The New Union Voice

A monthly publication by

The International Association of Machinists & Aerospace Workers Local Lodge 774, District Lodge 70, ICT



IAM Training

I recently attended the Women's Leadership Program at the William W. Winpisinger Education and Technology Center (Dubbed W3), in Hollywood, MD. This was an amazing learning opportunity, and I am grateful.

I came home with a book of knowledge; from the structure and services that our Union offers; how women have affected our labor history; information on resolving conflicts; and the future of women in the labor movement.

My goal is to share this knowledge with others and to become a more active member in our Union with the hope of strengthening our membership by giving women a stronger voice in the labor movement.

If anyone is experiencing workplace bullying, be sure you report it immediately to your Union Steward or Plant Chair.

The International Association of Machinists Corporation for Re-Employment Safety & Training (IAM CREST) has a workplace violence survey on their website. Please take the survey at:

> https://www.goiam.org/news/takeour-workplace-violence-survey/

The information is a valuable resource tool for our Union and its members.

Submitted in Solidarity, Wendy Brooks

Shop Steward, Department #132





To learn more about the IAM's William W. Winpisinger Education and Technology Center or to view the new 2019 Class Schedule, you can visit their website @: <u>winpisinger.iamaw.org/</u>

Understanding the Outcome of the 2018 Mid-Term Election

Brothers and Sisters,

First, let me say thank you to those of you that voted in the Kansas Mid-Term Election.

As I'm sure you know, Laura Kelly won the Governor's race for Kansas. I believe that labor will now have a voice in the highest office of our State. As Governor, Laura Kelly will have the power to veto bills that are harmful to working people.

I regrettably report that labor also lost some very good proponents who always spoke up and stood for our labor's cause.

Nationally, the labor cause did pick up some new labor proponents in the U.S. House of

Representatives including Sharice Davids in District 3, Shawnee, Kansas.

Remember, we *can* control our destiny by supporting and voting for the candidates that support the labor movement (i.e. the working-class people).

I wish you all a great *(Union negotiated time-off with pay)* Thanksgiving!



In Solidarity, Gary Hall

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Unionism at Textron Aviation

Whether you voted to accept or voted to reject the tentative agreement on seniority language, it is important to remember that it was the democratic process that brought us to this point.

As union members and true unionists, it is time to put the division behind us and unify like never before! The silver lining is one of great value to every one of us, this vote removed the company's ability to use this as a wedge issue to use against us in the quickly coming 2020 contract negotiations.

Now it is time for us; the proud "Fighting Machinists" of IAMAW Local Lodge 774 to put all else aside and prepare to take on the leadership of Textron Aviation.

The dividing lines are no longer keeping us in separate stalls. Together we can make some major improvements in our collective bargaining agreement and solidarity is how we'll obtain those improvements! As a result, we will improve our quality of life and the quality of life in the community. *We must stand together with a united front!*

There are several ways we can and must prepare for these negotiations.



1.) If you haven't, start saving money in case the company forces us to strike. If so, we need to go out and *stay out* until we get what we need to go back to work. (We'll send a message to the company by creating a savings account at Skyward, ask them to name it "Strike Fund" and put your strike money in it.)

2.) Let's make sure the company is hearing the same message from all of us: That we are united, strong and willing to take them to the wall. Case in point; Textron Aviation has some major contracts that have to be filled and they can't do that if we aren't in the factory building airplanes.

3.) We must **organize**! We need to educate the non-members and new hires of the importance of what we face in 2020. We will need their help, and their participation will benefit the entire work-force at Textron Aviation! We must do this now, not later. We need every one of our coworkers to be united with us for a better future for us and our children.

Who's to say that *together* we couldn't get the best contract we've ever had in 2020!

In Solidarity, Marcus German Proud Member of Local Lodge 774



WE ARE

2020 READY

COMMUNITY SERVICE

It's a good time of year to reflect on the years blessings, and I have "A LOT" to be thankful for!

Thank you Veteran's for your service!

Thank you to all the members that have put time and effort into organizing and participating in events so far this year!

I also want to take a moment to remind everyone that there are many families in our community that are in need during the holiday season, let's step up together to do what we can. We also have Christmas quickly approaching, so if you're looking to help those less fortunate, ask your Union Representative to help you adopt an Angel for the Angel Tree Challenge. You can learn more about the Angel Tree Challenge on our webpage @:

<u>http://www.11774.org</u> under the "Community Services" tab. SAFETY - Being Awake Is Not Enough Thank you all. I hope everyone has a wonderful Thanksgiving!

In Solidarity, Stephanie Ham



OCTOBER MEETING NOTES

* 36 New Members

* Local Lodge 774 received 2nd Place in the "Special Performance" category of the IAM Communication Department Contest for the LL774 Facebook Page.

* \$100 was donated to the IAM Disaster Relief Fund to assist with recovery from Hurricane Florence.

* \$2,500 was donated to the District 70 Angel Tree Program. The 2018 Angel Tree Challenge runs through the end of November.

* \$1000 was donated to the United Way of the Plains Campaign.

* Kevin Huang will be organizing non-members in various departments within the bargaining unit through-out the month of November.

In Solidarity, Rich Abrams

We have all felt it. We are exhausted. There are not enough hours in the day to accomplish all the tasks set before us. We have work, family, and personal obligations. We have stress and anxiety. We may work various shifts. All these things cause fatigue to our physical, emotional and mental states. It is imperative that we take time to take care of ourselves.

At the **2018 IAMAW Health and Safety Confer**ence, we discussed how fatigue, or extreme tiredness, can lead to tragic accidents in the workplace. Fatigue can cause sleepiness, memory loss, slower reaction times, and leads to difficulty concentrating. All these symptoms can lead to an accident, an injury, or worse.

Coffee or soda won't help. Energy drinks won't help. What you need is homeostasis balance. The selfregulating process by which biological systems maintain stability while adjusting to conditions that are optimal for survival. Sleep. You need sleep.

Your body needs time to rest and repair. This happens through your circadian rhythm. The circadian rhythm promotes hormone production, cell regeneration, and DNA regulation. Your eyes act as a light meter, which help to set and regulate your internal clock. Any exposure to light while you sleep, stops your body from producing melatonin, the hormone which helps you fall asleep and stay asleep longer. One of the most important things you can do is to sleep in a dark envi-

ronment.

It is recommended that you sleep on a pocket coil spring mattress, with sheets that facilitate a cooling effect. If you need a blanket, use a weighted blanket, which promotes a feeling of being held. Use room darkening shades/curtains, or an eye mask. No lights, whatsoever, should be in your room. No television, phone, or alarm clock that illuminates light. Use the "night mode" on your smart phone. Keep your room cool, 65 to 68 degrees. Aim for 8 to 9 hours of sleep each night.

I know this next suggestion will not be popular with some folks, but here goes. No pets should be allowed in your bedroom, let alone your bed. Pets disturb our natural sleep cycles. Research shows that sleeping with pets does not allow for a person to reach the needed stage 3 and 4 of the sleep cycle.

Those of us at the Health and Safety Conference had to admit, getting the recommended 7 to 9 hours sleep to maintain a healthy, safe, and positive attitude, can be difficult. We could all agree, if we couldn't get the recommended amount of sleep each night, we recognized the benefits of those 30-minute power naps!

In Solidarity, Jan Marple Union Safety Co-Chair HAVE A SAFE AND HAPPY (Union Negotiated) THANKSGIVING!

The New Union Voice

| Local Lodge 774 Executive Board | | Holiday Schedule & Events | |
|--|----------------------------|---|--|
| Brian Alexander | President | Thursday | |
| Sharon Jones | Recording Secretary | November 22, 2018 (DL 70 Office Closed) | Thanksgiving! (Time-off with pay) |
| Kurt Holtz | Vice President | | |
| Judy Pierce | Secretary/Treasurer | Friday November 23, 2018 (DL 70 Office Closed) | (Time-off with pay) |
| Eric Rourk | Trustee | | |
| Teressa Peart | Trustee | Friday November 30, 2018 | Please deliver your Angel Tr |
| Joe Harris | Trustee | | donations to Machinist Hal |
| Scott Gardner | Conductor Sentinel | | 3830 S. Meridian, Wichita, K. |
| Contacts | | Monday December 03, 2018 | Community Service Committe Meeting @ 4 PM Machinists Hall 3830 S. Meridian, Wichita, KS |
| District Lodge 70 Office: 316-522-1591 | | | |
| Local Lodge 774 Webpage: <u>WWW.LL774.ORG</u> | | Thursday December 06, 2018 | WHLF & Union Label Christmas Dinner @ 6 PM Machinists Hall |
| Email: <u>communicator@d70iam.org</u> | | | 3830 S. Meridian, Wichita, KS |
| W7/1st Shift Plant Chair Russell Allen: 316-517-6901 | | Monday-Friday December 24-28, 2018 (DL 70 Office Closed) | Christmas Break (Time-off with pay) |
| W7/2nd Shift Plant Chair Kelly Cleaton: 316-517-6455 | | | |
| Pawnee/1st Shift Plant Chair Charlie Cowell: 515-4108 | | Monday December 31, 2018 (DL 70 Office Closed) | (Day-off <u>without</u> pay) |
| Pawnee/2nd Shift Plant Chair Rick Dutcher: 515-4214 | | Tuesday January 01, 2019 (DL 70 Office Closed) | New Years Day (Day-off with pay) |
| East/1st Shift Plant Chair Robert Hunt: 515-6345 | | | |
| East/2nd Shift Plant Chair Lonnie Cox: 316-252-7709 | | Please hep Support Mario's Food Pantry Please bring your non-perishable food items to: | |
| IAM Safety Co-Chair Jan Marple: 316-517-7233 | | Machinists Hall, 3830 S. N | |

We are the International Association of Machinists and Aerospace Workers Local Lodge 774 of District Lodge 70 Home of the "Fighting Machinists" in the Air Capitol of the world. We represent the collective bargaining unit of Textron Aviation, Wichita, Kansas. Visit our Facebook @ WWW.FACEBOOK.COM/ICT774. Membership meetings are the third Saturday of each month @ 10 AM.

IT'S ABOUT OUR FUTURE!

CONTRACT EXPIRES SEPTEMBER 20, 2020



