

Young worker VP report May 2026

I wish I could give a comprehensive report with specific timelines, but everything was so scattered and blurry this year trying to balance school and union responsibilities and then throwing a strike on top of all that. I'm lucky if I even know what day of the week it is.

The past few months have probably been the busiest I have ever been, but also the most proud of myself and this union. I'm going to get a bit sentimental for a moment. Growing up I had a very difficult time in school, I struggled to understand most subjects and I couldn't speak in front of an audience without crying. I was borderline failing most of my classes from elementary to high school. After high school I didn't have plans for my future because I didn't think I would ever be a functioning adult. I started working at St Vincent's nursing home in 2019 when I was 18 and I had the stress level of someone being hunted for sport. When I was 22 I was diagnosed with autism (shout out to health insurance I got through work) and that changed my life. I decided to go back to school and I started my journey as the young worker VP for CUPE NS.

Today I'm 25, I'm in my 2nd term as the young worker vp, and I'm a graduate practical nurse. I can't thank everyone enough for the support and encouragement I have received. From members of the executive and delegates here today. It truly takes a village and you all are part of it. I especially want to thank Janet MacDonald, the president of my local 1082, a LPN, and a very dear family friend. Janet pushed me to get involved and when Janet tells you to do

something you listen and get to work. I also thank my mom for giving me some of her fiery attitude and teaching me to speak my truth.

This year I have gotten more politically involved than ever before, and my new role as the comms editor for the long term and community care committee has been a huge part of my work the past few months. I volunteered to help with the media for the LTC strike. A strike many of us never imagined would be going on for over 6 weeks. In the beginning I was pretty nervous doing interviews, but I received a lot of support and encouragement from my village which helped build my confidence. I've had quite a few people say I always sound calm and collected during interviews, that's just my autism. I generally only have one or two tones.

In April I had a young worker from CUPE BC reach out to me and ask about the young worker VP role for the NS division, because her committee wanted to make a constitutional amendment to make the young worker liaison for BC a vice president seat on the executive. I told her the approach I've found that works for me is bridging the gap between young members and older members rather than trying to gather young workers together. Instead of keeping young workers at the kids table, they should be able to sit at the "adult table".

We have so many young workers who are strong activists in all sectors. Seeing the growing number of young workers getting involved with CUPE NS is exciting. I remember in past years it was always a challenge to fill the young worker seat on committees, but since the last convention we only have two out

of the eight committees with a young worker vacancy. This time we better have zero young worker vacancies.

In solidarity,

Ty Loppie young worker VP CUPE NS