

CUPE 716 - NOVEMBER NEWSLETTER

Welcome to our second newsletter of the 2021-2022 School Year

We enjoy bringing our members the latest news or information around the district and beyond. Please enjoy this edition of the CUPE 716 newsletter. If you have any suggestions on future content please email the office - Cupe716office@gmail.com.



After every rain storm, there is a rainbow. Thank you Erica Macklin - EA at Cook Elementary for reminding us of this! Such a fabulous costume, we are sure your students loved it!

We hope everyone experiencing a rain storm right now finds their rainbow soon. Don't forget FSEAP is there for you if you need a little help.

What's Happening in Local 716 Bargaining

Please watch our website and social media for a survey coming soon from CUPEK-12 Provincial Bargaining Committee.

The Negotiation Committee was elected during the November Membership Meeting - details found in the member only area of our website!

Do you have suggestions for the upcoming negotiations: email us at cupe716office@gmail.com

Professional Development Day

February's District Convention is coming up quickly. Please watch the portal for sign up opportunities. If you have any great ideas for future professional development opportunities, please pass them along to the office so that we can bring them up at Pro-D Committee Meetings

Upcoming Events

CUPE National Convention - November 22nd - 26th, 2021

District Pro D - November 22, 2021

General Meeting - December 1, 2021 5pm on Zoom

Last Day Before Winter Break: Spul'u'kwuks- Friday, December 3rd, 2021

Last Day Before Winter Break: Garden City - Friday, December 10th, 2021

Last Day Before Winter Break: All Schools- Friday, December 17th, 2021



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Let's Chat

We can't use your work email to communicate union business. There are two other ways we do this:

The first is through your worksite liaison - who posts union updates on the CUPE message board. We are still looking for liaisons for some schools. If you are interested in helping out, contact the union office.

The second is through our mailing list. This is how you will receive the Zoom link to our monthly membership meetings. We encourage all members to register their personal emails via our website or the union office.



Know your Collective Agreement

Article 19 Section 1 - Employee Benefits

Our Current Collective Agreement is in place from July 1, 2019 - June 30, 2022 and can be found on our website for review. Or scan the QR code below

Article 19 provides a quick summary of the benefit package provided to you should you qualify. More information is also available on the Public Education Benefits Trust Website - [www.https://www.pebtbenefits.ca/](https://www.pebtbenefits.ca/)



Don't know if you qualify? Check with your shop steward. They are there to help. As well - a friendly reminder that a lot of these benefits have annual maximums. Good time to schedule check ins with your practitioners before everything resets in January.

Blue Cross: <https://www.pac.bluecross.ca/>

Health and Safety

To all our members that work at computers - what are you doing to keep your body happy? Here at the Union Office we have set the computer to announce the time every half hour - its a great reminder to get up and move around a little, or switch up what we are doing.



The Canadian Centre for Occupational Health and Safety have put together a great series of stretches that you can do right at your work station. They don't take long and feel great! Scan the QR code to be taken right to them.



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From the Desk of Stacey Robinson and Nancy Williams First and Second Vice President

We are now moving closer to completing our second year of a Pandemic that most of us thought would be over in a few short months. We are proud of our Union members for being so diligent in following the Health & Safety Protocols – keeping yourself, fellow co-workers, and the students as safe as possible. THANK YOU.

While this Pandemic has been a major crisis, it has also given us the opportunity to look inside ourselves and just stop, slow down, and re-evaluate what is really important.

As we move into the colder winter months, Thanksgiving behind us, and the holiday season approaching, this is a great time to nurture our own mental health and wellbeing. We are often too busy with life to stop and look inwardly at our own needs. So let's reconsider that long bubble bath, take a walk outdoors with a friend, cosy up with that book you have been meaning to read, take up a new hobby, or try the calming effects of meditation and/or yoga. Most importantly, remember that if you don't take care of yourself, you will not be living your best life possible. The District is offering some great mental health/well being opportunities such as Free Online Yoga and Free access to the CALM app that should be accessible to all members. FSEAP is also a free and confidential resource available to you. More information is on the portal, and at FSEAP.ca.

With our own restrictions lifting daily, this is a great opportunity to reconnect with loved ones and friends that we have all dearly missed this last year and half.

And as always, please know that your Union is here to help - you just need to reach out.

In Solidarity

Stacey Robinson (1st VP) and Nancy Williams (2nd VP)

SOGI Book Club Recommendation

Are you the book club coordinator amongst your group of friends?

Looking for a good book to curl up with over the holidays? Ivan Coyote has released their book Care Of - and we love it!



Writer and performer Ivan Coyote has spent decades on the road, telling stories around the world. For years, Ivan has kept a file of the most special communications received from readers and audience members—letters, Facebook messages, emails, soggy handwritten notes tucked under the windshield wiper of their truck after a gig. Then came Spring, 2020, and, like artists everywhere, Coyote was grounded by the pandemic, all their planned events cancelled. The energy of a live audience, a performer's lifeblood, was suddenly gone. But with this loss came an opportunity for a different kind of connection. Those letters that had long piled up could finally begin to be answered.

Care Of combines the most powerful of these letters with Ivan's responses, creating a body of correspondence of startling intimacy, breathtaking beauty, and heartbreaking honesty and openness. Taken together, they become an affirming and joyous reflection on many of the themes central to Coyote's celebrated work—compassion and empathy, family fragility, non-binary and Trans identity, and the unending beauty of simply being alive, a giant love letter to the idea of human connection, and the power of truly listening to each other.

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Stay in Touch

We are active on Facebook, Instagram, and Twitter. Give us a follow to catch the latest news and info. Plus you never know - sometimes we send out swag to our followers.



Do you receive our MailChimp Emails? Talk to the Office if you don't!

Our website has the latest news, You can also find resources such as Health and Safety Fact Sheets, a copy of the Collective Agreement , and CUPE 716 Executive Contact list. If you register to be a member you can also find our latest membership meeting minutes. See you there!



Flooding

Just when we thought we were on the road to a normal year... we are back in a state of emergency due to floods. We know many of you live and play in other areas of the lower mainland, and that you may have been impacted by the flooding situation. We are working on putting together a list of resources available to those that need them and will be sharing what we find on Social Media. For those that are feeling lost and like they need to help, the Red Cross and the SPCA have started donation campaigns. Keep checking in with your colleagues, remember you don't know what people may be struggling with right now. We will get through this together! Don't hesitate to reach out to the union if you need us!

Thank you

We are grateful for all the work that our members of CUPE 716 do each and everyday. Your dedication and resilience are amazing. We hope to have some amazing get togethers once it is safe to do so. Stay safe, be kind to yourself, and remember that its okay to need a bit of help.

fseap Now we're talking. **1-800-667-0993**

We are always hunting for content, both for our social media feed, and our newsletter. If you are involved in something cool, let us know so we can highlight the great work you all do every day!