

THE OPEN ROAD

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

Volume 1, Issue 9

President's Message

Spring 2013

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Success is achieved by those who keep trying.

John Maxwell



Steve Joy
Unit 10 • Halifax Co.
902-818-2186
joyst@gov.ns.ca

The past year has been a time of transition and change. At last year's AGM Joanne MacPherson replaced Gareth Drinnan as President, and in January 2013 I assumed the role when Joanne accepted a new position within TIR.

Thanks to both for their years of service.

It has been a challenging and rewarding year. The Executive Committee and I have attended Unit Meetings all over the province. We spoke, we answered questions, we took a lot of notes but most importantly we listened. I know there is much work to be done, but I am committed to making this Union stronger.

This summer will mark my 20th year working at TIR. For those of you who don't know me, I have been active in Local 1867 for over a decade. I began as a Shop Steward, Health and Safety Committee member and Trustee of the Local. I also served as Vice President and President of Unit 10, and then Provincial Vice President of the Local.

A lot of time in the past year has been spent addressing the results from the changes in the last Collective Agreement.

We gathered information from you, the members, then all 18 Unit Presidents met to compile a package for the next round of bargaining.

In October 2012 we exchanged proposals with the employer and began negotiations in November.

A special thanks to the Negotiations Committee for their time and passion on this demanding endeavor. The past five months in bargaining have been spent working towards better language; clarity for definitions, job postings, training, and much more. Monetary discussions are next on the agenda, please read the negotiations update from Peter Baxter for details.

Stay informed. Attend your Unit Meetings. This is an effective venue to discuss current Union related events, receive updates and become involved in discussions to have your voice heard.

Communication updates are sent in the Unit Presidents weekly mail outs, listed in the newsletters and on our website; www.1867cupe.ca. Our newly updated website will be live soon.

If you would like to take advantage of CUPE Union Development Training, I encourage you to speak to your Unit President for a complete list of training opportunities. From Shop Stewarding to Officers Training, there are many benefits and choices of training available for you to enhance your skills. As someone who has participated in many courses over the past decade, I highly recommend it.

Thank you to all members, I am proud to be part of this Union and look forward to our future.

Recording Secretary



Sharon Hubley
Recording Secretary
Unit 17—Lunenburg Co.
hubleysh@gov.ns.ca
902-521-0794

Editor
The Open Road

It's back and has a new look.
Hope you enjoy the Spring 2013 issue of The Open Road.

Through communications we receive knowledge and knowledge makes us stronger as a Union.

Any comments or questions, forward to the Union Office—Attention Editor.

Thank You

May 2012 was a historic day when Joanne MacPherson was elected as the first woman President for the NS Highway Workers.

Past President Gareth Drinnan stepped down and received a standing ovation.

We wish to extend heartfelt thanks to Gareth and Joanne and we wish them all the best.



**Chris Gallagher — Vice-President
Unit 9•Cumberland Co.**

902-664-4661 (cell)
chrisval@ns.sympatico.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

Unit Presidents – Executive Board

CUPE National Reps

- | | |
|-----------------------------------|-------------------------|
| Unit 1 Inverness Co. | Farron Fraser |
| Unit 2 Victoria Co. | Sandy Campbell |
| Unit 3 Cape Breton Co. | Dennis Etheridge |
| Unit 4 Richmond/Inverness Co. | Bradley Matheson |
| Unit 5 Antigonish/Guysborough Co. | Donnie MacDonald |
| Unit 6 Pictou Co. | Steve Stewart |
| Unit 7 Hants Co. | Wayne Forrest |
| Unit 8 Colchester Co. | Art Sutherland |
| Unit 9 Cumberland Co. | Chris Gallagher |
| Unit 10 Halifax Co. Suburban | Robert Petch |
| Unit 11 Halifax Co. East | Shane Lowe |
| Unit 12 Kings Co. | George Corkum |
| Unit 13 Annapolis Co. | Henry Acker |
| Unit 14 Digby Co. | Cliff Thibodeau |
| Unit 15 Yarmouth Co. | Richard Comeau |
| Unit 16 Shelburne Co. | Robert Swansburg |
| Unit 17 Lunenburg Co. | Sharon Hubley |
| Unit 18 Queens Co. | Steve Mansfield |

Welcome new Unit Presidents.

We would like to say Thank You to the following outgoing Unit Presidents:

- Eddie Neidzielski • Unit 3
- Rennie Dillman • Unit 7
- Joanne MacPherson • Unit 8
- Angus Moser • Unit 11
- Francis Vanden Heuvel • Unit 13
- Ritchie Hartley • Unit 15
- Chris Kean • Unit 16



Local 1867 CUPE Servicing Reps

Peter Baxter

Atlantic Regional Office

(902) 455-4180

Unit 7- Hants Co.; Unit 10 - Halifax Co.;

Unit 11 - Halifax/Suburban; Unit 12 - Kings Co.;

Unit 17 - Lunenburg Co., Unit 18 - Queens Co.

Carl Crouse

Yarmouth Office (902) 742-2286

Unit 13 - Annapolis Co.; Unit 14 - Digby Co.;

Unit 15 - Yarmouth Co.; Unit 16 - Shelburne Co.

Grant Dart

New Glasgow Office (902) 752-2244

Unit 5 - Antigonish/Guysborough Co.;

Unit 6 - Pictou Co.; Unit 8 - Colchester Co.;

Unit 9 - Cumberland Co.

Wanda Power

Sydney Office (902) 539-4933

Unit 1 - Inverness Co.; Unit 2 - Victoria Co.;

Unit 3 - Cape Breton Co.;

Unit 4 - Richmond/Inverness Co.

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 with problems that may arise in their personal or work life.

A complete list of Peer Support Contacts is available through the Union Office.

EAP

Nova Scotia Government
Employee **A**ssistance **P**rogram

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

We are there to help.

Lori Morrison— TIR Health Promotion Specialist



Lori Morrison

5 Tips to Spring into Health!

Spring Tune Up- If you haven't already had a check-up in the last year then have a check- in with your physician. A periodic wellness check is good for all ages. Remember conditions like high blood pressure and elevated cholesterol have no symptoms. Discuss with your physician what health screening you should have based on your age, hereditary and life style risks factors.

Protect Your Skin – Apply sunscreen 30 minutes prior to going out in the sun and reapply throughout the day. Use a broad spectrum sunscreen with protection against UVA & UVB rays. If you spend the majority of the day outdoors, use a minimum 30 SPF sunscreen.

Rethink Your Drink – Drink water with meals and regularly throughout the day. It is a calorie and sugar free way to keep hydrated. Good hydration helps to us to feel energetic and alert.

Fit in Exercise – If you do not currently have an exercise routine, start with walking 10 minutes and gradually work up to 20 minutes. Recommendations for adults 18-64 is 150 minutes of exercise in bouts of 10 minutes or more. *

Always check with your health care provider before starting an exercise regime.

Eat your Vitamins – Add fruits and vegetables to your diet. They are low in calories and contain essential vitamins, minerals, antioxidants and fibre.



Wellness Resources in Your Community

The following programs are offered throughout Nova Scotia and may be of interest to you or your family. If you have any questions about these programs I would be happy to speak with you.

Your Way to Wellness

A provincially sponsored free program designed to help those who have a chronic (ongoing) health condition(s) such as arthritis, diabetes, or high blood pressure. This six week program provides information on how to manage your condition, develop new skills and tools to take actions towards a healthier life! To find out more to get involved with this program contact 1-888-672-3444 or email YourWay2Wellness@gov.ns.ca

Smoking Cessation Sessions

Stop smoking services are offered throughout Nova Scotia. There are several options available and it may vary from community to community how often sessions are run. Sessions range from one hour to four week programs and that gives participants tips, advice, and strategies to support efforts to become smoke free. Some programs include nicotine replacement therapy. To find out more about programs in your community contact Smokers' Help Line at 1-877-513-5333

If you have any questions or would like to share a wellness success story please feel free to get in touch.

Lori Morrison, TIR Health Promotion Specialist
Tel: (902) 424-8453 or Email: morrislx@gov.ns.ca

Education

Bursary applications are now available from your Unit President, Union Office or on the website (www.1867cupe.ca). Take note of deadlines and mailing addresses for the bursaries.

* Local 1867 Bursary * Federation of Labour Bursary * Federation of Labour Muriel Ducksworth Memorial Bursary * CUPE NS/Higgins Insurance Scholarship.

This past year many members across the province participated in the CUPE Education Development Courses. CUPE Education courses are wrapping up for the summer. Watch for the Fall schedule that will be out in late August.

If you have any questions on CUPE Education, contact Sharon Hubley, Education Chair.

Auto & Home Insurance

Auto & Home Insurance benefits for members of the NS Highway Workers Union, CUPE Local 1867. By selecting Higgins Insurance, you can receive special savings, great coverage and service. See how affordable it is to start really protecting yourself and your family. **For a no obligation quote, call Higgins Insurance 1-866-273-2911 and start saving today.** Robert Keays, Higgins Insurance

Testimonials

- We have had an excellent relationship with Higgins Insurance for 7 years. They quoted me a price of \$800 less than my current insurance provider with includes twice the liability coverage. J. Galloway
- Saved over \$1200 on home, cottage and vehicle insurance. Member of Local 486
- If you want fairness, direction, honesty and true commitment call Higgins Insurance. Mae Smith Pres. L.2094

Around The Office

Congratulations

To the 38 Highway Workers who retired in 2012 and to all those who have or will retire this year.



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

Office Hours—Monday to Friday 7:00 am to 2:30 pm.

You can reach Cheryl at **832-1867** • toll free at **1-800-962-1867** or by email at cupehiway@ns.aliantzinc.ca

Check out our website at www.1867.cupe.ca

Banners and Flags are available for loan by contacting the Union Office



Nova Scotia Highway Workers' Union, **CUPE Local 1867**
271 Brownlow Avenue, Dartmouth, N.S., B3B 1W6
Phone: (902) 832-1867 or 1-800-962-1867 • Fax: (902) 453-2635 • www.1867.cupe.ca