

Local 799 Newsletter

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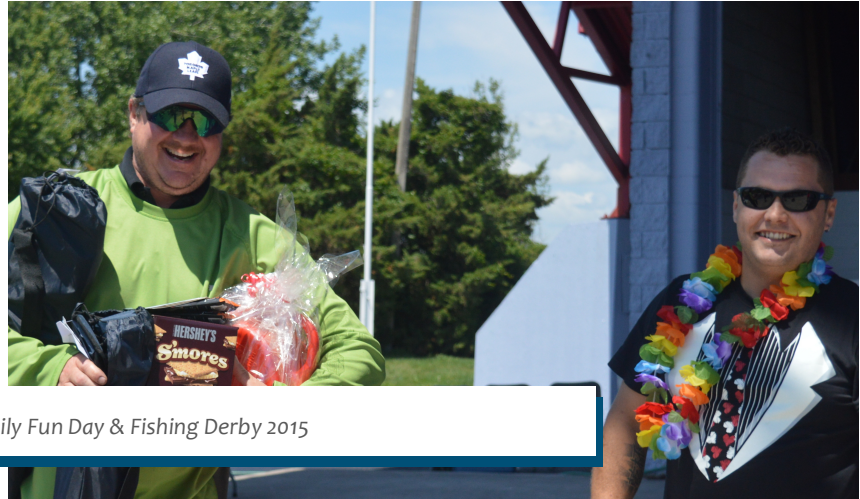
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Family Fun Day & Fishing Derby 2015

Welcome to the new 799 Newsletter!

By: Madeleine Fraser

Your resource for updates, tips and much more!

Welcome to our first newsletter! We have put this newsletter together with the goal to keep everyone well informed and involved in our Union's activities.

This is where you can find contact information, information on upcoming meetings, health and safety tips and much more!

We have more exciting plans too so make sure that you stay tuned as we work towards a transparent and available local.

We want to make sure that all of us, as executives are easily accessible to anyone that has any questions or who would like any information; our contact information is on the left, and feel free to contact us anytime.

Now I am still working out exactly what this newsletter is going to look like, so if you have any topics of discussion that you would like to see or if you have any tips, please let me know! I would love to hear your feedback as we try new things.

So read on, and enjoy!

Many Thanks,

Madeleine Fraser
Recording Secretary
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Family Fun Day & Fishing Derby

A great success!

This year's Family Fun Day and Fishing Derby was a hit!

About 50 people turned out for a day of fishing, fun games, activities, prizes and great food!

There were lots of activities for the kids like a climbing wall, bouncing castle and fishing of course.



Tony Bowness really outdid himself by going door to door to local businesses for the prizes and gift bags, and he even

enlisted the help of this month to make the outstanding food for the day. Tony was also taking donations for the food bank and raised an amazing \$475!

Here are the prizewinners:

1st Prize Pickerel – Mark Whaley
2nd Prize Pickerel – Todd Holmes
3rd Prize Pickerel – Shawn Scalletta

1st Prize Pike – Alisha Vanstybe
2nd Prize Pike – Jordan Van Leuben
3rd Prize Pike – Shawn Scalletta

1st Prize Children's – Mark Whaley
2nd Prize Children's – Ashlei Lord
3rd Prize Children's – Colleen Vickers

Thanks to all of the volunteers that helped out, and thank you Tony for doing such a great job!

Next time you see Tony, give him a big thanks!

LABOUR/MANAGEMENT COMMITTEE MEETING

Next meeting scheduled for July 8, 2015

A Labour/Management Meeting is coming up on Wednesday, July 8th. If you have any issues or questions that you would like to be brought to management, let the representative in your Jurisdictional group know. The agenda deadline for the meeting is July 2nd, so make sure you contact someone by then!

Remember, any issues that have entered the grievance process cannot be discussed in these meetings.

Health & Safety Tips

Preventing Heat Stress

Courtesy The Canary, CUPE's health and safety newsletter

CUPE members working outside should consider the effects heat can have on their health and safety. If you get too hot, serious illnesses or even death can occur.

What causes heat stress?

Heat stress is caused by high temperatures and high humidity, but is made worse by intense physical work, direct sunlight, lack of breaks, or insufficient fluid intake. Poor ventilation, or working near warm machinery can also contribute to heat stress. Older workers, workers with a pre-existing medical condition, and workers unaccustomed to hot conditions are at greater risk.

Watch for symptoms:

- Heat fatigue causes slow reactions and impaired concentration. Workers experiencing these symptoms should get out of the heat before more serious conditions develop.
- Heat rash appears as red bumps on the skin and can feel prickly.

- Heat cramps result from hard physical labour in a hot environment. Heat cramps are caused by a lack of water. When working in a hot environment, workers must stay hydrated.
- Heat exhaustion causes headache, nausea, dizziness, blurred vision, weakness, and feelings of excessive thirst. Usually a worker's skin is damp and looks flushed. Workers exhibiting these symptoms should be placed in a cool (not cold) area and given fluids.
- Heatstroke is a serious medical emergency. Symptoms include confusion, irrational behaviour, loss of consciousness, and convulsions. Often sweating ceases, leading to hot, dry-feeling skin. Workers can die from heatstroke. If you suspect a co-worker is suffering from heatstroke, call emergency responders immediately.

How to reduce the hazard of heat stress

Your workplace health and safety committee can help ensure that minimum standards set out in laws and regulations are met, and should be consulted when developing written policies.

Employers can reduce the effects by:

- Providing proper ventilation and air conditioning.
- Ensuring workers have adequate access to water and are given adequate rest in a cooler or shaded area.
- Shielding, insulating, or moving hot surfaces away from the workplace.
- Planning work to perform the hardest tasks during cooler periods.
- Turning off equipment that generates heat when it's not being used.
- Implementing a proper acclimatization process for workers in hot environments.
- Pregnant workers should consult a physician if asked to work in high heat conditions.

For more information check out the Heat Stress fact sheet at CUPE.ca/health-and-safety/heat-stress ■

Events

Labour/Management Meeting

Wednesday, July 8, 2015

Executive Meeting

Late July 2015 (TBD)

General Meeting

September 2015