

# DESERT EDGE

## UFCW LOCAL 1167

a VOICE for working America

Official Publication of Local 1167, United Food and Commercial Workers Union

October 2009



Local 1167 SPURs (Special Project Union Representatives) Bryon Pereira and Yesenia Cabral protest outside Rep. Dreier's office in San Dimas.

## Unions take health care battle to the street

Ralliers urge congressman to listen and act

**M**embers of Local 1167 joined their union sisters and brothers from UFCW Local 1428 and Steelworkers Local 7600 in a rally outside the San Dimas offices of U.S. Rep. David Dreier on Aug 17.

Some 40 demonstrators lined both sides of Foothill Boulevard to call

for the Republican representative to support health care reform bills making their way through Congress.

Shouts of "Dreier's got health care, how about us?" and "health care reform now, politics later!" rang across the street in front of Dreier's office, answered by supportive honks

(Please see page 3)

### Quarterly Membership Meeting: December 23, 2009

7 p.m. in the UFCW Local 1167 Auditorium, 855 W. San Bernardino Ave., Bloomington

### PRESIDENT'S REPORT

## Working families mourn Sen. Edward Kennedy

**T**he recent death of Sen. Edward Kennedy (D-Mass.) leaves a void in the lives of working families that will be hard to fill.

Although his early career was clouded by allegations of personal inpropriety, Sen. Kennedy was a champion of workers' rights, the freedom of workers to choose a union, and health care reform, among other things.

He helped write the Employee Free Choice Act — American Labor's highest legislative priority — and was the first to introduce it in the Senate. That bill aims to restore the rights of workers to organize themselves after decades of abuse and disrespect by political and corporate powers.

Sen. Kennedy's commitment, his courage and his conviction brought dignity and opportunity to working families, to minorities and to recent immigrants.

Time and time again, decade after decade, he stood with the UFCW in our efforts to improve the lives of our members.

Kennedy has been rightly called the greatest senator of the 20th century — and even in the entire history of this country. In a magnificent career, he achieved considerably more than did most presidents, and he proved to be one of the finest friends in public life American working women and men have ever had.

Kennedy believed that unions are key to improving the lives of working people. Speaking at the 2005 AFL-CIO Convention, he put it this way:

"Kennedys are with you," he said, "because we know the difference you make in the lives of average families. Union workers earn 25 percent more than non-union workers, are 40 percent more likely to have health insurance and four times more likely to have a solid pension plan.

"But each year — each year, over 20,000 workers are illegally discriminated against for exercising their rights in the workplace.

"In a quarter of all organizing campaigns, a worker is fired for supporting the union. Every employee who manages to form a union often can't get a contract because employers refuse to bargain. That's wrong."

We can best honor Sen. Kennedy's memory by redoubling our efforts in the causes that he cared so much about.

That is the best way to pay tribute to this amazing man and honor his legacy.



By Bill Lathrop

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# MAP

## Membership Assistance Program

Eligible active or retired Food and Meat participants can call the toll-free MAP number at the Health Management Center at any time,  
DAY OR NIGHT, 24 HOURS A DAY,  
SEVEN DAYS A WEEK.

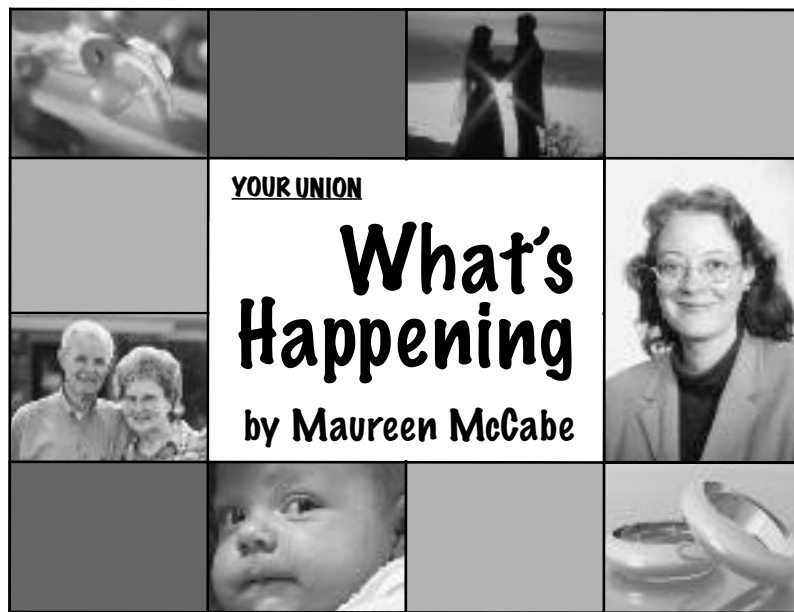
Food Division, call  
(800) 461-9179  
Drug Division, call  
(866) 268-2510

(All calls are confidential)

## You are interesting! Tell us about yourself.

You are the most interesting thing about our union! If there's something unusual or newsworthy about your life, hobbies, abilities or talents, call us at the office and tell us about it so that we may consider doing a feature about you in the *Desert Edge*. Just ask for Kathleen Franks or your Union Rep.

**President Bill Lathrop**



### YOUR UNION

## What's Happening

by Maureen McCabe

**JUST RETIRED:** The month of September brought us several new retirees. **Sue Comras** retired after 34 years in the industry with Stater Bros. and Mayfair Markets. **Mary Gaghadi** worked for Stater Bros. for 29 years. **Charles Raughley** worked for Food 4 Less for 20 years. **Manuel Regalado** worked in the industry for 30 years for Stater Bros., Vons, Smith's and Alpha Beta Markets. **Emery Slocum** worked for Vons for 20 years. **Barbara Tillis** worked for Albertsons and Lucky for 11 years. **Nelson Trajano**, worked for 34 years with Vons and Safeway. Congratulations to all of our new retirees! We wish you many healthy, happy years ahead to enjoy your well-earned retirements.

**JUST MARRIED:** **Lorena Altamirano**, Stater Bros., married Ricardo Espinosa on June 26 in Las Vegas. The happy couple honeymooned on Catalina Island. ... **James Johnson**, Stater Bros., took Kabrina Martinez to be his bride on July 12. The

emony was held in Las Vegas and the newlyweds honeymooned in Alaska. ... **Summer Tucker**, Rite-Aid, exchanged "I do's" with Robert Stekkinger on July 14. The wedding was held in Laguna Beach and the happy couple honeymooned on a cruise to Cabo. ... **Nellie Gonzales**, Stater Bros., married Andres Gutierrez on July 17 in Los Angeles. ... **Sandy Carpenter**, Ralphs, married Larry Ford on July 18 in Temecula. The newlyweds honeymooned in Hawaii. ... **Jay DeVogel**, Stater Bros. took Sabrina to be his wife on July 31. The wedding was held in Loma Linda Congratulations to all our newlyweds!

**JUST BORN:** **Maria Solis** and **Zachary Krueger**, both of Stater Bros., welcomed their first baby **Valerie Rae** into the world on June 8. Valerie weighed 7 lbs. 10 oz. ... **Summer Marie Zamorano**, Stater Bros., is pleased to announce the birth of **Cianna Keychell Escobar-Zamorano** on July 12.

Cianna weighed 7 lbs. 3 oz. ... **Bryan Reyna**, Stater Bros., has a new daughter. **Laila Olivia** was born on July 21 and weighed 7 lbs. 4 oz. ... **Veronica Torres**, Food 4 Less, gave birth to **Jose Camarena** on July 24. Jose weighed 7 lbs. 1 oz. ... **Elizabeth Reyes**, Stater Bros., welcomed **Shane Elijah Lopez** on July 25. Shane weighed 8 lbs. 2 oz. ... **Evangelina Hernandez**, Stater Bros., proudly announces the birth of **Ema Michelle** on July 30. Ema weighed 7 lbs. ... **Rafael Garcia** and his wife Heather are pleased to announce the birth of their twins on July 30. **Jonathan Mateo**, the first to arrive, was born two seconds before his brother and weighed in at 6 lbs. 7 oz. **Lucas Jesus** weighed 4 lbs. 14 oz and his proud daddy writes, "he is small and very strong. Never had to be in the NICU." **Melissa Dedman**, Albertsons, gave birth to **Bradley Alan** on Aug. 1. Bradley weighed 7 lbs. 15 oz and we're told "baby and parents are doing good!" ... **Ferrier Ohigashi**, Stater Bros., has a new daughter. **April Masao** was born on Aug. 10 and weighed 3 lbs. 10 oz. and we're told she is "daddy's girl." ... **Keith Alan Johnson**, Stater Bros., proudly announces the birth of **Kaleb Cole** on Aug. 12. Kaleb weighed 7 lbs. ... **Maria Rivera**, Stater Bros., welcomed **Mariah Salina** on Aug. 14. Mariah weighed 7 lbs. 10 oz. ... **Sarah Page**, Stater Bros., is proud new mom to **Callie Jean Mappala**, who was born on Aug. 16 and weighed 6 lbs. 8 oz. ... **Chris Lyons**, Albertsons, has a new daughter. **Autumn Elizabeth** was born on Aug. 21 and weighed 5 lbs. 1 oz. Her happy dad tells us, "our daughter is perfect!" ... **Rudy Edward Mindiola**, Stater Bros., has a new son. **Joseph Rudy** was born on Aug. 23 and weighed 6 lbs. 12 oz. ... **Jamie Seeley**, Albertsons, has a new daughter. **Kaylie Marie Seeley-Munoz** was born on Aug. 27 and weighed 7 lbs. 5 oz. Congratulations to all of our new moms and dads!



## DESERT EDGE

**Bill Lathrop**  
Editor

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855 West San Bernardino Ave.  
Bloomington, California  
(Open Monday-Friday, 8 a.m.- 4 p.m.)  
(Closed Sat., Sun. and holidays)  
P.O. Box 1167  
Bloomington, CA 92316

**Telephone Hours: 8:30 a.m.-4 p.m.**

**Business Telephone:**  
(909) 877-5000

**Toll-Free Telephone:**  
(800) 698-UFCW

**Food and Meat Division Insurance:**  
(909) 877-1110

**Drug & General Sales Division Insurance:**  
(909) 877-2331

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## IN MEMORIAM

**Eugene Barkley**, a retired meat cutter formerly employed by Hines Grocery, died July 15, 2009, at the age of 100. He had been a member since September 1945.

**Terri Brom**, a general merchandise clerk formerly employed by Stater Bros. Markets, died Nov. 27, 2008, at the age of 59. She had been a member since August 1996.

**Mary Medina**, a retiree formerly employed by California Luggage and Local 213 office staff, died March 4, 2005, at the age of 91. She had been a member since May 1955.

**James Quinn**, a retired meat cutter formerly employed by Fisher's Market and Dodson's, died Aug. 14, 2009, at the age of 96. He had been a member since December 1937.

**Charles Rhodes**, a retired food clerk formerly employed by Alamo Market, Hartwicks Market, Market Basket and Stater Bros. Markets, died Sept. 19, 2009, at the age of 77. He had been a continuous member since June 1966.

**Billy Sterling**, a retired meat cutter formerly employed by Michaels, Alpha Beta, Lucky and Albertsons, died Sept. 20, 2009, at the age of 69. He had been a continuous member since December 2001.

**Norma Tumbarello**, a retired meat wrapper formerly employed by Vons, died Sept. 5, 2009, at the age of 78. She had been a member since August 1989.

*Our condolences to the families of these deceased members.*

## Your dues are now payable!

If you are one of the few members of the local who are not yet signed up for dues checkoff: **OCTOBER DUES ARE NOW DUE AND PAYABLE. IF NOT PAID ON OR BEFORE DEC. 1, 2009, YOU WILL AUTOMATICALLY SUSPEND YOURSELF.**

With dues checkoff, all future dues can be deducted automatically from your pay check. If you do not have an authorization form, call the local and one will be sent to you immediately.

Non-payment or payment of the incorrect amount will automatically suspend you — a costly and inconvenient mistake. Although not required, the local as a courtesy normally sends billing notices by first-class mail to those not on dues checkoff. It is the member's obligation to pay dues in a timely manner. Not receiving a notice is not an excuse for failure to pay dues on time.

**Avoid suspension.  
Authorize dues checkoff today!**

## It's open enrollment time!

**E**ach year, participants receive an Open Enrollment Form in the mail that enables them to change plans. Do not ignore this packet from the Trust Fund.

If you are eligible to change your plan and do not return the form, you may miss the opportunity to change plans and you will have to wait until the next Open Enrollment period.

You will also be asked to update vital information that is needed for processing your benefits. It is important to sign and return your Enrollment Form if you made changes to your information.

For example, please sign and mail it back if you want to update your dependents, address, beneficiaries, etc. Trust Fund representatives stress the fact that dependents who hadn't previously been enrolled, if not enrolled at open enrollment, may need to wait until the next open enrollment period.

If you don't return your Enrollment Form...

- you may not receive important notices about your benefits if the Plan does not have your current mailing address;
- your beneficiary information may not be current;
- you and your covered dependents may face delays when you need to use your benefits;
- health care providers may not be able to verify your coverage;
- if you change your marital status, claims may be paid in error and you will be responsible for repaying the Trust Fund any benefits paid because of the lack of receiving this updated information.

The deadline to return your Open Enrollment Form, using the return envelope provided in your enrollment packet, is quickly approaching.

If you have any questions, please call the Food and Meat Division Insurance department at (909) 877-1110 or the Drug & General Sales Division Insurance Department at (909) 877-2331.

## Taking the health care battle to the street

(Continued from front page)  
from drivers passing by.

Rep. Dreier was not available to address the demonstrators' concerns, but his spokesperson, Jo Maney, told the *Daily Bulletin* that he has been listening to his constituents in town hall meetings throughout Congress' August recess.

The demonstration made the front page of the *Bulletin* the following morning.

In the past, Dreier has supported tax-free health savings accounts to cover unplanned large medical expenses. But it is not a strategy that the unions support.

"While health savings accounts may work for people who make more than \$200,000 per year, for the majority of middle-class America,

they are a joke," said UFCW Local 1167 President Bill Lathrop.

"People nationwide are joining unions solely for the health insurance during the recession," President Lathrop said. "All the more reason that we need to stand up and protect affordable health care for everyone, not just the rich few."

Three generations of labor activists from the same family attended the demonstration. Retired UFCW member Rachel Almazan was joined by daughter and 1167 member Cindy Almazan, along with Steelworkers 7600 member Eileen Marks and her daughter, Cal State Santa Barbara student Raleen Marks.

"We're out here on our vacation!" Eileen Marks said. "This is how we spend our free time."

### UNION REPRESENTATIVE'S REPORT



by Gabriel Suarez

## Use all electronic devices 'off the clock'

**W**ith all of the electronic devices available to us — cell phones, laptops, iPods, Kindles, Blackberries, handheld video games, etc. — you might be tempted to use them on the job.

In a word: Don't.

Many companies have policies that prohibit using these devices on the job. Some even ban picture-taking inside work locations, even with cell phones.

If your employer does not have such a policy, it's still a bad idea to use these devices at work, except when you are off the clock.

Think of how a customer waiting in line would feel while you are texting a friend. How do you think your colleagues would feel while listening to you engage in a personal conversation on the phone while stocking shelves?

If your company does have a policy that prohibits the use of electronic devices, you could face disciplinary action, up to and including termination.

It doesn't matter whether the device is on. If you are caught looking at your cell phone or iPod, etc., you still could get in trouble.

It's always good to keep in mind the fact that most work locations have security cameras that could provide conclusive evidence in any disciplinary hearing.

Another reason not to use these devices is that it could jeopardize your safety on the job.

You may have heard about train accidents in Los Angeles and Boston where the engineers were distracted because they were texting. While your use of an electronic device may not lead to something as dramatic as a train wreck, it could distract you from your duties enough to cause an accident that could injure you or one of your coworkers.

If the company determines that an accident occurred because you violated company policy, it may attempt to deny your worker's compensation claim.

The safest way to avoid the use of any of these devices on the job is to keep them in your locker, your car or at home.

It's important that you follow company policy or the direction of a supervisor at all times. If you aren't sure about your employer's policy regarding electronic devices, contact your union representative. The job you save could be your own!

## It PAYS to be UNION!

|   | SEPTEMBER 2009 | YEAR TO DATE |
|---|----------------|--------------|
| Back pay and benefits restored to members | \$7,765.43     | \$67,386.94  |
| Members reinstated                        | 21             | 169          |
| Grievances settled                        | 116            | 762          |

# Congratulations to the 2009 UFCW Local 11



**\$2,000 Award**

**Brenette  
Alamillo**

**S**ometimes you find inspiration from an unexpected source. For Brenette Alamillo, it came from one of her classmates.

"I got to know an amazing person during my senior year," Alamillo said. "His name is Chris and he sat next to me in French class. His positive energy was felt by everyone in the room."

"He immigrated to this country two years ago and had to leave his mother and three siblings. He's been through many hardships in his life, but you would never know it. His radiant smile is always there, and he is one of the most hard-working, optimistic people I have ever met."

"He taught me to always be positive, because great things can happen when you maintain a positive attitude."

Alamillo is the daughter of Hector Alamillo, who works at Food 4 Less 315 in Perris. She is a graduate

of Canyon Springs High School in Moreno Valley where she was a member of the National Honor Society and the peer mediation and Best-Buddies groups.

"Her projects often served as models in the classroom," her French teacher, Patricia Ryan, said. "She is intelligent, hard-working, consistent and kind."

Alamillo said an internship during her junior year at the Moreno Valley Chamber of Commerce contributed most to her development.

"I was always considered a quiet and timid person," she said. "While working at the Chamber, I grew into a more confident person."

When she isn't concentrating on her studies, Alamillo enjoys reading, photography, volunteering as a tutor, writing and "hanging out" with her friends.

"I would like to attend law school after I complete my studies at UC Riverside," Alamillo said.



**\$2,000 Award**

**Javier  
Castro**

**J**avier Castro is a firm believer in civic responsibility. Castro, a 2009 graduate of Norte Vista High School in Riverside, was an active member of the Riverside County First District Youth Advisory Council.

"Our goal was to enhance awareness among young people about environmental and economic issues," Castro said. "In addition, we sponsored community meetings to see where we could provide help to anyone who needed it."

Castro is the son of Joaquina Castro, who works at Windsor Foods.

Castro said he was strongly influenced by his participation in his school's Cultural Awareness Week, sponsored by MEChA, a student organization that promotes Chicano cultural and historical awareness.

"Planning the events and speaking at some of

them strengthened my leadership and speaking skills," he said. "After the event was over, I was transformed into a stronger and more determined person."

Castro said the two people who influenced him the most in his life are his older brother and his AVID (Advance Via Individual Determination) teacher, Mrs. Graham.

"My brother is a successful mechanical engineer," Castro said. "His achievements inspire me to be the best in everything I do."

Castro said Mrs. Graham's belief in him also means a lot.

"She had faith in me from the moment she met me," he said. "She counseled me to never give up on my dreams. If you work hard enough, your dreams can come true."



**\$1,000 Award**

**Monica  
Gardner**

**T**he fact that Monica Gardner served as student body president at Redlands East Valley High School might give the impression she would be interested in a career in politics. But that is not the case.

"I've always been more interested in the medical field," she said. "I want to be an ob/gyn."

Gardner's mother, Patricia Pompa, is a dentist at Rialto Family Dental.

Her attendance at a UCLA medical camp one summer helped solidify her career choice, Gardner said.

"I learned what being a physician entails," she said. "The experience was invaluable and made me more determined to become a doctor."

Gardner noted that her term as student body president contributed most to her personal development,

even if it hasn't motivated her to run for public office.

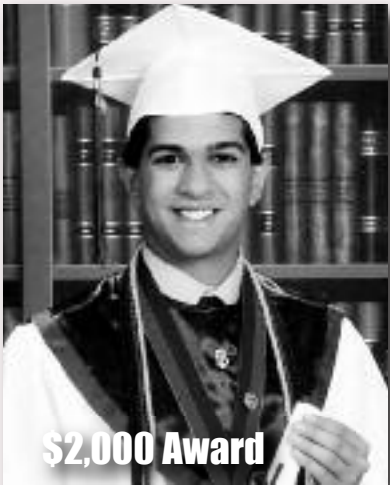
"I chaired a group of 45 other student officers," Gardner said. "We were in charge of planning all student activities during my senior year. I learned how to deal with people and make sure everyone did his or her job, without stepping on anyone's toes."

Gardner was on the Honor Roll for all of her eight semesters in high school. She also attended the National Youth Leadership Forum and competed on the school volleyball team.

Her dedication to community service is exemplified by the more than 300 hours she logged with the school's Interact Club, which works with community organizations on public service projects.

"I want to help people and make a difference in the world," Gardner said. "That and eventually starting my own family are my two most important goals."

# 167 Scholarship Award Program recipients



\$2,000 Award

**Ali  
Lanewala**

**A**li Lanewala credits his membership in the Boy Scouts with making him into a “more determined, self-sufficient and responsible young adult.”

Lanewala, who achieved Scouting’s highest honor, the rank of Eagle Scout, said that the leadership skills he learned as a member of the Scouts will be useful throughout his life.

“I joined the Scouts when I was 9 years old,” he said. “I am particularly indebted to my scout troop leader, Mr. Howard, who taught me the value of hard work, determination and a love for the outdoors.”

Lanewala’s mother, Farzana Lanewala, is a Pharmacy Technician at Rite Aid 5681 in Palm Desert.

The 2009 graduate of La Quinta High School, participated in the International Baccalaureate Diploma Program, a challenging two-year curriculum that leads to a qualification that is widely recognized by the

world’s leading universities.

He credits his high school history teacher, Mrs. Schuler, with teaching him to persevere in everything he does.

“She encouraged me to pursue my passions and goals and not let anything stand in the way,” he said. “She also inspired me to always ask questions and keep an open mind.”

In addition to his academic achievements, Lanewala was active in the school’s theater program and served as treasurer of the Thespian Society. He was also a member of the junior varsity swim team.

His hobbies include swimming, tennis, reading, hiking and camping.

“I plan to attend dental school after college and open a practice in San Diego as an orthodontist,” Lanewala said. “I also plan to be active in the community and give back as much as I can to help people in need.”



\$1,000 Award

**Kaylee  
Riddle**

**K**aylee Riddle can bowl you over in more ways than one. She can do it with her impressive academic accomplishments or with her skills as a competitive bowler.

Riddle was on the Honor Roll in all four of the years she attended La Quinta High School. She was also a member of the swim team.

But it was her participation on the school’s bowling team that influenced her the most.

“If I had to choose the one activity that played a part in my development, bowling would be the hands-down winner,” Riddle said. “Bowling has helped me develop leadership skills and taught me the value of teamwork,

sportsmanship and many other good qualities that have factored in to the kind of person I am today.”

Riddle is the daughter of Trista Garrett, who works at Ralphs 195 in La Quinta.

As a child raised by a single parent, Riddle also credits her great-grandmother and grandmother with help instilling the values she needed to succeed in school.

“Without the help of my great-grandmother and grandmother, in conjunction with my mom, I would not be where I am today,” she said.

Riddle hopes to go to law school following college and become a district attorney.



\$1,000 Award

**Patricia  
Williams**

**P**atricia Williams knows that knowledge leads to wisdom, and that gaining knowledge is best achieved through education.

“Education is the key to success,” Williams said. “My ability to communicate effectively and problem solve all evolves from the knowledge I have gained through education.”

Williams, who was born in Nigeria, works at a Stater Bros. store in Barstow and is a student at Barstow Community College.

She hopes to complete her studies for an associate’s degree so she can attend a four-year college. Eventually, she wants to become a nurse.

“I would like to work in a government hospital and eventually be a nurse-supervisor,” she said. “I’ve always had the desire to help people. That’s why nursing is my first choice for a career.

“However, because I am such a firm believer in the value of education, I have often thought that I might pursue a career in teaching as well.”

Williams’ instructors at Barstow Community College say she has what it takes to succeed in her career goals.

“I have observed many examples of her talent and have long been impressed by her diligence and work ethic,” Prof. Nicolas Nardone wrote. “She has consistently demonstrated an ability to rise to any challenge.”

“Patricia Williams has the ability, motivation and maturity to go after her dreams,” James Dorn, her mathematics instructor wrote. “She has tremendous academic and growth potential and tops it all off by being a truly remarkable individual.

“She has the foresight to see the path that will enable her to achieve her goals.”

# Obama speech, change in leadership at AFL-CIO convention

In a speech punctuated by chants and standing ovations, President Barack Obama delivered a strong message to delegates attending the 2009 AFL-CIO Convention in Pittsburgh, Penn.

UFCW 1167 President Bill Lathrop attended the convention in his capacity as president of the San Bernardino/Riverside Central Labor Council.

Obama told the delegates he is committed to the same goals as the union movement: to restore the economy, obtain health care for everyone and pass the Employee Free Choice Act.

"These are the reforms I'm proposing," Obama said. "These are the reforms Labor has been championing. These are the reforms the American people need. And these are the reforms I intend to sign into law.

Obama received standing ovations throughout his speech.

"When labor succeeds, that's when our middle class succeeds," he said. "And when our middle class succeeds, that's when the United States of America succeeds."

Obama pledged his continued support of the Employee Free Choice Act. "When workers want a union, they should get a union," he said.

The president thanked union members for the hard work they've done to make health reform possible.

"Few have fought for this cause harder and few have championed it longer than you," Obama told the delegates. "You know this isn't just about the



millions of Americans who don't have health insurance. It's about the hundreds of millions more who do: Americans who worry that they'll lose their insurance if they lose their job, who fear their coverage will be denied because of a pre-existing condition, who know that one accident or illness could mean financial ruin.

"When are we going to stop this? When are we going to say enough is enough? How many more workers have to lose their coverage? How many

more families have to go into the red for a sick loved one?"

## 'A time for action'

"We have talked this issue to death year after year, decade after decade . . . now is the time for action. Now is the time to deliver on health insurance reform."

At the convention, the delegates elected AFL-CIO Secretary-Treasurer Richard Trumka to succeed retiring President John Sweeney.

Trumka reflected on his upbringing in a union family in western Pennsylvania and talked about the changes and challenges that confront the union movement.

"The American Labor Movement remains the fastest, most effective way to lift workers and our families into the middle class," Trumka said. "And, sisters and brothers, that fundamental truth hasn't been more critical to the future of this country than it is right now, because the American middle-class isn't being squeezed — we are being crushed."

Trumka said the United States is suffering from a hollowed-out economy and a broken financial system.

"Even though it wasn't the Labor Movement that got us into this mess," he said, "we are the people who are going to lead America out of it. But we can only do it if we seize this moment . . . we can only do it if we provide the leadership working Americans are demanding."

## Preventing H1N1 (swine) flu

While a vaccine is being developed and manufactured to protect against the H1N1 "swine flu" virus, there are precautions you can take to limit the spread of germs that cause respiratory illnesses.

- Cover your nose and mouth with your sleeve when you cough or sneeze.
- Wash your hands frequently and thoroughly with soap and water or an alcohol-based hand rub solution.
- Clean your hands after shaking hands or having other close contact with people, before eating or preparing food, and before touching your eyes, nose or mouth.
- Use disinfectant wipes to clean shopping cart handles or baskets when you go to the market.
- Limit your contact with others who may be ill.
- If you become ill, stay home from work or school and generally avoid going out in public. Remain home for seven days or until 24 hours after your symptoms resolve, whichever is longer.
- When you're sick, be sure to drink enough fluids to prevent dehydration.
- People at risk for severe flu or flu complications, including people with an underlying medical condition, pregnant women, young children (especially under age 2) and people 65 or older, should contact their health care providers if they have flu symptoms or have been exposed to people with flu symptoms.

Working together, we can limit the spread of the H1N1 virus and protect our families, our coworkers, our communities and ourselves.

## Years of service recognized



Produce Clerk Ernest Pasillas from Stater Bros. 36 was awarded his 40-year membership certificate and pin in September. Pasillas has 43 years in the industry.

## UNION REPRESENTATIVE FEATURE

# Jose Correa looks forward to the challenge

**W**hen new Union Representative Jose Correa had an opportunity to give something back to his union, he jumped at it.

“I was working as a frozen foods manager at Albertsons 6743 in Murrieta,” Correa recalled. “I had been in the industry for 29 years and was thinking about retirement when I was asked if I would be interested in becoming a SPUR (Special Project Union Representative).

Correa didn’t hesitate.

“I was ready for a new challenge,” he said. “I went from not being very active to being a steward and someone who would do anything for the union.”

Correa said the 2003-04 labor dispute was a “real eye opener.”

“It taught many of us not to take our union membership for granted,” Correa said. “The union is the reason we can live a middle-class lifestyle, with health benefits and a retirement plan.

“I wanted to give something back and help more people have the same benefits I’ve enjoyed all these years.”

Correa worked on organizing campaigns at Fresh & Easy and its supplier, 2 Sisters.

“It was challenging work, but I enjoyed every minute of it,” Correa said.

In June, he was approached by field director Rick Bruer and asked if he wanted to become a



Union Representative Jose Correa

*‘I wanted to give something back and help more people have the same benefits I’ve enjoyed all these years.’*

Union Representative.

Again, Correa didn’t hesitate.

“I had the two best Union Representatives a member could ever have — [recently retired] Keith Wright and Carmen Paz,” Correa said.

“They were around all of the time. They were knowledgeable and always returned my calls promptly. They are what Union Representatives should be, and they are my role models.”

Correa said that Local 1167 has one of the largest geographical territories in the country, which makes visiting every store in his route a challenge.

“Visibility is important,” he said. “A Union Representative is the face and voice of the union to the members, so visiting every store on my route each month is a major priority.

“I want to get to know the names of each member on my route. When Keith would come in, he would always greet you by name. That’s my goal.”

Correa and his wife, Irene, are the parents of three adult children. They also have a granddaughter, Cadence, who is 8 months old.

He is proud that his wife and their son, Jonathan, are also union members.

“My wife works for the Temecula School District and Jonathan works at my old store in Murrieta,” Correa said.

“We are a real union family.”

## Protect yourself from the dangers of smoke in the air

**W**henver there are major fires around, the polluted air from them can be a threat to your health, especially if you have chronic diseases such as asthma or emphysema.

The threat comes from particulate matter, solid particles and liquid droplets found in air. In smoke, these particles often are very tiny — smaller than 2.5 microns in diameter. By comparison, the diameter of the average human hair is about 30 times greater.

The particles can build up in your respiratory system, causing a number of health problems. You may have a scratchy throat, cough, irritated sinuses, headaches, runny nose and stinging eyes. The particles also can aggravate heart and lung diseases such as congestive heart failure, chronic obstructive pulmonary disease, emphysema and asthma.

Children and people with lung diseases may find it difficult to breathe as deeply or vigorously as they normally would and they may cough or feel short of breath.

### How to protect yourself

It’s a good idea to avoid breathing smoke if you can. If you are healthy, you usually are not at a major risk from smoke. But there are people who are at risk, including people with heart or lung diseases, such as congestive heart disease, chronic obstructive pulmonary disease, emphysema or asthma. Children and the elderly also are more susceptible to smoke.

Use common sense. If it looks smoky outside, that’s probably not a good time to go for a run. And it probably is a good time for your children to remain indoors.

Pay attention to local air quality reports and stay alert to any news coverage



or health warnings. If you’re advised to stay indoors, keep your windows and doors closed. Run your air conditioner, if you have one. Keep the fresh air intake closed and the filter clean.

Help keep particle levels inside lower by avoiding using anything that burns, such as wood stoves and gas stoves – even candles. And don’t smoke. That puts even more pollution into your lungs – and those of the people around you.

If you have asthma, be vigilant about taking your medicines, as prescribed by your doctor. If you’re supposed to measure your peak flows, make sure you do so. Call your doctor if your symptoms worsen.

# Generations of solidarity

## Dominic Ruggiero wins inaugural Bill Sauriol Scholarship Award

**W**hen Dominic Ruggiero wanted to find a job that had great pay and benefits, flexibility and job security, he knew where to look.

"My grandfather was a mechanic at a truck company and a member of the Teamsters," Ruggiero said, "and two of my uncles work in union grocery stores in Northern California. One of them is a steward.

"They've always said that the best jobs are union jobs. And they've been right. You can't get the pay and the health benefits we have without a union."

Ruggiero is a senior at U.C. Riverside. He began as a courtesy clerk at Stater Bros. 319 in Temecula, but now he works as a cashier at Stater Bros. 343 in Riverside, to be closer to school.

He is majoring in business administration and hopes one day to work in the business side of the food industry.

"After I graduate next year, I want

to get my CPA certification and then work in the areas of distribution and/or inventory," he said.

Ruggiero originally majored in computer science, but his participation in a two-year mission in the Philippines on behalf of the Church of Jesus Christ of Latter-Day Saints caused him to change direction.

"I became the financial secretary of the entire 115-person mission," he said. "It was my responsibility to keep track of all of our resources. I enjoyed it and decided I wanted to become a CPA and pursue a career in business."

### Learning to love learning

Ruggiero said his time in the Philippines changed more than the direction of his career.

"I learned to love learning," Ruggiero said. "I learned to be diligent and consistent. That came through early morning religious study and through trying to learn the Tagalog language. And through my

study of the language came patience.

"I also learned to drive in a hurricane, plant rice, eat anything and, most important, to help others in need."

Ruggiero said the experience helped him appreciate his potential and boosted his self-esteem.

"I set daily goals for myself," he recalled. "I came home to America not only with some great stories, but with a deep love for the people we were sent to help. It also made me appreciate how fortunate we are in this country to live the way we live."

Ruggiero works 30 hours a week and carries a full course load at school. When he can find the time, he enjoys playing and listening to music (he



**\$3,000 Award**

Dominic Ruggiero

studies piano and played tuba in his high school band). He also enjoys board games, making and flying kites, snorkeling, reading, gardening, hiking and community service.

"I want to continue to help people in need throughout my life," Ruggiero said. "I also plan to continue my education and avoid being complacent."

## Victorville Membership Meeting: October 29, 2009

7 p.m., Quality Inn & Suites Green Tree, 14173 Green Tree Blvd. Victorville

### STEWARDS FEATURE

## Raul Adame always on the lookout to protect coworkers

**R**aul Adame, a shipping clerk and steward at Mauser Corp. in Rancho Cucamonga, is proud of his observational skills. So when a management ringer tried to sneak in to vote at a contract ratification meeting, Adame spotted him immediately.

"I knew he was not a member and I told him to leave," Adame said. "That is part of my job as a steward."

Adame has been a steward for more than 15 years.

"I became a steward because I wanted to support the union and help the people I work with," he said. "The union is the reason we have the benefits we do. If we were not able to bargain collectively, we wouldn't have the wages we have or our health insurance.

"But the most important thing about being in a union is the respect you get on the job. You can't put a price on that."

Adame speaks with authority because he previously worked at a job that wasn't covered by a union contract.

"There is a world of difference when you have a union," he said.

"The biggest thing is that the union has your back if you have a



Raul Adame

problem at work. As a steward, I am the first line of defense, but my Union Representative, Chris Marentes, is always ready to step in if I need him."

Adame said each member has a responsibility to do whatever he or she can to make the union stronger.

"Every member has to be ready to help the union when necessary," he said. "When we demonstrate our solidarity, we can accomplish anything."

When he is not working, Adame spends as much time as he can with his family. He and his wife, Aurelia, are the parents of three adult children.

"My wife is the biggest influence in my life and my best friend," he

said. "She and I have always worked as a team to do what is right for our family. I feel blessed to have her in my life."

### Raul Adame siempre está en la búsqueda de proteger a sus compañeros de trabajo

Raul Adame, encargado de empaquetar envíos y administrador en Mauser Corp. en Rancho Cucamonga, está orgulloso de sus talentos de observación. Ya que una vez, mientras alguien perteneciente al equipo directivo intentó meterse en el voto para la ratificación de un contrato, Adame lo interceptó inmediatamente.

"Yo sabía que él no era un miembro y le dije que se fuera", comentó Adame. "Eso es parte de mi trabajo como administrador."

Adame ha sido administrador por más de 15 años.

"Me hice administrador porque quería apoyar a la Unión y ayudar a las personas que trabajan conmigo" comentó. "La Unión es la razón por la que tenemos los beneficios que tenemos. Si no hubiéramos negociado colectivamente, no tendríamos los salarios que tenemos o nuestro seguro de salud."

"Pero lo más importante de ser parte

de la Unión, es el respeto que uno recibe en el trabajo. Eso no tiene precio."

Adame habla con autoridad ya que él previamente trabajó en un empleo que no estaba cubierto por un contrato de Unión.

"Es una gran diferencia cuando tienes una Unión" comentó. "La gran diferencia es que la Unión te respalda si tienes un problema en el trabajo. Como administrador, yo soy la primera línea de defensa, pero mi representante de la Unión, Chris Marentes, siempre está listo para intervenir si yo lo necesito."

Adame dijo que cada miembro tiene la responsabilidad de hacer todo lo que él o ella puedan, para que la Unión sea más fuerte.

"Cada miembro tiene que estar listo para ayudar a la Unión cuando sea necesario," dijo él. "Cuando nosotros demostramos nuestra solidaridad, podemos lograr cualquier cosa."

Cuando él no trabaja, Adame pasa la mayor cantidad de tiempo que tiene a su alcance junto a su familia. Él y su esposa, Aurelia, son padres de tres hijos adultos.

"Mi esposa es la mayor influencia en mi vida y mi mejor amiga," comentó. "Ella y yo siempre trabajamos como equipo para hacer lo correcto por nuestra familia. Me siento bendecido de tenerla en mi vida."