



THANK YOU

Our Local wants to say THANK YOU to those who sacrifice their own safety and well-being in this crisis, we are eternally grateful for all you do. We wish you safety and health as you forge ahead to get us to the other side of this pandemic. Your contributions are appreciated and we thank you in our prayers, hearts, and minds each and every day.

Stay strong and THANK YOU!
Strongertogether #stayhome



Who Ya Gonna Call...

For employee and family assistance

Shepell is available to CUPE members and their families for a number of services including counselling, lifestyle issues and referrals to other agencies. The service is free and confidential. To contact Shepell, call 1-800-387-4765 or visit workhealthlife.com

For information on Employment Insurance (EI)

For the latest updates on the effects of COVID-19 on your EI benefits, call 1-800-206-7218 or visit <https://www.canada.ca/en/services/benefits/EI>

For OMERS updates

To check on your pension, call OMERS at 1-800-387-0813 Monday to Friday or visit <https://www.omers.com> or for your personal account, myomers.com

SURPLUS and POSTING TIMELINE

To learn all the details related to postings and surplus from May thru August, visit the CUPE Local 4186 website and see the Posting Timeline.

GMM Update

Due to the continuing situation around COVID 19, the **General Membership Meetings for May and June are cancelled.** With this cancellation comes the postponement of the nominations and elections for Executive Board officers that were to take place during those two meetings. On the advice of our National Union, the nominations meeting will take place in September with elections to follow at the October meeting. Details, including dates and location, will be posted on the Local 4186 website when they become available.



Personal Protective Equipment (PPE)

PPE, if it is required, is to be provided by the employer. At this time, masks are not a requirement for our workplaces, as our employer is able to establish safe social distancing at any sites where workers are required to enter the school. There are protocols and assessments that are to be followed, so masks are not a requirement right now. If there are any concerns about protocols or folks not following protocols, workers should contact the local or their supervisor right away.



DAILY QUARANTINE QUESTIONS to ask yourself

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of "normal" am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I creating, cultivating or letting in today?

Feeling the spring-cleaning itch? Tidy up your home with these tips!

With warmer, sunnier days comes the annual tradition of spring cleaning, a time to freshen up your home inside and out. Getting rid of the extra clutter and dirt that accumulated throughout the winter can make you feel bright and ready for relaxing during long summer days. Here are a few tips on how to have a successful and refreshing spring clean this season. For more information, visit www.otipinsurance.com/article70.



JOKE OF THE DAY:

What kind of jokes can you tell in Quarantine?

"Inside Jokes"

Walk into Retirement with a Plan

The OTIP Retirement Workshop for May 21 has been cancelled. However, OTIP is offering daily webinars for members interested in retirement benefits are asked to visit the OTIP site to register <https://www.otip.com/events>

Share Your News

If you know of any member who is ill, has had a baby, has recently married or experienced a loss in his/her immediate family, please contact your Local. Send an email to cupelocal4186@gmail.com or leave a message at 519-679-4186.

How Is your team staying strong and creative?? LET US KNOW!!!!



*Here's a local team that does weekly Facetime catch ups, makes fun videos together and provides daily encouragement to one another during this new time of distance education!!