



## CUPE Local 227 Quarterly Newsletter

### CONTENTS

#### PAGE 1

“Labour Day”

#### PAGE 2

CUPE NS 2018  
Convention

Union Meetings

Bargaining Update

#### PAGE 3

CUPE Local 4764 On  
Strike

Heroic Rescue

CUPE Union Education

#### PAGE 4

Hydration Will Keep  
You Healthy

To Shave or Not to  
Shave



*Hope your enjoying summer!*

### “Labour Day”

Again, this year Local 227 is running a Labour Day message on the radio to draw attention to the origins of Labour Day.

Written by Joanna Dawson –

What has evolved into just another summer holiday began as a working-class struggle.

Canada’s first Labour Day event happened in 1872. At the time, unions were illegal in Canada.

For over 3-years the Toronto Printers Union had been lobbying its employers for a shorter work week. The workers took bold action and on March 25, 1872, they went on strike. On April 14, a group of 2,000 workers marched through the streets

in a show of solidarity. The employers took legal action to quell the strike and had the strike leaders charged and arrested for criminal conspiracy. The Trade Union Act was passed, and the strike leaders were released from jail.

The parade that was held in support of the strikers carried over into an annual celebration of worker’s rights and was adopted in cities throughout Canada. The parades demonstrated solidarity, with different unions identified by the colorful banners they carried. In 1894, Labour Day was declared a national holiday.

On Labour Day, take a minute to think about Canada’s labour pioneers. Their actions laid the foundations for future labour movements and helped workers secure the rights and benefits enjoyed today.

## CUPE Nova Scotia 2018 Convention



Brothers Dwayne Bell, John Keirstead, Daniel Hooper, Martin Austin and Dave Dort recently attended the CUPE Nova Scotia Convention May 27-30, 2018 held at the Delta Halifax and Casino NS Halifax. This was the largest convention ever hosted by CUPE NS with over 300 delegates, staff and guests in attendance.

Brother Daniel Hooper was elected as a member to the CUPE NS Contracting Out & Privatization Committee. He joins Brother Martin Austin (CUPE NS Pension Committee) and Brother Dave Dort (CUPE NS Executive Board) as members representing Local 227 on CUPE Nova Scotia.

### Highlights

- NDP Nation Leader Jagmeet Singh was in attendance.
- H&S committee resolution submitted by Local 227 passed.
- Mayor Savage welcomed delegates.
- Panel discussion included HRM Councillor Lisa Blackburn.
- Toast to Public Water done by Local 227 members.

## Union Meetings

### CUPE Local 227 Regular Monthly Membership Meetings

Meetings are held on the first Wednesday of every month starting at 5pm at the CUPE Atlantic Regional Office, 271 Brownlow Avenue in Dartmouth.

All Local 227 members are welcome to attend.

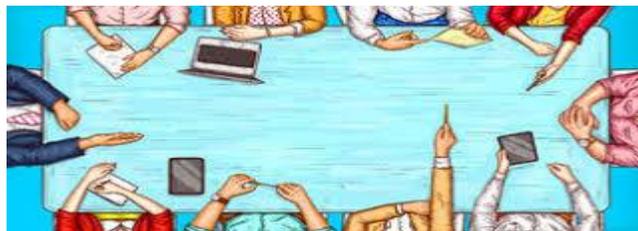
**We always provide food/drink and you could win a prize just for attending!**

**REMEMBER – YOU ARE  
THE UNION!**



## Bargaining Update

The Local 227 Bargaining Committee is getting set to exchange proposals with the Employer the first week of September. The Union's proposal has been ratified by the Membership and is being formatted for exchange. Meeting dates have been set and will begin September 5-7, 2018. Further meetings are scheduled for October 1-4 and October 15-17 and October 29-November 1, 2018. There have been some discussions already with the Employer with both parties expressing the hope for a "smooth" round of bargaining.





Members of **CUPE Local 4764 – CJS (Community Justice Society)** went on strike starting July 30, 2018. The small group of five members are looking for improvements to their wages. There is a 56% wage gap between them and Provincial Probation Officers, yet they do very similar work. Their workload has increased from 248 files in 2016 to 617 files in 2017. The Province provides the funding and needs to step up and improve these member's wages. Show your support by visiting their picket line at 1256 Barrington Street or beeping your horn as you pass by.

## [Heroic Rescue by Local 227 Member](#)

On Wednesday August 15, 2018 Brother Shawn Taylor, Lab Analyst Mill Cove, was enjoying his vacation in Port Hood, Cape Breton. He was out on a bike ride and decided to stop at the Port Hood Beach to enjoy the beach and have a rest. Minutes later that rest turned into a life-saving rescue! Brother Taylor heard screams for help and noticed five people about 30 meters off-shore clinging to an air mattress and blow-up inner tubes. The group was being pushed off-shore by a strong wind. Brother Taylor immediately plunged into the water swimming out to the group and along with another rescuer brought the five people, a mother and four children back to shore. People on the beach provided the weary five towels and blankets to warm up until first responders arrived and tended to them. The mother who had been trying to get the group back to shore for some time unsuccessfully and was very exhausted. All were reported in good condition. It should be noted that Brother Taylor is a strong voice around safety being a current member and former Chair of his group JOHSC and the Main JOHSC. Great job Brother!

### CUPE Union Education

Workshops are available on numerous topics and are available to all Local 227 members.

If you are interested in attending a workshop please contact a Shop Steward or an Executive member.

### Upcoming Workshops

Sept 8-9 Introduction to Pensions – Dartmouth

Sept 22-23 Steward Learning Series – Dartmouth

Sept 22-23 Steward Learning Series – Bridgewater

Oct 13-14 Introduction to Health & Safety – Dartmouth

Nov 3-4 Steward Learning Series – Dartmouth

Nov 17-18 Social Media – Dartmouth

Nov 17-18 Introduction to Health & Safety - Truro

Nov 24-25 Steward Learning Series – Liverpool

Dec 1-2 Steward Learning Series - Dartmouth

## Health & Safety Tips

### Hydration Will Keep You Healthy

By Worker Care and Health Up Wellness

With summer here and the weather heating up, it's good to take a moment to discuss a critical part of staying safe in the workplace: hydration.

It can be tough to stay hydrated at work. Even if your job keeps you behind a desk, it's easy to skip the water and grab a soda to help you make it through the day. But in reality, you're probably dehydrated already, and that's part of what's making you tired.

It's no secret that not drinking enough water can have a negative impact on your health. Even setting aside long-term health effects like kidney damage and seizures, dehydration can cause more

immediate problems like headaches, fatigue, joint pain, inability to concentrate, nausea, vomiting, and memory loss. Obviously, suffering from any of these symptoms is going to make for an unpleasant workday.

About three-quarters of your brain is water and when the body is dehydrated your brain volume actually decreases. It is this shrinking process to which medical researchers attribute dehydration headaches.

The good news here is that within 20 minutes of drinking some water, effects such as those detailed above are reversed.

Not drinking enough water isn't just bad for health; it can affect behavior as well. Studies have shown that even slight levels of dehydration can have a negative impact on people's mood. People

who are feeling irritable are less likely to get along with co-workers or get their work done, and probably won't want to even be at work in the first place. So when employees have access to plenty of water, it can drastically improve people's moods and make work a more pleasant environment to be in.

So, remember, simply keeping yourself hydrated means your workplace will be happier, healthier and more productive.



### Are You Hydrated? Your Pee Has the Answer

Contact us: Dave Dort, President, 902-237-0125, edavedort@hotmail.com

## To Shave or Not to Shave

By Brother Kevin Healey, Main Safety Committee

That really is the question being asked by some at Halifax Water. Recently a clean-shaven policy is being enforced for those employees having to wear full face respirators. As you can imagine this has not gone over well with some as they see facial hair as being part of their identity.

The JOHSC members at 455 Cowie decided to look into other options. This will allow employees to not only work safe but also to keep their identity. Representatives from 3M came in and gave a demonstration on hooded respirators. These respirators will fit like an astronaut's helmet and provide positive continuous pressure that keeps harmful particles out of your lungs.

The helmets are Type 1 Class G and also provide the added protection of never fogging up.

I will be presenting this to the Main JOHSC on Wednesday August 1<sup>st</sup>.