I had the great opportunity to travel to Cornwall to attend 1 ½ days of training on November 3 and 4<sup>th</sup>. The course was Introduction to Stewarding which is part of the CUPE Steward Learning Series. The day and a half was packed with great information and Steward skill building. Just some of the subjects covered included learning about the structure of the CUPE organization at the 3 levels. We developed and shared our Steward Elevator speeches for introducing ourselves to others while giving important information about the union and sharing a bit about our role as union steward. We discussed our role and duties as union stewards and how we can support our co-workers. This included key concepts in handling discipline and discharge cases, including grievance handling and grievance writing skills. I found it exceptionally useful to be able to refer to our own collective agreement correlating it directly to CUPE 1334 policies and procedures. We also covered the other legislations that protect us as workers in Ontario, how to develop trust with those we support and different union options to hold the employer accountable. I am very grateful and would like to thank CUPE 1334 for this rewarding opportunity. I feel far more confident in my role as union steward and I look forward to using this information and the skills I've learned in my role as one of the Stewards for night shift.

Thank you,

Kay Whitford