



member to member connection

Breaking through barriers for workers who have children with special needs
Winter 2015

Meet our son Bryce

who just turned 16 years old...
6 ft 4 and only 16....yikes!

Fourteen years ago my wife had just received Bryce's autism and developmental delay diagnosis and were advised that he should attend day care everyday to receive one-on-one intervention.

We were expecting our second child in only a few weeks and wondered how we could swing full time care with one of us off work. Then we learned about the Special Needs Project. With

that funding Bryce was able to get the intervention he needed. Since then this program has helped us, and Bryce, in many ways. As you are all very aware, our lives, at times, are challenging and this program helps to ease a part of the burden. This program not only helps financially but the communication with our advisor and the administration staff has always been a source of support and guidance. Thanks so much for that. We look forward to each newsletter and read all the stories.



We want to give a special thanks to our advisor, Bernadette, who is retiring. Thanks for your support, encouragement, ideas and just listening. All the best to you.

Letter Carrier
Sydney, NS

Our advisor Kathleen has been calling us for 3 years. The thing we value most about her call is the chance to talk with someone who understands families with special needs. I have felt good after speaking with Kathleen. She really understands our needs.

She has given us information on Canada Post benefits that we did not have before. Thank you Kathleen B.

MSC
Brampton, ON



I like going to Brownies and my brother Matthew likes Beavers group because we do fun things like going camping and exercise with other boys and girls. We played on the tire swing and I played on the slide nine times. I slid down the fire pole and we play games like superheroes and flashlight tag, and I love ballet and I like mint cookies.

PO-4
Maple Ridge, BC

I am just writing to say thank you to the Special Needs project, those who work for it and the Union. I have a 16-year old daughter who is diagnosed with dyslexia and severe dysorthographia, with a mild attention deficit. For the last five years, she has been attending Vanguard, a special school for children with learning disabilities.

The school focuses on academic subjects like Mathematics, French and English, so she no longer gets Music at school. But music is her passion. She sings and plays guitar. With the help of the Special Needs Project, we have been able to pay her attendance at a two-week special music camp ("Camp musical du père Lindsay").

Last year, she specialized in classical guitar, and this year, it's vocal training. It has been a very gratifying experience for her. She is now more independent, self-assured and has developed social skills and musical abilities. She says they were the two most beautiful weeks of vacation in her life. Especially the instructors.

She will never forget these positive and enriching experiences. Thanks to the Special Needs project.

RSMC
St-Zotique, QC

We are new to the Moving On project. Our advisor, Karen, first called us September of 2015. We have spoken with her twice now.

She was able to help us learn new things that we did not know and identify new resources. She is very knowledgeable and able to make suggestions related to finding assistance.

We would like her to know she is doing a great job, keep it up. THANK YOU!!!

RSMC
Halifax, NS

A few words for our advisor, Jessica ... We really appreciate our advisor. She is a very patient person and takes the time to listen to and guide us. She always

had tons of great ideas to resolve difficult situations. For example, our son is allowed to do his exams in a separate, quiet room. But the classroom next door is very noisy, which hurt his concentration. Jessica suggested using anti-noise headphones. The school has now embraced this method. She encourages us to ask for and insist on the school taking adaptive measures for our child.

I often thought nothing would come of it, and sometimes a teacher or the principal would refuse my requests. But Jessica nevertheless encourages us to keep pushing for these measures. And surprise! We are now given what we had previously been denied. Our son has now been in high school for two years. He's a pioneer and moving forward. Thanks, Jessica, for all of your good work. We really appreciate you as our advisor!

Letter Carrier
Louiseville, QC

"We think he has achieved amazing improvements."

The Resource Guide: Special Education Navigation Tool

The Resource Guide is an online searchable PDF document. It supports parents and guardians of children with special needs to more easily navigate the public education system in their province or territory. Having access to information about programs and services will better support parents/guardians to ensure their child has access to a truly inclusive education.

To use the guide parents/guardians simply navigate to their province or territory to find key information about what their school age child is entitled to:

- Transportation to school
- Definition of inclusive education
- Individual program plans and how they work
- Suspension and expulsion processes
- Parental rights
- Alternatives to a school diploma
- Transition planning
- Other community supports and programs for school age children

The Canadian Centre for Policy Alternatives created this guide for the Canadian Union of Postal Workers and the Union of Postal Communications Employees.

A link for the searchable PDF version of this resource guide can both be found on the CUPW Special Needs/Moving On projects website – www.specialneedsproject.ca

We write this letter to thank you for all the support you have given to us in helping our son Cooper to overcome developmental delays. Cooper is almost 5 years old now, he is a happy and cheerful boy. He attends public school (SK program) on a full time basis as of September 2015. He enjoys riding his bike, hopefully with no training wheels soon. Also he likes driving his power wheels vehicles and directing us on how to take videos of him. Currently Cooper attends gymnastics classes and swimming lessons, both once a week. He enjoys them. They help him to improve his gross motor skills, muscle tone and ability to follow instructions. Rhonda, our advisor, gave us important advice. She recommended karate classes and tutoring sessions in order to expand his attention span. We are in the process of determining when he will start with these sessions. Cooper was diagnosed with Global Developmental Delays and some trends of Autism Spectrum Disorder. We as parents think that he has achieved amazing improvements in terms of interacting and catching up with other kids around the same age. Thank you once again for your continuous support!!!

Vehicle Mechanic
Bolton, ON





"Every day we learn from him about life."

My name is Mindy Levesque and I'm 26 years old. Here is my story.

When I was around 14 years old, I was overwhelmed with very negative feelings. That was the beginning of my eating disorder.

This illness progressed over the years and, before long, I was no longer able to cope with a mental health issue that affected every aspect of my life: interpersonal relationships, family, school, work, love life and more. I tried to cope on my own in different ways, but to no avail. At 22 years old, I attempted suicide. I am so thankful my attempt failed. I sought psychological counselling at my local community service centre, but it didn't help me.

One morning, I woke up and started searching the Web. That's when I discovered the St Amour clinic. It's a private clinic, so you can imagine how much it cost. My parents started looking for ways of obtaining financial assistance to help pay for the cost of my therapy.

They were successful. The CUPW Moving On project has helped me pull through. Thanks to them, I have been getting help from the St Amour Clinic for two years now.

Thank you so much Moving On project. I will never find the words to express my gratitude. I am still on the mend, but I can tell you that I am finally happy and loving life!

Until next time!

RSMC

Lac Baker, NB

My family and I want to thank the Special Needs Project for all the years of support for my child Julian Renteria. The resources have been a great support for our son's needs and we are very, very happy to see his progress. The school year 2014-2015 is coming to an end and Julian is expecting a great summer to enjoy the outdoors. Our son has been an inspiration for

love, compassion, caring and patience. Every day we learn from him about life and appreciate it more and more. So no matter how we feel and what we are going through there is hope!

Letter Carrier

Lethbridge, AB



Here is my son with his Taekwondo master, Chong Lee 9th dan.

I wish all the best to parents who have children with special needs. We are not alone.

Letter Carrier

Blainville, QC



Our advisor, Janet, has been calling us for as long as I can remember. Janet has always reinforced our knowledge in the various topics of raising special needs children. She encourages us as parents and gives us the tools to succeed while navigating through the challenges of the "system".

We always look forward to her calls. We are able to connect with her on several levels - children of the same age, useful websites etc. She always asks how WE as parents are doing. She makes sure that we have together time! She continues to encourage us as parents. Sometimes having that "pat on the back" gets you through the day. Parenting special needs children has many good days and some bad days. We try not to focus on the bad ones and remember the accomplishments on the good days! I pass this message on to parents on a regular basis!!!

Janet, thanks for always knowing what to say and how to say it. Your influence on our family keeps us "in-check". Your calls are like talking to an old friend. You've been part of our "family" for several years and we look forward to all your future calls and encouragement.

Letter Carrier
Tecumseh, ON

Member-to-Member Connection

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The Child Care Fund is administered by the Canadian Union of Postal Workers and financed by the Canada Post Corporation.

Thank you to the children at First Avenue School Aged Program at the Glebe Parents Daycare Centre in Ottawa for the drawings.



Advisor Conference

It was a first!

Over 30 of our special needs advisors from across the country met face-to-face. The setting was the Unifor Centre in Port Elgin, Ontario, November 6 – 8, 2015.

This Conference gave Special Needs and Moving ON advisors, staff from the special needs office, the CUPW 2nd National Vice-President, Dave Bleakney and our union's national child care coordinators an

opportunity to meet together to talk about the project and to share ideas for its future. Two postal workers also took part in a special session, meeting their advisors for the first time to talk about what the project has meant to them and their families. This session highlighted the incredible relationships that grow between members and their advisors.



It was a weekend full of new knowledge.

The conference was so well facilitated and the passion for the program exhibited by union and project staff is clearly evident in all they did. Staff all demonstrated very genuine and caring relationships with each other and that is a gift to this program. Thank you for allowing me this opportunity.

Advisor
British Columbia

I thoroughly enjoyed the advisor conference. It was reassuring to hear other advisors talk about their challenges and good to hear the experiences of those more seasoned in the job than I. I particularly liked the brainstorming and sharing ideas exercise.

Advisor
Newfoundland and Labrador

Janet, your advice and suggestions these past 10 years have been so helpful to us. Most especially, I appreciate your consistently calm and gentle manner during our calls. Thank you!

Letter Carrier
Toronto, ON



As Advisors, we came together in a wonderful setting between Lake Huron and the Aboriginal forest, where we got to know each other while working towards a common goal – helping children and their families!

We worked in a spirit of solidarity, caring, community, diversity, enthusiasm, and innovation, guided by the union's vision for the collective good of the community, a union whose values are expressed through the Special Needs and Moving On projects.

Our thanks go to the projects for giving us this wonderful experience.

As we worked together throughout this weekend, each and every one of you, dear members, was in our thoughts.

Enjoy the fall!

Advisors for the Special Needs Project in Montreal

To be on the sacred land of the Ojibway, Saugeen in the glorious Unifor Conference Centre set the tone for a weekend of deep sharing and learning from each other.

The facilitation during the three days was the best I have ever experienced with opportunities to share personal stories, while setting the context through the telling of the history of the union, the projects, information and resources that people found helpful.

I was particularly moved by the vice- president of CUPW, Dave's talk about the history of the union because it took us to a higher level picture of what we do in the projects; bringing hope to a world that is hurting and some, feeling at times, as if they are exiles in their own land.

It reinforced my vision of the union continuing to be a strong advocate at all levels of government to ensure that, not only their members are treated fairly, but that all people in our communities are treated fairly, especially those who are most vulnerable.

It is with deep gratitude and honour that I thank all those who enabled us to gather at Unifor.

Advisor
Ontario

Thank you for the opportunity to hear directly from the Union about their history and the history of the project. Even after all these years it helped me deepen my understanding of the great work CUPW- UPCE members are doing. The opportunity at every turn to gain knowledge from others was revitalizing.

The opportunity for French interpretation was amazing. I have never experienced that before but can only imagine how difficult it must be for the interpreters to translate while listening to what the person is saying. WOW. With heartfelt gratitude,

Advisor
Ontario



"Roberta reassures me I am doing a good job."

The top highlight for me was the opportunity to meet my member Marg Howey in person. I know first hand the challenges in her life and how limited and valuable her time is. The fact that she made such effort on her personal time to join us and put herself in a vulnerable place had great impact. I have always felt in a privileged position that our families share so much with me, a person they have never laid eyes on. I was certainly reminded of this again with this very special opportunity to meet Marg. I am still on a high from this!

Other Highlights:

- **Meeting all the Project staff**
- **The opportunity to spend time with other Advisors**
- **The efforts and inclusion for both official languages in Canada.**

I work with the Francophone community in my full time job and am constantly advocating for French language resources to support inclusion at all levels which mostly seems to fall on deaf ears. How wonderful for me to see how it can be done properly and respectfully for all.



Merci Beaucoup, a la prochaine,

Advisor
Ontario



There is nothing more special than meeting the person who brings light to your day. My advisor Roberta is a compassionate person. It was amazing to meet the person at the other end of the phone. Roberta is just like she sounds, kind and caring.

When we met I reached out to hug her, as though she is someone I always see. It is her gentle nature and concern for others that just makes a person want to give her a big squeeze in appreciation of what she does. Roberta provides me with reassurance that I am doing a good job. She is amazing!

Letter Carrier
Owen Sound, ON

Editor note: Marg was asked to participate in the advisor conference held in November 2015.

What an amazing weekend!

The best part was making the personal connections. I really liked the diversity and the flow for the weekend. Different workshop formats created purposeful dialogue that I really enjoyed. Having both French and English translation also made for an inclusive weekend.

Advisor
Manitoba



I have worked with the project since January of 2000. Nine of the current forty advisors were working with us at that time. Advisors tend to feel a commitment to their members, most of whom they get to know quite well. I have always admired their caring, compassion and knowledge of not just what supports to recommend but how best to support their members. They have taught me a great deal.

Prior to the advisor conference I had only met a few of the advisors face to face. It was quite a moving experience to finally meet them. I was not disappointed. Getting to know some of them a little better was a gift. My only regret is that we did not have more time.

The conference was an amazing opportunity for the advisors to share their stories and to help us identify trends or needs that came from their collective experience. It is with their feedback and understanding of our families needs that we have made, and continue to make, changes to better support our members.

The conference also provided the opportunity to publicly acknowledge Jamie Kass's role, as Coordinator of the Child Care fund, in shaping the projects. Jamie too has taught me a lot. Her understanding of both the conditions under which our members work and the union's role and responsibilities plus her unwavering sense of social justice have been key guiding posts. The sadness of Jamie's leaving is buffered by knowing that Shellie Bird, the new Child Care Fund Coordinator, brings her own strengths and knowledge to the table and will be there to back us up.

In solidarity,

Project Coordinator
Special Needs and Moving On projects

I really appreciated the opportunity to learn from the union leaders, project founders, project coordinators and network with like-minded advisors from all across our great country. I was

inspired by the visionary talks of how the Canadian postal service could evolve and how we can provide hope during advisor calls.

Advisor
Ontario

It was wonderful to meet my colleagues and project staff who I never met in person before, follow such training where the core emerges from the inside, from the people, from the richness of what they know, of their experiences but mostly from the essence of who they are, as professionals, as people but mostly as human beings. An unforgettable experience, a unique opportunity, an enriched moment that changed my perspective of what I believe in, my vision of the work I do for my members but mostly of who I am.

Advisor
Quebec





"It was wonderful to finally put faces to names."

I was truly thankful to be able to attend this conference. I left feeling much more educated about the Unions involvement and the grass roots of the Special Needs Project. It was also wonderful to finally put faces to names of the last eleven years! That alone would have been worth it but I also came away with wonderful positive energy that exuded throughout the weekend because of such warm, caring and passionate people that form the project. I felt appreciated and supported and feel lucky to be an advisor for this project. Thank you for making this opportunity possible for us. Thank you!!!!

Advisor
Alberta



We each had to place ourselves on a timeline ranging from 1993 to the present – placing ourselves at the year when we became Advisors in the Special Needs and Moving On Projects. It was amazing to see that throughout the 20 plus years, how people continue to become part of these projects, adding new ideas and fresh eyes! Then we arranged ourselves from the West Coast to the East Coast, and saw how these projects span the country!

Advisor
British Columbia

I am a researcher at the Canadian Centre on Disability Studies (CCDS). CUPW and CCDS are currently exploring research ideas together to examine the impacts of the Special Needs Project and the Moving On Project. I attended the advisors' conference as a guest to learn about the work of the advisors in these projects.

I would summarize my experience in attending this conference in three phrases: "devotion", "pride", and "sense of community". The project staff and advisors talked with strong pride about their work with CUPW members and families. Their devotion to the project was evident in that a large majority of the advisors had been working for the projects over 10 years.

There was a strong sense of community among the CUPW child care coordinators (Jamie and Shellie), project staff (Gail, Dorothy, and Cary) and advisors. We had great discussions, where advisors shared their successes, experiences, and challenges. At the conference, I learned a great deal about those projects, and issues facing postal workers who have children with disabilities. I look forward to working with the team in studying impacts these projects have made.

Canadian Centre on Disability Studies
Winnipeg, MB





What I realized when I arrived at the conference was how similar we all are...how our backgrounds, education, and life experience were all varied yet the common goal of how best to support our Canada Post members across Canada was clearly a strong commitment.

I have been a Special Needs Advisor for over 13 years and have supported many families-each with unique circumstances. My goal for each family is to provide a connection, a sounding board, and opportunity to discuss issues with each family to support and provide possible resources to help to make a difference in their lives.

I have been part of the Special Needs project for the past twelve years. I would like to take this time to thank everyone involved with this project, and for asking me to come to Port Elgin to the advisor conference and speak about my experience.

I've had nothing but success with the project. I've worked very closely with my advisor Lesley-Anne to help my kids succeed with plans for their education and their future. With the advice I was given I was able to advocate for my children through their school years. My twins Sydney and Felicia are 16 now and doing well in grade eleven. Jake is 19 and in his second year of college. I am very proud of their hard work and success, as it has not been easy. All three of them have some kind of learning disability though with the correct tools at school they have been able to achieve great grades and goals.

Thank you Gail for giving us this opportunity, thank you Lesley-Anne for listening to me and helping me through all the tough times, and Jamie Kass thank you from the bottom of my heart for keeping this program alive for all CUPW members across Canada. You will be missed.

Big hugs,

PO-4 Clerk,
Brampton, ON

It was a wonderful experience to meet Geri, a member I have been supporting for 12 years. It was an opportunity to chat together face-to-face and to be a part of a question and answer panel where we were able to field questions about the Special Needs Project, positive outcomes and challenges we have faced.

Thank you for this opportunity for a wonderful weekend to meet, brainstorm and discuss with all of the advisors, the Special Needs Project staff, and Jamie Kass.

With appreciation,

Advisor
ON





"You are our daily heroes."

An Honour And A Journey



I can't believe I am about to retire after 20 years as your CUPW national child care coordinator. What a privilege it has been to work for CUPW and on behalf of postal workers across Canada and Quebec. And to also have an opportunity to support UPCE-PSAC members. The Corporation wisely invested funding to assist families to balance their child care responsibilities with their work. This hasn't been an easy time for workers at Canada Post. The number of employees has been reduced and many internal and external workers are feeling the sometimes brutal affects of postal transformation.

We have tried to make a difference in the lives of our members, to make our unions and communities more inclusive and to push our policy makers and governments to create and fund child care and disability services. Our most important initiative has been our Special Needs and Moving On projects. I want to thank both Sharon Hope Irwin and Donna Lero who had the creative foresight and offered an innovative way to truly support postal workers. I want to offer huge appreciation to our wonderful Advisors across the country who offer respectful and effective ways to support workers and families who have children and adult sons and daughters with disabilities. You have all offered support, wise offerings and profound insights. And words are inadequate to thank the Board and staff at Family Place in Cape Breton who host our program. Our project has a unique flavour because of our incredible staff, Gail Holdner, Dorothy Keigan and Cary MacDonald in Baddeck

and Doris Tremblay, our Francophone lead. They are awesome and caring and do the heavy lifting to make this project live.

And finally a sincere thanks to our members who trusted us to support you and your families, rejoice in your successes, feel your struggles, receive your photos and letters, and watch you demonstrate creativity and tenacity, you are our daily heroes! And you have changed my vision of how we must commit ourselves to full inclusion if we are to build a better country.

Let us collectively keep up the fight for an affordable accessible public child care system that responds to community needs, includes all our children and families regardless of income, diversity, language, ability, whether living in Indigenous, rural or Northern communities, or working irregular hours. It shouldn't be a matter of luck. We must hold our politicians accountable! And I can leave CUPW knowing that you have a wonderful new Child Care Coordinator, Sister Shellie Bird, who welcomes new challenges and brings new skills and perspectives.

In solidarity,

Child Care Coordinator, CUPW/UPCE-PSAC





This is Samantha enjoying her time at diabetes camp – Camp Lion Maxwell in Barss Corner, New Germany. She went for five days and can't wait to do it again next year. Thank you Special Needs Project.

PO-4

Halifax, NS

Rhonda is the Special Needs Project advisor for my son. She is very professional. She goes through every step of the questions and answers. For any thing we ask she can reference a website or other supports for my child and family. In addition to being a big help in finding resources she provides guidance in planning for the future of my son.

Thanks (Special Needs Project) for having good people working for you who are really supportive and know how to show families the right way to get help for their kids.

Letter Carrier

Pickering, ON

How can one best describe [my advisor] Susan B.? She is a true humanitarian, a dedicated mother and wife, a peace advocate, a diplomat, an untiring cheerleader for those who are less fortunate, a true believer in equality for all, and much much more. Susan has been my advisor for a long time, and every time I speak to her it's like a breath of fresh air. She is the same way in person - very warm and caring. She has brought hope and encouragement to me at times when I thought I could not go on.

There are numerous times when I must have kept her on the telephone for double the amount of time she is allotted. I am not condoning that, I am just saying how amazing it is that she has never complained or said 'our time is up'. Susan is always willing to listen and to offer encouragement and hope.

Susan is also a vault of information. She is knowledgeable about most community programs and services. I know she has advocated for the creation of numerous services and has worked tirelessly to make people aware of services that would assist them. Susan has a very busy schedule but is always doing her best to help others. My son and I thank you ever so much for bringing her into our lives.

PO-4

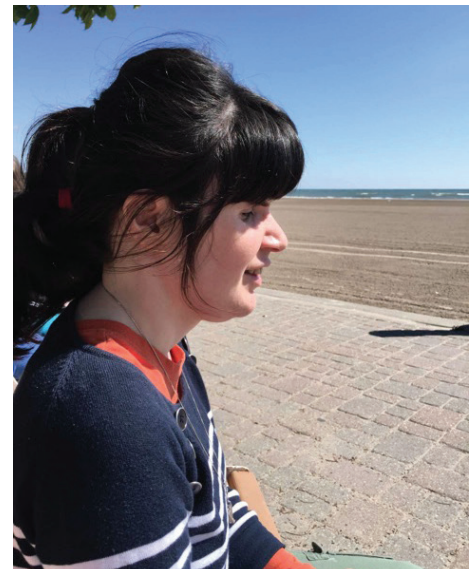
Aurora, ON

Elizabeth started downhill skiing 4 years ago. She started by using a sitski. This is a device that she was strapped into sitting down and one instructor pushed and a second instructor skied beside for safety. She loved it! The next year her new instructor asked if there was anything wrong with her legs. No – Elisabeth is blind and developmentally delayed. So he asked permission for her to use skis!!! They hold a pole between two instructors and Elizabeth holds the pole as they ski down hill. She loves it.

This year the support pole is gone and she has a tether to the instructor who holds her hips as she skis ahead. Her reward this year at the end of her season – a run down one of the fastest hills! She can't wait for next season!

PO-4

Coburg, ON





PO-4 Postal Clerk
Laval, QC

I have never taken the time to write a personal story about Nicholas. I invite you to visit our Facebook page – BoBlocsJoiedeVivre/SeizethedayBoBlocs. On this site you will see Nicholas and our story about creating a career for him. We began this venture in January 2015.

Here is our small business mission statement: *Joie de Vivre is the heart project of visionaries for promising futures. We believe in community connections that equip individuals today with essential skills for an empowered tomorrow. A team of guiding hands and spirited souls handcraft specialty goods sprinkled with life's simple joys. A portion of your contribution will be paid forward to individuals in need of a little TLC (tender loving care). This bundle was made with oh-so-much-joy by the loving hands of Nicholas Tubio and his team. Nicholas is an adolescent with Down syndrome whose lifelong dream has been to be an entrepreneur. His gifts leave the world a better place.*

PO-4
Montréal, QC

We met our advisor Vicki when we first joined the project almost 3 years ago. My husband Terry is the member but I do the talking.

Vicki and I connected right from the beginning. It is awesome to consistently have the same support person. Vicki has always been extremely easy to talk to and helps brainstorm possible uses of the funds. What I most admire about Vicki is her ability to listen when we talk about our lives and her insight into possibilities.

Our son Garrett was able to get a job because his tutor helped him figure out the math and numbers element that was needed on the job. It has been a great experience for him. Recently when Garrett's insecurities and inabilities came together it looked like he was ready to quit. I knew that sometimes we just have to muscle through those tough moments. And I knew he loved the income and the goal of saving his money for something he wants. I remained calm but was overwhelmed and couldn't figure out how to help him.

I looked forward to my next conversation with Vicki. She was able to see the problem from another perspective. She helped me remember that Garrett wasn't the only person who had felt like quitting when things got difficult and in the process I remembered a story of my own. I so needed to be reminded that this sort of thing happens to all of us, no matter our ability. I was able to readdress this with Garrett and look at it in a calmer fashion. Telling him my own story of wanting to quit helped us connect.

Garrett is feeling much better and is still at his job. In the process of sorting this through he has learned to set limits at work and feels empowered. He is good at this job but he doesn't get enough out of it...yet.

Thank you to Vicki.

Postal Clerk
Wingham, ON



Children are special and our national child care program makes a difference.

Recently I had the privilege to witness the work and commitment of our Special Needs and Moving On project advisors who support our members. I heard about the stories and challenges of our members, many facing the additional pressure of postal transformation and overburdening while trying to provide and nurture children with special needs. The work-life pressures that have been placed on the backs of postal workers is not fair and has made balancing work and family even more precarious.

The worth of our society should be measured by how we support our youngest and most vulnerable. The CUPW national child care program and those that make it work represent the very best in social unionism and a better world. A union can do more than just negotiate wages and benefits. Like the breakthrough in maternity leave we can initiate approaches that make positive contributions that support families, and improve our quality of life while setting a positive benchmark for all of society.

CUPW remains committed to our Special Needs and Moving On projects not only because it is the right thing to do, but because it enriches us

all, lessons the stress of hard working postal workers, recognizes that every child is a treasure, and that every person has a story to tell us. Children are special. And everyone has a story if we choose to listen. It is a privilege to support this work as your 2nd National Vice President.

In solidarity,

2nd National Vice President

My advisor, Susan B. has been calling us, helping us for almost 8 years. She feels more like a friend than anything else. She has greatly impressed me with her sympathetic understanding, her patience and her compassion. She's shared some of her own experiences and in doing so, has greatly encouraged me with my own daughter. And when I have good news to share with her regarding my daughter, Emily, she seems genuinely delighted. Susan, you are a gem, and please know that your work with the Moving On project is greatly appreciated.

Sincerely and fondly,

Letter Carrier
Tecumseh, ON





Season's Greetings from your friends at the Special Needs and Moving On Projects



May peace, joy and prosperity fill your home now and
throughout the new year!

Special Needs and Moving On Advisors:

Agnieszka G.
Angelia B.
Anne G.
Arlie R.
Bernadette M.
Catherine R.
Charmaine M.
Cherie G.
Daniela B.
Donna M.
Dorothy H.
Ellen B.
Enna M.
Hélène P.

Janet M.
Janice S.
Jessica C.
John-François F.
Judy E.
Kathleen B.
Karen F.
Lesley-Anne C.
Lisa V.
Marie-Claude C.
Marie-Hélène M.
Marie-Josée L.
Nadia J.
Nancy B.

Normand R.
Pat M.
Rhonda A.
Roberta M.
Sheila S.
Shirley M.
Sue M.
Susan B.
Suzanne C.
Tatiana K.
Theresa A.
Vicki S.

Family Place:

JoAnna Latulipe-Rochon
Gail Holdner
Dorothy Keigan
Cary MacDonald
Doris Tremblay

CUPW:

Dave Bleakney
Jamie Kass
Shellie Bird

UPCE-PSAC:

François Paradis