

THE SOURCE

2022

HOLIDAY ISSUE

President's Message

As 2022 draws to a close, I want to wish you and your loved ones a Happy Holiday Season.

2022 saw a lot of change in our local's leadership group as President John Gibson and Secretary Nick Angrignon were seconded by CUPE National. Our local is incredibly grateful that Liz Stockdale has stepped up and is doing admirable job as Secretary and I want to wish both John and Nick much success in their new roles.

The Bargaining Committees are continuing to work diligently on proposals for the upcoming bargaining campaign. Once the committees are satisfied with the proposals, the proposals will be presented to membership for ratification and upon approval our local will then serve notice to the City.

As flu season is upon us and there is an increased rise in respiratory illnesses. We strongly encourage our members to stay home if you have flu-like symptoms to prevent the spread of communicable diseases and to keep our members and their families safe.

The Holiday Season can be a joyous and relaxing time of the year. It can also be a time that members experience the most stress. If you are having difficulties trying to find a balance with work and life demands or if there is something bothering you, please use the **EFAP** and reach out at **1-800-668-0255**.

If you have any questions about getting involved in your union or have concerns at work, please contact your union representative. They will be happy to help.

Wishing you and your loved ones the best this Holiday Season and in the New Year.

In Solidarity,
Sam Abulail, Acting President

January Membership Meeting

January 18, 2023

Details to follow at:
<https://454.cupe.ca>

Holiday Closure

The CUPE 454 Office will be closed
Friday, December 23, 2022 to January 2, 2023



CUPE Local 454

Nominations Positions up for 2023 Election

Executive - 2 Year Term

Secretary
Vice-President

Executive - 1 Year Term

2nd Vice President
Executive at Large – Police
Executive at Large – Inside
Executive at Large – Outside
Executive at Large – Parks Outside
Executive at Large – Parks Inside
Executive at Large – Diversity
Executive Job Steward

Committees – 1 Year Term

Bargaining – Corp
Bargaining – Police
Education
Labour Management – Police
Public Relations & Community
New Westminster & District Labour Council
CUPE Metro Council

Trustee - 3 Year Term

Trustee for 2023 - 2026

If you are interested in running for a position, or know someone who could make a difference by getting involved, place the name and position into nomination with one of the following people on the **Nominations Committee**:

Gordon Klammer – Works Yard

g_klammer@hotmail.com
778-887-0251

Shelley Simpson - Sungod

ssimpson@delta.ca
604-551-5313

Pamela Hubbs – DPD

phubbs@deltapolice.ca
778-233-3245

At our **January Membership Meeting**, all persons nominated through the committee should be in attendance (virtual meeting) to ensure that their names are placed into nomination, so they can accept the nomination. This meeting is very important and everyone should attend.

It is a rewarding experience to assist your co-workers by getting involved in your union local. We all need to be active in our union, to keep it a strong and vibrant union.

Get involved!

The 60th BCFED Convention

November 21 – 25, 2022

Vancouver Convention Centre (East)

The theme of the 2022 convention was Workers Front and Centre. Delegates attending on behalf of CUPE 454 were:

Acting President Sam Abulail, Treasurer Kathleen Chan, Acting Secretary Liz Stockdale, Executive at Large Talvir Nijjer, and Executive at Large Jaimie McIntyre.

BC Federation of Labour Convention delegates elected the first out/queer president, Sussanne Skidmore.

"For me the most impactful moments when time and space was made for delegates to share their truth in a safe place among folks who care and are ready to do better/be better." Liz Stockdale



Back row left to right - Executive Talvir Nijjer, and Acting President Sam Abulail
Front row left to right - Treasurer Kathleen Chan, and Executive Jaimie McIntyre



L to R -
Kathleen
Chan and
Liz
Stockdale



Left to right - Acting Secretary Liz Stockdale, Talvir Nijjer,
and Sam Abulail



NDRC Staff left to right: Mackay, Monica, Robyn, Thea, Randy, Jaimie, Matt and Norman.



Pam Findlay middle, with patrons



City Hall staff left to right: Pek Har Tan, Kathleen Chan and Rose Li



City Hall Staff left to right: Lee Fraser, Candice Dannhauer, Sanjeet Kaila, Tamara Turner, Amrit Gill, and Heather Kee.



Liz Stockdale at Tsawwassen First Nation



SEPTEMBER 30 ORANGE SHIRT DAY

“Canada’s National Day for Truth and Reconciliation”

Staying Well at Work and During the Holidays

By Kathleen Ladislaus

It's the cold and flu season once again with the added complication of the on-going spread of COVID-19. This three-pronged health threat gives us one more thing to be concerned about as we go to work each day during the colder weather months.

According to Workplace Safety and Prevention Services:

- **1 in 3 Canadians have a sore throat, cold or flu in any given month**
- **1 in 5 Canadian adults ignore symptoms**
- **Many go to work, despite being sick**

There are some common health and safety precautions we can all take to limit our exposure and reduce the odds of getting sick and lessening the spread to others.

- **Keep up to date with vaccines.** As per BC CDC recommendations.
- **If you experience any symptoms, take precautions.** Even common flu and cold symptoms such as a runny nose, sneezing, coughing, or sore throat can be more serious than you realize. **Stay home if symptomatic.**
- **Be diligent with hand washing.** If you do not have access to soap and warm water, use a hand-sanitizer.
- **Practice good coughing and sneezing habits.** Don't cough or sneeze into your hands! Use a tissue or your upper arm.
- **Keep your workspace and tools clean.** Sanitizing work surfaces and tools is important to prevent the spread of viruses which can live on many surfaces for hours or even days. Be mindful of high touch surfaces you interact with often especially when you're working indoors.
- **Make your health a priority.** A strong immune system is key to fighting off the flu, colds, COVID-19, and other potential health issues. You can do this by eating a well-balanced diet, drinking enough water, getting ample rest, and exercising regularly. Take steps to reduce stress in your life. We're all more stressed out than usual during the holidays. It's really important that you listen to your body and take care of yourself. Also, don't forget about your mental health. Make sure to schedule time to indulge in activities that relieve your stress and allow you to take mental breaks.
- **Remember rules are in place for a reason.** Health and safety policies are in place for a reason. Think about the most vulnerable people in your life. Taking extra precautions is not just about protecting yourself, but everyone around you. While you may be fine if you catch a respiratory virus, your elderly grandma, asthmatic brother or dad who had a heart attack may not be. Remember you're making the effort to protect everyone you care about.



Executive Board & Job Stewards

President - Sam Abulail (Acting)

Treasurer - Kathleen Chan

Secretary - Liz Stockdale (Acting)

1st Vice-President - Vacant

2nd Vice-President - Sam Abulail

Executive at Large:

Inside - Vacant

Outside - Greg Harrison

Parks - Jaimie McIntyre

Parks (Outside) - Talvir Nijjer

Police - Liz Stockdale

Diversity - Dakota Payer

Executive Job Steward - Danielle Fantillo

Job Stewards: John Schellenberg

Mike Robinson

Terri Contoli

Pamela Hubbs

Luke Tetrault

Jennifer Steffen

Eli Wiebe

Joel Morrell

Gordon Klammer

Chantel Bourdon

Michele Davie

Newsletter Layout by Office Assistant - Kathleen Ladislaus
KI/Move-Up



**CUPE's National Women's
Conference will take place from
March 12-15, 2023, in Vancouver.**

CUPE 454 is sending up to three.

Details and how to apply to follow!