

My parents have been apart of the UCCO SACC Union for 18 years and it has affected my life in many ways. Some of these experiences are negative, such as missing out on family time, and impacts on my family relationships. However, there are also positive experiences such as understanding the importance of having the Union. These are just some of the things that we as a family have dealt with over the 18 years.

Firstly, the Union has had significant impacts on my family life. Having both my parents apart of the Union, my dad being the President, it can be very demanding. Over the years, I have had to deal with many interruptions. At family dinners, our meals and conversations would be put on hold. As well, time was taken out of hockey tournaments, vacations and more because work would come first. Our family plans were made around my parents' work schedules and often times work became the top priority.

The Union has also impacted the relationships between me and my parents. Every time we as a family would go out to social events, my parents would be asked about work and help with accommodations. This often lead to my parents being more hesitant in letting us continue going to these events, because they did not want to deal with the added stress that came with having to go. Therefore me and my brother would miss out. As well, I would be constantly checking in on my parents to see if they were okay because of how work as impacted their mental health. Many times, events at work would lead them to be upset which would make us feel distant from each other whilst trying to deal what they were going through.

Amongst all the negative aspects this experience has brought, my parents have shown me the benefits of having the Union in place. Some examples include, protecting employees by making sure their needs are met. They help make sure people like my parents are able to time

off when they need to. The Union also will host annual events so that they can remain connected, to maintain good relationships outside of work. Overall in my experience, the Union has personally helped me and my family and I am thankful for their actions.

In conclusion, the UCCO SACC Union has impacted my home life in positive and negative ways. From impacting family time and relationships to bringing members together, the Union has continued to prove its importance to its employees and also their families.