

UCCE NEWS & VIEWS

Sept/Oct 2014
Edition

Inside This Issue:

Looking for a Job?

Seems a lot of members have been inquiring about getting a second job as well as keeping their Co-op job. Did you know that there are certain jobs that you as a Co-op employee cannot take?

You are not allowed to work for another grocery store as they are our competition. You can work for Wal-Mart, as long as it is not a super centre (sells groceries). You can work for other retail companies such as Canadian Tire, The Bay and Sears etc. Just so long as they are not selling groceries.

You need to make sure that your job at Co-op is priority over your second job. If you are an A or B employee you must be able to work all scheduled shifts given to you by Co-op. If you are a C employee you must be able to work all shifts outside your restrictions. If your not sure, give us a call.

Let's hope that with all these members getting second jobs to supplement their income that we don't lose good employees to other companies!

Check your Cheque !

So many times we get our pay stubs and don't check to make sure that everything is correct. We usually rely on the Company to know our rate of pay, how many hours we worked that pay period etc. Everyone needs to make sure and check that stub. Just had an employee call into the Union Office the other day to say that he thought for sure he would have had a raise by now. He looked in the Collective Agreement and saw that he should have received a raise every 1250 hours. He knew that he had worked approximately 1900 hours since his last raise.

We did some checking and yes the employee should have received a raise to the next level. In the end this employee received back pay. So we are asking all employees to please review your pay stub when you receive it.



Health Spending Account

Information sheets from the Union have been sent out and posted on the Union

Looking for a Job?

Check your Cheque

Health Spending

EFAP Information

Dear Rosie

Quick Quips

Board as well as on the tables in the staff room. This information is for A and B employees who are currently on extended health care coverage through Calgary Co-op.

Effective dates are August 3, 2014—July 31, 2015.

To find out what is covered go to The Canada Revenue Agency website (www.cra-arc.gc.ca/menu-eng.html). Click on "Which Medical Expenses are eligible?"

If the information sheet sent out by UCCE doesn't answer your question, call Alberta Blue Cross Customer Service at 1-800-661-6995 between 8:30 am to 5 pm Monday to Friday.

Employee and Family Assistance Program (EFAP)

Sometimes life presents personal and/or workplace challenges that can affect our daily lives and wellbeing. Calgary CO-OP has an Employee and Family Assistance Program (EFAP) to offer short term assistance. There are a wide range of things that the program can help you with. This is at no cost to you

You can choose counselling by phone, online, or in person. Offices are all over, and locations, and gender preference, and time is accommodative, as best as possible. Confidentiality is guaranteed. You won't be identified to anybody, including your employer.

There are many possible issues in life... therefore there are many different kinds of services available. For issues, such as marital, family, relationships, stress, anxiety, addictions, life transitions and any other personal issues...there are counsellors available to tend to your specific needs. Caring and supportive, confidential environment, for the effective steps to improve your well-being and be the best you can be.

There are also Plan Smart counsellors. Need advice on childcare and parenting? Elder and family care? Need financial or legal advice? Get your life in balance with the help and advice on these topics.

If you want to live healthier...EFAP can offer assistance to smoking, weight management and nutrition.

Work-place and career issues, such as career planning, retirement, shift work... you can speak to someone un-biased about them.

All this is available and can be a wonderful tool to take advantage of for your well-being, or simply just improving your life. There are also online resources. Members can use website anytime for e-learning, interactive tools, health and wellness assessments, and a library of health, life balance, and workplace articles.

Sometimes we just need a little guiding in the right direction, or another person's viewpoints to help guide our lives on the right path. It is here if you need it, why not use it?

If you need a pamphlet of the number, contact you CM, or go to customer service, or simply call, 1-800-663-1142. There is someone available 24/7. Or the website is www.homewoodhumansolutions.com

By Dave Pilz



Newsletter Committee:

Heather Snider, Chair

Committee Members:

David Pilz
Myrna Pollock
Marta Bronkowski
Tyler Dwyer

We need your input. Please send your news, announcements, letters, questions, happy thoughts, concerns or complaints to the Newsletter Committee C/O the U.C.C.E. Office through the Inter-office mail

OR

Fax — (403)299-6710

OR



reception@ucce.info

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us on



Dear Rosie



Dear Rosie,

When I was put on the Attendance Program last week, they included my days off on WCB, Bereavement I took when my child died, the time I missed due to being homeless during the flood as well as my sick time in the total days I missed. Is this correct?

Signed, Really??

Dear Really??,

Yes, the Company includes all of this as well as jury duty, approved LOA's, unpaid vacation days and more.

Signed, Rosie

Any questions you may have for Rosie send to her at: rosie@ucce.info



Quick Quips

- ☺ ***New contract books have been dropped off at the centre's, gas bars, liquor and head office.***
- ☺ ***Make sure you are putting the date next to your initials when signing off anything in your work record.***
- ☺ ***Any question big or small, give us a call!. (403) 299-6700***



Annual General Meeting

Sept. 9, 2014

7:00 p.m.

at the

Union Office

420—35th Ave. N.E.

See you there.