

# THE Accent

Prince Edward Island Union of Public Sector Employees

## Upcoming Courses: Express Interest

Contact the union to express interest in attending one or more of the following UPSE courses. Call **902-892-5335**, toll free **1-800-897-8773**, e-mail [peiupse@peiupse.ca](mailto:peiupse@peiupse.ca), or click on “**education**” on our homepage ([www.peiupse.ca](http://www.peiupse.ca)) and submit an “education application” online.

### Harmony and Understanding in the Multi-Generational Workplace

Participants will be presented with the profiles of a number of generations in the modern workforce from Baby Boomers (57-75 years), Generation X (41-56 years), Millennials (25-40 years) and Mature Generation Z (18-24 years).

• *given these characterizations (and sometimes generalizations): how can the generations work together in the many worksites in which UPSE members are employed?*

**Date: April 14, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by April 7, 2022)**

## Welcome to UPSE

The **Welcome to UPSE** course is perfect for getting to know your union better.

- *learn about UPSE's history, evolution, and the union's structure and how it works*
- *learn about the tools you need to carry out your role within the union effectively*
- *learn about pensions and benefits*

**Date: April 21, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by April 14, 2022)**

## Mental Health / Stress in the Workplace

This course emphasizes the importance of maintaining good mental health and understanding mental health conditions.

- *learn about the nature of stress in the workplace and look at strategies to manage stress*
- *engage in discussion about the ways people can help themselves cope with the aftermath of dangerous or traumatic situations at work so they can minimize the risk of suffering long term impacts on their mental health*

**Date: May 4, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by April 24, 2022)**

## Steward Level 1

The Steward Level I course is designed for members interested in becoming a Steward or have been elected to the position. *The course covers:*

- *the important role Stewards play in the union*
- *what makes unions strong*
- *what tools are required to act effectively in the role of Steward*

**Date: May 11, 9:00 to 4:00 pm at the UPSE office (Contact UPSE by May 5, 2022)**

## Call for Directors (Vacant Positions)

UPSE's *Membership Services Committee* has issued a call for nominations for a vacant Director position in locals 12, 13 and 18. Nomination forms are available to print from the union's website ([www.peiupse.ca](http://www.peiupse.ca)), or call UPSE at 902-892-5335 (toll free 1-800-897-8773), or e-mail ([peiupse@peiupse.ca](mailto:peiupse@peiupse.ca)).



**To be eligible for nomination as a Director a member must:**

- be in good standing for at least the previous twelve months (1 yr.)
- be nominated by a member in good standing of the applicable local
- have completed the Welcome to UPSE or equivalent course

*Nomination forms can be printed from the UPSE website and must be submitted to the union office by **4:30 pm on April 22, 2022**. A biography must be included with the nomination form (mandatory).*

## Health Development and Training Fund Update

Effective April 1, 2022, the Guidelines for the *Health Development Training Fund* are changing to allow for more professional and personal development of members. Highlights include:

- Permanent and Temporary UPSE Health Members who are paying dues or are on maternity/parental leave are eligible for up to **\$2000 (increase of \$500)** per fiscal year, including 22.5 hours salary replacement.
- Casual employees with **1000 hours (decrease from 1500 hours)** worked the previous fiscal year (list of casuals is submitted by the Employer April 1st) are eligible for funding up to \$800 per year.

What is eligible?

- Registration fees for conferences, workshops or seminars
- Tuition fees
- Short courses
- On line training

The complete list of guidelines and the application form can be found on our website at [www.peiupse.ca](http://www.peiupse.ca) For more information contact Wilma Ramsay at [wramsay@peiupse.ca](mailto:wramsay@peiupse.ca)

*PEI UPSE is proud to represent over 5000 members in the public and private sectors.*