Service Employees International Union, CTW-CLC

Fresno County Members Are Involved

CAN YOU HEAR US NOW?

JULY 2016 NEWSLETTER

Chapter President's Message by Riley Talford

Hello fellow brothers and sisters!

It has been a few months since I've last had an opportunity to speak to you. Our leadership team has been very busy. We celebrated a big win with the county giving us a $10 contribution each pay period towards healthcare. We continue building our relationship with the county, working together to fix problems with healthcare cost and access in Fresno County.

We're also helping juvenile correctional officers in their ongoing crises of working directed overtime. We are also celebrating successful "Fight for $15 and a Union" campaigns across the country! Our strength as an organization has never been greater and we are in the hands of great leadership and a supportive staff. None of this could be accomplished without the support of our brothers and sisters across Fresno County and all of Local 521. It is my hope that even more members will offer support and answer the call for service as we continue to fight towards better working conditions, wages, and benefits for everyone.

One last thought: As President of the Fresno County Chapter, I speak on behalf of our membership in wishing our fellow Unit 2 brothers and sisters the best. They have chosen to try to meet their needs as a smaller association, but we are all on the same side. I wish you all a good summer and I look forward to seeing everyone in our community and on future campaigns.

Sincerely,
Riley Talford
Chapter President, SEIU Local 521 Fresno

We are Stronger Together

Reminder - Check Your Paychecks!

SEIU members continue to stand united to improve working conditions, wages and benefits for all Fresno County workers. As a result of standing united, we continue to win for working families. The salary restoration and $10 per pay period increase are a result of your hard work. Let's continue to build a strong union together.

Effective the July 4, 2016 pay period, SEIU represented workers will see the following increases to their paycheck:

- 1.5% Salary Restoration
- $10 per pay period increase in employer healthcare contribution

General Membership/
Executive Board Meeting

Tuesday, July 12
6-8 p.m. Meeting
5:30 p.m. Dinner
Union Office
5228 E. Pine Ave., Fresno

Please RSVP at (559) 447-2579

Sign up to be a union member today!

Go to link:
http://www.seiu521.org/members/getinvolved/membership/

or contact an SEIU 521 Internal Worksite Organizer at (559) 447-2560

Unite Fight Win Together

Contract Enforcement Department is HERE FOR YOU!

Contract Questions? Facing Discipline? Need to file a grievance?

Call Rachel Tudor, Contract Enforcement Specialist Assistant at (559) 447-2560 from 9 a.m.-4 p.m.

5228 East Pine Avenue, Fresno CA 93727 • (559) 447-2560 • FAX (559) 261-9308 • www.seiu521.org

Wellness Corner

Better Valley Health Coalition Meeting

Come be a part of improving healthcare in Fresno County! We're gathering people who want to become agents of change in their communities.

We're building a future where our friends, neighbors and families live and work without the threat of losing their insurance or the constant stress of not having access to healthcare.

We believe that by coming together, we can have a powerful voice and influence the terms of our healthcare. Our voices and stories, combined with our hard work and expertise, can change the future.

Thursday, July 7 at 5:30 p.m.

Union Office, 5228 E. Pine Ave., Fresno

Some of us are more at risk for diabetes than others. Risk factors include increased age, lack of physical activity, family history of diabetes, certain socioeconomic factors, obesity, and certain race and ethnicities.

The good news is there are steps we can all take to prevent diabetes, reverse prediabetes, and reduce the adverse effects of a diabetes diagnosis.

- If you know you have diabetes or prediabetes, learn everything you can about it and discuss the management of your illness with your health care provider ***regularly***.
- If you don't know whether or not you have diabetes or prediabetes, have yourself tested and discuss your results with your health care provider. (You are not going to have symptoms until your diabetes has significantly progressed.) To get an idea of your chances of having diabetes or prediabetes I urge you to take this very brief quiz that you can find at www.fresnodiabetes.org.
- Be physically active daily.
- Practice healthy eating.
- Avoid tobacco products or get help quitting smoking by calling 1-800-NO BUTTS.
- Moderate any alcohol consumption.

Dr. Bird

You can act now to protect yourself and your loved ones. Together we can turn the deadly diabetes epidemic around.

Learning Resources

When it comes to health and wellness, sometimes we want to do better, but we don't know where to start. To learn more about diabetes, review the June wellness calendar for links to helpful articles and health tools. A special thanks to the Department of Public Health staff for their collaboration in providing wellness content.

Wellness Recipe: Grilled Mango Chicken

This Recipe Serves 4

Ingredients

4 (4-ounce) boneless, skinless chicken breast cutlets (1 pound total)
2 tablespoons mango chutney or mango salsa
2 tablespoons fresh lime juice
2 teaspoons grated fresh ginger, or ½ teaspoon ground ginger
1 tablespoon olive oil
¼ cup orange juice
1 teaspoon minced fresh oregano or ¼ to ½ teaspoon dried oregano
½ teaspoon hot pepper sauce
2 garlic cloves, minced

Instructions

1. In a large resealable plastic storage bag, combine chicken with remaining ingredients. Place in refrigerator and marinate 8 hours or overnight, turning halfway during marinating time.
2. Preheat grill to medium-high heat. Place chicken on grill, discarding excess marinade. Grill chicken 4 to 6 minutes per side, or until cooked through.

For more recipes like this one visit: diabetes.org/recipes

American Diabetes Association.

2016 STEWARD TRAINING

Sign up on our website:

www.seiu521.org

Click on 'Steward Trainings', then complete and submit the online form. You can also sign up by calling the union office at **(559) 447-2560**

COMBINED MODULES 1 and 2 "Role of the Steward in an Organizing Union" & "Steward as Voice of the Union"	Saturday Sept. 10 10 a.m.—2 p.m.	
COMBINED MODULES 3 and 5 "Investigating Workplace Problems" & "Meeting with the Boss"	Saturday Oct. 8	10 a.m.—2 p.m.
MODULE 4 "The Steward and Discipline"	Saturday Oct. 22	10 a.m.—2 p.m.

- Shop Stewards attending all five modules will become Certified Shop Stewards
- Breakfast and lunch will be provided for all trainings
- Please confirm your attendance at (559) 447-2579
- A minimum number of participants must be signed up a week in advance, or training will be cancelled

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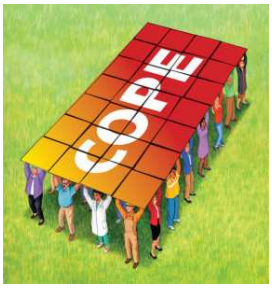
Children Over Politics Press Conference Sacramento Capital June 20, 2016

children over politics

Move Our Families And Our Future Forward

Fresno Youth Leader, Josh Qualls, opening up the Locked Up, Locked Out (of college) press conference

#ChildrenOverPolitics
#investinyouth



Join us at our next COPE meeting: Wednesday, July 20 at 6 p.m.

Dinner served at 5:30 p.m.
Union office, 5228 E. Pine Ave., Fresno

Please RSVP your attendance at (559) 447-2579

COPE meetings are held the 3rd Wednesday of every month at 6 p.m. in the union office.

Happenings Around Fresno County

Next Board of Supervisors Meeting

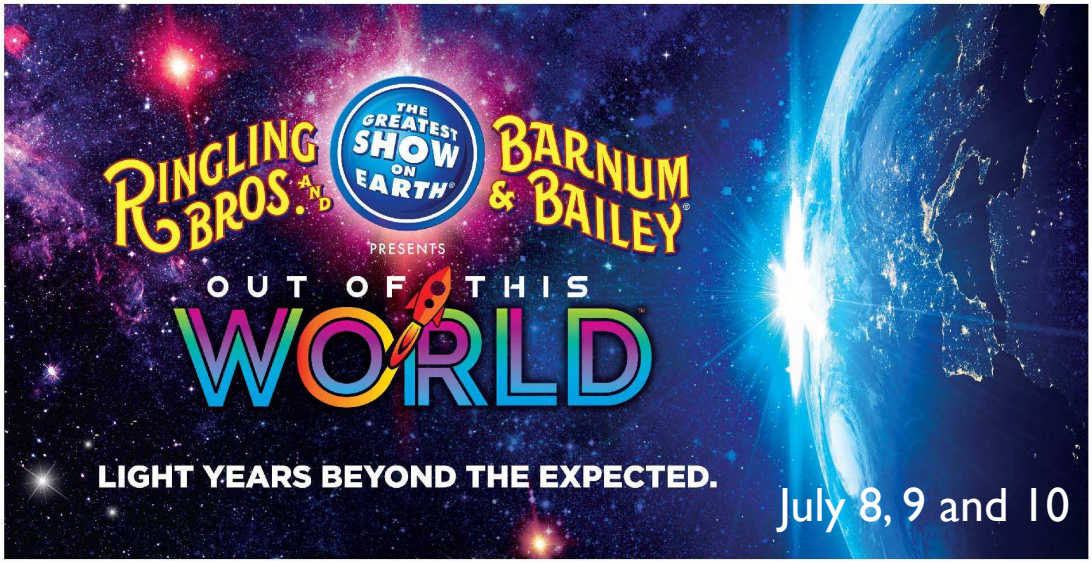
Tuesday, July 12
9 a.m.
Hall of Records

Weight Watchers @work program

Every Wednesday
from 12-1 p.m.
County Plaza Building
21st Floor-Training Room

Exclusive Savings for County of Fresno Employees, Families and Friends!

TICKETS START AT $13!



To purchase tickets, please call:
(866) 248-8740 and choose option 3
For questions, call or email Taveun Ferguson:
TFerguson@feldin.com

FRESNO COUNTY CHAPTER

LOCAL 521 SEIU Stronger Together

Chapter Updates
www.seiu521.org/cofresno

Sign up for email and text updates:
521.seiu.org/521FRESNO

Or follow us on…
facebook.com/SEIU521Fresno