

APSSP

Association of Professional Student Services Personnel

Simcoe Chapter Executive Update Report Winter 2021



Message from the President

Hello to my fellow APSSP members. Thank you for taking a few moments to read our very first chapter newsletter! I am really excited to have a new way of connecting with all of you.

I have been a witness to your unfailing dedication and commitment to the students of our board for years now and I am so inspired to have seen these qualities strengthen during the pandemic and upheaval of the last 9 months. Lesser people might have crumbled, but as a collective APSSP staff have stepped up and met these challenges head on. I am sure that you all had your moments, I know I did. None the less- you continued to provide professional, high quality service to our students. A lot like Dr. Seuss said “we did it in the school, we did it on our couch, we did it back in our school, we did it in our car, with a mask, with a shield...” I am not the only one to have noticed your hard work, I have also heard various superintendents and admin talk about how hard you have worked and how much they have appreciated and respected your contributions.

Pivoting in **unprecedented** times is hard. How is that for using the two most popular words of 2020 in one sentence? I hope you are all taking care of yourselves with the same care and compassion you offer the students you work with.

Your APSSP executive is 7 strong!! This is the largest executive we have ever had and it has been wonderful coming together as a team. We have been working on a pretty elaborate “Roles and Responsibilities” document that outlines all of the executive positions and committees. We are hoping it will be helpful to our whole membership to use as a reference to see, well, our Roles and Responsibilities. We are also hoping to have our Chapter By-Laws approved this year by Provincial.

Although we had a different sort of Christmas than usual, I hope you all found it restful and enjoyed time with your loved ones. I am going to bring some of the Christmas love and joy into 2021 with me, and I hope you can all do the same.

In solidarity,

Cathy

Welcome!

Happy 2021 and welcome to the first edition of the Simcoe Chapter’s first APSSP newsletter. If you have ideas for content or would like to share exciting news with the chapter (e.g., engagement, wedding, birth, accomplishments), please email Virginia Cooper, VP Public Relations at vhmcooper@gmail.com.

Your Simcoe Chapter Executive

President

Cathy Bidwell
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Vice President Public Relations

Virginia Cooper
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(Joint Health and Safety Committee)

Governing Council Representative

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Vice President Negotiations

Colleen Rutledge
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Vice President Grievance/Member Concerns

Christine Seeburger
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Your Simcoe Chapter Members

The Simcoe chapter of APSSP is currently made up of 43 members in the following professions: Social Worker, Speech-Language Pathologist, Attendance Counselor, Psychologist, Psychometrist, Applied Behaviour Analyst, and Behaviour Services Coach.

Concerns

If you have any concerns, Christine Seeburger, Vice President Grievance/Member Concerns, is your first point of contact. She can be reached at cseeburger70@gmail.com.

Contact Information

For any members whose personal information has changed (eg., phone number, personal email, mailing address), please ensure that you react out to Anne Miller, Secretary, at anniemiller9303@gmail.com. Your personal email is how we, as APSSP Executive, reach out to you with information relevant to our chapter.

APSSP Provincial

We encourage all new members to visit www.apssp.org to learn more about your union. Upon your initial visit to the site you are asked to register and create your APSSP e-email. This allows Provincial to reach you with any important information for their members. Any current members who have not yet registered are asked to do so. This is a crucial step to ensuring everyone is receiving all necessary emails coming from Provincial.

Recipes

Red Wine Mules

Ingredients

8 oz. red wine
2 oz. vodka
Juice of 1 lime
Ice
1 can ginger beer
2 lime rounds, for serving

Directions

Divide wine, vodka, and lime juice between two glasses. Top with ice and ginger beer. Garnish with lime round and serve.

Crockpot Mongolian Beef

Ingredients

1 ½ pounds beef flank steak, sliced thinly
½ cup cornstarch
2 tablespoons olive oil
½ teaspoon minced garlic
¾ cup soya sauce (or gluten free tamari)
¾ cup water
¾ cup brown sugar
½ cup grated carrot
¾ cup sliced green onion (or scallions)

Directions

Coat flank steak pieces in cornstarch.
Add remainder of ingredients to the crockpot and stir well to combine
Place the flank steak into the crockpot and cook on high for 2-3 hours or on low for 4-5 hours
Add cooked greens (e.g., broccoli, spinach) as desired.
Serve over rice.

Freezing Directions

Coat flank steak in cornstarch.
Combine remaining ingredients and place into a 1 gallon freezer bag (or divide up)
Add steak to freezer bag(s)
Label and freeze
Cook as indicated above