

2008 Member Achievement Award

PRESIDENT SHAWN HAGGERTY HAS ANNOUNCED THE WINNERS OF THE 3RD ANNUAL LOCALS 175 & 633 ACHIEVEMENT AWARDS.

IN RECOGNITION, EACH RECIPIENT RECEIVES A \$500 CHEQUE, WHICH IS MADE AVAILABLE THROUGH A PARTNERSHIP WITH AMERICAN INCOME LIFE (AIL) CANADA. THE 2008 WINNERS ARE: SUE AMSBURY, SHERWIN FLIGHT, HEATHER MCGREGOR AND JASMIN UPTON.

Sue Amsbury was selected for her dedication to fundraising for leukemia research. She is a 14-year member from **Minute Maid** in **Peterborough**. During that time she has been a Union Steward and also a Negotiating Committee member.

Her greatest passion for the past seven years, however, has been in the role of fundraising coordinator for the annual *Ted on the Roof* event. Each year, Ted is assisted by the local fire department to climb onto the roof of **Morello's YIG** where he camps out to raise money for leukemia research. In these last seven years, Sue, co-worker Ted Dawes – plus numerous fundraising committee members and other helpers – have raised more than \$72,000. Because of their efforts, children and adults with leukemia are living longer and enjoying a better quality of life.

Union Rep **Chris Fuller** nominated Sue for the award. He wrote: "As I prepared this nomination letter, it provided me with the opportunity to reflect on Sister Amsbury's tremendous commitment to her Union and her fundraising efforts for leukemia research. I am certainly proud of Sister Amsbury who typifies the caring spirit that is shared by so many UFCW Locals 175 & 633 members."

Sue and Ted, with leukemia mascot "Spike," at the 2008 Ted on the Roof event.



Sherwin Flight, of **Liberté Natural Foods** in **Brampton** was chosen for his leadership and advancement of the UFCW.



Sherwin never misses an opportunity to talk about the benefits of Union membership.

He has worked there, mostly in shipping and receiving, for the past three years. When his co-workers started talking about the need for a Union, Sherwin decided to do some online research. Subsequently he called Local 175 for assistance in organizing his workplace.

Sherwin says getting involved with the Union affected him positively, both personally and professionally. Self-described as "once a quiet person, even a little shy," he says the Union Organizing Campaign got him to open up and talk to more people both inside and outside work. He participated in certification hearings before the *Ontario Labour Relations Board* and also with **Howard Hampton** in a media conference related to the need for card-based certification.

At work, Sherwin and his colleagues appreciate the benefits of belonging to a good Union. He cited job security, a grievance procedure, wages and benefits that are spelled out in the collective agreement, and of course, the wide array of educational opportunities.

He says: "I use every chance I can to spread this information to people that may not be as fortunate as I am to be a member of such an incredible organization. I actually have my own stack of organizing flyers. I often take them with me when shopping and hand them to employees of the stores, or leave them around on shelves to encourage other workers to contact the Local 175 Organizing Department."

Do you know someone who needs a good Union?

Call 1-800-565-8329 (UFCW) or log on to www.ufcw175.com to learn how to enforce the laws that protect you in your workplace. Ask for the Organizing Department.

Winners Announced

Heather McGregor of **Sarnia** won the Outstanding Member Achievement Award for her contributions to the community.



Heather is a volunteer dance teacher with Harmony. It is a community-based music and arts program with a mission to boost the self-esteem of Sarnia's youth. It is readily accessible to all young people.

She has worked as a cashier at **Food Basics #868** for the past three years while attending secondary school. Heather spent the last ten years dancing with the non-profit Sarnia Showstoppers. She was active with various fundraising initiatives for this group, such as charity bingos and park cleanups after concerts and festivals.

Heather recognizes that dance is a wonderful outlet for young people, but one that it is unaffordable for many families. So she became involved with Harmony, which provides dance classes for youth – with no fees, waiting lists or prerequisites. Harmony requires students to “pay it forward,” by giving back to the community, hour for hour, for the dance instruction that they receive.

Heather has an impressive list of accomplishments, awards and other volunteer activities. Some of these include competing in the *Big Brothers Dragon Boat Festival* and doing volunteer fundraising for the *Boxing Club* for at-risk youth. She has given motivational speeches at the *Hanna Memorial Elementary School*. At *Sarnia Collegiate Institute*, she participated in the anti-smoking campaign and was a volunteer tutor.

She has received awards from more than a dozen organizations including the *Kinsman (High Ideals & Citizenship)*, *YMCA (Volunteerism in the Arts)* and *St. Clair Conservation Authority (Environmental Awareness)*. She says: “My aim is to teach our



Heather also won a Workers' Health & Safety Centre contest for creating this poster.

youth that success is not the result of spontaneous combustion; you have to light yourself on fire.” She is currently in her second year at *McMaster University*, studying psychology, behaviour and neuroscience. The award money will be useful for educational expenses, as she is planning to pursue a career in research or medicine.

Jasmin Upton was selected for enhancing and achieving improvements in health & safety in her workplace.



Jasmin is the certified H&S member at her Food Basics workplace in Simcoe.

She has worked at **Food Basics store #888** (formerly A&P) in **Simcoe** for about seven years. When she was asked to become the certified Health & Safety member for her workplace, she readily agreed. “I want to ensure everyone is safe,” she says.

Jasmine says her focus is always on health & safety. During her entire forty-hour workweek, she is constantly on the lookout for hazards and takes action to correct the problem whenever she sees anything that could pose a danger to her co-workers. She also does a safety inspection every month, and participates in the Joint Health & Safety Committee meeting. She ensures that any concerns that members raise, or hazards that she spots, are reported to management. Then she follows up to ensure the problems are fixed.

“IT'S IMPORTANT TO ME THAT PEOPLE ARE MADE AWARE OF POLICIES AND HAZARDS SO THEY KNOW HOW TO WORK SAFELY.”

“It usually involves a lot of little things,” she says, “but it's important to me that people are made aware of policies and hazards so they know how to work safely.” Her nominee and coworker, **Jamie Smithers**, says: “The people that Jasmin works with are more to her than just co-workers . . . they are treated like part of her family. And in Jasmin's book, “family” health and safety is paramount.”