



ASPA E-Newsletter

From Angeline Hainstock <Angeline@aspasask.ca>

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To Angeline Hainstock <Angeline@aspasask.ca>

Good Morning ASPA Members,

Here is ASPA's January E-newsletter. ASPA is always looking for ways to highlight the talents of our members. If something exciting is or has happened in your life or career, let us know! If you have any suggestions for the Communication Committee or wish to become a volunteer on any of the ASPA Committees, please contact us at aspasask.ca. Please don't forget to follow ASPA's Website at www.aspasask.ca.

President's Messages

January 2021

Happy New Year to all of you! I hope everyone was able to get some down time over the extended break we had this year as I know we all needed and deserved it after the year we just went through. [READ MORE](#)

[MORE](#)

Awards

12 Days of Holidays

We would like to announce the winners of our ASPA 12 Days of Holidays contest. [READ MORE](#)

Did You Know?

Increases to Extended Health Provisions

With the new agreement there are increases to some of the benefits that ASPA Members have available to them. [READ MORE](#)

ASPA Member Highlights

Kamal Gabadage, Clinical Associate (Bovine Field Service)

Kamal graduated from the Faculty of Veterinary Medicine in Sri Lanka in 2007. He came to Canada in 2009. [READ MORE](#)

Member Interest Articles

Ways to be Kind to Yourself

Do you ever feel tired and worn out? Do you ever think "I'm going to fail. I'm not smart enough to do this?" [READ MORE](#)

Take Stock of Your Achievements

Time flies by and things need to get done. Often we don't take the time to think about everything we have accomplished. [READ MORE](#)

ASPA's Post-Bargaining Survey Results

ASPA Research Committee conducted an online survey in December, 2020 to gather ASPA members feedback on various aspects of the latest round of bargaining. [READ MORE](#)

Sent on behalf of the Communication Committee: Karen Mosier (Chair), Peter Krebs, John Costa, Susan Cook, Andrea Smida, Darcy Hryn-Bird (ASPA Member Services Officer) and Angeline Hainstock (ASPA Administrative Assistant)