

Newsletter December 2020

New Members

Stephanie Hoekstra

Ridgetown Business & Training
Group

Faythe Van Esch

College of Social & Applied Human
Sciences

Tania Archbold

College of Social & Applied Human
Sciences

Alison McMahon

Ridgetown Administration

Michelle Ragany

OAC Dean's Office

Benjamin Van Steenberg

Office of VP Research
OMAF Research Station


Social Media Contest!

If you're not already, follow us on social media! Here's where you'll get the latest information and updates, and can interact with our team!

Follow by December 31st, 2020 to have a chance to win a **\$100 gift card!!!** Send an email to Sharon at slee23@uoguelph.ca once you have followed us on one of the following platforms. An extra entry will be placed in the draw if you follow us on both platforms!

Draw to take place on January 4th 2021!

 Twitter: [@OSSTFTARA](https://twitter.com/OSSTFTARA)

 Facebook: [OSSTF TARA](https://www.facebook.com/OSSTFTARA)

TARA Members Check-in

We had our first informal online 'Members Check-in' Teams meeting on November 23. Given the amount of positive feedback received, we will continue to host these on the third Wednesday of every month, over the lunch hour. These meetings are to provide you with a great opportunity to hear from other members, to ask questions, and to speak with the Executive. If you have a specific topic in mind, let us know and will raise it at the next meeting.



Message from the President

You may find it difficult to sum up this past year in one word. I know I can't. But it was reassuring to find out that I am not the only one struggling with this. The Oxford Languages 2020 Word of the Year campaign looks a little different from previous years. Over the last several years, they have had the ability to sum up the year in one word, for example, 'selfie' was the word of 2013, 'podcast' was the word of 2005, the first ever pictograph (emoji) was selected in 2015, and 'climate emergency' was the word of 2019. However, Oxford Languages has determined that 2020 is not a year that could neatly be accommodated in one single word of the year, and decided to report more extensively on the words that were frequently used in 2020. Let's look at some of the words that were used the most:

lockdown - Coronavirus - flatten the curve - social distancing - community transmission - pandemic - social bubbles - face masks - staycation - impeachment - acquittal - mail-in ballot - conspiracy theory - working from home - Black Lives Matter - self isolate - physical distancing - Zoom meeting - essential worker - personal protective equipment - vaccine - N95 mask - defund the police - second wave - anti-masker - Megxit.

Are you feeling a little stressed, confused or anxious these days? It's no wonder. This is what we are all living through and it can be both mentally and physically exhausting. Every one of us has had to struggle through this pandemic in some way, overcoming our own challenges and working through the obstacles that we continue to encounter.

I want to thank you for your hard work and your continued support and efforts during this unprecedented year. We continue to be amazed by the strength, resilience and commitment that you continue to demonstrate. The stories we hear continue to inspire us!

With that said, I would like to encourage everyone to please stay focused on the positives, stay optimistic, be kind, be patient, and cherish the simple things in life. Please stay healthy and safe during this holiday season.

Collective Bargaining Committee

The Bargaining Committee has been selected and have jumped into bargaining preparations. We had our initial meeting to discuss the process and are now preparing our second survey. If you have not filled out Bargaining Survey 1, I strongly encourage you to do so. Feedback from these surveys will help us determine where improvements are most needed. We can't advocate for you if we don't hear from you, so please take a few moments and share your thoughts. Here is a link to Survey 1: <https://www.surveymonkey.com/r/3LTV67G>



TARA Resources

Enrichment Fund

We are still accepting Enrichment Fund Applications. The purpose of this fund is to assist in covering costs associated with our members' pursuit of learning and professional development opportunities. The award value is up to \$250. If you haven't taken advantage of this yet, please go to our website (<http://www.d35-guelph tara.osstf.ca/>) for an application. Once completed, please submit it to us at president@d35.tara.osstf.ca

Benevolent Council Applications

The Benevolent Council exists to provide assistance to active members who find themselves in extreme financial need due to prolonged illness, accident, or extreme emergency. This assistance can be in the form of relief grants of up to \$3,000 in a federation year, or simply advice on ways/means to alleviate distress. This program is offered through Provincial Office and is available to our members. To find out more, members are asked to please contact Joe directly. He will walk you through the application process.
president@d35.tara.osstf.ca

Members Assistance Program

Your TARA Executive has created a new budget line in our financial report called "Member Assistance". This program was established in May 2020 in an effort to show support for our membership, after the first few months of adapting to life during a pandemic. We are committed to this program and to ensuring that we are doing everything we can to support you during these difficult times. If you feel you could use a little extra support during the holiday season, we would encourage you to reach out. We are here to help and support you in any way that we can! Email us at president@d35.tara.osstf.ca

Educators Financial Bursary

Educators Financial is offering a \$250 bursary to one OSSTF/TARA member to help defray the cost of courses during Winter 2021. For details regarding this bursary and the application process, please contact us at president@d35.tara.osstf.ca.



Resources to Lesson Financial Burdens

The COVID-19 pandemic is creating some serious financial challenges for individuals and families across the country. Canadians living on fixed incomes or close to the poverty line are especially at risk during these uncertain times. People with precarious employment are being disproportionately affected by COVID-19 measures as a result of physical distancing and isolation. Equity seeking groups are especially vulnerable during these uncertain times. This reality is having an impact on low income and post-secondary students for example as they navigate through a constantly changing situation with increasing demands and limited resources.

Canada Emergency Response Benefit	https://www.canada.ca/en/services/benefits/ei/cerb-application.html
Flexibility for Taxpayers	https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Flexibility_for_Tax-filers
Mortgage Default Management Tools	https://www.canada.ca/en/departement-finance/news/2020/03/canadas-covid-19-economic-response-plan-support-for-canadians-and-businesses.html#Mortgage_Default_Management
Support for Postsecondary Students	https://news.ontario.ca/en/release/56527/province-supports-postsecondary-students-during-covid-19
Ontario COVID-19 Emergency Assistance	https://www.ontario.ca/page/social-assistance
Guelph Food Bank	https://guelphfoodbank.ca/
University of Guelph Student Financial Aid Counselling	https://www.uoguelph.ca/registrar/studentfinance/aid/counselling



University Resources

As employees of the University and as members of OSSTF, you have access to a number of resources. We have listed some of the resources below. If you have any questions or concerns, please contact president@d35.tara.osstf.ca for more information.

UofG COVID-19 Tools and Resources	https://www.uoguelph.ca/hr/covid-19-tools-and-resources
UofG Employee and Family Assistance Program (EFAP)	https://www.uoguelph.ca/wellnessatwork/content/feature/employee-and-family-assistance-program-efap
UofG Wellness at Work	https://www.uoguelph.ca/wellnessatwork/
Beacon guided digital therapy	https://www.mindbeacon.com/
Starling Minds mental health program	https://info.starlingminds.com/covid19-free-mental-health
OTIP 'caring for your mental wellbeing	https://www.otip.com/coronavirus
Wellness at work Here are some mental health resources you are encouraged to use if you are looking for support	<p>Homewood Health EFAP: Access to counselling is available to U of G employees 24 hours per day, seven days per week through the University's EFAP provider, Homewood Employee Health toll-free at 1-800-663-1142.</p> <p>Here 24/7: Call 1-844-HERE247 (1-844-437-3247) anytime to access addictions, mental health, and crisis services.</p> <p>BounceBack: BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults manage low mood, mild to moderate depression and anxiety, stress or worry. Visit https://bouncebackontario.ca/.</p> <p>Togetherall: Access a supportive online community available 24 hours per day, 7 days per week. Visit https://togetherall.com/en-gb.</p>

COVID Update

Please visit the [University's COVID website](#) for the latest information. Please also check out your local Public Health website for the most up-to-date information on COVID in your own community.



TARA Executive

President

Joe Rooyackers

Vice President

Elizabeth Copland

Secretary

Laurie Winn

Provincial Executive Liaison

Earl Burt

Member Services Officer

Laleh Hatefi

Treasurer

Caitlin Brookbanks

Secretariate

Rob Shaheen

Vineland

Glen Alm

Simcoe

Rachel Riddle

Kemptville & Alfred

Tom McLean

Ridgetown

George Woudenberg

New Liskeard

Candy Keith

Communications

Sharon Lee

OTIP Update

Fireplace safety tips for a cozy and safe winter

There's nothing quite like cozying up by the fireplace on a cold winter's evening. While many Canadians look forward to the warmth, light and ambiance that comes with a home fireplace, it's important to practice proper fireplace safety. Review the following fireplace safety tips to ensure that you, your family and your home stay safe this season.

Learn more at:

www.otipinsurance.com/article90



Holiday Cheer Word Search

D	U	I	M	N	O	S	S	D	E	E	T	L	Y
P	E	P	D	G	F	S	E	O	U	T	F	I	T
U	I	L	N	N	D	T	W	I	R	F	K	D	N
I	N	E	I	T	J	N	E	L	D	D	O	O	E
O	V	I	J	C	E	N	E	C	L	U	M	I	E
O	I	O	R	T	I	E	I	I	F	R	Y	N	K
E	C	S	E	R	T	O	S	I	R	O	N	I	I
D	Y	W	J	W	O	S	U	D	D	F	Y	S	N
I	S	I	O	E	T	G	I	S	I	T	T	I	D
V	I	R	Y	N	N	N	E	U	I	R	Y	E	N
O	T	N	F	S	E	I	E	F	T	N	R	Y	E
R	T	G	U	T	T	S	F	N	U	N	I	S	S
D	S	R	L	P	S	Y	R	T	W	I	U	S	S
U	R	I	R	U	P	E	R	F	O	R	M	E	E

Complete the Word Search by January 8th 2021 and send your answers to slee23@uoguelph.ca

If your answers are all correct, your name will be entered into a draw for a chance to win a \$100 Gift Certificate at the 2021 AGM!

Although the holidays look a little different this year, here are some ideas to bring some holiday cheer to you and yours

- **Perform** a random act of **KINDNESS**
- **Video** call a **FRIEND** that you haven't seen or talked to in a while
- Put on your favourite holiday **OUTFIT**, even if there isn't a party
- Practice **JOYFUL** living. Find some happiness in everything around you
- **SING** your heart out!
- Indulge in something **DELICIOUS**
- **TRY** something **NEW**

