



# *Addictions Professionals Association of Saskatchewan, Inc.*

www.apask.org

## *Members Communiqué*

November 24, 2014

**CONTENTS:** Board of Directors; Addiction Awareness Week; 2015 Spring Conference; Membership Renewal Dates.

Can you believe it.....Nov. 22 and in just over a month.....Christmas! Wow! Where did the time go?

The APASK **Board of Directors** has undergone some significant changes since Aug 2014. Life is busy and it evolves for us all as people take on new and different roles and challenges. This evolution has seen three Directors resign between Aug and the end of Oct. As a result, we have had to “shuffle” the executive. Your new Board is as follows: Brenda Hearn, Acting Chair; Laurel Mackie, Acting Vice Chair; Ruth White retains her position as Treasurer and Rhonda Senecal steps into the Secretary role. Members at Large are Barb Robinson and Ashley Kosolowsky. We have had some people express interest in volunteering for one of the vacant Board position and I would encourage all the members to think about putting their names forward for a Board seat. You will have received a nomination form via email last week. If you are interested or know someone who is, please complete the form and get it back to us either by mail or you can fax it to me at 306 652-2709. This is certainly a time of change and growth in our organization and we would like to rise to the challenge as we continue to gain momentum in achieving our goals.

National **Addiction Awareness Week** has come and gone. On Tuesday, APASK associate member Colleen Dell, Addiction Research Chair at the University of Saskatchewan was interviewed on Global TV and did a great job. For those of you who have sat in a TV interview room, you will know they don't look the same when you are sitting there as what we all see on the screen and it can be somewhat distracting and a bit anxietizing. Colleen did a great job as always.

For those of you who might have missed the brief email I sent out last week, there are some awareness / prevention products available through Colleen's office at the U of S. You can have a look at what's happening up there and what's available by going to the website at <http://www.addictionresearchchair.ca/products/> Colleen talked about the startling fact that addiction costs the economy annually more than one billion \$ a year in Saskatchewan alone and that, even with all the time, effort and energy that is being put into it, that statistic doesn't seem to be going down at all.

The **2015 APASK Spring Conference** has been booked for Saskatoon in May. I would like to express my gratitude and admiration for the Conference planning committee, Laurel Mackie and Ruth White. They have put together a fabulous workshop on addiction, pain management, co-dependency and self-care with Dr. Stephen Grinstead who is affiliated with the CENAPS corp. in the US. For full information on the workshop and on Dr. Grinstead, please have a look at the APASK website at [www.apask.org](http://www.apask.org) and hitting the conference tab in the menu bar across the top of the page. You should also all have received an email brochure for this workshop as it went out last week as well.

Also on that note, I would also like to draw your attention to the attached brochure for a **Smoking Cessation Information event** to take place in January, 2015 coordinated by APASK member Lynn Isaak who is the Smoking Cessation Counsellor for the Saskatoon Health Region.

As professionals with a unique set of knowledge, skills and abilities in treating addiction, let's continue to make our voices heard and spread the word around about these two professional development opportunities. There are Certified Education Units attached to both these workshops. If you know of affiliate professionals who may like to attend and develop in this area, please pass the information along.

You should have received your **membership renewal** form by this time. If you haven't, please contact me as soon as possible and I will get your copy out to you via email or "snail" mail as quick as we can make it happen. The early bird deadline is Dec. 31/14 for the 2015 membership year and, if you're anything at all like me, you want to avoid late penalties as much as possible.

Once again, please, please if you have training events or events of interest happening in your area, let me know so we can get information going throughout our province. We are only just over one million people, but together we can make a big difference.

And Thanks to all the members for making things happen through contribution of your time and for your on-going dedication to making a difference for all of us through your membership.

Brenda Hearn, Acting Board Chair  
Chairperson, Membership Committee,  
APASK Board of Directors