



CUPE38 Connection brings you the latest updates, collaborative events, and resources to strengthen our community.

Join Our Next Meeting



Date: Tuesday, October 22, 2024
Location: Virtual via Zoom
Agenda: Regular and Elections
RSVP: office@cupe38.org or call: **403-233-2700**

[Add to Google Calendar](#)
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CUPE Local 38 Celebrates Academic Excellence With Annual Scholarship Awards



Local 38 awards two \$1,000 scholarships each October through an essay contest. The scholarships are open to card-carrying members or eligible dependents enrolled in a post-secondary institution. The Public Relations and Education Committee is pleased to announce this year's winners: Sahar Hammoud and Carter Bird. Sahar and Carter's essays explored how Calgary-based unions can work together to effect positive change. Excerpts from both of the winning submissions are included below.

Congratulations, Sahar and Carter, and best of luck to all applicants in their studies.

[Read Their Excerpts](#)

October 10th Is World Mental Health Day: Finding Balance For Better Well-Being



In recognition of the importance of mental well-being, we've put together this helpful infographic with practical tips for maintaining balance in your daily life. From connecting with peers to setting healthy boundaries, small steps can make a big difference in how you manage stress and care for your mental health. Take a look and set aside some time to prioritize your well-being today!

View the Infographic



Register For The Annual Children's Christmas Party



Get ready, Santa's coming to town for the annual Children's Christmas Party! The Children's Christmas Party has been a cherished Local 38 tradition for over 25 years. The festive annual event was first introduced as a way for the Local to show appreciation to members and their families while providing an opportunity to meet and connect with fellow members.

- **Eligibility:** Local 38 card-carrying members' children only who were born in 2014 or later
- **Date:** Saturday, December 7th, 2024
- **Time:** 9:00-11:00 am
- **Location:** Genesis Centre - 7555 Falconridge BV NE.

The registration desk opens at 8:30 and ends at 10:30 am. **The deadline to return forms is November 8, 2024.**

[Fill Out The Registration Form](#)

We look forward to seeing you at the Genesis Centre from 9:00-11:00 AM on December 7, 2024!

Save The Date – Schedule For The Balance Of The Year



November Meeting Date: Tuesday, November 26, 2024

[Add to Google Calendar](#)
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December Meeting Date: Tuesday, December 17, 2024

[Add to Google Calendar](#)
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Dates To Remember



World Mental Health Day – Thursday, October 10, 2024

Thanksgiving – Monday October 14, 2024

Halloween – Thursday, October 31, 2024

Children's Christmas Party – December 7, 2024

Sincerely,

Your Executive Team

