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MAKING THE ROUNDS

a HEALTHCARE NEWSLETTER

Volume I, Issue I

Newsletter Date

MESSAGE FROM THE PRESIDENT OF 1106

Bargaining Report :

Waterloo Regional Homes for Mental Health

Crisis Respite- one of our healthcare workplaces that do have the right to strike after a number of bargaining dates, we had a conciliation officer in for September 18th and reached a tentative agreement. The ratification took place September 29th at 100%. The agreement included language and monetary improvements. We bargained lump sums of \$500 for full time and part time, and, \$250 for relief employees .Wage increases on April 2014 of 1.25%, April 2015 1.25% for all classifications. A shift premium of .10 cents per hour in year three and an overnight premium of .20 cents per hour. Thanks to our national rep Tom Rooke and bargaining committee Judith MacKenzie and Denise Tracy for all their hard work over this difficult round of negotiations.

Traverse Independence- another one of our workplaces that does have the right to strike. We met with the conciliation officer October 1st, reached a tentative agreement that was ratified on Friday October 4th at 94%.We bargained improvements to the harassment language to include a joint investigation process, with training included. We also have new violence in the workplace language. There were lump sum payments of \$400 for full time and \$ 200 for part time and April 2014, a wage increase of 1.25% for all classifications. Shortly after ratification the employer decided to make random cuts to hours, not calling it a layoff, to avoid following the collective agreement language. We have a number of policy and group grievances in place and are awaiting grievance meetings to be set up. Thanks to our national rep Bill Gibson and bargaining committee Mary Shooter, Jane Gingrich and Tracy Brown for all their hard work in getting this agreement with Traverse.

Forest Heights LTC- we still have one more date to bargain, October 30th, hopefully we can make some progress in this Revera owned home.

Saugeen Villa/Sprucewood Ct -we have the proposals ready and are awaiting dates to start bargaining. This also is a Revera owned home.

Haldiman/Norfolk Senior Support- this will be the second collective agreement for this group of workers .We are ready to go and have the following dates November 13th , November 15th and November 20th booked for bargaining

Winston Park, Nursing and Retirement – have dates to bargain in London at the central table with the other Schlegel homes on November 4th , 5th , 6th and 7th

MESSAGE FROM THE PRESIDENT CONT.

There were two major events that took place this year; on August 28th it was the 50th anniversary of the March on Washington for Jobs and Freedom. On August 29th to 31st the formation of our new union UNIFOR.

The march on Washington took place August 28th, 1963, under the leadership of Dr. Martin Luther King Jr., who was the voice of the civil rights movement at that time. With the plan for the march in place the leadership met with President Kennedy to get support for the march on Washington. President Kennedy first tried to convince the leadership not to have the march, when that failed, he did support a peaceful, non violent march.

This protest was attended by over 250,000, people from all over the country came to Washington to march and listen to the speakers. This protest is where Dr. King gave his famous "I have a dream speech." There was another featured speaker that day, one that supported the civil rights movement, and offered the help of his union to Dr. King, that was the president of the UAW, Walter Reuther. Walter Reuther knew that Unions are needed to improve working conditions and wages, but also can influence politics and the general direction of society to bring about necessary change.

The influence of Walter Reuther was also present at the founding convention of the CAW as a new union. I attended that convention as a guest of local 1967, my father's local. I met Bob White and Victor Reuther at that convention and I have Victor's signature on my founding convention agenda. (that is on display in the local 1106 office)

The founding convention for UNIFOR took place this year and we now have over 300,000 members. I was fortunate enough to attend that convention as well and I know that the Reuther influence will continue on in our new union. Unifor President Jerry Dias gave local 1106 a quote for our local alendar "Our work every day is to build a secure future for all Canadians."

As I stated earlier, I am writing about two major events that took place this year, the 50th anniversary of the March on Washington and the formation of UNIFOR. In my opinion these events are connected, and for us to continue to fight for jobs and freedom, building on the work started many years ago.

In Solidarity
Bill Mclachlan
President
Unifor 1106

MIGRANT WORKERS

The Seasonal Agricultural Workers Program (SAWP) is a guest worker program that attempts to respond to the labour shortage in the Canadian agricultural sector. This program is authorized by the federal Government through the Department of Human Resources and Skills Development (HRSDC) and Administered by privately run user-fee agencies.

The Canadian government insists that foreign agricultural workers are treated the same as Canadian workers but nothing can be further from the truth. Migrant workers face an array of issues that the SAWP, Canadian government and participating governments fail to address. First of all, migrant workers are painfully separated from their families and communities to make a living. They are often isolated in rural communities where life revolves solely around the farm. Language barriers, mobility problems and cultural differences manifesting themselves in outright racism segregate and exclude migrant workers from the rest of their host rural communities.

MIGRANT WORKERS CONT.

Migrant workers perform rigorous and often dangerous rural labour that few Canadians choose to do. Many workers are reluctant to stand up for their rights since employers find it easier to send workers home (at their own expense) instead of dealing with their serious concerns. Fear and the structure of the SAWP (i.e. lack of appeal mechanisms, high turnover rate of migrant workers and lack of monitoring) silence the struggles of migrant workers. Some workers never return to the program due to mistreatment. Others attempt to relocate to other farms. But most of the time workers are not granted transfers because it requires approval from the employer in question and consulate liaison officers. Many workers remain silent out of fear from being expelled from the program.

It is also important to note that some migrant workers claim to have positive work experiences in Canada. However, many migrant workers repeatedly say forceful phrases such as, "*they treat us worse than animals!*" Migrant workers, mostly from the Caribbean, make references to slavery in explaining their situation in Canada.

Today migrant workers are indispensable in domestic work, construction and agriculture. Regardless of the importance of migrant workers to Canada's past and present they have been constantly denied basic human rights and citizenship. Canada has profited immensely from the plight of migrants. The low wages of migrant workers have proliferated a multi-million agricultural industry in Canada. Despite the importance of migrant workers to our economy and food production they are among the most marginalized labour force in Canada.

Were economic policies are framed around sustainable communities that do not displace workers from their communities and livelihoods.

E I Special Parental Benefits

"Special benefits", like maternal, parental and compassionate benefits, are the only exceptions. Parents caring for newborn children do not have to be in Canada to be eligible for EI parental benefits, as they are not expected to be "ready and available" for work. Seasonal agricultural workers who returned to their home countries at the end of their contracts and were caring for newborn children were eligible for parental benefits.

This was not known until around 2002 due to the numerous barriers that prevent these vulnerable workers from accessing EI: they work in rural and remote locations; they work long hours with difficult working and living conditions; they are under constant threat of deportation if they try to enforce their rights; many face language and literacy barriers. Most seasonal agricultural workers were not aware they qualified for parental benefits until allied groups began outreach efforts to help workers to apply.

Initially, the applications were granted, even when they were submitted late. But in 2008, EI began to deny most applications, stating that the workers applied "too late." But there is no deadline for applying for EI, as long as a worker can show that they had a good reason for not applying earlier. Because of all the barriers they face, these workers can show that they could not have applied earlier.

In 102 applications currently before the Federal Court of Appeal, seasonal agricultural workers are challenging the denial of their parental benefit applications. All of these workers made EI contributions – for over 15 years in some cases – and are otherwise entitled to the parental benefit. They have shown that they faced many barriers that prevented them from submitting their applications for benefits at the time their children were born.

The recent claw back

On December 9, 2012, the government of Canada changed the law to make it even harder for migrant workers to access EI special benefits. Now migrant workers can only access parental, maternity and compassionate benefits during the period covered by their work permit. In other words, they cannot access the parental benefit when they most need it: when they are unemployed and caring for a newborn child.

Canada is more and more reliant on the work of temporary migrant workers. In fact, more permits are now granted for temporary workers like these than for permanent immigrants. These workers are an essential part of the Canadian labour force. These workers deserve the same protections as any other workers in Canada. The continuing erosion of Canada's social safety net threatens the economic and social security of us all.

EDUCATION REPORT

Your Education Committee for Local 1106 consists of Violet Badger, Donelda Moore, Judy McLachlan, Jane Binkley and our liaison from the Executive Officers is Ruth Pryce.

The Committee meets and organizes educational training for our members. The Local will be having a Retirement Seminar on October 29th. A one day , Duty to Accommodate on October 23rd and a one day Human Rights Course on November 15th. Notices for these educationals are mailed out to the Chairpersons and should be posted on the Union Boards. Everyone is eligible to attend these sessions. Our Local will be hosting our Local Executive Council to be held in Port Elgin November 8 through the 10th, 2013. This will be a weekend where we bring the leadership of the Union together to plan and strategize around issues imperative to our Members both in the Union and in our Communities as well.

Local 1106 is committed to sending as many members as we can to Paid Education Courses in Port Elgin. It is important and expected that persons that attend these courses be involved either in the Local, the workplace or the Community. A report will be expected at a Local Membership meeting telling about your experience and what you have learned.

Members are reminded that applications for Local Bursaries will be available after January , 2014. Children of our members who will be attending their first year of post-secondary education will be eligible and two bursaries will be available to any of our members who will be attending post-secondary education as well.

Get involved in **Your Union!** Remember that knowledge is power.

Respectfully Submitted
Judy McLachlan



Members of the Unifor Local 1106 took part in the communities' annual Take Back the Night



Unifor Local 1106 duty to accommodate class
October 23rd/13

FINANCIAL REPORT

Dear Members;

Current events in our new Union has brought me to think of how far we have come in 13 short years since we collectively voted to join CAW. Our activism allowed us to create Local 1106 with very strong belief in that the membership is the highest authority of our great union and my role as Financial Secretary has been to defend your funds without pause and to provide complete, clear and balanced financial reports to show to all members how your money is used to support you in bargaining, education and activism.

With the formation of our new Union, Unifor on August 31, 2013 over 4000 elected delegates adopted an updated process of dues calculation that is being rolled out across the country in all sectors. Local 1106 was represented with 12 delegates and 12 observers representing a wide range of groups within our local. Previously your dues would be deducted from you and the employer would send those payments to the local union office where we would send a portion of your dues to the National union to support the services of the Union.

The new process has the employer showing on your pay slip the two portions of your dues, the National and Local dues. Your local portion has not changed and the local portion is capped after 40 hours worked in a month while the national portion is a percentage of earnings over the month. The process is set up that would have the Local portion along with the National portion come off the first pay of the month if the member is working high hours and then the remaining pays only the national portions would come off. If a member is working very low hours (<40hrs/month) they may see local dues deductions off two pays to make sure the calculation is accurate.

If a person works 40 hours or more in the month then their local dues portion is "rate of pay x 2.3333 x 46%" if the member works less than 40 hours in the month then their local dues portion is "rate of pay x 1.1666 x 46%". The national portion is .735% of regular earnings in the month. You do not pay dues on overtime, shift or weekend premiums, sick pay, parental leave or WSIB payment, this remains the same as before. Full time members can look to see approximately \$5 less in dues per month while Part time members can expect to see \$5 to \$15 less in dues per month depending on your hours worked.

Your union took to this change with you the membership in mind. Your pay stubs may look different right now but you can be confident that as long as your employer has deducted dues properly, you will find that your dues will decrease. I have talked with many members lately and once I have worked with them to understand the calculations, they are seeing that their dues have already started to decrease.

If you have questions that I have not answered in this letter, please feel free to contact me for further explanation.

My phone # is 519-585-3160x4 or email is shawn@unifor1106.ca

Talk to you soon
In solidarity,

Shawn Rouse
Financial Secretary
Unifor Local 1106



WOMEN'S COMMITTEE UPDATE

The Women's Committee has been very busy in the past few months. Many of us attended the final CAW Women's conference in Port Elgin this August. It was a time of remembering our past achievements but also looking forward to our future as Unifor members.

We have become quite expert at making bracelets! The money we make from selling these will go to the KW sexual assault centre of KW. Many were sold at the Women's conference and we will be at the Sunnyside home annual Christmas bazaar on Nov. 2nd.

Our annual drive to collect toiletries and toys for Mary's place in Kitchener is underway. Each year we donate approximately 60 gift bags which are personalised depending on the number of people who are staying there over the holidays. Any donation of items or money would be appreciated and can be dropped off at your union office

On Dec. 8th we will hold our memorial to honour and remember women who have died due to violence. It will be at the union hall at 600, Wabanaki drive from 1-4 pm. Joan Tuschlinski from KW sexual assault centre will speak. An aboriginal group, The Good Hearted Women, will help us pay tribute to the almost 600 aboriginal women who have been murdered. Many of these cases have never been solved. There will be musical entertainment and of course lots of food! We hope to see many of you come out and join us.

Yvonne Quigley. VP Women's Issues.

FOUNDING CONVENTION



Clockwise: Ruth Pryce accepting nomination to the NEB as Worker of Colour representative; Local 1106 delegates to the Founding convention; local 1106 President Bill McLachlan and Local 1106 Workers of Colour Chair Shereta Bowers, Nominating Ruth Pryce to NEB position; local delegates from founding convention at the Labour Day parade in Toronto; Shawn Rouse and Unifor Ontario Director Katha Fortier; more sisters with brothers at Labour day parade.

For more information, please visit:
<http://www.newunionconvention.ca/>

We're GOING TO THE ZOO!



On September 7th, the Unifor Local 1106 Recreation Committee planned a fun family day at the Toronto zoo.



FAQ

What does Unifor stand for?

- Unifor stands for making the benefits of a union available to every Canadian. It will be a union for workers, the unemployed, the self employed, women, youth and students, diverse communities and newcomers – a union for everyone.
- The name is the same in French and English. It reflects, in both languages, the core values that our new union stands for: unity and solidarity, strength and determination, and a modern, forward-looking perspective.
- It stands for safer work places, secure employment, wages and benefits that provide a decent standard of living, and dignity and mutual respect in the workplace.
- Unifor advocates for, and defends the rights of, working people in every sector of the economy and in every community in Canada.

What do the logo, word mark and colour symbolize?

Members value the strength, protection and security that our union offers. The 'shield' logo speaks to that protection and the lower case 'uni'

Key facts about Unifor

- ✓ Unifor will be the largest private-sector union in Canada, formed by the coming together of the CAW and CEP.
- ✓ Unifor will have over 300,000 members in every province and territory in Canada.
- ✓ It will represent workers in more than 20 sectors of the economy.
- ✓ Unifor will have more than 800 locals and 3,000 bargaining units.
- ✓ The founding convention will take place Labour Day weekend, Aug 30 – Sept 1, 2013 in Toronto.

and upper case 'FOR' give the word mark strength and momentum. Our new visual identity is strong, simple, clean and clear.

Why was the name chosen?

Through an extensive membership survey, countless meetings and the focus group testing, CAW and CEP members, as well as members of the public were clear that they wanted a non-traditional name for the new union that symbolizes a modern approach to trade unionism, and is more than a listing of our members' industries or sectors of work.

Unifor was chosen as a name that is expressive, dynamic and symbolic of our aspirations as a new organization: united, strong, modern, and forward-looking.

How was it chosen?

A survey of members by CAW and CEP in the winter of 2013, followed by focus group research in early spring 2013, shaped the process of determining an appropriate name. Based on the results of this research and membership consultations, a joint committee undertook a rigorous naming process over the past few months. A large list of hundreds of possible names was generated, which was gradually reduced to a short list of names for the new union.

LOOK FOR US ON THE WEB



facebook.com/UniforCanada



youtube.com/user/UniforCanada



twitter.com/UniforTheUnion



flickr.com/photos/uniforcanada

About the CEP:

The Communications, Energy and Paperworkers Union of Canada is the largest union in several key sectors of Canada's economy, including forestry, energy, telecommunications and media.

The union's 110,000 *members* work at a wide variety of jobs in hundreds of different workplaces across the country.

CEP's main activities include negotiating better wages, benefits and working conditions, protecting jobs, achieving equality, grievance representation, union education, organizing new members, political action, strengthening national and international ties.

www.cep.ca

About the CAW:

The Canadian Auto Workers union is one of the largest private sector unions in the country with approximately 193,000 *members* from coast to coast to coast.

Since the CAW's founding convention in 1985 the CAW has continued to grow through organizing and mergers with other unions into a diverse and progressive organization representing workers throughout virtually every sector of the Canadian economy. CAW members work in aerospace, mining, fishing, auto and specialty vehicle assembly, auto parts, hotels, airlines, rail, education, hospitality, retail, road transportation, health care, manufacturing, shipbuilding and other sectors of the economy.

The CAW is not only dedicated to fighting for workers' rights at the bargaining table, it's equally committed to taking on economic, political and social issues that affect its members and their families in the broader community.

www.caw.ca

NEWUNIONCONVENTION.ca





NO DUES INCREASE!

- **The dues are now shown in two lines on your pay stub.**
- **The local portion remains the same**
- **The national portion is a % of earnings.**
- **The Local portion is on the first pay of the month with the national portion. The 2nd and 3rd pays will only have the national portion.**
- **If you work 75hrs a pay (full time) at \$19.61/hr, your dues will drop from \$549/yr to \$533.66/yr.**

If you have any questions, please call 519-585-3160
Bill McLachlan, President
or
Shawn Rouse, Financial Secretary
at the Local union office.

Labour News Round-up, October 22 - November 3 from the CALM website

Harper **slips attack on workers' rights into latest budget**

PSAC [criticized](#) the Harper government's budget bill for stripping the democratic rights of federal public sector employees and undermining health and safety protections in the Canadian Labour Code. PSAC says that the suite of changes set labour standards back by thirty years. To deny strike rights, Tories could arbitrarily determine what public servants are "essential." Public sector workers will no longer be able to decide voluntarily to go to arbitration for their agreements. Arbitration boards will no longer be independent. The bill changes the definition of "danger" in reference to dangerous work, to include only "imminent" risks, which PSAC calls a "life-threatening change" that will make it difficult for workers under federal jurisdiction to refuse dangerous work.

Conservatives continue legislative attack to curtail organizing rights A Conservative backbencher has [tabled](#) Bill C-525, which attempts to curtail the ability of workers to organize and establish a union. The bill would make secret ballots mandatory, which will encourage intimidation and unfair practices by some employers. The bill also imposes what NDP MP Alexandre Boulerice calls "a form of vote rigging" in union certification votes, by counting everyone who didn't vote as being opposed to the union. The reverse would also be true in disaffiliations – those who don't vote will count as voting to decertify the union.

Forget Duffy, Harper's real war is with unions: Tasha Kheiriddin

This past weekend, the federal Conservative party held its [policy convention](#) in Calgary. The list of resolutions included many anti-union measures that would make it more difficult for unions to undertake the political work directed by their membership. Other resolutions attacked the Rand formula and federal public servants. Writing in the National Post, Tasha Kheiriddin argues that because Tom Mulcair is seen as having soft support for labour, the Conservative focus on unions is a strategy meant to divide union members between supporting the Liberals and the NDP. She argues that if any of the more anti-union pieces of legislation make it from the convention floor into the House of Commons, it will be an all-out war against organized labour in Canada.

Canadian soldiers being dumped before they reach pension eligibility

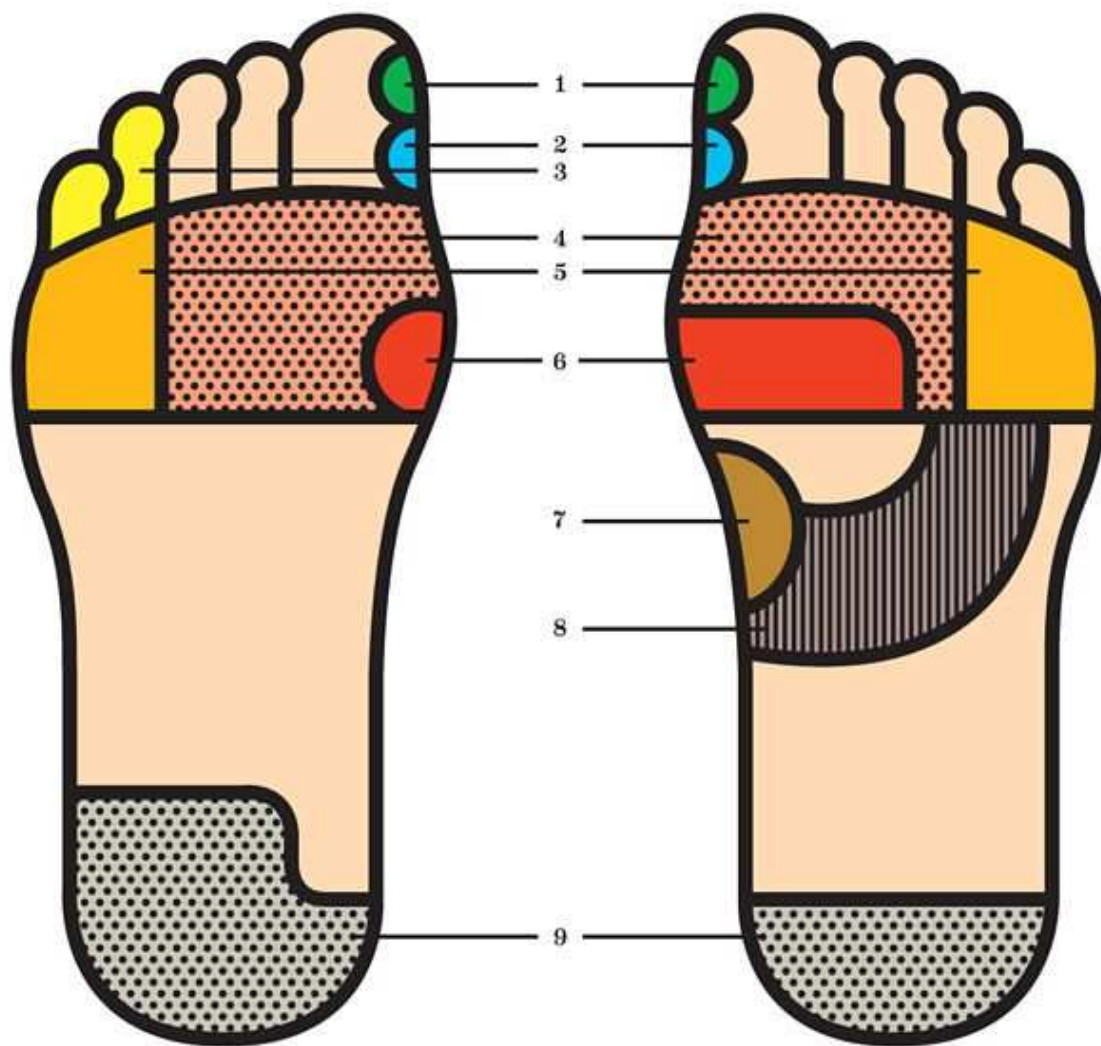
Injured Canadian soldiers seen as "excess baggage" are being [discharged](#) before they become eligible for their pension. Critics accuse the Conservative government of trying to save money by dropping wounded soldiers before they reach the ten years of service required to reach pension eligibility. The justification being used is that soldiers are unable to perform a wide range of duties. In 2010 alone 1,782 soldiers were medically discharged, many with post-traumatic stress disorder, and of those roughly 250 fell below the 10-year pension mark. Canada's veterans ombudsman reported last month that because of the government's policies these ex-soldiers will live in poverty in their old age.

90 percent of government scientists feel they can't speak freely: union survey

A survey conducted among scientists working in the federal public service [reveals](#) that nearly 25 per cent of respondents have been directly asked to exclude or alter their research for non-scientific reasons. Nearly half said that they were aware of others in their department who had their research suppressed. The union representing these scientists, the Professional Institute of the Public Service of Canada, coordinated the survey. 4000 of their 15,000 members replied. The survey also found that 90 per cent of respondents say that they do not feel as if they can speak freely about their work to journalists. The Minister for Science and Technology responded to the results saying that the Conservatives have made great investment into science.

<http://calm.ca/article/2013/labour-news-round-october-22-november-3>

HEALTHY BODY, HEALTHY MIND



LEFT FOOT		RIGHT FOOT
<ul style="list-style-type: none"> 1 - STUFFY NOSE 2 - SORE THROAT 3 - HEADACHE 4 - COUGH 5 - SHOULDER ACHE 6 - HEARTACHE 9 - LOWER BACKACHE 		<ul style="list-style-type: none"> 1 - STUFFY NOSE 2 - SORE THROAT 4 - COUGH 5 - SHOULDER ACHE 6 - HEARTACHE 7 - HANGOVER 8 - STOMACHACHE 9 - LOWER BACKACHE

FOOD FOR THOUGHT

Pork Tenderloin

Ingredients:

2- 1 pound pork tenderloins loin
4 garlic cloves, minced
2 tablespoons dijon mustard
olive oil
the juice and zest of 3 lemons
2 rosemary sprigs
salt and pepper

To make the marinade, combine the lemon juice and zest, garlic, dijon mustard. Slowly add about 1/2 cup olive oil while mixing with a fork (like making a salad dressing) add black pepper. Place the pork and the rosemary sprigs in a large enough resealable plastic bag and add the marinade. Make sure the pork is completely covered with the marinade. Squeeze the air out and seal the bag. Marinate the pork in the refrigerator for at least 6 hours but even better, overnight.

Preheat the oven to 425 F.

Remove the tenderloins from the marinade. Add salt and pepper to the tenderloins. In a oven-proof saute pan, heat 4 tablespoons of olive oil. Sear all sides of the pork until golden brown. Place the pan in the oven and roast the pork for 20 minutes or until the meat registers 140 F. Take it out of the oven, cover the pork with aluminum foil and allow it to rest for 10 minutes before cutting.

To make the Cranberry-Raspberry Sauce

2 tablespoons butter
1 shallot, finely chopped
1 cup red wine
1/4 cup orange juice
the zest of 1 orange
2 tablespoons sugar
12oz raspberries
1 cup of cranberry (frozen)

Melt the butter and add the shallot and cook, stirring occasionally for 3 minutes. Add in the rest of the ingredients. Also, add the juice that the meat has released from resting. Cook over medium heat until sauce thickens, about 20 minutes stirring occasionally.



DID YOU KNOW??

IN 5 MINUTES News and events – visually

428 km/h

Speed of nerve pulses in the brain for muscle position

72–108 km/h

Speed of thoughts

274 km/h

Speed of touch signals

2 km/h

Speed of pain signals

70,000

Estimated number of thoughts the human brain produces on an average day

100,000

Number of hairs on an average scalp

Average dimensions of an adult brain:

167mm

140mm

Height: 93mm

350-400g

Weight of human brains at birth

1,300–1,400g

Weight of an average adult brain



You use a minimum of

6

muscles to frown



You use a minimum of

10

muscles to smile

No one has ever come up with a definitive number of muscles it takes for each action, as not only does everyone smile (or frown) differently, but not everyone has the same number of facial muscles — keep in mind as well, that some smiles (or frowns) also utilize muscles around the nose, eyes and forehead

The hardest bone in the human body is the petrous portion of the temporal bone (ridge at base of skull that contains the middle and inner ears)

The entire length of all the eyelashes shed by a human in their life is over 30 metres

6,250,000

Number of times the average human adult blinks their eyes each year

Our sense of smell is directly connected to limbic system, the area of the brain thought to connect emotion to events

150 km/h

Speed a sneeze can reach

Women seem to have a stronger sense of smell than men, even though the number of smell receptors remain the same

Our lips appear reddish pink due to thinner skin and the many blood vessels underneath

A nose can identify up to 10,000 different odours

18,000 – 20,000 litres of air pass through the nose each day in an adult

A dimpled chin is actually a cleft chin — an incomplete fusion of the left and right halves of the jaw bone or muscle

It's all in your head

86,000,000,000

Approximate number of neurons in the human brain

As it ages, the human brain can shrink as much as

15%**25%**

of the body's oxygen supply is used by the brain

20%

of the body's energy is used by the brain

Composition of the brain

1% Inorganic salt

2% Soluble organics

1% Carbs

8% Protein

10-12% Lipids

77-78%

Water

186,000,000

Number of additional neurons in the left hemisphere of the brain compared to the right

Your tongue imprint is as unique as a fingerprint

The tongue is the only muscle in the body to be attached on just one end

We produce between 0.75 to 1.5 litres of saliva per day

10 days

Average life of a taste bud's cells

Number of bones in an adult's skull:

20

Sources: hypertextbook.com; hairboutique.com; tedmontgomery.com; madsci.org; How Stuff Works; anatomynotes.blogspot.ca; Wikipedia; enotes.com; Scientific American; ehow.com; faculty.washington.edu; frontiersin.org; brain11.imascientist.org.uk; loni.ucla.edu; online.wsj.com; everydayhealth.com; entnet.org

SUSAN BATSFORD, GRAPHICS EDITOR, TWITTER @SBATS11; INFOGRAPHIC BY MEGAN DINNER/QMI AGENCY

IN 5 MINUTES

News and events – visually

Getting enough?

A recent study shows that, in people with low levels of vitamin D, taking supplements more than halved the risk of dying – of any cause – compared to someone who remained deficient.

The Study...

Done by University of Kansas researchers

10,899
Adults tested

The Results...

70% were of the patients were under 30 nanograms of vitamin D per milliliter (the level many experts consider sufficient for good health), and they were at significantly higher risk for a variety of heart diseases.



People with deficient levels of vitamin D were...

- More than twice as likely to have diabetes
- 40% more likely to have high blood pressure



- 30% more likely to suffer from cardiomyopathy – a diseased heart muscle – as people without D deficiency.



- Had a three-fold higher likelihood of dying from any cause than those who weren't deficient.

How it works

1

SUN

The sun is the principal source of vitamin D

2

SKIN

The sun's energy is used by the skin to produce cholecalciferol, a form of vitamin D known as D₃.

3

LIVER

Once vitamin D is produced in the skin or consumed in food, it requires chemical conversion in the liver and kidney to form 1,25 dihydroxyvitamin D, the physiologically active form of vitamin D.

How much?

Recommended intakes from Health Canada:

Age	Daily amount (Intl. Units)
0-12 months	400 IUs
1-70	600 IUs
70+	800 IUs

What is Vitamin D

Vitamin D is a nutrient that helps the body use calcium and phosphorus to build and maintain strong bones and teeth. Too little vitamin D can cause calcium and phosphorus levels in the blood to decrease, leading to calcium being pulled out of the bones to help maintain stable blood levels.

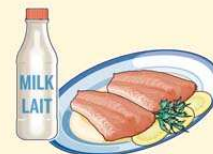
How do we get Vitamin D?

We should get about 90% of our Vitamin D from the sun and only about 10% from our food.

In the northern U.S. and throughout Canada, the sun isn't strong enough during the winter months to make sufficient vitamin D, even if the weather was warm enough to expose the skin for a long time.

Adults should consider getting their vitamin D levels checked through a simple blood test and take vitamin D supplements if needed.

Five minutes of daily sun exposure will help produce the level of vitamin D that your body needs.



5

FOOD

Vitamin D is found naturally in oily fish such as salmon, tuna and sardines. It is also added to milk, soy beverages and margarine.

How to get it?

Selected food sources of vitamin D, in IUs

Cod liver oil, 1 Tbsp	1,360
Salmon, 3 1/2 ounces	360
Mackerel, 3 1/2 ounces	345
Tuna fish, 3 ounces	200
Sardines, 1 1/4 ounces	250
Milk, 1 cup	98
Margarine, 1 Tbsp	60
1 Egg	20
Liver, beef, 3 1/2 ounces	15

KIDNEYS

Vitamin D is absorbed by the kidneys, maintaining calcium balance in the body.

Benefits of Vitamin D

Heart disease: May decrease risk of heart attacks and stroke.

Cancer: May reduce risk of some forms of cancer – including prostate, pancreatic, colorectal, and breast cancer.

Bones: Aids in growth of strong bones, which protects against osteoporosis in old age.

Multiple sclerosis: Low levels of vitamin D may present a higher risk of multiple sclerosis.

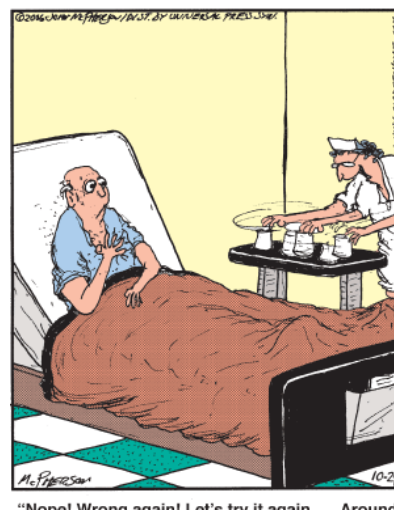
SOURCES: Health Canada, Natl. Institute of Health, Harvard School of Public Health, New Hope Cancer Centers, Graphic News

SUSAN BATSFORD, GRAPHICS EDITOR, TWITTER @SBATS1; QMI AGENCY

“Do not regret
growing older.
It's a privilege
denied to
many.”
(unknown)



“So, you gonna take your medicine or do I have to play hardball?!”



“Nope! Wrong again! Let's try it again . . . Around and around . . . Now, which cup is your nitroglycerin tablet under?”

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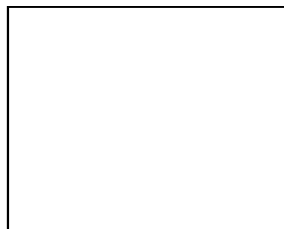
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