

# Newfoundland & Labrador

Newsletter June 2021



## Message from Regional Manager



Hello Brothers and Sisters,

This month marks the 10th Anniversary of the Atlantic Canada Regional Council. Leadership, mobility, improved health, welfare and pension plans are just a few of things that have made our union stronger. Congratulations to all members and Locals of the ACRC. Together we are stronger!

With second dose vaccinations rolling out, our province and country will slowly rebound and more work will open up. The recent announcement by Suncor regarding the FPSO is encouraging news for our province. The coming weeks will give us more information and insight on what work will be performed.

I want to encourage all members to have a look at our safety training schedule that is included in this newsletter and register for any courses that you need to be work ready.

I hope you and your families have an enjoyable summer. Stay safe on and off the job-site

Yours in Solidarity,

*Mike*

Mike Williams  
Regional Manager NL

## NATIONAL INDIGENOUS HISTORY MONTH

June is National Indigenous History Month across Canada. It is a time to recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada. Let's take the time to acknowledge the need for reflection, learning, and action not just this month but every month as we move forward in our work towards truth and reconciliation with Indigenous communities.



Local 579 members Darren Hill, Calvin Rumbolt, Wayne Keefe and Greg Gear from the Indigenous community who worked on the Wellness Centre in Goose Bay along with Business Rep/Organizer Joe Davis. Good job Brothers!



## Summer 2021 Safety Tips

- Follow COVID-19 safety protocols -- including getting vaccinated when it's your turn -- to prevent spread on the job site.
- Learn about the risk factors and symptoms of heat illness.
- When possible, dress for hot conditions with light colored and loose fitting clothing.
- Drink water regularly -- do NOT wait until you are thirsty.





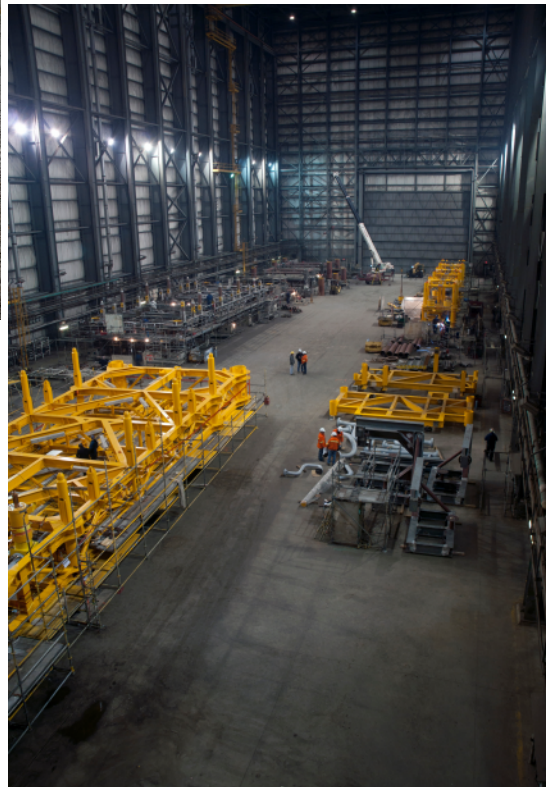
# Contractor Spotlight

Cahill Construction, Cahill Fabrication, and Cahill Technical are the three divisions of **The Cahill Group**, one of the largest multi-disciplinary construction companies in Canada. With operations from Eastern Newfoundland to Northern Alberta, Cahill is building the future of oil and gas, mining, hydro, and social infrastructure on some of the largest construction and fabrication projects in the country. Through strategic partnerships with global industry leaders, progressive thinking, and a passionate, dedicated workforce, we deliver best in class solutions to the world.

Cahill Construction offers a diverse range of solutions for industrial, institutional, and commercial markets. Our capabilities span the project life cycle, from conceptual design to commissioning. Leveraging the resources of the Cahill Group, including cross-functional teams and fabrication facilities, we offer a single source solution for managing multi-trade industrial and commercial construction projects.

Cahill Fabrication specializes in piping, structural steel, HVAC, and assembly services. We offer multiple facilities and a diverse range of solutions for industrial, institutional, and commercial markets, including complex sub sea structures, exotic pipe, and industrial HVAC duct. With a breadth of fabrication services and an integrated approach to planning and execution, we offer a single source solution for complete projects, including facilities, equipment and systems which are seamlessly integrated to deliver projects on time, and on budget.

Cahill Technical provides industrial automation systems engineering and maintenance services to commercial and industrial clients. This includes onshore and offshore engineering, project management, shop and field services. Our life cycle support for industrial process systems is provided through several partnerships and subsidiaries. Together, we're building beyond.





# BLAZING A TRAIL FOR WOMEN IN TRADES

What does it mean to be a trailblazer? It takes passion, hard work, being able to overcome the odds, and make an impact for the people coming behind you. That's exactly what **Amanda Rees** has done and it's why she's the winner of the second annual Trailblazer Award from the Office to Advance Women Apprentices.

"I'm a bit modest about what I've done," says millwright apprentice Amanda. "I don't generally like to talk about myself. I talk about my experiences ... but as a Trailblazer? I was really surprised actually. I was flattered and I was so appreciative of the people who acknowledged me, of course."

On International Women's Day 2021, Amanda, and several other nominees for the award, were acknowledged in a virtual event to celebrate the contributions of women in the trades in Newfoundland and Labrador.

Throughout the last few years Amanda has been a mentor to countless young women, has done interviews, radio ads, and a lot of public speaking - to everyone from federal politicians to local Girl Guide troops - on what life is like as a woman in the trades. She's volunteered with the Office to Advance Women Apprentices, WRDC, and Skills Canada. She's also sits on her union's women's committee.

"When I was nominated I started thinking about the things I've done to support women in trades over the years and I realized I'd done a lot," she says, laughing. "I can't say I really thought about it. It's just something I enjoyed doing, but to be recognized for it is not something I thought about I guess."

Amanda began her education in visual arts, but changed course after seeing a presentation by Karen Walsh, executive director of the Office to Advance Women Apprentices at a WISE event.

"Amanda is definitely a superstar in her own right when it comes to passion and promotion of women in skilled trades," Karen says. "She really linked into it and then she came back and talked about it and went on to do Exploring the Trades and then decided she wanted to be a millwright." From visual artist to millwright to busy mom and beyond, Amanda's skill-set helps her roll with the punches. "It totally fits. It really helps when you can think outside the box, especially when things go very wrong," she says. "I

always wanted to work with my hands and I always knew I wanted to do something - for lack of a better term - untraditional."

At the end of the Exploring the Trades program, Amanda found her calling. "Everyone was deciding what they wanted to do and choosing different trades and I was in the boat where I wanted to do absolutely everything. ... but almost at the end of the program we learned about millwrighting and I found that the millwright program had a lot of the areas I was interested in. They touched on welding, they touched on machine work, they touched on electrical, and there was a mass of different skills besides. So it's a constant learning experience."

Mother to three-year-old Jasper, Amanda admits she's hit a few bumps in the road to Red Seal. Having to take time off for maternity leave and choosing to work locally instead of traveling, set her back a few steps, but it's been the right path for her and her family. "It's taken me a little longer than most people to get to where I am and that's OK. I've accepted that," she says, beaming when she talks about her son. "He's been nothing but a blessing to me and he's made me want to work that much harder to get further in my career. So, yes, it's hard when I have to go and not be around him. It breaks my heart sometimes. But I do have good support, my husband and my family ... I've been very lucky."

Currently, Amanda is working with Pennecon and the team there has been supportive and helpful - her co-workers proudly nominated her as a Trailblazer.

"I know people do have bad experiences with men in the trades. Fortunately, my experiences haven't been. I also don't get offended easily," she says. "I've been able to crack that nut with the people I've worked with. And they can accept that I can do the work. "...They've been good to me. I don't feel any differently that I'm a woman. I'm just a worker ... man or woman I'm here to work and I do a good job and they keep asking me back."

Karen says it's these qualities, and Amanda's continued support of women in the trades which made her the obvious choice for the Trailblazer award, which is designed to recognize women making a difference. "She speaks for our office on many occasions to women interested in the trades, women

working in trades. On site she's a champion for women in trades, within her union she's a champion in trades. I think she's helped people see that an ordinary young woman, a young mom, that if she has a passion for the trades, she can definitely have that as well," Karen says. "Her journey has been amazing and her passion is definitely amazing."

The respect is mutual as Amanda says she can't imagine not having the Office to Advance Women as a part of her life. "It's hard to picture my life without them in it because they've been such a big part of my life. I've gone through a lot and they haven't just been there to support me in my career. They've been there to support me when I've been crying my eyes out over personal things as well. I'm very blessed to have so much support when it comes to them and my family."

Amanda says she only hopes her story has helped even one young woman discover her passion. Karen says Amanda has definitely inspired a lot more than one.

"I've never sought to be praised for anything I've done. I did it because I believe in the cause, and I believe that more women should be in the trades, and I believe there should be that balance," Amanda says. "We bring a lot of different perspectives to that job and I think that's what the trades needs. I'm just happy to be able to talk about it and just be able to give my perspective, and my advice, and just prepare people, women, and anybody, in the trades."

Want to Blaze a Trail? Want to become a mentor? Inspired by Amanda's journey and want to discover the trades for yourself? Reach out to our office and let's chat about how you can be involved.



Local 1009 Member Amanda Rees

FALL PROTECTION		FALL PROTECTION REFRESHER		WHIMIS 2015		PITO	
Location	Date	Location	Date	Location	Date (1/2 Day)	Location	Date
CMC	Jul. 12-13	CMC	Jul. 9	CMC	Jun. 18	CMC	Jul. 7-8
CMC	Aug. 9-10	CMC	Jul. 30	CMC	Jul. 16	CMC	Jul. 28-29
CMC	Aug. 30-31	CMC	Aug. 5	CMC	Aug. 13	CMC	Aug. 18-19
CMC	Sept. 27-28	CMC	Aug. 20	CMC	Sept. 3	CMC	Sept. 9-10
CMC	Oct. 18-19	CMC	Oct. 29	CMC	Oct. 1	CMC	Dec. 15-16
CMC	Oct. 27-28	CMC	Nov. 10	CMC	Oct. 22	STANDARD FIRST AID	
CMC	Dec. 6-7	FALL PROTECTION RE-CERTIFICATION		CMC	Dec. 10	Location	Date
Western	Sept. 13-14			Western	Sept. 17	CMC	Jul. 5-6
Western	Nov. 15-16			Western	Nov. 19	CMC	Aug. 3-4
Central	Sept. 20-21			Central	Sept. 24	CMC	Oct. 12-13
Central	Nov. 22-23			Central	Nov. 26	CMC	Nov. 8-9
CONFINED SPACE		POWERLINE HAZARD		RIGGING QUALIFICATION		MEWPO	
Location	Date	Location	Date (1/2 Day)	Location	Date	Location	Date
CMC	Jun. 16-17	CMC	Aug. 13	CMC	Jun. 21-25	CMC	Jun. 28-29
CMC	Jul. 14-15	CMC	Sept. 3	CMC	Jul. 19-23	CMC	Jul. 26-27
CMC	Aug. 11-12	CMC	Oct. 1	CMC	Aug. 23-27	CMC	Aug. 16-17
CMC	Sept. 1-2	CMC	Oct. 22	CMC	Oct. 4-8	CMC	Sept. 7-8
CMC	Sept. 29-30	CMC	Dec. 10	CMC	Nov. 1-5	CMC	Oct. 14-15
CMC	Oct. 20-21	Western	Sept. 17	Location	Date	CMC	Oct. 25-26
CMC	Dec. 8-9	Western	Nov. 19	CMC	Jun. 25	CMC	Dec. 13-14
Western	Sept. 15-16	Central	Sept. 24	CMC	Jul. 30	Central	Sept. 25-26
Western	Nov. 17-18	Central	Nov. 26	CMC	Aug. 27	Central	Nov. 27-28
Central	Sept. 22-23			CMC	Sept. 24		
Central	Nov. 24-25			CMC	Oct. 29		
				CMC	Nov. 26		

## CMC NEWS

This time last year CMC was returning to the College from a four-month lock down. Today, CMC is excited that 77% of Newfoundland and Labrador have received their first dose of the vaccine. We encourage you to protect yourself and others against COVID -19 and book your vaccine on-line at [www.gov.nl.ca/covid-19/vaccine](http://www.gov.nl.ca/covid-19/vaccine).

CMC Safety Instructor Randy Lowe has been busy with Safety Training and hit the road the first couple of weeks in June teaching courses on the West Coast of Newfoundland. We are also offering additional safety training on the weekends at the training center. We encourage you to schedule your safety training by calling (709) 364-5586 or emailing [info@cmcnl.ca](mailto:info@cmcnl.ca).

The Canadian Conference was held virtually this year, and CMC staff participated in various courses including Mental Health First Aid, Integrated Written Communication Skills, and Canadian Fall Protection. It was a great learning experience, however, we are excited to return back to the International Training Centre in the future.

Finally, CMC is celebrating its **25th anniversary** this year and we will be hosting a family fun day to celebrate this. Stay tuned for more information in the coming weeks! Please visit our [www.carpentermillwrightcollege.ca](http://www.carpentermillwrightcollege.ca) and our Facebook page.