

COLLEGE OF THE ROCKIES OPERATIONAL STAFF

Quarterly Newsletter

Welcome to our first Holiday Edition!



If we haven't had the chance to meet yet, I'm Anita Sylvestre, your Corresponding Secretary. I've been part of the College for 16 years, and been actively involved in our Union for the past several years. My journey began as a Trustee, and now, as your Corresponding Secretary.

One of my favourite ways to support our members is by organizing meeting lunches, ensuring everyone feels welcome and well taken care of. Outside of work, I'm a proud mom to two incredible kids: Ashley (20) and Andyn (15), who light up my life. I also have an adorable grand kitty, Luna.

If you know me, you'll know I'm all about spreading love. I have a soft spot for hearts, and if you ever need a hug, don't hesitate to come find me—I'll always have one ready for you. Here's a fun fact: I'm not just active at the College but also at Allegra restaurant, where I work as a server four nights a week.

A Warm Welcome to Our New Members!

Please join me in giving a big CUPE 2773 welcome to the newest additions to our team:

- Sharina Prasad – Sr. Administrative Assistant
- Bobby Kaufman – Indigenous Student Navigator
- Madison Bailey – Aux. Climbing Wall Attendant
- Ellie Schotanus – Term Administrative Assistant
- Daniel Morin & James McNeely – Aux. Facilities Attendants
- Jay Bhatt – Term Enrolment Services Officer

We're thrilled to have you all on board and look forward to the contributions you'll bring to our College community.



ANITA SYLVESTRE
CUPE 2773 CORRESPONDING SECRETARY

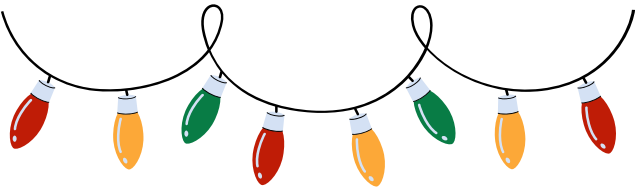


LUNA

Now, let's spread some holiday cheer! With the festive season just around the corner, I want to wish you and your loved ones a safe and joyful time. May your holidays be filled with warmth, laughter, and relaxation.

- Anita

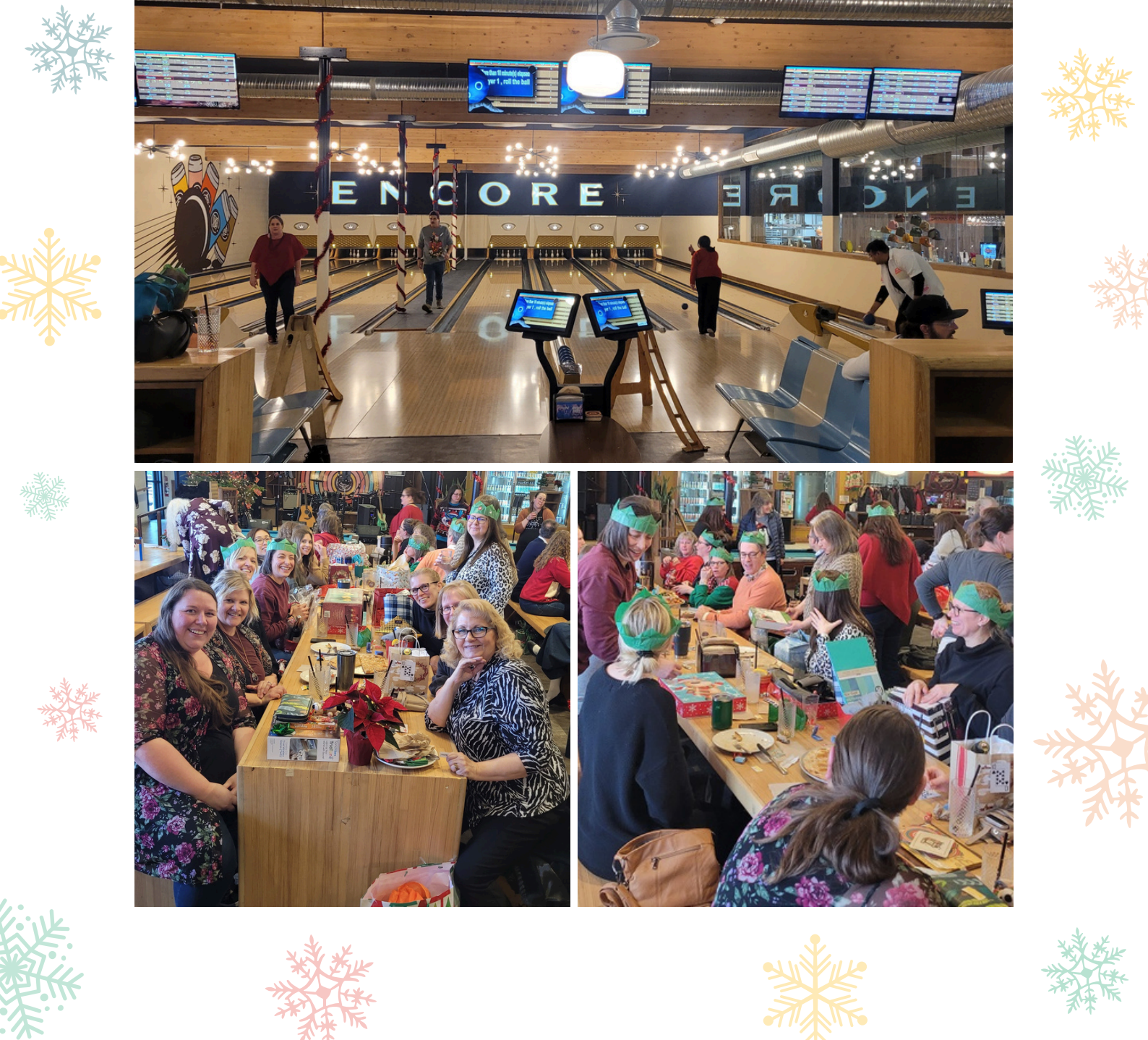


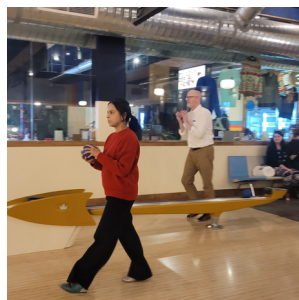


What a party!



Thanks to everyone who attended the annual CUPE Holiday Luncheon that took place December 6th at Encore Brewing Company. We hope you had an amazing time! We'd also like to shine the spotlight on the members of the 2024 Christmas Committee that worked tirelessly to plan this fun and festive event. Shout out to Kristy B. and Emma I. who took on the lion's share of responsibilities this year - we truly appreciate all you did to make the day a success! Last but not least, huge thanks to Wendy R. from Facilities for sharing all these great photos from the event.





Merry Christmas and all the best for 2025 from CUPE Local 2773



CUPE Calendar

Winter 2024/25



CUPE GENERAL MEETINGS*

JANUARY 28 – 12:00 – 1:00 PM – ROOM TBD
FEBRUARY 25 – 1:00 – 2:00 PM – ROOM TBD
MARCH 25 – 12:00 – 1:00 PM – ROOM TBD

EXECUTIVE TEAM MEETINGS*

JANUARY 15 – 12:00 – 1:00 PM – ROOM TBD
FEBRUARY 12 – 1:00 – 2:00 PM – ROOM TBD
MARCH 12 – 12:00 – 1:00 PM – ROOM TBD

BOARD OF GOVERNORS MEETINGS

FEBRUARY 13 – COTR BOARD ROOM
MARCH 13 – COTR BOARD ROOM

If you wish to attend the public session of the Board meeting, please email woods@cotr.bc.ca to confirm your attendance and receive the meeting package.

Please note: Dates and times may vary due to room availability. Always check your Outlook meeting invite for the most up-to-date info.

Employee and Family Assistance Program (EFAP) & Best Doctors Services – ICYMI

For those unable to attend the October 2024 CUPE General Meeting, you may not be aware of some services available to CUPE employees. Mary Davies, Human Resources Advisor who oversees Health & Safety, Abilities Management & Ergonomics joined us for a presentation on the Employee Family Assistance Program (EFAP) and Best Doctors by Teledoc.

EFAP Program

For all regular and active term employees our EFAP provider is Homewood Health and you can contact them at [1-800-663-1142](tel:1-800-663-1142).

This toll-free number is available 24/7/365. All employee participation in EFAP is anonymous and confidential.

In addition to providing Counselling Services for when you need professional help with a challenging situation, the program offers Life Smart Lifestyle and Specialty Counselling – a series of work life services for when you want expert advice, information, and coaching that you can access and use in your own way.

For additional information visit the [Homewood Health website](#) to access interactive tools, health and wellness assessments, child and elder care resource locators, and a library of health, life balance, and workplace articles.

Best Doctors

If you are on Manulife Benefits you can access Best Doctors by Teladoc. If you are ever faced with a serious medical condition, Best Doctors is available to help you find your way through the maze of medical information and healthcare choices.

Finding and accessing the right medical information and the best doctor for your care can be potentially life-saving.

Contact Best Doctors if you have questions about your diagnosis or if you need information about and access to the best medical expert for your specific condition.

24 hours a day, 7 days a week
[1-866-875-3539](tel:1-866-875-3539)

For more information please visit the [Best Doctors website](#).

Professional Development

Submitted by Heather Heikkinen

Assistant Registrar

Exploring New Horizons with the Professional Instructor Diploma Program

This year, I embarked on an incredible learning journey using CUPE PD funding to pursue the Professional Instructor Diploma Program. It's been a challenging yet rewarding experience that I highly recommend to anyone considering enhancing their skills through CUPE's professional development opportunities.

My Journey So Far

I began the program in February 2024 and am on track to complete it by Spring 2025. Currently, I'm working on my 11th course out of 12, which I started on December 2, 2024. One of the great aspects of this program is its flexibility: although the courses are designed to span 10 weeks, many can be completed in just 5-6 weeks if you're able to dedicate the time and effort.

All of my courses have been online, except for Delivery of Instruction, which I completed in person through Lauren at the CITL. This hands-on course was an incredible experience, providing an opportunity to collaborate and connect face-to-face in a meaningful way.

Building Knowledge and Skills

As someone who is not an instructor by title, I initially thought the courses might be difficult to navigate. However, with some extra effort, I've been able to adapt and thrive. The program has equipped me with valuable skills to design, develop, manage, and evaluate adult instruction. These skills have already proven beneficial in my current role, especially in supporting team members, and will be even more impactful as we onboard and train new team members in the future.

While my Master of Library and Information Science (MLIS) program offered some instructional courses, I always felt a gap in my ability to deliver structured instruction effectively. My background as a librarian, including my time at the Calgary Public Library, gave me opportunities to create modules and instruct system-wide as well as lead public programs. However, I knew there was so much more to learn about the art and science of instruction. This program has not only filled that gap but has also fueled my passion for helping others and embracing life-long learning.

Why You Should Consider Using PD Funding

I'm incredibly grateful for the opportunity to pursue this program through CUPE PD funding. It has provided me with the resources and support I needed to succeed. If you're considering the Professional Instructor Diploma Program or any other training to enhance your skills, I wholeheartedly encourage you to take the leap.

Whether or not you are in an instructional role, this program offers tools and insights that are highly transferable and valuable. If you've been thinking about how to use CUPE PD funding, know that it's an investment in yourself, your career, and the organization as a whole.

Let's keep learning and growing together—because when we do, we all benefit.





CURIOUS ABOUT WORKING WITH US?

Whether you're an Executive member, part of a CUPE committee, or a member in good standing interested in enhancing your skills or learning something new, we encourage you to explore these upcoming workshops. These sessions are conducted online via Zoom and cover a variety of topics.

UPCOMING COURSES OF INTEREST

Health and Safety – Part 1 & 2

Jan, 16, 2025 | 10:00am – 5:00pm (MT)

[Register here](#)

Preparing for Bargaining & Notetaking

February 19, 2025 | 10:00am – 5:00pm (MT)

[Register here](#)

Introduction to Stewarding – Part 1 & 2

Feb. 11, 2025 | 10:00am – 5:00pm (MT)

[Register here](#)

Grievance Handling & What Stewards need to know about Pensions

March 13, 2025 | 10:00am – 5:00pm (MT)

[Register here](#)

Anti-Harassment and Bystander Training & Challenging Racism

March 19, 2025 | 10:00am – 5:00pm (MT)

[Register here](#)

EDUCATION CALENDAR



Congrats!

There's a lot to celebrate :)



Sending huge congratulations to Tiffany Gustafson who has been elected to Kootenay District Council* as Membership Officer. We wish her much success in her new role.

CUPE BC has a new Member Facilitator – our very own Kristy Brons! In this role, she will provide training and share her diverse experience with union members from across BC. Congrats, Kristy!

It's a girl!
We send heartfelt congratulations to our Lead Graphic Designer, Leonne van de Burgwal and her partner, who welcomed Stella Aleida Monique into this world on December 8th.

Time for some festive fun!

Unscramble the letters below to spell holiday themed words.

1. ZAWAANK _____
2. EPSTNSRE _____
3. OBIBNR _____
4. DINTOSTARI _____
5. SDAENCL _____
6. CSMISAHRT _____
7. KANUAKHH _____
8. MORNTENA _____
9. BRECALE _____
10. SOFTR _____
11. SETIMLOET _____
12. NWNMSOA _____
13. TCNISOKG _____
14. AWPPGRNI _____
15. FRECLAIEP _____



Complete, scan and email your completed word scramble to:
cupe2773president@gmail.com by midnight, December 13th for your chance
to be entered into a draw to win a P-R-I-Z-E!

CUPE BC Headlines

[CUPE BC and BCTF Presidents Unite in a Call to Vote for Public Education](#)

[CUPE BC Welcomes BC NDP's Commitment to Affordable, Seamless Childcare and Enhanced Classroom Support](#)

[CUPE BC congratulates Premier David Eby and the BC NDP on their re-election](#)

[VISIT THE CUPE 2773 WEBSITE](#)