

OSSTF Rainbow District 3
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**December
2019**



The LINK



D3 Office Calendar

**Dec 8th: Children's Christmas
Party** 1:00 pm - 3:00pm
(prior registration required)



**Dec 11th: D3 Bargaining Units
Executive Meeting** 4:30 pm

Dec 25th: It's CHRISTMAS!!

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President's Remarks:

We now find ourselves performing job action. What may seem like a series of small individual acts are in fact large collective efforts to apply pressure in rolling back the cuts to the education sector, and to force the government to maintain funding levels that were in place prior to March 15th, 2019.

These cuts are and will continue to negatively affect all students as well as all education workers who provide valuable services. To that end, we must be ready to escalate the pressure when we are asked to. We must be ready to engage and inform with the public at large.

We must be willing to mobilize and take a stand. We must ensure that we do whatever is necessary to force the government to roll back these cuts, achieve a negotiated collective agreement, and to ensure that we safeguard our publicly funded education system. Member of District 3 have been through this before, and we are certain that everyone is up for the challenge ahead.

Eric Laberge - District, TBU & OTBU President



Jan 1st:



Jan 6th: Back to class

And Every Friday: Red for Ed!



District Officer's Message:

These are indeed interesting times, aren't they?

Fortunately, December is a short month, and the holidays will soon be upon us.

Many thanks to the members who have stepped out of their comfort zones to take on additional responsibilities as our Central Negotiating Teams continue to bargain for new contracts.

As you might imagine, it has been an exceptionally busy fall in the District office.

The good news is that most of our standing committees have had new members join them, bringing fresh ideas and new energy to our committees.

We would like to thank the following people who currently serve as Committee Chairs:

Warren Tilston, Communications & Political Action
Heather Boychuk, Educational Services
Jill Beer, Health & Safety
Mackenzie Marshall, Human Rights
Katrina Ross, Status of Women

We would also like to acknowledge the fine efforts of Sherri Winsa, who manages our District 3 Facebook page, and Kyle Craftchick, Webmaster, who also manages our Twitter and Instagram accounts. Thank you!

Members are reminded that the District 3 website is a great resource for bargaining unit constitutions and collective agreements as well as health & wellness resources. Check out www.d03.osstf.ca.

Sue Melville, District Officer.

The Holiday Season is upon us!

While Christmas is known as "the season to be jolly," it can be a significant source of stress, pressure, and conflict for many of us... A lack of time and money, credit card debt, and the pressure of gift giving, can often contribute to stress during the busy holiday season.

Stress can have many adverse effects on our body. It can impact our thoughts, feelings, and behaviors, and it can lead to high blood pressure, heart disease, diabetes, and obesity if left unchecked.

Here are some top tips for a tip-top, stress-free holiday season to help you enjoy the "Most Wonderful Time of the Year".

1. Limit Spending

- Set a budget and stick to it; avoid impulse buying; keep in mind what is important.
- Overspending can overshadow the true sentiment of Christmas. If your expense list exceeds your monthly budget,





keep in mind that your relationships with friends and family are more important than material objects.

2. Manage Expectations

- Despite your grand plans, no event ever runs seamlessly, and this also rings true for holiday celebrations. Rather than accumulating stress along the way from any mishaps that might occur, view these miniature calamities as an opportunity to exercise flexibility and resilience.
- Help children to be realistic - Make sure they know that they will not receive everything on their wish list and highlight anything that is not acceptable or obtainable. Remind them that Christmas is about being together, not a list of presents to tick off a list.

3. Avoid overindulging

- Excessive stress raises appetite and cravings for sugary and fatty foods, and chronic drinking can further exacerbate stress by raising levels of the stress hormone cortisol.
- If you do find yourself overindulging, maintain perspective. One day of indulgence will not lead to significant weight gain, as long as you plan to get back on track with healthful food choices and exercise the next day.

4. Go for a walk

- The antidote for holiday stress could be just as simple as taking a walk around the block. Research shows that physical activity reorganizes the brain in such a way that it reduces its response to stress.
- Research also shows that if you convince the rest of the family to leave the couch and come along on the walk with you, your stress levels will be reduced even further.

5. Have some fun!!

- Decorate the tree or bake festive cookies - forget all the items left on your to-do list and give yourself permission to have fun.
- Laughter lightens your mood, stimulates your heart, lungs, and muscles, and also releases endorphins. Laughter also boosts circulation, helps muscles relax, and lessens the physical symptoms that are associated with stress.





Perhaps the homes sporting these delightful bathroom decorations could use some of OTIP's "safer holiday home decorating tips"!!



12 tips for safer holiday home decorating

For many, the holidays are a joyous and busy time of year. Between entertaining guests, decorating your home and shopping for gifts, it's easy to get wrapped up (no pun intended) in the holiday cheer – leaving safety as one of the last things on your mind. However, certain holiday decorations can introduce new risks into your home that you need to be aware of and plan for. Before you start 'decking the halls' this holiday season, here are twelve practical safety tips you should follow to keep you, your home, and your loved ones safe.

For more information, visit www.otipinsurance.com/article55.

10 items you need in your car emergency kit

The colder days of winter are a great reminder to re-stock your car's emergency kit—it's important to be prepared in case something goes wrong. If your car gets stuck in snow or you get into an accident, you might have to wait for help to arrive due to bad weather, even if you have roadside assistance. The following car emergency kit items could help you if the unexpected happens.

Learn more at www.otipinsurance.com/article54

*We'd like to take this time to wish all of the District 3 members a safe and happy holiday season!
All the best in the New Year!*



Cheers!

Eric, Sue, and Donna.

Members... Check out the link to OTIP OSSTF members page:

<https://www.otipinsurance.com/OSSTF3>