

You and me and 603

Volume 2 Issue 7

Summer 2011

WARNING

*This paper is intended to be read by union members only!!! If you are reading this paper and are offended by it, please do not read it!! The opinions expressed here are not necessarily those of the **UNION**.*

This issue edited by: Jack Ky rein

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Summer 2011
Volume 2 Number 7

Your Union is meeting
Wednesday, July 13th
At 8:00 pm
The Carpenters Hall
9009 5th Ave.
See you there!!!

Up coming Events:
August Union Meeting
Canceled
See you in September :



PRESIDENT'S CORNER

Members of Local 603.

It is that time in the contract term when we have to start considering what our expectations are for the upcoming bargaining. The process starts by determining what the members of the Local would like to see bargained.

We would like to have suggestions made to the Wage Delegates so that they can categorize suggestions into "main wage" and "bull session" items.

Once the Wage Delegates have the submissions, we will make a list and forward it to the membership so that you can rate the things you wish to see bargained.

We want to give everyone the opportunity to have their suggestion put in front of other union members.

Write down your suggestions and have them in to the Wage Delegates by August 15th.

A list of those suggestions will be circulated to the membership by August 18th. If you will be on holidays for the first part of the summer, make sure you make any submissions before you leave on holidays.

The written suggestions must be returned to the Wage Delegates, an Executive member, or dropped in the box in the Insulation Shop by August 15th.

The results of this survey will form the basis for our agenda going into negotiations, both at the Local level, and to establish our priorities going into main wage

negotiations.

Your Wage Delegates are:
Brian Lakanen- Steam Plant.
Gerry Landry- Electrical Shop.
Robert Rodger- Millwright Shop.
Ellen Smith- Instrumentation Shop.
Rick Corrigan- Machine Room.
Dwaine Patterson- Pipefitters Shop.

Thank you.

*-Dwaine Patterson.
Local 603 President.*

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Congratulations 2011 Scholarship and Bursary Winners

Allana Starlund – McBride Secondary

Clarissee Halbert - PGSS

Craig Nordquist – Duchess Park Secondary



CEP Local 603

Building a better Community

Positive Benefits of Unions Within Our Society

Many positive benefits resulted within our society through the creation of unions. Although the benefits may not be noticed at face value, taking a closer look, positive results can clearly be seen. Unions, an organization of workers that have banded together, have made a substantial impact on the lives of unionized and non-unionized workers. They were created to help support workers that worked under poor conditions and were cheated out of their wage. In hopes of giving workers back their rights, unions were established.

Many of these unions became popular during the industrial revolution, when workers were being underpaid and mistreated. These unions may be composed by individual workers, professionals, past workers, or the unemployed. The not only, but main purpose of these organizations, is to maintain

or improve the conditions of employment. Throughout the years, rules have been made, in hopes of improving working conditions. Unionized workers wages have, roughly, been increased by twenty percent, while raising compensation, including wages and benefits, by roughly twenty eight percent. Wage inequality is continuously being reduced due to the increase in wages for the low and middle-wage workers, than for the higher-wage workers. Unionized workers receive fringe benefits, as well as higher percentage of vacation benefits, and better pension plans. Unions play an important role in pivoting both legislative labor protections and applying rights within the work force. As a result, working conditions across the country have been improved for many workers.

Before unions were created, workers suffered from low wages, poor benefits, and terrible working conditions. Skilled workers were being mistreated, and taken advantage of, based on their wage and the poor conditions they worked under. All thanks to the creation of unions, these skilled workers are no longer suffering from low wages. Presently, wages are continuously being increased in hopes of improving working conditions and benefits for both unionized and non-unionized workers.

Within our society, unions have created multiple positive benefits. They are not

always understood when first entering the work field, due to the lack of personal experience. However, understanding the past, and the once poor working conditions, improves the comprehension behind positive benefits unions have created.

When you go shopping, you choose a banana based on it's color, green, yellow brown. You discriminate grapes on their taste, sweet, bland, sour, and watermelon on their sound, full, hollow, solid. Yet, in turn, they are all the same, each containing seeds fulfilling the natural sugar source for humans. Which is to say, every one is the same as the next person to them.

Whether we work in a warehouse, in an office, at a school, or are self employed, working conditions and benefits should be set equal. Unions are organizations who understand these inequalities and fight for fairness in bettering working conditions for all workers.

*Allana Starlund
McBride Secondary*

Camp Jubilee

Camp Jubilee is a weekend camp set up by the BC Federation of Labour for young workers, with young workers teaching workshops in union history, mobilizing young workers, women's role in unions, among others. The camp is setup to provide workers new to union life a chance to experience what a union function can look like while also teaching important lessons on how unions operate and how young workers can get involved with their unions and the labour movement as a whole.

Mobilizing young workers workshop taught us how to get young workers involved in the labour movement by showing them that we can help non-union employees through EARN(employee action rights network). We can help them fight their battle for safer working conditions, a fair wage, and all the other things that we take for granted working for a company whose membership years before us demanded the same things for themselves and organized. We can help these people not only because it helps our cause by showing people they have more rights than they knew but because it is the right thing to do.

If we are able to show a 15 year old person flipping burgers that they don't need to take a managers abuse, if we get involved in the living wage campaign, or if our local brings the protein for people program to Prince George.

People will see that we are not just the 'greedy assholes' who work at the pulp mill, we are a part of this community, a part that cares about everybody's rights and are willing to give some of our pay cheques or some of our time to help this community. They might start to care about us, they might show there support if we decide that a company making record profits can give back to the people making those profits for them.

Unions are more than strikes and grievances. Unions are what this community was built on. What our old time union people fought for when they first got started in the Labour Movement is the same thing this community needs help fighting right know. There is a lot of knowledge in this local that our young workers have to learn from them before they retire so we can carry on the good fight. Our young workers need to find there voice so they can move this local forward in a ever changing world, they need to learn the lessons that previous generations learned. This local needs educated, motivated, and experienced workers to take the wheel when the old guard decides to retire.

In my eyes camp Jubilee is the place to start to learn these skills. Anyone wanting to go next year needs to talk to their union leaders to find out what they need to do to be considered for next year's camp. I also urge this union to keep sending our young workers who want to get involved, who think they can make a difference but don't know how to get involved. This is a great way to open the door for the young workers of this union to show them they can make a difference.

In Solidarity:

Wade Krueger

Support grows for Robin Hood tax

NUPGE/CALM

SPECULATIVE TRANSACTIONS,

including financial derivatives, made the banks \$605 trillion in 2010 according to the Organization for Economic Co-operation and Development or around 10 times the world's gross domestic product. The banks' profits from speculative transactions are largely untaxed.

"It was this speculative money that was one of the major drivers in the financial collapse in 2008, but as an industry it continues to grow, without delivering anything back to the real economies of national governments," says Sharan Burrow, general secretary of the International Trade Union Confederation.



"He's tracking his unregulated capital moving around the globe for lowest wage, quickest, highest return!"

"A simple tax on financial transactions would generate billions of dollars that could be used to create decent jobs, tackle global poverty and fund action on climate change. It's time the banks stopped getting a free ride on the backs of working people and start to pay for repairing the damage they have caused to the economy," says Burrow.

The unions argue that the initiative, which would involve a tax of a fraction of a per cent on transactions, would also dampen financial speculation. It would not apply to the overwhelming majority of citizens.

There was a unanimous vote for the tax in Brazil and a call by European Commission president Manuel Barroso for the EU Summit to put the issue on its agenda.

Demand for the Robin Hood Tax will be at the top of trade union demands for the this year's G20 summit in November.

Re-jigging CPI

Tabletalk/CUPE/CALM

ANYONE WATCHING the news knows that oil prices are on the rise. But it's not just the recent uprisings in the Middle East that have sparked fuel price increases. Oil prices were already climbing last fall as a result of strong demand in newly industrializing and developing countries.

We've just barely begun to see the effect of rising world oil prices on inflation. Canada's rising dollar and suppliers' chains have helped cushion and delay greater price hikes, but hikes are in the pipeline and will increase inflation later this year.

In the food aisle we've been relatively cushioned from the rise in world food prices because more of our food is processed. But the increases will come there as well. Weston Foods, owned by the same company that

operates the Loblaws supermarket chain, recently announced it would be increasing its prices by an average of five per cent on April 1 in response to these commodity price increases.

The Canadian landscape is changing. There are higher rates of economic growth, especially in western Canada and Newfoundland, but there are also higher rates of inflation and generally slower rates of employment growth elsewhere.

Inflation rates will be higher in provinces where sales taxes were increased during the past year—Ontario, B.C., Nova Scotia and Quebec—and lower in most other provinces. Inflation is forecast to reach more than 2.3 per cent in Ontario, B.C., Nova Scotia and Quebec this year, and closer to two per cent in the rest of the country.

So what do some governments do when they've generated billions in debt that will be highly influenced by the Canadian Consumer Price Index (CPI)—The answer, of course, is to change the way we calculate the CPI.

The federal government made small changes during their last term. But, now, there's a chance they may make a significant change to the way the CPI is calculated. The change would—not surprisingly—be good for government and employers, but bad for workers and taxpayers.

One of the proposals under discussion would result in measured inflation rates decreasing by about 0.6 per cent per year. It wouldn't affect real prices or the real cost of living, but it would affect wages, incomes, transfer payments and taxes that are linked to CPI. Workers would end up paying more of their income in taxes because the tax brackets and credits would rise at a lower rate. The basic personal income tax credit would also end up being six per cent lower in 10 years—and taxes would be equally higher.

While a 0.6 per cent annual reduction might not seem like a lot, it really adds

up over time, and would mean major gains for federal and provincial governments paid for by workers, pensioners and other earners. After 10 years, a 0.6 per cent annual decline would result in six per cent lower wages, pensions or transfer incomes—and they will keep declining. The cumulative loss over those 10 years works out to more than 30 per cent of \$50,000 annual income—over \$18,000.

It's just another pro-business, anti-worker initiative brought to you by the Harper Conservatives.

Consumer price index

Per cent increase Feb. 2010 to Feb. 2011	
Canada	2.2
Newfoundland and Labrador	2.9
Prince Edward Island	1.9
Nova Scotia	3.4
New Brunswick	2.2
Québec	2.2
Ontario	2.5
Manitoba	2.1
Saskatchewan	2.2
Alberta	1.2
British Columbia	1.8

Source: Statistics Canada, The Daily, March 18, 2011

You oughta know

HEU Guardian/CALM

CANADA IS changing. And there are things about those changes oughta know. These facts are compiled from various reports issued by the Canadian Centre for Policy Alternatives.

- A universal, public pharmacare plan could

save Canadians up to \$10.7 billion on prescription drugs.



- Canadian military spending is higher now than at any time since the end of WWII.
- In 1992, 45 per cent of workers had a workplace pension. That's dropped to 38 per cent.
- 14 per cent of Canada's female seniors who live independently are in poverty.
- Canada's municipal buildings and road, water, waste and transit systems needed \$123 billion of maintenance in 2007.
- From 2000 to 2005, average earnings for workers from visible minorities declined by 0.2 per cent compared to other workers whose wages rose by 2.7 per cent.
- In 2005, workers from

visible minorities earned only \$0.81 for every dollar paid other Canadian workers.

- In 2009, the richest 3.8 per cent of Canadian households controlled 66.6 per cent of financial wealth. And, the portion of financial wealth controlled by this richest group of Canadians is headed for 70 per cent by 2018.

The real pirates of the Caribbean

HEU Guardian/CALM

IN TODAY'S globalized world, tax evasion is occurring on a massive scale, writes Peter Gillespie in a recent edition of the Canadian Centre for Policy Alternatives' publication, *The Monitor*.

As corporations and wealthy individuals shift their assets into offshore tax havens, the annual loss in global tax revenues is more than \$500 billion.

This huge revenue shortfall is restricting the ability of governments to provide vital services.

Gillespie reports that in 2002, Canada's Auditor-General warned that corporate tax arrangements with foreign affiliates have eroded Canadian tax revenues of hundreds of millions of dollars in the past ten years.

A June 2008 study by the University of Quebec concluded that the five major Canadian banks avoided \$16 billion in federal and provincial taxes through offshore affiliates between 1991 and 2003.

And, Statistics Canada reported that \$88 billion of Canadian corporate assets were held offshore in 2003, mostly invested in the tax havens of Barbados, Ireland, Bermuda, the Cayman Islands, and the Bahamas.

From the frying pan into the fire

by Patty Gibson/HEU

Guardian/CALM

IT'S BEEN described as NAFTA on steroids—another trade deal built along the same lines as the notorious North American Free Trade Agreement of the 1990s. And according to analysts, it's even more threatening to Canadians' democratic rights and freedoms.

The deal is the Comprehensive Economic Trade Agreement between Canada and the European Union—CETA, for short.

And, in a new twist, provincial and territorial governments are players at the negotiating table, right along with their federal counterparts. That's because European Union negotiators want a whole lot more out of Canada than the U.S. got under NAFTA.

They want unrestricted access to virtually all of Canada's public resources and services, including those that fall under provincial and municipal governments.

This time, crown corporations, school boards, health authorities, public utilities, transportation authorities, regional districts and many others are part of the package.

NAFTA was generally limited to resources and services that fell under

federal jurisdiction.

CETA, on the other hand, is seeking much deeper access. And if they get it, a clause in NAFTA will open provincial and municipal jurisdictions to the Americans as well.

Scott Sinclair, in a Canadian Centre for Policy Alternatives' report *Negotiating from Weakness*, puts it this way: "European negotiators are working to downgrade regulatory standards and break up some of the public services Canadians so value, in order to increase profit opportunities for European multinationals."

He says those objectives are in line with Conservative federal government initiatives to promote the privatization of public services and reduce government regulation of corporate activity in key aspects of the Canadian economy.

It's also expected that CETA, like NAFTA, will include an investor rights enforcement mechanism allowing corporations to sue governments if domestic laws or regulations stand in the way of profit-making opportunities.

According to Sinclair's research, that mechanism has already cost Canadian taxpayers \$157 million under NAFTA.

And, of key concern to public health care advocates is the global pharmaceutical lobby to extend patents and data protection on brand-name drugs.

If successful, it's estimated those new rules would add \$2.8 billion to Canada's annual drug expenditures, a cost that would put even more pressure on our public health care delivery.

While it's no surprise that most Canadians are very much in the dark about a deal that is being put together behind closed doors, an expanding network of activists on both sides of the Atlantic is working hard to get the word out.



The Seattle to Brussels (S2B) Network—a Pan-European NGO network formed in 1999—is actively mobilizing opposition to CETA.

Here in Canada, a broad coalition of social justice groups is also sounding the alarm about what's at stake if European multinationals get their way.

It's called the Trade Justice Network, and includes the Canadian Union of Public Employees, the Council of Canadians, the Sierra Club, and more than 25 other organizations who are exposing the irreversible damage CETA could wreak on Canada's ability to control its own social and economic destiny.

Earlier this year, the network sent a delegation to Brussels and Strasbourg, France, where the sixth round of negotiations between Canada and the European Union were being held.

While there, network representatives met with European unions, environmental groups and civil society

organizations, who have their own reasons for opposing CETA.

Like their Canadian counterparts, they're deeply opposed to any international trade agreement that puts the rights and profits of global corporations ahead of the responsibilities of democratically elected governments.

And they definitely don't want oil from Canada's tar sands in Europe.

Currently, a European fuel quality directive defines petroleum from the tar sands as "unconventional" or "dirty" oil. That directive discourages the use of Canada's tar sands oil in Europe, and it's something Canada wants changed under CETA.

Prime Minister Stephen Harper has pushed ahead with a seventh round of negotiations, despite strong criticism.

For more information about CETA and how you can add your voice to the growing number of Canadians opposing the deal, go to www.tradejusticenetwork.ca.

Is an \$18,000 pension gold-plated?

by Paul Moist/CUPE/CALM

Try as they might, those attacking public sector unions can't seem to figure out why exactly they are so bad for Canada.

For whatever the reason—it

doesn't seem to matter much—many from Canada's corporate classes insist public sector unions are a blight, and spend much time and energy mounting their hyperbolic attacks.

The threadbare nature of these arguments is best exemplified in opposition to the labour movement's efforts to expand the Canada Pension Plan as the best way to help Canadians save more for their retirements.

By gradually increasing CPP contributions made by both employees and employers, we could greatly improve retirement security of all Canadians, and help the millions who cannot afford a private retirement savings plan.

Of course, under this approach, Canada's banks and finance industry will lose out on opportunities to charge their exorbitant investment management fees.

Instead of offering solutions for low-income Canadians, it is much easier to portray CPP contributions as a payroll tax. CPP contributions help fund a deferred salary for Canadian workers and supply no revenue to the federal government. It is not a tax.

When it comes to debating pensions, however, disingenuous arguments are commonplace—such as corporate Canada's insistence on pointing to public sector pensions as prime examples of union-led extravagance.

The typical public sector pension—for someone who has worked for 30 years—is \$18,000 per year. Most Canadians sure don't think this is excessive.

An Environics poll conducted

in August 2010 shows that 80 per cent of Canadians thought public sector pensions were at an appropriate level or too low. No matter how often the mantra is repeated, few Canadians genuinely believe \$18,000 per year is a gold-plated pension.

The weak foundation of these pension arguments is little different than lies offered in favour of privatizing public services. The Canadian right's new hero of privatization, Toronto mayor Rob Ford, is similarly trying to cover an ideological position with the façade of protecting taxpayers.

Ford's promises to save untold millions by contracting out services, such as waste and recycling collection, are missing one key element—any proof it will save Toronto taxpayers one dollar. In fact, a detailed analysis of available data on costs of private waste collection in neighbouring municipalities shows Toronto stands to pay substantially more if waste collection is contracted out.

This, however, is only a footnote in the real agenda of Ford and other attackers of public sector unions, which has nothing to do with saving taxpayers any money at all. It has everything to do with wrestling away the modest power of workers.

The large majority of public sector workers are in health care, schools, social services, and local government. They are mostly women and are far from highly paid. The average annual pay of CUPE members is less than \$40,000. To portray these workers as privileged stretches even the most inventive imaginations.

No position, however, is too outlandish for those looking to cast public sector workers as a plague on the taxpayer. Instead of tackling the economic policies that caused the global recession, they take up this diversionary strategy of attacking public sector workers to protect economic policies that are great for profits, but bad for working Canadians.

While crying out against the so-called extravagances of public sector worker salaries, benefits, and pensions, they continue to promote extending even more irresponsible and reckless corporate tax cuts to Canada's banks and the oil industry without any proof these cuts provide the new jobs or investments they're supposed to generate.

While claiming to be looking out for the best interests of taxpayers, those who attack public sector workers are also taking unjustified

aim at our communities—large and small. Canadians are being asked to shoulder the deficits and also sacrifice the high quality public services we have developed over generations.

It is undeniable that Canada is facing fiscal challenges after weathering the global economic meltdown. Stimulus spending that kept the economy afloat during a crisis created by speculation and fraud has left a public debt.

Canadian governments have a responsibility to ensure all Canadians contribute their fair share to the ongoing recovery. Public sector workers are prepared to do their part, but the responsibility should not fall on their shoulders alone.

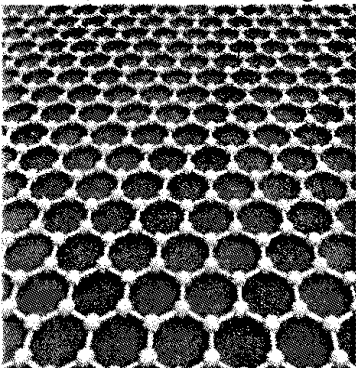
High-quality public services are crucial to our economic recovery and help make Canada a great place to live. They are reliable, accountable and are there for all people when they need them most. Public sector workers across the country are dedicated to these principles, and are focused on making our communities stronger for all Canadians.

• *Paul Moist is president of the Canadian Union of Public Employees. This opinion piece was first published in the Financial Post on March 11, 2011.*

ARE THE DAYS OF PLASTIC NOW NUMBERED?

Scientists from the University of Technology in Sydney, Australia, may have started off with a small and thin curious little metal, but it's making big waves as some are claiming it to be the next big thing in materials. It's actually not really even metal, but rather a revolutionary paper. Paper strong enough to cut through solid steel. Graphene will soon

change everything from space travel to medicine. The material is flexible, fire retardant, strong and cheap to make. How strong? It would take steel six times thicker than a single sheet of Graphene to achieve the same strength. The network of hexagonal lattices make a strong, lightweight and easy to make material. It is expected to someday be used as a replacement for heavier materials used in automobiles, aircraft, vessels and buildings.



Graphene's antibacterial properties suggest it will make a perfect addition to the growing demand for bandages that can fight off infection. Another possible use could be food preservation. With a breaking strength of over 200 times that of normal steel, food would be fairly well protected. Graphene photovoltaics will also allow industries to print flexible solar cells that can encase digital devices, and even be used as wall coverings on houses to make for ultra cheap power generation. Will Graphene be the next material to revolutionize the world? Hmm? I reckon we'll have to wait and see.



For submissions and articles for the paper.

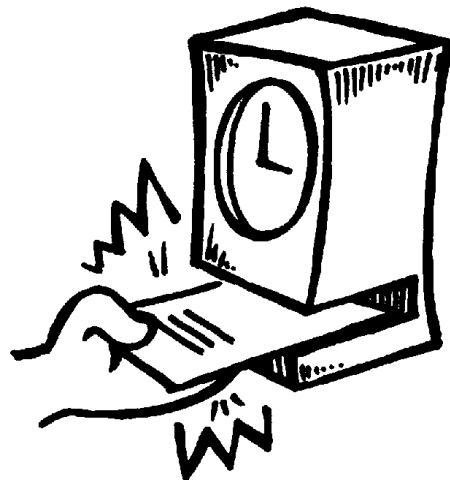
E-mail www.cep603.ca , put paper in the subject line to ease the work of our secretary. You can also e-mail me at work or drop a line off in the paper drop box in the main hallway between the change rooms and the mill.

Long hours can kill

UCS/CALM

NEW RESEARCH says that those who spend more than 11 hours at work increase their chance of having a heart attack by two thirds.

U.K. researchers say the risk is so great that doctors should be asking patients how many hours they work along with how much they drink or whether they smoke. A research team from University College London looked at more than 7,000 civil servants working over a period of 11 years and noted how many hours they worked on average a day. From medical records and health checks, they also collected additional information like the condition of their heart. Over the 11 years, a total of 192 had suffered a heart attack. The study, published in the journal *Annals of Internal Medicine*, found that those who worked more than 11 hours a day were



67 per cent more likely to have one than those who had a nine-to-five job. The researchers say their findings could potentially lead to preventing thousands

of heart attacks a year by helping doctors get a better idea of how likely a patient was to have one. Patients already at high risk by being overweight or smoking, for example, would be encouraged to cut down on their working hours. Lead researcher Mika Kivimäki says, "We have shown that working long days is associated with a remarkable increase in risk of heart disease.

"This new information should help improve decisions regarding medication for heart disease. It could also be a wake-up call for people who over-work themselves, especially if they already have other risk factors," says Kivimäki.

Oil companies crying all the way to the bank

by Hugh Mackenzie/CCPA/CALM

The oil industry in Canada is second to none, at least when it comes to spin. It makes the most creative of Canada's political leaders look like amateurs.

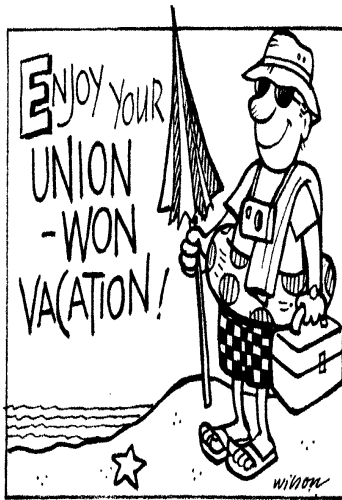
The latest and most audacious story being spun to Canadians is that the oil industry stands to be hurt by high oil prices, that it finds itself in as tough a spot as Canadians as prices escalate. That's what we started to hear, not when retail gasoline prices were running up to record levels, but when prices kept going up at the same time as the price of crude oil was going down.

And now that prices have eased by about six cents a litre in much of Canada, we're supposed to be feeling better.

Before we get out our crying towels in sympathy with the poor helpless corporate giants that dominate the home heating oil and gasoline markets in Canada, a bit of a reality check is in order.

At the price of \$1.34 a litre being reported in the media in Toronto, the industry is making an excess profit of 25 cents per litre, based on normal production costs, today's crude oil price, today's exchange rates, and taking into account all taxes.

That compares with an excess profit of 20 cents per litre two weeks prior.



These figures are calculated using the Canada Centre for Policy Alternative's gas gouge meter (www.gasgouge.ca) incorporating current crude oil prices and exchange rates.

Although the average price in mid-May in these

major centres across Canada was roughly the same as it was two weeks ago—\$1.33 on April 29, \$1.40 on May 12—the industry's failure to pass on the savings resulting from crude oil price changes and exchange rate moves is reflected in the fact that the average excess profit jumped from 14 cents per litre on April 29 to 25 cents per litre on May 12.

The biggest gaps—in the 30 cent per litre range—are in Montreal and in western Canada. The smallest gaps—in the 15-20 cent range—are in Ottawa and in BC outside the lower mainland.

To put these numbers in perspective, one cent per litre across Canada generates excess profits at a rate of \$1 million per day. So an excess profit of 25 cents per litre is generating \$25 million in excess profit every day—\$9.125 billion a year.

In its rationalization of these price increases, the industry majors are fond of stressing the financial squeeze faced by gasoline retailers. True enough. But what they don't say is that it is the industry majors themselves who are doing the squeezing, and increasingly having trouble carrying the proceeds to the bank.

Canada's petroleum industry wins the prize for creative spin. One day, the problem is war in Libya; the next day it is floods in the southern United States. One day, the price is set in New York and out of our control; the next day prices are up because of a fire in a refinery in Canada. One day the problem is speculators in New York; the next day futures markets play an essential role in stabilizing prices. The common thread? Every day, 365 days a year, one cent of price gouging generates excess profit of \$1 million.

• *Hugh Mackenzie is a research associate with the CCPA.*

Piont of View

The 92-year-old petite lady, her hair fashionably coifed and makeup [perfectly applied, though legally blind, waited patiently in the lobby of the nursing home. She smiled sweetly when assisted to her tiny room. "I love it," she said. The nurse replied, "But Mrs. Jones, you can't see the room, let me describe it to you." The elderly woman said, "No need. Happiness is something I decide ahead of time. Whether I like my room or not, doesn't depend on how the furniture is arranged, it's how I arrange my mind. You see, every morning I have a choice. I can spend the day in bed, recounting the difficulty I have with the parts of my body that no longer work, or get out of bed, and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the happy memories I've stored away, just for this time in my life. Remember these five simple rules to always be happy: 1. Free your heart from hatred. 2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less."

New members: please make an effort to get to the next meeting to be initiated....and remember to fill out your death benefit form.

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CANADIAN ASSOCIATION
CALM
OF LABOUR MEDIA