

CUPE 3907

Monthly Newsletter - July Issue



Needed! Department Steward!

Become an active member of CUPE 3907

Are you detail oriented? Looking for a resume booster? Join the CUPE 3907 department Steward and help enact change! We are looking for stewards for each of the academic departments (APHD, CTL, LHAE, SJE) at OISE! Stewards will serve as representatives of the Local at the departmental level. Training is provided free of cost and will be arranged in the coming weeks.

If interested please email chiefsteward@cupe3907.ca

In this Newsletter:

- Call out for Department Steward Reps
- Consultation and Virtual Office Hours
- 5 Tips for Self-Care!
- Indigenous Peoples Day
- 5 Tips for Financial Wellness!

Collective Agreement Consultations

We would like to hear from you, Members!

This year is a bargaining year for our Collective Agreement and we would like to get a better understanding of our needs as a Local. We need your support in hopes of advocating, representing, and more accurately reflecting our local members. Please feel free to reach out to our Executive committee to address your experiences and request resources.

self care TIPS + TRICKS



number 1.
set a schedule + get organized

number 2.
now work it out



number 3.
get some sleep

number 4.
keep in touch



number 5.
do one thing for yourself each day



Not a Day of Celebration for Indigenous Peoples

Canada day is not a day Indigenous peoples celebrate. Canada day marks a day of colonialism and celebrates colonial-dominance. It's a day that celebrates land theft and oppression. Every day especially on Canada day, Indigenous people do not consent or celebrate. Indigenous peoples have and will continue to resist.

Article: People occupying land at Victoria Park call cancellation of Canada Day (CBC News, 2020)

Want to chat with an Executive Member?

Check the website for Virtual Office Hours and send us an email for scheduling one-on-one appointments!

Self Care:

Research can't happen without Researchers!
Take care of yourself!

Articles on Financial Wellness:

- 1) How To Budget During COVID-19 (The Borrowell Team 2020)
- 2) What is an emergency fund and how to build one (Sylvestre-Williams, MoneySense, 2020)

"BUDGET FOR FUTURE EXPENSES, AND HAVE MONEY SAVED IN CASE OF EMERGENCIES."