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Prince Edward Island Union of Public Sector Employees

Call for Nominations Member of the Year, 2024

UPSE is calling for nominations for the **Member of the Year** award. This award recognizes outstanding UPSE members who have contributed to the union through activism and consistent participation in union meetings and committees. The award also recognizes those members who are passionate about the labour movement in Prince Edward Island.

Nomination forms are available at the union office at 4 Enman Crescent in Charlottetown or on the UPSE website at (<https://www.peiupse.ca/members/forms/>). Nominees must be members in good standing and must be nominated by a member in good standing. Nomination forms must include a written statement supporting the nominee, i.e., outlining the member's accomplishments / activism / education and participation within the union. All nominations must be received at the union office by 4:00 pm on:



Friday, October 25, 2024

For more information contact the Union office at 902-892-5335, toll free 1-800-897-8773, or e-mail peiupse@peiupse.ca.

Convention Call: PEI Federation of Labour

The PEI Federation of Labour is hosting its 59th Annual Convention on **Friday** (evening) **November 1 and Saturday, November 2, 2024** at the Rodd Charlottetown Hotel, 75 Kent Street, Charlottetown PEI.

If you are interested in attending, please note that mileage and meals will be paid. Hotel rooms will be provided to those who reside over 40 km away from Charlottetown. Please advise the UPSE office if you require a hotel room.

Contact the UPSE office by **October 4, 2024** to express interest in attending the *Federation of Labour's Annual Convention*. Call 902-892-5335, toll free 1-800-897-8773 or e-mail peiupse@peiupse.ca.



Prince Edward Island Union of Public Sector Employees, 4 Enman Crescent, Charlottetown, P.E.I. C1E 1E6
892-5335 or toll free 1-800-897-8773 (1-800-897-UPSE) Fax: 569-8186
E-mail: peiupse@peiupse.ca Web: www.peiupse.ca

PEI UPSE is proud to represent over 5000 members in the public and private sectors.

Planning the Future/Financial Management

This course is intended for younger UPSE members. Pensions, investing, life insurance and health care protection will be discussed.

- importance of retirement planning • plan and start early (financial plan, activity / lifestyle)
- review your pension statements for accuracy • review your health plan to determine your benefits

Date: **October 16, 9:00 to 4:00 pm** at the **UPSE office** (Contact UPSE by **October 4** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Mental Health in the Workplace!

This course emphasizes the importance of maintaining good mental health and understanding mental health conditions.

- learn about the nature of stress in the workplace and look at strategies to manage stress
- engage in discussion about the ways people can help themselves cope with the aftermath of traumatic situations at work so they can minimize the risk of suffering long term impacts on their mental health

Date: **October 22, 9:00 to 4:00 pm** at the **UPSE office** (Contact UPSE by **October 10** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Steward Level II

The **Steward Level II** course is an informative follow-up to the Level 1 offering.

- knowing your membership, steward as activist
- working with your union executive, duty to accommodate, duty of fair representation
- problem solving and conflict resolution

Date: **November 29, 9:00 to 4:00 pm** at the **UPSE office** (Contact UPSE by **November 19** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)

Prerequisite: must be elected as a Steward (at a Local meeting) and have Welcome to UPSE and Steward Level I

Course: Welcome to UPSE

The **Welcome to UPSE** course is perfect for getting to know your union better.

- learn about UPSE's history, evolution, and the union's structure and how it works
- learn about how to get involved, and about the tools you need to carry out your role within the union effectively
- learn about pensions and benefits



Date: **December 4, 9:00 to 4:00 pm** at the **UPSE office** (contact UPSE by **November 22** to register, at **902-892-5335** or email **peiupse@peiupse.ca**)