

# COQUITLAM TEACHERS' ASSOCIATION

#208 2502 St Johns Street, Port Moody, BC V3H 2B4 Ph: 604-936-9971 Fax: 604-936-7515



## President's Message

### Remembrance Day

As we turn our minds to the memory of Canadians who served, gave their lives or suffered injury on behalf of this country, we can find the gratitude for that sacrifice sometimes a little overwhelming. Families and friends that suffered these losses can be affected down through many generations. We are so very fortunate here that war has not come to our shores in more than two centuries; our people have mainly served overseas and saw the impact of war on countries that never had the chance to avoid it, for many reasons. I see some people politicizing Remembrance Day these days and that makes my heart break. It's not a pro-war stance to recognize those who fought and died on our behalf, quite the opposite. Those who know the true horror of war are less likely to advocate for it. As the memory of foreign wars passes more and more into history with each Remembrance Day and many current veterans struggle with ongoing effects from their exposure to conflict, we must make a concerted effort to do what John Macrae's poem tells us to do; to not break faith with them. I know we aren't able to attend outdoor ceremonies in the Tri Cities again this year but, take a moment, on the day, maybe to visit a cenotaph, talk to a veteran in your family or just turn your mind to the many thousands of veterans gone before and those currently still with us. We will remember them.

In Solidarity,  
Ken

# CTA Rep Assembly

Wednesday, November 17th, 2021 4PM via Zoom

Zoom links have will be sent closer to the meeting

## Agenda

First Nations Acknowledgement

1. Call to Order
  - Adoption of the agenda
  - Adoption of the minutes of the the Rep Assembly held September 29, 2021.
2. Ratification of Committee Appointments
3. Adjournment

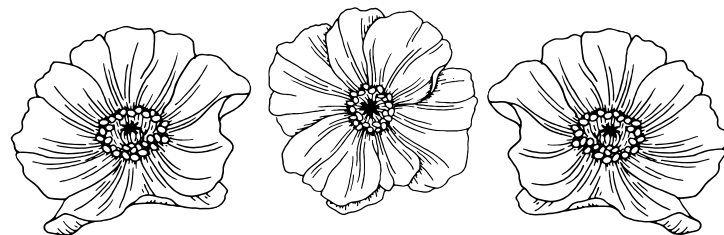
# CTA General Meeting

Wednesday, November 17th, 2021 4:10 PM via Zoom

Zoom links have will be sent closer to the meeting

## Agenda

1. Call to Order
  - Adoption of the agenda
  - Adoption of the minutes of the the Annual General Meeting held October 6, 2021.
2. Roy Krutow Scholarships (2 @ \$1250)
3. Bargaining [In-Committee] (K. Christensen)
4. President's Report
5. CTA Bylaw and Policy Motions
6. BCTF Fall Rep Assembly Update (Nov 5-6, 2021)
7. CTA Resolutions to the BCTF AGM 2022
8. Committee Reports
9. School Concerns
10. Prize Draw
11. Adjournment



## CTA Anti Racism Working Group

The CTA is seeking 3 BIPOC CTA members to form a working group to inform the Committee for Action on Social Justice's (CASJ) ongoing anti-racism policy work. This working group shall continue until a CTA standing committee on anti-racism is established. Meeting dates/times will be established once the working group is formed. If you have any questions about the working group please contact Diether Malakoff, 2nd Vice President at [dmalakoff@cta43.org](mailto:dmalakoff@cta43.org). **Please submit a CV form to the CTA office ([padolf@cta43.org](mailto:padolf@cta43.org)) before 4 pm, Wednesday, November 30, 2021.**



# THE WELL TEACHER

The Well Teacher Group is a program that focuses on developing tools and skills related to improving teachers' vitality and resiliency. This holistic approach to wellness will equip teachers to make lifestyle changes that will positively affect their physical, mental, and emotional well-being. All groups are virtual and facilitated by trained health consultants.

The groups will focus on the following areas:

Discussions on the challenges facing teachers in maintaining wellness and balance, and how to improve these areas both with goal setting and commitment to self.

Discussions on physical health challenges facing teachers—such as pain, fatigue, ergonomics, and voice.

The opportunity for teachers to examine their own levels of burnout and mental health, and to utilize tools to assist with managing negative thinking.

Development of an individual wellness plan, with goals specific to each participant, based on the information and strategies discussed throughout The Well Teacher Group.

Additional information is available on our website: [www.bctf.ca/advocacy-issues/member-supports#well-teacher-groups](http://www.bctf.ca/advocacy-issues/member-supports#well-teacher-groups).

[Click here to register](#). Please make sure to include the local or locals the workshop is being offered in on the final line of the form.

## Executive Committee Openings

There are currently two vacant

### Member at Large

positions open on the CTA Executive Committee.

If you are interested in running for one of these positions please go to our website to get and submit a CV to Pat Adolf [padolf@cta43.org](mailto:padolf@cta43.org) by Nov. 30, 2021.

Local(s) participating: 42 and 43  
Name of presenters: Christy de Bulnes and Darby Eakins  
Workshop dates: Tuesdays beginning November 2 to December 7, 2021  
Time of workshop: 4:00-6:00 p.m. PST



The BCTF has made some great changes to their website take a look here



# PD POWER



Our fourth keynote speaker for February 25th is Kevin Lamoureux. Kevin is currently the Education Lead for the National Centre for Truth and Reconciliation and has previously served on the faculty of several Canadian universities. He is well-known for his public speaking engagements across Canada and has also served as the co-chair for the Manitoba Provincial Task Force on Educational Outcomes for Children in Care, scholar-in-residence for several school divisions, and education consultant throughout Manitoba and across Canada. Kevin was one of the keynote speakers at our April 2021 Focus Day and spoke about *Ensouling Our Schools*, a book which he co-authored with Jennifer Katz in 2018. We are excited to continue learning from Kevin when he returns on our February PD Day! - *Meggan Crawford PD Chair*

## Coquitlam Teachers' Association



Lending Library  
<https://ctalibrary.libib.com>  
Email [lendinglibrary@cta43.org](mailto:lendinglibrary@cta43.org) to create an account.

## PSA Day Reimbursement

Receipts and conference reports for the October 22nd PSA Day can **NO LONGER BE SENT VIA SCHOOL MAIL!!** They will not get here in time.

All receipts and conference reports are due at the **CTA OFFICE before 4:30 PM, NOVEMBER 22, 2021**

Email to [pd@cta43.org](mailto:pd@cta43.org) **NO JPEGS NO SHAREPOINT LINKS**

**YES! You do need to send your receipt in again**

(Conference report and receipt must arrive together)



## CTA PD DAY

Presenter Registration is OPEN!!

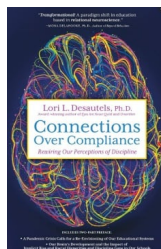
2022

If you know someone that would be a great presenter for our February 2022 PD Day let us know or encourage them to offer a workshop.

Get more information or register [here](#)

## Connections Over Compliance Rewiring Our Perception of Discipline

In this two-part series, Dr. Desautels will address the need for co-regulatory and relational touch point practices, shifting student-focused behavior management protocols to adult regulated brain and body states which are brain aligned, preventive, and relational discipline protocols. This new lens for discipline benefits all students by reaching for sustainable behavioral changes through brain state awareness rather than compliance and obedience.



**Session 1 November 22, 2021 3:30 – 4:45**

Introductory Session and Teacher Brain State

**Session 2 January 6, 2022 3:30 – 4:45**

Attachment and Touchpoints

Registration Link is [here](#)

Zoom link will be shared the day before and updated in the outlook invitation you will receive once you've registered.

Last day to register is Monday November 15th, 2021  
Contact [Rachel French rfrench@sd43.bc.ca](mailto:rfrench@sd43.bc.ca) with any questions.





**COMMITTEE FOR  
ACTION ON SOCIAL  
JUSTICE**

**CASJ Bookclub** will be meeting on the first Thursday of each month this year.

On **Thurs Dec 2 (at 4pm on Teams)** we will be discussing Part II and III of Mariame Kaba's "We Do This 'Til We Free Us".

Meetings will run online via Teams while also having the option to meet in-person at a site that has yet to be determined.

Join us on teams to keep up with things as they develop.

**Next committee meeting will be Thursday Nov 18 at 4pm on Teams.**

We are moving forward with hosting a virtual/hybrid movie night, finishing touches on details to be done at this meeting. The committee will have received feedback from CTA regarding ongoing work on the Anti-Racism Advisory Committee by this time and work will continue there as well. **NEW MEMBERS WELCOME!!** Come on out and bring a friend!!

**You can connect with us on Facebook at 'CTA CASJ' group as well as joining our group on Teams.**

**Please contact Committee Chair Karen Learmonth or CTA liaison Diether Malakoff with any questions.**

## Moments of Joy

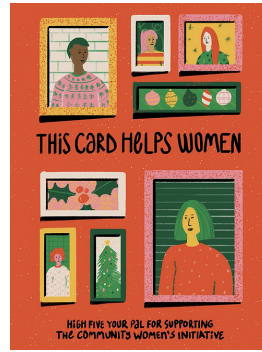
**Let's get back to celebrating the moments that make us smile, laugh, and enjoy our days - send Moments of Joy to mcrawford@cta43.org and they might be shared in our next newsletter!**

There is no question about the joy this dog finds in diving head first into piles of leaves (watch for the wagging tail sticking out of the piles of leaves!) **BEST OF STELLA LEAF JUMPS VOLUME 1 - YouTube**

Sheep took over the streets of Madrid – following their traditional migration routes before the cold of winter arrives: Watch Sheep Fill the Streets of Madrid On Annual Migration of Shepherds ([goodnewsnetwork.org](http://goodnewsnetwork.org))

Halloween is not just for the (human) kids – the dogs enjoyed their own costume party this year in Kitchener: Dogs dress up for Halloween costume party in Kitchener | CTV News

## Community Women's Initiative *Holiday Fundraiser*



### *Holiday Cards*

Community Women's Initiative is selling holiday cards to raise money for women's shelters in the Lower Mainland.

Holiday cards are available for shipping Canada-wide and can be purchased through our website: [communitywomensinitiative.com](http://communitywomensinitiative.com)

### *Winter Item Drive*

CWI is looking for both new items and monetary donations to help support women's shelters and transition houses in the Lower Mainland.

Some of the most requested items are:

- Shampoo
- Pyjamas
- Conditioner
- Socks
- Razors
- Grocery Giftcards
- New Underwear
- Towels/Facecloths



Interested members can contact Diether Malakoff at the CTA Office for more information on drop off.

Monetary donations can be made through GoFundMe: [gofundme.com/f/community-womens-initiative-fund](https://gofundme.com/f/community-womens-initiative-fund)

## TTOC COMMITTEE

**Next committee meeting will be on  
Tues January 11, 2022 at 4pm via zoom.**

In the meantime, connect with us on Facebook to join our community at 'CTA TTOCs'.

Those in formalised roles in the TTOC committee are looking to transition from those roles, we need more folks to get involved. If you or anyone you know would like to get involved, please do reach out.

Anyone who is working as a TTOC, even a part-time contract, are eligible for membership in the TTOC committee. If you know someone who comes to mind as a good candidate, please send us the names and we'll do some shoulder tapping.

There are some opportunities for paid work in getting involved with the TTOC committee and many more opportunities to learn about your rights and getting involved in advocacy efforts.

**Please contact committee chair Morgan McKee ([chair.ttoc@gmail.com](mailto:chair.ttoc@gmail.com)) or Diether Malakoff ([dmalakoff@cta43.org](mailto:dmalakoff@cta43.org)) with any inquiries.**

# COMMITTEE VACANCIES

## CTA PD Committee

2 Middle Reps, 1 Secondary Rep, 1 LSA Rep  
2 Elementary Reps, 1 Adult Ed Rep, 1 TTOC Rep

## CTA Teachers Teaching on Call Committee

5 members-at-large

## CTA Committee of Action on Social Justice (CASJ)

2 Middle reps

## New Westminster & District Labour Council

5 CTA reps

## CTA Adult Educators

1 Learning Centre Rep, 1 High School Completion Rep

## District Student Services Advisory Committee

2 CTA reps

## District Student Achievement Advisory Committee

1 CTA rep

## District Student Wellness & Safety Committee

1 CTA Rep

## District Aboriginal Ed Advisory Committee

Currently Full

## District French Advisory Committee

Currently Full

Teachers interested in any of these committees should go onto our website or click here for a curriculum vitae form and submit it to the CTA Office ([padolf@cta43.org](mailto:padolf@cta43.org)). If you have questions, call the CTA Office at **604-936-9971**.

## Contact Us:

Please see the list below for the officer or staff member best able to help you.

**(Last names A-F)** Ken Christensen, President  
[kchristensen@cta43.org](mailto:kchristensen@cta43.org)

**(Last names G-L)** Kara Obojski, 1st Vice-President  
[kobojski@cta43.org](mailto:kobojski@cta43.org)

**(Last names M-R)** Diether Malakoff, 2nd Vice-President  
[dmalakoff@cta43.org](mailto:dmalakoff@cta43.org)

**(Last names S-Z)** Andy Gilligan, Labour Relations Officer  
[agilligan@cta43.org](mailto:agilligan@cta43.org)

### PD related questions

Meggan Crawford, PD Chairperson - [mcrawford@cta43.org](mailto:mcrawford@cta43.org)

### CTA Administration

Kelly Roberts, Executive Director - [kroberts@cta43.org](mailto:kroberts@cta43.org)

### Accounting/Finance

Reimbursements, scholarship payments & CTA newsletter  
Heidi Davis, Finance Administrator - [hdavis@cta43.org](mailto:hdavis@cta43.org)

### Scholarships, Committees, CTA PD Day

Pat Adolf, Administrative Associate - [padolf@cta43.org](mailto:padolf@cta43.org)

### Membership Database & Website Access

Kelly Stewart, Office Clerk - [kstewart@cta43.org](mailto:kstewart@cta43.org)

### Office Clerk

Corbey Heyes-Jones, Office Clerk

If your situation is already being handled by an officer not matching your alpha assignment, then please continue to liaise with that officer.



### How EFAP Can Help

Information to help with work and life

Confidential · Immediate Assistance · 24/7/365

Morneau Shepell · 1-844-880-9142

[workhealthlife.com](http://workhealthlife.com)

### Questions about your pension?

Go straight to the source for answers.

<https://tpp.pensionsbc.ca/pension-basics>

### Online workshops and learning

<https://tpp.pensionsbc.ca/learning-resources>

### Retirement Health Coverage

<https://tpp.pensionsbc.ca/retirement-health-coverage>

### CTA Website Login

Information is posted on our website as quickly as we have it. Please make sure you are able to access the site. If you have any questions about login please contact [Kelly Stewart](#)

[www.coquitlamteachers.com](http://www.coquitlamteachers.com)

CTA Office: 604-936-9971

