

# THE Picketpost

March 16

YOUR DAILY LINK TO LIFE ON THE LINES!

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## From the Lines

### Top Ten Reasons to Picket

10. It gets you out of the house.
9. It's a cheaper way to get fresh winter air than the Winter Wilderness Adventure.
8. You get to actually talk to your colleagues.
7. You get to find out how accurate the weather forecast was.
6. You don't have to worry that you forgot the keys to your office.
5. You finally get to choose your schedule and workload.
4. You have nothing to prep the night before except your peanut butter sandwiches for lunch.
3. After waiting in the rain for the "Tinkle Train," you remember why you don't like camping.
2. You don't have to go outside to smoke.
1. Free signs!

### Suggested Ways to React to Hecklers

- Remember that it's better to be given a "thumb's up" than the finger.
- Wave your sign even more enthusiastically (It's great for the triceps).
- Offer them a cookie and secretly hope it goes straight to their thighs.
- Smile and be polite. It will confuse them.
- Be happy that someone cared enough to break up the monotony.

### Dear Ms Pick-It

OK. I'm walking and I've taken care of my blisters. I even remembered to stretch. BUT...I haven't lost any weight on this OPSEU diet. I'm ready to give up. What now?

Signed,  
Still Growing the Middle

Dear Still Growing in the Middle,  
Be sure to read today's Nutrition Guide.  
No pain, no gain! Losing weight requires as much patience as waiting for leadership from Minister Bentley to resolve our current labour dispute. Don't give up! Remember that frustration burns calories too!

## Faculty Fitness Week

### Day 4: Nutrition Guide

(Remember that each shift of picketing burns 625 calories approx.)

For those of you who **aren't** trying to lose weight, here are some treats you've earned with the calories you've burned :

McDonald's Big Mac = 560 cal.

Small Fries = 250 cal.

Medium Fries = 388 cal.

Pizza Hut Personal Pan Pizza with pepperoni = 660 cal.

Starbuck's White Chocolate Mocha Frappuccino – Grande = 320 cal.

Subway 12" Turkey Breast and Ham = 560 cal.

Dairy Queen small Chocolate Sundae = 280 cal.

For those of you who **are** trying to lose weight, here's a guide for Healthier Picket Food Options

Bad Choice: Walnut Crunch/Cherry Stick = 350 cal. 20 g. fat

Better Choice: Honey/Maple/Chocolate Dip = 200 cal. 6 g. fat

Bad Choice: Hot Chocolate = 220 cal. 4.5 g. fat

Better Choice: Coffee/Tea with milk/ sweetener = 35 cal. <1 g. fat

Useful Tip: Most cookies have roughly the same fat and calorie content, but a Triple Chocolate Chunk will give you the benefits of 2 g. fibre and 15% of your daily iron requirement.



Pickers at the Welland's Residence entrance.



Pickers braving the cold on Woodlawn Road.

## Friday is Strike Pay Day!

Join us for mass picketing in Welland on Friday from 8 – 11. Glendale and Maid of the Mist pickets can join your colleagues at one of the four Welland lines:

—Rice Road

—First Avenue

—Woodlawn Avenue

For those coming from Glendale and Maid of the Mist, you will need to park on the side streets or at the soccer club and walk or car pool over to a line. Following picketing, we'll gather at the soccer club for a BBQ, socializing, and to receive our strike pay. Remember that you must sign personally to pick up your pay. Peter Kormos will be joining us as a show of support.

## Weather Advice

### Friday, March 17

Variable cloudiness with a 30% chance of rain or snow. Winds from the NW at 15 km/h. High of 1°C and low of -4°C

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](http://www.opseu.org) and

[opseu242.741.com](http://opseu242.741.com)

Strike HQ phone:

905.735.2519

## **Just the Facts**

The soccer club has been transformed into a beehive of activity. Here are some of the things that are going on (and will go on until a settlement is reached):

- Processing and distributing incoming information
- Researching and compiling media reports on the strike
- Writing press releases
- Preparing and giving interviews
- Mounting petitions
- Producing flyers and front line handouts
- Organizing rallies
- Building signs
- Producing and distributing the newsletter
- Responding to inquiries from community members regarding the strike
- Assisting faculty with issues and problems
- Networking and strategizing with other locals
- Contacting and lobbying MPPs
- Updating the local website: <http://opseu242.741.com>
- Communicating with OPSEU headquarters
- Running the "Tinkle Train" and rest breaks for picketers on the lines
- Coffee and food runs
- Organizing Friday's post picket BBQ
- Co-ordinating picketing
- Pay Day!