

Big Changes Ahead for T.E.A.M. and Local 653

By Matt Utecht, President

When John Sanchelli started T.E.A.M. in 1987, he had one goal in mind: help workers solve their personal problems and get back to the business of living well. As a union steward, Sanchelli saw firsthand that workers who grappled with personal problems became distracted, inefficient and were at risk for injury or death. John's motto continues to be: saving money, jobs, dreams and lives.

Nearly 30 years later, T.E.A.M. is still successfully providing short-term counseling and resources for workers and their families.

With an eye to retirement, Sanchelli conducted a careful and deliberate search for his successor. Effective January 1, 2017, Wilson-McShane will acquire T.E.A.M. as a wholly-owned subsidiary. Sanchelli stated, "I believe this transition will strengthen T.E.A.M. while maintaining the long-standing integrity of the business."

This fall, Wilson-McShane hired an Executive Director, David Weis, who has 22 years of experience leading employee assistance programs (EAPs) and is enthused about his role to honor the long history of "the most unique EAP in the market" as he helps it flourish. Weis is also thrilled to be able to return to Minnesota after a 30-year hiatus. "I am excited to join such a dedicated and professional group of EAP experts," Weis said. "John Sanchelli has established a strong foundation at T.E.A.M. over the last 30 years. Let me assure you that we will continue to provide high-quality EAP services to our members."



David Weis, Executive Director of T.E.A.M.



John Sanchelli, founder of T.E.A.M.

UFCW Local 653 President Matt Utecht is grateful to T.E.A.M. for the support provided to his members since 2007. Utecht understands that employees battle problems such as substance abuse, grief and depression. "T.E.A.M. is an excellent resource to help union members be the best they can be," Utecht said. "However, under the current contract through Wilson-McShane and TEAM, only Health and Welfare benefit-eligible participants are able to utilize this great service. After a great conversation with Matt Winkel, owner of Wilson-McShane and T.E.A.M, we have made the following decision: **Effective December 31st, all members of UFCW Local 653 will have access to T.E.A.M. for counseling for themselves and for their families.** I want to see everyone get the help they need, when they need it."

Reach out to T.E.A.M.'s master-level counselors for help fighting the hard battles. Services are free and confidential. Counselors are available via phone 24/7 or in person Monday – Friday in our St. Paul office. There is also a T.E.A.M. office in Duluth, Minnesota. Call now at 651-642-0182.

Contract Settlements Reached - Representing a Variety of Members within the Workplace

By Paul Crandall, Secretary-Treasurer

This fall UFCW Local 653 has been busy negotiating union contracts in a variety of worksites we represent.

In September our members employed at **Monarch Health Care Management at Oaklawn** in Mankato ratified a three-year agreement that secured wage increases, improvements to PTO and eligibility for serious health care (SHC) conditions that allows paid time off to accumulate for employees who are unable to work due to their own or eligible family members qualifying for a serious health care condition. Improvements were also secured in the leave of absence language, communication, and information shared between the employer and the union. I want to thank Nancy Anderson (our Union Steward in the facility), Wanda Westberg (CNA), and Union Representative Jim Schommer for their hard work and efforts in securing a good contract.

In October our members employed at **Jerry's Foods Meat Masters** in Annandale ratified a two-year agreement that secured wage increases, improved full-time and part-time wage progression scales, lead pay premium, paid personal holidays, health and welfare, and an addition in bereavement pay to cover stepchildren. This hardworking group of members produces the freshest sausage and brats for all Cub Food Stores in Minnesota. (My personal favorite is the wild rice bratwurst!) I want to thank Jeremy Holderness for serving on the negotiating committee and doing an excellent job representing his fellow members/coworkers.

Also in October our members employed at **King's County Market in St. Francis**

ratified a two-year agreement that secured wage increases for full-time and part-time workers. They also obtained improved wage progression scales, increased vacation, and added jury duty and bereavement pay for part-time workers. Health/Welfare and Pension was secured for eligible employees. Through the efforts of the negotiating committee and Union President Matt Utecht, the entry level part-time workers really improved their total package with improvements in the wage scale and other benefits which they completely deserve. This contract improved the lives of all members. Prior to negotiations President Utecht put together a contract survey that was distributed to all members working at the store. The participation was great as workers gave their input, which helped craft proposals for the negotiations on what was important to them. Local 653 would like to thank Dan Poindexter, Chris Tresco, Deb Braastad and Randy Lietzau for their excellent work in serving on the negotiating committee and their help in securing a good contract for their fellow members! Thanks to Drea Shallbetter, Rena Wong and Rick Milbrath for their help on the contract surveys and to President Utecht for a great job of bargaining.

We will be busy in the coming months as negotiations will begin for the Brainerd Lakes Retail Grocery Contract as well as contracts in health care and wage reopeners in nursing homes. UFCW Local 653 is committed to improving lives for all its membership in all areas of the workplace.

Stay united, stay involved!

Local 653 Steward Training Has Begun

By Rena Wong, Director of Organizing

Our Local held its first-ever Union Steward Training Conference on October 5 and 6. We have set a goal to recruit and train 100 new stewards over the coming year. At this first conference, 40 retail members participated in workshops on subjects ranging from labor history, union rights and the contract, building coalition power to improve retail industry standards, and how to have organizing conversations with coworkers.

The priority for Local 653 stewards is to be organizers. Stewards will participate in new organizing campaigns and political action. Internally, they will focus on activating members in our union, which includes: communicating with the larger membership about union campaigns and programs, welcoming new members, collecting text permission and emails, and connecting members and their concerns with the appropriate union staff.

On November 10 we held a follow-up Steward meeting and training session. Stewards discussed how members can grow retail worker power in the industry and building a Rapid Response Network. These are the first steps to address the aggressive expansion of nonunion retailers like Hy-Vee.

"We are committed to changing the direction of the local union and building up a culture of organizing. This stewards program is integral to our Local's ability to evolve and grow," said UFCW Local 653 President Matt Utecht. "We want to engage members to improve industry standards not only for our union members, but for all retail workers. We all have to fight together if we want to change industry practices."



Wilson McShane Corporation

Alzheimer's Awareness

What is Alzheimer's Disease?

Alzheimer's Disease is the most common form of dementia, a general term for memory loss and decline in other intellectual abilities serious enough to interfere with everyday life. There are five million Americans suffering with Alzheimer's, which is the sixth leading cause of death in the United States, and unfortunately there is no known cure.

What are the risk factors for developing Alzheimer's?

- **Age:** The greatest known risk factor for Alzheimer's is advancing age. Most individuals with the disease are age 65 or older. The likelihood of developing Alzheimer's after age 65 doubles about every five years. One of the greatest mysteries of the disease is identifying why the risk rises so dramatically as we age.
- **Family History:** Those who have a parent, sibling or child with Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the illness.
- **Genetics:** Scientists know that genes are involved in Alzheimer's. There are two types of genes that play a role in whether a person may develop the disease: risk genes and deterministic genes.
 - Risk genes increase the likelihood of developing the disease, but do not guarantee it. The risk gene with the strongest influence of developing Alzheimer's is called apolipoprotein E-e4 (APOE-e4). It is estimated that APOE-e4 may be a factor in 20-25% of Alzheimer's cases.
 - Deterministic genes directly cause a disease, guaranteeing anyone who inherits them will develop the illness. Scientists have discovered variations that directly cause Alzheimer's Disease in the genes coding three proteins: amyloid precursor protein (APP), presenilin-1 (PS-1) and presenilin-2 (PS-2). When Alzheimer's Disease is caused by these deterministic variations, it is called Autosomal Dominant Alzheimer's Disease (ADAD) or Familial Alzheimer's Disease.
- **General lifestyle and wellness choices:** Evidence suggests that strategies for overall healthy aging may help keep your brain and body fit. Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your mind and body.
- **Head Trauma:** There may be a strong link between serious head injury and future risk of Alzheimer's, especially when trauma occurs repeatedly or involves loss of consciousness. Protect your brain by buckling your seat belt, wearing your helmet during sports, and fall-proofing your home.
- **Heart-Head Connection:** Growing evidence links brain health to heart health. The risk of developing Alzheimer's appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol.

What are the early signs and symptoms of Alzheimer's Disease?

- **Memory loss that disrupts daily life:** One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Other signs include forgetting important dates and events, asking for the same information over and over, increasingly needing to rely on memory aids such as electronic devices or family members for things they used to handle on their own.
- **Challenges in planning or solving problems:** Some people experience changes in their ability to develop and follow a familiar recipe or keep track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

- Difficulty completing familiar tasks at home, at work or at leisure: People with Alzheimer's often find it hard to complete daily tasks. People may have trouble driving to a familiar location, managing a budget at work, or remembering the rules of a favorite game.
- Confusion with time or place: People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
- Trouble understanding visual images and spatial relationships: For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems driving.
- New problems with words in speaking or writing: People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong names.
- Misplacing things and losing the ability to retrace steps: A person with Alzheimer's Disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.
- Decreased or poor judgment: People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.
- Withdrawal from work or social activities: The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or in places where they are out of their comfort zone.

What do I do if I notice these symptoms?

- If you notice any of the warning signs mentioned above, DO NOT ignore them. Schedule an appointment with your doctor.
- With early detection you can get the maximum benefit from available treatments, have more time to plan for the future, participate in building the right care team and social support network, and locate care and support services for you and loved ones.

Medications for memory loss and treatments for behavior

- The FDA has approved two types of medications to treat the cognitive symptoms (memory loss, confusion, and problem thinking and reasoning) of Alzheimer's Disease. While current medications cannot stop the damage that Alzheimer's causes to brain cells, they may help lessen or stabilize symptoms for a limited time by affecting certain chemicals involved in carrying messages among the brain's nerve cell.
- Behavioral treatments include:
 - Recognizing the person is not just acting cruel but is having further symptoms of the disease
 - Identifying the cause and how the symptom may relate to the experience of the person with Alzheimer's
 - Changing the environment to resolve challenges and obstacles

If you have any additional questions related to Alzheimer's Disease, please contact your provider or visit www.alz.org.



Play It Safe. Don't Risk Your Job!

By Doug Rigert, Union Representative

Most of us go to work each day in order to improve our financial well-being and to bring additional meaning or purpose to our lives as well as others. In the case of a typical workday it's more common than ever to have more work to do than time allows. Because of this, the stress many feel continues to be on the rise.

We consciously as well as subconsciously find ways to deal or cope with this stress in order to get through the day. One way is by talking to our coworkers about our lives outside of work and sometimes expressing a sense of humor in order to get through the day. Unfortunately we live in a time of super over-sensitivity and it can get you into serious trouble in the workplace if a coworker takes exception to something you expressed or allegedly did to them. No matter how well you think you know your coworkers or may consider them as friends, it is important that you not put it to a test as it could possibly cost you your job.

The two most common mistakes are saying something that can be taken the wrong way or seen as insensitive

or threatening, and the other is by touching or putting your hands in any way on a fellow employee. I believe in most cases when this happens people understand and take it in the good-spirited way it was likely intended. However, that is not always the case, and because of this, that is where the trouble begins. If a coworker goes to the company and complains about something you allegedly said or in some way put your hand(s) on them, the company will take this very seriously and investigate the matter; if the investigation supports or substantiates the allegations to their satisfaction, they will either suspend or terminate your employment with them to protect themselves from a possible lawsuit for negligence and helping to contribute to a hostile work environment.

This doesn't mean you can't still share lighthearted moments or a sense of humor with one another to make work a little more enjoyable; just be extra sensitive and cautious when you do by choosing your words and actions very carefully. Please always remember that it is best to play it safe, and that words and actions matter and can have consequences you do not intend. In most cases it's not what you say or do, but how you say and do it.

Scheduling Vacation Time Off

By Rick Milbrath, Union Representative

Vacations are open to the membership 52 weeks a year in each store. Your employer does have the ability to limit the number of employees on vacation each week, but not deny each store. This limitation is one employee from each classification in each store. What does this mean? The minimum number of employees that could be allowed to go on vacation is meat cutter, meat service employee, full-time grocery, part-time grocery, full-time deli, part-time deli, and part-time courtesy and custodial and so on and so on per the separate seniority classifications in each store. The employer does not have the ability to limit only one employee on vacation at a time from a department. Example: They cannot tell a service employee they cannot go on vacation because

a meat cutter is on vacation the same week. They are different classifications and one employee from each classification would be allowed to go. If two employees from the same classification sign up for the same week of vacation and the employer is allowing only one to be on vacation that week, the senior employee would be allowed to go.

The employers DO NOT have the ability to tell or make their employees feel that they cannot go on certain weeks of the year. A lot of times they do this by color coding or blocking off certain weeks on the vacation schedule or planner. They usually do this to try to discourage employees from signing up on certain weeks of the year. Remember, employers can limit but not deny any of the 52 weeks of the year.

Then there are some employers or management that try to force or even threaten you to take your vacation at times of their choosing--not yours. This is not to be tolerated and should be brought to your Union Representative's attention immediately.

I would strongly recommend that you, as a union member, take the time to read the vacation clause beginning on page 13 of the Minneapolis collective bargaining agreement (Union Book). This clause will tell you everything there is to know about your vacation time and qualifications. If you have any questions on this or any other issues, feel free to give us a call at the union office (763-525-1500).

The Homestead at Anoka Stewards

By Jim Schommer, Union Representative

The Homestead at Anoka is a multi-care facility. It offers amenities like short-term rehabilitation, assisted living, independent living, memory care, and long-term care. The Homestead has over 125 union members and among those union members are five union stewards who work very hard for their fellow union members. I would like you to meet them.

Tammy Tokar, Life Enrichment/ NAR

I have worked for the Volunteers of America since 2007. I started working as an aide for people who were in long-term care, I then moved onto activities. I like working with the clients here. I have been happily married for four years and have three grown handsome sons. My grandson will make his appearance in April 2017. I have been a Union Steward for about one year. I have learned a lot about the union and am always happy to help out in any way I can.



Lynnett Fahje, Activities

I have been with the company for 41 years. I started out as an NAR, I held that position for 36 years. I moved to Enrichment/Activities. I love working with the clients and love to help out whenever I can. My hobbies include going to plays and concerts. I love to plant flowers, cook, bake and spend time with my family, friends and coworkers. I also enjoy embroidering.



Pam Cielinski, Dietary

I have worked for this company since 1977. I started working as a CNA then moved into a laundry aide position and am currently working as a dietary aide. I am married and have two daughters. My hobbies are camping, gardening and solving Sudoku puzzles.



Winnie King, Home Health Aide

I have lived in the same house in Brooklyn Park for 26 years. I have been married for 28 years and have two kids. My son is 24 and a graduate of North Dakota State University, where he received a degree in marketing. My daughter is 19 and is a sophomore at the University of Notre Dame. I have been with the company for just over 24 years. When I started, it was called Good Neighbor, then a few years later it was named Good Samaritan Care Center. Good Samaritan was purchased by VOA and after learning that it was going to close the facility and lay off the staff, Wayne Olson and Doug came and negotiated the purchase of the home and the rest is history.



Aileen Dwyer, LPN

I grew up in Columbia Heights and moved to a hobby farm in Sunburg, Minnesota in 1985. I have four children. Andrew is 31 and works as a welder, Megan is 27 and works part-time at the Post Office, Rachel is 24 and going to school for medical coding and works as a nursing assistant, Bethanie is 22 and is going to school to become an RN (takes her boards in December)--she also works as a nursing assistant. They all still live in the Sunburg area. I married in 1985 and divorced in 2008. That is when I moved to the town of Sunburg. I married my current husband in 2014. I have been an LPN since 1991, working with the elderly and adults with mental health issues within the state system. I also worked as a Union Steward on the E board at AFCSME state union.



December 2016

Member News and Events

Thanks so much for the Gopher/
Northwestern football tickets.
Enjoyed the game despite the
cold weather. Plus, they won!
--Larry

THANKS FOR THE
RENAISSANCE TICKETS. IT
WAS A GOOD TIME FOR MY
WIFE'S BIRTHDAY MONTH!
--D-NO

Thanks to you and 653
for the tickets. Was our
first time!
Was quite an experience.
Found there are quite a
few people who really get
into the "Festival."

--Kelly

JUST A SHORT NOTE TO SAY
THANK YOU FOR THE TWINS
TICKETS. IT WAS A GREAT GAME
AND WE BEAT SEATTLE. THE
SEATS WERE AWESOME.
--HAROLD

Thank you so much for the
pair of Renaissance tickets!
I went with my daughter
for the very first time on
my birthday. We had a
blast and the weather was
beautiful! We appreciate it
and thanks again.

--Lori

Thank you for the State Fair
tickets. I have not been to
the fair for 34 years, so it was
really fun to go for me.

--Colleen

Nominations Open

Nominations for Executive Board members will be held on Monday, January 2, 2017, at the union membership meeting held at 6:00 p.m. at the Embassy Suites by Hilton Minneapolis North Grandview Ballroom, 6300 Earle Brown Drive, Brooklyn Center, MN 55430.

UFCW Local 653 Members:

An Annual Meeting of members of Minneapolis Meat Cutters and Food Handlers Properties, Inc. will be held on January 11, 2017, at 4:00 p.m. at the offices of UFCW Local 653, 6160 Summit Dr N, Suite 600, Brooklyn Center, MN 55430.

The purpose of the meeting will be to conduct general business of the corporation.

Minneapolis Retail Union versus Nonunion Retail

By Ondrea Shallbetter, Union Representative

Every day I find at least one new reason to be grateful for my union. I know sometimes it is hard to see just how good we have it as union workers after a busy and stressful workday, especially in this busy holiday season. I have recently had the fortune of having many eye-opening conversations. Over the past few months I have had the chance to speak with nonunion retail workers across the metro. The stories I have heard are hard for me--coming from a union shop--to imagine. The abuse and blatant disregard that these workers must endure is just plain wrong.

Most of the retail workers I have spoken with work more than one job, are going to school and are supporting themselves and family members. A lot of folks in retail have no guarantee of hours, pay raises, PTO or benefits. There is no predictability in workers' schedules, working close/opens and sometimes just a few days' notice of their workweek, whereas with our union when it comes to wages and benefits, union members see a significant difference.

On average, union workers earn wages that are 27 percent higher. In addition, union workers are 54 percent more likely to have employer-provided pensions, and more than 83 percent of union workers have jobs that provide health insurance benefits. Only 62 percent of nonunion workers can say the same thing. (RWDSU, n.d.)

So, during this hectic holiday season be grateful for what you have and considerate of those who do not have.

UFCW Local 653
13000 63rd Avenue North
Maple Grove, MN 55369
www.ufcw653.org
763-525-1500 or 1-800-292-4105

Matthew P. Utecht, *President* (mutecht@ufcw653.org, 612-965-4307)

Paul Crandall, *Secretary-Treasurer* (paulc@ufcw653.org, 612-965-4301)

Brainerd / Baxter Cub Foods - Baxter Super One - Crosby Super One - Pequot Lakes Supervalu - Lunds & Byerlys St. Cloud

CUB FOODS: Crystal, St. Louis Park

Rena Wong, *Director of Organizing* (rwong@ufcw653.org, 612-865-4345)

Amber Allen, *Union Representative* (amberra@ufcw653.org, 612-865-6755)

CORPORATE CUB FOODS: Apple Valley, Bloomington, Burnsville HOTC, Burnsville South, Chanhassen, Eagan East, Eagan North, Eagan West, Lakeville North, Lakeville South, Lakeville West, Rosemount, Savage, Shorewood

Scott Larson, *Union Representative* (scottl@ufcw653.org, 612-961-6305)

LUNDS & BYERLYS: Bloomington, Central, Edina, Hennepin, Lake Street, Minnetonka, Navarre, Plymouth, Prior Lake, Richfield, Wayzata, Lunds & Byerly's Kitchen, Lunds Manufacturing

Villa at Bryn Mawr, Senova (Bryn Mawr), Healthcare Services (Bryn Mawr)

Rick Milbrath, *Union Representative* (rmilbrath@ufcw653.org, 612-965-4310)

Ingebretsen's - Swanson Meats - Cooper's Foods - Almsted's Fresh Market - Jubilee Foods - Cub Foods Shakopee - Driskill's Foods - Oxendale's Market - Bergan's SuperValu - Hirshfield's - Brede Exposition Services

KNOWLAN'S FESTIVAL FOODS: Andover, Bloomington, Brooklyn Park

KING'S COUNTY MARKET: Andover, St. Francis

KOWALSKI'S MARKETS: Chicago (Parkview), Eagan, Eden Prairie, Excelsior, Hennepin, Lyndale

JERRY'S FOODS: Jerry's Sausage

Golden Living Center (Bloomington and Chateau),

Healthcare Services (Bloomington and Chateau)

Doug Rigert, *Union Representative* (dougr@ufcw653.org, 612-889-9121)

JERRY'S CUB FOODS: Bloomington, Brookdale, Chaska, Eden Prairie, Knollwood, Lake Street, Nicollet, Quarry, Richfield, Rogers, Southdale, West Broadway

JERRY'S FOODS: Eden Prairie, Edina, Jerry's Enterprises
Benedictine @ Innsbruck Healthcare

Jim Schommer, *Union Representative* (jims@ufcw653.org, 612-965-4308)

CORPORATE CUB FOODS: Blaine North, Blaine South, Brooklyn Park North, Brooklyn Park South, Champlin, Coon Rapids South, Fridley, Lagoon, Maple Grove, Monticello, New Brighton, Plymouth Station, Rockford Road, Silver Lake Road, Vicksburg

Homestead at Anoka, Gold Cross, Monarch Healthcare

Nancy Vaillancourt, *Union Representative* (nancyv@ufcw653.org, 612-965-4309)

LUNDS & BYERLYS: Burnsville, Chanhassen, Eagan, Eden Prairie, Edina, Glen Lake, Golden Valley, Maple Grove, Ridgedale, St. Louis Park

HAUG'S - Cub Coon Rapids (Williston), Cub Minnetonka (Haug), Cub Waterford

JERRY'S CUB: Elk River

Everett's Foods

Park Health & Rehab, Healthcare Services at Park H&R

**1/2
PRICE!**

Ours Resort - Have We Got a Deal for You!

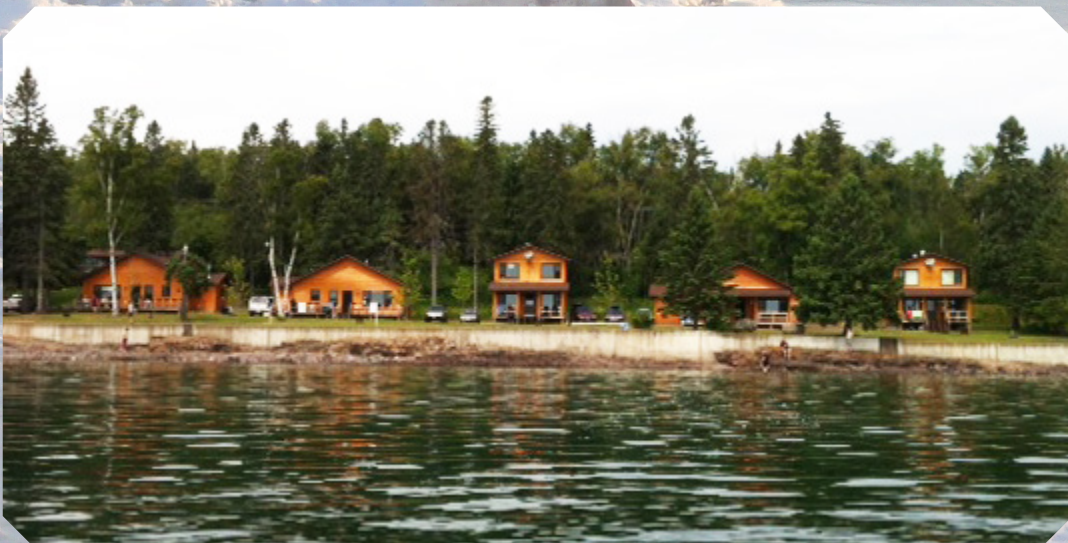


Ours Resort is a special place any time of year, and it's a wonderful destination in the winter. It's located just one mile from the Lutsen Mountains ski resort, which has great ski slopes. There are also nearby snowmobile and cross country ski trails. Even if you're not into outdoor activities, it's hard to beat sitting in front of a nice fire looking out at Lake Superior. Aaaahhhhhh.....

Sound interesting? We're making it even more affordable than usual! Starting December 1, reservations made for stays between January 1 - April 30, 2017, are **HALF PRICE!**

Ours Resort is owned and operated by UFCW Local 653. It consists of six cabins on Lake Superior in Lutsen, MN. Each cabin is fully furnished--you only need to bring your food, clothes, and personal items. (Check our website--www.ufcw653.org--under Member Benefits for more information.)

Ours Resort is available to active, dues-paying members of Local 653 and retired members who are receiving a UFCW Local 653 pension. Call Sandy at the Local 653 office (763-525-1500) today to make your reservations. You'll be glad you did!



Halloween Honors

By Nancy Vaillancourt, Union Representative



first wrote about Deb Lambert and her wood burning business/hobby about 2½ yrs. ago. Besides her wood burning business and working at Cub Foods Riverdale, Deb has been very involved with the Anoka Halloween Committee, volunteering her time and talent for 15 years. She currently has been serving on the committee for the last five years.

This past fall the US Postal Service picked Anoka--the Halloween Capital of the World--for the Jack-o-Lanterns First Day of Issue (FDOI) Stamp Dedication Ceremony held at the Anoka City Hall Plaza, with over 600 people attending.

Deb was honored by the city of Anoka to be asked to make plaques for the participants in the ceremony, which included the US Postal Service CFO and VP, state senators, and others from the Anoka Chamber of Commerce along with the Anoka County Historical Society, to name a few. She also carved and decorated replica pumpkins for the Anoka County Historical Society's "Signed, Sealed and Dinnered" event that was held after the ceremony. The pumpkins were handpicked by the farmer himself and donated by Haug Cub Foods.

Deb has received letters of recognition from the city of Anoka and the Historical Society thanking her for her donations and her talent. Dan Spark and Bart Ward from the FDOI Committee said, "The pumpkins you carved and decorated were



One of the plaques Deb Lambert made for participants in the First Day of Issue Dedication Ceremony



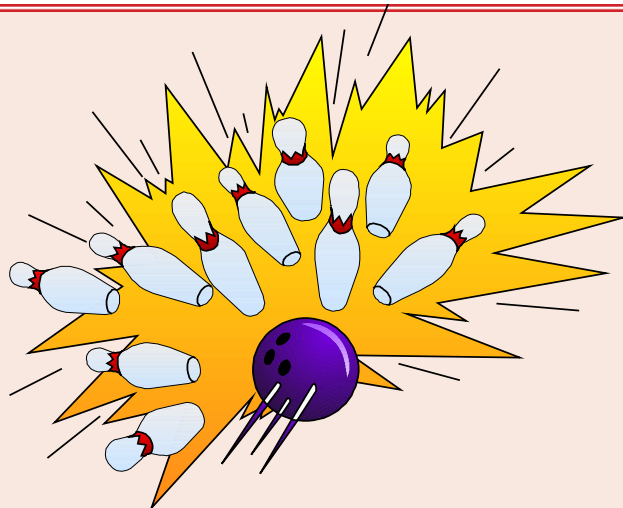
Replicas of the new jack-o-lantern forever stamps hang from a building in Anoka

unforgettable! They added so much to the overall event, décor and displays. We are glad you were able to attend and share in our excitement and pleasure of this nationally recognized event." The pumpkins were auctioned off and raised \$240.00 for the Historical Society. For more information on this event, go to www.ci.anoka.mn.us.

Great job, Deb. You should be proud!



Deb with Senator Amy Klobuchar



UFCW Local 653's 33rd Annual 9-Pin No-Tap **Cosmic Bowling** Tournament

Date: Sunday, February 12, 2017
Start Times: 12:00 noon
Check in: 11:00 a.m.
Location: New Hope Bowl
7107 42nd Avenue North
New Hope, MN 55427
Cost: \$9.00 per person (includes shoes)
Events: Men's Singles, Women's Singles
Team (2 men and 2 women)

All monies collected from entry fees will be donated to:

The Leukemia & Lymphoma Society

- All members, their family and guests are welcome to participate. Winning teams or individual winners must be members.
- A team consists of two men and two women.
- As a "No-Tap" Tournament, we will not be using handicaps.

*--Prizes for first place in team, men's singles and women's singles.
--Prizes for getting a strike with a colored head pin (9 pins is a strike).
--Drawings for door prizes.*

Questions? Need more entry blanks? Call Scott Larson at 612-961-6305.

Money must accompany your entry.
Entries must be received by Thursday, February 2, 2017.

RESERVE EARLY!

UFCW Local 653 33rd Annual Bowling 9 Pin No-Tap Tournament

Sunday, February 12, 2017

New Hope Bowl
7107 42nd Avenue North
New Hope, MN 55427

Captain Name: _____
 Phone: _____
 Address: _____
 City: _____ MN, Zip: _____
 Employer: _____

Mail or stop in
 the union office
 by or before
 Thursday,
 February 2, 2017.

Payment must
 accompany
 registration form!

UFCW Local 653
 Attn: Scott Larson
 6160 Summit Dr N
 Ste 600
 Brooklyn Center,
 MN 55430

Questions?
 Call Scott Larson
 at 612-961-6305.

Singles Entries

12:00 noon

Check-in at 11:00 a.m.

M/F	Singles Entries -- Print Names	Amount
		\$9.00
		\$9.00
		\$9.00
		\$9.00
		\$9.00
		\$9.00
Total for singles:		

Team Name: _____

12:00 noon

Check-in at 11:00 a.m.

M/F	Team members -- Print Names	Amount
		\$9.00
		\$9.00
		\$9.00
		\$9.00
Total for team:		\$36.00

Annual Fall Harvest Festival

By Nancy Vaillancourt, Union Representative

Local 653 held its annual Fall Harvest Festival on October 30 at Lake Katrina Horse Camp, which is part of Baker Park Reserve. It is always enjoyable to see our members outside of work, enjoying time with their families and getting to know our members on a more personal level, meeting their families, and having a great conversation that we may not be able to have on our store visits.

We had a new team of horses and wagon this year, due to our location change. Matt Fahey from Fahey Carriage Service provided a great ride down one of the trails of the horse camp—and such beautiful horses, one of which is expecting a colt soon!

It was a great afternoon of family time, hanging out by the blazing fire pits, checking out the amazing walking trails, and checking out the leaves and ducks around the lake, followed by a nice warm cup of apple cider and some brats, picking out pumpkins, and getting a nice Halloween treat bag.

Thanks to those who joined us, and thanks to the staff of Local 653 for helping with another successful Fall Harvest Festival!





UFCW Local 653 Members:

Union Meetings will
be held the first
Monday of each month
(October through May)
at 6:00 p.m at Embassy
Suites by Hilton Mpls
North, 6300 Earle Brown
Drive in Brooklyn Center.

Upcoming meetings:
Monday, January 2, 2017
Monday, January 30, 2017

(Please note that the
February meeting will
be held on January 30,
2017.)

Retiree's Club Meeting Notice

Knights of Columbus -
Marian Hall

1114 American Blvd. W.
Bloomington, MN 55420

Thursday, December 15, 2016

10:00 a.m Cards
12:00 p.m. Lunch
1:00 p.m. Speaker

For more information:

Thea Gullekson:
952-831-3143

Char Hanson:
612-869-9035

or Marlen Wahl:
952-888-3220

United Food & Commercial
Workers Union Local 653
6160 Summit Dr N Ste 600
Brooklyn Center, MN 55430
763-525-1500 or 1-800-292-4105

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*Wishing you and
your loved ones a very
happy holiday season--*

*From your friends at
UFCW Local 653*