

ASEC MONTHLY

Newsletter of the Alberta Students' Executive Council

Pumpkin Spice Advocacy!



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ZUCCHINI AND SQUASH RECIPES

Coming into the holiday season, the ASEC staff team knows that not everyone will be getting together with family this year. So, we thought we would bring you some of our family recipes.

Naomi likes to make roasted butternut squash soup. She cubes and tosses the squash in oil and salt and pepper, then roasts it until its soft enough to squish with a fork, and blends it with an immersion blender. In the meantime, she fries onion and garlic with cubed bacon, and combines everything in a pot to simmer, adding stock until she achieves the desired consistency.

Jon uses zucchini to make appetizers: either breaded and fried zucchini spears, or sliced zucchini chips tossed in oil and slowly baked until crispy. both can be served with dill dip- sour cream mixed with chopped fresh dill and lemon juice.

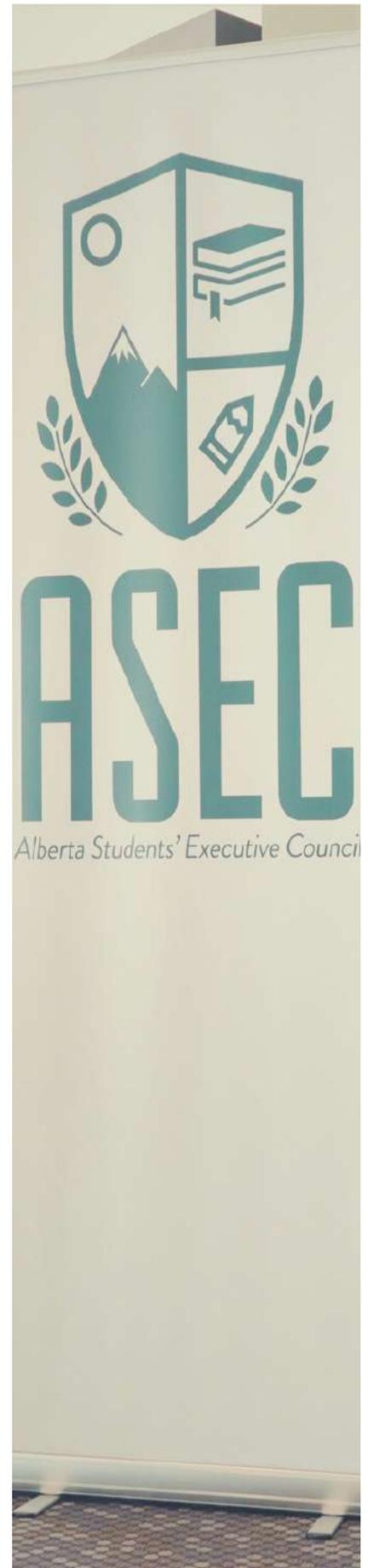
Barky uses spiral cut zucchini noodles with his puttanesca sauce, because the zucchini make the olives and the anchovy's taste extra mediterranean.

THE ASEC PODCAST LAUNCH

The new ASEC podcast *Advancing Education* will be coming soon, as we are happy to announce that all our equipment has arrived and the studio is complete!

The podcast will feature short, daily news episodes alongside longer in-depth stories about student leadership and advanced education in Alberta.

Reach out to us now if you have a story to tell, so we can schedule interviews!



LEADER OF THE MONTH

Brad Agnew

President of the Concordia Students' Association, Brad Agnew is and has been a standalone member of ASEC for many years.

Brad brings executive leadership skills, student leadership experience built over several years, and invaluable institutional memory to our organization.

He has also personally experienced so much of what makes Alberta post-secondary education essential to our province.

ASEC is lucky to have Brad a part of our team!

