

Summer 2017

# Desert Edge

## LOCAL

# UFCW 1167

a **VOICE** for working America

Official Publication of United Food and Commercial Workers Union Local 1167





**Union  
offices  
closed:**

**Independence  
Day**

July 4, 2017

**Labor Day**

Sept. 4, 2017

## Next Quarterly Membership Meetings:

Wednesday, June 28, 2017

Wednesday, Sept. 27, 2017

Meetings start at 7 p.m.

New Member meetings

held at 10 a.m. and 5:30 p.m.

UFCW Local 1167 Auditorium

855 W. San Bernardino Ave.

Bloomington, CA 92316

## DESERT EDGE

**Rick Bruer**  
Editor

Official quarterly publication of  
Local 1167, United Food and  
Commercial Workers International Union  
Serving San Bernardino, Riverside and  
Imperial Counties, California.

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Closed Saturdays, Sundays and holidays

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### Food and Meat Division insurance:

(909) 877-1110

### Drug & General Sales Division insurance:

(909) 877-2331

### Telephone hours:

8:30 a.m.-4 p.m.

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Members from Stater Bros. 116 in Phelan  
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### If you have problems

**with:** Alcohol, drugs,  
children & adolescents,  
family, emotional issues,  
gambling, marriage  
and/or financial/legal.

Eligible active or retired  
members can call the toll-  
free MAP number at the

Health Management Center  
any time, day or night,  
24 hours a day,  
seven days a week.  
All calls are confidential.

### Food Division

call (800) 461-9179

### Drug Division

call (866) 268-2510

## NEW MEMBER MEETINGS

Are you a new member of  
UFCW Local 1167? Has one of your  
co-workers recently joined our union?

Get up to a \$65 credit toward your  
initiation fee when you attend a  
New Member Orientation Meeting  
within six months of your hire date.

Call (909) 877-5000 for dates,  
locations and answers to any questions.

## Notice to all 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: YOUR DUES ARE NOW DUE AND PAYABLE. IF YOUR DUES ARE NOT PAID ON OR BEFORE THE FIRST OF EVERY MONTH, 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.

Nonpayment 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!



## Watch your mailbox!

for important information from your health benefits Trust Fund.

**Got questions? Contact the Trust Fund (ext. 424):**

(714) 220-2297 • (562) 408-2715 • (877) 284-2320 • [www.scufcwffunds.com](http://www.scufcwffunds.com)

# Don't shout from the sidelines — get in the game!

**H**ave you ever gone to a baseball, soccer or football game and noticed “that guy” on the sidelines? You probably know who I’m talking about.

He (or she) is the loudmouth who yells from the sidelines or the stands, the person who rips on the refs or yells at the players for not pulling their weight.

This is the know-it-all who is always yelling at the coach for not making the right plays.

There are people in all walks of life who think they know how the game is played, when in reality they have no understanding of what’s going on in the field.

They’ve never studied the game plan. They know nothing about the personal dynamics of the team. They’ve never gone to a practice and they’ve never heard instruction, direction or inspiration from the coach. They’ve never volunteered to help out the team.

As president of Local 1167, I ask all of us this important question: *Do we know someone like that in our union family?*

We are all brothers and sisters in this family, and as it is in families, there’s usually someone who fits that description.

Some of us might even look in the mirror and ask, *Am I that guy on the sidelines?*

A negative attitude can hinder our efforts to make our union stronger and more unified. It can diminish our capacity to build a better future for our union family. Some employers may even try to exploit the negativity in our ranks to weaken our position during contract negotiations.

Constructive criticism is a good thing,



RICK BRUER

President

but when people make negative statements about our union on social media or in the break room, they should first make an effort to know what they’re talking about.

If there’s something that bothers you or if you simply want to have a better understanding of what’s going on, especially during negotiations, please speak with your steward or Union Representative. I can almost guarantee that you’ll get a satisfactory resolution of your issues or at least a logical explanation as to why you won’t.

We all need to focus on being part of the team and not that person on the sidelines.

This means getting involved in your union to build its strength so we can ne-

gotiate solutions in our contracts.

There is no mountain too high to conquer if we all pull together.

The best course is to get involved in our union to build its strength.

I encourage everyone to show up at our membership meetings, attend our rallies, participate in our handbilling actions, speak up for workers’ issues at city council meetings and call your representatives in Congress.

Let’s be part of the solution instead of the problem — or be part of the **opportunity**, as I like to say.

We are in negotiations with Food 4 Less and CVS. Rite Aid and Mauser Plant negotiations will begin next year. Master Food and Stater Bros. negotiations will follow. We all need to get involved now and support our union sisters and brothers, wherever they work. We’re all in this fight together for a better future for our families.

I am proud that we have many strong members in our union who stay informed and participate in our public actions. Without them, we could not achieve all that we have.

UFCW Local 1167 has 18,000 members from San Bernardino to the Mexico and Arizona border, from the High Desert to the mountains surrounding Big Bear Lake. If every member took a positive attitude and gave just one hour a month of service to our union, we could accomplish even more than we already have to gain the best wages, benefits and working conditions in the industries we serve.

We build strength by getting in the game — not by shouting from the sidelines.

# What's Happening

## Just Married

**Ashley Pesheck**, Stater Bros., married her high school sweetheart Justin Corbett on Sept. 9, 2016. The happy couple honeymooned in Idyllwild. ... **Dennis Aguirre**, Stater Bros., married Monica Ramboz on Jan. 24 and plans on honeymooning in Mexico this summer. ... **Angeline Baugh**, Albertsons, married Terry Turpin on March 18 and went to Arizona for the honeymoon. ... **Stephanie Landry**, Stater Bros., married Paul Leyvas in Beaumont on March 25. ... **Hector Bonilla**, Stater Bros., married Brenda Enriquez on May 1. ... **Maria Vega**, Stater Bros., married Jose Bravo on April 4.

Congratulations to all of our newlyweds!

## Just Retired

The months of March and April brought us several new retirees. **Joel Torres** worked at Albertsons, Lucky and Safeway for 36 years. **Margaret Strahle** worked at Albertsons and Lucky for 24 years. **Wanda Chatfield** worked at Vons for 24 years. **Alex Sanchez** worked at Albertsons, Lucky and Stater Bros. for 39 years. **Denise Mherrick** worked at Stater Bros. for 37 years. **Kelli Palmer** worked at Stater Bros. for 15 years. **Andrew Martinez** worked at Albertsons and Stater Bros. for 38 years. **Lewis Chism** worked at Albertsons, Lucky and Smith's for 40 years. **Michael Lopez** worked at Food 4 Less for 23 years. **Terri Lafon** worked at Albertsons for 29 years. **Hesper Stroud** worked at Stater Bros. for 43 years.

Congratulations to all of our new retirees!



## Just Born

**Isabel Moncada**, Stater Bros., has a new baby girl, Ava Isabella Pintor, born on Jan. 30, at 8 lbs. 2 oz. and 19 ¼" long. ... **Toby Friese**, Gelson's, is pleased to announce the birth of Emma Riley Friese on Feb. 1. Emma is a strawberry blonde with blue eyes. She weighed 7 lbs. 12 oz. and was 19½" long at birth. ... **Raquel Cholico**, CVS, welcomed new daughter Mina Rose Cholico on Feb. 17. Mina weighed 6 lbs. 5 oz. and was 18 ½" long. She is welcomed by her family Raquel, Fernando, Julian and Liam. ... **Hector Arellano**, Stater Bros., has a new baby boy, Elias Arellano, born on Feb. 28 and weighing in at 8 lbs. 5 oz. Mommy and Daddy's new pride and joy was 21" long. ... **Timothy Mangram**, Stater Bros., is the proud dad of Trenton Mangram, born on March 28, weighing 8 lbs. 9 oz. and measuring 19½" long. ... **Nicole Johnson**, Stater Bros., has a new baby boy, Cameron Hernandez, born on April 17 at 8 lbs. 1 oz. He was 20½" long. ... **Cindy Murillo**, Stater Bros., is the happy mommy of a new baby boy, Noah Benjamin Winne, at 7 lbs. 10 oz. and 20" long. ... **Stephanie Shaw**, Stater Bros., has a new son, Eli Eric Shaw, born on April 1, at 7 lbs. 7 oz. and 20" long. ... **Amy Dowdle**, Stater Bros., has a new baby boy, Cooper James Dowdle, born three weeks early at 7 lbs. 2 oz. and 18½" long.

Congratulations to all of the new mommies and daddies!

## IN MEMORIAM

**Stephen Brown**, a retired food clerk formerly employed by Albertsons and Lucky, died on March 1 at the age of 74. He had been a continuous member since February 1966.

**George Currier**, a retired food clerk formerly employed by Safeway, died on March 2 at the age of 90. He had been a continuous member since July 1950.

**Susan Davison**, a retired food clerk formerly employed by Alpha Beta, died on Jan. 25 at the age of 72. She had been a continuous member since April 1971.

**Ann Dunaway**, a retired meat wrapper formerly employed by A&P, Vons Shopping Bag and Vons, died on May 16 at the age of 94. She had been a continuous member since April 1959.

**David Fields**, a retired meat cutter formerly employed by Fedco, died on April 15 at the age of 94. He had been a continuous member since May 1969.

**Kathleen Flores**, a retired food clerk formerly employed by Vons, died on May 17 at the age of 69. She had been a member since September 1974.

**Edward Meshriy**, a retired meat cutter formerly employed by El Rancho Market, died on Nov. 17 at the age of 90. He had been a member since August 1968.

**Shirley Northuis**, a retired food clerk formerly employed by Vons, died on March 28 at the age of 83. She had been a continuous member since May 1966.

**Cathy Orr**, a retired general merchandise clerk formerly employed by Albertsons, died on March 20 at the age of 57. She had been a member since June 2000.

Continued on page 5

## CORRECT ADDRESS AND PHONE NUMBER A MUST!

You lose out if there is no correct address and telephone number on file for you. We know the problem: People move frequently. But it only takes a phone call, a minute with the Union Rep or a letter to our office. It could avoid a big problem with a hospital, medical claim or pension inquiry.





## Local 1167 staff trained on immigration issues

UFCW Local 1167 hosted a training session on “Immigrant Rights and Defense” for union staff on May 31. The event at Local 1167’s Bloomington headquarters was co-sponsored by the California Labor Federation and the Riverside Central Labor Council. President Rick Bruer and Secretary Treasurer Joe Duffie thanked speakers Hector Sandoval & Angie Wie from the California Federation of Labor and Alejandro Delgado and Xochitl Lopez of the Weinberg, Roger and Rosenfeld law firm for leading the session.



**Robots  
may soon  
deliver  
your food**

**T**oday’s technology enables consumers to order convenient and efficient deliveries of groceries and meals straight to their doors. Now, companies are taking this concept to the next level by having robots replace humans in the process.

Starship Technologies, a company formed in 2014, has developed six-wheeled buggies that transport food and other goods to consumers within a short distance of local distribution centers in Europe.

These robots can make deliveries in as little as 15 minutes from the time customers purchase items from the company’s website or mobile app. The delivery concept is similar to Amazon’s, which is experimenting with drones to deliver same-day packages.

Unions are bracing for an automated future in which robots take over jobs traditionally performed by workers.

## IN MEMORIAM

Continued from page 4

**Jack Roddy**, a retired grocery clerk formerly employed by Thrif-timart, died on April 23 at the age of 81. He had been a member since March 1953.

**Tawny Sharp**, a general merchandise clerk employed by Stater Bros., died on March 28 at the age of 59. She had been a continuous member since June 2005.

**Susan Shockey**, a retired general merchandise clerk formerly employed by Albertsons and Vons, died on March 11 at the age of 71. She had been a member since October 1991.

**Alvina Zeh**, a retired food clerk formerly employed by Mayfair Markets, died on April 5 at the age of 87. She had been a continuous member since April 1967.

## IT PAYS TO BE UNION

MAR-MAY YTD 2017

BACK PAY AND BENEFITS RESTORED TO MEMBERS	\$36,505.63	\$71,171.19
MEMBERS REINSTATED	52	99
GRIEVANCES SETTLED	175	290



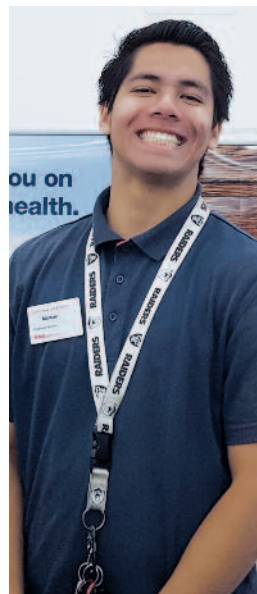
## Members at Work: CVS — WELCOME!



In February of this year, there was only one union CVS store within UFCW Local 1167's jurisdiction. Now, thanks to the efforts of organizers, union staff and union family volunteers, an additional 54 stores have joined the UFCW Local 1167 family. Welcome CVS members!

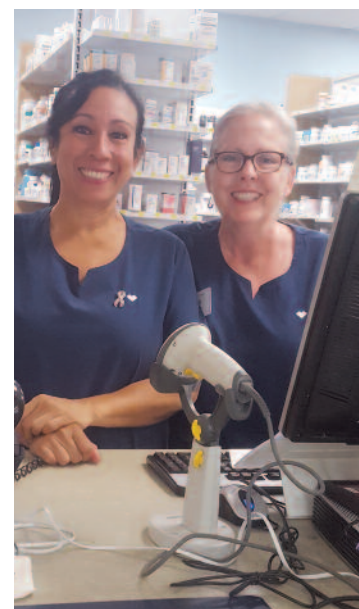






## Local 1167 newly organized CVS stores

1520 - Cathedral City	9550 - Temecula
2050 - Indio	9604 - Corona
3033 - Hemet	9606 - Temecula
3058 - Moreno Valley	9610 - Moreno Valley
3341 - La Quinta	9616 - Cathedral City
4148 - Victorville	9628 - Murrieta
4291 - Adelanto	9644 - Hesperia
4704 - Moreno Valley	9646 - Palm Desert
4774 - Riverside	9648 - Indio
4788 - Redlands	9650 - Victorville
5267 - Menifee	9654 - Lake Elsinore
5497 - Coachella	9664 - San Bernardino
5958 - Eastvale	9723 - Rancho Cucamonga
7554 - Murrieta	9728 - Corona
8439 - Moreno Valley	9739 - Big Bear Lake
8523 - Rialto	9746 - Riverside
8589 - Fontana	9794 - San Bernardino
8816 - Corona	9799 - Riverside
8825 - Grand Terrace	9803 - Riverside
8848 - Winchester	9804 - Palm Springs
8896 - Temecula	9847 - Lake Elsinore
8897 - Riverside	9849 - Riverside
9134 - Indio	9861 - Redlands
9153 - Rancho Mirage	9910 - Riverside
9190 - Corona	9918 - Temecula
9313 - Highland	9920 - Temecula
9502 - Hemet	10931 - El Centro





## Members at Work: Stater Bros. 116, Phelan



## Union Representative's Report Bill Collard

# Get copies of your pay stubs and check them!

**L**ocal 1167 Union Reps are getting a lot of calls from members who have questions about their paychecks: "Am I being paid correctly?" "Am I supposed to get premium pay?" "Did I get my raise?"

We're happy to help with these questions. Usually, we can clear up any problems quickly.

It's a problem, however, when we hear from members who hadn't been paid correctly for a few years. We can only go back six months in reviewing and correcting past paychecks. These members could lose out on thousands of dollars that should have been paid.

Don't assume your company will pay you correctly. Just because you clocked in and worked a certain amount of hours in a week, it doesn't necessarily mean you will be paid for those hours.

Nothing is certain or perfect in our world. A technical glitch or other mistake could affect how you are paid.

The smart policy is to check your pay stub every week to ensure you are paid for all of the hours you worked.

Most companies have gone to paperless pay records, but you still can get a weekly copy for yourself. If you have opted out of receiving your pay stub, speak with your manager or bookkeeper and let him or her know you want to begin receiving your pay stubs again.

Filing away your pay stubs might seem meaningless if you receive your pay through direct deposit or you've already deposited your check at your bank, but those little pieces of paper can be critical if you ever have to file a grievance.

If you don't have a pay stub, we have no quick way to know whether you've been paid for all of your hours worked or whether you've accrued sufficient hours to qualify for health care or earn vacation time.

Keep track of all of the hours you worked and check your pay stubs on every payday. If you see any discrepancies that you can't easily correct, contact your Union Rep right away.



**Bill Collard**  
Union Representative





# ‘Our union is a family’

**A**s long as we have a union, we are part of a big family, and family means no one is left behind.”

These words of truth come from Donnie Given, a Steward who works at Stater Bros. 116 in Phelan.

“If an employer tries to take something away from any one of us in negotiations, we band together to defend our sisters and brothers,” he said.

“The struggle of one family member becomes the cause of the entire family. We watch each other’s backs.”

A 23-year veteran with Stater Bros., Given has been a meat cutter for 13 years. He started his career with the company when he was 22 years old.

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*‘As long as we have a union, we are part of a big family, and family means no one is left behind.’*

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He became active in the union when he was unfairly passed up in a promotion. “Promotions are supposed to be done according to the contract,” he said.

Determined to do something about it, Given called his union representative, who arranged for him to get the promotion he deserved.

“I was grateful for sure,” he said.

Now, as a steward, Given helps his co-workers get the rights and services that are due to them according to their union contract.

“As stewards we’re the eyes and ears of the union, and I relay what I see or hear to my union rep,” he said. “I also encourage members to attend meetings to learn about the union for themselves.”

Members come to him with a wide variety of questions, though most of them are about pay. Given refers to the contract and if he can’t find the answer he refers his co-workers to someone who can help.

“We have a great team of people working for us,” he said. “Our members need to know who these people are and how they can help us.”

Given has been married to Michele, an employee at Stater Bros. 190, for five years.

“We work for the same employer, but we met at Red Robin,” he said.

In his spare time he enjoys target practice on a shooting range or working on his cars. He’s currently restoring a 1967 El Camino.

“It’s coming together nicely,” he said. “I’m almost to the point where I can have it painted.”

## \$10,000 Trust Fund Scholarship Winners

### Cooperating for a new future

Miranda Benson wants to  
open an artists' co-op



**M**iranda Benson, winner of a \$10,000 grant from the UFCW and Food Employers Benefit Fund Scholarship Award Program, majors in human ecology with a focus on literature and botany at College of the Atlantic in Bar Harbor, Maine.

College of the Atlantic isn't a typical liberal arts college. It only offers one major, so for the most part it's up to students to choose their educational paths. About 350 students attend and each has a say in campus policies and practices.

Benson chose College of the Atlantic after winning a "Fall Fly-In" contest in which the university paid students to fly to Maine and explore the campus. She has won two other scholarships from the Trust Fund.

Benson credits those awards for helping her stay focused on her studies instead of worrying about paying for expenses.

"The first time I won, I was awarded \$2,500 and the second time it was \$5,000," Benson said. "Now that I've won \$10,000 I realize how fortunate I am to have doubled my scholarships each year. It's really helped a lot."

Benson's father, Stephen Benson, works at Stater Bros.

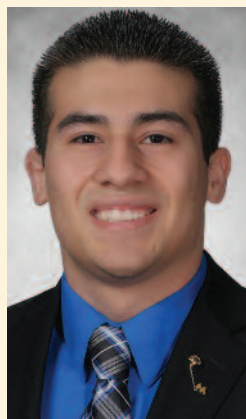
"If my dad wasn't in the union, I wouldn't have this opportunity," Benson said. "I'm grateful."

Benson is also grateful for the experiences she's had in her three years living in Maine. During her winter trimester last year, she and nine other students embarked on a 13-week trip to the Yucatan Peninsula in Mexico to learn Spanish.

"Our Spanish teacher couldn't speak English, so we were fully immersed in the Spanish language," Benson said. "It was challenging at first, but then I got the hang of it."

Benson will embark on her "senior project year" next year in which she plans to open and operate an artists' cooperative.

"The cooperative will most likely be a café," she said. "It'll be a place where we derive our income from sales of our products and artists will be able to live there and work when they want."



### One, two, three, **FOUR** times a winner

Johnny Bates, Jr. wins  
top scholarship for  
fourth year in a row

**J**ohnny Bates, Jr., winner of a \$10,000 grant from the UFCW and Food Employers Benefit Fund Scholarship Award Program, majors in chemical engineering at Carnegie Mellon University in Pittsburgh.

He has reached his senior year at the university with assistance from the Trust Fund's grants. He took an extra course in organic chemistry so he can graduate next May.

"My mom and I still can't believe how lucky we've been to win this award four times in a row," Bates said. "It's a real blessing."

#### The road to here

In his freshman and sophomore years, Bates couldn't decide between pursuing majors in mechanical engineering and chemical engineering. He decided in his junior year thanks to advice from a former teacher.

"My high school chemistry teacher, Ms. Harvey, recommended I choose chemical engineering because it's such a broad discipline that I'll be happy whenever I end up working," he said.

Bates and his mother, Elizabeth, who works at a Gelson's store in Palm Desert, have struggled with paying his college tuition and other expenses. These expenses include membership in the local chapter of the Kappa Sigma fraternity, which he now serves as president. He also joined a new meal plan at the university.

"When I won the scholarship this time, my mom asked if she could read the essay I wrote because she wanted to see how I've won the award so many times," he said.



## Trust Fund Scholarship Winners: \$157,500 to Local 1167 Recipients!

<u>Participant</u>	<u>Student</u>	<u>Award</u>	<u>Employer</u>
Stephen Benson	Miranda Benson	\$10,000	Stater Bros.
Elizabeth Bates	Johnny Bates, Jr.	\$10,000	Gelson's
Celina Goehring	Jessica Goehring	\$5,000	Ralphs
Peter Peralta	Self	\$5,000	Ralphs
Ernest Vilchis Jr.	Alyson Vilchis	\$5,000	Ralphs
Christina Lopez	Noah Carey	\$5,000	Stater Bros.
Joel Osborne	Mackenzie Osborne	\$5,000	Stater Bros.
Guadalupe Ramirez	Valeria Ramirez	\$5,000	Stater Bros.
Frank Rodriguez	Self	\$5,000	Stater Bros.
Luis Milward	Tessa Milward	\$5,000	Vons
Trung Pham	Katrina Pham	\$5,000	Vons
Maria Cortez	Abigail Murillo	\$2,500	Albertsons
Steven Curtis	Emily Curtis	\$2,500	Albertsons
Cheryl Kane	Braden Kane	\$2,500	Albertsons
Laurence Labrador	Christian Labrador	\$2,500	Albertsons
Shirley Labrador	Gabriella Labrador	\$2,500	Albertsons
Meriam Quiambao	Angela Quiambao	\$2,500	Albertsons
Wendy Woods	Alexis Woods	\$2,500	Albertsons
Rolando Curiel	Sandra Curiel	\$2,500	Ralphs
Heidi Emerick	Jillian Emerick	\$2,500	Ralphs
Michael Fujii	Jaclyn Fujii	\$2,500	Ralphs
Sarah Rizzi	Self	\$2,500	Ralphs
Robert Arcadi	Joshua Arcadi	\$2,500	Stater Bros.
Carissa Artz	Self	\$2,500	Stater Bros.
Raul Bonwell	Bianca Bonwell	\$2,500	Stater Bros.
David Cabral	Desire Cabral	\$2,500	Stater Bros.
Marilynn Camacho	Self	\$2,500	Stater Bros.
Jeffrey Canavan	Self	\$2,500	Stater Bros.
Jose Delao	Jesse Delao	\$2,500	Stater Bros.
Haylie Duncan	Self	\$2,500	Stater Bros.
Lisa Kennedy	Karissa Kennedy-Castillo	\$2,500	Stater Bros.
Mark Martinez	Anthony Martinez	\$2,500	Stater Bros.
Nicole Padilla	Taylor Padilla	\$2,500	Stater Bros.
Mathew Rabago	Self	\$2,500	Stater Bros.
Dabra Ranswill	Kirsten Ranswill	\$2,500	Stater Bros.
David Sanchez	Kylee Sanchez	\$2,500	Stater Bros.
Scott Sebek	Brooke Sebek	\$2,500	Stater Bros.
Oscar Solis	Self	\$2,500	Stater Bros.
Michael Soriano	Self	\$2,500	Stater Bros.
Veronica Tadeo	Erica Martinez	\$2,500	Stater Bros.
Julie Vasquez	Andrea Vasquez	\$2,500	Stater Bros.
Julie Vasquez	Andrue Vasquez	\$2,500	Stater Bros.
Veronica Arballo	Gabrielle Arballo	\$2,500	Vons
Charles McAmish III	Mariah McAmish	\$2,500	Vons
John Ohnemus	Jade Ohnemus	\$2,500	Vons
David Schreck II	Lauren Schreck	\$2,500	Vons
Connie Torres	Daniela Torres	\$2,500	Vons
Stacey Tyler	Ashlee Tyler	\$2,500	Vons

# Golf tournament benefits leukemia research

**U**FCW Locals 1167 and 1428 came together for their 15th annual Leukemia-Lymphoma Charity Golf Tournament on May 2 at the Sierra Lakes Golf Club in Fontana.

The event raised more than \$70,000 for the Leukemia and Lymphoma Society and the scholarship programs of both UFCW local unions.

A packed room of golfers, donors, sponsors and volunteer staff heard from Matt Russo, a representative of the Leukemia and Lymphoma Society, and Dr. Philip Sales, from the Ponderosa Dental Group in Rancho Cucamonga, who has participated in the Charity Golf Tournament since it began 15 years ago. Dr. Sales is now fighting leukemia himself.

"It's important that we pay attention to our bodies," Dr. Sales said. "If you feel something out of the ordinary, your body is telling you something, so listen."

Sales was experiencing substantial pain last year, so he and his wife made a doctor's appointment to get it checked out.

"The initial test was an ultrasound and when the results came in, I was asked to come to my doctor's office," Sales said.

"I knew I didn't owe my doctor any money, so I knew it was probably bad news," Sales joked of the news.

When he talked with his doctor, she informed him he had leukemia.



Dr. Philip Sales thanks participants at the charity event.

"The specific type of leukemia I have has a 72 percent survival rate," Sales said. "I intend to fight this thing and win so I can be one of the 72-percenters."

He has been receiving chemotherapy treatments every three weeks and his wife is with him every step of the way to support him. Sales is about halfway through his cancer treatment and continues to work at his practice.

Luckily for Sales and other cancer victims, the survival rate for

Hodgkin's lymphoma and leukemia is between 70 and 90 percent, and that's largely because of the work the Leukemia & Lymphoma Society (LLS) do (more on their work in the box below).

"They're all statistics until this disease hits someone you know," UFCW Local 1167 President Rick Bruer said. "Our efforts to raise money to help the LLS is vital to their success. You all make a difference by being here and helping support our cause."

## UFCW a powerful advocate for leukemia research and treatment

**T**he UFCW has been a powerful advocate for the Leukemia & Lymphoma Society (LLS) in North America for more than 30 years.

More than \$80 million has been raised to support blood cancer research since 1983, thanks to the continued generous commitment of UFCW activists.

"The UFCW and its 1.3 million members shine as an example of effective solidarity with a life-saving charity," Local 1167 President Rick Bruer said.

"In 2016 alone, the UFCW raised \$1.4 million in the United States and \$2.9 million in Canada for a total of \$4.3 million," he noted.

"Through its special partnership with the LLS, the UFCW is helping blood cancer patients live better and longer lives."



# Annual Charity Tournament





## Rosie's Corner



### *Summer is here: Don't forget the sunblock!*

**Y**ou wouldn't forget to wear a top before leaving your home, would you? But how often do you leave home without wearing sunblock?

Exposure to ultraviolet (UV) radiation can occur in the shade, as well as on hazy days and during the winter months. UV rays reflect off of water, cement, sand and other surfaces and they are most dangerous in the months of April to October between the hours of 10 a.m. and 4 p.m.

#### **UVA and UVB**

There are two types of UV rays that affect the skin: UVA (long wave) and UVB (short wave).

UVA is the stronger of the two and can penetrate the skin. Over time, UVA leads to skin aging and wrinkles. People who use tanning booths are exposed to this type of radiation.

UVB causes sunburns and other redness on the skin. It tends to affect the first couple of layers on the skin.

Seeking shade under an umbrella or tree can help reduce your chances of skin damage, but it is still important to wear sunscreen.

If possible, wear clothing that conceals your skin, such as hats with wide brims, long-sleeved shirts and sunglasses.



Babies under six months of age should be kept out of the sun as much as possible, and children of any age should avoid prolonged exposure to the sun without protection, since even a single sunburn can greatly increase the risk of developing skin cancer later in life.

#### **Types of sunblock**

Sunblock comes in a variety of scents and levels of protection. The basic level is SPF 15. Most T-shirts are rated just under SPF 15. By wearing a sunscreen rated at SPF 15, you are able to block 93 percent of the sun's UVB rays, while SPF 30 blocks 97 percent and SPF 50 blocks 98 percent.

It takes 20-30 minutes for the skin to absorb sunblock, so it should be applied 30 minutes before going in the sun. If possible, wait for 5-10 minutes after applying before putting on clothes.

It is important to reapply sunblock every two hours if you expect to be in the sun a long time or if you go swimming.



# Frances Nacke Noel

## Heroine of women's suffrage and workers' rights

**W**omen in all parts of the United States became eligible to vote following ratification of the 19th Amendment on Aug. 18, 1920, but this milestone of democracy followed decades of struggles by women and men fighting to achieve equality.

Heroines like Frances Nacke Noel pushed the movement into the mainstream through their perseverance and bravery.

Born in Saxony, Germany on Jan. 5, 1873, Noel was the first of six children. Throughout her childhood, she took care of her siblings and worked to help sustain her family. When she was 20 years old, she emigrated to the United States. She lived in New York, then Chicago and Denver.

In 1896, she ran unsuccessfully for a post in Denver's local government. Denver was among the few places in the nation where women could vote at the time, but often this meant they could vote only for choices given to them by men.

Noel was preparing to vote in a subsequent election when the wife of a local senator handed her a pre-filled ballot and asked Noel to sign it. When Noel asked why, the senator's wife explained that "young women are not fit to vote."

This remark outraged Noel and it motivated her to join the Socialist movement in Los Angeles. There, she joined several organizing movements to improve working conditions and pay for women, as well as provide access to child care, reproductive rights and the right to vote.

Noel was instrumental in gaining women's suffrage in California in 1911. The victory emboldened Noel as she led drives to register working women to vote. She was not afraid to argue with men on the street about the causes she held dear.

### A champion for women

Noel ran for office again in 1913, this time competing for a city council seat in Los Angeles. Although she lost, the council adopted her plans for determining a standard living wage. A strong proponent of worker solidarity, she helped organize a local branch of the Women's Trade League.

In her later years, Noel championed women's health care and fought to strengthen the female presence in the Labor Movement. She chaired the Women's Central Committee,



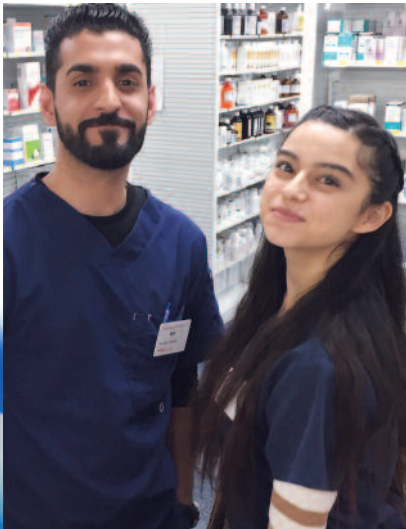
Frances Nacke Noel carries the banner for women's suffrage.

which tried to organize working women and housewives of union men. Noel believed women could help influence all workers to buy their goods from union businesses.

In the 1930s, she established the Mother's Clinic, which became the first clinic in the United States to issue birth control. She was a strong advocate of reproductive rights until her death in 1963.

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**Welcome, members from CVS! See pages 6-7**

