

THE Picketpost

March 15

YOUR DAILY LINK TO LIFE ON THE LINES!

Picketpost@gmail.com

Rally Week

This week we will rally to send the message to the government that we are seeking their leadership to resolve the current labour dispute. Please plan to attend as many rallies as you can.

Wednesday, March 15

On Wednesday at 1:00 p.m., join the picket rally outside of MPP Jim Bradley's office at 2 Secord Drive in St. Catharines (corner of Scott Street and Secord Drive). We will meet at 12:45 in the "green space" beside Jumbo Video.

Thursday, March 16

On Thursday, join the provincial rally at Queen's Park in Toronto. The bus leaves at 9:00 a.m. Credit for two days of picketing will be given to members who attend this rally.

Friday, March 17

On Friday morning, don your green shamrock and join the mass picket at the Welland Campus. Further details about time and location to be announced. Remember that Friday is Strike Pay Day, so after picketing head to the Soccer Club for lunch and to pick up your pay.

From the Lines

Overheard at the Maid of the Mist Campus: "The OPSEU diet: No money, no food, and three hours of exercise per day." Students at MMC made sure that the picketers there kept up their energy yesterday with a Timbit delivery.

Faculty Fitness Week

How is that pedometer count going? Here are some stats to help you get the most out of your new "picket exercise" program:

For the average picketer, three hours of picketing burns 625 calories. In comparison, three hours spent working on your computer in your office only burns 300 calories. After a week of picketing, you could lose one pound!

To ramp up your fitness regime, try a rumba on the line and burn 925 calories. In tomorrow's Picket Post learn what you are able to eat "guilt-free" now that you are burning all those extra calories.

Dear Ms Pick-It

10,000 steps! You've got to be kidding! My feet already hurt! I have blisters on top of blisters! Muscles I didn't know I have are aching! I know exercise is good for me, but I need help. Any suggestions?

Signed,
Still Growing in the Middle

Dear Still Growing in the Middle
First, stop complaining. Remember, no pain, no gain.

Second, be kind to your feet by wearing comfortable "sensible" walking shoes.

Third, remember to stretch those muscles before and after picketing.

Finally, keep your eyes on the prize. Think of how your legs will look in those summer shorts!

Let Ms Picket lighten your burden by sending a question to picketpost@gmail.com



Picketers at the Welland Campus's Residence entrance last week.

Weather Advice

Thursday, March 16

Variable cloudiness with a 20% chance of rain or snow. Winds from the NW at 10 km/h. High of 2°C and low of -7°C



Two picketers are thankful that the rain stopped on Monday morning at the Rice Road entrance.

Ms Pick-It advises you to check the websites for up-dates.

Stay Connected!

Visit these websites for up-to-date news releases and local announcements:

www.opseu.org and

opseu242.741.com

Strike HQ phone:

905.735.2519



Yum! Picketers enjoy some of the sausages provided by the Ontario Secondary School Teacher's Federation.