

APRIL 2018

UFCW LOCAL 1000

VOLUME 10 ISSUE 2

United Food & Commercial Workers
Union Local No. 1000
967 W. Wall Street, Suite 100
Grapevine, Texas 76051

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I want to share an e-mail from one of our members that helps me understand what it means to be part of the UFCW family:

"My name is Mark Williams. I was a UFCW 1000 member for quite some time while w/ the Kroger Company. Kroger was my first job in 1994. I shipped out with the Merchant Marines in 2009. I was gone until 2012. I came back to work with Kroger at that time. I want to take the time to thank you and the leadership of this Local. In my time, you allowed me to grow. When I came back UFCW fought for a decent wage. Wages that allowed me to work and finish my degree and now apply for law school here in DFW. I strongly feel that if it were not for the unwavering support of my Local and our leadership...that it would not have been economically possible for me to earn and grow. This is something Ill never forget. UFCW LOCAL 1000 can always count on me to help and support the continued efforts of our brothers and sisters."

A union contract is more than a piece of paper. It's a bond between members. It's a bridge to a better life. I'm proud of members like Mark and the countless others that UFCW Local 1000 has helped over the years.

President Ricky Burris

Upcoming Membership Meetings 7pm

Dallas-Ft Worth

January 22nd, 2018
April 16th, 2018
July 16th, 2018
October 15th, 2018

UFCW Main Office
967 W. Wall St
Grapevine TX 76051

Oklahoma City

January 23rd, 2018
April 17th, 2018
July 17th, 2018
October 16th, 2018

Embassy Suites
1815 S. Meridian
OKC, OK 73108

Tulsa Area

January 24th, 2018
April 18th, 2018
July 18th, 2018
October 17th, 2018

Country Inn and Suites
3209 S. 79th E. Ave
Tulsa, OK 74145



The logo for UFCW ACTION features the letters 'UFCW' in a large, bold, blue font. To the left of the 'U' are several curved, yellow lines that resemble a stylized sun or a signal. Below 'UFCW', the word 'ACTION' is written in a bold, yellow, sans-serif font.

Earlier this year Austin, TX became the first city in Texas—and in the entire southern United States—to pass a law mandating paid sick leave for workers. Beginning in October 2018, an estimated 87,000 Austin workers will begin to accrue one paid hour off per 30 hours worked.

Today, 40 million American workers aren't paid for the time they take off for health reasons. The U.S. is one of a few countries worldwide that have no national paid sick leave policy in place. To fill these gaps, cities and states have begun implementing local measures, eight states have paid sick leave laws along with thirty-one cities and counties.

UFCW Local 1000 will lead the charge in bringing paid sick leave laws to North Texas and Oklahoma because no one should have to choose between keeping their job and paying their bills or caring for their own health or the health of a sick child or relative.

Your participation in the Active Ballot Club is what gives us the strength to push for paid sick leave laws in Dallas, Ft. Worth, and across Oklahoma. We are working with a broad coalition of partners and other unions to bring the benefits of paid sick leave to our members and the millions of workers that need paid sick leave.

If you support paid sick leave and want to support your union, join ABC at <http://bit.ly/ABCUFCW>.



Want to quit smoking? UFCW is here to help!

Food and service workers, like UFCW members, are disproportionately impacted by tobacco. Armed with information on the health and economic harms that tobacco causes, UFCW is working through your Taft-Hartley health and welfare funds to ensure that all members who want to quit have ready access to comprehensive smoking cessation coverage. **Homeland and Kroger members can access these smoking cessation drugs through their health insurance benefits:**

Zyban (Bupropion) (<https://www.quitnow.ca>)

Nicotrol Inhaler (<https://www.nicotrol.com/>)

Chantix (<https://www.chantix.com/>)

Nicotine Gum/Patches



New Member Discounts!

Get the most from your UFCW membership!

Members of UFCW get fun benefits for **concerts and shows**.
Visit UFCW.org/value to learn how.

UFCW
a VOICE for working America

Above and beyond the benefits we negotiated in your contract – like job security and quality, affordable health care – the UFCW has negotiated brand new discounts this year.

More benefits, just for being a UFCW member? That's right. We know you work hard, so we've worked hard to make sure you get more value from your membership than ever before.

There are so many more NEW discounts and ways to save – just for UFCW members. Save on sporting event tickets, restaurants, jewelry, household appliances, and much more. Visit www.UFCW.org/value today!

Let UFCW send you to college for free!
Visit www.ufcwfreescollege.org to learn more!

 UFCW MEMBERS	 RETIRED UFCW MEMBERS	 FAMILY OF UFCW MEMBERS
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Dental 1-800-232-0990 United Pension 1-800-753-8332 NEBA 1-800-842-5899 Vision 1-800-638-3120	HAC & United Meat Cutters Pension 1-800-531-2385 TX Office of Injured Employee Counsel 1-866-393-6432 Kroger & HAC Clerks South Central Pension: 1-800-241-7701
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Bathroom Breaks

When You Gotta Go, You have the Right to Go!



Don't hold it in!

You have the right to use the restroom when you need to use it. The law requires employers to provide reasonable access to bathroom facilities. So the next time you have to go on the job, don't hold it in!

Medical studies show the importance of regular urination and that generally, women need to void more often than men.

Restricted access to a bathroom can make you sick!

- "Holding it" can cause increased frequency of urinary tract infections (UTIs), which can lead to more serious infections and, in rare situations, renal damage
- UTIs during pregnancy have been associated with low birth weight babies, who are at risk for additional health problems.
- If you delay going to the restroom, you are more likely to suffer from abdominal pain, constipation, diverticuli, and hemorrhoids.

NUMBER OF TOILETS REQUIRED PER EMPLOYEE

Number of Employees	Minimum Number of Toilets
1 to 15	1
16 to 35	2
36 to 55	3
56 to 80	4
81 to 110	5
111 to 150	6
More than 150	1 additional fixture for each additional 40 employees.



How do I contact the union?

You can call UFCW Local 1000's main office at 817-421-1003.

You can fax our office at 817-488-8580.

Grievances can be emailed to grievances@ufcw1000.org.

Visit our webpage for information about your contract: <http://bit.ly/UFCWContracts>

Like our Facebook page to keep up to date with UFCW: <https://www.facebook.com/UFCWLocal1000/>

Fitz Jennings	ext. 119	Cody Lee	ext. 124	Karen Munoz	ext. 108
Debra Donwerth	ext. 120	John Gardner	ext. 106	Jessie Irons	ext. 115
Robert Loghry	ext. 101	Twan Brown	ext. 109	Evan Burris	ext. 125
Joe Lee	ext. 121	Richard Hanna	ext. 107	Victor Bowling	ext. 122
Anthony Elmo	ext. 116	Rudy Anderson	ext. 111	Julian Acosta	ext. 127