



Newsletter of the  
Nova Scotia Highway Workers' Union,  
CUPE Local 1867

Volume 1, Issue 7

## President's Message

Fall /Winter 2011

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*The most important word in the language of the working class is "solidarity."*

Harry Bridges



Gareth Drinnan

Wow. We have just experienced our first snowstorm of season. And what a storm it was! I have to say Thank You.

During this time when the contract negotiations have been at a stand still, you, the Highway Workers continue to do your jobs.

I have received many calls asking "what is going on with the contract?" As you are well aware negotiations broke down. A letter was sent to Department of Labour and after months, we received a reply on November 21, 2011 that an arbitrator has been appointed - Susan Ashley. **Dates for arbitration have been set for Jan 26 & Feb 28, 2012.**

The Annual Meeting in May brought a new face to the Executive but not to the Highway Workers. Danny Laffin, Unit 3 was voted in as Vice President.

On that note, a special thanks to Joanne MacPherson, Unit 8 for all her years of hard work as Vice President. Joanne is still very active with the Union.

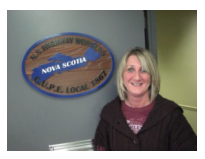
In the last newsletter I told you about the decision by the Government to bring the chip seal back in-house. With all eyes on us and a slow start to the construction season, the chip seal crew was up and running. We have proven we can do the work, do it well and at a saving to the taxpayers.

In 2012 the asphalt paving crew will be up and running, with the work being done in-house as well. I am sure you will agree it is great to have this work back.

The Center Line Painting Crew has shown by working together and doing the work in-house, line painting can be done more cost effectively. Great Work !

In closing I would like to wish you and your families a safe winter and Happy Holiday.

## Recording Secretary/Editor



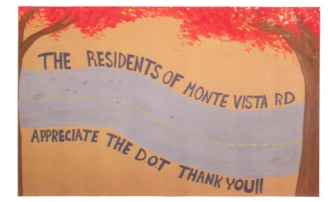
Sharon Hubley  
Unit 17  
Lunenburg Co.  
hubleysh@gov.ns.ca

I would like to thank everyone who has sent stories and pictures for this issue of "The Open Road".

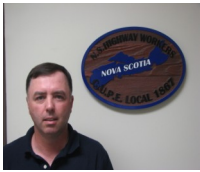
Thank you Cheryl for all your help!

## Chip Seal Crew

All in a day's work for the Chip Seal Crew but for the residents of Monte Vista Road, Enfield, it was more than that. Not only did the residents have a sign painted to show their appreciation but treated the crew to a barbeque.



**Happy Holidays from the Executive and Staff of the Highway Workers' Union.**



**Danny Laffin -Vice President  
Unit 3•Cape Breton Co.**

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laffindj@gov.ns.ca



**Mike MacIsaac—Secretary-Treasurer  
Unit 5•Antigonish Co.**

902-478-2270 (cell)  
macisami@gov.ns.ca



**Ritchie Hartley— Sgt-At-Arms  
Unit 15•Yarmouth Co.**

902-740-0150 (cell)  
richhartley@hotmail.com

## Upcoming Events

- ▶ CUPE NS Convention • April 22-25, 2012—Yarmouth, NS
- ▶ National Day of Mourning • April 28, 2012
- ▶ Annual Meeting • May 18, 2012—Holiday Inn Harbourview, Dartmouth, NS
- ▶ Watch for—how to obtain training in resume writing and how to prepare for an interview

## Across the Province



**Jim McNutt**                      **Deputy Minister**  
**Unit 8**                              **David Darrow**

Imagine Jim’s surprise when Deputy Minister Darrow arrived on the job site to congratulate and wish him all the best in his upcoming retirement.

Jim will retire at the end of November with  
**46** years  
of service with TIR in  
Construction.

**Congratulations Jim!!!**

There is a lot to smile about these days in Unit 13. On November 10, 2011 the group completed an eight week Workplace Education Program for Essential Computer Skills which was held at Lequille Base. The program included how to use ESS and basic computer skills.



**Class of November 2011**  
From Left to Right:  
Ralph Young, Francis Van Den Heuvel, William Oickle, Clare Bent, Denise Weaver, Kevin Cleaves, Joey Melanson, Donald White, Smiley Trimper

**What’s big and yellow and teaches kids to stay safe?**

### Sammy the Snow Plow!



**Sammy the Snow Plow**  
**Unit 9**  
**Cumberland Co.**

- ▶ Watch for Sammy the Snow Plow at upcoming Community Christmas Parades around the Province.
- ▶ Sammy will be visiting schools in the near future.

## Peer Support

**“No problem is too small — sometimes just talking is help enough.”**

Peer Support members are Highway Workers from across the province who are trained to confidentially assist members.

Peer Support Leaders are:

Eastern:	<b>Mike MacIsaac</b>	<b>863-7368</b>
Northern:	<b>Joanne MacPherson</b>	<b>893-5328</b>
Western:	<b>Sharon Hubley</b>	<b>543-3701</b>

A complete Peer Support Contact list is available through your Unit Presidents or the Union Office.

# EAP

Nova Scotia Government  
**E**mployee **A**ssistance **P**rogram

424-7948 or 1-800-777-5888  
For Information or Confidential Assistance

If you need assistance, please do not hesitate to call.

**We are there to help.**

## Lori Morrison— TIR Health Promotion Specialist



Lori Morrison

### Winter Health Tip- Boosting Your Immunity

#### Why our immune system is important

An efficient immune system is the key to maintaining good health. It helps to protect us from all types of diseases from colds to cancer, fight off infections, keeps allergies in check, as well as slows down the aging process.

#### Immunity Boosters

- Foods rich in Vitamins A, B complex, C and E
- Food high in minerals including zinc, selenium, and calcium Omega- 3 and 6 fatty acids, found in nuts seeds and oily fish like salmon and trout
- Protein, found in lean meat and fish
- Fiber, found in grains, fruits and vegetables

There are lots of other ways to boost ones immunity beyond a healthy diet. Exercise stimulates circulation, which improves oxygen supply to the body's organs. You don't have to go to a gym to get immunity boosting benefits of exercise - simply walking briskly a half hour a day will help. Getting enough rest and sleep will help build immunity. Having a positive outlook and maintain a social connections may also help with immunity. Studies have shown that laughing, being optimistic and sharing a joke with friends can give the immune system a boost!

#### Immune System Enemies

- A lack of vitamins and minerals
- Sugar
- Stress
- Smoking
- Excess intake of alcohol and caffeine.

Keep these immune boosting tips in mind this fall and winter to help protect yourself during cold and flu season.



If you require additional information, please contact:

**Lori Morrison, Health Promotion Specialist**  
Tel: (902) 424-8452 · Fax: (902) 424-0606  
e-mail: [morislx@gov.ns.ca](mailto:morrislx@gov.ns.ca)

Best regards, Lori

# Education



**Joanne MacPherson**  
Education Chairperson  
Unit 8

*Education is the most powerful weapon which you can use to change the world"*

**Nelson Mandela**

## Congratulations to the 2011 Bursary Winners

- Chantal Berthier** – daughter of Jerome Berthier, Unit 4
  - Emily Ripley** – daughter of Brian Ripley, Unit 9
  - Koral Amero** – daughter of Todd Amero, Unit 14
  - Sara Nicholson** – daughter of Roderick Nicholson, Unit 2
  - Dylan MacIver** – son of Brian MacIver, Unit 2
  - Laura Webb** – daughter of Lawrence Webb, Unit 11
  
  - Jordan Daniels** – son of William Daniels, Unit 12. The recipient of the Dan Morrison Memorial Educational Award of \$1000.00
  - Allena MacLeod** - daughter of Ian MacLeod, Unit 2. The recipient of the Gerald Mosher Educational Award of \$1000.00
- For a complete list of upcoming CUPE courses, contact Education Committee Chair, Joanne MacPerson at either 1-902-396-6337 or [macphejo@gov.ns.ca](mailto:macphejo@gov.ns.ca); your Unit President or Cheryl at the Union Office.

## Banners and Flags



Nova Scotia Highway Workers will be more noticeable at Union functions and parades with our new flags and banners. They are available for loan by contacting the Union Office.

## For Sale

Did you know you can purchase items with the NS Highway Workers' Logo on it?

Hats/Travel Mugs.....	\$5.00
Black T-Shirts.....	\$10.00
Black Sweat Shirts.....	\$20.00
Golf Shirts.....	\$15.00
(Black, Blue, Off-White and Red)	
1/4 Zip Blue Sweat Shirts.....	\$25.00

If you are interested, please contact the Union Office.



# Around The Office



**Lorne Trevors, CUPE National Rep**

If you need to contact Lorne, please call 902-455-4180.

When you call or drop into the office you will be greeted by our Office Assistant Cheryl Mattie.

You can reach Cheryl at 832-1867 or toll free at 1-800-962-1867 Monday to Friday 7:00 am to 2:30 pm or by email at [cupehiway@ns.aliantzinc.ca](mailto:cupehiway@ns.aliantzinc.ca)

Check out our website at [www.1867.cupe.ca](http://www.1867.cupe.ca)



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