

APSSP

Association of Professional Student Services Personnel

Simcoe Chapter

Executive Update Report

Fall 2021



Message from the President

Hello APSSP Members!

Fall is my favourite season. I love the cooler weather, the brightly coloured trees, the taste of pumpkin, and of course- new pens and highlighters for the return to school! I know that this year we have returned to school after working from home for 4 ½ months and I found that to be a pretty big adjustment. I hope all of you have worked out the kinks of getting out of the house every morning, which seemed like a lot of re-learning for myself!

Since the last newsletter I have joined the Provincial Executive, as the VP of Public Relations. I have really enjoyed this new opportunity. Among other things I am responsible for our Facebook and Twitter pages. It is my hope to make these pages fun and informative, so- if you use social media I hope you will consider following the APSSP pages!! I need more “likes, retweets and comments!”

Much like last year there is the need to stay focused on taking care of ourselves, as we make continued adjustments to the new protocols and procedures. Please know that APSSP is here for you if you need help with any work related issues or concerns.

In solidarity,

Cathy

Welcome!

Welcome to the first edition of the Simcoe Chapter newsletter for the 2021-2022 school year!

If you have ideas for content or would like to share exciting news with the chapter (e.g., engagement, wedding, birth, team news), please email Virginia Cooper, VP Public Relations at vhmcooper@gmail.com. All previous editions of the newsletter can be viewed in the member’s section of the APSSP website <https://apssp.org/member-login/>.

Updates From The AGM!

Thank you to everyone who attended the virtual AGM on September 21st. The following executive positions were acclaimed into their positions: Secretary (Anne Miller), Vice President Negotiations (Colleen Rutledge), Treasurer (Stephanie Lavega), and Vice President External Affairs (Brittany Harvey).

A big congratulations to Natasha Shakespeare who was the grand prize winner of the event!

Your Simcoe Chapter Executive

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Executive Spotlight

Christine Seeburger - VP Grievance/Member Concerns

Hello, I wanted to take a few minutes to tell you a little about myself since many of you do not know me. I grew up in Orillia and attended Orchard Park and Park Street (sniff sniff, it's not there anymore!). After I got my degree at Guelph U. in Family and Social Relations, I went to Teacher's College and taught for a number of years in North Carolina working with students with autism. What a blast that was! I then worked for TEACCH, met an Army guy and married him. Moving around was challenging but I kept busy by earning my Masters in Counseling Psychology. The rest is history ~ we moved for his career, had a beautiful, smart daughter, then when he retired it was time to come home after being gone for 20 years! How does time go so fast? We love to kayak, hike, go on road trips (oh, how I miss those), and visit with family. Our dog, Mia, likes to come along too!

We now live in South Barrie (close to family) and I came to work for the Board as a Psychometrist. I love working with such a wide variety of students, teachers, professionals, and administrators ~ my days are certainly not dull! As the VP Grievance and Members Concerns representative I get to give back a little and support the people I work with everyday.

If you have any concerns related to your job, please reach out to me at: cseeburger70@gmail.com



Chapter News

Tammy Lalonde has made the huge decision to return to school! This past summer she started the Honours Bachelor of Social Work program at Lakehead University! This has meant she has needed to take a part time educational leave of absence from her work. So, she is balancing both her school work and her attendance counselling responsibilities. Lakehead has such a great program and we are sure Tammy is leaving her mark with her professors and colleagues, and we wish you all the best this year Tammy! Thank you to Tammy for all of the work she has done for APSSP over the years.



Congratulations to Brittany Harvey (Speech-Language Pathologist) on her engagement!



On September 10th, Virginia Cooper (Speech-Language Pathologist) and her family welcomed a Portuguese Water Dog named Cronyn.



Recipes:

Our Perfect Veggie Burger from Oh She Glows

<https://ohsheglows.com/2011/07/13/our-perfect-veggie-burger/>

Ingredients:

- 3 tablespoons ground flax
- 1/3 cup (80 mL) warm water
- 1 (14-ounce/398 mL) can black beans, drained and rinsed
- 1 tablespoon (15 mL) extra-virgin olive oil
- 3/4 cup finely chopped red onion or yellow onion
- 2 large garlic cloves, minced
- 1 cup grated carrots
- 1/3 cup finely chopped fresh parsley or cilantro
- 1/2 cup sunflower seeds, toasted
- 1 to 2 tablespoons (15 to 30 mL) tamari, to taste
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1/2 cup rolled oats, processed into a coarse meal*
- 1/2 cup spelt bread crumbs (or bread crumbs of choice)
- 1 to 2 tablespoons oat flour (or flour of choice), as needed
- 1/2 to 3/4 teaspoon fine sea salt, to taste
- Freshly ground black pepper, to taste

Directions:

1. Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper.
2. Whisk the ground flax and water in a small bowl and set aside for about 5 minutes so it can thicken.
3. Into a large mixing bowl, add the drained black beans. With a potato masher, mash the beans until 2/3 of the mixture is a bean "paste" while leaving about 1/3 of the beans mostly intact.
4. In a medium skillet, add the oil and increase the heat to medium. Stir in the onion, garlic, and a pinch of salt. Sauté for 3 to 5 minutes, until the onion softens. Transfer the onion mixture into the bowl with the mashed beans.
Note: Virginia's family has never sautéed the onions and the burgers are still great
5. Stir in the flax egg, grated carrots, parsley (or cilantro), sunflower seeds, tamari, chili powder, oregano, and cumin until thoroughly combined.
6. Now, stir in the coarsely chopped oats, bread crumbs, and oat flour until the mixture comes together. It should be easy to shape the dough into patties. Stir in the salt and pepper, to taste.
7. Shape the dough into 8 patties (roughly 1/3 cup of dough per patty). Pack the dough together tightly as this will help it stick together. Place onto the baking sheet.
8. Bake patties for 15 minutes, gently flip, and bake for another 15 to 20 minutes until patties are firm and golden.
9. Cool the patties on a cooling rack for 5 to 10 minutes before serving. This helps them firm up a bit.
10. Serve in a bun or lettuce wrap with your desired toppings. Leftover burgers will keep in an airtight container in the fridge for 2 to 3 days, or you can freeze cooled patties for up to 1 month. Simply wrap each patty in tinfoil and then place all of the wrapped burgers into a zip freezer bag.

Personal notes:

- Virginia's husband doubles the batch (he is the burger maker in the house) but measures the spice for a single batch. The 10 year old kid prefers them at "half spice"
- Virginia's family agrees that bacon and cheese are delicious on these burgers
- Leftover patties are great warmed up and crumbled over a salad or put in a wrap