies and programs? Be sure to head over to the APSSP bulletin board (“Garden level” between the photocopiers) or the board’s website for more information <http://www.dcdsb.ca/en/parents/Partnership-Agreements.aspx>

EDVANTAGE - DID YOU KNOW?



As members of APSSP, we have access to the Edvantage Card benefits. You can get savings at a wide variety of retailers such as: Roots, Mark’s Work Wearhouse and SoftMoc; discounts for home insurance, car rentals, and other service providers! You can find more information on the following website:

<https://www.edvantage.ca/APSSP> Our affiliate group is Durham Catholic District SB. Your Edvantage number, to sign in, is your employee number.

IMPORTANT REMINDERS:

- Normal hours of work shall be 8:00 a.m. to 4:00 p.m. or 8:30 a.m. to 4:30 p.m., Monday through Friday inclusive with a one-hour unpaid lunch period each day.
- Office Time: Make sure you take your allocated 1/2 day per week office time – this does not need to be done in the office.
- The APSSP bulletin board is located in the main hallway in the “Garden level”. Here you will find important information such as an updated seniority list, executive and committee members and various forms you may need (e.g. Claim forms).
- Our next Executive Meeting will be in April 2021. If you have any questions or concerns, please let one of your executive members know and we will bring it forward at the meeting.

APSSP EXECUTIVE MEMBERS – DURHAM CHAPTER (2020-2021)



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VP of Negotiations:

N/A (Unfilled for 2020-21 school year)

WELCOME SPRING!!!

