



Stay in the LOOP. Get the

CUPE SCOOP!

Local 5167

Hamilton. Our City. Our Union. Our Stories.



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What's the SCOOP?

- Take Back The Night
- The Meaning Behind Orange Shirt Day
- Sports SCOOP
- SOS – Songs of Solidary
- Mental Health Awareness
- Book & Bites
- A Woman's Place is in Her Union - Commentary

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Access the Virtual Union Board by clicking on Union Board TAB or the quick link to the right.

Access Education, Health and Safety, WSIB and other members supports under the Members TAB.

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Take Back the Night, helps to continue the conversation and education around sexual violence, because unfortunately only 1 in 3 Canadian's actually understand what sexual consent is. Take Back the Night, gives women-identified and non-binary folks the opportunity to feel safe

walking down the street. Protesting together to enlighten others about creating a safer community starts when all folks feel safe walking down the street, at any given time.

Take Back the Night is happening on September 21st at City Hall. Check out community tables at 6 pm, then we'll gather and rally. We march at 8 pm!

The Meaning Behind Orange Shirt Day

Orange Shirt Day is in honour of Phyllis (Jack) Webstad's story. When Phyllis was 6 years old, her grandmother bought her a new orange shirt for her to wear to school. Phyllis was so excited to wear her new orange shirt to her first day of school. However, when she arrived at school her orange shirt and other clothing were taken away from her. For years afterwards, the colour orange reminded Phyllis about her feelings that children within the Residential School system didn't matter and no one cared about them.

Orange Shirt Day - Every Child Matters, takes place on September 30th. On this day, please take the time to acknowledge the intergenerational impacts the Residential School system (1831-1996), continues to have on Aboriginal, Métis and Inuit communities. We need to recognize the over 150,000 children who were removed from their homes and communities to attend residential schools. We must also remember the countless Aboriginal, Métis and Inuit children who never returned home from the residential schools across Canada.

Please remember to wear orange on September 30th.

Please check out www.orangeshirtday.org, to learn more about Orange Shirt Day, Phyllis's story, and the history of the residential school system within Canada.



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SPORTS SCOOP!

with Andrew Swayze



Hello again 5167! It's summer in Hamilton which means one thing to a lot of us: Ticats Football! Whether you're heading down to the donut box to enjoy the game or maybe bringing your iPad to the cottage and streaming an away game with your friends, just so you don't miss any of the action (ok, maybe I'm the only person doing that last example) there's just no greater tradition in this city than our black and gold!

I was often told as a child "Andy, if you have nothing nice to say, say nothing at all" - so I suppose I should say nothing about the Cats season to this point? ... LOL

At the time of my writing our Cats are not exactly where we'd all hoped they'd be. With a record of 3-5, narrowly clinging to the 3rd and final playoff spot, this was not what any of us had envisioned. What with our off-season free agent spending spree and hosting The Grey Cup November 19th at Tim Hortons field - we wanted more! But I will always choose optimism. Any CFL fan worth their salt knows the "real" season doesn't start until Labour Day. The string of bad luck and injuries to key players like Quarterback, Bo Levi Mitchell and stars Dylan Wynn and Joel Figueroa must turn around eventually - right? With 10 games remaining the tabbies still have ample time to get healthy, find their game, peak at the right time, and with a little good fortune find themselves in the home locker room come November 19th! and defend their home turf in the 110th Grey Cup Game!! Who wouldn't want to see Simoni Lawrence raising the cup at home in Hamilton just like the late great Angelo Mosca in 1972?!

Like Florence Welch soulfully sings on Florence and The Machine's classic Shake It Out "it's always darkest before the dawn", and while admittedly it has seemed a little gloomy in tiger town this season, stay the course, have faith, and believe the sun will rise over Tim Hortons Field my friends! And whether the good guys are in the game or not, stay tuned for an amazing week of festivities to be announced for the Grey Cup festival running the week leading into the game. Maybe next time you read my words I'll be reporting on a Hamilton Grey Cup Championship! My fingers are crossed. I hope yours are too. **Oskee Wee Wee!!!!!!**

Music has and always will be a universal language.

In 1983 Bob Geldof had this brilliant idea of collaborating and assembling with other musicians to raise money for a cause we all know as Band Aid. It was quite an elite group of musicians that assembled in 1984 to sing "Do they know it's Christmas". It sparked a second solidarity of artists from this side of the pond to record "We are the World", in support of famine relief.



Terrance Osborne Art

In July 1985 the legendary LIVE AID concert was played, with all proceeds going to the famine relief. Shortly after in the state of Indiana, and during the summer draught of 1985, John Mellencamp, Willie Nelson, and Neil Young collaborated with other artists and held "Farm Aid" in support of farmers.

These acts and collaboration are all components of people coming together, standing side by side for a cause.

Some of the songs that have been recorded throughout history that speak volumes to solidarity.

- The Beatles – Come Together- as it celebrates the band being formed, each of their individual personalities coming together to form one band in solidarity.
- Michael Jackson - RIP – had a very powerful song called "Heal the World" encouraging people to come together in solidarity to create a better world.
- Jason Maraz – I won't give up- this song speaks about not giving up when the odds are against you.
- Bob Marley – Get Up Stand Up – a call to stand up for your rights.
- Ben E King – Stand by Me – a soul song about solidarity and friendship.
- Bill Withers – Lean on Me- a song of no matter who you are or where you come from – you have your union to lean on!
- Sam Roberts – We're all in this together – Need I say any more?
- U2 – New Years Day – Polish "Solidarity" movement.



· Twisted Sister- We're not going to take it – personally my favorite not so much about solidarity – but about standing up for your rights.



· Solidarity Forever- written by Ralph Chaplain sung by Tom Morello – fighting for justice and equality for all, standing together against oppression and the union makes us strong.

Solidarity forever Solidarity forever Solidarity forever For the union makes us strong.

When the union's inspiration through the workers' blood shall run
There can be no power greater anywhere beneath the sun
Yet what force on earth is weaker than the feeble strength of one
But the union makes us strong

At the time of writing this article it is the evening prior to the rally @ City Hall. Let these songs inspire you that solidarity and standing as one is the key to making a meaningful change in our world.

Mental Health Awareness

by Judy Steckham

What is mental health? Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Some of the main groups of mental health disorders are mood disorders (such as depression or bipolar disorder) anxiety disorders and personality disorders.

Remember only a doctor can provide diagnosis of a mental health disorder!

Some signs a person may be struggling with mental health issues:

- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows.
- Withdrawal from friends and activities.
- Significant tiredness, low energy or problems sleeping.
- Behaviour changes significantly or drastically.

What is a trigger?

The more hurts we've endured and the weaker our boundaries, the more reactive we are to people and events. **Our triggers – our buttons – are our wounds.** They show up when you overreact to others' feelings, needs, problems, opinions, wants, and more.

8 Strategies to Help Identify, Manage, and Heal Emotional Triggers

1. Learn to identify, keep a diary of feelings, incidents, etc.
2. Understand what comes right before a reaction.
3. Identify your story.
4. Recognize the physical signs.
5. Find an effective method to interrupt your reaction (stomp your feet).
6. Take deep breaths.
7. Change the atmosphere.
8. Practice thought stopping.

How to check someone's mental health: Aim for supportive and non-judgmental questions.

- How are you feeling?
- I've noticed you _____. How are you feeling?
- How would you like things to be different?
- I know _____. Acknowledge something that is happening in their life.
- Anything you want to talk about?

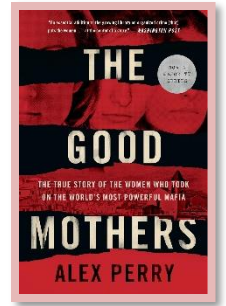
How to support a friend or family member struggling with mental health:

- Let them know that they can contact you. This is a simple gesture and a very important one.
- Be physically close to them.
- Distract and/or comfort them.
- Be nonjudgmental, supportive.
- Be kind to yourself and others.



The Good Mothers - By Alex Perry

Alex writes a story that many tried to suppress, it is the story of tough women in Italy who try to take down their Mafia husbands.



The 'Ndrangheta was a secret criminal organization with deep dark trenches of families, violence and intimidation. Lea Garofalo, just a

Mobsters wife and mother with the dream of getting out from under the suppression and give her child a better live.

Alessandra Cerreti a female lawyer fighting to crack open the 'Ndrangheta, change the world and save the families.

The Mother's: Are they weak, scared, tired? Are they powerful, silent, or unseen? Could they escape? Would they make a difference and break down their families and their safety nets?

I was impressed with the research that went into this book. What I know about Mafia and the crimes of Families feels like it was in the past; pre-1980's. This book brought to life the trials and lives of mothers during the last 30 years. I was shocked that there is still such violence. As I read on, I rooted for the happily ever after ending. Grab a coffee dig in and find out more about "The Good Mothers."

I give this book a 9/10 cookies! 

This recipe is "**savory muffins**" to go along with a not so sweet book.

Ingredients

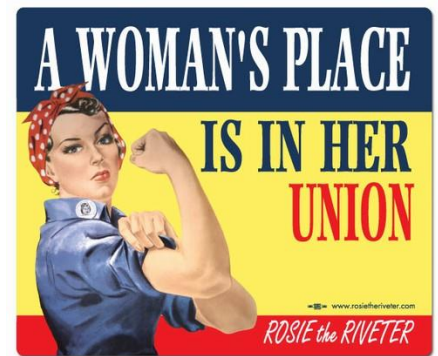
- 2 cups (300g) self-rising flour
- 1 cup (80g) cheese grated
- 125 g butter melted
- 1 cup (250g) milk full fat
- 1 egg lightly beaten
- 200 g bacon chopped and cooked, drained and dry it on paper towel
- Salt and pepper to season

Instructions

- Preheat oven to 350 Line a 12-hole muffin tin with paper muffin liners (or grease lightly)
- Sift the flour into a large bowl.
- Add all the remaining ingredients and gently mix until just combined.
- Divide the mixture evenly in tin and bake for 15-20 minutes or until golden.
- Allow to cool in the baking tin for 10 minutes before transferring to a wire rack to cool completely.

As the international feminist movement began to gain momentum during the 1970s, in 1975 the United Nations General Assembly recognized March 8th as International Women's Day. Women have been under the thumb of men since time began. It wasn't until 1929 that the historic decision to include women in the legal definition of "persons" was handed down by Canada's highest court of appeal. This gave some women the right to be appointed to the Senate of Canada and paved the way for women's increased participation in public and political life.

As the second World War broke out men were drafted into the military and shipped overseas. Women did not hesitate to work in the factories and take up traditional male jobs. They operated cranes and other heavy industrial equipment. The world would have been quite different place if women had not stepped up and kept communities going. As the war came to an end, women were pushed back into the kitchen and out of the workplace. A lot of factories refused to have women's washrooms and used that as an excuse as why women could not continue to work in the same factories they once did!



I grew up noticing my mother and other women would get gifts related to housework such as vacuums, toasters, dishes etc. Women also held a number of jobs that were considered women's work. These included Secretarial, Nursing, Cleaners, Receptionist, Waitressing etc.

Women were perceived by men as the weaker sex and can't do physical work. Men made laws to ensure women knew their place. Women were expected to wear dresses only. Pants were perceived to be masculine (men would say they wear the pants in the family). When the mini skirt became popular, city councils dominated by men would pass by-laws stating dresses could not be above the knee.

Grace Hartman was the first woman to be a CUPE national president - 1975 to 1983. Judy Darcy was the second - 1991 to 2003. Women represent more than 60% of CUPE members. Women have come a long way, but there are still many examples of how women historically were not treated equally to men. There are some that believe women have broken through the glass ceiling but in reality, they have only broken through one layer - there are many more layers that have to be shattered.

And that is why it is vital that women know their place is in their union!!