



CEMA Newsletter

November 2021

In This Issue

- President's Message
- CEMA Board Members
- Vacant CEMA Director Position
- Upcoming CEMA Events
- Benefit Update
- Make Time for Resets!
- Member Services
- Message from the CEMA Board

Contact Us

www.cemaedmonton.com

cemacoordinator@gmail.com

President's Message

Dear Colleagues,

Another year is quickly coming to an end and this gives us an opportunity to reflect back on some highlights and successes over the past year.

I'm incredibly proud of the work between the CEMA board and the City of Edmonton in re-signing the Memorandum of Understanding (MOU) for an additional two years. The MOU has been beneficial to both the City and CEMA members and this re-commitment positions us well to navigate the ever changing work dynamics in the years ahead. I would like to take this opportunity to thank the City Manager, the City's Executive Leadership Team and the entire CEMA board for their dedication to a positive working relationship.

While we gathered virtually as a management community and postponed networking events to keep each other safe, CEMA's cash flow increased and we're happy to report that our financial position has never been so strong. We are certainly well placed to support future events when the opportunity presents itself to gather again.

I'd also like to take the time to recognize Chrisy Burton for her incredible support to me and the entire CEMA membership. Chrisy, we're very fortunate to have you on our team and we're able to function because of your tireless commitment.

Finally, as the holiday season approaches, I wish you all Happy Holidays and want to thank you for showing up every day and serving the organization and the citizens of Edmonton.

- Derek Hanson

CEMA Board Members

President	Derek Hanson
Vice President	Gail Hickmore
Secretary-Treasurer	Lee Deakin
Directors	Doug Sernecky Gordon Buck Jason Halayko Kelly Moore Melissa Ziober Robert Kuziw Satya Gadidasu Steve Goodwin Shawn Wall
Executive Coordinator	Chrisy Burton

A special thank you to Norman Hendry, outgoing Director, for his contributions and commitment to the CEMA Board.

Visit our website [About Us|Board Members](#) for Board Member contact information and their bios.

Vacant CEMA Director Position

The CEMA Board currently has one vacant Director position available for a 2 year term. See [CEMA Board Member Major Commitments](#) for detailed information on the roles and responsibilities for Board members. If you have any questions or are interested in the Director position, please contact Gail Hickmore (gail.hickmore@edmonton.ca or 780-496-3143) or Derek Hanson(derek.hanson@edmonton.ca or 780-496-5938).

Upcoming CEMA Events

Our next CEMA virtual event is scheduled for December 14, 2021 with Tyson Joyce from the Peer Support Team who will share with us "What is Peer Support?" and "How does it work?". John Dowds, City Chaplain, will also join us to share some opening remarks and holiday greetings.

Information about the Leadership Peer Support group is available [here](#).

Registration details will be sent to all our members closer to the event - stay tuned.

We welcome any suggestions for future events. Please reach out to Chrisy at cemacoordinator@gmail.com and we would be happy to explore new ideas to benefit and connect with our members.

Benefits Update

The CEMA Board is currently reviewing the benefit package to bring us in alignment with the CSU 52 benefit package. We hope to have more information in the first quarter of 2022.

Make Time for Resets!

'If you cannot change a situation, you are challenged to change yourself to manage things in the best way possible.'

That quote does not originate with me, but it is one I have thought about and taken to heart many times in my life's journey - and certainly over the last 20 months...

I do not have control over how others manage Covid, but I have control over how I manage it for myself and my family; I have limited control over corporate changes - some of which may impact me directly - but I do have some control over how I manage those changes for myself and my family; I have limited, if any control, over what people think about me or say about me, but I do have control over how much I let that impact me and my family.

I could continue that list, but you get the idea... It is about manageability and focusing on what we can control instead of that which we cannot..

Now, if you are anything like me, there are days when you may be frustrated by a lot of the things that are going on around you and in our world - and I will sometimes get sucked into the vortex of trying to control so many things...! That's when I need to do a reset and ask myself some important questions: What do I have control over? How do I manage things over which I have no control? Who are the trusted people in my life who I can talk to about this?

I invite you, encourage you, to make space for resets and reflection - it's about manageability and exercising control over the one thing in your life that you can control - you!

- John Dowds, City Chaplain

Member Services

Visit our website under [Member Services](#) to learn about all the services offered to CEMA members.

Message from the CEMA Board

Thank you to all our members for your continued support in 2021. Happy Holidays!