



Vote/Votez Heather Farrow

for COPE 491 Education/Communication Officer

If you would consider voting for me, I would promise to work hard, stay true to my word, play fair and keep the website up to-date.

Let me tell you a bit about myself:

I have worked for CUPE since 1999 and during that time I have:

- ✓ volunteered with COPE 491 as Regional VP at National office
- ✓ was the worker chair of the CUPE Joint Health and Safety Committee.
- ✓ worked as the CUPE National office (COPE 491) representative at the Ottawa and District Labour Council (ODLC)

I continue my union education through labour courses and conferences. I have completed:

- ✓ bargaining level one and level two
- ✓ introduction to stewarding
- ✓ week long CLC women's school: "women in leadership"
- ✓ anti-harassment training
- ✓ CLC human rights conference

Before I worked at CUPE, I was coordinator for the Ontario Public Interest Research Group (OPIRG) at Carleton University, a supply teacher with the Ottawa-Carleton District School Board and a staff member at the Canadian Health Coalition.

I hold a Masters of Arts degree in Geography from Carleton University, Ottawa; a bachelor of Education degree from Queen's University, Kingston and a bachelor of Arts and Science degree from Queen's University. I live with my husband Richard and our bird Alfie!

I would be honoured to serve you. Please consider me. Solidarity! Heather