

Supporting people with PTSD

Even though awareness of Post Traumatic Stress Injury (PTSD) has improved in recent years, today's keynote speaker Julius Brown, and his team at the OSI-CAN Support Initiative are on a mission to continue raising awareness on the issue.

As the director for the initiative, based in Regina, Julius brings a unique perspective to PTSD and Occupational Stress Injury. Having served in the U.S. Armed Forces, with family members who have also served, Julius has seen first hand the effects that PTSD can have on people and is committed to helping others.

"It's a subject that I know a lot about, and I'm very happy to be part of the positive change that is taking place. There is still a stigma attached to it due to the lack of education, but we have gained a lot of traction because now it's being talked about," said Julius.

Julius and his team also offer meaningful support to people suffering from PTSD and help them access resources.

"There can be lots of confusion out there on who to contact for support or help, so we help people navigate the help that is needed, and then route them toward the proper service providers," he said.

Join Julian as he educates us this morning at 11 a.m., and hear how he helps others recover from an injury that is still widely misunderstood.



Welcome to Convention

A warm welcome to all delegates, guests, and staff attending Convention 2019!

Our Convention Procedures Committee (CPC) has worked hard to plan a convention to remember. Our convention brings members together from across the province to gain knowledge, debate policy, discuss strategy, review the work of the union and plan for the future. It's also a time to rekindle friendships, get to know new people, share ideas and make our union stronger through our solidarity. And, who can resist the social events that allow us to mix and mingle in a more relaxed atmosphere?

This year's convention theme is "Educated, Empowered, Energized!" That's how we hope you'll feel, not only during the next three days, but also throughout the months and years ahead as you stay active and involved in your union. Our Education department and the Education and Promotions Committee will unveil some of their new initiatives for members. You'll hear from a variety of guest speakers, have a chance to ask questions, learn about your union and debate resolutions that will form union policy. We hope you'll be inspired and empowered by the discussions and ideas put forward by your fellow delegates. A more educated, empowered and energized membership allows our union to grow stronger.

Thank you to the CPC, which includes Chris Day, Carol Yuzik and Steven Lavallee, as well as SGEU staff and members who were involved in making this year's convention a great success!

Mayor Fougere to bring greetings

Regina Mayor Michael Fougere brings greetings today to SGEU delegates on behalf of the City of Regina.

Mayor Fougere has a wealth of experience with municipal government, having served five terms as the City Council representative for Ward 4 in southeast Regina.

He has led City Council forward on important files like homelessness, reconciliation, economic development, and helped guide the City's affordable housing initiatives.

Thank you for joining us today and sharing greetings on behalf of the City!



Luncheon to raise funds for the Moose Jaw Transition House

SGEU member Lynne Guick will speak about her work at the Moose Jaw Transition House (MJTH) during today's Women's Committee luncheon. The mission of the MJTH is to work toward ending the cycle of abuse and violence within Moose Jaw and surrounding communities by providing emergency shelter, support, advocacy, advice, and referrals. Proceeds from today's luncheon will be donated to the MJTH. Check with members of the committee for tickets, which are by donation.



L-R: Members of the SGEU Women's Committee: Tamara Bailey, Tanya Turner, Sherry Sproule, Lynne Guick, Theresa Evans, Muna De Ciman, Jackie Currah

Funds raised from a quilt raffle at convention will also go to the MJTH. The three creative quilts were lovingly handmade by staff at the facility, who happen to be SGEU members. Raffle tickets are available from members of the Women's Committee, and the draw will be made early Saturday morning at convention.

Earlier this year, proceeds from a Silent Auction at the annual International Women's Day dinner, hosted by the Women's Committee, were also donated to the MJTH.

Bread & Roses Awards



The annual Bread and Roses awards will also be presented to 12 women at today's Women's Committee luncheon. Each year, the award is presented to two women from each of our sectors for her commitment to, and work on behalf of, the union.

The Women's Committee luncheon will take place at 12 noon today in the Maple Room.

The changing face of the union

Darla Deguire, Prairie Regional Director for the Canadian Labour Congress, will speak about the changing face of the union at tonight's Human Rights/Equity Caucus. A member of Beardy's First Nation in Saskatchewan, Darla is a former Aboriginal Vice-President for the Saskatchewan Federation of Labour, and an experienced facilitator and educator. She co-authored the lauded Unionism on Turtle Island, an intensive workshop dedicated to Aboriginal culture, history, and awareness of indigenous issues. She is a passionate advocate for a representative workforce, and has engaged Saskatchewan governments, of all levels, in ensuring that a community's workforce resembles its people.



At the Human Rights/Equity Caucus, you will also have an opportunity to discuss resolutions that are relevant to the Caucus, hear from SGEU President Bob Bymoen, participate in a roundtable, and fill out a survey that asks members who belong to an equity group to identify any challenges they face in the workplace.

The Caucus will take place at 5:30 p.m. in the Pine Room.

SGEU gets social

SGEU Convention will be using the hashtag #SGEUCon19 on Facebook and Twitter.

By using this hashtag, SGEU members will be able to see one another's posts and interact. Search #SGEUCon19 on Facebook and Twitter to see what's going on!

Be sure to "like" the SGEU Facebook page to receive updates to your newsfeed during convention. Find the SGEU Facebook page at facebook.com/SGEU. SK

To follow SGEU on Twitter, search for @SGEU.

Elections

Elections at this year's convention will be held for the following positions:

- Secretary-Treasurer (2-year term)
- Board Trustee* (2-year term)
- Board Trustee Alternate* (2-year term)

*Must be a member of Provincial Council

LTD bear pit session

Do you have questions about the long-term disability plan? Do you get questions from other SGEU members?

Make sure to head over to the LTD bear pit session where the LTD team will be able to answer all of your questions. It will take place at 5:15 p.m. in the Maple Room.

Pronouns primer

You may be wondering why there's a spot on your nametag this year for your pronouns. To ensure that transgender and non-binary folks are gendered correctly, they often have to state their pronouns (she/her, he/him, they/them). The SFL has launched a "Hello My Pronouns Are" pilot project, encouraging all people to declare their pronouns to normalize the practice. Learn more about gender non-conforming identities and pronouns, and how to shift to gender-inclusive language at Jacq Brasseur's talk this morning at 11:40 a.m.