

Rielity check

Louis Riel
Teachers' Association
www.lrlta.ca

February 2010
Editor : Deb Barry

We all survived the treacherous weather of late January and finally, we are able to drive home in daylight once more. What a difference this makes to our spirits!



If any of you happened **to fall on the ice**, please ensure you complete the **Division Employee Incident Report**. This form should be available in your office or you can find a copy in your school LRTA binder. Send a copy to the Association because we keep a copy on file in the office in case you require care for your injury in the future. Documentation is critical. Also, don't forget Article 6.00K of our Collective Agreement which provides the following: *"When a teacher suffers an on-the-job-injury and is absent from work as a result of that injury, the Division shall continue to pay the salary of that teacher during such absence, limited to the extent of the accumulated sick leave balance at the time of suffering the on-the-job-injury. The period of time absent from work as a consequence of an on-the-job-injury shall not be charged against the accumulated sick leave balance."*

The Division may reimburse out of pocket expenses incurred by the teacher as a result of an on-the job injury to a maximum of one thousand dollars (\$1000) per school year where that teacher has certain expenses beyond the maximum coverage provided for in the Extended Health Plan or incurs certain expenses related to medical items not covered by the Extended Health Plan and where such expenses are not covered by another Party or Plan.

In accordance with administrative guidelines the Division shall reimburse teachers for the above-mentioned expenses (e.g. drug costs, physiotherapy, etc.) for a period of up to twelve (12) months following the injury or accident.

"On-the-job-injury" means a disability resulting from an accident or injury occurring in the course of performing duties arising out of employment under contract with the Division. "

The 100th Day Social is coming! Last year members asked for a Friday date and we have delivered – Friday, March 19 at the Norwood Community Club. The Social coincides with the annual MTS Curling Bonspiel which LRTA is hosting this year at the Granite Curling Club. Come out to the social and meet friends from all over the province. Once more 9 lucky LRTA members will enjoy a ½ day release courtesy of Senior Administration. Congratulations and thanks to Michelle Angst for organizing the event.

Many colleagues have decided to announce their **retirement** and take advantage of a week off with pay and the retirement allowance plan. Congratulations on your decision and we look forward to formally recognizing your contribution to teaching at the LRTA Retirement Celebration on Thursday, June 17, 2010 at the Legacy Centre. The retirement committee will soon begin planning for this gala event so be sure to mark your calendars.

The **LRTA AGA** is just around the corner – **Wednesday, April 21 at 4:30 at the Louis Riel Arts and Technology Center**. Council reps have received nomination papers for the Executive positions. Please consider running for a position. This is also your chance to vote on proposed changes to our Constitution, Bylaws and Policies. The LRTA budget for 2010-11 will be presented, debated and voted on.

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The committee struck at last year's AGA to look into the feasibility of disassociating from MTS will also present their findings. The Group Health Care Benefit (BlueCross) will be reviewed. Are there changes you would like to see OR not see? Come out and let your voice be heard. These are very important reasons for attending the AGA as your voice and vote will determine the outcomes. The strength of our Association continues to be the active involvement of the membership.

The Resolutions Committee has forwarded two bylaw changes and four resolutions for debate at the Annual General Meeting of the Manitoba Teachers' Society in May 2010. The committee's proposals have been presented to Council for ratification. Ratified resolutions have been forwarded to MTS to be included in the AGM binder and debated on the floor of the Provincial Council.

Finally, once again, mark your calendar with these very important dates...

- March 1st** Nominations for the LRTA Executive positions open
- March 19th** 100+ Day Social
- March 19-21** LRTA Bonspiel at the Granite Curling Club
- April 21st** LRTA AGA at the Louis Riel Arts and Technology Centre



À tous et à toutes, je vous souhaite un Joyeux St-Valentin, un Joyeux Mardi Gras
et un Joyeux Festival du Voyageur (Hé Ho!)

If you have any comments or suggestions, please call the office at 929 5782 or email preslpta@mts.net. All communication is in confidence.

Madelaine McKenzie

Life Balance

*"Imagine life is a game in which you are juggling five balls.
The balls are called work, family, health, friends and integrity.*

And you're keeping all of them in the air.

But one day, you finally come to understand that work is a rubber ball.

If you drop it, it will bounce back.

The other four balls - family, health, friends, and integrity - are made of glass.

If you drop one of these, it will be irrevocably scuffed, nicked, perhaps even shattered.

And once you truly understand the lesson of the five balls, you will have the beginnings of balance in your life."

From Suzanne's Diary For Nicholas
by James Patterson. Copyright © 2001 by
SueJack, Inc.Little, Brownand Company, Inc.



Collective Bargaining Committee



Collective Bargaining – Frank Restall

There are two powerful ways that members can be involved in supporting the Collective Bargaining process.

Firstly, members may wish to join the LRTA Collective Bargaining Committee and work on behalf of colleagues in creating the Association's proposals. Even though our current Collective Agreement is in effect until June 30, 2011, the Association is now organizing the next LRTA Bargaining Committee. Interested members of the LRTA who wish to be part of the Collective Bargaining Committee are asked to forward their names to Frank Restall at 929-5782 or cblrta@mts.net.

Secondly, on a day to day basis, members can demonstrate a commitment to the Collective Bargaining process by ensuring that articles of the Collective Agreement are honoured. Member rights and working conditions must be protected and it is the responsibility of every member to safeguard these rights and conditions. The ramifications of ignoring breaches of the Collective Agreement are dire. If members ignore a negotiated benefit it may establish a precedent that could eventually undermine the benefit.

By joining the CB Committee and by ensuring that the articles of the Agreement are honoured, members are demonstrating a commitment to their colleagues and to the Collective Bargaining process.

Predictors and Consequences of Grade Retention

Examining Data From Manitoba

Anne Guèvremont, Noralou P. Roos, Marni Brownell Manitoba Centre for Health Policy

Data from a population-based repository in Manitoba showed that students who are male, young for grade, and in Grades 1, 2, 7, and 8 were the most likely to be retained. After controlling for key student factors including socioeconomic status, school changes, and key school characteristics including stability of the student body, retention was a strong predictor of high school withdrawal rates. The odds of student withdrawal were 3 times higher for students who have been retained once and almost 8 times higher for students who had been retained more than once. Not only do withdrawal rates suggest that retention is potentially harmful, but also Grade 3 standards test results taken in consecutive years by retained students indicate that only one in four retained students improve their score. These results generally replicate the research done in the United States.

Educators' Assistance Program

The Educators' Assistance Program provides confidential and voluntary professional counselling and referral services for Manitoba Teachers' Society members. It offers support and early intervention programs and works to enhance the health of all members.



The EAP offers individual marital and family counselling and group counselling services for couples and families. Counselling sessions are offered in both French and English.

Counselling is provided on a range of issues that commonly confront individuals and families. One of the more common concerns involves self-care in a stressful environment and dealing with change and transition. Recognizing and addressing burn-out, depression, stress and anxiety are amongst the skills that are taught. Ways to improve relationships, both professional and personal, are addressed. Counselling to deal with marital and family concerns as well as coping with loss, separation and divorce is provided. Emotional trauma arising from work or other situations including harassment or abuse is also addressed in the Educators' Assistance Program.

If you feel you would benefit from the services of this program, call 837 5801 and make an appointment.

Maternity/Parental Leave Seminar

Are you expecting or thinking of having a child in the future?

Join us for a Maternity/Parental Leave Seminar

Tuesday, March 16, 2010

4:30 pm

Glenlawn Collegiate

A representative from MTS will present and answer all of your questions.

Contact Bill Young at bill.young@lrsd.net

to reserve your place.



Operation Donation

The need for Operation Donation is just as great now as 10 years ago!

The school-based Operation Donation food drive of 2010 may be the most needed yet. "It's so unfortunate that we have been doing this for a decade and there is still a great need, indeed a greater need. This is a desperate year. This is a state of emergency," said LRTA Vice-president, Frank Restall, who has organized Operation Donation food drives since inception. When the project started it was hoped that it would not be needed in 10 years time. However this is not the case and David Northcott, executive coordinator of Winnipeg Harvest, says that demand has skyrocketed this year.



Each year in March, schools across Manitoba collect food for Winnipeg Harvest and organizations and food banks in their local communities. Last year 114 schools participated and collected 114 000 pounds of food. Operation Donation is sponsored by the Manitoba Teachers' Society and Manitoba Public Insurance. Peak of the Market matches the total amount of donations gathered by Operation Donation. All food collected during the drive is used to help food banks in the communities in which the donations are made.

The food drive this year will be held March 1-5. During the week, teachers and students are asked to donate one food item. Schools and classes who want to get involved can register with Winnipeg Harvest at 982-3670 or visit its website at www.winnipegharvest.org.

One Week, One Donation, One Hope

Rebuilding Schools and Lives in Haiti

Haiti's humanitarian crisis has sparked a large outpouring of international aid. The Canadian Teachers' Federation (CTF) through Education International is adding its resources and support to this worldwide response to help the Haitian people, including teachers, students and their families.

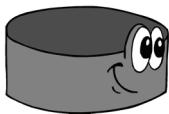


As the world rallies to bring food, water, medical care, funds and supplies immediately to Haiti, the CTF is very mindful that its role as a teacher organization will escalate when work gets underway to rebuild from the ruins and devastation caused by the earthquake.

Like everywhere around the world, schools and public education are central to communities. Students seek solace in classrooms in the wake of disasters. Classrooms are forums for discussion, allowing students to overcome anxieties and share their grief and loss with supportive friends and teachers.

One of the first steps towards normalcy for families and communities will be when schools are being rebuilt. Haitian teachers know they can count on their teacher colleagues around the world, including Canada, for assistance and support.

The Louis Riel Teachers' Association has contributed \$1000 to the CTF Trust Fund for International Aid for Haiti. These funds are eligible for matching grants from the federal government.



LRTA Hockey Team

Richard Botchar

The MTS Hockey Tournament, hosted this year by the River East Transcona Teachers' Association, is being held April 17 and 18th.

Robbie Mager and I are organizing the LRTA team. This year the games will be held in Winnipeg so we are sure that there will be many people interesting in playing. However, as there are only twenty playing spots available, we have decided the best and fairest method to create a team would be through a lottery system.

Those LRTA members interested in playing should submit a cheque for \$40.00 to Robbie Mager at Windsor Park Collegiate by Monday, March 8th. The purpose of the cheque is to show commitment to the team. Any member not drawn in the lottery will have his cheque returned. The Team will use the selected players' funds to cover practice ice costs and other team costs as they incur. Any funds not used will be returned to the players.

The Team Lottery will be drawn at Windsor Park Collegiate at 4:30 PM on Wednesday, March 10th in the Graphics Lab.

All interested players must include the position which they play (i.e. goaltender, right wing etc.) when they forward their entry into the lottery to Robbie Mager.



Manitoba Teachers' Society Workshops for 2009-2010

The Seven Sacred Teachings: Aboriginal Ways of Knowing - Part II

March 4 - 5, 2010

Administrators' Certificate - Personnel

Strategies for Exceptional Teachers

March 19, 2010

Making it Work! Services for English as an Additional Language (EAL) Students in Manitoba Schools - Part II

April 29-30, 2010

Administrators' Certificate - Instruction and Special Education Certificate



**Victor and Marie Wyatt Bursary Application
for courses taken between January 2009-December 2009
by Robert Gaudes VP Professional Development**

The Victor and Marie Wyatt Bursary Committee is accepting applications for bursaries from teachers and administrators to pursue studies related to public school education.

The Bursary is available to:

Educators who are *currently* employed in the Louis Riel School Division,
 Educators who are *currently* on leave from the Louis Riel School Division.
 And Educators who have requested a leave from the Louis Riel School Division for educational purposes and who will be *returning to the division*.

Bursary Criteria:

- ◆ Tuition at registered universities or colleges (not including such things as parking, dental or medical insurance, or cost of books and supplies) will be considered.
- ◆ Payment is made directly to the individual,
 - After completion of the course(s), and only
 - After funding is approved by the Bursary Committee upon submission of all required information.
 - Bursary applications will not be accepted in two consecutive years. (e.g. 2008 applicants may apply again in 2010)
 - Maximum eligible tuition: \$1500.00

Applications must include:

- Proof of course completion – Academic Transcript
- Proof that the course(s) fee(s) have been paid – T2202A Certificate



Application form can be found at www.lta.ca under 'Bursaries'.

Deadline for submission: Friday, April 23, 2010.

Send completed form and all information to:

Louis Riel Teachers' Association
 Attn. Vice President of Professional Development
 L.R.T.A. Office, 22 Varennes Ave
 Winnipeg, Manitoba, R2M 0N1

Process:

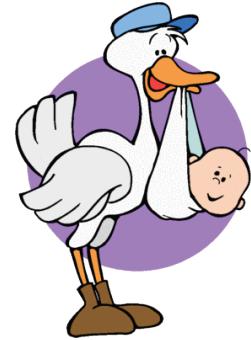
- ◆ Applicants will receive their letter of confirmation from the Bursary Committee. It will indicate the amount of bursary awarded by the committee.
- ◆ A copy of the confirmation letter is sent to the Winnipeg Foundation.
- ◆ A cheque from the Winnipeg Foundation will be mailed directly to the recipient.
- ◆ In February, each applicant will be issued a tax receipt from the Winnipeg Foundation indicating the amount of their award.



Wedding Announcement

École Guyot

Congratulations to Denise Létienne and Gilles Mousseau (principal at École Guyot) who were married on Saturday, January 16th. Félicitations!



Birth Announcements

Dakota Collegiate

Nancy Champagne (and husband Darryll) became proud parents of a very healthy baby boy, Drayden Noah (8lbs 10oz and 21.5 inches long) on Friday January 29th at 8:30 pm. This is Nancy and Darryll's second child.

Cliff Dann (and wife Sarah) welcomed their first child, Edward John Dann, 6lbs 10oz, 20inches...January 30th, 2010 @ 2:55am.

Shamrock School

Congratulations to Karen Colfer (teacher at Shamrock) and Dean Barth on the birth of their first child, a daughter named Avery Grace Colfer on January 23, 2010.



LRTA

'Rock-On'

Social



Let's celebrate teaching more than 100 days!

Friday, March 19th 2010

8:00pm - 1:00am

@ Norwood Community Centre

Tickets - \$5.00 available from your school rep

42nd ANNUAL MANITOBA TEACHERS' SOCIETY BONSPIEL

March 19th, 20th, and 21st, 2010

Hosted by the Louis Riel Teachers' Association
Granite Curling Club - 22 Mostyn Place - Winnipeg

INFORMATION can be obtained from: Frank Restall
Telephone 1-204-929 5782 Email: cblrta@mts.net

Dinner/Social Evening:

Granite Curling Club Saturday, March 20, 2010 Cocktails at 6:00 p.m. & Dinner at 7:00 p.m. COST: 4 tickets for Saturday's dinner and social will be included in registration fee. Extra tickets are \$25 each.

Louis Riel Teachers' Association Social **Rock On !** Friday, March 19, 2010 Norwood Community Centre 7:30 PM – 1:00 AM 4 Tickets included with registration.



Dates to Remember

March 12 - 14, 2010

March 19, 2010

March 19 - 21 , 2010

April 21, 2010

April 29, 2010

May 26-29, 2010

June 17, 2010

LRTA Ski Trip

“Rock On” Social

MTS Bonspiel hosted by LRTA

LRTA Annual General Assembly

LRTA Appreciation Dinner

MTS AGM

LRTA Retirement Reception



LRTA Super Hero's

8TH ANNUAL LOUIS RIEL TEACHERS'
ASSOCIATION SKI / SNOWBOARD TRIP

Prices:

Quad - \$229

Triple - \$249

Double - \$299

Price includes:

2 nights hotel at the Americinn

2 day lift ticket

2 deluxe continental breakfasts

Transportation

Pizza and beverages on bus

The Fine Print
This trip is open to all MTS members and their guests. A \$50.00 non-refundable deposit is now being accepted. The bus will be filled on a first-come basis. Full payment due by February 12th, 2010. Registration forms are available from your MTS rep. For more information or to receive a registration form, contact by email only Brad Nechvediluk - brad.nechvediluk@lrtad.net or Carla Allan carla.allan@lrd.net.

The Really Fine Print:
No refunds will be given after February 12th, 2010. (ski/board rentals extra). Due to the instability of fuel costs and the U.S. dollar, the quoted prices may be subject to addition fees or surcharges.

Giants Ridge

Virginia, MN.

March 12-14, 2010

Some healthy thoughts...

Good Habits- Dan Rosin, PhD

Here is a list of habits that will help you live longer and experience more vitality...

1. Wear a seatbelt
2. Give up smoking
3. Exercise more regularly
4. Eat breakfast
5. Adopt health enhancing attitudes (love somebody, love your-self, laugh, learn to deal realistically with loss)
6. Have eight hours of sleep every night
7. Take more deep breaths
8. Choose diets low in sodium and fat
9. Maintain ideal body weight
10. Drink alcohol only in moderation



Five Beliefs

1. I am in control of my health; doctors, drugs, and medical procedures can only deal with illness stated.
2. Whether sick or well, I am responsible for my state.
3. The main things which affect my health are my attitudes, beliefs and behaviours.
4. If I take care of myself, I can drastically reduce the prospects of illness while dramatically improving my chances of optimal functioning.
5. If I lead a wellness lifestyle, I can come close to my best potential and derive great satisfaction from doing so.

Dust if you must

but wouldn't it be better to paint a picture or write a letter, bake some biscuits or a cake and lick the spoon or plant a seed, ponder the difference between want and need?!

Dust if you must,

but there's not much time with beer to drink, rivers to swim and mountains to climb , music to hear and books to read, friends to cherish and life to lead.

Dust if you must,

but the world's out there with the sun in your eyes, the wind in your hair, a flutter of snow, a shower of rain. This day will not come around, again.

Dust if you must ,

but bear in mind, old age will come and it's not kind.

And when you go - and go you must -
you, yourself will make more dust!

