



Stay in the LOOP. Get the

CUPE SCOOP!

Local 5167

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Important Union Matters
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@cupelocal5167

Communications Committee:

Jodi Coville, Chair

Beverly Brown-McKenna, MAL Airport

Karol DeStefano, City Inside Unit

Bobby Barnett, City Outside Unit

Judy Steckham, DARTS Unit

Dianna Waldner, Good Shepherd Unit

Vacancy, Lodges Unit

Vacancy, MAL RBG Unit

Andrew Swayze, MAL SMH Unit

What's the SCOOP?

Sports SCOOP

Books & Bites with Bev

IWD 2023

Injured At Work

Steward Spotlight

Commentary – Ed Thomas

Blood...it's in you to give.

Opportunity to contribute to the SCOOP!

Two (2) vacancies on the Communications Committee!

Lodge Unit and Member At Large

To apply for this position, you must:

1. Be a member in good standing
- 2a. Self-nominate by phoning 905-522-0917, OR
- 2b. Self-nominate by emailing office@cupe5167.org with the subject line "LODGES COMMUNICATIONS COMMITTEE" (1) or "COMMUNICATIONS COMMITTEE" (Member at Large) (2)

Self-nomination deadline: Tues., Mar. 28, 2023 @ 4pm
Elections to be held if required.



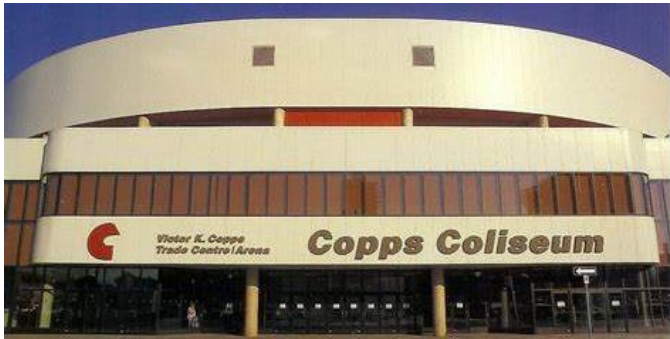
Stay in the LOOP. Get the

SPORTS SCOOP!

with Andrew Swayze



Hello again 5167! It has been an eventful year end/new year in Hamilton sports. The biggest story is undoubtedly the upcoming renovations to The First Ontario Centre (Copps Coliseum to the stubborn folks like me!).



First Ontario Centre is not without its charm, and its classic look tugs at the heart strings of the more nostalgic of us (again, people such as me) but you'd be hard pressed to find one person that's stepped into the facility who wouldn't agree it's time for an upgrade. And an upgrade is on its way. The arena itself isn't being downsized, with hockey capacity remaining around 17,500, but every other part of the arena experience is being overhauled. The work will include widened concourses, a new exterior facade, upgraded street access with new lounges, a new roof, new locker rooms, and some 80,000 square feet in storage space will be converted to public spaces like restaurants and club spaces.

These changes are set to make The First Ontario Centre the centre piece of a new

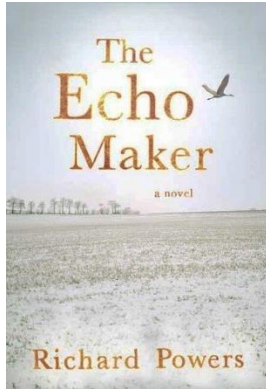
downtown entertainment district. Which is another giant step in the right direction for our city.

Unfortunately, the news is not all good. Given the arena is going to be uninhabitable for the next two years, and rather than facing the eviction - without warning **our CEBL basketball team has permanently relocated to Brampton.** That's a tough pill to swallow for Hamilton basketball fans, especially as they are coming off a CEBL championship.

Then there is our reigning OHL champion Bulldogs who will also temporarily be headed to Brantford. I, for one hope that it is in fact just temporary, but until that becomes clear we'll just have to hope for the best and hope they do not follow the badgers permanently out of Steel Town.



But it's not all doom and gloom. Next time we talk we'll be discussing the excitement about the new kid in town. **Ticats offseason crown jewel new starting QB Bo Levi Mitchell!**



This book is a National Pulitzer Prize finalist and A National Book Award Winner.

Richard Power takes you on a journey through the mind in his telling of "The Echo Maker".

A brother and sister at odds with one another are not uncommon. What drives this story is "Capgras" a syndrome that alters the mind to think that the closest person to you is an imposter.

After surviving an accident, Mark's story is told through various views. Karin the sister, and the imposter who comes to his side and struggles with her own identity. The Neurologist who you think will easily solve why Mark can't find his way to recognize his family. The best friends who just disappeared.

The story takes place in Kearney, a small town, and a bird watchers paradise. Richard beautifully describes the town throughout the story which makes you pause and almost feel the calm by the water. The author weaves in smaller stories of town folks and at times you know them. You are almost unaware at first that you are taken on a chaos of a ride through the brain that will have you looking up Capgras and asking the question 'This can't be possible, can it?'

The mind is powerful, trauma is powerful, resilience and faith. Would you stay or run? Would you be strong enough to love an individual at all costs? Many times, we are hit with these questions.

In the end I still had questions, yet enjoyed newfound knowledge and felt at peace when I put the book down.

I will give this book an 8/10 cookie rating!



Simple Fudge

This is an old-fashioned candy fudge. It does have a slight grainy texture over the cream fudge of today. Enjoy!

Ingredients

- 2 cups white sugar
- 4 tablespoons unsalted butter - sliced and softened
- 6 tablespoons milk
- 2 cups icing sugar
- 1 tablespoon vanilla

Directions

1. Grease an 8-inch square baking pan.
2. Place brown sugar butter and milk in a medium saucepan; stir until blended.
3. Set heat to medium-high and stir constantly until mixture comes to a hard boil.
4. Remove from heat until the bubbles stop
5. Place back on burner and heat again until bubbles form, then remove from heat.
6. Add in the 2 cups of icing sugar and the vanilla
7. Stir rapidly until smooth, keep stirring to prevent hardening
8. Once smooth pour into greased pan to cool.

Tips:

Add cocoa powder to icing sugar for chocolate fudge 2-3 tablespoons.

Use 7 tablespoons of cream instead of milk for a creamier fudge.



Equity Committee
Education & Celebration

Menstrual Madness!

During the **month of March** the Equity Committee is gathering menstruation products to donate to local shelters.

You can drop off your donations at the union hall:
CUPE Local 5167 - 818 King St E

Please contact
Dorothy Heuck, Equity Coordinator
to arrange a pick up or a workplace drive!!
heuck@cupe5167.org



YOU'RE INVITED TO AN

Easter Drop In

Crafts
Snacks
Picture with the
Easter Bunny

Saturday, April 1st, 2023
10:00am to 1:00pm
818 King St East

**SOCIAL
COMMITTEE**

CUPE
Hardwork, Our City, Our Future
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Hamilton's International Women's Day 2023!

The purpose of International Women's Day is to bring communities from around the world together to acknowledge the work of women and girls from the past, present, and future.

The United Nations theme for this year is **"Embrace Equity"**, where we work to end the gender bias.

International Women's Day is also a time to celebrate the accomplishments women have made and acknowledge the continued barriers women experience.

During these celebrations a renewed commitment is made by everyone to work together to continue to bring change for gender equality and to the empowerment of women and girls around the world.

Take time to educate yourself about the struggles and barriers girls and women experience within our community, country and throughout the world.

Thank you to all the women of 5167 who step up! #embraceequity



Have you had a workplace injury? Have you reported it? Have you connected with Ann Jenkins? (2nd Vice President STD/LTD/WSIB/H&S)

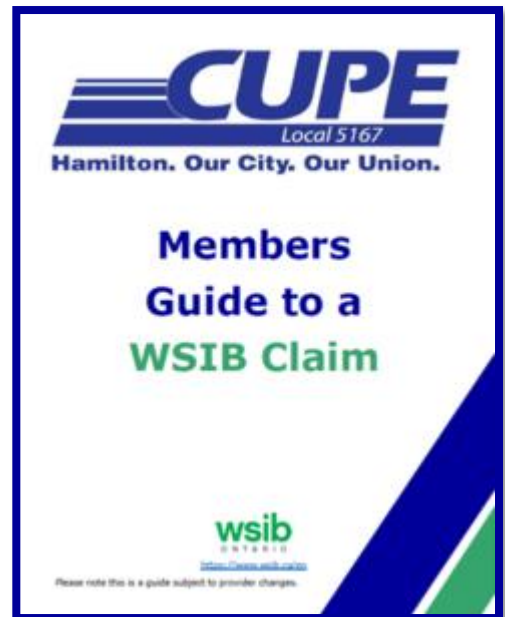
No matter how big or small, serious or minor, all workplace injuries should be reported to your direct supervisor, foreperson, dispatcher, job site nurse or even co-worker if no one else is available.

What seems to be a minor injury could quickly become something quite serious and if not properly reported it could affect how your WSIB claim is handled.

There are proper steps to be followed to ensure a problem free claim process.

Some tips:

- Check out the 5167 Members Guide to a WSIB Claim (www.cupe5167.org Members TAB – WSIB Information)
- **ALWAYS report the injury.**
- Seek medical attention if needed and let them know it is a workplace injury.
- Follow the recommendations from your medical professional regarding returning to work, modified work or whether you should be off work.
- Remember something simple like a sliver could turn septic quickly, you want to make sure you are covered.
- WSIB will issue a claim number when a form is received. This number is how you will be identified with WSIB. Stay in contact with the WSIB Worker, Employer and Union. **Keep copies of all documents and take notes!**



Here's hoping you never need to use this information but it's nice to know what steps you will have to make should you need help. Good luck and stay safe.



Thirty-two years ago a family started up a business. As time evolved it became a staple in downtown Hamilton. That business is Duarte's. Many of us drop by to grab lunch!

That family had a son that grew up to be a City Worker!! Alcino has been a City employee for 9 years. He is a valued employee and unionist on the shop floor.

I had the pleasure of working alongside **Alcino Duarte** in Parks East. Alcino is on the front line as a Union Steward and is dedicated to fair play in the workplace and at home! He has proven himself to be a trustworthy and knowledgeable co-worker. He has built rapport with management that allows for situations to be diffused and rectified.



Bobby & Alcino

Alcino is currently the Co- chair of the **Joint Health and Safety Committee (JHSC)** at his workplace and on the 5167 Health and Safety Committee. One of the many worker concerns that Alcino encounters is the continued conversation around wearing a detachable hoodie. Warmth versus visibility. This is a worldwide discussion actually in the realm of PPE (Personal Protective Equipment) and H&S!

Currently Alcino is in for his biggest fight yet, as he sits alongside me on the City Unit Bargaining Team! **Remember - No Concessions!! And wear CUPE Blues on Friday to show your support! Email pictures to coville@cupe5167.org**

Canadian Blood Service continues to be in crisis mode. The pandemic has impacted donations for years now. The backlog of delayed surgeries and other health issues are factors that burden donations to the organization as well.

Operations often require blood transfusions. In Canada, the Canadian Blood Services provides 500,000 pints of blood a year. However, as a result of the stress



on our health care systems, blood donations have been drastically reduced. An unprecedented national blood shortage is driving hospitals across the country, including Hamilton, to double-down on donations. One would think that Canada Blood Services is well

stocked, however they only have enough of O+ and O- blood to last for a few days in banks across the country.

Blood donors are at the lowest in a decade. Only 10 per cent of Canadians plan to donate. **One pint of blood can save the lives of three people.** There are a total of 4000 CUPE Local 5167 members, if every member donated one pint, that could save 11,400 lives!!! Personally, I have donated over 60 pints of blood! Sadly, when I developed colon cancer, I was restricted from donating. Fred Loft, another retiree puts me to shame and has made over 100 donations.

I call on our local members to challenge themselves, family, friends and other CUPE members to donate blood! CUPE National could do a country wide challenge – who is with me to send that message??



[Canadian Union of Public Employees \(cupe.ca\)](http://cupe.ca)

[Canadian Blood Services | Canada's Lifeline](#)