



# Labor News

Plastic Workers Union Local 18 and  
Chemical & Production Workers Local 30



Volume CIX

Hillside, Illinois

Spring 2019

# Spring

is in the

# Air

**CENTRAL STATES JOINT BOARD • EXECUTIVE BOARD**

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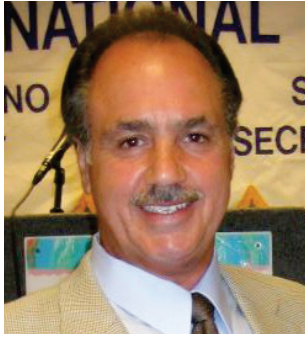
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# The President's Column

By Mark A. Spano



## GENERAL PRESIDENT'S REPORT

2018 brought with it many changes in the Labor industry in the United States, including to the National Labor Relations Board ("NLRB"). Namely, one major change included the confirmation and appointment of John Ring as chairman of the board, cementing a Republican majority. Prior to his appointment, Ring worked as a labor and employment attorney for Morgan, Lewis & Bockius representing large corporations in anti-union matters. Another nominee occurring in 2018 was for the NLRB's General Counsel, Peter Robb. Prior to his appointment, Robb was a vocal critic of NLRB many decisions protecting workers' rights, including decisions protecting workers' rights to use social media and the NLRB's rules removing employer roadblocks to representation elections. With these two appointments, unfortunately, all of the hard work and NLRB decisions from the Obama era that supported workers' rights to collectively bargain are in constant danger of being overturned by the Trump appointed majority.

The NLRB spent the entirety of 2018 reevaluating its own organizational structure, considering major alterations to processes at the agency that could affect many day-to-day issues, including case handling. The NLRB terminated its collective bargaining agreement with the Union representing its staff members – the NLRB Professional Association – in an effort to renegotiate its terms. These changes were met with fierce opposition; on November 8, many career staffers at the NLRB protested and handed out leaflets outside an American Bar Association conference, the second such employee action in the current board's first year. The employees claim the agency is trying to make more pay cuts and cut back benefits, despite ending the fiscal year with a budget surplus.

Perhaps the most important NLRB advancement is the current proposed changes to the NLRB's joint employer test. On September 14, 2018, the board proposed a regulation that would clarify that separate employers would only be considered joint employers of a group of employees if both of the two employers actually exercise substantial direct and immediate control over the employees' essential terms and conditions of employment. The Board also clarified that the indirect influence and contractual reservations of authority would no longer be sufficient to establish a joint-employer relationship. This proposed rule would reverse the NLRB's 2015 decision in *Browning-Ferris Industries of California, Inc.*, which many believed signaled the beginning of the end of outdated laws that failed to address an economic structure tilted against working families. As it does with every proposed rule, the NLRB is allowing time for submitting comments regarding the rule, and on multiple occasions extended the time to comment. If passed, this rule could result in employers avoiding consequences for various labor law offenses and further restrict workers' bargaining power.

2018 was a difficult year in which divided government dominated the headlines, as evidenced by the recent government shutdown that resulted in hundreds of thousands of government workers going weeks without a paycheck. It is vital now more than ever that organized labor remains united and strong, supporting one another in the face of corporate greed and divisiveness. Our members must continue to stay vocal and vigilant against any and all attempts to impede our ability to organize and represent our members. After all, our collective future is at stake.

# Columna Del Presidente

Por Mark A. Spano



## INFORME DEL PRESIDENTE GENERAL

El año 2018 trajo consigo muchos cambios en el sector laboral de Estados Unidos, incluida la Junta Nacional de Relaciones Laborales (National Labor Relations Board, "NLRB"). Concretamente, uno de los cambios importantes fue la confirmación y el nombramiento de John Ring como presidente de la junta, lo que consolidó una mayoría republicana. Antes de su nombramiento, Ring se desempeñó como abogado especializado en leyes laborales para Morgan, Lewis & Bockius y ha representado a grandes corporaciones en asuntos antisindicales.

Otra persona designada en 2018 fue Peter Robb como asesor general de la NLRB. Antes de su nombramiento, Robb fue un crítico vocal de muchas decisiones de la NLRB que protegen los derechos de los trabajadores, como las decisiones que protegen el derecho de los trabajadores a las redes sociales en EE. UU. y las normas de la NLRB que eliminan los obstáculos del empleador para las elecciones de representación. Con estos dos nombramientos, lamentablemente, la ardua labor y las decisiones de la NLRB desde la era de Obama que respaldaban los derechos de los trabajadores a la negociación colectiva, se encuentran en peligro constante de ser anuladas por la mayoría nombrada por Trump.

La NLRB pasó todo el año 2018 reevaluando su propia estructura organizativa, considerando modificaciones importantes en los procesos de la agencia que podrían perjudicar muchas cuestiones cotidianas, incluida la gestión de casos. La NLRB rescindió su convenio de negociación colectiva con el Sindicato que representa a los miembros de su personal (NLRB Professional Association) en un intento de renegociar sus términos. Estos cambios despertaron una feroz oposición. El 8 de noviembre, muchos empleados profesionales de la NLRB protestaron y repartieron folletos fuera de una conferencia del Colegio de Abogados de Estados Unidos (American Bar Association), y fue la segunda vez que los empleados actuaron de esa manera en el primer año de la junta actual. Los empleados sostienen que la agencia intenta llevar a cabo más recortes salariales y de beneficios, a pesar de que el año fiscal finalizó con un superávit presupuestario.

Quizás, el avance más importante de la NLRB son los cambios actuales propuestos en la prueba de empleadores conjuntos de la NLRB. El 14 de septiembre de 2018, la junta propuso una reglamentación que aclaraba que los empleadores separados solo se considerarían empleadores conjuntos de un grupo de empleados si los dos empleadores controlan de forma sustancial directa e inmediata los términos y las condiciones esenciales de empleo de los empleados. Además, la Junta aclaró que la influencia indirecta y las reservas contractuales de autoridad ya no serían suficientes para establecer una relación de empleador conjunto. Esta norma propuesta revertiría la decisión de 2015 de la NLRB relativa a Browning-Ferris Industries of California, Inc., que muchos creyeron que marcaba el comienzo del fin de leyes obsoletas que no abordaban una estructura económica que perjudica a las familias trabajadoras. Como lo hace con cada norma propuesta, la NLRB brinda un plazo para enviar comentarios sobre la norma y, en varias ocasiones, ha prorrogado dicho plazo. De aprobarse, esta norma podría dar lugar a que los empleadores eviten las consecuencias de diversas infracciones de las leyes laborales y restrinjan aún más el poder de negociación colectiva de los trabajadores.

El 2018 fue un año difícil durante el cual el gobierno dividido acaparó los titulares, como lo demuestra la reciente paralización de los servicios gubernamentales que ocasionó que cientos de miles de empleados públicos pasaran semanas sin cobrar. Ahora más que nunca es fundamental que el sindicato permanezca unido y fuerte, apoyándose mutuamente a la vista de la división y codicia corporativa. Nuestros afiliados deben seguir activos y atentos a cualquier intento de impedir nuestra capacidad de organización y representación de nuestros afiliados. Después de todo, nuestro futuro colectivo está en juego.

## IMPORTANT NOTICE

During the past year we have had several members pass away. While processing there Death Benefits either we had no beneficiary listed and in some cases a wrong person. Through the years unfortunately people pass away, or get divorced and the beneficiary listed may not be the person you intended to get a Death Benefit and or Pension Benefit. We did have one case where the family had to go through the expense of hiring an attorney in order to get a benefit.

Whether it is through the Union or your place of employment it is very important we have the proper paperwork. We cannot divulge to anyone who the beneficiary is unless we have that person listed. If your life has changed through the years or if you want to change your beneficiary please fill out the form below and give a copy to your employer, the Union and keep one copy for yourself.

Please fully complete this form and sign it if you wish to designate a beneficiary or if you want to change your existing beneficiary designation.

### Members Information

|                                    |
|------------------------------------|
| Name (First, Middle initial, Last) |
| Name of Current Employer           |

### Primary Beneficiary (ies)

I designate the person(s) named below as my primary beneficiary (ies) to receive payment under the policy in the event of my death. The share of any primary beneficiary who is no longer living or is otherwise disqualified by law at the time of my death, will pass to any remaining beneficiary (ies) in the order I designated.

|      |               |              |           |
|------|---------------|--------------|-----------|
| Name | Date of birth | Relationship | Address 1 |
| Name | Date of birth | Relationship | Address 1 |
| Name | Date of birth | Relationship | Address 1 |

### Authorization and Signatures

By signing this document, I understand and agree to the following: This beneficiary designation revokes all prior designations. This beneficiary designation form will apply to my Insurance benefit established in connection with my Employers benefits and or Union benefit. If more than one primary beneficiary is named and no percentages are indicated, payment will be made in equal shares to my primary beneficiary (ies) who survive(s) me or if the percentages listed do not add up to 100%, Union will disburse the benefit pursuant to its discretion and/or pursuant to the above policy provisions if applicable.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**AVISO**  
**REGLAMENTOS DEL BENEFICIO OPTICO - REVISADO febrero 1, 2016**

1. Solamente miembros de la unión que sean afiliados de la Unión Local del Central States Joint Board serán elegibles a Beneficios Ópticos.
2. Los miembros elegibles podrán recibir un beneficio óptico después de doce (12) pagos consecutivos de cuotas mensuales y cada dos años después de eso, siempre que hayan hecho doce (12) pagos consecutivos de cuotas mensuales antes de la solicitud para Beneficios Ópticos.
3. Comuníquese con la Oficina de la Unión al (312) 738-0822 para la verificación y elegibilidad de Beneficios Ópticos.
4. Su Unión Local le reembolsará a los miembros elegibles al recibo de una cuenta pagada por cuidado óptico a base de la siguiente escala:

|                                    |          |
|------------------------------------|----------|
| Examen y lentes de visión sencilla | \$ 80.00 |
| Examen y lentes Bifocales          | \$100.00 |
| Examen y lentes de Contacto        | \$100.00 |
| Examen solamente                   | \$ 30.00 |

Durante períodos de paros forzosos o permisos de ausencia, será la responsabilidad del miembro, comunicarse con la Oficina de la Unión y solicitar la información de cómo permanecer en buena posición y ser elegible a estos beneficios.

**NOTICE**  
**OPTICAL BENEFIT REGULATIONS - REVISED FEBRUARY 1, 2016**

1. Only Union members who are affiliates of the Central States Joint Board Local Unions are eligible for Optical Benefits.
2. Eligible members may receive an optical benefit after twelve (12) consecutive monthly dues payments and every two years thereafter providing they have made twelve (12) consecutive monthly dues payments prior to the request for Optical Benefits
3. Contact the Union Office at (312) 738-0822 for verification and eligibility of Optical Benefits.
4. Your Local Union will reimburse eligible members upon receipt of paid invoice for optical care based on the following schedule:

|                               |          |
|-------------------------------|----------|
| Exam and single vision lenses | \$ 80.00 |
| Exam and Bi-focal lenses      | \$100.00 |
| Exam and Contact lenses       | \$100.00 |
| Examination only              | \$ 30.00 |

During periods of Lay-off or leaves of absence it is the responsibility of the member to contact the Union Office and request the information of how to remain in good standing and eligible for these benefits.

## MIDWEST PENSION PLAN

The Midwest Pension Plan wants to remind your Union brothers and sisters if they plan or retiring to call or come into the office about three months prior to their retirement date so we can process the requested information in a timely manner. Also please keep the Plan informed about any address changes you have so that you may receive the proper documents. If your shop is closing or if you are leaving employment in the shop please go to the Human Resource Director and obtain a letter stating your original hire date and your termination date.

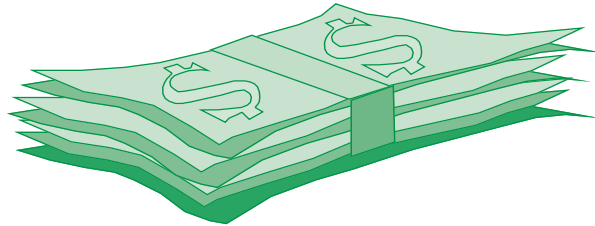
## EL PLAN DE MIDWEST PENSION

El plan de Midwest Pension quiere recordar a sus hermanos y hermanas de la Unión si planean en retirarse de visitar o llamar tres meses antes de su fecha de retiro, así podemos procesar la información requerida. También mantener el plan informado de cualquier cambio de dirección, para así usted recibir la documentación apropiada. Si su Compañía está cerrando o piensa dejar su trabajo por favor de visitar al Director de Recursos Humano y obtener una carta clarificando cuando comenzó a trabajar y su ultimo día de trabajó.

# ORGANIZING SEAS

## TIME TO CASH IN ON A SPECIAL BONUS OFFER

IT HAS BEEN A PAST PRACTICE OF THE CENTRAL STATES JOINT BOARD TO GIVE OUT CASH BONUS. WHY DON'T YOU BE ONE OF MANY UNION MEMBERS TO RECEIVE ONE (IN SOME CASES HUNDREDS OF DOLLARS).



IF YOU KNOW OF A NON-UNION SHOP OR HAVE FRIENDS OR RELATIVES WORKING IN ONE YOU ARE ELIGIBLE FOR A CASH BONUS, **IF WE SUCCESSFULLY ORGANIZE THE COMPANY.** FOR DETAILS ON HOW TO RECEIVE YOUR BONUS SEE YOUR BUSINESS REPRESENTATIVE OR CONTACT THE UNION OFFICE AT:

312 – 738-0822  
245 FENCL LN., HILLSIDE, IL 60162

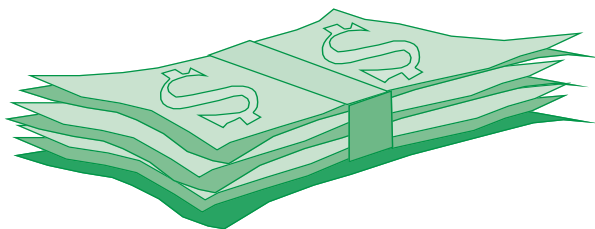
ORGANIZING DEPARTMENT  
CENTRAL STATES JOINT BOARD, AFL-CIO

# JOIN YOUR UNION UNORGANIZED TO KEE

# SON HAS STARTED

## YA ES HORA DE SACAR PROVECHO DE UNA OFERTA ESPECIAL DE BONIFICACION

HA SIDO UNA PRACTICA PASADA DEL CENTRAL STATES JOINT BOARD EN DAR BONIFICACIONES EN EFECTIVO. PORQUE NO ES USTED UNO DE LOS MUCHOS MIEMBROS DE LA UNION QUE RECIBA UNA (EN ALGUNOS CASOS HASTA CIENTOS DE DOLARES).



SI USTED CONOCE DE ALGUNA FABRICA QUE NO TENGA UNION O SI TIENE AMIGOS O FAMILIARES QUE TRABAJEN EN UNA, USTED ES ELEGIBLE A RECIBIR UNA BONIFICACION EN EFECTIVO, SI NOSOTROS ORGANIZAMOS EXITOSAMENTE LA COMPANIA. PARA DETALLES DE COMO RECIBIR SU BONIFICACION, VEA A SU REPRESENTANTE DE NEGOCIOS O COMUNIQUESE CON LA OFICINA DE LA UNION AL:

312 – 738-0822  
245 FENCL LN., HILLSIDE, IL 60162  
DEPARTAMENTO ORGANIZADOR  
CENTRAL STATES JOINT BOARD, AFL-CIO

# TO ORGANIZE THE P OUR UNION STRONG

## CENTRAL STATES JOINT BOARD LOCAL UNION DEATH BENEFITS

Revised February 1, 2016

Members of local unions affiliated with the Central States Joint Board are eligible for the following death benefits:

1. If the eligible member has made monthly dues payments for the twelve (12) consecutive months immediately preceding the date of his/her death, his/her beneficiary shall receive a one thousand dollar (\$1,000.00) death benefit.
2. If the eligible member has made monthly dues payments for the sixty (60) consecutive months immediately preceding the date of his/her death, his/her beneficiary shall receive a two thousand three hundred dollars (\$2,300.00) death benefit.
3. In order to receive the death benefit, the beneficiary must have been designated in a writing signed by the eligible member. The Local Union has forms which can be used by eligible members to designate or change the beneficiary for the death benefit. If the Local Union eligible member does not designate a beneficiary in writing or if the designated beneficiary is deceased or cannot be located by the Local Union the death benefit will be paid to the eligible member's estate.
4. The death benefits shall not be subject in any manner to anticipation, alienation, sale, transfer, assignment, pledge, encumbrance, charge, garnishment, execution, or levy of any kind, either voluntary or involuntary including any such liability which is for alimony or other payments for the support of a spouse or former spouse or for any other relative of the eligible member or his/her beneficiary, prior to actually being received by the beneficiary; any attempt to anticipate, alienate, sell, transfer, assign, pledge, encumber, charge or otherwise dispose of any right to benefits payable hereunder, shall be void. Neither the Central States Joint Board nor the Local Unions affiliated with the Central States Joint Board shall in any manner be liable for, or subject to the debts, contracts, liabilities, engagements or torts of any person entitled to benefits hereunder.
5. It is the obligation of the member to contact the Union Office and request information on how to remain an eligible member during periods of layoff or leaves of absence.

## CENTRAL STATES JOINT BOARD BENEFICIOS DE FALLECIMIENTO DE LA UNION LOCAL

Revisado Febrero 1, 2016

Los miembros de las uniones locales afiliados con la Central States Joint Board serán elegibles a los siguientes beneficios de fallecimiento:

1. Si el miembro elegible ha hecho pagos mensuales de las cuotas por los doce (12) meses consecutivos inmediatamente anterior a la fecha de su fallecimiento, su beneficiario recibirá un beneficio de fallecimiento de mil dólares (\$1,000.00).
2. Si el miembro elegible ha hecho pagos mensuales de las cuotas por los sesenta (60) meses consecutivos inmediatamente anterior a la fecha de su fallecimiento, su beneficiario recibirá un beneficio de fallecimiento de dos mil trescientos dólares (\$2,300.00).
3. Para recibir el beneficio de fallecimiento, el beneficiario tiene que haber sido designado en forma escrita, firmada por el miembro elegible. La Unión Local tiene formularios que pueden usar los miembros elegibles para designar o cambiar al beneficiario para el beneficio de fallecimiento. Si el miembro elegible de la Unión Local no designa a un beneficiario por escrito o si el beneficiario designado está muerto o no puede ser localizado por la Unión Local, se le pagará el beneficio de fallecimiento al estado del miembro elegible.
4. Los beneficios de muerte no serán sujetos de ningún modo a la anticipación, alienación, venta, traslado, asignación, garantía, impedimento, carga, retención de sueldo, ejecución, o recaudación de cualquier tipo, sea voluntario o involuntario, incluyendo cualquier tal obligación que sea por pensión u otros pagos para el mantenimiento de un cónyuge o un cónyuge pasado o para cualquier otro pariente del miembro elegible o su beneficiario, antes de ser efectivamente recibido por el beneficiario; cualquier intento en anticipar, alienar, vender, trasladar, asignar, garantizar, impedir, cobrar o de otro modo disponer de cualquier derecho a beneficios pagables conforme a la presente, será nulo. Ni la Central States Joint Board ni las Uniones Locales afiliadas con la Central States Joint Board serán, de ninguna manera, responsables, o sujetas a las deudas, contratos, obligaciones, compromisos o agravios de cualquier persona con derecho a los beneficios conforme a la presente.
5. Es la obligación del miembro de ponerse en contacto con la Oficina de la Unión y pedir información sobre cómo seguir siendo un miembro elegible durante los períodos de paros forzados o permisos de ausencia.

### Women's Health and Cancer Rights Act of 1998 Annual Notice

"Did you know that your plan, as required by the Women's Health and Cancer Rights Act of 1998, provides benefits for mastectomy-related services including reconstruction and surgery to achieve symmetry between the breasts, prostheses, and complications resulting from mastectomy. For additional information please call the Plan Office at 1-312-738-0822 or 1-800-25-UNION."

\* \* \* \* \*

### Aviso Anual del Acta de Derechos de Salud y Cáncer de Mujeres de 1998

"Sabía usted que su plan, según se requiere por el Acta de Derechos de Salud y Cáncer de Mujeres de 1998, proporciona beneficios para servicios relacionados con la mastectomía, incluyendo la reconstrucción y cirugía para lograr la simetría entre los pechos, prótesis, y complicaciones que resulten de la mastectomía. Para información adicional, por favor llame a la Oficina del Plan al 1-312-738-0822 o al 1-800-25-UNION."

\* \* \* \* \*

### Ustawa o Prawach Kobiet w Zakresie Opieki Zdrowotnej I Leczenia Raka z roku 1998 – doroczne zawiadomienie

"Czy wiedziałas, że Twój plan opieki zdrowotnej, zgodnie z przepisami Ustawy o Prawach Kobiet w Zakresie Opieki Zdrowotnej I Leczenia Raka z roku 1998, zapewnia pokrycie kosztów usług związanych z usunięciem piersi, w tym rekonstrukcji piersi, operacji przywracania symetrii pomiędzy piersiami, protez i leczenia powikłan operacji usunięcia piersi? Dodatkowe informacje można uzyskać w Biurze Planu, dzwoniąc pod numer 1-312-738-0822 or 1-800-25-UNION."



## UNION MADE BUY

As the unofficial start of summer, Memorial Day celebrations often include a backyard barbeque for friends and family. Celebrate this Memorial Day with these union-made products from our friends at the BCTGM, UFCW, IBB, UAW and the Novelty Workers.

### FIRE UP A UNION-MADE GRILL:

Weber  
Thermador

### THE BUN TO PUT EM ON:

Alfred Nickles Bakery  
Sunbeam  
Maier's  
Stroehmann  
Arnold  
Francisco

### ON A BUN:

Butterball burgers and franks  
Wenzel's sausage  
Smithfield sausage  
Oscar Mayer hot dogs  
Boars Head hot dogs  
Ball Park Franks  
Hebrew National franks  
Foster Farms fresh chicken  
Hormel Red Franks  
Nathan's Ball Park hot dogs

### TOP 'EM OFF:

Heinz Ketchup  
Open Pit  
French's  
Gulden's Mustard  
Frank's Red Hot  
Vlasic brand pickles

### ON THE SIDE:

Burnham and Morrill Bake Beans  
Pace Salsa  
Frito-Lay  
Chex Mixes  
Sun Chips  
Pirate Booty  
Cheez-It  
Suddenly Salad

Rold Gold  
Doritos  
Lays Chips and French Onion Dip  
UTZ Pretzels  
Bugles

### BEER:

American Lager  
Hamm's  
Shock Top  
Alexander Keiths  
Genesee Cream Ale  
Mickey's Malt  
Iron City  
Michelob  
Icehouse  
Steelhead Fine Ale  
Lionheads  
Camo Black Ice  
Miller beer  
Budweiser/Bud Light  
Coors/Coors Light  
Moosehead  
Red Stripe  
Mad River  
Leinenkugel's  
Red Dog  
Stegmaier

### WINE:

Andre Champagne  
Columbia Crest  
Farron Ridge  
Balletto  
C.K. Mondavi  
Gallo of Sonoma  
Turning Leaf  
St. Supery  
Almaden  
Bartles & James

Carlo Rossi  
Chateau Ste. Michelle  
Saddle Mountain  
Scheid Vineyards, Inc.  
Charles Krug  
C.R. Cellars  
Gallo Estate  
Arbor Mist  
Tott's Champagne  
Berelli Creel  
Black Box

### NON-ALCOHOLIC BEVERAGES:

Welch's Juices  
Hawaiian Punch  
V8  
Mountain Dew  
Coke, Diet Coke  
7-UP  
Orange Crush  
Barq's  
Old Philadelphia  
Minute Maid  
Mott's  
Sprite  
Pepsi, Diet Pepsi  
Canada Dry  
A&W Root Beer  
RC Cola  
Blumers

### TOAST SOME S'MORES:

Keebler Graham Crackers  
Hershey's Chocolate Bars  
Campfire Marshmallows

### CAKES:

Tastykake  
Entenmann's  
Sara Lee (frozen)

## SPRING CLEANING 2018 Union Made

AS HARD AS IT MAY BE TO BELIEVE, SPRING IS JUST AROUND THE CORNER. AND THAT MEANS IT IS JUST ABOUT TIME FOR SOME SPRING CLEANING. Erma Bombeck once said "my idea of spring cleaning is to sweep the room with a glance." Unfortunately most of us don't get off that easy.

So if you plan to join in the ritual here are some union-made cleaning products to help you get your home to sparkle and shine. HERE ARE SOME UNION-MADE PRODUCTS THAT WILL MAKE YOUR HOME SPARKLE AND SHINE.

### From our friends at IUE-CWA; IFCW; IBT; USW; IAMAQ; IBB; CWUC-UFCW; IUOE; GCC-IBT

Ajax Dishwashing Liquid  
All Laundry Detergent  
Blanco Bleach  
Clorox Bleach Tabs  
Clorox Disinfecting Wipes  
Fab Laundry Detergent  
Final Touch Fabric Softener  
HiLex Bleach  
J.R. Watkins Naturals  
Love My Carpet  
Miniwax  
Mountain Pine  
Palmolive  
Snuggle  
Soft Scrub  
Tide Soap  
Wisk

Ajax Cleaning Powder  
Artic Bright Bleach  
Bowl Fresh Toilet Bowl Sanitizer  
Clorox  
Dynamo Laundry Detergent  
Fiberguard Carpet Cleaners  
Fresh Start Laundry Detergent  
J.R. Watkins Laundry Detergent  
Lysol  
Mini Safe Scour  
Mop & Glo  
Palmolive Dishwashing Liquid  
Purex Laundry Products  
Spic N' Span Clean Wipes  
Sunlight  
Top Job Household Bleach



## HERE ARE SOME GREAT TIPS! LOOK THEM OVER AND KEEP THEM HANDY

- Peel a banana from the bottom and you won't have to pick the little 'stringy thing' off it. That's how the primates do it.
- Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.
- Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!
- Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.
- Reheat Pizza – Heat leftover pizza in a nonstick skillet on top of the stove; set heat to med low and heat till warm. This keeps the crust crispy. No soggy micro pizza. I saw this on the food channel and it really works.
- Easy Deviled Eggs – Put cooked egg yolks in a zip lock bag. Seal; mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy; squeeze mixture into egg. Just throw bag away when done – easy clean up.
- Reheating refrigerated bread – To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave next to a cup of water. The increased moisture will keep the food moist and help it reheat faster.
- Newspaper weeks away – Start putting torn newspaper in your plants; work the nutrients in your soil. Wet newspapers, put layers around the plants, overlapping as you go; cover with mulch and forget about weeds. Weeds will get through some gardening plastic; they will not get through wet newspapers.
- Broken Glass – Use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.
- Flexible vacuum – To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.
- Reducing Static Cling – Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Place pin in seam of slacks and ... tad a! ... static is gone.
- Measuring Cups – Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry cup. Next. Add your ingredient (peanut butter, honey, etc.) and watch how easily it comes right out.
- Foggy Windshield? – Hate foggy windshields: Buy a chalk board eraser and keep it in the glove box of your car. When the windows fog, rub with the eraser! Works better than a cloth!
- Reopening envelope – If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. Viola! It unseals easily.
- Conditioner – Use your hair conditioner or vitamin E cream to shave your legs. It's cheaper than shaving cream and leaves your legs really smooth. It's also great way to use up the conditioner you bought but didn't like when you tried it in your hair.
- Goodbye Fruit Flies – To get rid of pesky fruit flies, take a small glass, fill it ½ with Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. You will find those flies drawn to the cup and gone forever!
- Get Rid of Ants – Put small piles of cornmeal where you see ants. They eat it, take it 'home', can't digest it so it kills them. It may take a week or so, especially if it rains, but it works and you don't have to worry about pets or small children being harmed!
- Drinking two glasses of Gatorade can relieve headache pain almost immediately with no unpleasant side effects caused by traditional "pain relievers".
- Info About Clothes Dryers This Is About The Best Hint Ever Heard – The heating unit went out on my dryer! The gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes). He took the filter over to the sink and ran hot water over it. The lint filter is made of a mesh material. I'm sure you know what your dryer's lint filter looks like. Well ... the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dry sheets cause a film over that mesh – that's what burns out the heating unit. You can't **SEE** the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free. You know how they can feel waxy when you take them out of the box well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush at least ever three months. He said that increases the life of the dryer at least twice as long! How about that! Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share!
- Note: I went to my dryer and tested my screen by running water on it. The water ran through a little bit but mostly collected all the water in the mesh screen. I washed it with warm soapy water and a nylon brush and I did it in 30 seconds. Then when I rinsed it ... the water ran right thru the screen! There wasn't any puddling at all! That repairman knew what he was talking about!

**PLEASE PASS THIS ON TO OTHER PEOPLE YOU KNOW  
NOT ONLY COULD IT SAVE SOMEONE'S HOME, BUT IT COULD SAVE A LIFE!**

# VACATION

## DO BUY

Most travelers plan their summer vacation in the month of February. The Union Label and Service Trades Department, AFL-CIO, wants to help you plan your next union-made get away.



### COCKTAILS

Celebrate the warm breezes by sharing a tropical union-made cocktail. In a large pitcher, stir together Dole pineapple juice, Captain Morgan spiced rum, and Del Monte fresh lime juice. Refrigerate until chilled. Serve over ice.



### HOTEL

Find your union hotel by visiting the UNITE HERE Fair Hotels website: [www.fairhotel.org](http://www.fairhotel.org)



### PACKING

Whether heading to the beach or having a stay-cation by the pool, be sure to pack your union-made Coppertone or Bain De Soleil sunscreen, some Chapstick for your lips and some Solarcaine, just in case.



### TICKETS

Book your flight on a union airline. Most U.S. airlines are union staffed from pilots and crew to mechanics and reservation call centers.



### ROUTES

Amtrak travels to 500 destinations around the U.S. And their trains are operated, staffed and maintained by union members. Rather Drive? Greyhound buses are operated and maintained by members of the Amalgamated Transit Union (ATU) which also represents the operators, drivers and support workers for the Metro (Washington DC) transit system. As well, Avis and Budget Rental are union.



BOOK UNION 01

STAY UNION 02

BUY UNION 03

PLAY UNION 04

### DESTINATIONS

Many family-friendly destinations from national and state parks and landmarks, American's favorite baseball stadiums, Disney World and most other theme parks are union staffed. Union members can find discount admissions tickets to select theme parks online at [www.unionplus.com](http://www.unionplus.com). Other union destinations include Broadway shows, Sporting events, Smithsonian galleries, museums, and zoos, and the Grand Ole Opry, just to name a few.

U.S. Passports are issued through your union staffed post offices.



**ALWAYS CHECK FOR INFORMATION REGARDING BENEFITS PROVIDED BY  
CENTRAL STATES JOINT BOARD HEALTH & WELFARE AND MIDWEST PENSION.**



**2019  
MONDAY NIGHT SCHEDULE OF UNION OFFICE  
GENERAL BUSINESS, ATTORNEY AVAILABILITY  
HEALTH & WELFARE AND PENSION**

**March 4th • June 3rd  
September 9th • December 2nd**

Please be advised that these are the only nights that the Union office will be open on Mondays until 7:00 p.m.

Esto es para informareis que estas son las únicas noches que la oficina de la Unión estará abierta los lunes hasta las 7:00 p.m.

**2019 UNION MEETINGS LOCAL 18 2019**  
**Time: 6:00 p.m. SHARP**  
**Place: UNION HALL • 245 FENCL LANE, HILLSIDE, IL**  
**TUESDAY, MARCH 5TH • TUESDAY, JUNE 4TH**  
**TUESDAY, SEPTEMBER 10TH • TUESDAY, DECEMBER 3RD**

**2019 UNION MEETINGS LOCAL 30 2019**  
**Time: 6:00 p.m. SHARP**  
**Place: UNION HALL • 245 FENCL LANE, HILLSIDE, IL**  
**MONDAY, MARCH 4TH • MONDAY, JUNE 3RD**  
**MONDAY, SEPTEMBER 9TH • MONDAY, DECEMBER 2ND**

**IMPORTANT NOTICE**

Federal Regulations compel mass mailings therefore we must have your current home address on file. If you have moved in the last year please fill out the form below and either give it to the Business Agent or the Human Resource Department so it can be forwarded to us.

In many cases of returned mail it is because you may not have changed your address at your Doctor's Office. The next time you have to see your Doctor make sure he or she has your present address.

**AVISO IMPORTANTE**

Los Reglamentos Federales obligan envíos de gran cantidad, por lo tanto, debemos de tener la dirección actual de su casa en el archivo. Si usted se ha mudado en el último año, por favor complete el formulario a continuación, y entrégueselo Agente de Negocios o al Departamento de Recursos Humanos para que puedan remitirlo a nosotros.

En muchos casos la vuelta de correo es porque uno no ha cambiado la dirección con la oficina del médico. La siguiente vez que tenga que ver a su médico, este seguro que tengan su dirección actual.

H&W \_\_\_\_\_ Date \_\_\_\_\_  
 Union \_\_\_\_\_  
 Pension \_\_\_\_\_

**CHANGE OF ADDRESS**  
(PLEASE PRINT)

Name \_\_\_\_\_  
 SSN \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 New Address \_\_\_\_\_  
 \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
 Shop \_\_\_\_\_ Local \_\_\_\_\_

H&W \_\_\_\_\_ Fecha \_\_\_\_\_  
 Unión \_\_\_\_\_  
 Pensión \_\_\_\_\_

**CAMBIO DE DIRECCIÓN**  
(ESCRIBIR CON LETRA DE IMPRENTA)

Nombre \_\_\_\_\_  
 Numero de Seguro Social \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Dirección Nueva \_\_\_\_\_  
 \_\_\_\_\_  
 Ciudad \_\_\_\_\_ Estado \_\_\_\_\_ Zona Postal \_\_\_\_\_  
 No. de Telefona ( \_\_\_\_\_ ) \_\_\_\_\_  
 Planta \_\_\_\_\_ Local \_\_\_\_\_



**Labor News**

of the  
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**ANITA YOUNG, Editor**  
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