

# SCRC NEWSLETTER

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## **CIRB decides in favor of the SCRC**

The last bargaining of our collective agreement certainly divided our members, between old union groups and also between generations. The Canada Industrial Relations Board (CIRB) has recently issued a decision which will help up turn the page on some of these divisions. Radio-Canada retirees accused the SCRC of failing to represent them in the bargaining process because the SCRC refused to argue and defend their retroactivity claims throughout negotiations. Let us recall that in April 2018, the union had raised these issues at the bargaining table, but the employer refused to allocate any additional money. Forced to compromise, the SCRC subsequently dropped these demands. The CIRB dismissed the complaint, finding that the union was forced to make difficult choices throughout the bargaining process. •

## **Is work causing you stress and anxiety? You are not alone!**

The Employee Assistance Program (EAP) faces the reality of a significant increase in employees having anxiety issues. In a report released in June by the National EAP Council, we learn that in four years there has been a 102% increase in anxiety cases at Radio-Canada. Anxiety is the most important subcategory of psychological counseling. In second place, depression, which rose by 72%, and stress comes in third, with an increase of 16%. The National office provides solutions in dealing with these issues: music to promote relaxation or canine therapy in the workplace. Some of these are interesting solutions - but the SCRC has two other simple suggestions for Radio-Canada to lower anxiety: reduce the workload and improve relations with its employees. •

## **Yoga Tuesday, August 27th in Montreal starting at noon!**

First mini-event we're organizing: a small yoga session, offered by the SCRC in collaboration with Yoga Sangha studio, to help us relax and loosen up muscles. On Tuesday, August 27th, as of noon, in front of the tower, not far from the Wolfe Street exit, you will be able to participate in a 15-minute yoga session. We offer six 15-minute sessions, and 20 spots are available for each session. Yoga mattresses will be provided! All you need is to be dressed comfortably enough to do salutations under the sun;) To register,

<https://doodle.com/poll/72ahvqt872h3u9pk>

If the weather refuses to cooperate on the 27th, the event shall be postponed to August 28th, same time.

Questions ? [david.savoie@scrc.qc.ca](mailto:david.savoie@scrc.qc.ca) •

**IF YOU HAVE ANY QUESTIONS OR SUGGESTIONS  
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