

# CUPE CHRONICLE

Q2 2022

OFFICIAL NEWSLETTER OF CUPE 1816

## CUPE 1816 Day at the NAT!

Tickets are in!

Please see Roger at one of the scheduled times just inside the cafeteria doors to pick up your tickets.

**NOTE:** if you are a retiree, please contact Roger ( [rpearce@pac.bluecross.ca](mailto:rpearce@pac.bluecross.ca) ) directly to make ticket pick up arrangements unless you will pick up your tickets on game day

### Dates to pick up your tickets

- Thursday July 14th @ 12 – 12:30

#### REMINDER

You need to have your deposit in hand to pick up your tickets, no deposit, no tickets.

### Your Envelope will Include the Following

**TICKETS** - You will need to enter the gate

**WRISTBANDS** - You will need to enter our reserved BBQ area

\*\*\*\* If your reservation includes children **under 3 years** of age they **DO NOT** require a ticket or wristband \*\*\*\*



### Game Details

**Place:** Nat Bailey Stadium - 4601 Ontario street, Vancouver B.C V5V 3H4

**Event Date:** Saturday July 16, 2022

**Event Time:** Gates 6:05pm, Game start 7:05pm

**Fireworks:** Immediately after the game

## Bargaining Update

The current CUPE 1816 Collective Agreement will expire on July 31, 2022. The Bargaining Committee was elected and is preparing for collective bargaining. They have already met a few times and are starting to discuss key issues. They will require your support in the upcoming months.

The Bargaining Committee sent out a survey to gather more information on the matters important to you. The survey closed June 30<sup>th</sup> and drew a 50% response rate. CUPE BC will compile the results and we should expect to see the survey results in the next few weeks.



Email addresses as provided through WorkDay will be the primary method of communication during Bargaining. If you have updated your email after the 1<sup>st</sup> of any month (we receive a monthly report of updated email addresses from HR), or chosen not to provide your personal email address in Workday, please advise us at the CUPE 1816 website through the Contact Us page. <https://1816.cupe.ca/contact-us/>

We also encourage you to join the **CUPE 1816** Facebook Group for ongoing announcements and updates.

Our Bargaining Committee Members are:

Beth Miller  
Roger Pearce  
Michael Parrott  
Mitch Johnson  
Tracey Harston

## Breaks during your Workday

There are countless reason why we don't make the time to take a regular break, but the benefits usually outweigh the negatives

### Negative side effects

- Lose focus and productivity
- You can develop neck, back and eye issues
- Feel fatigued all the time
- You get psychologically attached to your work
- Difficult to make decisions



### **Benefits of breaks:**

- Increases productivity
- Improves mental health and well-being
- Increases job satisfaction
- Restores focus and attention, especially for long term goals
- Can prevent decision fatigue
- Increases creativity
- Promotes healthy habits
- Movement breaks are helpful for emotional and physical health
- “Rest” helps consolidate memories and improves learning

### **How to best use your break:**

- Do an activity that uses a different part of the brain than was being used for work. It allows the part of the brain being used for work to rest
- Be fully detached from work during the break
- Try to be active during the break
- encourage coworkers or subordinates to take breaks:
- Talk about the benefits of taking breaks
- If you are a supervisor, set an example and take breaks yourself

**The employer provides us with two 15 minute paid breaks for a full work day, use them to their full potential!**

## **Period Promise**

During the month of May, CUPE 1816, Pacific Blue Cross and United Way embarked on a joint campaign to bring awareness to the fact that some people struggle to get basic menstrual necessities every month. Together we raised over \$5,000 to aid the individuals who need it most.

## **Membership Meetings**

Meetings occur the 2nd Tuesday of every month at 5pm with the exception of July, August and December. Please set a recurring reminder in your calendar.

### **Executive**

#### **President**

Beth Miller

#### **VP-Chief Shop Steward**

Roger Pearce

#### **VP-**

#### **Education/Communication**

Michael Parrott

#### **Secretary/Treasurer**

Mitch Johnson

#### **Recording Secretary**

Shirley Jung

#### **Sergeant-at-Arms**

Tracey Harston

### **Shop Stewards**

Bruce Michael

Shirley Jung

Bradley Birch

Sandra Reilly

### **Trustees**

Duncan McTaggart

Ken Gurney

Sandra Reilly