Chapter President’s Message by Riley Talford

Good afternoon fellow Sisters and Brothers!

Spring is in the air and with that a renewed spirit! Your Leadership is looking to engage with you. Do you know your Unit Vice President, Senior Shop Steward, or Unit Steward? Are you interested in becoming an active part in your Union? I am asking interested members to attend the next General Membership Meeting scheduled for April 11th. The Healthcare debate is ramping up and your voice is needed. Have you considered how Congress proposed changes to Affordable Care Act will impact you and your family? Believe me when I say that OBAMACARE is not what is driving up rates! The proposed changes to Affordable Care Act will drastically increase rates while lowering the quality and or quantity of services received. Do you want to know more? Get involved and start getting the facts first hand. Until then I wish you all good health and prosperity.

Sincerely,
Riley Talford
Fresno County Chapter President, SEIU Local 521 Fresno

Physical Fitness is Key to a Healthy Lifestyle

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. We challenge you to get active and plan 30 minutes of physical activity every day.

The Physical Activity Guidelines for Americans recommend that adults:
• Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
• Do muscle-strengthening activities – like lifting weights or using exercise bands – at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of March!

Welcome to our newly Certified Shop Stewards

Strong Stewards Make a Successful Union!

Members from Region 4 gathered at the union office on Saturday, Feb. 25 for an all day shop steward training. Members received training on all 5 Modules of our steward training program.
Celebrating Women’s History Month: Women in Labor

Frances Perkins was the secretary of labor during the Franklin Delano Roosevelt administration. Perkins, who had studied economics and sociology at the University of Pennsylvania’s Wharton School, championed both labor and workplace safety. As a cabinet member, she helped develop and implement key pieces of the New Deal, including enacting minimum wage laws. She oversaw key pieces of the National Industrial Recovery Act, the Public Works Administration and the Civilian Conservation Corps. While chairing the President’s Committee on Economic Security, she pushed through the Social Security Act of 1935. In 1980, the headquarters of the U.S. Department of Labor was named in her honor.

Join the Women’s Caucus meetings the 1st Monday of every month.
Next meeting: April 3 at 6 p.m. (dinner at 5:30 p.m.) at the union office. Please RSVP at (559) 447-2579

Latino Caucus—Community Outreach
Helping Hand to our Homeless Community

On Sunday, March 5 Fresno Latino Caucus member and allies got together for a community outreach event. We gathered at the Union office Unity hall to prepare for our community food giveaway to the homeless community in Fresno. At the corner of G Street & Ventura Avenue, in an empty lot, we gave out clothing, blankets and shoes courtesy of members who donated items. The Latino Caucus gave away water and sandwiches, along with snacks that were donated by the Latino Caucus and community members. We were able to provide a quick meal/snack for our local homeless community. We were able to service approximately 50-100 individuals. Many of those who we assisted expressed their appreciation to us for coming out to assist the community. We expect this to continue as a monthly event in conjunction with other local organizations that also help the homeless community. If you are interested in joining Latino Caucus contact Chair, Lorenzo Lambaren at seiu.local.521.latino.caucus.fresno@gmail.com

Join the Latino Caucus meetings the 1st Wednesday of every month.
Next meeting: April 5 at 6 p.m. (dinner at 5:30 p.m.) at the union office. Please RSVP at (559) 447-2579
**Mark Your Calendars!**

Get Involved

This is YOUR Union!

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<tr>
<th>General Membership and Executive Board</th>
<th>Region 4 Steward Council</th>
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<tr>
<td><strong>Tuesday, April 11</strong></td>
<td><strong>Tuesday, April 20</strong></td>
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<td>6-8 p.m.</td>
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<td><strong>Future Meetings:</strong></td>
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<td>2nd Tuesday of every quarter</td>
<td>3rd Thursday of every month</td>
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<td>July 11</td>
<td>Oct. 10</td>
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<tr>
<th>Region 4 Leadership Summit</th>
<th>Committee on Political Education “C.O.P.E.”</th>
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<td><strong>Chapter Officers, Stewards and Caucus Chairs are encouraged to attend</strong></td>
<td><strong>Wednesday, April 19</strong></td>
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<td><strong>Saturday, April 8</strong></td>
<td>6-8 p.m.</td>
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<td>9 a.m.-3 p.m.</td>
<td><strong>Future Meetings:</strong></td>
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<td>Breakfast and lunch will be served</td>
<td>3rd Wednesday of every month</td>
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<td>May 24</td>
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All meetings are held at the union office:
5228 E. Pine Ave., Fresno
Please RSVP your attendance at (559) 447-2579

**Contract Enforcement Department is HERE FOR YOU!**

Contract Questions? Discipline?
Need to file a grievance?

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

Visit your chapter web page frequently: www.seiu521.org/cofresno
Like us on Facebook: http://fb.com/SEIU521Region4
Or, simply text 521 to 787753 to subscribe to text alerts. (Standard text message rates may apply.)
$15,000 Flood Fund for Members

"What a nightmare to be flooded out of your home. But that's what has happened to our own SEIU 521 members. I am so proud our Union stepped up in a time of crisis and is donating money and resources to help. Never forget we are Stronger Together!"
- Janet Diaz, Patient Business Service, Santa Clara County

To donate, go to: gofundme.com/seiu521relief

Build Political and Community Power

As of March 1, 2017, the number of days since House Majority Leader Kevin McCarthy’s last in-person healthcare town hall. McCarthy represents one of the poorest congressional districts in the country. Over 50 percent of his constituents rely on some form of subsidized health care. SEIU members have partnered with the community to call out Rep. McCarthy through a series of actions at his office, his home, and private events. #fight4ourhealth #CareNotChaos. Join the fight at www.SEIU521.org/f4oh

NEW! Honorary Union Membership

Among the half-dozen bylaws amendments that SEIU 521 members approved in January was the creation of the Honorary Associate Membership. Individuals who support the union but are not eligible for membership can join Local 521 as Honorary Members and participate in limited social, community and political activities. Monthly dues: $5.21.

Read more at: www.seiu521.org/bylaws2017

Womens' History Month

Mother Jones was an organizer for the Knights of Labor and the United Mine Workers union beginning in the 1870s. In 1902 she was called “the most dangerous woman in America” for her success in organizing mine workers.

"My friends, it is solidarity of labor we want. We must be together; our masters are joined together and we must do the same thing."
- Mary "Mother" Jones