



November 2009

Winter Edition

President:

Laurie Larsen
604-230-3757

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604-813-5566

2nd Vice President:

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604-329-6469

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Denise Parks
604-341-3890

Chairperson White Rock :

Mike Guraliuk
604-250-6535

Chairperson Cloverdale

Jim Tellevik
604-785-4011

Secretary:

Tom Wiebe:
604-880-1206

Chief Shop Steward:

Robin MacNair

Treasurer:

Elvira Janzen
604-590-7246

Communication Executive:

Huguette Jacques
778-989-0147

Executive at Large:

Larry Harrison
604-328-0150
Virginia Malo
604-591-4208
Darcy McPartlin
604-598-5784
Michael Annesley
604-315-0532
Howard Gay
604-202-0323
Teo Dobre
604-536-2017

Sergeant at Arms:

Steve Broad
778-846-6081

Trustee:

Margaret Krenus
Ruth Simister
Jason Robinson

City Limits Cupe 402, 402-01, 402-02, 402-03

Another year is almost upon us. Fortunately our local has survived the “recession” with no loss of jobs and we actually have had an increase in Bargaining Unit positions.

Most recently we welcomed six(6) new Animal Control Officers into the Local . We will have new members from Parks and Recreation when the Tom Binnie Center opens after the Olympics.

In review, our local has spent considerable time working with the Criminal Record Policy. We have three (3) grievances filed on this policy and continue to oppose the restrictions being placed on our members, the Criminal Records Check is an invasion of privacy

The Union and the City have been working together on the Mentoring Program and it seems to have been a success. Thank you to the many unionized workers who have taken on this role.

Your Union has continually been concerned over the illegal suite issue and failure to have sun-decks inspected. It is a growing concern for Building, Plumbing and Electrical Inspections as well as our Bylaw Officers. Not only do these workers have to face the public in dealing with safety issues, they are now being taunted by the public as their hands are tied when they see an unsafe sundeck or unpermitted suite. Uninspected suites pose a safety hazard as well as

many health concerns, such as personal safety, mold & mildew in bathrooms and no heat control. As this is a time for reflection as the year closes, I would like to wish you all the best for 2010 and close with this blessing for the New Year.

“We make a living by what we get, we make a life by what we give.”

In solidarity
Laurie Larsen



CUPE National Highlights

- Calling 2010 the year of the Steward
- Claude Genereux—Secretary—Treasurer report the strong financial situation
- Paul Moist—President—All members must be ready to fight concessions with employers
- Ken Lewenza—CAW— It is not the workers who caused the financial crisis

Food Bank Donation

Bring dinner in a can (pork & beans, stews, beeforoni, etc) at your next visit at our General Meeting

Cold Weather Tips

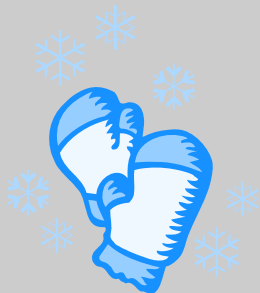
Plan ahead and check weather conditions before leaving the house.

Dress for conditions in layers of loose clothing

Cover hands, feet and head. Wear a warm hat that covers ears.

Keep moving when out in the cold and remember to take regular breaks

Get dried or changed as soon as possible if your clothing and feet are wet..



Sub Local Report

CUPE 402-01

At this time our local has two outstanding grievances—one in abeyance and one should be resolved this week.

Our local finally signed off our Collective Agreement and as and added touch put each members name on their copy and delivered them in person.

The Councillors in the City of White Rock are considering the implementation of programs such as “Adopt a Park” and “Adopt a Street”.

Management assures us that no jobs will be affected.

by Mike Guraliuk

CUPE 402-02

I would like to thank CUPE 402 for giving me the honour of attending this year’s convention. As many of you know, it was my first convention and first air travel. The Library Forum was well attended by all the Provinces.

CUPE 402-03

At this time, we’ve started bargaining and had one meeting so far, next one coming up shortly.

by Jim Tellevik



Leader in Crime Prevention: Locals win Provincial Safety Awards.

Carrie Chattell, the crime prevention programs coordinator for the Cloverdale/Port Kells district office, in Surrey RCMP was cited for developing a six-week course called Protecting Yourself. It provides training in personal safety, home security, community policing, preventing auto crime and fraud and internet safety.

Earlier this year, **Carrie Chattell**, was named the Surrey’s Police Municipal Employee of the Year for her “tireless, committed and innovative in her approach to crime reduction strategies.”
“**Congratulation Carrie**”

Good of the Union

Congratulations for all our retirees:

- Patricia Harper
- Moe Sanghera
- Joy Adams
- Leslie Lush
- Sandra Suchotzki
- Brian Johnson
- Emilia Sima
- Bea Scott



Congratulations for those who received a education scholarship:

- Kaitlin Fader
- Jeff Tanaka
- Teo Dobre
- Sophia Kalil

Did You know?

While on **WCB, LTD and EI**, it is the responsibility of the employee to ensure pension contributions are made correctly. Please call Human Resources to fully understand what your responsibilities are while on these leaves.

That **Job sharing** is offered as per LOU # 26. The job share application needs to be submitted by the employee holding the full time position.

Any individual or small group can request a **meeting** with the Union. It's as easy as just calling the office to set up a time and place.

Acupuncture costs is now covered by a regular Acupuncturist, not a MD.

Responses from Survey Questionnaire
Survey Questionnaires

will be accepted on an ongoing basis. If a reply is needed please include your contact information.

Information:

On your website you can find information on

- Executive Members
- Committees
- Forms (medical, scholarship
- Events (upcoming and past)
- Related Links to EAP program and CUPE BC, etc...

General Meeting:

Letter of Understanding for flex hours in some areas of Engineering was approved:

General Membership meetings are held every 2nd Wednesday at 5:15 at the Union Office

No meetings are held in July and August

The Annual General Meeting in May or contract meetings are held at a larger facility usually the Newton com.

Centre or Shannon Hall in Cloverdale. Dates, time and location are posted on the website.

Education:

CUPE 402 has 1 or 2 days course or week-long schools. We encourage all members who are interested contact the Union Office.

Structure:

CUPE Local 402 is what activists call the **grass root local**. CUPE 402 is affiliated to **CUPE BC**. It's the head office based in Burnaby. Barry O'Neil is President and Mark Hancock is Secretary Treasurer.

The next level is **CUPE National**, the main headquarters in Ottawa. CUPE 402 is also affiliated with **Metro District Council** which is made up of CUPE locals in the Vancouver area.

NWDLC which consists of different unions in the Fraser Valley and **BC Federation**, which consists of all unions across the province.

2009 General Membership Meetings for Local 402

5:15 pm

November 18, 2009
5:15 pm

December 9, 2009
5:15 pm

January 6, 2010

All meetings will be held in CUPE 402's office

Upcoming Events

Note Taking Course

November 20 & 21, 2009

Education Meeting

November 19, 2009

Know Your Rights Meeting—November 20, 2009

Communication

Meeting November 26, 2009

All courses are being offered at the Union Office



Upcoming Events

Worlds Aids Day—December 1, 2009

International Day for Persons with Disabilities—December 3, 2009

National Day of Remembrance and Action to End Violence Against Women—December 6, 2009

International Human Rights Day—December 10, 2009



*Canadian Union of Public Employees
Local 402*
Suite 251, 12899 – 76 Avenue, Surrey, B.C. V3W 1E6
(604) 543-3822 FAX (604) 543-3842
email: cupeoffice@cupe402.com web: www.cupe402.com
President – Laurie Larsen Secretary – Tom Wiebe

Dear CUPE Member:

Your CUPE Executive wants to improve communication with members and keep on top of any issues or concerns in your workplaces. Your opinion, views and goals are important to us. Please fill out this short questionnaire.

1. **COMMUNICATION**

Currently do you have any suggestions that you feel would help the Union communicate information better to the members?

Please explain _____

2. **CONCERNS**

Do you have any concerns or issues in your section or department? Any concerns overall?

Please explain _____

3. **OPTIONAL**

Department: _____ Section: _____

Contact Name: _____ Phone Number: _____

Please return to the CUPE Local 402 office by fax, email or give to any Executive Member

Surveys questionnaires will be accepted on an ongoing basis. If a direct reply is requested, please include your contact information.

Name _____ Department _____

CUPE 402 18TH ANNUAL

EMPLOYEES CHILDREN'S CHRISTMAS CARNIVAL

The CUPE 402 Social Committee is sponsoring a Children's Christmas Carnival. The Carnival will be open to all **members' children only** aged 12 and under.

Place: *Cloverdale Agri-Plex "Big Red Barn"*

Cloverdale Fairgrounds
6050 – 176 Street



Date: **December 12, 2009**

Time: **11:30 a.m. – 3:30 p.m.**

Cost: One non-perishable food item per person for the Surrey Food Bank

If you are interested in attending with your children, please complete this form available on our Web Site at www.cupe402.com and return it to

Union Office – 604-543-3822 - Fax – 604-543-3842

Email – hhjacques@cupe402.com

Please return before December 1, 2009

Member's Name: _____ **Department:** _____

Work Location: _____ **Tickets will be interofficed to you**

Number of Adults Attending (no more than 3): _____

Employees Child's Name *Age* *Boy or Girl*

_____	_____	B or G
_____	_____	B or G
_____	_____	B or G
_____	_____	B or G

Limited space available! Register as soon as possible

Employee Assistance Program

Coping in Uncertain Times

When most people think of an Employee and Family Assistance Program, they think of counseling services for personal and family concerns, such as relationship problems, depression, and stress. While we certainly do provide those services, did you know that we also provide a wide range of other services to help you and your family deal with other kinds of concerns? Here's a sample of the other services your Employee and Family Assistance Program (EFAP) can provide:

Legal Consultation. Through the EFAP, you can receive free consultation with a lawyer around any legal issue. This includes family law, consumer protection, estate planning, immigration, real estate, and any other legal issue. Through this service, you can receive a free 30-minute consultation with a legal specialist. If you desire additional services, the lawyer will give you a 25% discount off all legal fees.

Financial Counselling. The EFAP provides free counselling. The EFAP provides free counselling from a registered financial counsellor around any financial problem or concern. If you're being contacted by creditors, need help with debt consolidation, or just need assistance staying within a budget, one of our financial counsellors will help you develop a plan for dealing with your situation.

Nutritional Counselling. The EFAP provides free nutritional counselling around weight loss, healthy eating plans, and dietary issues relating to medical conditions, such as diabetes and cancer. A registered dietician will conduct an assessment of your nutritional needs, and provide you with counselling and support.

Career Counselling. The EFAP provides free counselling from a registered career counsellor around issues relating to professional development and advancement. If you need assistance with job search strategies, resume preparation, or interview skills, call us and one of our career counsellors will help you.

Family Care Resources. Finally, the EFAP offers free consultation to help you find community resources to take care of your family. This includes resources such as daycare centres, parenting classes, and programs for elderly parents. Simply call us, and one of our Family Care Specialists will talk with you about your needs, do all the research for you, and send you a personalized report identifying potential community resources, along with tips for how to select the best one!

All of these services are available to you and your family just by calling your EFAP. Better yet, these services are FREE and completely confidential. If you or a member of your family wants to find out how we can help, just contact us.

Help is just a phone call away. **1-800-667-0993.**

Coping with Depression

The statistics are alarming. One in four Canadians will need treatment for **depression** at some time in their life - but only a third of those people will ever seek help. While depression is quickly catching up to heart disease as the greatest worldwide cause of disability, its seriousness often goes unrecognized.

Depression is more than just “feeling blue.” While it can be triggered by a sad life event, depression is not the same as sadness or grief. These are normal reactions to stress and loss, and tend to improve naturally over time. **Depression**, however, is an illness with physical, emotional and psychological symptoms, and can affect every aspect of your life. Left untreated, depression can last for years, affecting your success at work, home and in other areas of life. Thankfully, there is hope. **Depression** can usually be treated successfully. Changing the ways you think and behave, adjusting your relationships, and sometimes taking medication for a specific period of time can help you feel better. And while you may feel right now as if things are hopeless and nothing will help, just talking to your family doctor or EFAP counsellor about your feelings is a first step toward recovery. There is no reason for anyone with **depression** to go on suffering.

A crucial step toward getting help is to recognize the signs and symptoms of the illness. While people suffering with **depression** do not necessarily feel sad all the time, their happy and hopeful feelings tend to be fleeting, and they feel “**down**” or “**depressed**” much of the time. Many lose interest in things they once loved to do; some want to sleep all the time and others have trouble sleeping at all. Because people with **depression** can have many different symptoms, some of which can also be warning signs for other medical problems, the illness can be difficult to diagnose. However, doctors generally consider a person to be suffering from **depression** if he or she demonstrates several symptoms at once for a period of two weeks or more.

Depression is not something that will go away on its own. If you suspect that you or someone you care about could be suffering from **depression**, the Employee and Family Assistance Program is here to help. Our experienced, professional counsellors can work with you to assess your situation, help you to improve your mood, and recommend resources for additional support.

Symptoms of depression can include:

- Change in appetite - weight loss or weight gain
- Change in sleep patterns, sleeping too much or trouble falling asleep
- Decreased energy, feeling tired, or lethargic
- Difficulty thinking, concentrating or making decisions
- Feelings of sadness, irritability or tension
- Decreased interest or pleasure in usual activities or hobbies
- Feelings of worthlessness, hopelessness or excessive guilt
- Thoughts of suicide or death

In addition to counselling and consultation services, the EFAP offers specialized Work/Life Services to help with financial, career, nutritional, legal, and child and eldercare issues. All EFAP services are confidential, and are available at no cost to employees and their immediate families.

For further information, immediate telephone counselling support, or to access services regarding any personal, family, or work-related concern, call **1-800-667-0993**. Help is just a phone call away, 24-hours a day, 7 days a week.

**Needing help on
whom to call
Committee
Chairpersons**

Elvira—Finance

604-596-1693

Robin -Shop
Steward

604-230-6091

Rick Tanaka-
Grievances

604-329-6469

Teo

Young Workers

604-992-0381

Tom

Trades

604-880-1206

Huguette Com-
munications

604-543-3822

Larry

Sick Benefit

604-328-0150

Robin

RCMP issues

604-813-5566

Virginia

Education and
Women's Ctte.

604-591-4208

Darcy

Scholarship

604-598-5784

More listed on the
website



Retirement

Something you need to know about before you retire. C.U.P.E offers you an excellent retirement 3 day course. This should be taken about 5 years before retirement. Contact the Union office and they will set it up for you. The Union pays for your work days to attend.

Human Resources will assist you to determine your last day worked and last day paid, they will also certify your pension application and submit to the Municipal Pension Plan

The Municipal Pension Plan will provide a pension benefit estimate, and benefit retirement counselling and will also finalize your pension and pay your beneficiary if need be.

You should start the ball in motion about one year within your retirement

Last but not least, please contact the Union office for your retirement cheque and clock that will be presented to you the month after your official retirement.

Yearly functions Union takes part in

- Cloverdale Parade
- Workers Softball Tournament
- Relay for Life Cancer Walk
- Workers Golf Tournament
- Retiree Dance—every 2nd year
- Christmas Hamper for families
- Socks for kids

Sign up and win

Home emails wanted

Everyone who supplies us with their home email address, well receive our quarterly newsletter. We will not be giving anyone else your email address.

Your names will be

put into two draws

1- **\$100.00** Gift

Card from White

Spot and

2—**\$100.00** Gift

Card for Movies.

The draws will take

place at the end of

January



Cupe Local 402

**REMEMBER A UNION IS ONLY AS STRONG AS ITS
MEMBERSHIP, SO PLEASE ATTEND MEETINGS**