

## Local 1006A Stewards

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Hello Stewards,


Included in this package are materials to update the union board in your workplace. ***Please bring these to your work to update your union board and take a moment to remove outdated items.***

### Enclosed In This Package:

- 1006Activist Newsletter
- Black History Month – February
- **Stewards' Training Package, Registration Deadline – February 18**
- Repetitive Strain Injury Awareness Day – February 28
- Love Over Addiction Poster
- International Women's Day – March 8
- WebCampusPlus Poster

Thank you for all that you do to inform and support members.

In Solidarity,



Wayne E. Hanley  
President, UFCW Local 1006A  
International Vice President

# BLACK HISTORY MONTH

*“nothing about us without us.”*



Canadian Jazz Pianist,  
Oscar Peterson



First Black Member  
of Parliament  
Lincoln Alexander



Civil Rights Icon,  
Viola Desmond



Olympic Gold Medalist,  
Donovan Bailey

## February





## **REPETITIVE STRAIN INJURY (RSI) AWARENESS DAY — FEBRUARY 28**

Repetitive Strain Injuries (RSIs) occur when repeated movement, especially prevalent in the workplace, causes stress and eventually damage to a joint, ligament, muscle, or other body part. RSI Awareness Day was created to bring focus to this issue, and is recognized on the last day of February each year.

Protect Yourself by visiting: [ufcw.ca/RSI](http://ufcw.ca/RSI)



UFCW CANADA  
UNION MADE

Wayne E. Hanley, *President* • Kevin Benn, *Secretary Treasurer* • Glacier Effe-Samuel, *Recorder*

CELEBRATING THE  
PROGRESS WE'VE MADE...



UNDERSTANDING THAT WE  
STILL HAVE A LONG WAY TO GO



Violence holds us back.  
60% of women experience violence at work.

See It. Challenge it.  
Violence is #NotOkay #NoMore

**INTERNATIONAL WOMEN'S  
DAY • MARCH 8**

**UFCW**  
Local 1006A  
**CANADA**

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Do you love someone who drinks too much or suffers from addiction?

Do you want peace of mind for your future?

UFCW Women's Network is now partnering with Love Over Addiction, an online recovery community for women who love someone that suffers from addiction, providing you discounted access (\$20 USD) to the confidential program.

### Easily Accessible

- 20 video lessons
- 2.5 hours of audio
- Printable guidesheets
- No meetings to attend
- No need for childcare

### Supportive Community

Join our secret Facebook group to receive support from women who know exactly what you're going through.

**Visit [www.loveoveraddiction.com/womensnetwork/](http://www.loveoveraddiction.com/womensnetwork/)  
or email [win@ufcw1006a.ca](mailto:win@ufcw1006a.ca) for more information.**

# FREE COURSES

Exclusively for UFCW  
Canada members & family.

The logo for webCampusPLUS, featuring a stylized red maple leaf icon to the left of the text "webCampusPLUS" in a blue sans-serif font.

## 5 CERTIFICATES

Human Rights Advocate,  
Labour Activist,  
Media & Communications Specialist,  
Occupational Health & Safety,  
& Retail Sector Specialist.

In Partnership With,



[www.ufcw.ca/webcampus](http://www.ufcw.ca/webcampus)