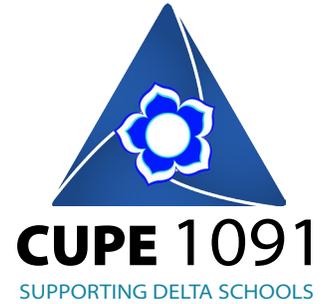


CUPE Local 1091
Canadian Union of
Public Employees
Delta School District
Support Staff

Next General Meeting
OCTOBER 13, 2018
NDSS Library
9:30 am sharp!
*Join us for goodies
& door prizes!*



Newsletter

OCTOBER
2018

Horizons

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CONTACT US

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www.cupe1091.com

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local1091@cupe1091.com

phone:
604-940-8596



ELECTION SEASON!

The upcoming civic elections seem to be the "hot" topic around water coolers, lunch rooms, and pretty much everywhere you go these days. With the election set for Saturday, October 20th, slates of candidates and independents alike are racing to the polls so they can represent you at City Hall and around the School Board Table. These folks will shape the way our community and our schools run for the next 4 years. They will also have an impact on your employment in Delta. There are 6 candidates for Mayor; 20 candidates for Councilor and 17 candidates for School Trustee. That's a total of 43 candidates for only 14 total electoral seats. Many candidates have familiar names and many are new to this arena. How do you choose? Educate yourself by coming out to the all-candidates meetings that are being sponsored throughout the month. By the time this newsletter goes to print these will be the available meetings that you can attend:

Wednesday, October 10th:

Mayoral candidates meeting at North Delta Secondary
7 - 9 pm sponsored by the Delta Chamber of Commerce

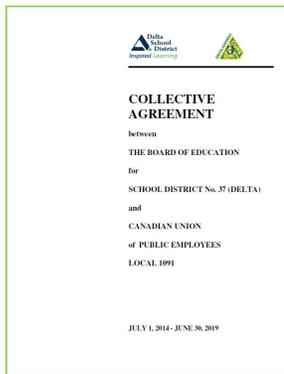
Thursday, October 11th:

Trustee candidates meeting at Genesis Theatre in Ladner
7:30 – 10 pm co-sponsored by CUPE 1091 & the Delta Teachers' Association

Come and hear what the candidates have to say. Ask the hard questions as taxpayers in this community and as employees of Delta School District.
Have your voice heard and make your vote count on October 20th.

In solidarity,
Patti Price
President, CUPE1091

KNOW YOUR COLLECTIVE AGREEMENT



Article 10:19 Workers' Compensation

a) The Board agrees to make up the difference in pay to employees on Workers' Compensation from the employee's accumulated sick leave days in return for the receipt of the Workers' Compensation Board cheque.

b) An employee who is injured on the job and is required to leave for treatment, or is sent home as a result of such injury, shall receive payment for the remainder of the shift at the employee's regular rate of pay without deduction from sick leave, unless a doctor or nurse states that the employee is fit for further work on that shift.

c) Employees on Workers' Compensation shall have their employee benefits as per Article 10:02 (Medical Services Plan); 10:03 (Extended Health Plan); 10:04 (Life Insurance); 10:05 (Dental Plan) and 10:07 (Municipal Pension Plan) continued up to a maximum of eighteen (18) months.

CUPE BC CAMPAIGNS TO MAKE EVERY VOTER COUNT



BURNABY - CUPE BC is gearing up to get out the vote in favour of a better way for British Columbians to elect our government, and against the old and unfair first past the post system.

BC voters will receive ballots in the mail in the fall and will have between October 22nd and November 20th to make their choice, and mail it back.

"For too long in B.C. we have seen governments elected with less than 50 per cent of the vote, but get 100 per cent of the power," said CUPE BC President Paul Faoro. "We have a historic opportunity to make voting in B.C. fairer, and make every voter count."

The provincial government conducted one of the largest public consultations in the province's history to determine the question for voters to answer.

The Ballot Question is as follows:

1. Which should British Columbia use for elections to the Legislative Assembly?

(Vote for only one.)

The current First Past the Post voting system
A proportional representation voting system

2. If British Columbia adopts a proportional representation voting system, which of the following voting systems do you prefer?

(Vote for the voting systems you wish to support by ranking them in order of preference.)

Dual Member Proportional (DMP)

Mixed Member Proportional (MMP)

Rural-Urban PR

At CUPE BC's convention in April, delegates voted strongly in favour of campaigning to change BC's electoral system to one that truly reflects the intention of voters in every region.

COPING WITH WORRIES AND BUILDING RESILIENCE

Everyone worries from time to time. Year after year, surveys show that money, work, and health rank high on the list of most common concerns. Recently, global polls show that social/political issues and personal safety also weigh heavily on many people's minds.

Whatever worries you may have, learning skills to build resilience will help you cope with life's little hassles and bigger concerns. The tips below are a good place to start.

Thrive through change by recalling past successes. In our fast-paced world, change is a major source of stress and worry. To stress less, think back to a time when you successfully mastered a new skill or situation. Remind yourself that you're still that same strong, capable person—perhaps even a bit savvier now, thanks to all you've learned since then.

Make a conscious decision to be a positive thinker. Opt for media that leaves you feeling inspired and uplifted. Hang out with people who encourage and motivate you. And be sure to check out our new article series on Practising Positivity, which explains how you can train your brain to think more positively.

Learn to recognize and manage excessive worrying. Consider fears about safety, for example. Such fears can help you avoid danger, but they can also become a problem if they preoccupy your thoughts much of the time and limit your life unnecessarily. To direct your mind away from incessant worrying, do something else that fully absorbs your attention, such as practicing mindfulness or engaging in an interesting work task or hobby. Our Worry Not podcast offers more strategies for turning bad worry habits into good ones. You'll also find helpful advice in our articles on *Quick Tips for Dealing with Worry* and *Coping with Money Worries*.

Build resilience—the ability to bounce back from adversity. You can't avoid every difficult or distressing experience. But you can help yourself adapt in a constructive way by taking care of your health and staying connected to others. You'll find tips in our article on Building Your Resilience with Self-Care.

If you're a parent, nurture your children's resilience, too. Encourage them to try new things. Give them age-appropriate opportunities to make decisions. Then, if things don't go as planned, help them understand what they can learn even from setbacks and mistakes. Read more in Raising Resilient Children.

To boost your confidence even more, learn some proven strategies for adjusting to change at work or home. Our new Change and Resilience Toolkit offers resources to help you adapt effectively. You'll find pointers on staying resilient and strong through life's ups and downs, changes and challenges.

There's less to worry about when you're confident in your ability to adapt well to whatever comes your way and information.



Contacting LifeWorks is easy: Simply call the toll-free number any time of the day or night: 1-888-307-0590.

Executive

President	Patti Price	604-312-7595
1st Vice-Pres.	Ian Reade	
2nd Vice-Pres.	Jasbir Singh	
3rd Vice-Pres.	Kevin Berg-Iverson	
Sect'y Treas.	Eileen Penney	
Rec. Sect'y	Alexis MacPherson	

Sergeant-at Arms Dejene Lenjesa

Communications Officer Alexis MacPherson

Trustees Larry Johnston
Cyndi Smith
Sherryann Weber

Occupational Health & Safety Committee

Kevin Berg-Iverson (MT) 604-841-0111

Unit Chairpersons

Clerical Vacant
Custodial Jasbir Singh
Maintenance Kevin Pencer
EA Sherryann Weber
Daun Fredrickson

Shop Stewards

Chief Shop Steward: Jonathan McCune 604-290-7375

Maintenance

Ryan Argue
Kevin Berg-Iverson
Kevin Hasebe
Jonathan McCune
Kevin Pencer

Education Assistants

Laurie Butterworth
Laura Cole
Petra Hoy
Daun Frederickson

Custodial

Ed Calvelo
Dejene Lenjesa
Rina Prasad
Jasbir Singh

Clerical

Alexis MacPherson

Lifeworks

Counselling Services (LifeWorks):

Call toll-free, 24 - 7: 1-888-307-0590

Lifeworks is a confidential resource program to help you and your dependents manage personal issues at work or at home.

HAPPY THANKSGIVING!

Enjoy the long weekend
with your family and friends.

UPCOMING EVENTS

Oct. 13, 2018

General Meeting

9:30 am sharp] NDSS Library

Join us for goodies & door prizes!

If you're interested in having child care available at the meeting, please contact the Local office at least a week prior to the meeting.

All-Candidates Meetings:

Oct. 10, 2018, 7 - 9 pm

Mayoral Candidates at NDSS

sponsored by the Delta Chamber of Commerce

Oct. 11, 2018, 7:30 - 10 pm

Trustee Candidates at Genesis Theatre

sponsored by the CUPE 1091 and DTA