Laura Light-Morrow

I have been actively involved in the union since 2000, with more than 25 years of experience in member representation, workplace advocacy, health and safety, mobilization, and union leadership.

Union Leadership & Experience

President – CEIU Local 622

- Represent and advocate for members on workplace issues, grievances, accommodations, collective agreement rights, and labour-management matters.
- Lead Local activities, member communications, meetings, mobilization, and engagement.
- Co-Chair Labour-Union Management Consultation Committees (LUMCCs).

Eastern District Representative – CEIU Ontario Region

- Represent members and Locals across the Eastern District as a member of the CEIU Ontario Regional Council (ORC).
- Support Local leadership and advocate on regional issues affecting CEIU members.

Second Vice-President – PSAC Kingston Area Council

- Participate in broader PSAC activities, mobilization, education, and member engagement within the Kingston area.

Union Activism & Participation

My union involvement began in 2000 and has included serving on the Workplace Health and Safety Committee, holding Local executive positions, representing members, participating in union committees and conferences, and supporting workplace and regional mobilization.

I have participated in four PSAC strikes over the course of my union involvement. During the 2023 PSAC strike, I served as a Strike Captain, helping organize and support members on the picket line.

I have attended CEIU Presidents' Conferences, regional union events, and the 2026 PSAC Ontario Triennial Convention, where I actively participated in convention business and advocated for accessibility and meaningful participation for members with disabilities.

What I Bring as a Delegate

After more than 25 years of union involvement, I remain committed to the fundamental purpose of our union: members representing and supporting members. I believe strong unions depend on informed, engaged members who are willing to speak up, ask difficult questions, listen to different perspectives, and ensure that the decisions we make reflect the people we represent.

My experience ranges from the **CUT AT 300 WORDS**