



**HUTTERITE EDUCATORS OF MANITOBA**

HEM

Summer 2017

AFFILIATED WITH THE MANITOBA TEACHERS' SOCIETY

# President's Message

Happy Summer Everyone!

If you're like me, your summer to-do list (if you bothered making one) is as full as it was at the end of June. The "holidays" have flown by, the days are getting shorter and another new school year is looming. Your HEM executive is hard at work planning other exciting school year for you and your students.

I want to thank everyone who made it out to enjoy a great day of fellowship and sharing at Whistling Winds School on Millshof Colony for our second annual SHARE conference. I want to thank the fine gentlemen who teach at this state-of-the-art facility for hosting this event and making sure we had all the resources/room we need. Also, a huge thanks to your entire community for their generosity in providing physical nourishment throughout the day. *Vielen Dank!*

Our SAGE presenter this year is Sandra Reich. You can find more information on her workshop in this newsletter. HEM is excited to be able to continue to offer an online registration process in order to improve our process, but also to facilitate your access to our MTS PD Day event on October 20, 2017. As always, we will welcome your feedback

to improve the service. The process is an entirely online experience, including payment, and if you have any questions please don't hesitate to contact us and we will help you through it!

Online registration is available now and can be accessed by clicking on My Profile/Members Area on the MTS website ([www.mbteach.org](http://www.mbteach.org)). Please have your MTS membership handy at registration as you will need it to log on. After you've successfully logged into your account, you can find our event under the Events Tab by clicking on List of Events. Click on it and follow the registration process. Payment will be accepted online by credit card, debit card or PayPal. If you need any assistance, please contact me by email at [kmaendel@plpsd.mb.ca](mailto:kmaendel@plpsd.mb.ca).

I hope everyone has a relaxing rest of the summer and will be rejuvenated and reenergized to begin yet another exciting journey in September.

Karen Maendel  
Brennan School

## Hey "English" Teachers!

Have you ever wanted to know how to say something in "Hutterish"? Knowing a few words and pronunciations is a good way to shock your students and grab their attention!

In every HEM newsletter we will be publishing a few "Hutterish" words or sayings to help you out!

Enjoy!

English	"Hutterish"	Pronunciation
Flowers	Blembleh	Blem-bleh
Garden	Goetn	Go-wet-n
Whistling	Pfeiffn	Pf-igh-fn



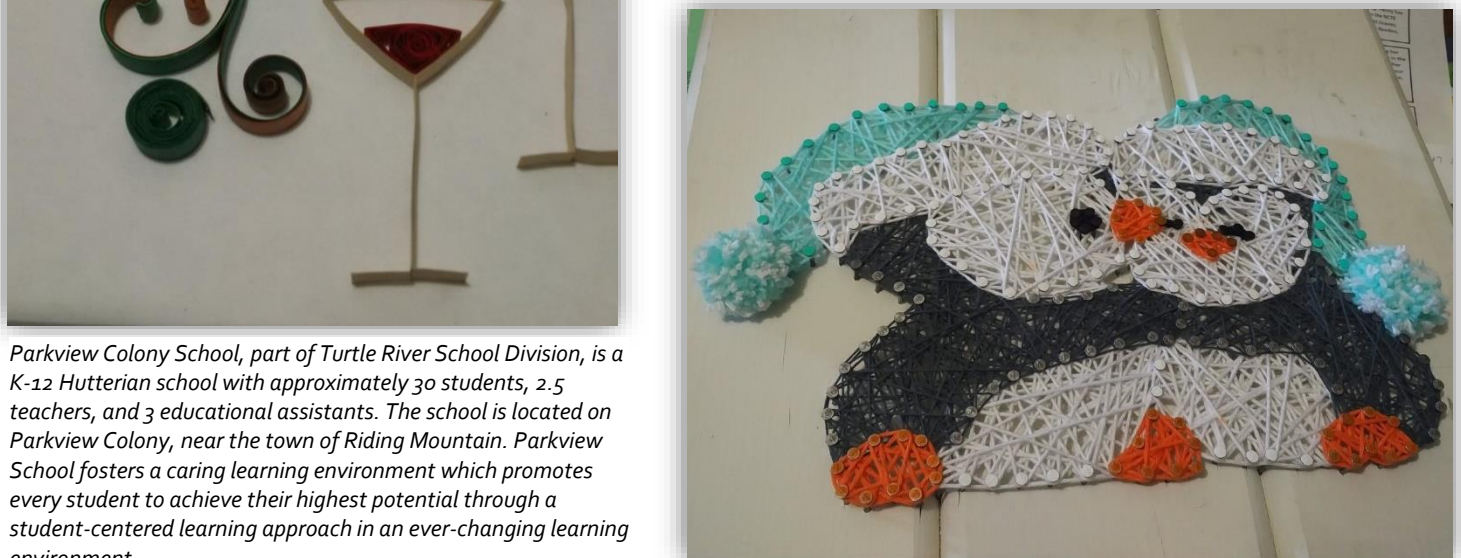
## Teachers Ask, Teachers Answer

We are pleased to introduce a new feature to the HEM Newsletter! Each issue, we will be sharing answers to a question posed by a Hutterite teacher. Recently, a teacher reached out to us via Twitter to ask us the following question:

**Question: What are some novel studies for middle school and high school that are appropriate for Hutterite schools?**

If you have an answer to our current question, or if you have a question you would like to see answered in this column, please email our newsletter editor, Sarah Blair at [sarah1709@live.ca](mailto:sarah1709@live.ca).

## Art in Our Schools: Parkview Colony School



*Parkview Colony School, part of Turtle River School Division, is a K-12 Hutterian school with approximately 30 students, 2.5 teachers, and 3 educational assistants. The school is located on Parkview Colony, near the town of Riding Mountain. Parkview School fosters a caring learning environment which promotes every student to achieve their highest potential through a student-centered learning approach in an ever-changing learning environment.*

# Come Join Us for MTS PD Day 2017

On October 20, 2017 (MTS PDDay), HEM will be hosting Sandra Reich, M.Ed., at McMaster House in Winnipeg.



Reich is the clinical director of the Montreal Center for Anxiety & Depression, the co-director of Empowered Women Workshops, co-director of Anxiety Videos, founder of Sandra Reich's Couple Retreats as well as the host of a top weekly radio show: Straight Talk with Sandra Reich on Voice America.

Sandra is also a bestselling author of "Once upon a Time: How Cinderella Grew Up & Became a Happy Empowered Woman" and well known as an expert on anxiety, relationships, family dynamics and more. She is an expert in the field of cognitive behavioral therapy and holds a master's degree in counseling psychology from McGill University. She received extensive training from the Cognitive Behavioral Therapy Clinic for Anxiety Disorders at the Montreal General Hospital.

In the last few years, Sandra has continued to broaden her repertoire with training in mind body/spirit work and its benefits in psychotherapy. Sandra's expertise has been featured on many radio and television shows including Discovery Health's "Accident Investigator", Global TV's "Good Morning Live", the reality show "Working it out together", "Celebrity Damage Control" which is currently airing on the Oprah Network (OWN) and is featured as expert on the upcoming series called "As a Matter of Fact" on the topic of stress.

## Workshop Description

Anxiety and Depression are two of the most widely reported disorders in Canada. This workshop will help teachers be aware of the presence of anxiety and depression in their students, and to identify the signs and gender differences. We'll also cover therapies and treatments that will help inform the teacher to support the student while they are being referred for treatment to the right mental health professional. On the flip side, teachers can be especially vulnerable to giving too much. Join Sandra Reich, M.Ed for this amazingly informative day on anxiety, depression, how to avoid unusual traps, and some much needed tips empowering yourself in difficult situations.

**Space is limited, so register early!**

## Topics Covered at the Session:

### *What are Anxiety & Depression?*

- North America's #1 Psychological Health Challenge
- Anxiety: Facts and Figures
- Impact on Your Students' Lives and Yours
- Depression: Treatment Options
- Male/Female Manifestations
- Medication/Psychotherapy

### *Strategies & Help for Students*

- Autonomic Nervous System
- Relaxation Response / Paced Breathing
- The Magic of Cognitive Restructuring
- Challenging Distorted Thoughts
- Stress Inoculation

### *Traps We Can Easily Fall Into*

- Compassion Fatigue
- Secondary Trauma Dangers
- Caretaking: A Very Slippery Slope
- Challenging the Victim Role
- How to Get Out of the Martyrdom Complex
- The Liberation of Empowerment

### *Question & Answer Session.*

### Event Schedule

**Registration:** 8:30  
**Workshop:** 9:00 - 12:00  
**Lunch:** 12:00-13:00  
**Workshop:** 13:00 - 15:30

# SHARE Conference 2017

Whistling Winds School, on Millshof Colony, hosted the second annual SHARE Conference on August 18, 2017. The conference provides an opportunity for teachers to share resources related to Hutterite schools in a relaxed, informal atmosphere

Short presentations were provided on several topics relevant to colony schools. Themes included interactive notebooks, writing with quick writes and mentortexts, and design projects. This year also featured a few new activities, including a "Show and Tell" session in which HEM executive members Karen



Maendel and Kenny Wollman shared useful music resources they have discovered for use in the classroom.

A "Mind Hive" session later allowed attendees to discuss any topics that came to mind during the presentations.

One of the most important resources available at the conference were the guided "round table discussions". Topics such as field trips, technology, makerspaces, and physical activity were all up for discussion, facilitated by experienced colony teachers.

HEM would like to thank all the presenters at this year's conference. The summer is always a busy time, and we



deeply appreciate the presenters taking the time to share knowledge and resources with other teachers! We are already booking presenters for next year's conference!

One of the most interesting parts of the conference is touring our colony schools. If your school is interested in hosting next year's conference, please contact our president, Karen Maendel!

## Hutterite Educators of Manitoba

Visit our website:  
[hutteriteeducators.org](http://hutteriteeducators.org)



### Executive Members

<b>President</b>	Karen Maendel	<a href="mailto:kmaendel@plpsd.mb.ca">kmaendel@plpsd.mb.ca</a>
<b>Secretary/Treasurer</b>	Kenny Wollmann	<a href="mailto:kennyw@hbbookcentre.com">kennyw@hbbookcentre.com</a>
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<b>SAGE Council Reps</b>	Jonathan Waldner Leonhard Hofer	<a href="mailto:jonawald@yahoo.com">jonawald@yahoo.com</a> <a href="mailto:lhofer@lssd.ca">lhofer@lssd.ca</a>
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<b>Website Design</b>	Sarah Blair	<a href="mailto:sarah1709@live.ca">sarah1709@live.ca</a>
<b>Directors/Members at Large</b>	Paul Waldner George Waldner Nicole Terrick Cheryl Patzer	<a href="mailto:paul@hbni.net">paul@hbni.net</a> <a href="mailto:gwaldner@sunrisesd.ca">gwaldner@sunrisesd.ca</a> <a href="mailto:nterrick@pinecreeksd.mb.ca">nterrick@pinecreeksd.mb.ca</a> <a href="mailto:cpatzer@plpsd.mb.ca">cpatzer@plpsd.mb.ca</a>