

# Newsletter

July 2019

## New Members

Jessica Walters  
OMAF  
Research Stations

Satinder Chopra  
Ridgetown

Rebecca Rebus  
Strategic Partnerships

## 2019 AGM Grand Prize Winners

Sharon Lee  
Door Prize Winner of the  
Prowl Noise Reduction  
Headset

Jake Henry  
Door Prize Winner of the  
\$100 Visa Gift Certificate

Dave Bolger  
Door Prize Winner of the  
Laptop Case and  
Water Bottle

Danielle Watson  
Newsletter Prize Winner of  
a \$100 Gift Certificate



## Update from Joe Rooyakkers, TARA President

It has been another long year, but a very productive one! From negotiating and ratifying a new Collective Agreement to negotiating and ratifying our transition into the UPP, your Executive worked very hard to ensure that you had all the information required to make informed voting decisions. We also were able to close the Retro Wage arbitration and visit all but one of our research Stations. I am very proud of the accomplishments of the Executive and would like to thank each and every one of them for their contributions and assistance over this past year.

### Retro Wage Arbitration

I am very pleased to report that this has been settled and letters were mailed to all who were UofG OSSTF/TARA members between January and October 2012. If you meet this criteria and have not received a letter, please contact me at [president@d35.tara.osstf.ca](mailto:president@d35.tara.osstf.ca) as soon as possible.

### Off-Campus Meetings

We are in the process of identifying dates for the Executive to meet with members on main campus, Ridgetown campus and at all research stations. Once finalized, the schedule will be posted on our website at <http://www.d35-quelphtara.osstf.ca/>.

### Lunch and Learn

We have some ideas for future Lunch and Learn opportunities, but we'd like to hear from YOU! If there's something you'd like to learn about, please email your idea(s) to me at [president@d35.tara.osstf.ca](mailto:president@d35.tara.osstf.ca).

### Collective Bargaining Committee

We are in the final stages of preparing our Collective Agreement for print/publication. In addition to it being available on-line, we know it's important to many members to have a hard copy. We hope to have them to you in September/October.

*(continued on page 2)*

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*(continued from page 1)*

## **Annual General Meeting**

Thanks to all who attended our Annual General Meeting, whether in person or online. I am pleased to say the membership voted in favour of the proposed changes and they will be reflected in our Constitution and Bylaws.

## **Wellness@Work Community Garden**

The Coalition Community Share Garden is in full swing on Main Campus - behind Rozanski Hall. The veg trugs are set up and planted. We will continue to make the space more relaxing, with the hopes of adding a porch swing, bird feeders and possibly a water feature. I encourage our main campus members, or those visiting campus, to please take advantage of this wonderful space. We also welcome new volunteers. If you'd like to help with watering, harvesting, filling bird feeders, etc, please let me know!

## **Social Media**

Follow us on Social Media for the latest information and updates;

Twitter: @OSSTFTARA, <https://twitter.com/OSSTFTARA>

Facebook: OSSTF TARA, <https://www.facebook.com/OSSTF-TARA-2281536162079048/>

## **Planning a Summer Road Trip Through Canada on a Budget**

Canada is known worldwide for its natural beauty. With rolling hills, sparkling blue waters, boreal forests, natural parks and mountain peaks, Canada really has it all.

If you're looking to explore more of this beautiful country over the summer without breaking the bank, follow this helpful guide of national attractions you can visit that won't cost you much more than the gas required to take you there.

To learn more, click here: [www.otipinsurance.com/article41](http://www.otipinsurance.com/article41)



## **TARA Executive**

### **President**

Joe Rooyakkers

### **Vice President**

Elizabeth Copland

### **Secretary**

Laurie Winn

### **Provincial Executive Liaison**

Paul Caccamo

### **Member Services Officer**

Laleh Hatefi

### **Treasurer**

Caitlin Brookbanks

### **Secretariate**

Joe Hirschegger

### **Vineland**

Glen Alm

### **Simcoe**

Rachel Riddle

### **Kemptville & Alfred**

Tom McLean

### **Ridgetown**

George Woudenberg

### **New Liskeard**

Candy Keith

### **Communications**

Catherine Badham





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## Women, Work and Wellness

The Women, Work and Wellness initiative started this past year with support from a Wellness@Work grant. The goal of this initiative is to connect women in a diversity of roles on campus to share wellness ideas and practices for working women.

E-mail Catherine Badham (cbadham@uoguelph.ca) to be placed on the e-mail list for notifications of upcoming events this fall.

## Free Classical Yoga

De-stress from your work, maintain balance and promote enjoyment through classical yoga every Tuesday from 12-1PM mostly in Peter Clark Hall, University Center.

E-mail Lalit Jairath for more information:  
[ljairath@uoguelph.ca](mailto:ljairath@uoguelph.ca).  
No previous experience is required to join these classes.

### **In Memory of MacBeth, Neil. 1954-2019** **Written by Rich Moccia**

It is with much sadness that I pass on the news of Neil MacBeth's death on June 25, 2019, after a short, but incredibly courageous battle with ALS. Neil was first hired by the University of Guelph in 1989 as a research assistant with our fish genetics group in the Animal and Poultry Science Department. He moved to the Alma Aquaculture Research Station as our quarantine technician in 1990, and was then appointed to a permanent position as a Research Assistant for Alma, where he worked until he took leave last fall to try and fight this terrible disease. Along with the rest of the Alma team, Neil provided essential support to all of our station's operations, as well as providing assistance and guidance to numerous researchers and hundreds of experiments over the years. In addition to those duties, Neil lived on the Alma property for nearly 30 years, and provided security and emergency response.



Neil was a constantly happy and outgoing individual who soldiered on in spite of any challenge that came his way, including the untimely death of his son Rhys in 2014. He always had a smile and a laugh no matter the situation. Neil enjoyed the outdoors, scotch whisky (of course!), and was an avid camper and kayaker, and a scuba diver in his younger years. He enriched his Scottish roots by learning to play the bagpipes, and was an accomplished piper for many years with the Grand Celtic Pipe Band.

He is survived by his partner, Heather Taylor, and children, Renata Post(Gareth), Conal MacBeth, Reilly Taylor-MacBeth, and grandchildren Logan Post and Payton Post. He is predeceased by his son Rhys MacBeth.

**A Celebration of Life** is being planned for Saturday, August 24th, 1-5 pm., at the Fergus Legion, Fergus, Ontario.

**Charitable donations** can be made to the **ALS Society of Canada**



# Newsletter

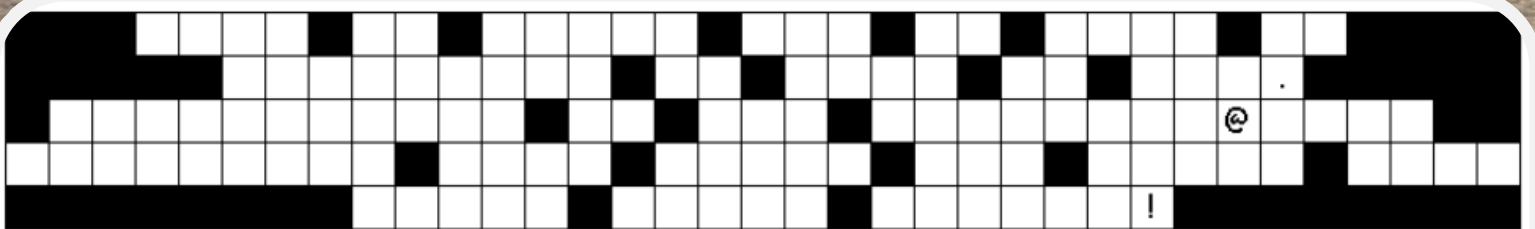
July 2019



**Theme: Wellness@Work**

## Challenge for July

Complete the fallen phrase puzzle by July 19th, 2019, and send your answers to [president@d35.tara.osstf.ca](mailto:president@d35.tara.osstf.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 2020 AGM!



























D H T B  
A C W A T D R T A T E W N L A J E S T  
W L I T P E A T L I I N A T N A H I T N D K E E S W  
H A R T E M G P E T E N I N K S C E N A E E L N U R A T K S Y O  
C P A L H I N I O R I A Y S W M O H R H W A T W E T S A C A O R K U R

# WATER

## YOU DRINKING?



 = 8 oz = 1 cup


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3 	4 	5 
8 	9 	10 	11 	12 
15 	16 	17 	18 	19 
22 	23 	24 	25 	26 
29 	30 	31 		

# WATER YOU DRINKING?



## Challenge Details

Wellness@Work is challenging you to increase your daily water consumption. Track your daily water intake throughout July! Put an “X” in each water drop after you’ve had 8 oz of water.

 = 8 oz = 1 cup

Although other beverages and food contribute to your daily water intake, this challenge is just to track the water you are drinking. Consider replacing sugar-sweetened or caffeinated beverages with tap water.

Check out the Wellness@Work website for a list of tips on [how to make water your drink of choice](#) and suggestions on how to add flavor to your water.

Submit a scanned copy of your completed tracking sheet to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) or send by campus mail to Sarah Joosse in HR by August 2<sup>nd</sup>, 2019 for your chance to win a prize!

Please add your contact information below to be entered in the prize draw.

Name: \_\_\_\_\_

U of G Email: \_\_\_\_\_

U of G Phone: \_\_\_\_\_

Thanks for your participation! Winners will be announced in August.

**Learn more:** [uoguelph.ca/wellnessatwork](http://uoguelph.ca/wellnessatwork)