



GETTING INVOLVED

CHECKLIST

NOW
FUTURE

On My Unit/Office

Talk to my colleagues about education, issues, and rights

Share spotlights and UNA resources

Become my Unit/Office Representative, if it is currently vacant

NOW
FUTURE

In My Local

Attend and participate at my Local meetings

Attend and volunteer with my Local's events (such as Nurses Week)

Attend my Local's rallies, information pickets, and picket lines

If my Local is on social media, follow it

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

Run for an elected position with my Local (President, Vice-President, Secretary/Treasurer, OH&S Committee Rep, PRC Committee Rep)

Attend my Local's Demand Setting Meeting to bring forward changes I would like to see in my Collective Agreement

NOW
FUTURE

With UNA Provincially

Read UNA's News Bulletin (delivered to members quarterly)

Sign up at neednurses.ca for UNA's campaigns and for The Pulse newsletter

Follow UNA on social media

Download the UNA App for news, collective agreements, and resources

Sign up for one or more of UNA's Equity Caucuses (<https://www.una.ca/about/equity-caucuses>)

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

With UNA Provincially *continued*

<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

NOW
FUTURE

With the Labour Movement

<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

NOW
FUTURE

Out in the World

<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