

## USW LOCAL 1944 MEMBERS COMMEMORATE THE DAY OF MOURNING

On April 28<sup>th</sup>, Canada remembered those workers who have been killed or severely injured at work. Some members chose to honour the memory of these workers by participating in their Labour Council's recognition of this day, such as Paul Hutchison of Unit 203 who shares his story:

"On April 28<sup>th</sup>, the Calgary and District Labour Council hosted the annual Day of Mourning. Unlike previous years, we were not able to gather at the Workers Memorial at Calgary City Hall, so a Zoom webinar was held (and simulcast to Facebook Live).

Speeches by MLA Rachel Notley (Edmonton-Strathcona), Mayor Naheed Nenshi (City of Calgary), Gil McGowan (President of the Alberta Federation of Labour), and Cori Longo (Canada Labour Congress) preceded Alex Chevalier's reading of the 165 WCB-verified workers deaths for 2019.

For me, this also marked the 45<sup>th</sup> year since my uncle was killed in a workplace accident. He and five others died when the CIL factory in Calgary exploded.

They knew the risks. They also knew that their families were safe at home from the dangers of their work.

This year, we all face something worse. The risk of bringing COVID-19 home to our families. We must maintain our efforts at keeping this virus from spreading.

Forty-five years ago, there was no Westray Act. We must hold employers accountable when their negligence is found to be the cause.

My thanks to Acting President Donna Hokiro and Local 1944 for the wreath. Also, thanks to Alex Chevalier (President of the CDLC) and D'arcy Lanovaz (President of CUPE 38) for laying the wreaths and the photos."

— Submitted by Paul Hutchinson, Unit 203 Chair



Wreath offered by USW Local 1944 in Calgary, AB, on April 28, 2020, for the Day of Mourning.

You can help by lobbying your town or city hall to support the "Stop the Killing, Enforce the Law" USW campaign

Take action at [www.stopthekilling.ca](http://www.stopthekilling.ca)

**USW LOCAL 1944  
 WOMEN OF STEEL  
 COMMITTEE**



Clothing & accessories  
<https://shopusw1944.ca>

reveal your inner

# WOMAN OF STEEL



# EFFECTS OF THE PANDEMIC IN OUR LIVES

## ANXIETY AND BURNOUT

Many of us feel anxious about the future, as we cannot predict what will happen next. How can we manage our anxiety to avoid burnout?

### Finding the balance

Feeling stressed and fearful on a daily basis can quickly take a toll on your health and well-being. Anxiety can also cause the opposite reaction: denying or refusing to believe that the pandemic is a serious situation.

While being informed about the pandemic and obtaining important messages from trusted news sources is essential, constantly checking for updates can take a toll on your mental health.

Your levels of anxiety might fluctuate, but there are some ways you can keep them in check.

### Be proactive

Take positive actions by practicing good health habits: eat healthy, exercise regularly, get enough sleep, spend quality time with people whom you enjoy and make time for relaxation.

Stay home when you feel sick, and have a plan in case you need to self-isolate. If you are more vulnerable to the coronavirus or are in contact with others who may be vulnerable, talk to your doctor about measures to take based on your situation.

### Isolation can be harmful

Isolating yourself from others, such as working from home for longer periods of time, can affect your mental health. Find ways to connect with people by phone, text, or video calls.

People in isolation around you might be feeling lonely or be in need of help. There are many people who are using their extra time to check in on members of their families, their friends and their neighbours. They are helping with chores and groceries purchases and various other things. Checking in regularly makes a difference for people who are more vulnerable and as an added bonus, you'll get to connect with folks that you like to help. A win-win. Be someone's hero today!

### Pay attention to your symptoms

Here are some signs that you or a relative might need support:

- Being unable to think about anything other than COVID-19
- Experiencing a degree of anxiety that interferes in daily life: hard time going to work or being in public spaces
- Constantly isolating from others
- Feeling hopeless or angry about the COVID-19 situation
- Having a hard time eating or sleeping
- Experiencing physical symptoms like frequent headaches or an upset stomach

### Resources

You can find self-management strategies for anxiety from various mental health associations:

[Anxiety Canada](#) | [Mental Health Commission of Canada](#)  
[MindShift app](#) | [Canadian Mental Health](#)  
[Mood Disorders Society of Canada](#)

*(This article is based on the USW's article [COVID-19 and Anxiety](#), published on May 8, 2020)*

## STAY TUNED! The Women of Steel Committee will release its publications on Burnout soon!

Generally, members are aware of what depression, anxiety and stress are. However, workers may not be aware of what burnout is. The Women of Steel are releasing four publications raising awareness around some common mental health issues, with a focus on burnout which could be affecting members.

Publication #1 will review general information, #2 how self-help can assist, #3 how burnout could affect you at work, and #4 what to do when self-help is no longer working.

Connect with your WOS Committee at [womenofsteel@usw1944.ca](mailto:womenofsteel@usw1944.ca)



## JOIN THE FIGHT!

Laying-off frontline Albertan educators and their support staff, when the educational needs of children are greater than ever, is reckless and cruel in the middle of a global pandemic and economic crisis.

**Email your MLA & tell the UCP to stop laying off workers**

## UCP: EDUCATION CUTS IN ALBERTA

In March this year, Minister of Education Adriana LaGrange cut the budgets of school boards and fired 25,000 education workers under the pretext of the pandemic. This was the biggest single layoff in Canadian history.

According to the [Alberta Federation of Labour](#), "Crisis online learning may very well be the catalyst that catapults Alberta into a full voucher system. One that continues to divert precious resources from the public system to support the private. COVID-19 may serve as the opportunity to advance these policies, not just in education, but for all public services. That's how disaster capitalism works."

"And if this pandemic has shown Albertans anything, it has served as a spotlight on all the ways our current systems under-serve our most marginalized citizens. Online crisis learning also exposes and magnifies all the existing inequities for students in the margins."

# PRIDE MONTH

June is Pride Month. LGBTQAI2S+ rights are human rights and as such, are an integral part of Local 1944's fight. In our workplaces, we must continue to fight for equality, transition leaves, parental leaves, and anti-harassment and anti-bullying policies. We are stronger together than separately, and we need to stand up for those that are marginalized.

## PRIDE EVENTS 2020

Provincial governments have announced that some Pride events have been cancelled, but that doesn't mean that Pride is cancelled. Some celebrations have been changed to virtual events. Wherever you are and however you may assist, Local 1944 encourages you to support LGBTQAI2S+ communities by supporting a Pride event in your area.

### British Columbia

July 10-18, [Fraser Valley](#) Virtual Pride  
September 19-29, [Kelowna](#) Pride Week  
Dates to be announced, [Kamloops](#) Pride Week

### Alberta

June 6, [Edmonton](#) Pride Run & Walk  
August 28-September 6, [Calgary](#) Pride Week  
Dates to be announced, [Lethbridge](#) Pride Fest

### Ontario

May 30-June 6, [Niagara](#) Pride Week  
June 1-7, [Timmins](#) Pride Week  
June 13, [Barrie](#) Pride Parade and Festival  
June 14, [Hamilton](#) Digital Pride  
June 28, [Toronto](#) Virtual Pride Parade  
July 16-26, [London](#) Pride Festival  
July 18-26, [Muskoka](#) Pride Week

August 5-9, [Windsor-Essex](#) Pride Fest  
August 21-30, [Ottawa](#) Virtual Capital Pride  
September 18-27, [Peterborough](#) Pride

### Quebec

August 6-16, [Montreal](#) Virtual Pride



Picture taken in August 2019 at the Vancouver Pride Parade in BC. From left to right: USW Local 2009's Armie A. Ready, Local Union Representative BC Steve McWhirter, Secretary-Treasurer Michael Phillips, USW Staff Rep Jayson Little, USW member Jason Rockwell, USW District 3 Director Steve Hunt, MLA Melanie Mark



## ONTARIO: SOLIDARITY AND PRIDE AWARD NOMINATIONS

The Ontario Federation of Labour (OFL) is seeking nominations from labour activists for the Solidarity & Pride Champion Award. This annual award acknowledges individuals or groups who make a significant contribution to the advancement of the LGBTQAI2S+ human rights. They are seeking nominees who are leaders in advancing equality and quality of life for LGBTQAI2S+ people in workplaces, community and globally.

Click [here](#) to nominate champions you may know by June 9, 2020.



Join your unit Meetings from anywhere using your laptop, desktop, phone or tablet!

ALL UNIT MEETINGS WILL BE CONDUCTED BY ZOOM WEBCONFERENCE UNTIL FURTHER NOTICE

### Access your Unit Meeting in one click!

Simply follow the link provided in your meeting notice, and enter your meeting ID. You can also call-in using the toll-free number.

Stay connected. Stay safe.

# SOLIDARITY



## OUR OLDER NEIGHBOURS STILL NEED HELP WITH FREE GROCERY DELIVERY

Venturing outside for groceries can be a daunting task for seniors without access to a car or suffering from a health condition. Programs and organizations have been implemented throughout the country to help our elder neighbours and friends.

Check out the links below to connect with organizations who arrange free grocery delivery for older people:

[Alberta](#) | [British Columbia](#)  
[Ontario](#) | [Quebec](#)

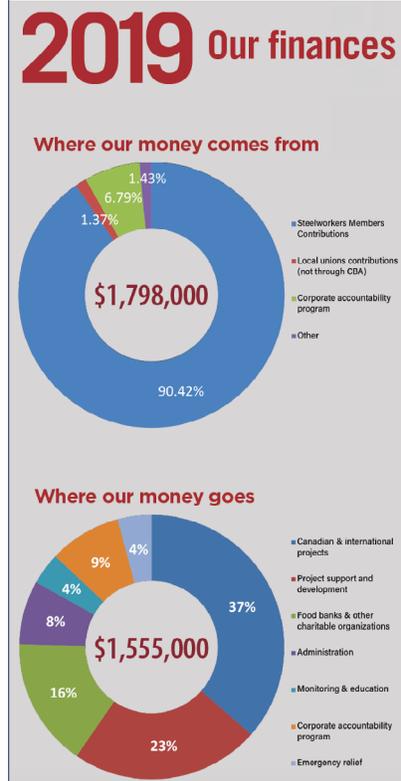
## STEELWORKERS HUMANITY FUND

Since 1985, the Steelworkers Humanity Fund (SHF) has addressed food insecurity in Canada by supporting food banks, and offered an education program for Steelworker members.

The Fund also supports international development projects and provides emergency humanitarian aid for disasters around the world.

More than ever in the new global health reality, the SHF is needed as a tool for Steelworker solidarity with the most vulnerable people in our communities and around our deeply interconnected world to face the challenges ahead.

The Steelworkers Humanity Fund's 2019 Annual Report is now available. Take a look at how the Fund has been able to build better lives and fight for rights to support workers and communities internationally. Read the report [online](#).



It's easy to make a donation: just click [here!](#)

# SCHOLARSHIPS 2020

## USW LOCAL 1944 SCHOLARSHIPS

*Seize the opportunity for financial aid for post-secondary education now, or share with students you know who are making a difference in their communities and might be eligible!*

The annual USW Local 1944 scholarships assist members with tuition relief with 3 educational scholarships of \$750, and 4 scholarships of \$1,000 for any post-secondary public institution.

Applicants must be children of active members of USW Local 1944, graduating from high school in 2020 and registering for courses at a public post-secondary institution.

The application deadline is **Saturday, August 1<sup>st</sup>, 2020.**

*For inquiries, please contact the Columbia Institute at (604) 408-2500 or [info@columbiainstitute.ca](mailto:info@columbiainstitute.ca)*

More information [here](#)



*"Especially during the pandemic, we have the education of Steelworkers families at heart!"*

A reminder that 2020 USW Scholarship applications are still open for all members, or their children, who are completing high school and starting post-secondary studies this year.

Due to COVID-19, USW's scholarship process has been changed to make it easier for students to apply. The deadline to apply is June 30, 2020.

For more information, please visit their dedicated [web page](#).

