

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)



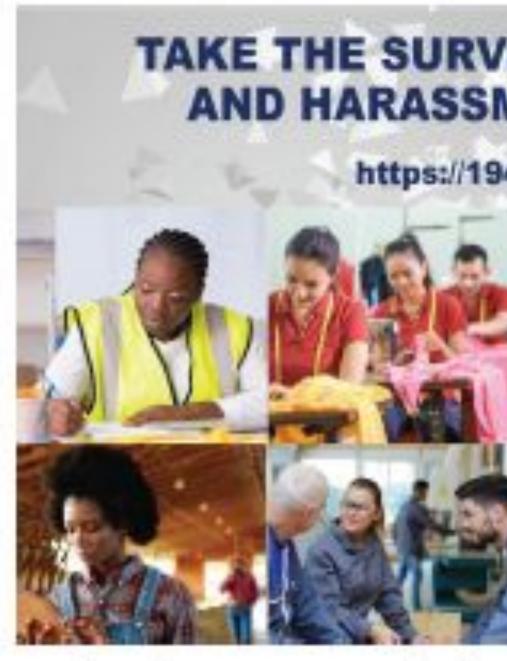




	Contact Us USW District 3		
	SUSW	E MENU	
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	Joe Benn		
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Intario			

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 51 Meeting via Zoom 7p Unit 33 Meeting via Zoom Only	5p Unit 41 Meeting via Zoom- 5PM MTN 6p Unit 4 Meeting via Zoom 6p Unit 502 Meeting via Zoom - 6:00PM 6:30p Unit 210 Meeting via Zoom - 6:30 PM MTN Time 214 Meeting via Zoom - 6:30 PM	6p Unit 204 Meeting via Zoom - 6:00 PM MTN 6p Unit 53 Meeting via Zoom 6:30p Unit 50 Meeting via Zoom 7p Unit 2 Meeting via Zoom 7p Unit 602 Meeting via Zoom - 7:00PM EASTERN 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 Meeting via Zoom	7p Unit 201 Meeting via Zoom - 7:00PM 7p Unit 28 Meeting via Zoom	 6:15p Unit 207 Meeting via Zoom 6:30p Unit 32 Meeting via Zoom 7p Unit 202 Meeting via Zoom 7p Unit 37 	6:30a Unit 16 Meeting via Zoom 4:15p Unit 10 Meeting via Zoom 6p Unit 60 Meeting - via Zoom 6p Unit 8	6p Unit 503 Meeting via Zoom 6:00PM Executive, 6:30PM Regular EASTERN 6:30p Unit 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