



# UNION

THE MEMBERSHIP MAGAZINE FOR UFCW LOCAL 832 SEPTEMBER / OCTOBER 2015



**Let's  
Make  
History!**



# Let's Make History

**O**n October 19, we have a rare opportunity to make history when we vote in the federal election. On that day, Canadians have the chance to elect the first NDP federal government in the history of our country. That would be an amazing feat, and one made possible after years of hard work that started with Jack Layton. As one of Canada's longest elections in modern history winds down, all of us need to consider just how important this election is for the future of the Canada we love.

Far too often when I speak to union members and friends about politics they say, "My family has always voted for this party, it's just what we do."

Well, here's the problem. Today's Conservative party isn't the Conservative party your parents voted for years ago. This version of the Conservative party looks more like the Reform party of old, which Stephen Harper came from.

These new "modern Conservatives" are the ones who muzzled scientists on the effects of oil production on the environment. They eliminated the long-form census against the advice of business groups and economists and eliminated the Experimental Lakes Research program.

This federal government's knee jerk reaction to the Temporary

Foreign Worker program has caused incredible stress for many of our members in Western Manitoba. It was a model program for years, but the Harper government has gutted it because of mismanagement and the unscrupulous employers that abuse it.

This same government brought us Bill C-51 that weakens the rights of Canadian citizens and Bill C-377 the "anti-union" bill, which was voted down in the senate last year and rammed through parliament this year despite the fact that experts have called the bill "unconstitutional" and deemed it to be "an invasion of privacy."

Canada is also standing on the edge of a cliff that leads to another recession... one built by the Harper government. Balancing the budget in a precarious time when economists have said that these measures were unnecessary demonstrates the risky attitude of the Harper Conservatives and is a poorly veiled attempt to woo voters.

This election is about ensuring our government is fair and balanced. Tom Mulcair has vowed to restore the balance of power that has become lopsided in the favour of large corporations and the wealthy. He and the federal NDP have a plan to revitalize Canada's working class and repair Canada's reputation on the international stage.



So if you have never voted before, or if you are unsure who to vote for, take the time to get to know Tom Mulcair and the NDP platform. We are close to making history, but **we can only do that with your help!**

In solidarity,

A handwritten signature in black ink, appearing to read "Jeff Traeger". The signature is fluid and cursive, written over a horizontal line.

Jeff Traeger  
President UFCW Local 832

**INSIDE THIS ISSUE OF UNION:**



**Executive Board Tours Shilo**

Page 4

**UFCW Canada Youth Rock the Prairies**

Page 5

**Coke Winds Up Production in Winnipeg**

Page 6

**Loblaw Announces Changes**

Page 6

**New Memorial Scholarship Awarded**

Page 7

**Education & Training**

Page 8

**Grievance News**

Page 10

**Health & Safety**

Page 11

**Negotiation Updates**

Page 12

**Retiree News**

Page 13

**Helping the Community**

Page 14

**WASAC Visits Local 832**

Page 15

**On the cover:** NDP Leader Tom Mulcair.

**PRESIDENT**

Jeff Traeger

**SECRETARY-TREASURER**

Beatrice Bruske

**EXECUTIVE ASSISTANT TO THE PRESIDENT**

Marie Buchan

**UNION REPRESENTATIVES**

Sandy Forcier, Director

Ron Allard

Brenda Brown

Joe Carreiro

Sharon Grehan

Jason Hawkins

Roberta Hoogervorst

Mike Howden

Wendy Lundy

Curt Martel

J.P. Petit

Morag Stewart

Sonia Taylor

**LEGAL COUNSEL & WORKERS COMPENSATION**

Garry Bergeron, Director

Debra Malmquist

**ORGANIZING**

Kim Ferris, Director

**EDUCATION AND TRAINING**

Heather Grant-Jury, Director

**NEGOTIATORS**

Marie Buchan

Martin Trudel

**HEALTH & SAFETY**

Phil Kraychuk

**COMMUNICATIONS**

Blake Crothers, Director

Dalia Chapa

**E-MAIL:** [ufcw@ufcw832.com](mailto:ufcw@ufcw832.com) **WEBSITE:** [www.ufcw832.com](http://www.ufcw832.com)

**UNION OFFICES**

**Winnipeg**

1412 Portage Avenue  
Winnipeg, MB R3G 0V5  
204-786-5055  
1-888-UFCW-832

**Brandon**

530 Richmond Avenue E.  
Brandon, MB R7A 7J5  
204-727-7131  
1-800-552-1193

**Thompson**

90 Thompson Drive  
Thompson, MB R8N 1Y9  
204-778-7108  
1-800-290-2608

**TRAINING CENTRES**

**Winnipeg**

880 Portage Avenue  
Winnipeg, MB R3G 0P1  
204-775-8329  
1-877-775-8329

**Brandon**

530 Richmond Avenue E.  
Brandon, MB R7A 7J5  
204-726-8337

Canadian Mail Publications Sales Agreement #40070082





# Executive Board Tours Shilo

**T**he UFCW Local 832 executive board travelled to Shilo on July 24 for a tour of the military base and to visit with UFCW members working at the Canex. The day long tour gave the executive board a chance to see some of the training our Canadian military members receive at the base and what it is like to live on the base.

“It’s a real eye opener, we take so much for granted but the men and women in the military are

fearless, tireless and selfless for what they do,” stated executive board recorder, Debbie Jones.

UFCW Local 832 represents about 50 members working as civilians on the base. Many of the members work at the Canex, the Military store that houses everything from groceries to furniture to clothing.

During the tour, the executive board heard about how soldiers from the base were deployed out west to help battle the forest fires

on a moment’s notice. “When we see the military providing relief, we don’t always hear about the logistics to make it happen. Being here today and seeing all the work that goes into a deployment, such as the wildfires, was very interesting,” said Secretary-Treasurer Bruske.

The executive board would like to thank Transportation Warrant Officer Sheldon Quinn of the Princess Patricia’s Light Infantry for giving us the tour.





## UFCW CANADA YOUTH ACTIVISTS ROCK THE PRAIRIES

Canada's leading union for young workers has concluded another exhilarating week of learning and training at this year's Young Workers Internship Program (YIP) prairie session, which was held in Gimli, Manitoba.

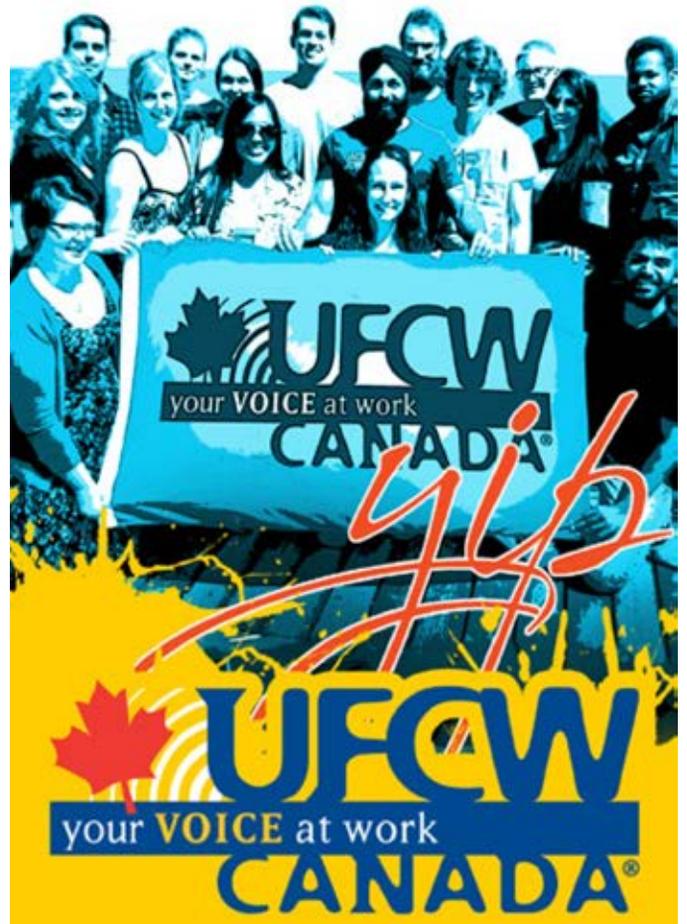
UFCW members from Locals 1400, 832, 1869 and 248P gathered in Gimli to participate in the week-long conference. The participants discovered the meaning of working collectively, as well as how to become more active in their union and in their community. Local 832 was well represented in Gimli with 10 members attending the conference.

Also joining the group was UFCW Local 832 President Jeff Traeger, who spoke about the Local's efforts to achieve better contracts and the fight for workers everywhere. President Traeger also talked about Local 832's diversity initiatives and the importance of programs like YIP.

Young activists from the prairies actively documented their week at the conference on social media with "Humans of UFCW"—a social media campaign that features a collection of portraits of UFCW Canada members and their stories. Throughout the week, they were able to reach over 9,000 visitors and viewers through social media. This popular campaign started at the Ontario YIP session in June. UFCW also held a YIP conference in British Columbia in August.

The participants stated they would take back the information they learned throughout the week and use it to empower their fellow co-workers and their communities.

## Young Workers Internship Program



# Coke Winds up Production in Winnipeg

Coca-Cola officials were in Winnipeg on August 18 to announce that the production of Coca-Cola products will cease at the Winnipeg plant on October 30.

The company stated that with a downturn in volume along with the expense of necessary upgrades to the facility, the decision was made not to continue its production at the Winnipeg plant.

Thirty-seven of the 110 Local 832 members at the plant will be affected. The company is working with the union to assist these members. Affected members have been offered severance packages and senior members will be able to bump into other jobs at the facility. The parties are currently



working on the bumping process, a long time.

and employees will be transitioning over the next few weeks. The location will continue to be used for warehousing of product and distribution.

Many of the members affected have been with the company for

"It is unfortunate news for the members and the local," said UFCW Secretary-Treasurer Beatrice Bruske. The union will be assisting laid-off members with **career transition-ing** services through our training centre."

## Loblaw Announces Changes Across Canada



In late July, Loblaw announced that, over the next year, the company would be closing 52 under-performing stores across Canada. This includes gas bars, Joe Fresh standalone stores, grocery and pharmacy.

In Manitoba, the members working at the Goulet store 9065 and at the Park West store 9007 are affected.

Loblaw announced it would be converting both of these stores from an Extra Foods to a No Frills. The completion of this conversion for the Goulet store is slated for the first week of November. The company closed the Park West store on August 15, as it found asbestos in the building. This store is scheduled to reopen by the end of the year.

UFCW members working at these stores have these options:

1. They can bump into another store (full and part-time)
2. Take a buy-down of their wage to the new No Frills wages (part-time only).
3. Take a severance (only available to senior 1/3 of part-timers or full-time employees).

Only the senior 1/3 of the part-time employees can retain their wages and benefits, but have to accept all the other terms of the No Frills agreement.

If you are a member working at Loblaw and are being affected by these changes or if you have any questions or concerns, contact your union representative.

# New Memorial Scholarship Awarded

Over \$26,000 handed out to help members post-secondary education.

**A**t this year's scholarship ceremony in July, a new scholarship was made available to UFCW members.

The **MICHELLE MASSEREY MEMORIAL** scholarship was established to honour former UFCW Local 832 union representative Michelle Masserey, who died from cancer in 2014. A true trade unionist, Michelle became a member in 1980 when she started working at Safeway. In 1993 and 1995 she worked on special projects for the Local, one of which was organizing the annual scholarship program. Michelle was hired as a full-time union representative in 1996.

The first winner of the Michelle Masserey Memorial scholarship is Melissa Simard, who works at Red River Co-op. Pictured is Michelle's sister, Aline Saywell, presenting Melissa with her \$2,500 scholarship.

Twenty-four scholarships were handed out totalling over \$26,000. Below is a list of this year's winners. If you are attending a post-



secondary institute next year, make sure you watch for postings on when you can apply for one of the Local's scholarships.

**\$2,000 Sobeys Scholarship**

**KRISTA HANSEN**

**\$2,000 Loblaw Scholarship**

**NICOLE SAIVE**

**\$1,000 Westman Scholarship**

**MARIA ELIZABETH CANTARERO**

**\$500 Grade 12 Graduates**

**MEDHIN ADGOY**

**HARNET TSEGGAY**

**\$1,000 General Scholarship**

**JONATHAN DYCK**

**CHERISE LADOBURK**

**SYDNEY LAST**

**CHRISTINA MANCILLA**

**VICTOR MARAMARA**

**MADISON MONTPETIT**

**CHRISTOPHER ROY**

**RAQUEL SALAC**

**DANA SMITH**

**\$1,000 General Dependant**

(Child of UFCW member)

**IMTIAZ AHMAD**

**DOROTHY MALMAS**

**ISAAC COHEN**

**SONALI DE**

**EVELIN ESCOTO**

**JEFF LESANY**

**JASVIR KAUR MASAUN**

(two dependants)

**AMARDEEP SANDAWALIA**



# The Training Centre Builds Skills for the Future



**O**ur congratulations to Maria Elizabeth Cantarero! Maria graduated in Brandon from the Adult Mature Student Diploma Program. She is a UFCW member who works at Maple Leaf Consumer Foods in Brandon. Not only did Maria graduate, she was also awarded the \$1,000 Westman Adult Grade 12 Grad Scholarship. Way to go Maria.

Maria is pictured above with Ans Norman (on left), director of the adult high school program, and adult high school morning class instructor, Riel Langlois.

In June, 29 students graduated from our mature student diploma programs in Winnipeg, Brandon and Neepawa. It's hard going back to school as an adult, especially when you're juggling work, family, friends and homework, but they did it! We congratulate all of them on their hard work and commitment in achieving this important goal.

This program runs in partnership with the Manitoba Institute of Training and Technology in

Winnipeg, Assiniboine Community College in Brandon and Neepawa, and is recognized by the province of Manitoba, universities, community colleges and employers.

If you are interested in this program and would like more information, please call Ans Norman in Winnipeg at 204-480-8116, 204-775-8329 or toll-free 1-877-775-8329. For classes in Brandon and Neepawa call 204-725-8735.

### OHC Partnership Program

**T**his past February, the Training Centre partnered with the Occupational Health Centre and the Workers Compensation Board on a two-year program to provide health and safety to newcomers in the Westman area. The goal is to train "trainers" in various languages so that they can go out and train others in the food processing industry.

On June 20, 14 people completed the five-week course. Within the next year and a half, they will provide health and safety workshops to their co-workers in the



**Heather Grant-Jury**  
UFCW Education Director

Westman area in the following languages: Tagalog, Spanish, Mandarin, Russian/Ukrainian and Hindi. This is a monumental step to achieving our goal of increasing health and safety knowledge and educating people about prevention procedures in their first language.

The Training Centres in Winnipeg and Brandon offer many other programs and services throughout the year. I encourage you to take advantage of them. If you don't see what you are looking for, call our program coordinator Wanda McGorum or me at 204-775-8329 or toll-free 1-877-775-8329. The schedule is based on your needs, so we rely on your feedback to make sure we are offering courses the members want to take.



# Fall/Winter 2015 Training Schedule

## Shop Steward Workshops

### WINNIPEG

- September 9 & 10 .....Crossing Generation Lines
- September 23 & 24.....Political Action
- Sept 30 & Oct 1.....New Steward
- October 21 & 22.....Political Action
- November 4 & 5.....Political Action
- November 17 & 18.....Organizing
- November 25 & 26.....Grievance Handling
- December 2 & 3.....Aboriginal Awareness
- December 9 & 10.....Political Action

### BRANDON

- September 16 & 17.....Political Action
- October 7 & 8.....Aboriginal Awareness
- October 14 & 15.....Political Action
- October 21 & 22.....New Steward
- November 25 & 26.....Political Action
- December 2 & 3.....Political Action
- December 16 & 17.....Grievance Handling

### NORTH

- September 23 & 24.....Organizing
- TBA (early December) .....Political Action

## Health & Safety Workshops

### WINNIPEG

- September 28 & 29.....Level 1
- October 5 & 6.....Ergonomics
- Nov 30 & Dec 1.....Violence/Stress
- December 7.....Vulnerable Workers

### BRANDON

- October 26 & 27.....Intro to WCB
- November 9.....Incident Inspection

### NORTH

- September 21 & 22.....Level 1

If you are a shop steward or a health and safety committee member and interested in any of these workshops, let your union rep know.

## English as a Second Language (ESL) Classes

The UFCW Training Centre offers ESL classes in Brandon beginning on Saturday, September 12, and in Winnipeg starting on Saturday, September 19. ESL classes are available at many different levels to meet the needs of the members and all classes are free of charge.

### WINNIPEG

Saturdays from 9 a.m. — 12 noon  
or 12:45 — 2:15 p.m.  
To register call 204-775-8329.

### BRANDON

Mondays to Saturdays  
daytime, afternoon and evening classes available.  
To register call 204-726-8337 or toll-free 1-800-552-1193.

## Additional Courses for Brandon Members

Course Name	Registration Fee	Time	Date
Standard First Aid (SFA)	\$35*/\$40**	9 a.m. - 4 p.m.	Saturday, October 3
Spanish	\$35*/\$40**	TBA.	TBA

\* For members in the Education & Training Trust Fund  
\*\* For members not in the Education & Training Trust Fund

## To Register for Classes

- Go online to [ufcw832.com](http://ufcw832.com) and click on the Training Centre tab, OR
- For Winnipeg courses, call 204-775-8329 or toll-free 1-877-775-8329.
- For Brandon courses, call 204-726-8337.

## Notes and Nods

Congratulations to all scholarship recipients and grade 12 graduates.

UFCW proud sponsor of  
Light the Night.  
Join or support the Local 832  
Team on September 26 to  
raise funds for the Leukemia  
& Lymphoma Society of  
Canada.

# NOT A WASTE Grievance Brings Results

In early 2014, the union was informed that Maple Leaf in Winnipeg was paying some of its employees incorrectly. Specifically, it was paying employees scheduled for 12-hour shifts at the Waste Water Treatment Plant at its Lagimodiere facility in Winnipeg for only 11 ½ hours.

Based on an earlier Letter of Agreement between the parties, it was the union view's that the Waste Water Treatment Plant operators are covered by the same terms as the power engineers who work 12-hour shifts. One of the applicable terms states that Power Engineers working a 12-hour shift are entitled to three paid rest periods per shift. Therefore, if an employee works a 12-hour shift, they are paid 12 hours not 11 ½. The union took the position that the company should apply this to the waste water operators.

The union and the company held lengthy debates on the issue but, unfortunately, did not arrive at a settlement. Therefore, the union grieved the matter

## Quick Chill Coolers Overtime Maple Leaf Brandon

Outstanding grievance settlement reached! Before the last set of negotiations towards a new collective agreement for the Maple Leaf Brandon plant, an issue had arisen at the plant, which the union had grieved.

The matter dealt with overtime, in particular, there was an opportunity for employees working on the cut and kill floors to work overtime. The overtime work in question was to clean the quick chill coolers. The postings specifically stated that the overtime work was sanitation department work. The collective agreement

in place at the time stated that overtime should be offered to the most senior employee(s) *"...on the shift, in the department, by classification..."*.

In the past, employees in the sanitation department who were classified as SS2 had always performed this type of work. The individuals who received the overtime were lead hands and trainers, who were classified as SK2. In the union's opinion, the overtime in question had been performed by the wrong classification. The union believed that the company had awarded the wrong people the overtime.

## GRIEVANCE NEWS



**Garry Bergeron**  
Legal Counsel



**Debra Malmquist**  
Legal Counsel

and eventually set it for arbitration. A couple of weeks prior to the arbitration hearing, the parties agreed to a settlement on a without prejudice.

The settlement provides, amongst other things, that the company pay the three Waste Water Treatment Plant operators \$15,000, which would be divided amongst them. The parties further agreed to discuss and seek clarification on this language at the next round of bargaining for the renewal of the collective agreement.

The union filed a grievance and eventually forwarded the matter to arbitration. A few days prior to the arbitration date, the parties agreed to settle the grievance on a without prejudice basis.

Maple Leaf agreed to pay to the union, for distribution amongst the employees affected, approximately \$1,500.

Even though the parties have negotiated a new collective agreement, with different overtime language; since the grievance was filed prior to the new contract, the old collective agreement prevails throughout the grievance process.

# MuSculoskeletal Injuries!

**W**hat is a musculoskeletal injury (MSI)? MSIs are injuries and disorders that affect the body's movement or pain in the joints, ligaments, muscles, nerves, tendons and structures (neck, back, limbs). These types of injuries are becoming more common in the workplace and are also giving workers trying to acquire WCB benefits a mess of complications.

These types of injuries happen inside the body. We cannot see an MSI with the human eye. For example, how many of you have heard someone say they hurt their back, have carpal tunnel or tennis elbow and thought it can't hurt that bad? Well, in reality, although we can't see the injury, that person is probably in more pain than you can imagine.

Unfortunately, WCB is having a difficult time acknowledging these types of injuries. In a number of cases, members have been denied WCB benefits because they have not identified a specific incident or accident, or there have been no significant changes in job duties or increase in workload, or because WCB says they reported their injury late. Looking at these factors would lead to WCB's decision to deny the majority of MSI claims. **This is wrong!**

In taking a look at the basis of that decision, it is important to understand that the human body breaks down over time. A worker can work the same job for 30 years without pain and then suddenly start having complications. Many

MSIs cannot be tied to a single incident or accident, but rather to years and years of factors that lead to MSIs. A job does not need to change for the body to start making the change on its own.

Often workers suffering from a MSI do not report their claim on time because they don't immediately make the association between the new pain and their workplace.

So how do we combat these types of situations? Well... the first answer is easy. Make sure you report everything—every minor slip, fall, cut, pull, pain, etc! Report it to management the first day you feel a twang, pull or pain. Tell your co-workers. Also make sure when you see your doctor to inform him/her it is work related. Talk to your doctor about the job you do and talk about how that could impact your injury. Report to WCB as soon as possible and eliminate WCB's ability to use that against you by saying your claim was filed late.

However, it gets more difficult with a specific incident, accident, significant job changes, or increased workload. Right now, it seems like we are going to have to hope the adjudicator or case manager makes the right decision to accept the claim.

In a recent phone conversation with a case manager, we agreed that many MSIs may not be tied to a specific incident and that an increase in workload or significant job change does not need to happen to develop an MSI. Yet when I asked if the decision would be overturned or a further investigation would



**Phil Kraychuk**

Director of Health & Safety

take place I was told, "my decision stands". The exact opposite of what she just agreed with me on.

In the end, you have a hurt worker with an injury that continues to get worse without medical treatment, an injured worker who has no other option but to return to work only to make the injury worse, or an injured worker that cannot work at all and has no benefits. Regrettably, it's the injured worker that continues to suffer one way or another.

This is not going to change overnight but WCB needs to start acknowledging the problem of making such rash decisions without doing a proper investigation. I don't believe this is a problem with all MSI claims or with all case managers and adjudicators, but rather the problem of a few individuals looking for an easy way out.

If you have questions or are having difficulties do not hesitate to contact your union.

**WINNIPEG**

204-786-5055 / 1-888-832-9832

**BRANDON**

204-717-7131 / 1-800-552-1193

**THOMPSON**

204-778-7108 / 1-800-290-2608

# AROUND THE TABLE

## Negotiation Updates.

**I**t continues to be a busy time for the union negotiators, as the Local continues to bargain new collective agreements. Besides the updates below, **members can always go to the Local's website at [ufcw832.com](http://ufcw832.com) for the latest negotiations updates or current happenings in the union.**

### BCO

On August 10, UFCW Local 832 members working at Brandon Community Options (BCO) voted 100 per cent in favour of strike action.

Union negotiator Martin Trudel stated, "The fact that we got such an exceptionally strong strike vote will allow us to be in a much better position to lobby the government in an attempt to make positive changes to the current funding process, the obvious focus being on wage increases for all employees."

The last wage increase for the members at BCO was two years ago but the Government has not increased funding in the last four years. The members are hoping that the provincial government will see the problems with the system and address it before the October 10 strike deadline.

### Federated Co-op

On August 12 and 13, the negotiating committees for Federated Co-op met for further talks. These bargaining sessions were very productive and the committees were able to address all non-monetary items.

Negotiations will continue on September 17 and 18, at which time the union bargaining committee, comprised of Wayde Carriere, Wes Kinley, Tom Paukovic, Jeff Wozny and head negotiator Martin Trudel, plan to address LMS standards as well as monetary items.

### Integrated Messaging (IMI)

Bargaining is to begin at IMI. The union negotiating committee is scheduled to begin negotiations with Integrated Messaging (IMI) on September 8. During this first meeting the union will present its proposals regarding contract language, benefits and wages to the employer. This list of proposals

was comprised after hearing from the membership on what improvements they would like to see to their collective agreement at a proposals meeting on July 23.

The parties scheduled further bargaining dates for September 15, as well as October 26 and 27. Following the completion of these initial rounds of bargaining, the union will provide the members at IMI with an update on the state of the negotiations.

### FASD

Talks at FASD resumed at FASD Life's Journey on August 18, with additional bargaining dates set for September 2 and 3. However, during talks on August 18, the union bargaining committee—Martin Trudel, James Arnold, Jason Appasamy and Shawn McCartney—attempted to make significant progress on all outstanding monetary items, but it was obvious the company was not on the same page as the union committee.

Unfortunately, as the union was unable to attain the level of progress that it felt was acceptable, a strike vote has been scheduled for Wednesday, September 9.

### The Pas IGA

The negotiating committees for The Pas IGA have secured bargaining dates to begin the negotiations process. Talks have been scheduled for October 19 and 20.

UFCW Local 832 represents approximately 70 employees at the store. The union will continue to keep members at IGA up-to-date on how their negotiations are progressing.

### Naleway

A tentative agreement has been reached at Naleway Foods on the renewal of a new collective agreement. Negotiations at Naleway were challenging, but the committees were able to resolve all outstanding proposals during bargaining on August 18 and 19.

The union has scheduled a ratification vote for Saturday, September 19, at 11:30 a.m. at the UFCW Training Centre at 880 Portage Avenue.



## October 13 - Fall Luncheon

Twice a year (spring and fall) the UFCW Local 832 Retirees' Club holds luncheon meetings for retired members who live in or around the Winnipeg area, but all retirees are welcome—if you wish to make the trip or are going to be in the vicinity. It gives retirees a great opportunity to get together, socialize and enjoy a delicious hot meal. There is usually a guest-speaker and you will have a chance to win one of the fabulous door prizes or cash draws.

This year's fall luncheon is on **Tuesday, October 13**, at the ANAF Legion located at 3584 Portage Avenue. Watch for your invitation in your mailbox soon. Don't forget to RSVP as the legion will need the number of people attending for the meal preparation. The cost is only \$7 each for dues-paying members and spouse. Non-members pay \$10 each.

## Healthy Lifestyle Tips

Tired of waking up sore or complaining your joints hurt? Help minimize this with these anti-inflammatory vitamins and minerals.

### **Omega-3**

Salmon, Sardines, Walnuts and Flaxseed.

### **Vitamin C**

Broccoli, Brussels Sprouts, Bell Peppers and Citrus Fruits

### **Carotenoids**

Sweet Potatoes, Carrots, Pumpkin, Spinach and Kale

### **Anthocyanin**

Berries, Cherries and Purple Grapes

### **Quercetin**

Apples, Onions, Tomatoes, and Apricots

Ginger and turmeric are also very good antioxidants, which you can sprinkle into tuna salad, stir fries and soups, make tea or add to smoothies.

Inflammation is part of the body's immune response; without it, we can't heal. But it can damage the body when it is out of control.

For an even healthier you, don't forget to add a little exercise into to your daily regiment and drink plenty of water.

*Partial source: joybauer.com.*

## Recipe of the Month

### EGG & CHEESE PUFFS

4 eggs, lightly beaten  
1 1/3 cups flour  
1 tbsp baking powder  
1 1/2 cups grated cheddar cheese  
1 diced onion  
Salt & Pepper to taste  
Cooking oil

Slightly mix eggs, flour, baking powder salt and pepper until blended. Fold in grated cheese and onions.

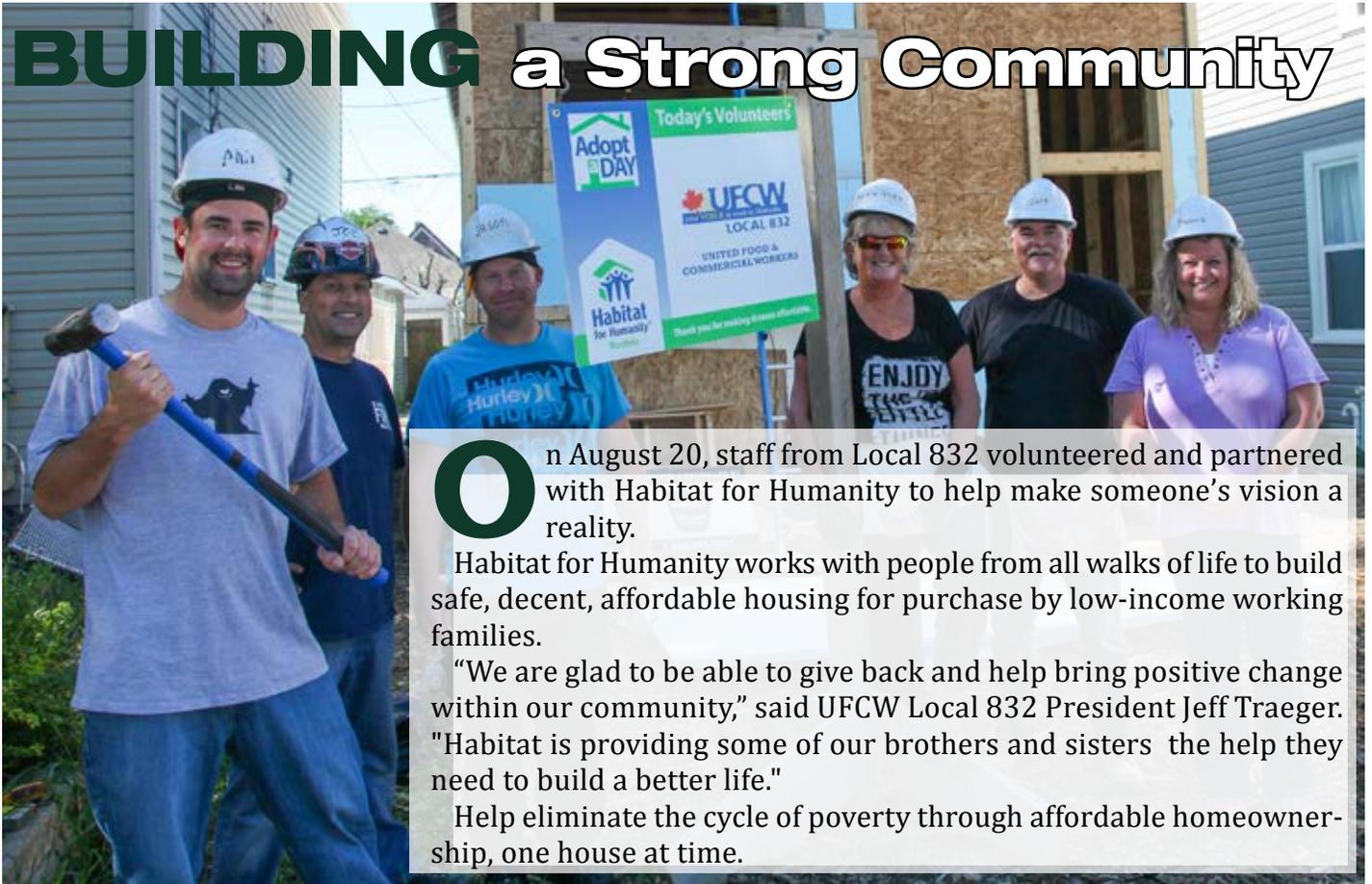
In frying pan add a small amount of cooking oil and drop in about 1/4 cup of batter for each puff, continue until batter done. Serve warm.

## FOOTNOTES

If any retirees' club member has a milestone birthday or a special anniversary (50th, 60th, etc.) or a loved one has passed please notify Lila at (204) 837-3554.

The Denis Allard/ Cyrus Lister Scholarship has been increased to \$750, up from \$500. Applications can be picked up at the UFCW office at 1412 Portage Avenue.

# BUILDING a Strong Community



**O**n August 20, staff from Local 832 volunteered and partnered with Habitat for Humanity to help make someone's vision a reality.

Habitat for Humanity works with people from all walks of life to build safe, decent, affordable housing for purchase by low-income working families.

"We are glad to be able to give back and help bring positive change within our community," said UFCW Local 832 President Jeff Traeger. "Habitat is providing some of our brothers and sisters the help they need to build a better life."

Help eliminate the cycle of poverty through affordable homeownership, one house at a time.

## Bert's Run — Local 832 Member Goes the Distance

**B**ert's Run is a 362 km run to raise awareness and funds for Huntington's disease (HD). HD is an inherited brain disorder with devastating effects on both the mind and body. It causes a person to become less able to control their body movements, emotions and memory.

This year, union member **Bert Blackbird** went the distance from Regina to Brandon and ran to help people with HD.

Bert has participated in and completed various marathons but this run was personal to Bert. He has very close friends, who are affected by this disease.

"This family has had such an impact on my life that I feel compelled to help eradicate this disease," expressed Bert. "There currently is



no cure for Huntington's disease, but hopefully one day I can run a celebratory run announcing there is a cure."

Bert works at the Maple Leaf plant in Brandon as a plumber in the maintenance department. He is also a worker representative on the workplace health and safety committee





## WASAC Visits Local 832

In August, Winnipeg Aboriginal Sports and Achievement Centre (WASAC) leaders joined UFCW for a week of leadership skills building and to see what Local 832 does for its members.

The five leaders—Chase, Kelsey, Kiana, Tommy and Dexter—toured the Maple Leaf plant on Lagimodiere, Canada Bread Plant, and The Fairmont hotel.

Besides touring these companies where UFCW Local 832 members work, the WASAC group had a chance to ask questions, talk to the members about how the union has benefited them as well as what their job entails.

Back at the office, the group met with the workers health and safety, negotiations, legal and communications departments to get a first-hand look at what each department does on a daily basis. They also had a chance to talk to several of the union representatives.

"We helped the WASAC group a couple years ago when they went on a tour of Washington, said Secretary-Treasurer Beatrice Bruske, "This is a great organization that does a lot of good in their community. We wanted to show them some of the experiences our members and staff have, so they have an understanding of what a union does."

A short video was made with the group to talk about their experience with WASAC and the UFCW, if you would like to view it, you can visit the website at [www.ufcw832.com](http://www.ufcw832.com)



# STOP

**Violence Against Women**

**"SAFETY" is about**

- NOT having to say you're sorry
- NOT apologizing
- NOT making excuses to others for HIS behaviour
- Finding a safe place to escape from violence
- Believing it is not your fault
- Taking care of YOU - YOU deserve nothing less
- Believing in HOPE

Escaping violence is possible! Check out [www.sheltersafe.ca](http://www.sheltersafe.ca) where you will find Canada's most comprehensive resource to finding help in your community and staying safe. Help is just a click away.

**UFCW**  
your VOICE at work  
CANADA  
[www.ufcw.ca](http://www.ufcw.ca)

**sheltersafe**  
where you can find help  
[www.sheltersafe.ca](http://www.sheltersafe.ca)

**WOMEN**  
[www.ufcw.ca/women](http://www.ufcw.ca/women)

*Sheltersafe.ca is a national website that has been launched by the Canadian Network of Women's Shelters and Transition Houses (CNWSTH) for women who are experiencing abuse.*



## GROUP HOME INSURANCE PROGRAM

**GARRIOCK INSURANCE**

GROUP DIVISION

390 York, Winnipeg, MB, R3C 0P3

**This exclusive program offers:**

- 10% group rated discount (in addition to existing discounts)
- A monthly payment plan (0% interest and \$0 service fees)
- A 24 hour, 7 days a week emergency claim number
- Comfort in dealing with one of Canada's largest insurers

**CALL US TOLL FREE AT 1-855-UR-UNION  
OR VISIT US AT GARRIOCK.CA FOR A FREE QUOTE  
TODAY!**

**[www.garriock.ca](http://www.garriock.ca)**

**E-mail:[insurance@garriock.ca](mailto:insurance@garriock.ca)**

**Publications Mail Agreement # 40070082**

Please return undeliverable Canadian addresses to:

UFCW Local 832

1412 Portage Ave.

Winnipeg, MB R3G 0V5