



# THE ACCENT

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The Accent is an  
internal publication  
of the Prince  
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Union of Public  
Sector Employees.  
Comments,  
questions, concerns  
and suggestions  
should be sent to :  
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Note to members  
distributing *The  
Accent*:

Because the  
material contained  
in this publication  
is often of a time-  
sensitive nature,

***Please Post Or  
Distribute This  
Accent As Soon  
As  
Possible.***

## March 8th is International Women's Day

Whatever became of me? This is a question more and more working women are asking themselves. Statistics show that women are more often the ones left to try and balance work life with the demands of child care, elder care and household chores. When you factor in the additional stress associated with tough economic times, it is easy to see that finding the necessary time for oneself would be difficult indeed. The National Union (NUPGE) is working on a plan to raise awareness regarding this issue. They are asking all women, unionized or not, to complete the survey on their website. They will identify the main issues facing working women and work at ways to assist in reducing them. Stress related illnesses, burnout and depression affect more than just the workplace. Families are also paying the price. We are encouraging all UPSE sisters to take a few minutes and complete the survey. There is a link to the survey on the UPSE website at [www.peiupse.ca](http://www.peiupse.ca)

*Whatever became of me?*

**How tough is it to find time for yourself?**

How tough is it to balance work life and home life?

We want to know so we can work on making it easier.

Please help us detail the quantity and quality of stress women feel who have to balance home life with work life.

It will help us raise awareness about the whole issue.

Complete our survey at [www.nupge.ca](http://www.nupge.ca)

national union  
[www.nupge.ca](http://www.nupge.ca)

**IWD 09** INTERNATIONAL WOMEN'S DAY

POSTERS FOR PEOPLE #1 2009



## Four members elected to serve on UPSE Board of Directors



Terence  
McGaughey



Wilma  
Lewis

Locals 7, 17 and 18 recently filled their vacant Director positions. The successful candidates were, in local 7- Chrissy Murphy a LPN at Hillsborough Hospital, in local 17- Terrence McGaughey an A.V. Technician at Holland College in Charlottetown, and in local 18 - Wilma Lewis an Administrative Assistant at WCB. Director vacancies still exist in local 11 and 20. The Stewards Council have also elected Mike Lyriotokis as their co-chair, and representative on the Board of Directors.



Mike  
Lyriotokis



Chrissy  
Murphy

## Douglas MacMaster Memorial Occupational Health and Safety Award

Beginning in 2006, the Doug MacMaster Memorial Occupational Health and Safety Award for excellence in occupational health and safety was inaugurated. The award is designed to celebrate individual or team achievements by government employees in the promotion and development of health and safety.



Mr. MacMaster, a dedicated public service employee with the Provincial Forestry Service for over 25 years, was a silvicultural trainer and educator for government staff, woodlot owners and operators. Doug developed and taught a variety of courses promoting chainsaw, brushsaw, and woods safety within government and the private sector. As a forest safety inspector and supervisor, he constantly strived to achieve safer operations for everyone. In addition, Doug was an innovator and fabricator of equipment that improved forest safety. He distributed these designs across the country and assisted others with ways to make their equipment more effective and safe. Until he was unable to do so, Doug continued to teach and promote forest safety. Doug passed away in November, 2004 but left behind a memory of an individual who was truly committed to forest safety, his family and his community.

**Eligibility Criteria:** Nominators must provide information to support the award by describing the individual's or team's achievements in occupational health and safety in any of the following areas that are applicable, namely:

**Quality of Instruction** - Excellence in the delivery of occupational health and safety training programs by government workers.

**Improvement of Training Materials** - Leadership in advocacy or development of new occupational health and safety training materials.

**Innovation** - Development of innovative practices that reduce occupational risk.

**Promotion of Teamwork** - Encouragement of team safety awareness and advocacy of safe workplaces by government employees.

**Hazard Identification and Reduction** - Encouragement of improved safety inspections, incident documentation, and other practices which lead to hazard reduction in government work sites.

**Creating Public Safety** - Development and advocacy of programs that improve the health and safety of the public.

### **Nomination Submission and Evaluation Process:**

Nominations must include:

- a summary of the accomplishment(s) of the nominee(s) in relation to the above criteria; and
- at least one letter of endorsement describing the nominee's accomplishment(s) to support the nomination. The endorsement letter(s) may come from peers, supervisors, clients, partners and supervised staff.

**The nomination deadline is April 9, 2009.** Nominations may be submitted via letter, fax, or e-mail as follows:

#### **Douglas MacMaster Memorial Occupational Health and Safety Award Nomination**

Via Mail: c/o Karen Thomson, Occupational Health and Safety Manager, Public Service Commission, P.O. Box 2000, Charlottetown, PE C1A 7N8

Via Fax: attn. Karen Thomson, 902-368- 5491

Via E-mail: KJTHOMSON@gov.pe.ca

In Person: Karen Thomson, Occupational Health and Safety Manager, Public Service Commission, 105 Rochford St., 1<sup>st</sup> floor, Shaw Building, North Entrance, Charlottetown