

THE PULSE

United Nurses of Alberta

🎉 **September 2024** 🎉

Triage Desk

It's our anniversary!

Welcome to our first anniversary special edition.

It feels like *yesterday* (not literally, but you get the point) that we launched 'The Pulse', but already it has been 365.2425 days since you welcomed us into your inbox and your life.

We have truly enjoyed our time sharing with and learning from you. We hope the feelings are mutual.

So much has happened since last September when we made our debut and in this edition, we're going to walk down memory lane (for a bit). We're also going to share some plans with you, as we look toward to another year of advocating for better working conditions for nurses and better health care for all of us.

Thank you for being on this journey with us. We couldn't have done it without you.

Happy Anniversary to you too!

Nursing Notes

Happy Anniversary
THE PULSE



The first edition of The Pulse was published in conjunction with the launch of the second phase of 'The 3RS: Respect Retain Recruit' digital campaign.

It was therefore fitting that we highlighted the campaign in our Centre Stage, which has since become known as 'Nursing Notes.'

There, we told you the who, what, when, why and where of the campaign and how you could get involved, and so many of you responded to the call.

We're in the final months of the 3Rs Campaign and our [neednurses.ca](https://www.neednurses.ca) website has a number of ways you can still get involved.

Fast forward to the rest of the year, we celebrated **Thanksgiving**, Remembrance Day, **Christmas**, New Year, Valentine, National Day of Mourning, Nursing Week, Pride Month, National Indigenous Month and Heritage Day with you. We did all of that, together!

In November, just after our Annual General Meeting ended, we introduced the YouTube series '[Behind The Frontlines](#).' Each episode gave nurses the opportunity to share their stories of the good, bad and not so great days with you.

We kept you updated on our bargaining negotiations, shared a range of interesting 'Did You Know' facts about nurses and the nursing profession and of course, we included a 'Quote of the Month' in each edition, to keep you motivated.

What a year it was!

Quote of the Month

"History has proven that management will not be motivated to do the right thing just because it's right. Unions aren't all perfect, but they have done more to bring about equal opportunities and break down class barriers than any other institution."

Kareem Abdul-Jabbar, retired professional basketball player

Brain Food

Are you familiar with The Rand Formula?

The Rand Formula is a powerful fairness tool in unionized workplaces!

Introduced in the 1978-79 UNA agreement, it ensures everyone who enjoys the benefits of collective bargaining—like higher wages, better health coverage, and job protection—contributes their fair share.

The formula prevents employees from skipping out on union dues while still enjoying the perks. It's all about fairness, unity, and making sure everyone supports the collective good.

What's Next?

Imagine
AGM '24

Get ready for an outstanding October as UNA gears up for its 46th Annual General Meeting, AGM !

This year's AGM promises a dynamic lineup, including the unveiling of the Nurses Week Member Engagement Challenge winners, who will receive special awards and have their standout submissions showcased.

UNA's Pride (LGBTQ2S+) Equity caucus will also host its annual meeting, and nurses from across Alberta will engage in vibrant debates and vote on key union motions.

Plus, don't miss the announcement of this year's Bread and Roses award recipient. We can't wait to share the highlights with you in next month's edition.

Celebrate Labour Day with Us!



Did you know that Labour Day traces its origins back to an 1872 printers' strike in Toronto? This pivotal event fought for a nine-hour workday and marked a significant milestone in the relationship between Canadian workers and their government.

To learn more about this important piece of history, be sure to watch our video on how Labour Day got started.

[\[The History of Labour Day\]](#)

Let's Connect

Get Social With Us!

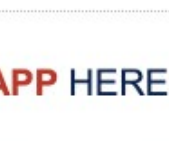
Follow us on our social media platforms and help us spread the word about how, together, we can support nurses in their call to fix the current staffing shortage. #neednursesAB



MEMBERS CAN DOWNLOAD THE **UNA APP** HERE.



iPhone



Android

Sent via [ActionNetwork.org](https://www.actionnetwork.org). To update your email address, change your name or address, or to stop receiving emails from United Nurses of Alberta, please [click here](#).