My name is Karina Sheardown. I am originally from Abbotsford, BC where I started with CUPE National as a temporary secretary in 2008. I have been the secretary in the Nanaimo Area Office since July 2009. Before that I was a member of CUPE Local 774 with the City of Abbotsford for 10 years. I served CUPE Local 774 as Vice President of Parks & Recreation and as Health and Safety Representative for about 2 years.

I’m organized and task focused. I strive to be the best I can be at everything I do. I focus on self-growth and constantly learning. I’m motivated, approachable, fair and a good listener.

During the last round of negotiations, I was a member of the bargaining committee. I learnt about the Employer, their strategies, and the bargaining procedure in general. I spoke up in our committee meetings, contributed to all aspects of bargaining and kept thorough notes during the entire process.

If elected, I feel I possess more confidence to implement better communication with our members this round. I will bring forward all members’ ideas and focus on what’s best for COPE Local 491 as a whole.

For this next round I would like to see improvements to training and staff development language/practices, fairness/equality with attending training, conventions, meetings, etc. and consistent relief for support staff (during all leaves including education, sickness, vacation etc.). We need consistency in our policies and procedures, country wide.

I ask for your support in allowing me to make a difference. Please vote for me, Karina Sheardown, to be your West Region Bargaining Committee Representative.

In solidarity,

Karina Sheardown

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