

JANUARY

NEWSLETTER 2020

MEMBERSHIP MEETING

SUNDAY, JANUARY 26TH, 2020 AT 7:00 PM CUPE LOCAL 218 HALL - 2080 WENTWORTH ST., WHITBY

CUPE218.CA 🔰 @CUPE218



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PRESIDENT'S MESSAGE January 2020

Dear Sisters and Brothers,

Welcome back, and welcome to a new decade!

I hope everyone had a safe and enjoyable Christmas holiday.

Hats off to our Social Committee for another success with the Kids Christmas Party. To see all the smiles on the children's and parents' faces alike was awesome to witness. Fun and laughter was had by all. A big thank you to Santa - aka Brother John Allan - for sweating it out in his Santa suit and making the day complete.

With 2020 brings our 8th Bargaining Unit into Local 218. Welcome to the new members from Continuing Education at the Durham Catholic Board! We are currently working through logistics with the Catholic Board and will then proceed with negotiating their first collective agreement.

On the local bargaining front, we have exchanged dates with both boards and are ready to go. Our first meeting will be held to set ground rules and to determine what units will bargain on available dates. You will get more updates as we proceed.

Regrettably, Sister Gainer has resigned from her active roles with the Local. Sister Gainer has done an outstanding job over the years, and her commitment and dedication will be missed.

Our teachers' federations are still being challenged by the province. OSSTF, ETFO and OECTA are all in strike positions. Let's show our support however we can; a win for them is also a win for us.

Our next General Membership Meeting take place on **Sunday**, **January 26th at 7 pm** sharp in the CUPE Office. Please plan to attend.

In Solidarity,

Red K.

Rod King President CUPE Local 218

Location: 2080 Wentworth Street, Whitby, ON L1N 8W9 Phone: 905-571-7879 Toll free 1-877-571-0218 Fax: 905-571-4102 E-mail: office@cupe218.ca Website: www.cupe218.ca



ELECTIONS ANNOUNCEMENTS

1 PUBLIC BOARD EDUCATIONAL ASSISTANT STEWARD

Term: February 1, 2020 - December 21, 2020

3 EDUCATION COMMITTEE MEMBERS

TERM: JANUARY 2020 - DECEMBER 31, 2021

6 SOCIAL COMMITTEE MEMBERS

TERM: JANUARY 2020 - DECEMBER 31, 2021

4 BY-LAW COMMITTEE MEMBERS

TERM: JANUARY 2020 - DECEMBER 31, 2021

VICE – PRESIDENT'S MESSAGE

Happy New Year!

And we're back ... breaks never seem to last long enough (in my opinion).

On a serious note, should the holidays trigger emotions, mood swings, financial issues, etc., don't forget that both Employers have Employee Assistance Programs that give us access to advice and counselling for the many issues that occur in our personal lives.

Durham Catholic District School Board Employees

FSEAP: 1-613-549-5561 1-888-409-4499 Toll Free myfseap.ca

Durham Public School Board Employees

Morneau Shepell: 1-844-880-9142

Not only do these programs provide caring and professional assistance for personal, family and work-related concerns, the services provided are free and confidential.

Our next General Membership Meeting will be held on **Sunday, January 26th at 7 pm** in the CUPE Office (2020 Wentworth Street, Whitby, ON). Please plan to attend.

Yours in solidarity,

Marion Moore

Vice President and Disability Rep. CUPE Local 218 mmoore@cupe218.ca



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CUSTODIAL / MAINTENANCE - CATHOLIC BOARD January 2020

Dear Sisters and Brothers,

We hope everyone had a Merry Christmas and a safe, relaxing holiday. Happy New Year; we wish everyone all the best in 2020!

As of this time, we have one outstanding grievance regarding a maintenance position not being filled, and we are waiting on a meeting date. We also have a similar policy grievance (maintenance position not being filled) in abeyance, which will also be taken out of abeyance and dealt with. We have three other grievances waiting to be settled since an agreement was reached before the break, including an individual grievance regarding a posting issue, and a policy grievance regarding an accommodation issue.

We have also had enquiries regarding the status of local bargaining. Dates have been requested from the Board, and we are awaiting their response.

If you are not registered for a CUPE email account, please contact Sue at <u>swilkinson@cupe218</u> as this will be our main source of communication.

If you are off work due to a workplace injury, please inform the CUPE office. If you are off work for an extended period (5 days or more) due to illness or injury that is not work related, we ask that you keep the CUPE office informed also.

If you have any questions or concerns, please contact one of your reps listed below.

In solidarity,

Brian Burd - bburd@cupe218.ca Sean Hebert - shebert@cupe218.ca Natalie Melich - nmelich@cupe218.ca Dave Slater - dslater@cupe218.ca



EDUCATIONAL ASSISTANTS - CATHOLIC BOARD January 2020

Dear Sisters and Brothers,

We want to wish you all a very, very happy new year! Wow! A new decade begins! In the words of Barbara Walters: "This is 20/20." We hope you all had a great Christmas, a wonderful holiday, and that you also got some rest and time away from the stress of work to spend with your families and loved ones. Moving forward, we are hoping to commence local bargaining with the Board very soon, so we will be busy dealing with our local issues. Please remain patient, as there are a lot of groups in our Board who are also vying for bargaining dates. We will keep you posted on any information as soon as we know.

Reminder from our Health and Safety Representative, Carrie Boisvert:

When filling out your Parklane for an act of aggression, please ensure 'Aggression' is marked off as opposed to 'Struck' or 'Contact By.' Please also note that there is a glitch on the online reporting site. If the injury box does not appear, please contact us so we can get it corrected. A new province-wide online reporting system will be introduced within the next couple of months, so we will keep you posted.

While we realize that this is repetitive information, there are still a number of EAs who are not reporting correctly. Some have not even marked off "Injury" when there is clearly an incident that involved an injury, and the injury box was visible. These records are important as **they do get to us**, and we read each and every one of them. Some principals and/or vice principals have told you that these reports don't generate any action - or they don't go anywhere. We want to assure you that they do. Student Services - as well as the Health and Safety Committee - track and support the issues/ incidences involving you and the students within your schools with the goal of reducing the incidences. Both CUPE and the Board share a common goal of ensuring the safety of staff and students. Currently, EAs have submitted 397 online incident reports. Thank you for filling out the reports to ensure your safety each and every day. We recommend that any sort of physical contact, such as bites, kicks, scratches, hits, etc. continue to be reported as medical first aid ONLY; this way, we can ensure that if your injury prevents you from working in the future, you are covered and compensated adequately through the WSIB. Out of the 397 incident reports, only 93 were medical first aid/injury. This is the number of aggressions that are reported to the province. If you have any questions, please contact Carrie Boisvert at carrie.boisvert@cupe218.ca

Labour Management

Our next date for labour management is January 28, 2020. We are unsure of who will be the new HR Superintendent as Tracy Barill has now been promoted to Director. It should be interesting as it will be our third HR Superintendent this year. I want to personally congratulate Tracy on this promotion and believe she will be a good Director; she showed a lot of respect for our unit at our last labour management meeting. We only had her for one meeting, but we felt like it was productive and that she was supportive of our issues.

Our next AD HOC meeting will take place in early January. Because of important matters that have arisen, we have had to shuffle the date.

For our new permanent, full-time, newly-hired Educational Assistants, if you have been working have been working on a permanent, full-time basis and haven't received information on how you can obtain CUPE benefits, please see the information below. Remember that you have to set up your own Great West Life benefits using the OTIP website.



EDUCATIONAL ASSISTANTS - CATHOLIC BOARD (Cont'd)

Subject: Action Required: Enrolment in your benefits plan

Plan: 50210 OTIP ID:

Dear Member,

Welcome! You are now eligible to enrol in the CUPE Education Workers' Benefits Trust (CUPE EWBT) Benefits Plan, administered by OTIP (Ontario Teachers Insurance Plan).

You can view a video tutorial and find out more information about enrolling in your benefits plan at: <u>www.otip.com/enrolmenthelp</u>

You can also contact OTIP Benefits Services at: 18667836847

How to enrol in your benefits plan

 Visit <u>www.otip.com/enrol</u> (Click on the link or cut and paste into your web browser). Please have your banking information (a blank cheque) available and allow 20 minutes to complete your enrolment.

Helpful tip: Please use a desktop/laptop computer with printer access to complete your enrolment. For the best user experience, we recommend using Google Chrome or Internet Explorer - Version 8 or higher.

- 2. Enter the following information:
- Your OTIP ID number:
- Your date of birth
- Default password (see below)

Your default password is your date of birth followed by the **last three digits of your OTIP ID number** using the format: YYYYMMDD####

For example, if your date of birth is December 7, 1965 and your OTIP ID number is 123456, then your default password is: 19651207456.

- 3. When you log in for the first time, you will be asked to change your password, select three security questions and provide answers to those questions.
- 4. Once you've successfully connected to 'My Benefits' under Pending Activities, select Benefits Enrolment and click 'Start/Restart'.
- 5. There are four steps to the benefits enrolment process, including:
 - I. Review and update your personal information, including any dependants, such as your spouse or child.

Do your family members have coverage under another benefits plan? Coordinating your benefits helps to maximize your coverage to reduce your out-of-pocket expenses. To coordinate your benefits, review the details of each dependant (e.g. children, spouse) covered under your plan and check the boxes to confirm if they are covered for health and dental under another plan. This must be done for each dependant covered under your plan.

- II. Review your benefits information. The next step is to review and select your health and dental coverage, as well as apply for any optional life coverage you may wish to have. Your monthly benefits cost for your coverage will appear beside each benefit selected.
- **III.** Designate a beneficiary. When you enrol in a new plan, you must provide beneficiary information for your life coverage. Your beneficiary is the person who will receive any life insurance proceeds in the event of your death. You are required to print, sign, and mail this form with postage to OTIP in the self-addressed, return envelope you received in your welcome kit.



EDUCATIONAL ASSISTANTS - CATHOLIC BOARD (Cont'd)

- **IV. Finalize your coverage.** This final step is where you are required to add your banking information for direct payment by automatic withdrawal of your share of the benefits premium. This is also where you will review all of your information and coverage selections.
- 6. Connecting to Great-West Life's GroupNet for Plan Members through My Claims. Once you have completed your enrolment, connecting to GroupNet for Plan Members through My Claims is an important last step in order to set up direct deposit and online claims submission. There are five steps to this registration process:
 - I. Log in to OTIP's secure member site, enter your plan number **50210** and click on My Claims.
 - II. On the Great-West Life Connect Page, look to the bottom right corner under **New User** and click **Register Now.**
 - III. Validate your registration details by completing three steps – plan information, terms and conditions, and security settings. IMPORTANT – the username and password you set up during this step is only required for your initial connection to GroupNet, as well as the Great-West Life mobile app.
 - IV. Once you complete this registration, you will be taken back to the Great-West Life registration page. You need to close this screen, and instead return to <u>www.otip.com/enrol.</u>
 - V. Click again on My Claims. You will once again be taken to the Great-West Life Connect Page. Here you will enter your new Great-West Life user name and password for initial validation under Connect Your Account. Once completed, you are now connected and will have direct access to GroupNet for Plan Members via My Claims. Once on the GroupNet for the

Plan Members site, please add your banking information for direct deposit of claim payments.

For help registering, please watch the Great-West Life video tutorial at <u>www.otip.com/enrolmenthelp</u>, or call the Great-West Life help line at 1-866-800-8058.

Your benefits card

If you select health coverage, your benefits card will be mailed to you within 10 business days after completing your enrolment.

Questions?

If you have questions about the enrolment process, please contact OTIP Benefits Services.

Benefits Services Ontario Teachers Insurance Plan 1-866-783-6847 www.otip.com

There are no grievances at this time. Remember! If you need us, we can be reached at

Maureen Cope

Bargaining Chair, Catholic Board Educational Assistant maureen.cope@cupe218.ca

Bargaining Committee Carrie Boisvert - carrie.boisvert@cupe218.ca Bobbi Jo Agius - bobbijo.agius@cupe218.ca

Steward

Shelagh Cauchi - shelagh.cauchi@cupe218.ca

Keep in mind - if we don't return your call right away, it is because we are also working and are not allowed to conduct union business while working.

CUPE-21

SECRETARIAL / CLERICAL / TECHNICAL STAFF CATHOLIC BOARD January 2020

Happy New Year, and welcome back everyone. I hope you enjoyed your time off and got to spend some quality time with your friends and family.

Our next labour management meetings are scheduled for February 26th, 2020 and May 6th, 2020.

We are approaching the time of year when the Board begins to call meetings with people to discuss sick time usage (if you are over a certain amount). Please make sure you have your days logged in your records to be ready. They should include the union in these meetings, but if you are asked to one without representation, be sure to let them know that you want your rep there, and let me know the meeting date, time and location right away.

At this time, I do not have the SLUP date; however, I will let you all know it as soon as I have it. Remember once your SLUP date request is approved, it cannot be cancelled or changed. The board will deduct and remit both the employers' and employees' OMERS contribution premiums for an unpaid day.

We still have not started local bargaining, but we are hopeful that it will begin soon. There are several things in the local agreement that we would like to see cleaned up and improved. I know a number of you also have things you would like to see changed and improved. Please remember - the more involved the membership is in picking and supporting our proposals, the stronger our bargaining hand is. We speak with a stronger voice when we have the membership behind us and showing it. Many of you were not able to come to the proposal meetings over the summer for various reasons. If there is something you feel strongly about, please let us know via email so we know the areas the membership wants us to focus on. Now is a good time to remind everyone to be careful of what they are posting to social media. The privacy settings can be confusing, and oftentimes, people are posting things that they do not realize are shared beyond what they had intended. A general rule of thumb is: if you wouldn't tell your boss about it, then don't post it.

If injured on the job, please make sure you report it right away to your Principal and/or Supervisor. Make sure all paperwork is completed and that copies are made for your own files. Please also let the Union Office (office@cupe218.ca) know that an incident has occurred and any updates following. We are here to assist you when required; however, we can only do that when we are informed.

If you are putting in a vacation and/or leave request, please CC myself or the office on it so that we are kept in the loop should we need to follow up with it later.

Make sure to be taking your breaks and lunches every single day. You deserve them, and you have the right to them. It also never hurts to take them away from your desk for a little peace and quiet.

Our next membership meeting is scheduled for **Sunday**, **January 26th**, **2020 at 7:00pm**. I hope to see you there!

Mike Morris Bargaining Committee mmorris@cupe218.ca

Sandra Ribeiro-Dantas

Bargaining Committee sandra.dantas@cupe218.ca

Jennifer Del Gatto Bargaining Committee jennifer.delgatto@cupe218.ca



CUSTODIAL / MAINTENANCE - PUBLIC BOARD January 2020

Dear Sisters and Brothers,

Welcome back! I hope everyone had a safe and relaxing Christmas break.

We hosted our annual CUPE Local 218 Kids Christmas Party on November 30th; it was a success! If you were unable to pick up your child's picture with Santa, we have them here at the Union Office.

We had 13 active grievances; we have been able to resolve four of them, which were related to Verbal Warnings, Seniority and Acting Chief. Dates have been provided to discuss the remaining grievances.

As I'm sure you are aware, we have ratified our central language, but we have not yet started local bargaining nor have we received dates. We have requested dates to start local bargaining, and I am hopeful that we will receive these dates soon.

On February 1st, 1969, CUPE Local 218 became a chartered organization with the Canadian Union of Public Employees Union (CUPE). Fifty years later, we are still going strong, standing up for workers rights and fighting for equality, so HAPPY ANNIVERSARY CUPE Local 218!

We are in the process of discussions with the employer regarding consistency with custodial sections. We have found that there are inconsistencies with custodial sections, which has caused us some concern. Starting at the beginning of January, the employer will implement a pilot project attempting to have comparable sections for everyone.

I will request an updated Acting Chiefs List and an updated Transfer List from Custodial Management. The Acting Chiefs List will be compiled according to seniority. If you are interested in obtaining an Acting Chief Custodian position, you must submit a completed request form by January 31st. The next opportunity won't be available until September.

Remember that if you have the unfortunate experience of a work-related injury, please report it to your Supervisor and the Union Office. Also, if you submit medical to the Employer, PLEASE make sure the Union Office receives a copy as well. No injury is too small to report.

Yours in Solidarity,

Dennis Gibbs

Chairperson and Disability Representative

Bargaining Committee, Stewards:

Bob Montgomery Kurt Badgley Dan Fusco Dan Mills John Allan Jeff Goodwin Robin Fair Tom Simpson Nino Scanga



CUSTODIAL/MAINTENANCE - PUBLIC BOARD -HEALTH AND SAFETY January 2020

Hello, Brothers and Sisters of CUPE 218!

I hope you all had the chance to spend time with family and friends over the holidays, but also the time to relax and regroup for your return to the everyday schedule.

There are many things happening in health and safety at present - one of them being a review of the Board/Employee Terms of Reference, which govern the operation of the committee. During this opportunity, I hope to only seek and agree to positive changes to make our workplaces safer. I am now also the Co- Chair of the Joint Health and Safety Committee as Sister Kelly Gainer has stepped away from her position. I wish her well; she will be missed. Her hard work for the Educational Assistants have benefitted us all. As well, she was a great resource and a pleasure to work with.

I am currently looking at required training that is needed for all of us, as well as updated workplace inspection training for new Chiefs in the role and on the acting list. If you fall into either of these categories, please email me with your name and location. Also, if you are finding that workplace inspections are not being followed up on properly, please notify your supervisor and myself. These inspections are part of the law and need to be carried out appropriately. When hazards are identified, they must be fixed or removed. At the very least, a timeline must be given as to when they will be resolved. Brother Gibbs stated the facilities with union involvement are looking at all custodial/cleaner sections due to concerns raised by members and the workloads that they have versus others.

From the heath and safety standpoint, we want all facilities jobs to be as equitable as possible within each job description. We concluded one position, and it will be rolled out as a pilot in January, with the next position to be reviewed shortly after. If you have not sent me copies of your schools section, could you please do so as soon as possible?

Lastly, with us being in the winter months, I would like to remind you to pace yourselves when salting, shoveling or mopping up the inside of the school. Put yourselves first. There is also talk of the Ministry of Labour doing a blitz throughout the different sectors around PPE and compliance of training requirements, so please ensure that you are wearing the appropriate protective equipment.

Yours in solidarity,

Daniel Mills

Certified Health and Safety 218 Custodial Maintenance Representative



OFFICE/CLERICAL/TECHNICAL - PUBLIC BOARD January 2020

Happy New Year 2020

Hope everyone had a great break and are ready for the second half of the year.

We are in yet another very busy time of year, with kindergarten registrations, semester changes and preparation for the next school year in progress. Don't forget - if you work more than your regular hours, put in for overtime pay. You deserve to get paid for time worked.

Local Bargaining

We still have to receive dates for local bargaining; hopefully we get dates sometime in January.

Job Evaluation

Have you had a significant change to your job description? If so, consider submitting a Job Re-Evaluation. Email Lisa Coppins to request an evaluation form. Have the forms completed early to be reviewed, signed by your supervisor, and submitted to Lisa Coppins.

OCT Committee Contact Information

OCT ChairpersonKaren Whitekwhite@cupe218.caEducation Centre RepLeeann Finlayleanne.finlay@cupe218.caElementary Schools RepAllison Pettyallison.petty@cupe218.caSecondary Schools RepAntony Nembhardantony.nembhard@cupe218.ca

Family Day

Monday, February 17th, 2020 is Family Day. ENJOY your day off!

Retiring?

Have you submitted your plan to retire to the Board? The Board will notify the Local, and a package will be sent out to your home.



CONTINUING EDUCATION - PUBLIC BOARD January 2020

We hope you enjoyed a time of relaxation during the holiday season and are ready for a great new year.

In December, Darlene Sasseville, Maha Balasundaram and Dorothy Tse, the three members of our Job Evaluation Committee, attended a day of JE training, another step on the road to evaluating the jobs in our unit.

Recently I was able to attend an information session for our CUPE area. One of the topics discussed was our employee benefit plan. We were told that many of our benefits are not being used by our members, perhaps due to people being busy with family, working second jobs, etc. Remember, these benefits are not only for when you are sick, but also to help you be proactive in maintaining good health. As the new year begins, this would be a good time to visit the Great West website and see what is available to you.

The first general membership meeting of the new year will be held at the union hall on **Sunday, January 26th at 7:00 pm.** We hope to see you there.

In Solidarity,

Jane Batterink Bargaining Chair, Public Board Continuing Education

Your Bargaining Committee: Jane Batterink - jbatterink@cupe218.ca Darlene Sasseville - darlene.sasseville@cupe.ca Judy White - judy.white@cupe218.ca



EDUCATIONAL ASSISTANTS - PUBLIC BOARD January 2020

HAPPY 2020!

We're hoping you all had a wonderful Christmas and were able to spend time with family and friends!

Elementary teachers are on work-to-rule. Please be reminded of this and DO NOT take on any of their jobs. This includes collecting money, sending letters home to parents or completing report cards. If you are unsure of what items you should not be helping with, speak with the teachers you work with. If you are asked to perform any of the teacher's duties, kindly tell your admin that you cannot perform the duties of another union. We need to support our education partners.

The same goes for our high school education partners with their strike action.

Postings went out for all available positions, and the process has started for lateral moves and interviews. Hopefully, all positions will be filled by the end of January. If you hear of positions that were open but not posted, there could be a number of reasons. We could have surplussed EAs that needed positions, the position itself could have been removed, or some open positions could have been used under 'Duty to Accommodate' based on an EA's specific limitations/restrictions.

We are working with the Board on bringing in 29 additional EAs that we received funding for based on the Local Priority Funds that were achieved through central bargaining. We are also looking forward to receiving dates to start the process of local bargaining.

At this time, we don't have any information regarding the upcoming PD Day. Look at and print out/share the new chart for contacting one of the committee members.

PLEASE CONTACT THE COMMITTEE MEMBER FOR THE SCHOOL/AREA YOU WORK AT

Unless there is an emergency or you are dealing with disability management, if you call the Union Office, you will be directed to the correct committee member.



EDUCATIONAL ASSISTANTS - PUBLIC BOARD (Cont'd)

Public Board EA Area and Contact – Please contact the rep or steward for your Area School via your CUPE email address. We are not to use the DDSB email for any union business

SCHOOL AREA	CONTACT PERSON (REP)	CONTACT INFO
Ajax & Pickering Elementary Schools	Brandy Townson (Steward)	brandy.townson@cupe218.ca
Northern –Elementary Schools	Deb Kennelly (Steward)	deborah.kennelly@cupe218.ca
Oshawa Elementary (Adelaide Mclaughlin P.S.– Jeanne Sauve P.S.)	Fil Wylie (Steward)	filomena.wylie@cupe218.ca
Oshawa Elementary (Kedron P.S. – Woodcrest P.S.)	Sue Wilkinson (Rep and Office Contact For CUPE Email, Benefits and OTIP)	swilkinson@cupe218.ca
All High Schools	Tracey Lesperance (Rep)	tracey.lesperance@cupe218.ca
Supplies - Board Meetings and CUPE EA Collaborator	Glen Morrison (Rep)	gmorrison@cupe218.ca
Whitby Elementary Schools -Office / Disability Management Rep	Lori Richards (Chairperson)	lrichards@cupe218.ca

Kelly Gainer (Bargaining and Health and Safety Rep) has decided to step down from her union positions (we are hoping she will come back in time).

Kelly has been on the committee for many, many years and will be missed very much! I personally will miss Kelly a lot! Over the years, Kelly has provided us all with her great insight, wealth of knowledge, assistance, tremendous support and sense of humour! If you see Kelly, thank her for all of her help and everything she has done for the EAs.

Thank you so much Kelly! We wish you all the best in whatever you choose to do moving forward!

We will update you once we've had time to look at the changes for the committee and health and safety roll. Something to think about... tonight, before you go to sleep, think of something that makes you smile.

There is always something, no matter how bad your day may have been. You will sleep better and feel better once you wake, and you will face a new day with a positive mind. Take charge of your happiness.

In Solidarity,

Chairperson/Bargaining Reps, Public Board Lori Richards, Glen Morrison, Sue Wilkinson and Tracey Lesperance

Stewards Fil Wylie, Brandy Townson and Deb Kennelly

CUPE·2'

OTIP UPDATES January 2020

Don't let cold weather ice out your paycheque! Learn how you can save energy and money this winter

With cold Canadian winters, it's no surprise that 63% of Canadian residential energy use goes towards heating our homes. But you don't have to break the bank when the temperature drops. Follow these energy-saving tips to help keep your energy bill under control while staying cozy all winter.

To learn more, click here: <u>https://www.otip.com/</u> <u>Why-OTIP/News/Don%E2%80%99t-let-cold-</u> <u>weather-ice-out-your-paycheque!-Lea</u>





8 tips to fight the flu this season

For many Canadians, catching a cold or getting the flu means missing work and important events while we stay at home to recover. Unlike the common cold, the flu can lead to serious health problems, such as pneumonia, bronchitis, or sinus and ear infections. Young children, the elderly, pregnant women, or people with underlying health conditions are especially at risk for developing serious complications from the flu.

While there's no way to guarantee complete immunity against the flu, there are some preventative steps you can take to protect yourself - and others - from getting sick this flu season.

To learn more, click here: https://www.otip.com/Why-OTIP/News/8-tips-to-fight-the-flu-this-season



SPECIAL MEMBERSHIP DISCOUNTS

Edvantage Card

Your Edvantage Card gives you special access to discounts on things like car insurance, Canada's Wonderland passes, GoodLife memberships, retail purchases and more!

Don't have an Edvantage Card? Contact Sue Wilkinson at <u>swilkinson@cupe218.ca</u> to request yours today!



Oshawa Tribute Centre

As a CUPE 218 member, you can get exclusive discounts for events at the Oshawa Tribute Centre! Visit the Members' Portal to take advantage of the discounts available to members.

Don't have a CUPE 218 Members' Portal account? Contact Sue Wilkinson at <u>swilkinson@cupe218.ca</u> to gain access.



