



2003 CUPE NATIONAL CONVENTION

October 27 - 31, 2003

A group of Local 606 members had the privilege of attending this year's convention in Quebec City. Marlene Crozier (President), Rob Zver (General Vice President), Glenn Warn (Sgt-At-Arms), and Jan Leroux (Recording Secretary) attended from Nanaimo and Ayn Cargill (General Vice President) and Laurie Davis (2nd Regional Vice President) attended from Cowichan.

The following is a description of the event by Jan Leroux.

Quebec City hosted the 2003 National CUPE Convention from Monday, October 27 to Friday, October 31st. The convention convened each morning at 9:00 AM and adjourned at 6:00 PM each evening.

Over 2000 delegates, representing locals from all across Canada, gathered in the convention hall to debate resolutions, listen to guest speakers and hear common issues shared by CUPE workers across Canada. Resolutions are presented and debated through out the day. A Resolution is a guiding principle, so the business of our National Union can keep current with the issues facing CUPE Locals, fighting for CUPE workers through out Canada.

This Convention had guest speakers such as:

- 1. Stephen Lewis – UN Special Envoy for HIV/Aids in Africa*
- 2. Henri Masse – Quebec Federation of Labour, President*
- 3. Ken Georgetti – Canadian Labour Congress, President*
- 4. Jack Layton – NDP Leader*

Forums and caucuses are attended before and after hours, as well as during the lunch breaks. Translator headsets were available for translation in either English or French

CUPE National Conventions are held every two years, in the Fall, where as CUPE BC Conventions are held every year, in the Spring.

Conventions provide a vehicle in the continuing education of your Executive, through sharing of ideas and listening to common contentious issues with members across Canada.

See CUPE website for Laurie Davis' article on the convention.

In Solidarity,
Marlene
Marlene Crozier, President



CUPE WEB PAGE

www.cupe606.com



Visit our ever expanding, always improving CUPE Local 606 web page. Here is what you will see on entering the site.

- Home** Lists upcoming union meetings and past meetings.
- What's New** Check out the long list of cuts and closures since the Campbell government has taken office
- Announcements** Detailed report from the 2003 National Convention and other CUPE BC updates
- Executive** Lists executive members and their PHOTOS as well as shop stewards
- Education** List of courses and dates for CUPE training courses in B.C.
- Contracts** Contract (accessed through Adobe)
- By-laws** CUPE Bylaws (accessed through Adobe)
- EAP** Contact information for Employee Assistance Program
- Newsletters** Starting with September 2003, our Nanaimo newsletters are available online.
- Bursary Winners!** 2003 winners by school.
- Links** Links to CUPE BC and CUPE National
- Contact Us** CUPE address, phone number and e-mail address.

PRO D DAY COMMITTEE REPORT

As usual, many were pleased with the sessions and some not so pleased. Complaints ranged from not having anything of interest to not getting the sessions wanted. The Pro D Committee, which is a group of volunteers, endeavors to have sessions that will be of value to members in their work and personal well-being. This goal can't always be reached for a variety of reasons. Foremost, is the lack of input from members and/or the prohibitive cost.

We assign sessions according to the time and date the registrations are received. A volunteer does the assignment sheet on her own time. You may or may not be assigned the sessions you asked for or in a different order. In either case, employees are not permitted to arbitrarily decide which courses they will attend when arriving at the site of the Pro D activities. Our instructors have been asked not to accept anyone not on the assignment list.

There was much confusion this Pro D Day. Without informing the committee, management decided to train all the noon hour supervisors in First Aid the same day as our Pro D Day Activities. This was done after we had registered our members in the sessions. Suddenly, we were inundated with cancellations resulting in general confusion through out the district. The pro side of this was that all our Noon Hour Supervisors now receive a premium for their knowledge of first aid.

Members are reminded that they are to submit their time sheets with the hours in attendance or the hours they would normally work which ever is greater. (No overtime).

On behalf of the Professional Development Day Committee we would like to take this opportunity to thank those of you who have attended the sessions; expressed their appreciation and provided input.

Thank you, Joel



Joel Southward

We are so very fortunate to have volunteers like Joel, who has the knowledge and expertise to design and update our web page. Joel is one of the District's System Support Specialist in the Information Technology Department. I am sure most of you have seen him at one time or another at your school fixing computer or network problems.

Joel is very active in our Union, currently serving as Regional Sergeant-At-Arms, and also gives a tremendous amount of time serving on the Job Evaluation Committee.

We at CUPE appreciate the extra time and energy Joel has devoted to our website.

Designed & updates
CUPE website

What's the use?

This is a question I have heard frequently over the past year in response to requesting someone to sign a petition, participate in meetings or to attend a rally.

In today's world we have become so complacent with the "instant cure", that we expect immediate action. Unfortunately, changes take time when you are not the one in power. Rallies and petitions are methods used to gain the attention of the government to listen to the needs of the public. It is also a way of gaining the attention of the people. Large crowds, gathered to protest with banners, speeches, noisemakers, etc. all attract the interest of the public. Questions are asked and minds are stimulated.

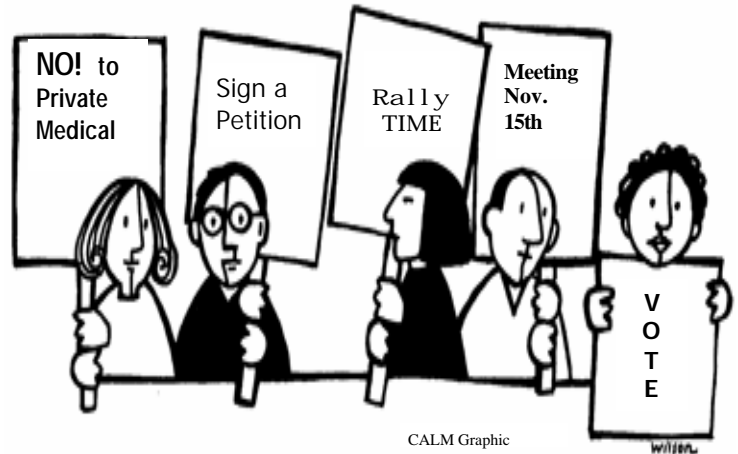
Have any of these resulted in positive reactions from the government? Yes, the Coquihalla will remain public owned; the sale of the liquor stores has stopped and will remain government run. Slowly, more and more of the public are becoming discontented with the "money saving actions" of the present government.

A BC wide general strike! Why hasn't this occurred? Is the general membership ready and willing to walk out? Many, myself included, do not feel that the time is right. We need the full support of the members and the support of the public.

Daily, the government, through its policies, is undermining itself and causing more and more discontent. The people are starting to react, as shown in recent local elections. Port Alberni elected an NDP Mayor; other areas have placed NDP or Pro Union candidates into office. Will we be able to replace the Liberals or change their policies? Only time will tell, but in order to have a chance, we have to keep the members and the public aware of what is happening.

The next time you are asked to participate say, "YES". There are many ways to participate -- contact your Union rep for more information. Help keep your position from being privatized. If privatized, you will not receive the rate of pay or benefits that the Union has bargained for over the years. While helping protect your job, you will also be assisting the elderly, the dispossessed and many others to retain their rights.

By Paul Lawry



Your Heart Does Not Get Tired During Exercise

A healthy heart is so strong that it is almost never a cause of tiredness during exercise.



Tiredness during exercise comes from your muscles. They run out of fuel or out of oxygen. Skeletal muscles use both fat and sugar for energy. When your muscles run out of their stored sugar supply, called glycogen, they cannot contract and function adequately. You feel tired, your muscles hurt and you have difficulty coordinating them.

On the other hand, your heart muscle gets energy directly from fat and sugar in your blood and even from a breakdown product of metabolism called lactic acid. It is virtually impossible for the heart muscle to run out of fuel unless you are starving to death.

A healthy heart doesn't run out of oxygen either. Oxygen comes to the heart directly through arteries on its outside surface. If these arteries are not plugged up with plaques, they are large enough to supply all the oxygen that the heart can possibly need. However, fatty plaques in arteries can block the flow of blood. When the heart does not get enough blood, it will hurt and can start to beat irregularly.

Exercise won't make a healthy heart hurt. If you develop heart pain during exercise, something is wrong and you need to check with a doctor immediately.

Dr. Mirkin

MEETING NOTICE



DATE: Saturday, November 15, 2003

TIME: 10:00 A.M.

PLACE: Ladysmith Intermediate
317 French Street
Multipurpose Room

AGENDA

BY-LAW CHANGES

As per Notice of Motion from the June 7th AGM

The Executive Board of CUPE Local 606
will present the By-Law changes in the following areas:

- **Section 4 (#A and #E – Membership Meetings)**
- **Section 8 (Duties of Officers)**
- **Section 9 (Office Manager)**
- **Section 10 (Out of Pocket Expenses)**
- **Section 13 (Nomination, Election & Installation of Officers)**
- **Section 14 (#C, D, E – Delegates to Conventions)**
- **Section 15 (Committees – Negotiating, Grievance and Social)**

Plus ‘housekeeping changes’; these will be presented for approval of the membership.

Take Note



CUPE OFFICE: 729-0842

#11/12 1850 Northfield Road
Nanaimo, B. C. V9S 3B3

Office Hours:

8:30 to 4:00 Monday – Friday

Executive Assistant: Donna Murphy

Web Site: www.cupe606.com

President	Marlene Crozier	729-0842
Regional 1st VP	Martin Lornie	716-3459
Regional 2nd VP	John Ward	753-5567

Stewards

EA's	Bonnie Bestwick	753-7065
	Denise Hildebrand	245-5152
	Shannon Stewart	754-5591

Transportation	Martin Lornie	716-3459
----------------	---------------	----------

Maintenance	Wayne Nelson	753-5423
	John Cameron	754-3445
	Glenn Warn	756-0897

Grounds	Dan Larsson	756-3014
---------	-------------	----------

Clerical	Linda McCourt	758-9847
----------	---------------	----------

First Nations	Jackie Corfield	756-4595
	Barry Plaxton	722-7268

Operations	Rob Zver	753-7769
------------	----------	----------

General	John Ward	753-5567
---------	-----------	----------

Sunshine Fund	John & Sue Ward	753-5567
---------------	-----------------	----------

Employee & Family Assistance Program		754-2512
--------------------------------------	--	----------

