

# GETTING INVOLVED CHECKLIST



NOW	FUTURE	
		<b>On My Unit/Office</b> Talk to my colleagues about education, issues, and rights Share spotlights and UNA resources Become my Unit/Office Representative, if it is currently vacant
		<b>In My Local</b> <b>Attend and participate at my Local meetings</b> <input type="checkbox"/> <input type="checkbox"/> Attend and volunteer with my Local's events (such as Nurses Week) <input type="checkbox"/> <input type="checkbox"/> Attend my Local's rallies, information pickets, and picket lines <input type="checkbox"/> <input type="checkbox"/> If my Local is on social media, follow it <input type="checkbox"/> <input type="checkbox"/> If my Local has a local forum on UNAnet (forums.una.ca), check it regularly, share issues impacting my unit and questions I may have <input type="checkbox"/> <input type="checkbox"/> Run for an elected position with my Local (President, Vice-President, Secretary/Treasurer, OH&S Committee Rep, PRC Committee Rep) <input type="checkbox"/> <input type="checkbox"/> Attend my Local's Demand Setting Meeting to bring forward changes I would like to see in my Collective Agreement
		<b>With UNA Provincially</b> <input type="checkbox"/> <input type="checkbox"/> Read UNA's News Bulletin (delivered to members quarterly) <input type="checkbox"/> <input type="checkbox"/> Sign up at neednurses.ca for UNA's campaigns and for The Pulse newsletter <input type="checkbox"/> <input type="checkbox"/> Follow UNA on social media <input type="checkbox"/> <input type="checkbox"/> Download the UNA App for news, collective agreements, and resources <input type="checkbox"/> <input type="checkbox"/> Sign up for one or more of UNA's Equity Caucuses ( <a href="https://www.una.ca/about/equity-caucuses">https://www.una.ca/about/equity-caucuses</a> ) <input type="checkbox"/> <input type="checkbox"/> Attend all the UNA workshops that I am eligible for (all members are eligible for Know Your Rights, Dealing with Abuse, and Intro to PRC – and members on committees and on Local Executives are eligible for additional workshops)



NOW	FUTURE	
<input type="checkbox"/>	<input type="checkbox"/>	<b>With UNA Provincially</b> <i>continued</i>
<input type="checkbox"/>	<input type="checkbox"/>	Check, share issues, and post questions to the UNAnet forums regularly (including News, Provincial Negotiations, Collective Agreements & Discussion)
<input type="checkbox"/>	<input type="checkbox"/>	Look for opportunities to attend Provincial events, such as UNA's Annual General Meeting & Executive Board Meetings (look for draws in UNAnet's News forum, or opportunities presented at local meetings)
<input type="checkbox"/>	<input type="checkbox"/>	Run for an elected position with UNA provincially (President, First Vice-President, Second Vice-President, Secretary-Treasurer, District Representative)
<input type="checkbox"/>	<input type="checkbox"/>	Run to be an elected member of a UNA Committee (Trial Committee, Negotiating Committees, Joint Committee, Rural Capacity Investment Fund Committee, Provincial Workload Advisory Committee)
<input type="checkbox"/>	<input type="checkbox"/>	Attend UNA rallies, information pickets, and picket lines
<input type="checkbox"/>	<input type="checkbox"/>	<b>With the Labour Movement</b>
<input type="checkbox"/>	<input type="checkbox"/>	Follow Affiliates on social media (Canadian Labour Congress, Canadian Federation of Nurses Unions, Alberta Federation of Labour, District Labour Councils)
<input type="checkbox"/>	<input type="checkbox"/>	Go to Affiliates' websites to sign up for news and to hear about campaigns and educational opportunities
<input type="checkbox"/>	<input type="checkbox"/>	Look for opportunities to attend Affiliate events, such as Labour Schools (look for draws in UNAnet's News forum, or through my Local meetings)
<input type="checkbox"/>	<input type="checkbox"/>	Attend and support other unions' rallies, information pickets, and picket lines
<input type="checkbox"/>	<input type="checkbox"/>	<b>Out in the World</b>
<input type="checkbox"/>	<input type="checkbox"/>	Show UNA pride – wear UNA pins, display stickers
<input type="checkbox"/>	<input type="checkbox"/>	Talk about issues impacting health care and worker's rights in Alberta, Canada, and internationally