



# OSSTF DISTRICT 27 LIMESTONE NEWS

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## WE HAVE OUR FIRST WINNER

A draw was held from all those who sent in their home e-mail address... and the winner is **Mark Dunham** of NDSS.

NDSS has the highest percentage of its teachers participating in the GO GREEN program. Out of 87 teachers on staff, 54 are on the email list. Thank you NDSS.

Enter our October/November Draw and help us reduce the amount of paper the District uses. Sign up for home email delivery of the *Limestone News* along with important Federation communications and have your name entered to win a \$30 gift certificate of your choice.

Simply send an email  
from: your **HOME** e-mail (not Firstclass)  
to: [osstf@kingston.net](mailto:osstf@kingston.net)  
subject: go green  
and **VOILA!** you're entered.

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## Happy Halloween

Please remember to indulge responsibly. You bought the candy for the children – leave some for them. But just in case you dip into the dish by the door – you can burn off the extra calories like this...

- Caramel apple = 300 calories  
**Burn off 300 calories = walk 2 mph for 1 hour 47 minutes**
- Snickers bar (full size) = 271 calories  
**Burn off 271 calories = ice skate 29 minutes vigorously**
- Reese's Peanut Butter Cups (2) = 210 calories  
**Burn off 210 calories = Jazzercise 31 minutes**
- 1/8 of a 9" Pumpkin Pie (homemade from recipe) = 180 calories  
**Burn off 180 calories = swim slowly for 41 minutes**
- 20 pieces of Candy Corn = 100 calories  
**Burn off 100 calories = light snow shoveling for 11 minutes**
- 2 Caramels; 2 Hershey kisses; 1 mini Tootsie Roll = 155 calories  
**Burn off 155 calories = have a 35 minute conjugal interlude with your partner**



## Employee Assistance Program (EAP)



The EAP is a confidential counselling service provided by the Board (at no cost to employees.)

If you are having personal difficulties and would like to speak with a counsellor, you can contact EAP at

**613-549-5561**

or toll-free at

**1-888-409-4499.**

Please identify yourself as a Limestone District School Board employee. Your identity is kept confidential and is not reported to the Board. Information about the *Family Services Employee Assistance Program* may be accessed at the Family Services website or [www.familyserviceseap.com](http://www.familyserviceseap.com)

## Status of Women – Wine – Cheese - Chai

On September 23 women from all over the District met to share wine, cheese, chai and information about

### Membership Issues Using an Equality Lens

A presentation was made by Eleanor MacNevin Hoecht from neighbouring OSSTF District 29 Hastings–Prince Edward, and Marg McPhail, Executive Assistant from Provincial Office.



Topics discussed ranged from

- ◆ an overview of legislation
- ◆ Financial assistance & future planning
- ◆ Employer policies & procedures
- ◆ Dependent care responsibilities
- ◆ Establishing a LDSB Status of Women Committee
- ◆ Health & safety
- ◆ Collective agreements
- ◆ Family responsibilities
- ◆ Healthy work-life balance



*“Thank-you” bouquets for the presenters.  
left to right: Meri MacLeod; Susan Webb; Eleanor MacNevin Hoecht; Marg McPhail, Elizabeth MacDonald*

## CAREpath - the Cancer Assistance Program

*“CAREpath is a Canadian organization founded by leading oncologists and cancer nurses who have dedicated their careers to helping Canadians with cancer.*

*Now, OTIP and CAREpath have partnered to provide CAREpath's Cancer Navigation System to help support Ontario's educators and their families through the burden of cancer.*

*If you, your spouse or dependant child have been recently diagnosed with cancer, or a cancer recurrence, call CAREpath at 1-800-290-5106 We'll be with you every step of the way.” \**

\* from the OTIP/CAREpath pamphlet



The CAREpath Navigation System is part of our Long Term Disability (LTD) coverage. You do not need to submit a disability claim or be off work to use CAREpath services. Complete confidentiality is assured: no personal or medical information is shared with OTIP, the Board, or the Federation.



## SPOTLIGHT ON ...

Have something to say, a best practice to share, a concern you feel is not addressed, a colleague you would like to recognize? Forward submissions of 250 words or less to [osstf@kingston.net](mailto:osstf@kingston.net).

## HINI Information ALERT

Please check our website homepage for links to OSSTF Provincial Pandemic Updates as well as Kingston Frontenac Lennox & Addington Public Health vaccine schedules. [www.osstf27.ca](http://www.osstf27.ca)

## Aboriginal Education

If you are a First Nations, Inuit or Métis member interested in being a member of the OSSTF/FEESO Aboriginal Education Workgroup, please email Steve Newstead at [tbupres@kingston.net](mailto:tbupres@kingston.net)

## Assessment Research and Workshop

The OSSTF Annual Action plan called for an independent research project on assessment, evaluation and reporting policies. The Provincial Executive passed a motion to strike a workgroup and begin the project.

## Important Dates

- Retirement Workshop .....Feb. 3, 2010
- Annual General Meeting ..... May 19, 2010
- Retirement Reception .....June 9, 2010

## New Provincial Logo

