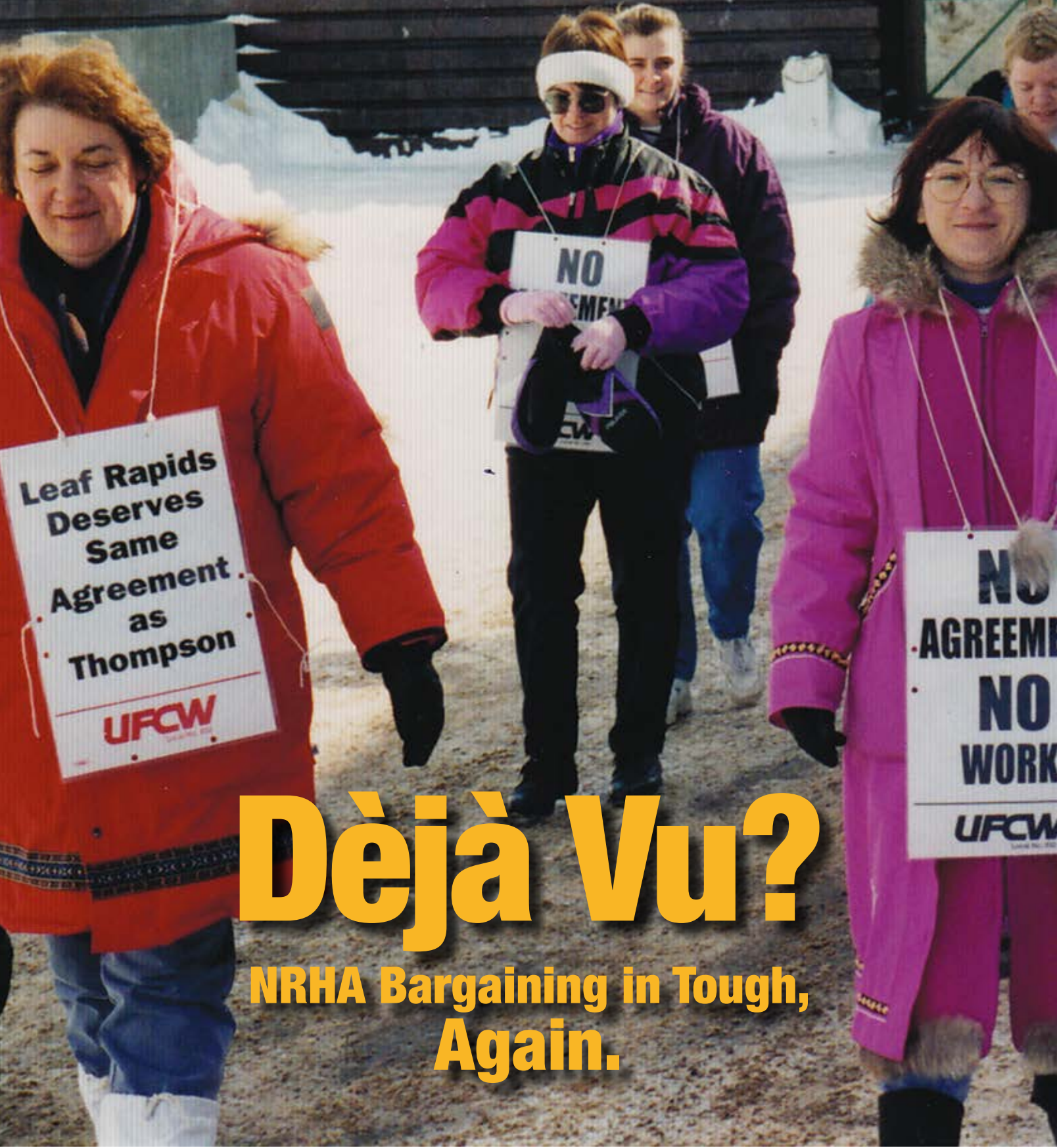




UNION

THE MEMBERSHIP MAGAZINE FOR UFCW LOCAL 832

JANUARY 2014



Dèjà Vu?

**NRHA Bargaining in Tough,
Again.**



MESSAGE FROM THE PRESIDENT

Iwould like to take this opportunity to wish you a healthy and prosperous New Year. It is customary at this time to look back at the year that was while at the same time look forward to the year that will be.

2013 was an incredibly busy year for Local 832. It began with a celebration of our 75th anniversary, which we combined with both the shop steward and the health and safety conferences. We were also busy electing delegates to attend the UFCW International Convention—an event that only happens every five years.

For six months of 2013, we were at the bargaining table with Loblaw, who acquired Shoppers Drug Mart right in the middle of negotiations. Talks of this magnitude require significant work from the entire staff and committee members if we are to succeed. The 3,000 Local 832 members at Loblaw ratified their agreement by over 91 per cent. This high percentage tells me we got the job done.

Then in June, Sobeys bought Safeway, which led to a ruling from the Competition Bureau in October that included a list of Safeway stores that must be sold. This meant ramping up our already excellent service we provide all the membership and take that extra step to search for the answers to the many of the unanswered questions the Safeway members had.

In July, we also held elections for every position on our executive board. Executive board elections are held every four years, and this is another huge task that is only accomplished with the help of everyone working at the local.

As if this wasn't enough for one year, the local's involvement in the community and in fundraising for important causes got us involved in the first Light the Night Walk in Manitoba, which took place in September.

2014 will begin with negotiating a new agreement for our Safeway members, and in fact we have been preparing for this since last June. We will again rely on the solidarity of our members and the efforts of our staff to ensure we are successful in reaching a strong agreement.

Towards the end of 2014, we face yet another major task—renewing the contract for our members at Maple Leaf in Brandon. With the industry in a state of flux and hog supply uncertain, we believe it will be a challenging set of negotiations. The local will approach the New Year with the same hard work and confidence it used to meet its challenges of 2013, and continue to improve the lives of our members through strong collective bargaining. Together we will continue to build a better future.

In solidarity,

Jeff Traeger

President UFCW Local 832

Looking Back Before Moving Forward.

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SECRETARY-TREASURER

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Brandon

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290 Davidson Street
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No General Dues Increase for 2014!

Eight years since our last general dues increases.

President Jeff Traeger along with Secretary-Treasurer Beatrice Bruske have kept a close eye on the finances again this year, focusing on keeping costs as low as possible. Because of this, there will be **no general dues increase in 2014**. As in previous years, some units are on a dues progression and will increase a small amount. Below is a breakdown of how your union dues are put to work for you.

Arbitration 4.8%

Arbitration includes all costs associated with referring grievances and other legal matters to arbitration or the Manitoba Labour Board. Local 832 has two in-house lawyers and hires additional independent counsel when needed.

Automobiles 3.4%

A car allowance is provided to Local 832 staff who must travel extensively to service the members. We have done a great job at keeping our costs down without compromising the safety of our employees on the road.

Communications 6.7%

The staff of our communication department produce 10 editions of UNION magazine each year, maintain an extensive website and produce a variety of media material as needed. This department plays a vital role in keeping the membership informed.

Conferences & Education 2%

Our staff and members receive training in various aspects of labour relations regularly. This category includes annual

conferences/events hosted by the local, including the shop steward/health & safety conferences, policy conference, women's conference etc.

Financial Services 4%

UFCW Local 832 has three staff members dedicated to running the finances and keeping the dues as low as possible. We also provide a widely popular income tax service at a great rate to our members and their families across the province.

Negotiations 7.6%

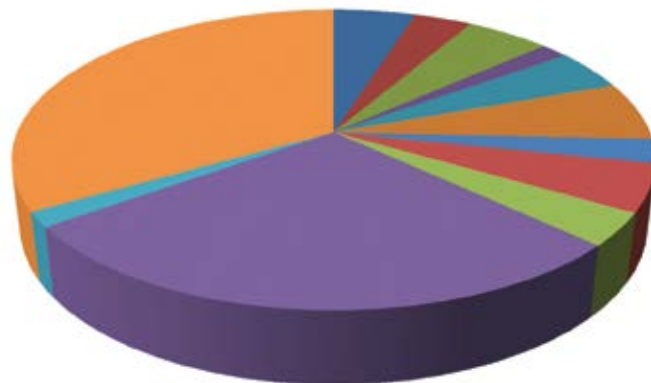
Getting the best possible contracts for our members is one of the most important things we do at Local 832. We have three full-time negotiators who work with bargaining committee members to constantly improve our over 120 agreements.

Strikes and Lockouts 2%

The strike fund ensures that our members can afford to stand up to their employer and fight for their rights. While we settle 99% of our contracts without a dispute, it helps having a strong safety net to fall back on.

Offices and Buildings 5.3%

We have offices in Winnipeg, Brandon and Thompson. This portion of our budget reflects rent expenses, utilities, property taxes, insurance and maintenance. The training centres are not included in these costs as they are operated by the Education and Training Trust Fund.



Office Supplies 1.6%

To operate smoothly, we need office supplies such as paper, pens, postage, couriers and software for all three offices.

Per Capita and Other Membership Fees 29.5%

To have a strong standing in the labour movement across North America, we pay membership costs to the UFCW Canada Council, UFCW International Union, Manitoba Federation of Labour and other labour groups and councils.

Rental Equipment 1.1%

Part of the cost of running the largest private sector union in Manitoba includes the rental, maintenance and repair of photocopiers, and postage metres for our Manitoba offices.

Servicing & Organizing 32%

Servicing current members and organizing new ones makes up the single largest portion of our annual budget. It includes the cost of 12 full-time servicing reps and a director of organizing. This demonstrates the local's commitment to providing exemplary services across the province and growing our union.



Safeway Part-timers Need to Be Aware of Section 18.12

Are you a part-time Safeway worker who has worked at least 13 consecutive weeks with 37 or more hours in each week? Well, under section 18.12 of your current collective agreement it states, "When a regular part-time employee works or is paid the basic work week for thirteen (13) consecutive weeks a full-time position shall be deemed to have been created, subject to Appendix E-3 and E-4 and shall be filled within

Seniority Zone One according to subsection 18.21."

Why is this important?

With upcoming bargaining we have been reviewing schedules and there are quite a few part-time members who have been working 37 hours a week longer than the consecutive 13 weeks. The union's interpretation is that a full-time job is created. In the collective agreement the company has

agreed that it will have no less than 25 per cent of its staff full-time.

The union is asking employees to send in copies of their pay stubs so it can verify the 37 hours for 13 consecutive weeks and include them in a policy grievance. This matter will also be brought up at negotiations, so it's important you let the union know if you qualify for this. Should you have any questions regarding this, contact your union representative.

Declarations of Availability

Deadlines for submitting Declarations of Availability 2014

DUE DATE	FOR PERIOD	UPCOMING HOLIDAY
January 14	February 2 - March 1	Louis Riel Day, February 17
February 11	March 2 - March 29	
March 11	March 30 - May 3	Good Friday, April 18
April 8	May 4 - May 31	Victoria Day, May 19
May 13	June 1 - June 28	
June 10	June 29 - August 2	Canada Day, July 1
July 8	August 3 - August 30	Civic Holiday, August 4
August 12	August 31 - September 27	Labour Day, September 1
September 29	September 28 - November 1	Thanksgiving, October 13
October 4	November 2 - November 29	Remembrance Day, November 11
November 11	November 30 - January 3, 2015	Christmas, December 25 Boxing Day, December 26 New Year's Day, January 1, 2015
December 9	January 4 - January 31, 2015	

Part-time members need to complete an availability form. This form indicates the days you are available to work, whether or not you wish to work Tier 2 hours and whether or not you wish to take any call-in shifts. Go to section 18.16 of the collective agreement for full details.



The Training Centre Builds Skills for the Future

The holidays are over and 2014 has officially arrived. We hope your holiday season was a safe, happy and relaxing one.

The 2014 winter/spring training schedule is set and I encourage you to take a look at it. I'm sure you will see something that is of interest to

you, your family or a co-worker. The UFCW Training Centre's goal is to provide training opportunities that are of interest to the members. So if you do not see what you are looking for, I encourage you to let us know.

I wish you a Happy New Year and happy learning!

Grade 12 Mature Student Diploma Programs

Mature Student Diploma Programs are intended to assist UFCW Local 832 members and others in the labour movement wishing to obtain individual credits or a complete high school diploma. A supportive, adult-centred environment recognizes the needs and challenges of working adults returning to school.

It is a new year and here is your chance to reach one of your goals. To find out more information on the grade 12 programs call Ans Norman at 204-480-8116. Registration for term two of the Grade 12 Mature Student Diploma Program is now underway. To register in Winnipeg call Ans Norman at 204-480-8116, 204-775-8329 or 1-877-775-8329. For classes in Brandon and Neepawa call 204-725-8735.

EAL Classes

English as an additional language (EAL) classes are available in Winnipeg, Brandon and Neepawa. This year, classes begin on Saturday, January 18, and are offered at many different levels so there is sure to be one that meets your needs. There is **no fee** for any of these classes.

WINNIPEG

Saturdays from 9 a.m. – 12 noon
and 12:45 - 2:15 p.m.
Call 204-775-8329 to register.

BRANDON

Mondays to Saturdays — morning,
afternoon and evening times
available. Call 204-726-8337 or
toll-free 1-800-552-1193.

NEEPAWA

Saturdays and Sundays
times to be announced.
Call 204-476-3037 to register.

2014 Winter/Spring Training Schedule

Shop Steward Workshops

WINNIPEG

- January 22 & 23 Note Taking
- January 29 & 30 Aboriginal Awareness
- February 26 Taking Control of Stress
- March 19 & 20 Dignity at Work
- April 2 & 3 Effective Presentation Skills
- May 21 & 22 Cultural Comfort
- June 4 Stop Bullying

BRANDON

- January 22 & 23 Communication Skills
- February 5 & 6 Effective Presentation Skills
- February 19 Stop Bullying
- March 4 & 5 Collective Bargaining
- March 12 & 13 Aboriginal Awareness
- March 26 & 27 New Steward
- April 9 & 10 Crossing Generation Lines
- May 28 & 29 Grievance Handling
- June 11 & 12 Political Action

NORTH

- January 8 & 9 Collective Bargaining
- February (date tba) New Steward
- May 7 & 8 Effective Presentation Skills

Health & Safety Workshops

WINNIPEG

- January 13 WHMIS
- March 3 & 4 Violence/Stress
- March 31 WHMIS
- April 9 & 10 Intro to WCB
- May 12 & 13 Moving Beyond the Basics

BRANDON

- February 3 & 4 Level 1
- March 17 & 18 Moving Beyond the Basics
- May 5 & 6 Intro to WCB
- June 2 & 3 Violence/Stress

NORTH

- May 26 & 27 Level 1

If you are a shop steward or a health and safety committee member and you are interested in any of the above workshops, let your union representative know. Note, if a workshop fills up, members who did not attend fall workshops will receive priority.

Courses for Members

Course Name	Registration Fee	Day and Time	Start Date	End Date
WINNIPEG				
Computer Basics Level 2 <i>(You must have basic computer skills. This course is a continuation of basic Windows skills and Microsoft Office Word/Excel)</i>	\$15*/\$30**	Tuesdays 6:00 - 9 p.m.	February 18	April 29
Emergency First Aid	\$35*/\$40**	Saturday 9 a.m. - 4 p.m.	February 22	February 22
CPR	\$21*/\$26**	Saturday 9 a.m. - 4 p.m.	March 15	March 15
Emergency First Aid	\$35*/\$40**	Saturday 9 a.m. - 4 p.m.	May 3	May 3
CPR	\$21*/\$26**	Saturday 9 a.m. - 4 p.m.	June 7	June 7
BRANDON				
Computer (Key Boarding II)	\$15*/\$30**	Saturdays 10 a.m. - 1 p.m.	Mid-February	Mid-April
Standard First Aid (SFA)	\$35*/\$40**	Saturday 9 a.m. - 4 p.m.	March 8	March 8
Emergency First Aid (EFA)	\$35*/\$40**	Sunday 9 a.m. to 4 p.m.	March 9	March 9
Computer (Excel or Word)	\$15*/\$30**	Saturdays 10 a.m. - 1 p.m.	Mid-April	Mid-June
Standard First Aid (SFA)	\$35*/\$40**	Saturday 9 a.m. - 4 p.m.	May 24	May 24
Emergency First Aid (EFA)	\$35*/\$40**	Sunday 9 a.m. - 4 p.m.	May 25	May 25
* For members in the Education & Training Trust Fund ** For members not in the Education & Training Trust Fund				

To Register

Registration for the courses for members begins on January 6. To register:

- Go online to ufcw832.com and click on the Training Centre tab then follow the instructions or,
- For Winnipeg courses, call 204-775-8329 or toll-free 1-877-775-8329.
- For Brandon courses, call 204-726-8337.

When registering have your course information handy.

Note your registration is not complete until payment is received. Course registration fees must be received before the class starts in order to hold your space. If payment is not received by the payment deadline, your space will be made available to someone else.



Income Tax Service Starts Next Month

The UFCW Local 832 Income Tax Service is getting set for another year. This service is one of the most well-liked and widely used of all the special discounts offered to members.

One of the reasons it is so widely used is because of its low price. There has been a slight price change this year to include the PST, but where else can you go and have a tax expert prepare your return and e-file for \$20 dollars?

Prices this year to get your income tax prepared are listed below and include all taxes:

- \$20 for Local 832 members with up to seven information slips
- \$26 for Local 832 members with seven to 14 information slips
- \$40 for non-members with up to seven information slips*
- \$45.50 for non-members with seven to 14 information slips

**The out-of-town rate for non-members with up to seven information slips is \$45.50.*

The office in Winnipeg and its satellite offices open February 10. As the Maple Leaf Brandon plant is the biggest unit in the Brandon region, that office will start once Maple Leaf has issued its T4 slips. Besides Winnipeg and Brandon, the other UFCW Local 832 Income Tax Service satellite offices are in:

FLIN FLON

Carol's Tax Service, 204-687-3337

RUSSELL

Merril's Tax, 204-773-2290

STEINBACH

H&R Block, 204-326-3783

THOMPSON

Liberty Tax Service, 204-778-8416

Sya's Tax Service, 204-677-9730

As in the past, tax expert George Combiadakis will travel to Neepawa February 23, March 2 and 16, to St. Malo March 9, to Portage la Prairie March 23 and to Gimli on March 30 to assist the members in these areas. **Watch for full details in the next issue of UNION.**



Trip Booked for February 17

If you have not already done so, this is your last chance to sign up for the one-day casino trip on February 17. The cost is \$20 per person, and includes a coupon for a free buffet lunch.

The bus will load at 8:45 a.m., leaving the Safeway store at McPhillips and Jefferson at 9 a.m. sharp, and will arrive at South Beach at approximately 10 a.m. The fun and games begin. You will have until about 3:15 p.m. to try your luck and enjoy the lunch buffet. The bus will leave South Beach Casino at 3:30 p.m. and arrive back in Winnipeg at about 4:30 p.m. You will be allowed to park your car for the day on the north side of the parking lot, away from the store.

Remember, seats are on a first-come, first-serve basis. This trip was a huge hit last year and the bus fills up fast. To save your spot on the bus, your full payment must be received by January 22. You can send in your cheque to the UFCW Local 832 Retirees Club, 1412 Portage Avenue, Winnipeg, MB, R3G 0V5, attention Carol.

To register call Lila at 204-837-3554, Armand at 204-832-1211, or Joan 204-422-6670. Don't delay or you will miss out on the fun. Call today to register.

Don't Get Cheated at the Gas Pumps

Recently it was reported that some gas stations had calibrated its pumps to show more gas had been pumped than the person actually got. We are not saying this

is happening here in Manitoba, but just be aware.

Next time you fill up, put the gas nozzle in your tank, pull the trigger and then listen for about three seconds. You should hear gas going into your tank and you should see the numbers rotate. Another check is to stop when you have put in 10 litres worth of gas and check the price to see if it is correct. It is actually a good idea to check after 10, 20 and 30 litres.

If you feel there is a discrepancy, there should be a phone number on each pump that you can call. Don't get cheated at the pumps, gas is expensive enough.



RECIPE OF THE MONTH

Quick and Easy Tex-Mex Pasta

2 cups of spiral pasta, cook according to package and drain

1 lb. ground beef

1 16-oz. jar of salsa

1 can cream of chicken soup

½ cup of shredded Mexican cheese

Cook the ground beef until it is well done and drain the fat. Stir in the salsa and cream of chicken soup and heat thoroughly. Add the pasta and mix all together. Place in a greased 11x7 baking dish and sprinkle with ½ cup shredded Mexican cheese. Bake at 350F for 15-20 minutes or until cheese melts.



HEALTH & SAFETY



Guy Sylvestre
Health and Safety
Resource Rep

Overcoming the effects of working shift work

Further to the article in UNION November 2013, Night and Evening Shifts Linked to Higher Risk of Injuries, below are a few tips to help you overcome the effects caused by working night shifts or hours other than the traditional 9 to 5.

DURING YOUR SHIFT

GET AS MUCH LIGHT AS POSSIBLE. Your goal here is to reset your circadian clock later. Circadian rhythms are the body's internal clock that tells us when to be awake and when to sleep. These rhythms are controlled by the part of the brain that is influenced by light. If you are working the night shift, expose yourself to bright light, such as that from special lightboxes or lamps.

STRETCH. As little as 10 minutes of activity, such as walking or stretching at your desk or workstation, can get your heart rate and blood flow going. Exercise can also help combat stress by lowering levels of the stress hormone cortisol. Try to get at least 10 minutes every hour.

HAVE A HIGH-PROTEIN, HIGH-FIBRE MEAL. This gives you a steady stream of energy. In general, you should eat every four hours to keep blood sugar and energy levels stable.

SNACK ON NUTS. When you don't get quality sleep, your body needs energy and craves carbs. A handful of nuts consists of healthy fats, fibre and protein, which will help you feel full. If you have a sweet tooth, try a peanut butter and banana sandwich on whole-wheat bread, or a fruit-and-nut bar.

HYDRATE. It's easy to confuse thirst with hunger. Water is best, but if you need a little sweetness, add just a splash

of 100% fruit juice to a bottle of water. Limit caffeine, drinking a cup of coffee at the beginning of your shift will help promote alertness, but don't consume caffeine later in the shift or you may have trouble falling asleep when you get home.

WHEN YOUR SHIFT ENDS

HAVE A LIGHT MEAL. Do this ASAP to avoid eating right before you go to sleep, ideally, you should eat two hours before turning in. If you're digesting food, it'll be harder to fall asleep.

AVOID MORNING LIGHT. Experts agree that you should put on sunglasses before you walk out the door.

GO TO SLEEP AS SOON AS YOU CAN. This will help ensure that you get the sleep you need. Make your bedroom as dark as possible. Use blackout blinds or heavy curtains to block sunlight or wear an eye mask and keep the thermostat low (your body sleeps best in cool temperatures).

GENERAL TIPS

- Try not to work too many night shifts in a row. You are more likely to recover if you can limit night shifts and schedule a day or two off in between.
- Avoid frequently rotating shifts from nights to days. If you can't, it is easier to adjust to a schedule that rotates from day shift to evening to night rather than the reverse order.
- Stick to a regular sleep-wake schedule as much as you can.
- Ask your family to limit phone calls and visitors during your sleep hours.

If this article applies to your workplace, it is a good idea to put it on the agenda for discussion at the next health and safety meeting.

Seniority Prevails, Sobeys Reverses its Decision

GRIEVANCE NEWS



Garry Bergeron
Legal Counsel



Debra Malmquist
Legal Counsel

Thanks to the union filing a grievance, a member's holiday season was a little brighter.

A long-term union member at Sobeys Burrows applied for a posted assistant supervisor position at the store. Management called her in for a brief interview and shortly thereafter advised her that she was not the successful candidate. The company awarded the position to a short-term employee on the basis that he was the better candidate for the position.

This was surprising to the senior employee, as she had actually performed many of the required elements of the assistant supervisor position in the past. She, therefore, contacted the union to file a grievance on her behalf. The union filed the grievance and the grievance procedure commenced.

During the grievance procedure, the union pointed out that the collective agreement stipulates that any posting should be awarded to the most senior candidate who had the skill and ability to perform the work. In this case, it was the union's opinion that the senior employee did have the skill and ability to do the job so she should have been awarded the assistant supervisor position. Sobeys continued to insist that the

junior employee was a better candidate for the job. Because of this, the union forwarded the grievance to arbitration with a hearing date set for early November 2013.

Just prior to the hearing date, the company's legal counsel contacted the union's lawyer with an offer to settle. The company agreed to repost the assistant supervisor job.

The parties further agreed that only the incumbent and the grievor would be considered as candidates for the position. If the grievor was the successful candidate, she would not only get the position but the company agreed to pay her any back pay she would have been out as a result of not being awarded the position in the first place.

The interviews took place in early December and the company reversed its decision and awarded the grievor the position.

At the time this article was written, the parties were in the process of calculating the back pay that the grievor was entitled to, but it definitely was a nice gift to receive and it made her holiday season a little brighter.





New Deal for FASD Life's Journey

After their current collective agreement expired on April 1, 2013 the union has been working hard on securing a new agreement for the over 110 members working at FASD Life's Journey. On December 17, 2013, the members voted in favour of a new two-year deal that will see improvements to their vacation entitlements, bereavement leave and language for wage improvements if funding increases by the government. The members assist adult participants who have FASD in Winnipeg.

"There is no question that these members deserve more wages and benefits for the work that they perform. It's an essential service that they provide for our community. Our goal is to convince both federal and provincial governments that more resources are needed at facilities like FASD Life's Journey."

-UFCW Local 832 President Jeff Traeger.

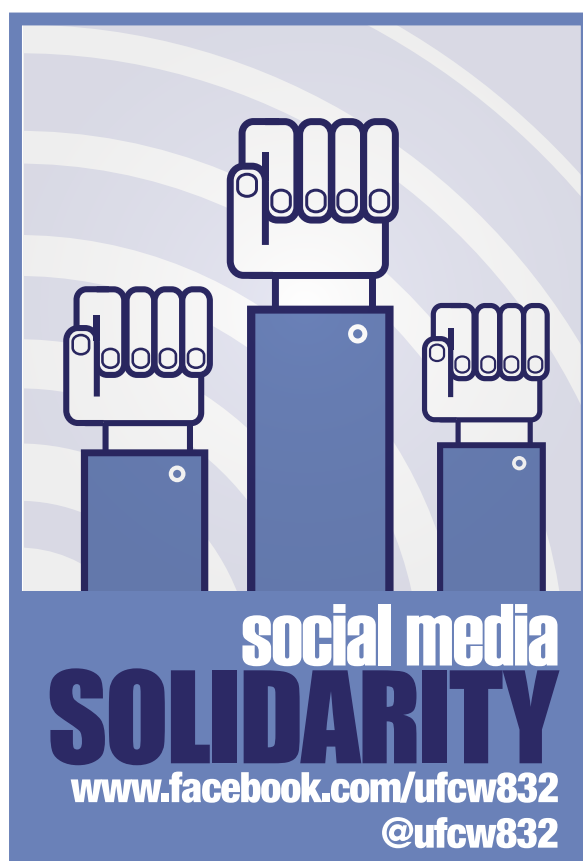


Beggs-Dowling-Mathieu Winner

Congratulations to Arsen Busel a Superstore #1506 member who is attending the University of Winnipeg. Arsen is currently enrolled in the bachelor of science program, and plans on being an environmental scientist when he completes his studies.

Every year UFCW Canada awards members across Canada with a BDM scholarship.

It's important to check out the local's website and magazine to see when scholarships are available.





NRHA Back to the Table

Members grew frustrated with delays and voted yes for strike.

UFCW members who work at the Northern Regional Health Authority (NRHA)—formerly BRHA—in the healthcare support sector grew frustrated with the long delays in the bargaining progress. Their collective agreement expired on March 31, 2012, and the negotiating committees have met over the last 21 months to try to negotiate a new collective agreement for the members. But, after 17 meetings, the committees reached a stalemate. The union negotiating committee felt the employer was intentionally delaying bargaining and, in fact, failed to respond to the union's last positions.

In an effort to speed up the process, from October 9 to 17 the union held meetings in the towns of Lynn Lake, Leaf Rapids, Gillam and Thompson. At the meetings the union brought the membership up-to-date on negotiations and asked for a strike mandate. The goal of the strike mandate is to send the employer a strong, united message that the members are serious about reaching a fair deal.

Northern union rep Blair Hudson said, "In speaking with the members and seeing the good turnout at the meetings, I am confident that a high percentage of the members are willing to go on strike." NRHA members confirmed Blair's thoughts and voted 99 per cent in favour of strike action.

Over 250 UFCW Local 832 members work for the NRHA in eight different worksites—Leaf Rapids Health Centre, Lynn Lake Hospital, Gillam Hospital, Thompson Clinic, Thompson General Hospital, Northern Spirit Manor, and the Acquired Brain Injury Unit in Thompson.

The union negotiating committee members are, pictured clockwise, Michelle Masserey, Patricia Bolduc, Pia Morales, Duck Reykdal, Sally Huculak, Debbie Brandt, Margaret Cockle and missing from the photo Blair Hudson.

The parties headed back to the table last month, with the committees meeting in Thompson, on December 12 and 13. Outstanding items include but are not limited to wages, benefits, long service recognition and a northern remoteness retention allowance.

UFCW Local 832 is also participating in the multi-table negotiations with other unions who are negotiating with other RHAs as a show of solidarity for healthcare workers throughout the province. The other unions at the multi-table are MGEU (multiple sites), CUPE (multiple sites including NRHA Western Campus), PSAC (Deer Lodge), OEM (Misericordia and Winnipegosis), and UFCW Local 1869 (St. Boniface Hospital). Two representatives from each of these unions and the Labour Relations Secretariat met in Winnipeg on December 11 and 16.





More Members= More Bargaining Power

All members, from the day they join the union, are entitled to utilize a wide range of money-saving discounts and special services. Your UFCW Local 832 membership card is the key to receiving substantial discounts and special offers from numerous merchants and service providers. Just show your membership card to receive these special discounts! It's important to make sure both you and the benefit provider understand the terms of the transaction beforehand. It is a good idea to call ahead to ensure that there are no misunderstandings on what discount/service you will be receiving.

Autopac Write-offs

If Autopac says your vehicle is a write-off, call Brad Pallen at 204-284-5664. An insurance arbitrator for over 30 years, Brad will make sure you receive your car's actual cash value and give you free consultation as to what your options are. If arbitration is required, you pay only \$250 in arbitration costs—a savings of \$50.

The Fairmont/The Velvet Glove

UFCW members receive special room rates at The Fairmont Winnipeg. For a 'Fairmont' room single/double occupancy pay only:

- \$175 Sunday - Thursday
- \$145 Friday/Saturday

To obtain these special rates call 204-957-1350 or 1-888-974-7666 and identify yourself as a UFCW member. At The Velvet Glove receive 10% off on all food and beverage. Some conditions apply.

Natural Wellness Chiropractic Centre

Receive 30% off chiropractic care and wellness plans offered by Dr.

Robert Stitt, D.C. He is skilled at helping you with work-related injuries, headaches, neck and back pain and herniated discs. Call 204-783-1880 to book your assessment. 912 Portage Avenue.

Wilder, Wilder & Langtry

Members can save big on legal services from Joe Wilder. If you are looking for a lawyer to help you with wills, real estate, family law or immigration contact Joe at 204-947-1456. Make sure you let him know you are a UFCW Local 832 member to receive the special rate.

Fort Richmond Transmissions

UFCW Local 832 members will receive 15% off any work before taxes. This includes transmission work, drive-line, brakes and suspension. For more information members can view their website at www.frtransmissions.com or call them at 204-261-7095. Fort Richmond Transmissions is located at 3096 Pembina Highway.

Kang's Taekwondo Academy

Two-month Taekwondo memberships & uniform for one \$99.

Phone 204-947-0261. Locations:

- 435 Cumberland Street, Winnipeg
- Notre Dame De Parish, 1282A Dawson Road, Lorette

Marlin Travel Polo Park

Marlin Travel Polo Park believes you need a vacation! Get 5% off selected packages (air and hotel) with these suppliers: Trafalgar and Globus. Contact Rosa Bertone at rosa.bertone@marlintravel.ca or call 204-944-7874. Earn Air Miles.

Gerry Gordon's Mazda

UFCW Local 832 Members receive:

- Preferred pricing on new and used vehicles.
- First two oil and filter changes FREE
- 15% off all parts and accessories.

Contact Ernie Foort at 204-475-3982 for more information.

Iron Fist

At Iron Fist receive 20% off a one-year membership. Also receive 25% off women's self-defence course. Phone 204-231-3633.

Locations:

- 1851 Portage Avenue
- 675 Archibald Street

Eyewear

Winnipeg

- Get 28% off any complete pair of regular-priced eye glasses and 5% off contact lenses. Eye-Deal Eyewear 399 Pembina Hwy, Winnipeg 204-975-2666.

Brandon

- 20% off regular price on all prescription eyewear. Scotia Optical 204-727-3661 708-10th Street.
- At Eye Outfitters, receive 20% off complete pairs of prescription glasses and 10% off contact lenses. Located at 1100 Richmond Avenue, phone 204-725-0943.

RRSP for Local 832 Members

The UFCW Local 832 RRSP offers members the choice of four investment options with better than average returns. To enrol in the RRSP program contact Laura Mellon at 204-926-8335.

Greenwoods Dental Centres

Bring your family down for their next regular check up & cleaning and receive 1 free take-home whitening kit with whitening trays (\$200 value) for a member of your family.

- Offer applies to new patients only
 - Two-person minimum booking per family
 - One free whitening kit and trays per family per lifetime
- 693 McPhillips Street location only. Phone 204-774-7774.

Kurio Studio & Gallery

Enjoy a \$50 product credit with the booking of any portrait photography session including personal, family, couples, maternity and high school senior portrait sessions. Members also receive a 10% discount on all wedding photography services and they have completely customized packages to meet your needs and to suit all budgets. Kurio Studio also provides personal and heirloom custom book design services. Our professionally designed, book-store-quality custom books make for unique gifts and a fabulous way to preserve your life's most important moments. Members receive a 10% discount on all custom book design services. For more information visit www.kuriostudio.blogspot.com or phone

Alix at 204-791-5734.

CDT Production Group Inc.

At CDT Production Group receive 15% off: TV & film production, commercials, studio production, MC services, multi-media, event management, virtual business cards, and audio production. Plus receive 20% off all music packages and 5% off lighting packages.

204-338-3459 or e-mail cdtgroup@shaw.ca

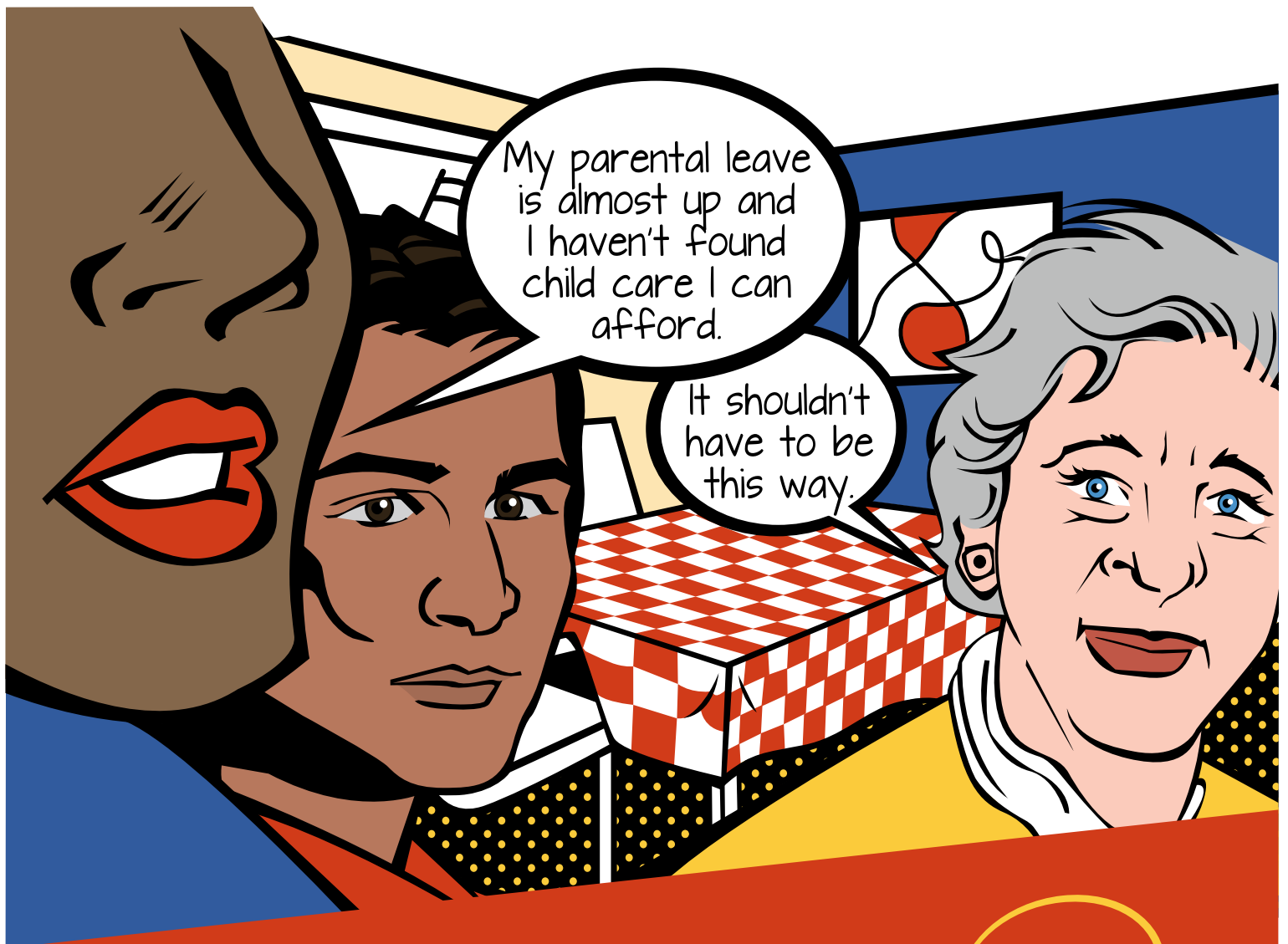
Polo Park Hearing Centre

Receive a 10% discount (to a maximum of \$150) on the purchase of any hearing aid. Phone 204-788-1083. Located in Polo Park Mall.

Bridgeview Bed & Breakfast

Begin your outdoor adventures at the Bridgeview Bed & Breakfast in Selkirk. Union members can enjoy a 5% discount during the snowmobile season. Call Louise at 204-482-7892 or www.bridgeviewretreat.com.

**For a complete list of
UFCW Local 832
membership discounts check the
union website at
www.ufcw832.com/discounts**



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