

Hello All ONA members. It is almost time to vote. Are you still questioning who to vote for?

Here are some great thoughts I use when voting for someone I can count on.

Always keep in mind who walks the walk and who talks the talk.

Who has marched and raised their voices?

Who has sat with you in the offices, at the meetings?

Who has spent the time explaining, educating and listened in the off work hours?

Who has the knowledge and experience to hold our employer to the collective agreement?

Who has the courage to speak up when you are unsure of the right words to say?

Who has continued to support members with integrity at all encounters?

Who has the connections to raise all your concerns to the highest level of union governance?

Who keeps their commitment and resilience in the forefront representing you with strength and determination?

Who will continue to lift you and our profession high and continue the fight for a better and healthier workplace?

Just know I WILL .

And You know who will too.

Always in solidarity! 🤝

Vote : Elizabeth DeSousa-Mendonca RN

Grievance and Negotiations Committee Q-Site

September 28,2026.



Elizabeth DeSousa-Mendonca



Candidate for the

Negotiations and Grievance Committees at Q-site

Please vote September 27-28

Hello to all ONA members. I have been active with ONA and representing nurse members since 2001. I have sat at the tables with ONA leaders, representing your voices across different workplaces. No idea is a bad idea, no ask is too small, and I will always bring forward nurses' needs and wants confidentially. I am down to earth, caring, and compassionate, with a true love for people, especially nurses. Our work deserves appreciation, our livelihood deserves fair compensation, and our workplaces must be safe.

**“My ONA ‘F’ word is
FERVENT
doing everything
with passion and
fearless resilience.”**



In solidarity 

Elizabeth DeSousa-Mendonca, RN