

News media of today is not the same as it once was. Media, including radio, television, newspaper and even the internet is written from perspectives to influence the public. People become dependant on media instead of fact-finding to verify both sides of the story. Wealthy corporate groups swing public opinion about business, vacation, politics, health, products; even the groceries you buy. Do your research—be informed!



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Provincial Woman’s Committee’s Pink Scarf Campaign

Sharon, Sophie and I attended the Provincial Women's Conference that was held in Toronto November 6-8, 2009. The theme for the conference was: Women's Empowerment in Difficult Economic Times.

We joined 131 other women in celebrating 25 years of involvement in Ontario and had an opportunity to look back at the issues that were being addressed in 1984 and saddened to see how many of those issues concern us 25 years later.

Andrea Horwath, NDP Leader was our keynote speaker who spoke about the various obstacles facing women today; the lack of equity in our communities and the failure of the government to respond with appropriate measures. She

acknowledged that many women still struggle with part-time work and low paying positions. Due to the lack of benefits in these jobs it makes it even harder for these women to get ahead. Some things haven't changed!

Besides attending the workshops on the international scene, the labour movement, contingent and part time workers and community struggles, we participated in a "Diva" evening. There were manicures, reflexology, sun catchers, Henna tattoo's, psychic readings and a breast cancer workshop for us to enjoy. The food was great and the gifts we received were appreciated!



Christine Luhtala, Sharon Blanco and Sophie Ambrose sport the PWC Pink Scarves at Region 7 Head office.

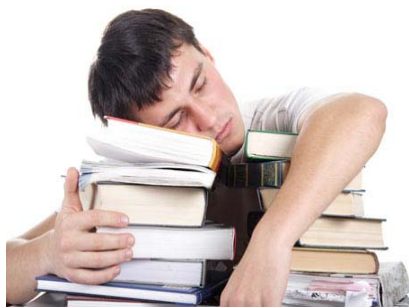
One special highlight of the weekend was when we all participated in preparing a time capsule which will be opened in 2034. I hope I am around to attend that Provincial Women's Conference! We had a terrific time and recommend that everyone try to attend an upcoming PWC Conference in the future, you will not be disappointed! Stay involved as it is very rewarding.

Christine Luhtala

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OPSEU 'S HAD A NAME CHANGE IN 1975. FORMER NAME: CSAO (CIVIL SERVICE ASSOCIATION OF ONTARIO)



Super Sleep Tips

For Deep, Restful Regenerating, Anti-aging Sleep

1. SLEEPING ENVIRONMENT

Create a quiet peaceful environment with a good quality mattress. Choose a memory foam mattress or an organic cotton futon, or a natural rubber one with an organic cotton velour cover, quilted with wool and silk.

Choose a natural rubber, wool or buckwheat hulls pillow. Organic cotton, bamboo or silk sheets are best. Silk is best for avoiding dust mites.

Avoid coil mattresses and a metal frame because the metals can attract electromagnetic frequencies like an antenna does, thereby disrupting sleep. Sleep in a bedroom and entire home that has been evaluated and fitted for electromagnetic (EMF) safety.

Use a battery operated alarm clock rather than an AC electric alarm clock. Keep land line phones out of the room. Avoid DECT cordless phones.

Situate your bed where your head points to the north; second best north east.

Keep the room as dark as possible, with no night-light or "on" lights from devices.

Even small amounts of light can prevent melatonin from being released which aids in regenerative deep sleep.

Keep your air fresh and pure.

Sleep all you need to, until you

awaken naturally as much as possible.

Always unplug all electronics all day long and at night when not in use, such as stereos and TVs, as they carry a 'phantom electrical load' that needlessly wastes energy .

2. HYDRATE

Make sure you drink enough Healthy, 'Living', Energized, Restructured, pHBalanced, Medical Grade Purified Water, high water content fresh organic foods, herbal teas and fresh juices of at least 2 litres or more daily.

Not drinking enough liquids can cause the body to become too acidic and unable to dilute the poisons from being over-stimulated with toxins.

3. EXERCISE AND SUNLIGHT

Scheduling your vigorous workout early in the day is usually best.

Yoga, pilates & stretching can be very relaxing 1 hour before bed.

You need to have sufficient outdoor sunlight every day to balance the endocrine system.

4. STRESS

Reduce stress levels with meditation or writing in a personal journal before bed. This can help solve problems and eliminate stress.

Play soothing music throughout

your day or before bed.

5. EAT HEALTHY WHOLE FOODS

Avoid eating processed chemically preserved foods. Avoid alcohol, nicotine, refined sugar and caffeine.

If hungry before bed, eat a small amount of alkaline forming foods such as juicy fresh fruit and vegetables, light vegetable soup broths, relaxing herbal teas or freshly squeezed juices within 1-3 hours before sleep time. Avoid refined sugar, starches and proteins.

To eliminate potential stimulants, use a diet diary to eliminate possible causes.

6. TIMING

Eat and sleep at regular times to balance blood sugar. Sleep within 1 hour of the same time daily to ensure a stable body clock.

Ten per cent of snorers have sleep apnea, a disorder which causes sufferers to stop breathing up to 300 times a night and significantly increases the risk of suffering a heart attack or stroke.

7. NAPS

Taking a 30-45 minute midday nap daily is stress reducing & energizing.

More than 45 minutes can change sleep patterns by keeping one up later.

8. AVOID TOXIC CHEMICALS

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Go Green at Work

Try these 10 easy steps and leave less of your carbon footprint on Mother Earth!

1. Turn off your computer monitor during break/ lunch and at the end of the day.
2. Get an air-purifying houseplant for your desk!
3. Reduce, Reuse, And Recycle! Make use of appropriate bins for your trash!
4. Print on both sides as per our mandate. We still see many printers' settings not set to double-sided.
5. Carry a water bottle! A great healthy way to save money!
6. Commute to work carbon free! Walk, run or bike.
7. Car pool when possible, or take public transit.
8. Take the stairs and avoid the elevator! Less use means less electricity!
9. Bring your lunch from home in environmentally friendly containers!
10. Reduce, Reuse, and most importantly recycle! Remove extra office supplies that are no longer needed from your desk and return to the supply cupboard.

Joining the ServiceOntario ERC

Thanks to a few carefully written suggestions, a sub-committee of the ERC was formed to focus specifically on reviewing the outdated compressed workweek (CWW) agreement. This agreement has been used in existence since its implementation with little or no revision. As our organization changes, so must our policies, and it was due time to take a look at this severely outdated agreement.

Do to unforeseen circumstances; a couple of elected ERC members for Local 736 were unable to attend scheduled meetings. Thus, a replacement had to be found quickly to ensure little or no time lost on revisiting the agreement. Since I was the person who submitted the suggestions to revisit the agreement, it was decided executively that I would be the now be a temporary member! As the president welcomed me she said, "Now you'll see how much

work goes into a written agreement, and it's not easy." She was, most definitely, right!

At the first meeting, I was so excited! Finally, I get to share my ideas for some much needed improvements! As I sat at a table with experienced ERC members I could sense a feeling of understanding in every member. At this forum, each member has an opportunity to speak freely with respect to seek constructive solutions to complicated problems. In such a diverse workplace, it is often difficult to foresee the effects of decisions made around a table. Through much dialogue, mathematics and sometimes-even humor, the new CWW agreement was signed and delivered to staff March 2010.

Before this opportunity, I never considered running for an elected position on the ERC. My experi-

ence has shown me that persistence works! But also it has taught me that providing constructive solutions in the right forum is the most professional way to implement suggestions from a staff level. The level of professionalism and dedication from every ERC member is demonstrated in the positive results that this committee provides to our workplace as a whole. I encourage everyone to submit his or her suggestions to the ERC box! You never know what might come out of it!

The positive results from my experience was the implementation of our new CWW agreement. This provided every staff member currently on CWW the opportunity for a preferred day, either a Monday or a Friday, unless otherwise decided by the member!

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AND NATURAL METHODS SOLUTIONS!

Remove *Anything generating a synthetic fragrance

- * Clothes and bedding treated by chemical fabric softeners
- * Clothes washed in fragrant or petroleum-based detergents
- * Clothes exposed to dryer sheets
- * Fragrant lotions, colognes, perfumes, deodorants
- * Smoke, cleaning products and air "fresheners"
- * Chemical cleaners, window cleaners, bleaches
- * Vehicle exhaust
- * Road tar and new asphalt or heated roads from hot days
- * Newly copied papers not in sheet protectors
- * New phone books, daily newspapers, new mail
- * Fumes from copiers, fax machines, computers. Ink Jet printers are preferred as they do not spray mists of toxic ink in the air as laser printers can.
- * Moulds and toxins produced by moulds
- * Building materials and paints
- * Pesticides, mothballs
- * People coming from banks, offices, etc. where any of the above are transported on their hair, skin or clothing

Solutions

Home Cleaning:

Natural cleaning methods using lemon and water, or diluted food grade hydrogen peroxide, or baking soda, or borax, or washing soda, or vinegar (being sure to never use more than one at a time to avoid chemical reactions, unless you know that they are safe together)... All contribute to less toxicity and a cleaner planet!



Air - List of air-filtering soil and plants:

As well as absorbing carbon dioxide and releasing oxygen, as all plants do, these plants also eliminate significant amounts of benzene, formaldehyde and/or trichloroethylene.

A good quality air filter is highly recommended, in another part of your home, away from your sleeping area.

9. RELAX

Write down anything that will need to be worked on tomorrow and put it all out of your mind. Think wonderful grateful thoughts about your life and all those you love and care for.

10. ACTIVITY, PLAY & RECREATION

Hobbies, fun time and extra activities stimulate a balanced life.

11. COMFORT & AESTHETICS

Internal & external cleanliness, to mental & emotional poise, self-mastery, security of life & its means, creative useful work, belonging to a group or a social circle, kind human touch, expressing love for others, satisfaction of all our artistic and aesthetic senses, developing a positive attitude & fulfilling of our life's purpose.

12. CONSULT A PRO

Select a natural health professional and lifestyle coach if all of the above is not working for you and you are still tired when you awaken.

Submitted by Christine Luhtala

Walmart buys Haiti a coffee

WALMART, THE world's largest corporation, has announced that it has generously donated \$600,000 to the Haiti relief effort. For most of the world, \$600,000 is a considerable amount of money, but to Walmart and the Walton family, it's walking around money. Walmart sold more than \$401,244,000,000 in merchandise in 2009 and made at least \$13.6-billion in profits. So the 600K the Walmart corporation donated to the devastated Haitians represents roughly 0.004 per cent of its income for 2009. By comparison, to the average Canadian, who took home less than \$35,000 last year, that's the cost of a large Tim Horton's coffee.

For the average Walmart worker, whose gross income is around \$19,000, it's about 75 cents, which is about the cost of... well, nothing.

WalmartWorkersCanada/UFCW/CALM

Pat and John,

Pat you are a faithful and loyal friend
You are full of compassion and trustworthy till the end.

You have such great qualities as we all know
You are always happy and vibrant and on the go.

You are comfortable in your own skin
And as you know these qualities come from deep within.

You glow like a star shining in the night
You stand up for yourself, when you know you are right.

Your laughter is contagious and so good to hear
We love to join in and it always draws us near.

Our coffee breaks have been better since you found John
We laugh with abundance, tell jokes and have lots of fun.

You worked very hard to raise your children and taught them right from wrong
You can be proud now, for they are on their own and you have the love of your life John.



John Kirk and Pat Green

Congratulations Pat and John



The poem was written by our own members and read to the couple and guests. Pictured is Kaniz Zaman, Evy Mehegan, Josie Lamers, Veena Ramchandani (Stella Williams behind Veena, Brenda Mailhot, Rat Ross (behind Brenda).

Joining the ServiceOntario ERC

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It also established fair and transparent guidelines that are to be standard across teams and/or branches. Although our recorded hours in WIN changed slightly, staff representatives understood that this how and why this happened. This agreement was a great example of how collaborative committees provide positive outcomes, for both sides.

“PROVIDING CONSTRUCTIVE SOLUTIONS IN THE RIGHT FORUM IS THE MOST PROFESSIONAL WAY TO IMPLEMENT SUGGESTIONS FROM STAFF .”

I thoroughly enjoyed my time with the ERC and have decided to run for an elected position! Looking forward to representing our local for the 2010 ERC!

Thank you for the opportunity, in solidarity,
Rachel Brown

Healthy Food Choices and their effects

honey	Heals wounds	Aids digestion	Guards against ulcers	Increases energy	Fights allergies
lemons	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
mangoes	Combats cancer	Boosts memory	Regulates thyroid	aids digestion	Shields against Alzheimer's
mushrooms	Controls blood pressure	Lowers cholesterol	Kills bacteria	Combats cancer	Strengthens bones
oats	Lowers cholesterol	Combats cancer	Battles diabetes	prevents constipation	Smoothes skin
olive oil	Protects your heart	Promotes Weight loss	Combats cancer	Battles diabetes	Smoothes skin
onions	Reduce risk of heart attack	Combats cancer	Kills bacteria	Lowers cholesterol	Fights fungus
oranges	Supports immune systems	Combats cancer	Protects your heart	Straightens respiration	
peaches	prevents constipation	Combats cancer	Helps stops strokes	aids digestion	Helps hemorrhoids
peanuts	Protects against heart disease	Promotes Weight loss	Combats Prostate Cancer	Lowers cholesterol	Aggravates

Due to privacy, the employer does not inform the union of any changes you make to your contact information. In order to keep our records up-to-date, we ask that you visit <http://www.opseu736.org/forms/memberinfo/memberinfo.html> to make those changes. We want to thank those who have updated their information and take this time to remind members to keep us updated.

Should you require a replacement Union Card, please inform Sandra Symons at sandra.symons@opseu736.org. Include your current mailing address and I will ensure a new card is ordered for you.

Thank you!
Sandy Symons, Secretary