DECEMBER 2021
ESCARGOT

HAPPY HOLIDAYS!
We acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lūnaapéewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. With this, we respect the longstanding relationships that Indigenous Nations have to this land, as they are the original caretakers. We acknowledge historical and ongoing injustices that Indigenous Peoples (e.g. First Nations, Métis and Inuit) endure in Canada, and we accept responsibility as a public institution to contribute toward revealing and correcting miseducation as well as renewing respectful relationships with Indigenous communities through our teaching, research and community service.
## December

### Important Dates to Remember

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td></td>
<td>8</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8</td>
<td></td>
<td>9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hanukkah (Dec 1-6)</td>
<td>10</td>
<td></td>
<td>11</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11</td>
<td>Human Rights Day</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td>Last day of classes</td>
<td>13</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Last day of practicum</td>
<td>13</td>
<td></td>
<td>14</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>14</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>15</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Winter Break Begins</td>
<td></td>
<td></td>
<td>16</td>
<td></td>
<td>17</td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>18</td>
<td></td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>19</td>
<td>Christmas Eve</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>20</td>
<td></td>
<td>21</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>21</td>
<td></td>
<td>22</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>22</td>
<td></td>
<td>23</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>23</td>
<td></td>
<td>24</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24</td>
<td></td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>25</td>
<td></td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>26</td>
<td></td>
<td>27</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>27</td>
<td></td>
<td>28</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>28</td>
<td></td>
<td>29</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td></td>
<td>30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td></td>
<td>31</td>
</tr>
</tbody>
</table>

### Year 1 Dates

- Hanukkah (Dec 1-6)
- National Day of Remembrance and Action on Violence Against Women
- Human Rights Day
- Last day of classes
- Last day of practicum

### Year 2 Dates

- International Day of Persons with Disabilities
- Winter Break Begins
- Christmas Eve
- Christmas Day
- Boxing Day
- New Year's Eve
- Kwanzaa (Dec 26-Jan 1)
Human Rights Day
WAYS YOU CAN PARTICIPATE
DECEMBER 10TH

Write for Rights
Be a part of the largest human rights event in the world in their 20th annual “Write for Rights” Campaign. Use your resources and words to help create change.
For more information visit: https://www.amnesty.org/en/get-involved/write-for-rights/

Educate Yourself
It is important for you to learn about the many issues that happen on a global scale that draw on Human Rights. To truly create an inclusive classroom environment and teach your (future) students about how they can help, start by learning more.
For dive into the origins of Human Rights Day visit: https://www.un.org/en/observances/human-rights-day

Start Conversations
Talk about Human Rights with your family and friends (and students)! This could be done in-person, over the phone, or posting informative information on your social media platforms. There are many ways to initiate conversations surrounding Human Rights.

In Your Classroom
If you are doing your practicum, you can participate in Human Rights Day with your student. An idea you can use is setting up a "Free Expression" wall asking your students to write or draw what they know about Human Rights, what it means to them, or how they can help!
HOLIDAY RECIPES

GIFTED TO YOU FROM YOUR TALENTED TEACHER CANDIDATES
Nutmeg Butterballs

**Ingredients:**
- 175 g (1 1/3 cup) almond flour
- 170 g (1 1/4 cup) powdered sugar
- 1 1/2 tsp freshly-grated nutmeg, packed
- 300 g (2 cups) all-purpose flour
- 1/4 + 1/8 tsp salt (pink Himalayan)
- 225 g (1 cup) unsalted butter, room temperature
- 55 g (1/2 cup) sugar
- 1 1/2 tbsp pure vanilla extract

**Instructions:**
1. Preheat oven to 300 degrees Fahrenheit and ensure that oven rack is positioned in the middle.
2. Set aside 1-2 non-stick baking sheets. They don’t need to be buttered or lined with parchment paper.
3. Heat the almond flour in a toaster oven or a dry pan for 2 minutes, or until fragrant. The goal is not to toast it, but just to revive and enhance the flavour through heating it. Set aside and let cool. You can place it in the fridge to speed up the cooling process.
5. Sift flour into another medium bowl. Add in 1 tsp of nutmeg and salt. Mix.
6. In a large bowl, add butter and sugar. Beat on high speed with an electric mixer for 3 minutes. Add in vanilla, and mix until just combined.
7. Add in cooled almond flour, and mix until just combined.
8. Add in flour mixture, and combine on low speed. Do not over mix. As soon as flour is no longer visible, stop mixing. The dough will look like little balls; you don’t need to keep mixing until one large ball is formed, as you will be pressing it together in your hands.
9. Shape cookie dough into small balls, about an inch and a half-2 inches in diameter. More importantly, they should weigh on average 45 g. I suggest weighing one, then eyeballing the rest. It’s important that the size is controlled, as the baking time is specific to that size of cookie. To form a cookie, spoon the dough into your hand, then firmly press it together in your hands until there is no air in the middle and it’s smooth. Then, roll into a ball, and place it on your cookie sheet. The cookies won’t much rise, so you don’t need to leave much space between them.
10. Bake for 15 minutes, or until the cookies are set. They will still look pale—this is normal.
11. Let rest for 2 minutes. After 2 minutes, roll the cookies in the powdered sugar mix that you set aside, and place on a cooling rack. We are purposely under-baking them, to achieve a moist centre, so handle with care. They aren’t overly delicate, but they are a little when still warm, so be gentle with them.
12. Let the cookies cool completely, then roll them once more in the powdered sugar mix before serving. Option to grate a little extra nutmeg overtop. Keep at room-temperature.
13. Enjoy!
Grinch Cookies

FROM ANDREA PICKETT

Ingredients:
- white or vanilla box cake mix
- butter softened to room temp
- vegetable oil
- eggs
- green gel food coloring
- confectioners/powdered sugar
- cornstarch
- candy hearts (or sub red cinnamon candies)
- parchment paper for easier cleanup

Instructions:
1. Preheat the oven to 375° then add the dry cake mix, room temp butter, eggs and oil to a medium size mixing bowl. Use a hand mixer to combine.
2. Stir in green food coloring gel until it reaches your ideal shade of green then refrigerate the dough 15 minutes for easier handling.
3. After 15 minutes combine the powdered sugar and cornstarch in a small bowl. Roll the chilled dough into about 1 - 1 1/2” balls (use a scooper if you have one) then coat the balls in the powdered sugar mixture.
4. Place the cookie balls on a parchment paper lined baking sheet (do not flatten the balls) and bake 8-10 minutes or until the cookies are lightly brown on the bottom.
5. Remove from the oven and leave the cookies on the sheet for 2 minutes (this gives you lightly crispy bottoms and soft insides) then transfer the cookies to a wire rack to finish cooling.

Pictured:
Grinch Cookies, Banana Nut Loaf, Ginger Molasses Cookies, Holiday Pinwheels, and Molasses Brownies
Chestnut, Apple & Pâté French Stuffing

FROM ELLA BIIJAOUI

Ingredients:

- 100 g pain de campagne, ripped or cut into large pieces, about the size of 1 tbsp
- 1/2 cup milk (any percentage)
- 100 g side bacon, small dice
- 125 g unsalted butter
- 365 g yellow onion (measured after peeling; about 1 large), small dice
- 110 g leek (not the dark green part; about 1/2 leek), halved lengthwise and thinly sliced, about 0.3 cm thick
- 245 g apple (measured after coring and peeling; about 1 large), medium dice, about 1.5 cm squared
- 75 g portobello mushrooms (about 3/4 of 1 large), medium dice
- 60 g celery (about 1 large), small dice
- 350 g sous vide chestnuts, smaller ones halved, and larger ones cut into thirds
- 1 bouquet garni (1 medium sprig rosemary, 12 medium sprigs thyme, 4 medium sprigs oregano, all tied into a bouquet with kitchen twine)
- 125 ml red wine
- 90 ml cognac
- 50 ml full-fat cream (or crème fraîche)
- 2 medium eggs (or 1 1/2 large—you could whisk 2 together and use 3/4 of the whisked eggs)
- 275 g black peppercorn pâté de campagne (or 200 g pâté de campagne and 75 g rillette de canard)
- 2 1/2 tsp salt (pink Himalayan)
- 25 cracks black pepper

Instructions:

1. In a small bowl, combine bread and milk. Mix with your hands. Stir every so often over the course of the stuffing preparation, to ensure that all of the bread has a chance to soak in the milk.
2. Heat a large saucepan over medium heat. Add in the side bacon, and cook for 10 minutes, stirring occasionally, or until browned. Remove from pan and set aside in a small bowl.
3. Preheat oven to 350 degrees Fahrenheit, and ensure that the oven rack is positioned in the middle.
4. Add in 100 g of butter to the now empty saucepan. When the butter is melted and bubbling, add in the onion and leek. Cook for 5-10 minutes, stirring occasionally, or until the onion is translucent. Feel free to temporarily increase the heat if a lot of liquids are being released.
5. Add in 25 g more butter, apple, mushroom, celery, chestnuts, the bouquet garni, and the side bacon. Cook for 3 minutes, stirring occasionally.
6. Add in wine and 50 ml of the cognac. Cook for 5 more minutes, stirring occasionally.
7. After the 5 minutes, some liquid will remain. This is normal. Discard the bouquet garni.
8. In a large bowl, add in the soaked bread (all of the milk should have been absorbed), cream, and eggs. Crumble in the pâté. Mix in the sautéed mixture. Mix. Add in the salt, pepper, and remaining 40 ml of cognac. Mix.
9. Generously butter a baking mold. Pour in the stuffing. Even out the top with the back of a spoon. Option to decorate with dried bay leaves.
10. Bake for 1 hour. The top should be golden brown. Serve warm.
11. Enjoy!

This French stuffing is the most delectable stuffing in existence. It contains sous vide chestnuts, portobello mushroom, sweet apple, pâté de campagne (with the option to also include rillette de canard), red wine, cognac, and of course an infusion of fresh herbs. Unlike most North American stuffings that you may be used to, this version is incredibly moist and bursting with flavour. My friends and family love this recipe so much that we don’t just make it for Thanksgiving, but also for Christmas and Easter. Meet the star of your next holiday meal.
Christmas Crack (Skor Bars)  

FROM JAMIE KINZIE

Ingredients:
- 1 cup of butter
- 1 cup of sugar
- 1 sleeve of saltine crackers
- 1 package (200 grams) of milk chocolate chips (can be substituted for dark or white chocolate)

Instructions:
1. Preheat oven to 350 degrees
2. Line a cookie sheet with foil
3. Place saltine crackers salt side down, a single layer to cover the foil surface of the cookie sheet
4. Melt butter over medium heat
5. As butter is melting add sugar and stir continuously, keep stirring as this comes to a boil and let it boil for approximately five minutes
6. Remove from heat and pour butter/sugar mixture over crackers to evenly cover each cracker
7. Bake on center oven rack for ten minutes or until crackers come to a golden brown
8. Remove from oven and let stand for ten minutes - Distribute entire bag of chocolate chips evenly over crackers
9. Let stand for 5-7 minutes, long enough so you can evenly spread the chocolate over the crackers
10. Optional: Decorate top with your favourite holiday sprinkles, candy canes or chocolate candy (ex: M&M’s)
11. Place in fridge for 1-2 hours so that the entire sheet is hardened
12. Remove tray from fridge and place on counter and peel foil from cookie sheet breaking the crackers into desired sized pieces
13. Plate and serve (Store extra in cookie tin for up to four weeks)
Cinnamon Roll Cake

FROM NEKKA HISLOP

Ingredients:
Cake:
- 3 cup flour
- ¼ tsp salt
- 1 cup sugar
- 4 tsp baking powder
- 1 ½ cup milk
- 2 eggs
- 2 tsp vanilla
- ½ cup butter

Topping:
- 1 cup brown sugar
- 1 cup melted butter
- 2 tbsp flour
- 1 tbsp cinnamon

Instructions:
1. Preheat oven to 350 degrees.
2. Mix all ingredients for the cake portion together except butter. Slowly stir in the melted butter. Pour mixture into greased 9x13 inch pan.
3. For topping: Mix all ingredients together until well combined.
4. Drop evenly into the cake batter in the pan. Swirl mixture with a knife.
5. Bake for 28-32 mins.
HOLIDAY INSPIRATION

FOR YOU TO USE IN YOUR CLASSROOM!

REMEMBER TO ALWAYS BE INCLUSIVE OF DIFFERENT HOLIDAYS, TRADITIONS, AND CULTURES.
Gift Ideas

some small businesses suggested from your fellow Teacher Candidates

WILD CHILD STUDIO
a one-stop custom shop selling a variety of items such as tote bags, sweaters, plaques, and more!

online shop:
https://www.sidebizstudio.ca/store/wildchild-studio/

BRWNSGR
a vegan friendly and handmade skincare shop that includes oils, balms, scrubs, and more

other platforms available on:
https://linktr.ee/brwnsgrskin?fbclid=IwAR1ZWe-18uyvOem1KF62OM688446zDpO0FYONzXxyvZvz99fmx__diZQ82kw0

FINESSE LASHES
hassle-free magnetic lashes, made vegan and cruelty-free

online shop:
https://www.finesselashes.com/
Next Steps

- **T2P (Term 2)**
  - currently being uploaded onto OWL
  - remember to complete C4U (Check for Understanding) after all mandatory sessions!
  - *Gender-Based and Sexual Violence Workshops* [optional] require registration in advance

- **International Travel** (During Winter Break)
  - If you are planning any international travel during the winter break, be sure to review *Western's Guidelines for International Travel*. These steps apply to all travelers, even if you are fully vaccinated, and regardless of citizenship. These directives may change as the situation evolves. Please check back regularly for updates.

- **Call for Nominations: Excellence in Teaching**
  - Due Jan 17 - *Western University Awards for Excellence in Teaching*

- **Work Study Job with Teacher Ed**
  - [https://workstudy.uwo.ca/Applications](https://workstudy.uwo.ca/Applications) posting ID 36962
  - Due Dec 6
  - Supporting T2P and other office/instructor projects
  - Flexible with practicum/class commitments – role is onsite during course weeks, remote the rest of the time

- **Job Postings**
  - We typically receive quite a lot of postings/recruitment event invites from school boards during Term 2
  - If interested in receiving these, sign up if you haven’t already: [https://theteachercandidate.com/](https://theteachercandidate.com/)

- **Reminder to Request New PRC with VSS**
  - Most school boards consider Vulnerable Sector Screenings expired 6 months after the “date of search”.
  - Typically the holiday break is a good time to request a new VSS from your home Police Service
  - Once received, be sure to send a copy to eduwo@uwo.ca so we can update our records
  - Find School Board Pre-Placement Requirements in OWL “BEd Class of 202#”
puzzles

answers from the November issue and a new puzzle challenge!

Complete the crossword puzzle below

Across
3. mustache month (November)
4. the future you (teacher)
5. faculty of _______ education
7. _______ University (Western)
8. what you currently are but will soon teach (student)

Down
1. ESC president (flo)
2. where you experience being an educator (practicum)
4. ESC newsletter (escargot)
6. teaches you about the learning environment (tucker)

Find the following words in the puzzle. Words are hidden → ↓ and ↑.

CHRISTMAS GIFTS SNOW
DECEMBER HANUKKAH WINTER
DISABILITIES HOLIDAYS
Got a comment, suggestion, or concern about the ESC or anything related to the program?

Leave us a comment on the ESC Digital Comment Box!

forms.gle/rr536mXHro63ViW6
Student Services
Contact Information

Psychological Services
Offers confidential counselling for personal and social issues through individual appointments, and workshops on a variety of topics.
Visit https://www.uwo.ca/health/psych/

Accessible Education
Offers services for students with a variety of disabilities by providing academic accommodation, assistive technology, and related support.
Contact ssd@uwo.ca or visit https://studentexperience.uwo.ca/leadershiplearning/

Wellness Education Centre (WEC)
Offers a safe, comfortable environment for Western students to explore the many health and wellness resources available on and off campus.
If you don’t know where to go, start here.
Contact wec@uwo.ca, visit https://www.uwo.ca/health/

Gender Violence & Survivor Support Case Management
The Gender Violence & Survivor Support Case Manager will provide you support regardless of if you were subjected to gender violence on or off campus, or before you came to Western. The Survivor Support Case Manager will listen, and with your consent, connect you to resources within the university and city, explain reporting options, assist with safety planning, and navigate academic and other accommodations. At no point will you be required or pressured to follow a specific path.
To learn more, visit https://www.uwo.ca/health/student_support/survivor_support/index.html

Writing Support Centre
Provides individual writing support, seminars, and online support to help both undergraduate and graduate students strengthen their writing skills.
Contact wsc@uwo.ca or visit http://writing.uwo.ca

ESC
Contact Information

@WesternUESC
https://www.facebook.com/westernu.esc

@WesternUESC
FacEd-ESC@uwo.ca

Have a question, comment, or suggestion for the ESCargot newsletter?
Send us an email at escargotnewsletter.esc@gmail.com!
STAY SAFE, HAPPY HOLIDAYS, AND

Thank You

FOR READING ESCARGOT