



# Shoptalk



School District #43 (Coquitlam) / Coquitlam Public Library /  
Transdev Fraser Valley /  
Children's House Montessori Pre-School

May / June 2026

## NEXT GENERAL MEETING

Saturday, June 13th, 2026—9:00 am

**In-Person Location: [Riverside \(in Library\) 2215 Reeve St., Port Co.](#)**

**Online Option: [Join us via Zoom](#)**

Greetings CUPE 561 Members,

As another school year comes to a close, I want to sincerely thank each and every one of you for your hard work, dedication, and commitment throughout the year.

No matter your role or classification, the work you do every day supports our schools, students, and fellow coworker. Your efforts do not go unnoticed, and I am proud to stand alongside such caring and hardworking members.

This year brought changes, challenges, and growth, but through it all we continued to stand together in solidarity. I also want to acknowledge our bargaining committee, who continues to work hard at the bargaining table to achieve a fair deal for all members.

As summer approaches, I hope you take time to rest, recharge, and enjoy time with your families and friends. Please remember to take care of yourselves and know that your union values and appreciates everything you do.

Wishing everyone a safe, happy, and restful summer.

In Solidarity,

Lisa Mayoh  
**President**  
CUPE Local 561



### CUPE LOCAL 561 EXECUTIVE BOARD

President  
Vice-President  
Recording Secretary  
Treasurer  
Executive Shop Steward

**Lisa Mayoh**  
**Ari Silver**  
**Jill Allen**  
**Wendy Meston**  
**Deborah Monkman**

Member At Large  
Member At Large  
Member At Large  
Member At Large  
Member At Large

**Shamus Halvorsen (SD #43)**  
**Karin Leathwood (SD #43)**  
**Donna MacMurchy (Library)**  
**Carol Archibald (Transdev)**  
**Shayna McCormack (Diversity)**

## **REMINDER TO ALL MEMBERS:**

If you have not already done so, please send your **PERSONAL email** to the union office to be kept up to date on the latest news.

**Email to: [cupe561@cupe561.ca](mailto:cupe561@cupe561.ca)**

If you have provided your email and you are not receiving updates, please contact the office.



## **Four Ways to get support through EFAP**

Reach out online or by phone today for mental, physical, financial or social supports. Here are four ways you can get support from your Employee and Family Assistance Plan:

- 1. Talk to a Mental Health Counsellor.** Visit your Homeweb dashboard and complete the intake process online or contact by phone to book an appointment.
- 2. Use Homeweb's Self-Directed Tools.** These include: Daily Wellness Check; personalized tips and recommendations; Online Cognitive Behavioural Program: Sentio iCBT; and mental health articles to enhance your learning experience.
- 3. Book a Professional Coaching Session for:** financial planning; nutrition and fitness; career planning; child and elder care and much more.
- 4. Download the Homewood Health App**  
Want mental health resources on the go? Download Homewood Health App & sign up today for quick access to your Mental Health & EAP benefits, whenever you might need it.

[Homewood Health App Download | Client Portal by Homewood Health](#)

App Store: [Homewood Health on the App Store](#)

Google Play [Homewood Health - Apps on Google Play](#)

*For more information or to access, contact Homewood Health 24 hours a day, 7 days a week*

*1-800-663-1142 | TTY: 1-888-384-1152 International (Call collect): 604-689-1717 HomeWeb.ca*

*Get set up online: [Homeweb Pathfinder](#)*

*Informational video: [Employee and Family Assistance Plan](#)*

# Purchase of MPP Lump-sum Payment Option



mpp.pensionsbc.ca  
Toll-free (Canada/U.S.): 1-800-668-6335  
PO Box 9460, Victoria BC V8W 9V8

## PURCHASE OF SERVICE APPLICATION PACKAGE

### Instructions

Read pages 1 and 2 before completing the attached form.

For full details on buying service, including tax considerations and information to help with decision-making, visit the plan website at [mpp.pensionsbc.ca](http://mpp.pensionsbc.ca).

You may be able to complete this form using the purchase cost estimator in My Account ([myaccount.pensionsbc.ca](http://myaccount.pensionsbc.ca)).

### What you need to know

#### Who can buy service?

As a member of the Municipal Pension Plan, you may be able to buy service for:

- Approved leaves of absence
- Past service or non-contributory service
- Arrears periods

To learn more about these service types and whether you might be eligible (as well as restrictions on buying service), visit the plan website.

#### Cost and value

By buying service, you increase the number of years that count toward your pension. This could get you closer to an unreduced pension and increase the amount of your benefit at retirement.

- Sign in to My Account at [myaccount.pensionsbc.ca](http://myaccount.pensionsbc.ca) and use the purchase cost estimator to estimate the cost and value of buying service
- Find examples and a decision-making guide at [mpp.pensionsbc.ca/taking-time-off-work-and-buying-service](http://mpp.pensionsbc.ca/taking-time-off-work-and-buying-service)

#### Purchase options

For leaves of absence covered by the *Employment Standards Act (ESA)* or *Canada Labour Code (CLC)*, you can choose between two options:

- Option 1—Continuous contributions (about once a month) throughout your leave
- Option 2—Lump-sum payment after your leave ends

*ESA/CLC leaves include:* maternity, parental/adoption, compassionate care, family responsibility, bereavement, jury duty, leave respecting disappearance of a child, leave respecting death of a child, critical illness or injury, personal illness or injury, Covid-19-related, and leave respecting domestic or sexual violence.

For general leaves (not covered by the ESA or CLC) or other service types, you can only make a lump-sum payment.

For details on leave types and options, visit the plan website.

#### Deadlines

Your deadline to apply depends on how you are buying your service (see Purchase Options above):

- If you wish to continue making contributions during a leave of absence, you must apply within 30 days of starting your leave (e.g., if your leave starts on May 1, you can apply up to May 31)
- If you are making a lump-sum payment after your leave of absence, you must apply by whichever of the following deadlines comes first:
  - Five years from the end of the leave period you're applying to buy
  - Thirty days after leaving the employer with whom the leave occurred

If you are buying a different type of service (not a leave of absence), visit the plan website for deadline details.

## Paid Education Leave Instructions

To request a Paid Education leave request please complete the employee form found on my43 under My Forms [\(Link\)](#)

*Paper forms no longer accepted after March 28, 2022*

## What are the requirements with closed toe shoes in the summer in the workplace?

In British Columbia, workplace footwear requirements are set by WorkSafeBC OHS Regulation Part 8.

If your job involves physical hazards like falling objects, punctures, or chemical splashes, closed-toe, sturdy safety footwear is mandatory regardless of the summer heat. For low-hazard office environments, standard summer business footwear is usually acceptable unless your employer has specific dress code policies. Requirements and considerations depend heavily on your specific workplace hazards:

- 1. High-Hazard Environments (e.g., Construction, Warehousing, Industrial Shops) Impact & Puncture Protection:** In areas where heavy items can drop or sharp objects can penetrate the sole, approved safety boots are required. CSA Certification: Look for the green triangle (sole puncture protection with a Grade 1 protective toe) or yellow triangle symbols on the inside of the shoe. Slip Resistance: Non-slip, soft soles are essential for workplaces that deal with wet or oily floors. Dealing with Summer Heat: Since heavy, waterproof boots can be uncomfortable in summer, many workers opt for lightweight safety hikers or mesh work boots that still feature CSA-approved protective toe caps and puncture-resistant plates.
- 2. Moderate-Hazard Environments (e.g., Healthcare, Laboratories, Field Supervision) Total Enclosure:** Closed-toe and closed-heel shoes are mandatory to protect against spills (like bodily fluids or mild chemicals) and drops. Material: Uppers must be solid and non-porous (such as full-grain leather). Mesh athletic shoes are generally not permitted if there is any risk of chemical or liquid splash. Support & Soles: Flat or low-heeled shoes with slip-resistant soles are prioritized to prevent slips, trips, and musculoskeletal injuries.
- 3. Office & Low-Hazard Environments Business Casual:** If there are no physical hazards, you are generally allowed to wear open-toe shoes or sandals, depending on your employer's specific summer office dress code. In the schools your shoes must have a complete enclosure of the toes and heels, solid uppers (covers the whole top of the foot with no holes), and rubber. In our schools the closed toe and enclosed heel is recommended by the OH&S.

Keep Safe and enjoy the sunny weather.

CUPE Local 561



# SICK AND VISITING & GOOD OF THE UNION

Fruit Baskets:

Lee Glass

Get well wishes:

Shalisha Marks

Sympathy

Lisa Ploss

## RETIREMENTS

**May 2026**

Kathy Bardossy  
Colleen Currie  
Leofran Soberano  
Ebrahim Goltappeh

**June 2026**

Cheryl Duke  
Diana Jekova  
Howard Lee  
Marjorie McQuarrie  
Kwok-Wing Ng  
Lea Suttis

*Congratulations*

## Initiations

**School District 43**

Melissa Ambrosio  
Ethan Anderson  
Roslyn Arreson  
Kartiki Deshpande  
Bronwen Fairbrother  
Mary Catherine Henson  
Jessie Hurley  
Maryam Farah  
Grace Fogliato  
Jenny Gibson  
Lucas Jong  
Sarah Macdonald

Narges Katebinejad  
Stacey Kwan  
Farzana Manki  
Victoria Marshall  
Parker Ormiston  
Amber Russo  
Mina Sooroshkia  
Trina Templeton  
Jasmine Thorne  
Perla Veras  
Maryam Yousefi Shandi

**Transdev**

Vikramjit Singh Syan  
Jaspreet Singh Khakh  
Simardeep Singh Deol  
Sumit Kumar

Columbus Pawar  
Kuljit Singh Grewal

*Welcome*