

November 5, 2021

NSUPE Bursaries – Deadline Sunday

NSUPE is once again offering six bursaries of \$1,000 each for post-secondary education. Bursaries will be awarded based on a random draw that will take place at NSUPE's Convention on November 21, 2021. The deadline to apply is this Sunday, **November 7, 2021**.

To be eligible, applicants must be enrolled in a post-secondary education program for the 2021-2022 academic year, be a NSUPE member in-good-standing or the spouse or dependent of a NSUPE member in-good-standing. There may only be one winner per each NSUPE member.

If successful, the applicant will be required to provide Proof of Enrolment and a 500-1000-word essay on the topic "Why Unions are important in 2021?" To apply for the NSUPE Bursary, please visit www.nsupe.ca/bursary.

Daylight Savings Time Ends Sunday

Adjust your clocks Saturday night! Daylight Saving Time ends on Sunday, November 7, 2021, at 2:00 A.M. At this time, clocks "fall back" one hour, giving us more daylight in the dark autumn and winter mornings. Remember to set your clocks back one hour on Saturday night before you go to bed. It's also a good time to change the batteries in your Smoke/Fire and Carbon Monoxide alarms.

Veteran's Week Nov. 5 - 11

Local 13 believes in honouring those who have served Canada, past and present, in times of war, military conflict and peace. *Service, Courage and Sacrifice – At home, around the world and across generations*. Every year during the lead up to Remembrance Day on November 11, we honour those who have served Canada in times of war, military conflict and peace. On Remembrance Day, Local 13 President Joe Kaiser will be participating in Remembrance Day services in Shubenacadie where a wreath will be laid. To learn more as we recognize the sacrifices of our veteran's visit, <https://www.veterans.gc.ca/eng/remembrance/get-involved/veterans-week> We will Remember!

2022 Vacation Picks

As per Article 14.03 Vacation Scheduling:

(d) Vacation lists shall be circulated by October 15 of the year prior to in which the vacation is to be taken so that employees may indicate their preferred dates for the upcoming vacation year. The approved vacation schedule for the upcoming vacation year shall be posted on December 1 by the Employer. ***Employees who do not indicate preferred dates for vacation at least ten (10) working days before December 1 (end of day Nov. 16.) will be allocated vacation dates on a first come first served basis and the provision of seniority to resolve conflicts shall not apply unless two (2) or more employees apply at the same time.***

Happy Diwali!

Diwali is a festival of lights which usually lasts five days with people wearing their finest clothes, illuminating the interior and exterior of their homes with diyas (oil lamps) and rangoli (a colourful patterned art created on the floor or a tabletop using materials such as powdered limestone, red ochre, dry rice flour, coloured sand, quartz powder, flower petals, and coloured rocks). Performing worship ceremonies of Lakshmi, the goddess of prosperity and wealth, light fireworks, and partake in family feasts, where mithai (sweets) and gifts are shared. Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance."

HRM Municipal Flu Clinics

Getting a flu shot remains the best way to protect yourself, and those around you, from the flu. Public Health recommends Nova Scotians aged 6 months and up receive their flu shot between late October to mid-December to prepare for flu season.

The municipality's annual flu clinic program for employees takes place this November. Drop in at the flu immunization clinic that is most convenient for you:

Homewood Health's Employee and Family Assistance Program (EFAP) 902.466.3327 or 1.800.663.1142

NSUPE Local 13 Member Communication

<https://nsupe.ca/local-13/>

Monday, November 15 th	Tuesday, November 16 th	Wednesday, November 17 th	Thursday, November 18 th	Friday, November 19 th
3825 MacIntosh St Boardroom	Duke Tower 7 th floor Boardroom		40 Alderney Gate 1 st floor Boardroom	375 Cowie Hill Rd Meeting Room
8am – 10am	8am – 11am		8am – 11am	8am – 10am
	40 Alderney Gate 1 st floor Boardroom	150 Thornhill Dr 2 nd floor Boardroom	Duke Tower 7 th floor Boardroom	
	1pm – 3:30pm	3pm – 5pm	1pm – 3:30pm	
Monday, November 22 nd	Tuesday, November 23 rd	Wednesday, November 24 th	Thursday, November 25 th	Friday, November 26 th
<i>Burnside Transit*</i> 200 Ilesley Ave 2 nd floor Training Room	<i>Burnside Transit*</i> 200 Ilesley Ave 2 nd floor Training Room	<i>Ragged Lake Transit*</i> 80 Grassy Lake Dr 1 st floor Boardroom	<i>Ragged Lake Transit*</i> 80 Grassy Lake Dr 1 st floor Boardroom	Turner Depot 11 Turner Dr Lunchroom
8am – 11am	1pm – 3:30pm	8am – 11am	1pm – 3:30pm	8am – 10am

To prepare for your flu clinic:

- Wear loose-fitting clothing
- Bring your Nova Scotia Health Card
- Wear a mask and follow standard COVID-19 protocols

It's safe to receive the flu vaccine before, after or even at the same time as receiving the COVID-19 vaccine. COVID-19 vaccinations do not protect against the flu.

If you're unable to attend a municipal clinic, consider getting a flu vaccination from your family physician, pharmacist, or walk-in clinic, available at no cost.

Practice healthy habits

Although the vaccine is the most important action you can take to prevent the spread of the flu, it's important to continue practicing the healthy habits developed throughout the pandemic, such as practicing proper coughing and sneezing etiquette, frequent hand washing, cleaning surfaces, wearing masks, gathering safely, and staying home when sick.

Welcome to Movember!

November is Prostate Cancer Awareness Month. Movember is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Adam Garone, Travis Garone, Luke Slattery and Justin Coghlan began the movement; "Changing the face of men's health". <https://ca.movember.com/>

General Membership Meeting – Wednesday, November 17th

Time for our next General Membership meeting, to be held at **noon (12:00 AST) on Wednesday, November 17th**. If you didn't already get the appointment for the meeting, drop an email to Melanie Parker at melanie.parker@halifax.ca and one will be sent along. Currently on the agenda are the Elections for three Executive Vice Presidents positions. One of those positions is the combination position of Vice President/Communications Officer. If you have considered being a member of the Local 13 Executive this may be your time to join. If you would like more information on the positions, please reach out to any Executive member to learn more.

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There will also be the election of the delegates for the NSUPE Biennial Convention to be held Sunday November 21, 2021 9a.m. – 5p.m. virtually via Zoom. Also, on the agenda will be the ratification of the Bargaining Team/Negotiations Committee. Lastly on the agenda for elections we will be filling a vacancy on the JOHSC. There will also be committee reports along with any new business. The minutes from the June membership meeting will be circulated on Monday along with the draft agenda for the November meeting.

HRM Pension Plan VIRTUAL Session

The HRM Pension Plan welcomes you to join their VIRTUAL presentation on the general HRM Pension Plan benefits and features on **Thursday November 25th at 6:00 p.m.** The session will be provided through Microsoft Teams and will last approximately 60-75 minutes. Whether you are newly hired, mid-career or approaching retirement, this pension information session is for you! **Note:** This is not a retirement readiness/financial planning session. It is a presentation of the HRM Pension Plan benefits and features. This session is open to current members of the HRM Pension Plan.

Advanced registration, along with a valid email address is required. To register, contact the HRM Pension Plan Office by phone: 902-490-6213 or 1-888-490-6213 or at HRMpension@halifax.ca **Please see attachment for specifics for registration.