



## Martha Cristancho

Steward: ACVS/Robarts Research



### What's been happening in your Area?

During the past few years, my department has gone through difficult times with many changes. Changes ranging from managerial, to reduced staff, which has impacted the department's daily operations. We have a new appointed director, which I feel has helped.

### Why did you become a Steward, and why do you think UWOSA is important?

I became a Steward because I want to be part of a positive change in my Area with the many changes and challenges.

Since becoming a Steward, I am optimistic and understand and know that staff need to feel supported by one of their peers.

As a Steward, I recommend UWOSA members join and participate in union committees as I have learned a lot. The supportive community we have in the Union is great. I feel very supported in this role.

### What is the best way for members to contact you?

I can be reached by email at [mcristan@uwo.ca](mailto:mcristan@uwo.ca).

## DEADLINES

### UWOSA 2024-2026 Term Elections

**Steward and Executive Nominations Close at 4pm on January 31, 2024.**  
Nominations are to be submitted by email to [elections@uwosa.ca](mailto:elections@uwosa.ca). [Click HERE](#) to view the latest bulletin on Stewards & Executive Nominations Details.

### 2024 Annual Winter Luncheon Ticket Pick-Up Dates

12:00pm -2:00pm at the  
UWOSA Office, in UCC, Rm.  
255

**DATES: January 31,  
February 2, 8, & 9, 2024**

**LUNCHEON DATE: February  
21, 2024**

### SEATING TIMES:

Choose one of the two  
seatings:

12:00pm – 1:00pm  
1:00pm – 2:00pm

**WHERE: Great Hall  
Somerville House**

### What do you do at Western, and how long have you worked here?

I work in Animal Care and Veterinary Services (ACVS), and I am the Institutional Animal User Training Program Administrator. I have worked at Western for 20 years.

### What keeps you engaged when you are not at work?

My two daughters keep me entertained and my love for animals, plants, and nature. I love going to visit my ducks that live in my friend's little farm, and I get to play with them and the other animals. I also respite for individuals with developmental and learning disabilities and that is the most fulfilling volunteer job I have ever done.

**If you have any questions about any Article in the Collective Agreement, please contact your Area Steward, or the UWOSA office at [info@uwosa.ca](mailto:info@uwosa.ca).**

## Membership Discounts & Special Offers

UnionSavings is an organization that provides various discounts to UWOSA members from several providers. To view discounts available through UnionSavings please click [HERE](#) and create an account. Under their "Wellness" category they offer discounts for Damian Warner Fitness, and other providers.

To view UWOSA discounts, first log into the UWOSA website and select the **Members** tab then [Membership Activities & Discounts](#) next click on [Discounts & Special Offers](#).

## GENTLE REMINDERS

### Accident/Illness/ Incident Report (AIIR)

If you fall or have an accident or illness at work, please remember to complete an [AIIR form](#). More details about the AIIR can be found [HERE](#)

### UWOSA Membership Information Form

If you are new to UWOSA or your contact info has recently changed, please notify the UWOSA office by submitting [this form](#) to [info@uwosa.ca](mailto:info@uwosa.ca)

## AVAILABLE SUPPORTS ON CAMPUS

[Your friendly UWOSA Office!](#)

[TELUS Health - our Employee and Family Assistance Program \(EFAP\)](#)

[Human Rights Office](#)

[Employee Wellbeing](#)

[Community Legal Services](#)

## The University of Western Ontario Staff Association (UWOSA)

### Congratulations 2023 Western Award of Excellence Recipients



Languages & Cultures  
**Sylvia Kontra**

Western Technology Services Moves,  
Adds & Changes (MAC) Team:

**Chris Hromlak**  
**Dallas Heywood**  
**Sarah Hodgson**  
**Kifle Mekuria**  
**Levi Otten**  
**Ricky Price**  
**Heather Woods**

Recipients will be formally celebrated at the ceremony being held on **February 14, 2024, at 11:30am** in the Great Hall, Somerville House. If you wish to attend, please click [HERE](#) for information.

## NEW in 2024: Caregiver Days

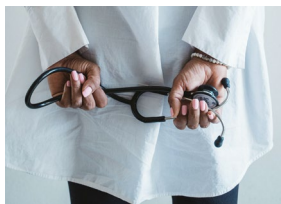
Beginning in 2024, UWOSA Members will be granted up to **three paid days** per calendar year to care for their family and loved ones during critical times.



For details you can click [HERE](#) to view the email that was sent out to UWOSA members from Western Human Resources on December 20, 2023.

For further information, please contact Western Human Resources at [ASK HR](#).

**KEY POINTS:** The three Caregiving Days shall not accumulate or carry over to a new calendar year. If only a partial day is needed, it will still be counted as a full day in terms of paid entitlement.



## Health Care Spending Account (HCSA) Allocation Amounts Increase Effective January 1, 2024

Starting January 1, 2024, each eligible Continuing and Sessional UWOSA member will receive an increased 2024 HCSA allocation. The allocation for eligible members with family coverage will be \$1,020, and the allocation for single coverage is \$795. To learn more about your HCSA click [HERE](#).