

CUPE Local 4092 Bulletin**From:** "CUPE Local 4092" <office@local4092.ca>**To:** lillian.speedie@rocketmail.comEmail not displaying correctly? [View it in your browser.](#)

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Checks, stress,. bumps and pharmacare - oh my!

'Tis the Season for Manual Checks!

Just a reminder to ensure that you double check that your manuals are up to date prior to boarding the aircraft. Management will be out on the line checking manuals in the month of December. If you have any doubts, questions or concerns, talk to your manager prior to reporting for flight duty. Remember that keeping Epub up to date is also part of updating your manuals.

Crew Rest Area in the Comm Centre

Due to issues with cleaning and safety, the billboards will be removed from the rest area in the comm centre to open it up, as there have been members using this area to sleep overnight, which is not permitted. We also remind all members who use this area to keep it neat and tidy.

The Holidays can bring Unwelcome Guests....

....like stress, anxiety and depression. The holidays present a dizzying array of demands — money, family, parties, shopping, baking, cleaning and entertaining, to name just a few. Sometimes the holiday rush can cause us more stress than joy. The Employee Assistance Program offers a wide range of support services to assist you. Services are free and confidential. You can reach EAP in YYZ at (905) 676-2088.

A Warm Welcome

Moving to a new city can be difficult at the best of times. This month the Mobilization Committee wants to focus their efforts on making that transition a little less stressful by creating a Toronto Base welcome package. What makes you enjoy life in this city? What are your money saving tips? What are your best

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Office Hours

Monday - Friday
9:00am to 6:00pm
Saturdays - Holiday
10:00am to 4:00pm

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suggestions for breaking into the social scene & making friends? Take 10 minutes to send us a list of your favorite Toronto activities. These can be annual events, social/sport /artistic groups, hidden gems/locations, transit advice, walking tours, outdoor markets, library programs, bike rental programs, etc. Some of the best things in the city (and in life) are free or low cost.

Please submit your suggestions on the www.purplewaveyyz.com website or e-mail mobilization@local4092.ca.

A Bumpy Ride...

The GTAA is beginning the process to replace the speed bumps as we drive into the Viscount Parking Garage. Unlike the current narrow bumps, these new bumps are wider allowing for a more gradual descent which should be much easier on our cars and nerves than the current jarring ride. The first one is already in place as you enter through the first gates. Unfortunately the amount of speed bumps and their relative height will remain unchanged due to some of our co-workers' aggressive driving. No job is worth getting in an accident over so we are asking you to please slow down and observe the appropriate lanes when driving. We need to remember that we are all pedestrians in the garage too, so please watch your speed.

As always, please call the GTAA at 3055 (non-emergency) or the phones within the garage if you wish to report any issues. This change has been a long time coming. Safe driving!

National Study on Balancing Work, Family and Caregiving

The goal of this survey is to increase awareness at both the public policy and employer level of the challenges faced by those seeking to combine work, caregiving and childcare and thereby make the business case for change. The study also seeks to identify different challenges faced by employees caring for relatives with various forms of dementia versus those caring for relatives with chronic non-dementia conditions. Raising awareness of these challenges will shine a light on issues that must be addressed if Canadian organizations are to remain competitive and caregivers are to remain healthy.

The study is funded by the Canadian Institutes of Health Research (CIHR) within the Government of Canada. The research team for this study is part of the Canadian Consortium on Neurodegeneration in Aging (CCNA) – a focus for all aspects of research involving neurodegenerative diseases that affect cognition in aging. You can access the survey at :

http://ivey.az1.qualtrics.com/SE/?SID=SV_8bleDSaFj8JFpOt&Q_JFE=0

Is it time for a Universal Drug Plan?

Many resolutions at the recent CUPE National Convention dealt with lobbying the government to create a national pharmacare program. While we are all proud of our universal health care, Canada is the only developed country with universal health

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insurance that does not also offer universal prescription drug coverage. A common explanation for this hole is our system is that the cost of such a program would be prohibitive. Research is coming to light from some universities and stakeholders in the health care system that a nationwide pharmacare program could save Canadians billions of dollars and be cost neutral or even cost savings for governments. These cost savings can be realized due to the economies of scale taking into account drug price negotiations and better product selection. With drug costs rising quickly, sometimes even exponentially overnight, having a nationwide pharmacare system would place Canada in a better position to negotiate lower prices in the future for expensive treatments. For more info check out the CBC report here <http://www.cbc.ca/news/health/universal-drug-plan-would-save-billions-ubc-researchers-say-1.2994857>

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