

Barganng

## USW LOCAL 1944 – TELUS BARGAINING COMMITTEE MEMBERS & USW REPS

and top to bottom: Javson Little – Staff Rep Donna Hokiro – Acting President **Richard Blais – REO AB** Ashok Tripathi – Clerical AB Cory Anderson – Plant AB Matt Rizzo – Plant E Aaron Ma – Ontari Scott Lunny – Staff Rep Ken Neumann – USW National Director (guest speaker) Omero Landi – Administrator Cande Knoll – Clerical BC (picture missing)



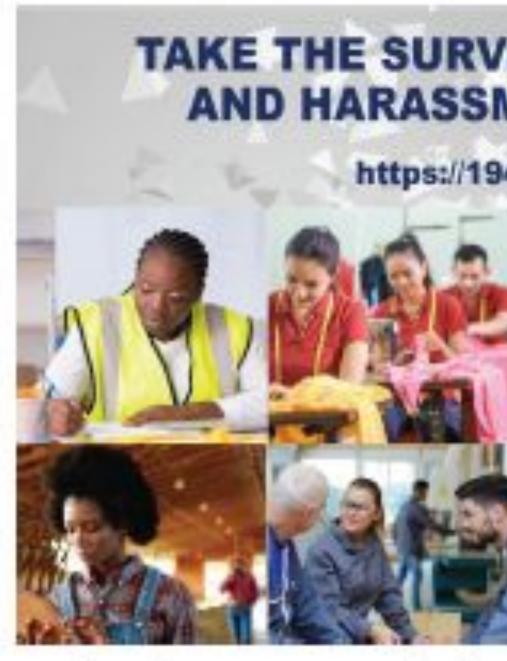




|  | Contact Us   USW District 3  |        |  |
|--|------------------------------|--------|--|
|  | <b>SUSW</b>                  | E MENU |  |
| UNITED STE                             | ELWORKERS, LOCAL 1944        | - 44   |  |
|  |                              |        |  |
| Contact Us                             |                              |        |  |
|  |                              |        |  |
| SW Local 1944 email: <u>contact@us</u> | w1944.ca                     |        |  |
| ritish Columbia                        |                              |        |  |
| Burnaby (Head Office)                  | Prince George                |        |  |
| 5261 Lane Street                       | #100 - 1777 3rd Ave          |        |  |
| Burnaby, BC V5H 4A6                    | Prince George, BC V2L 3G7    |        |  |
| Office: 604-437-8601                   | Office: 250-960-2220         |        |  |
| Fax: 604-435-7760                      | Fax: 250-563-0274            |        |  |
| Local Union Representatives:           | Local Union Representative:  |        |  |
| Tamara Marshall                        | Robin Arndt                  |        |  |
| Steve McWhirter                        |                              |        |  |
| Perry Pasqualetto                      |                              |        |  |
| Chris Stephens                         |                              |        |  |
| lberta                                 |                              |        |  |
| Calgary                                | Edmonton                     |        |  |
| #212 2816 11 ST NE                     | 4262 91A Street              |        |  |
| Calgary, AB T2E 7S7                    | Edmonton, AB T6E 5V2         |        |  |
| Office: 403-237-6990                   | Office: 780-444-6945         |        |  |
|  | Fax: 780-488-6911            |        |  |
| Local Union Representative:            |                              |        |  |
| Juanita West                           | Local Union Representatives: |        |  |
|  | Joe Benn                     |        |  |
|  | Ron Palmer                   |        |  |
|  |                              |        |  |
| Intario                                |                              |        |  |

https://usw1944.ca/contact-us





Take the survey on violence and harassment at work April 6, 2021 -Because all workers deserve to feel safe in their workplace, in the



UNITED STEELWORKERS

# **UPCOMING UNIT MEETING**

|                                   | UNITED STEELWORKERS, LOCAL 1944   |   |   |  |     |  |  |
|-----------------------------------|---|---|---|--|-----|--|--|
| Meetir                            | ngs   |   |   |  |     |  |  |
| Month W                           | eek Day   | Ν   | March 2021 Today 4  |  |     |  |  |
| Sun                               | Mon   | Tue   | Wed   | Thu  | Fri |  |  |
| 28                                | 6:30p Unit<br>51 Meeting<br>via Zoom<br>7p Unit 33<br>Meeting via<br>Zoom Only      | 5p Unit 41<br>Meeting via<br>Zoom- 5PM<br>MTN<br>6p Unit 4<br>Meeting via<br>Zoom<br>6p Unit 502<br>Meeting via<br>Zoom -<br>6:00PM<br>6:30p Unit<br>210 Meeting<br>via Zoom -<br>6:30 PM<br>MTN Time<br>214 Meeting<br>via Zoom -<br>6:30 PM | 6p Unit 204<br>Meeting via<br>Zoom - 6:00<br>PM MTN<br>6p Unit 53<br>Meeting via<br>Zoom<br>6:30p Unit<br>50 Meeting<br>via Zoom<br>7p Unit 2<br>Meeting via<br>Zoom<br>7p Unit 602<br>Meeting via<br>Zoom -<br>7:00PM<br>EASTERN<br>Time | 6p       Unit 36         Meeting via         Zoom - 6:00         PM MTN         Time         209 Meeting         via Zoom -         6:30PM         MTN Time         6:30P Unit 3         Meeting via         Zoom         6:30P Unit 7         Meeting via         Zoom         6:30P Unit 7         Meeting via         Zoom         7p         Meeting via         Zoom         7p         Meeting via         Zoom         700PM         EASTERN         Time | 5   |  |  |
| 1p Unit 63<br>Meeting via<br>Zoom | 7p Unit 201<br>Meeting via<br>Zoom -<br>7:00PM<br>7p Unit 28<br>Meeting via<br>Zoom | <ul> <li>6:15p Unit</li> <li>207 Meeting</li> <li>via Zoom</li> <li>6:30p Unit</li> <li>32 Meeting</li> <li>via Zoom</li> <li>7p Unit 202</li> <li>Meeting via</li> <li>Zoom</li> <li>7p Unit 37</li> </ul>                                   | 6:30a Unit<br>16 Meeting<br>via Zoom<br>4:15p Unit<br>10 Meeting<br>via Zoom<br>6p Unit 60<br>Meeting - via<br>Zoom<br>6p Unit 8  | 6p Unit 503<br>Meeting via<br>Zoom<br>6:00PM<br>Executive,<br>6:30PM<br>Regular<br>EASTERN<br>6:30p Unit<br>205 Meeting  |     |  |  |

## Articles | USW District LEW ≡ MENU

TAKE THE SURVEY ON VIOLENCE AND HARASSMENT AT WORK https://1944.fyi/swvh



# BUY SWAG!

## **Committee Spotlight**



### WOMEN of STEEL WOMEN OF STEEL COMMITTEE SPECIAL PUBLICATION #1 BURNOUT, ANXIETY, STRESS AND DEPRESSION Generally, members are aware of what depression, anxiety and stress affecting members. Publication #1 will review general information, #2 how re. However, workers may not be aware of what **burnout** is. The Women self-help can assist, <u>#3</u> how burnout could affect you at work, and <u>#4</u> what of Steel are releasing four publications raising awareness around some to do when self-help is no longer working. All four publications can be found common mental health issues, with a focus on burnout which could be here if you wish to read ahead, or get further assistance. **BURNOUT: COME TAKE OUR SURVEY!** We would like your feedback on burnout. Your feedback ill allow the Union to evaluate if burnout is an issue or not for our membership.

A GENERAL DEFINITION OF BURNOUT **Burnout** is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands... Because of i consequences, it's important to deal with burnout right away.

A GENERAL DEFINITION OF WORKPLACE BURNOUT .C. Janner, an independent employee culture and engagement company, deti workplace burnout as: "A term once reserved for healthcare workers who put in too many hours in high-stress jobs, 'employee burnout' has now extended across industries and applies to all types of workers. Recently, the World Health Organization officially classified burnout as a syndrome related to 'chronic work stress that has not been successfully managed.' Our research found 40% of employees are experiencing moderate-to-severe burnout. 95% of HR leaders ad

burnout is hurting retention at their organizations, contributing to up to one-h

## **RECOGNIZE SIGNS AND SYMPTOMS**

annual workforce turnover." (Read the full report)

aware of changes in attitudes and energy can help with early identification. burnout may exhibit include: Reduced efficiency and energy; Lowered Employees may not realize that they are dealing with burnout and may levels of motivation; Increased errors; Fatigue; Headaches; Irritability; instead believe that they are just struggling to keep up during stressful times. Stress, however, is usually experienced as feeling anxious and having a sense of urgency while burnout is more commonly experienced as helplessness, hopelessness, or apathy. Employees may not be aware of the negative impacts on their performance that this can have, such as increased errors or lower productivity. Employers and co-workers may attribute the changes to a poor attitude or loss of motivation. The negative effects of burnout can increase significantly before anyone recognizes or addresses the problem and unaddressed burnout can increase the chance of developing clinical depression or other serious conditions.

Complete the survey online at https://1944.fyi/burnout-survey2020

Almost everything will work again if you unplug it for a few minutes... Including you. We often advise our customers to reboot, why don't you? \_\_\_\_\_ /

The majority of employees experiencing burnout will remain at work. Being Some of the signs and symptoms that an employee experiencing Increased frustration; Suspiciousness; More time spent working with less being accomplished. Severe burnout can also result in Self-medication with alcohol and other substances; Sarcasm and negativity; Debilitating self-doubt. **Unaddressed burnout** may result in a number of outcomes including: Poor physical health; Clinical depression; Reduced job satisfaction; creased productivity; Increased absenteeism; Increased risk of accidents; oor workplace morale; Communication breakdown; Increased turnover.

For more information click **here**.

# SHAME ON LEDGORI