

Rm. 136 St. John's College  
Hours 9:00-3:00  
Phone: 474-8804  
Fax: 474-7610  
cupe3909@mts.net

March 2007



Local **3909**

# A HIGHER GRADE

Newsletter of the Canadian Union of Public Employees, Local 3009

"UNION SOLIDARITY IS BASED ON THE PRINCIPLE THAT UNION MEMBERS ARE EQUAL AND DESERVE MUTUAL RESPECT AT ALL LEVELS." - EQUALITY STATEMENT CUPE CONSTITUTION

Proudly Representing  
Teaching Assistants,  
Grader Markers,  
Tutors, Librarians,  
Student and  
Sessional Instructors  
at the University of Manitoba

Dorothy Wigmore  
President

Jason Bland  
VP, Unit 1 (TA)

Suzanne Grierson  
VP, Unit 2 (Sessional)

Lynne Fernandez  
VP, Social Policy

Roman Yereniuk  
Treasurer

Darryl Draeger  
Secretary

TBA  
Office Coordinator

Peter MacKeigan  
Executive Assistant

Bill Sumerlus  
CUPE National Staff Rep.

Howard Curle  
Staff Benefits Rep.

Dorothy Wigmore  
Health and Safety Rep.

## TOUCHY FEELY = COUGHY SNEEZY

(CCOHS/CALM) You can't see them, but you might be able to outsmart them. Here are some tips to help slow down those germs that spread infections. You can slow the spread of infections primarily by staying healthy. That means a well-balanced diet, regular exercise and plenty of sleep. But there are other ways to lessen the spread of infections. One of the best is frequent hand washing - all you need is soap and warm water - and to wash, especially after coughing, sneezing or blowing your nose. Also, when you are out in public, try to avoid touching your eyes, nose or mouth, which are potential routes of entry. Other tips to help stop the spread of germs? When you have a cold or flu, stay home so you don't spread it to other people. The old rule of covering your nose and mouth when sneezing and coughing still applies, but be sure to use a tissue so you can throw it away.

A workplace can help prevent infectious illnesses by implementing an infection control plan. It should include ensuring proper ventilation and provide clean facilities for hand washing. If washing facilities are not possible, waterless alcohol-based hand sanitizers can be used. If a very bad cold or flu is making its way through the office, you can also try to reduce the number of "things" that get touched by other people—ask people to not share mugs or dishes and remove magazines and papers from waiting areas or common rooms.

### *Other ways to squash a bug*

**Cleaning** – Influenza viruses can live on hard surfaces for up to two days. In most workplaces and homes, cleaning floors, walls, doorknobs, etc with soap and water is very adequate. In some workplaces, such as a health care facility, further cleaning can be done. When necessary, work surfaces can be cleaned using a bleach and water solution, or alcohol, depending on the surface.

**Keep your distance** – Don't be antisocial, but when there is a bug going around handshakes may not be appropriate. Viruses spread easily in large crowds, so keeping a distance of at least one metre will slow their spread. You may want to replace face-to-face meetings with phone calls or video conferences. In a pandemic situation, it may be necessary to work from home or work flexible hours to keep the number of interactions to a minimum. You may also want to think about reducing the number of gatherings such as meetings, workshops and business travel.

**UNIT 1 BARGAINING SURVEY COMING TO YOU!**  
Look for it in your mailbox by mid-March

# ANNUAL GENERAL MEETING

Your Issues, Your Agenda, Your Union!

March 26, 2007  
4:30 p.m. - 7:00 p.m.

Cross Common Room—St. John's College

- ⇒ **Executive Officer Nominations**
- ⇒ Financial Report
- ⇒ Proposed Budget
- ⇒ Bargaining Updates

## FREE FOOD WILL BE SERVED!

For more information:

Union Office: Room 136, St. John's College  
Phone: 474-8804      [cupe3909@mts.net](mailto:cupe3909@mts.net)