

Executive Director's Report

Walter Allen, Jr.



As the new year begins so too do the plans for our continued success. Local 30 has enjoyed steady growth in our membership, and our finances over the past several years. Our investments have returned to good health with 2013 our best year since the collapse of the economy in 2008. Steady, conservative growth has been our strategy for a number of years and that strategy has served us well.

With that as a back drop for the planning for 2014 we look forward to more of the same. Each year at this time we roll out plans for the year including the bargaining of contracts that will expire this year, new and ongoing initiatives of the union, finances, and of course organizing.

Our Business Agents will continue to produce great results in bargaining and representation of our members. They will expand our steward network and broaden training and mentoring. We will bring in new members and provide

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President's Report

Marianne Giordano



Each New Year presents the opportunity to reset and think forward. What's next? What do we need to do now to continue our forward progress? Whether it's about home, or work there is always more to do and more to accomplish. It is no different leading an organization like our Union. We are making plans as always to do and accomplish more in 2014.

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Local 30 Toy Drive Success

Each year Local 30 officers and stewards collect toys from members and coworkers to support the Labor Council's Community Services program which provides food and toys for families in need during the Holiday Season. Each year Local 30 is by far the largest contributor of toys to the effort and this year was no exception as the union loaded hundreds of toys and gifts into the Labor Council's truck for distribution.

"We first started collecting toys from our stewards and officers and then would donate them to

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Vice President's Report

Cathy Young



Looking ahead to the year to come I am pleased to report that we are already setting the dates for this year's events. As we have in the past, we plan to continue to enjoy great activities as well as learning opportunities for all Local 30 members.

In addition to our annual member events in all of our regions and steward meetings and trainings, this year we are planning a couple of first time events as well. Stay tuned for more information as these events develop.

Meanwhile, watch the News & Views and our web site for these great opportunities.

In addition to our great events, there are a number of other benefits that all of our members are entitled to. The two newest benefits we have added are the OPEIU Towing Program and our new OPEIU additional life and AD&D benefits, both FREE to all Local 30 members.

The towing benefit is simple, if you break down or lock yourself out, call the number on the card and help is on the way. No charges, no hassles. The life insurance and accidental death & dismemberment (AD&D) policies are just as simple. Each member of Local 30 is covered for a FREE \$2,000 death benefit and a \$2,000 AD&D benefit. These policies are automatic for all members and there is no buy up option on this coverage so no one will call or contact you to sell you anything. As you probably know the Union does provide other optional coverage for members who are interested but these plans cover only members as stated on the certificates.

So make sure you have your towing and insurance cards to ensure your coverage and protection. It is as easy as calling the Union office for the information. Make sure you get all the benefits that your Union offers, check the website periodically and don't miss a thing. Local 30 is pleased to bring you these benefits and events, so join in on the fun. ■

What's Up in L.A., Arizona and Colorado

ABF Freight Settles New Contract

Local 30 members at ABF Freight in Denver, Colorado have reached agreement on a new three year contract with their employer. The company has been struggling for the past few years as a result of the economy and competition in their industry. So when the time came to bargain their new contract members were asked to take a number of concessions in order to keep the doors open.

The company operates in several states and employs unionized workers across the country. Union members throughout the company in both the Teamster and OPEIU, as well as other employees including management were asked to make sacrifices. All the unions agreed and while the changes they agreed to varied slightly from place to place, the company worked with each union to make cuts that would be the least difficult for that membership.

Local 30 members agreed to a reduction in wages across the board in the first year of the contract. They also agreed to adjustments in some holiday and personal time off benefits as well. Over the five years of the agreement, however, the employees will receive wage increases each year which by the end of the agreement will bring wages to

Bargaining Committee Members.



Cynthia Pentico



Jody Distal

Local 30 steward and bargaining committee member Jody Distal, "We all knew what was coming and simply wanted to make the changes as painless as possible. We like our jobs and have all been here for a number of years. This was the best outcome we could have hoped for and look forward to the company returning to profitability so that we can regain what we gave up."

Along with Jody, Cynthia Pentico also served on the bargaining committee. The members ratified the agreement unanimously. The contract expired on September 30, 2013 but was not ratified until January 15, 2014 which has delayed the implementation of the pay cuts. The next wage increase will be on October 1, 2014 in only nine months rather than one year. ■

slightly more than they were before the cuts.

"These were very difficult problems to solve," said Gayle Noon, Local 30 representative in Denver. "No one wanted to have to take cuts of course but everyone knew the issues were real and they knew that the reductions were being shared equally across the company."

Living Trust and Estate Planning Update

By The Law Office of Teddy R. McNamara



Estate Planning Update and Free 1 hour Consultation: Attorney Teddy McNamara offers a free 1 hour consultation to members of OPEIU, Local 30 for those interested in learning more about estate planning. During the consultation, we will discuss the differences between a Will and a Trust. We will cover probate avoidance techniques and incapacity planning. We will discuss how your estate plan can have an impact on estate taxes, capital gain taxes and property taxes. In addition, we will assess whether you should have the following documents:

- Durable Power of Attorney for Asset Management.
- Advanced Health Care Directive with Hipaa Release.
- General Assignment.
- Marital Property Agreement.
- Nomination of Guardians, Living Trust, Will.

For those with existing plans, the consultation can be used as a time to review your existing

plan to see if it is up to date. The American Taxpayer Relief Act of 2012 made significant changes to the estate and gift tax laws.

Further, the consultation can be used to make sure you have properly funded your Trust and your Beneficiary Designed accounts are in order. Many people continue to make mistakes naming beneficiaries or neglect to check the status of their beneficiary designations of life insurance policies and retirement accounts.

If a loved one has passed away and they had a Trust, it is important to have an attorney review the Trust and give advice on Trust administration matters. The consultation can be used for initial Trust administration matters. Also, if you are a beneficiary of a Trust and the trustee is not following his or her fiduciary duties, then you should consult with an attorney to see what your rights are. Finally, if a loved one has passed away and they only had a will, no estate planning or had assets that were not titled in the trust, there may be a probate proceeding or some other count proceeding to transfer the assets to the beneficiaries, heirs or Trust. Meeting with an attorney early on in this process is critical to avoid unnecessary

delays, costs, creditor issues, taxes, litigation and other problems associated with probate.

Practice Areas:

- Estate Planning, Living Trusts and Wills, Powers of Attorney
- Special Needs Trusts, Probate
- Guardianships
- Business Law
- Trust and Probate Litigation
- Will and Trust Disputes
- Elder Abuse Litigation
- Personal Injury Litigation
- Wrongful Death
- Product Defect Litigation

Don't wait to make sure that you and your family are protected and that your assets go where you want them to go. Take advantage of this exclusive Local 30 Benefit and arrange your free consultation today. ■

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Interfaith Committee for Worker Justice

On Wednesday, December 4, the Interfaith Committee for Worker Justice (ICWJ) of San Diego County celebrated its 15 year anniversary gala for continuing to uplift workers and changing the lives of working families. This year, the ICWJ honored some incredible community and labor leaders, including Ardent and Youthful Campaign Organizers, passionately working to improve the lives of working families. Included in this group of honorees was our very own Business Agent, Geshalem Perez. The theme of the gala was, "Voices for Justice: Who will speak if we don't?" When posed with the question, "what inspires you to do the work that you do?," Geshalem expressed her insight through her poem, found below. She volunteered to share her creation with gala attendees who were electrified by her dynamic performance and inspirational words.

"Drawing upon the unique resources of religious traditions, the ICWJ provides a moral framework toward realizing an economy of well-being. The mission of the ICWJ is to educate and mobilize religious and faith communities to raise awareness and support actions that sustain workers' lives with dignity, improving wages, benefits, access to quality healthcare, working conditions and a voice on the job." (directly from ICWJ website) ■

Geshalem Perez
OPEIU Local 30

Wake up inspired by the struggles of working people
Those who live paycheck to paycheck, sometimes can't even pay rent
If we don't speak up for them, who will?
We can't stay still
Time is of the essence
To proclaim our presence
Progressive minds & people power
Changing lives, see this is our
Time
To be proactive and take action
Creating and striving for sustainable and thriving communities
Through Union member education and empowerment
Lies a fierce dedication to the Labor Movement
Though we must first realize we are all equal
Human beings cut from beautifully diverse strings

Local 30 Toy Drive Success

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the Labor Council to be given out as they saw fit," reported Local 30 Vice President Cathy Young who runs the toy drive each year. "Our stewards were really enthusiastic about the chance to help in the community and began asking members for toys as well. Then came the boxes and toy barrels set up at workplaces, and the rest is history."

Local 30 collects new, unwrapped toys at their office from around Thanksgiving through the week before Christmas. The Labor Council workers then conduct the distribution of the food and toys collected from the unions at the stadium in San Diego. Annually around 400 families are assisted by the generosity of the unions in the area.

"We know we are lucky to be employed in good union jobs so this is a great thing to be doing at the Holidays, something that makes you feel really good about your union," said Local 30 President Marianne Giordano. "Our members are so happy to be able to help this way. It really makes me proud."

The event has grown each year since it began back in 2007 with a new record number of toys collected each year. Among the many stuffed animals, games, electronic toys, and more, are dozens of bikes of all sizes, complete with helmets of course.

Just another example of organized labor reaching out and helping when needed. ■

Sodexo Workers Settle New Contract

Local 30 represented workers at Sharp Memorial Hospital in San Diego have reached an agreement on a new three year contract. The Environmental Services (EVS) and Food and Nutrition Services (FANS) employees work for Sodexo, Inc., the subcontractor for such services at Sharp hospital. Under an agreement between AFSCME and OPEIU, these employees are represented by Local 30.

The new contract includes some benefit improvements, a number of work rule changes favorable to the employees, and wage increases for all employees each year of the agreement. The members of the units ratified the pact overwhelmingly.

"We simply want to fix some things in our contract to give us more flexibility in our time off, and obviously to get a raise," said Fernanda Valencia, a member of the bargaining committee.

"We just want to be treated fairly and be able to do our jobs safely and be appreciated," declared bargaining committee member Lorenzo Diaz.

"Our goal in bargaining was to build a relationship with the employer and demonstrate the value of the work these people do," said Walter Allen who chaired the bargaining. "The work they do is critical to the mission of the hospital, for the safety of the other employees, and certainly the patients. We see our job as being the ones who constantly remind others of these facts and then make sure they are rewarded for their efforts."

The bargaining committee members were Jose Sanchez, Irma Sanchez, Lorenzo Diaz, and Monica Correia from EVS, and Jasmine Crump, Fernanda Valencia, and Miguel Chavez from FANS. Local 30 Business Agent Geshalem Perez led the committee. The new contract will expire in August of 2016. ■

If you have a suggestion, a story, or any jobsite photos we should consider for the newsletter, please contact the Union office at (619) 640-4840 or email: info@opeiulocal30.org.

Do You Take Advantage Of Your Health Benefits?

By: Mark Bailey, Business Agent



When I came to work for Kaiser Permanente in 1978, by virtue of my employment and being a new member of OPEIU Local 30, I inherited the benefits contained in the Collective Bargaining Agreement. One such benefit was healthcare.

Being young and full of life at the time I did not realize or appreciate the value of that coverage. Did I use it for my annual checkups? Not on a regular basis, nothing was ever going to happen to me. A few years passed and I got a little older, and the knees weren't as strong as before and now they need a little work, and they hurt! Ouch.

Don't worry I have health coverage, so let's see what the doctor says; he said surgery and six to eight weeks of recovery time. For far too many people this news would be devastating. To them, not only the cost of the visits and the surgery, but how to pay the bills for six to eight weeks?

For me, again, the benefits within the Collective Bargaining Agreement allowed me to do both. It not only provided for my surgery through health benefits, it also helped because I was able to use my sick time to cover the time I was out. Later my son was helped by the same benefits from prenatal to birth, and now as an adult.

Most recently I was diagnosed with colon cancer and a year later with kidney cancer,

and again, it was that benefit that I am so fortunate to have, along with the help of a group of wonderful people that helped me through those very rough days and nights. So, why am I telling you all this? Well if I had seen my doctor and gotten all those pre-screenings that are available, colon screening for one, maybe my cancer could have been prevented.

All of us who are fortunate enough to be covered by collective bargaining agreements with such benefits as healthcare, sick time, and so much more have the opportunity to be a very healthy workforce simply by using what we already have. Our benefits enable us to get regular checkups, and of course eating healthy and exercising are also part of the equation to help us Thrive! ■

Real Men Wear Pink



to raise funds for the fight against this most deadly disease.

They say a picture is worth a thousand words, but sometimes it takes a few more words to fully explain the picture. Such is the case for the accompanying photo of Local 30 Executive Board Member Mike Ramey who proved his true commitment to women's health issues as he participated in the 'Making Strides' walk against breast cancer. Mike traveled to Pennsylvania where he joined hundreds of others

"I was visiting my Mom following her back surgery and some of my friends were going to walk in the event to raise money to fight breast cancer," said Mike. "Like everyone else, I have had a number of friends who have suffered with the disease so I agreed to join in. Then they told me that they always did the walk in tutus and by then I was committed. I would do it again in a minute."

Every day members of Local 30 do their part to help others. There is no doubt that there are a lot of stories like Mike's. We would love to hear those stories and pass them along in our newsletter. People like Mike serve as an inspiration to us all to help where we can. Tell us your story. ■

A Word About Charity

No one has to remind us of how good we have it being gainfully employed, receiving market high wages and benefits, protection of a strong union, and more. We work hard and earn what we have. And we are all grateful as well.

And no one has to remind us of the needs of others less fortunate either; there are constant reminders all around us every day. As members of Local 30 together we make a real difference in the lives of many of those less fortunate every year through our Union and our Charity Fund. Local 30 participates as an organization on our behalf in our communities regularly. We support the Labor Councils in the areas where we represent people; we contribute to organizations to help children and veterans and organizations that are there to protect those in jeopardy.

The Local 30 Charity Fund, however, is a little different. The Charity Fund is a small insurance plan of sorts for our own members, money collected through the donations from members for use by our members in times of extreme personal need. Over the years we have helped Local 30 members through dire circumstances often with a little extra help when they needed it most.

Our efforts have been greatly appreciated by those who have been helped over the years, and many have commented in their thank you letters that they felt comforted by the generosity, that it really made a difference to them and that they were grateful. Local 30 does many wonderful things for our members, among them we help when we can.



The Local 30 Charity Fund is completely supported by contributions from our members. Many members see their donations as paying it forward in a way, hoping never to be the one who needs the help but comforted by the fact that their Union is there. I ask you to consider making a small 'pay it forward' contribution of your own. Any amount will help. Remember, we are all in this together. ■

Scholarships Awarded



Raleigh Ruff Local 30 member and Annette Baxter, Director of Member Services and Isaish C. Parish the recipient.



Marianne Giordano, President of Local 30, Kate E. Schroeder the recipient and Lori A. Schroeder, Local 30 member



Norma Frias, Local 30 Member, Mark Bailey, Business Agent, recipient Priscilla Frias



Thank You!

Dear Local 30,

I wanted to say thank you for selecting me for the \$1,250.00 scholarship. I am in the credential program at San Diego State and my final year and a half of schooling! This scholarship will help make my dreams of becoming a teacher come true! I cannot thank you all enough!

Kate Schroeder



Dear Local 30 Scholarship Fund Committee,

I'd like to thank you for selecting my daughter, Kate Schroeder, as a recipient of the 1,250.00 scholarship award. She is an excellent student, with 2 part-time jobs. The money will be very helpful for her expenses!

Please keep this wonderful program going. So proud to be a Local 30 member!

Sincerely,
Lori Schroeder



I would like to take this opportunity to thank OPEIU Local 30 for their generosity.

It will be of great help for the continuation of my studies.

I am very honored to be the recipient of this award.

Sincerely
Priscilla Frias



Annette Baxter, Director of Member Services, Steven Perdeu the recipient, Teresa Perdeu, Local 30 Member



Hope F. Grace-Ramos, Local 30 member, Aprilynne K. Grace, recipient



left to right Larry Raspberry, Senior Vice President of First Financial, Geshalem Perez, Business Agent, Anthony N. Castellanos, recipient, Ruth Porchas, Executive Board Member & Local 30 Member, Anthony Castellanos.

DONATION FORM

OPEIU LOCAL 30 CHARITY FUND

Donor Information

First Name _____

Last Name _____

Street Address _____

City _____ State _____

Amount \$25 \$20 \$10

Other \$ _____

Make check payable and send to:

OPEIU Local 30 Charity Fund
6136 Mission Gorge Rd., Suite 214
San Diego, CA 92120

THANK YOU

Fringe Benefit Services/Local 30 Reach Agreement

Fringe Benefit Services, Inc. in Denver, Colorado is a third party administrator that provides employee benefits to trade unions through their trust funds. The employees of the company are Local 30 members and recently settled their union contract for the next three years.

The agreement will provide for wage increases each year of the contract for all employees, a lowered health care deductible for employees, and other language changes intended to clean up confusing language. The union's committee was very pleased with the contract and the members ratified the agreement unanimously.

"We really were not asking for the moon, we just wanted to bring

down our out of pocket expenses for health care, clean up a few things that were not clear in the contract, and of course get a raise," said committee member Pam Johnson.

"Fringe is a good employer and has always done whatever they can to work with the employees and the union," reported Local 30 service representative Gayle Noon. "These are very reasonable employees as well so this was not a difficult negotiation for either side."

Bargaining committee members Pam Johnson and Jean Vega recommended the contract for adoption to the members of the unit. The contract will next expire in 2016. ■

President's Report

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As we speak Local 30's Business Agents and staff are planning this year's upcoming contract negotiations, organizing efforts, steward trainings, and other meetings and events that ensure the best level of representation possible for our members.

Walter Allen, our Executive Director and Chief Financial Officer is building our budgets and planning for those things we are aware of, and even things that will come that we don't know about. He is making sure that we have the resources in place for all the things we do every year for our members from the member servicing by our staff, to the great events we host, to the scholarships we award, to the charitable donations we make.

Our Executive Board is heavily involved in the planning of all the other Local 30 activities that will occur in 2014. Our Vice President Cathy Young is busy setting the dates for the annual summer event in San Diego as well as the steward's holiday celebration at the end of the year. Executive Board Member Katie Doyle is busy arranging the annual scholarship golf tournament, Executive Board Member Annie Watson is planning this year's Day At The Races in Los Angeles, Executive Board Member Linda Winters is looking for dates for the annual event in Arizona, and Executive Board Member Cris DeBay is doing the same in Colorado.

We have a lot to do every year to make sure that membership in Local 30 means even more than the great representation we receive. Our union has built a robust list of benefits and events that bring value to our members and their families, and it all starts at the beginning of the year with the planning.

So make sure to watch our News & Views Newsletter, visit our web site at www.opeiulocal30.org, and follow us on Facebook so you don't miss a thing. Join us at any or all of our great events and take full advantage of all of the extra benefits we offer. Let's make 2014 the best year ever! ■

Angie's Closet
By Angela Jensen

Donate your gently worn scrubs

Let's help our coworkers by donating our gently worn scrubs. There are a couple of ways to get involved:

1. Drop off at the Local 30 Office (8 a.m.-4:30 p.m.)
6136 Mission Gorge Rd., Suite 214
San Diego, CA 92120
2. Call/Email to schedule a pick-up
(619) 640-4840 / info@opeiulocal30.org

If you are in need of scrubs, please contact the Local 30 office at (619) 640-4840.

Local 30 members helping members.

Executive Director's Report

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them the same great service and protections that all our members enjoy. We will bring more members into positions on committees and councils in the union and the labor community all to the best advantage of our union.

Local 30 will continue to expand the 'Members Only' benefit programs by adding scholarships and educational opportunities for our members, and add to the list of benefits such as the new OPEIU life insurance program, free to all of our members. We will continue to educate members about the programs we already offer designed to add even more value to membership in our union such as the OPEIU Towing benefit and our many discount and travel benefits.

We will continue to enjoy the various member events such as the 'Day At The Races', our 'Family Fun Day', and special events in Arizona and Colorado as well.

All of these things are brought to you by the many leaders of Local 30 all of whom have stepped forward to make this all possible. This kind of success is no accident and it is certainly not the result of the work of one person. Local 30 has developed a large group of leaders and activists all of whom believe that this work is worthwhile, and all of whom give a great deal to their union. The reward for each of them is personal but their efforts are the reward for all who belong to Local 30. Let's start the new year off by thanking them all in advance for another great year ahead. ■

More Great Advice from Chef Mark

Hello from Chef Mark Atkins, C.E.C., Kaiser Permanente



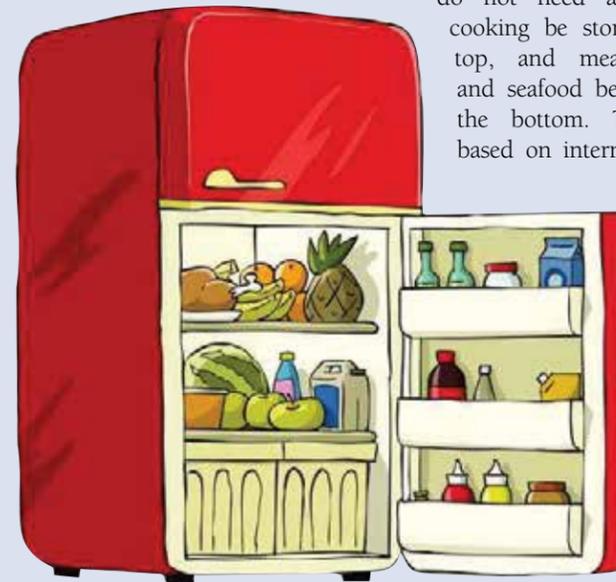
When it comes to protecting yourself and your family from foodborne illness, one of your most effective tools is the kitchen refrigerator. In fact, at room temperature, the numbers of bacteria that cause foodborne sickness can double every 20 minutes! Chilling foods to proper temperatures is one of the best ways to slow the growth of these bacteria.

To ensure that your refrigerator is doing its job, it's important to keep its temperature at 41°F or below; the freezer should be at 0°F. Since few refrigerator controls show actual temperatures, **using an inexpensive freestanding thermometer** will allow you to monitor the temperature and adjust the setting of the refrigerator and/or freezer if necessary. Buy one for the fridge, one for the freezer, and check them often.

In addition to keeping the temperature in your fridge at 41°F, you can take additional steps to make sure your refrigerated foods stay as safe as possible.

- **Avoid "Overpacking."** Cold air must circulate around refrigerated foods to keep them properly chilled.
- **Wipe Up Spills Immediately.** In addition to helping reduce the growth of the Listeria bacteria (which can grow at refrigerated temperatures), getting rid of spills — especially drips from thawing meats — will help prevent "cross-contamination," where bacteria from one food spread to another.
- **Keep It Covered:** Store refrigerated foods in covered containers or sealed storage bags, and check leftovers daily for spoilage. Never store foods in Foam take-out containers, they are made to keep food warm and create a barrier from letting cold air pass (unless you crack the lid).
- **Check Expiration Dates On Foods.** If food is past its "use by" date, discard it. If you're not sure or if the food looks questionable, the simple rule is: "When in doubt, throw it out."
- **Recommended top-to-bottom storing order.** It is recommended

that ready to eat foods, foods that do not need any further cooking be stored on the top, and meat, poultry and seafood be stored on the bottom. This order based on internal cooking



temperature of each food: i.e. if you store meat above ready to eat food and they leak, you put the ready to eat food in danger (ready to eat foods require no further cooking).

- **Clean The Fridge Out Frequently.** Make this task part of your kitchen cleaning routine! Mold can grow in adverse conditions, it is important to wipe it clean (bleach is your friend).

Quick Chill

Whether you're dealing with leftovers or just-purchased foods, it's important to get foods that need refrigeration into your fridge quickly. Leaving perishable foods out for two hours or more allows bacteria to multiply rapidly — and can put you at serious risk of contracting foodborne illness.

- **Groceries:** When you get home from the grocery store, put your refrigerated items away as quickly as possible. Never allow raw meat, poultry, seafood, eggs, or produce that requires refrigeration to sit at room temperature for more than two hours; the limit is one hour if the air temperature is above 90 °F. (If you're not sure whether certain produce requires refrigeration, ask your grocer.)

Also, keep in mind that your car is probably even hotter than typical room temperature, so it's important not to leave groceries in your car longer than absolutely necessary — and never more than 2 hours (or 1 hour on a hot day).

- **Leftovers:** These need to be refrigerated or frozen within two hours, as well. Despite what some people believe, putting hot food in the refrigerator doesn't harm the appliance. To help hot food cool faster, divide leftovers into smaller containers before putting them in the refrigerator.
- **Doggie Bags and Take-out Foods:** Again, the "two-hour rule" applies to carry-home foods. Leftovers from takeout or restaurant meals need to go into the refrigerator within two hours at most. If you can't get home within two hours after eating out, don't request a doggie bag.
- **Marinated Foods:** Always keep food in the refrigerator while it's marinating. Bacteria can multiply rapidly in foods left to marinate at room temperature. Also, remember this tip for marinating safely: never reuse marinating liquid as a sauce unless you bring it to a rapid boil first.

One last thing! What is the safest food item in your refrigerator? If you said the condiments (especially mayonnaise) you are correct, if you said Pork you're good. Mayonnaise is the safest item in the refrigerator; the only way for mayo to go bad is by opening the lid and getting a Mold Spore (mold is naturally in the air). Furthermore, when you go on a picnic and take potato salad, it's the potatoes and the eggs that go bad not the mayo.

Also, Pork is the safest meat on the market! When was the last time we had a recall on pork? Today's pork is very safe, in fact the cooking temperature for pork is 145°F, unless you have ground pork i.e. sausage and cured pork the cooking temperature is 155°F.

The moral of the story, Mayonnaise and Pork are your friends. ■

Source: FDA

Staff of Local 30

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OFFICE & PROFESSIONAL EMPLOYEES
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Local Union No. 30
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Local 30**

<http://www.facebook.com/OPEIULocal30>

We would like to provide you with information, fun facts, and general communications on the actions and events of our Union.



Watch for the Total Health page in the next News and Views newsletter.



**Local 30's
St. Patrick's Day**

Bowling for Charity

Sunday, March 16

Parkway Bowl
1280 Fletcher Parkway
El Cajon, CA 92020

Check-in 1:30 p.m.
Bowling 2-4 p.m.

\$20
(no refunds)
per person
includes the shoe rental

Deadline: March 7
Questions: (619) 640-4840

Only 8 lanes available
6 bowlers per team
Bring a team of 6 or we will assign you to a team
Green is the theme!
Wear your green gear in the spirit of St. Patrick's Day.
All proceeds benefit the Local 30 Charity Fund

To register send a check or money order to:
Local 30 Charity Fund
6136 Mission Gorge Rd., Suite 214
San Diego, CA 92120

Submit this with your payment:
Name: _____
Phone Number: _____