

## **You are your Union!**

Call your Local Union Office or ask your Unit Chairperson how you can get involved in these activities and many others.

**Local Union Committees** are made up of SEIU-West members in their workplaces representing the concerns of union members. Current Union Committee's include: Political Action and Awareness, Education, Nursing Care, Aboriginal, Worker Safety, Retirees, Young Workers, Organizing, and Multicultural Mentorship Committee.

**Unit Executive Members** are elected by the members in their workplaces to represent the concerns of union members. Each Unit may elect a Chairperson, Vice-Chairperson and a Workplace Communicator. Attending Unit Union meetings is a great way to keep up to date with Union activities.

**Worksite Stewards** are the SEIU's primary representatives in the workplace. Stewards are members of your union who assist other members by providing information about your union, answer questions about the contract, try to settle problems with or without grievances, and work as organizers to help build the collective power within the worksite. If you would like to become a steward, talk to your Unit Chairperson or Union representative about the resources and training that are available.

**Member Organizers** are active Local members who help organize non-union workers into SEIU. Many member organizers start out by campaigning to bring a union into their own workplace, and end up so knowledgeable and interested in your union that they continue to work on other campaigns. Member organizers learn communication skills and organizing skills, and work closely with staff in meeting prospective members who want to learn about the benefits of joining a union.

