

## Building a Better Life

By Matt Utecht, President

Last month, I began asking you to renew your commitment to each other through our union. In November, we kicked off our membership drive and you overwhelmingly responded to the ask, reaching nearly 50% of the 8,500 members covered through the Minneapolis Retail Grocery contract in just a few weeks. That demonstrates to me your desire to become more involved and to continue to build better lives through our union. Your responses show me your willingness to participate in the upcoming negotiations and in being the future of our union.

At the same time that all of us continue to build upon the values that bring us together, we recognize the threats to our livelihoods. We know these threats as anti-worker politicians, dangerous laws that make coming together in a union more difficult, and non-union grocery stores such as Whole Foods and Hy-Vee for our grocery contracts.

That's why it is so important to have current contact information from each member to be able to respond to these threats at a moment's notice. We need to be able to communicate and respond quickly to each other, to stop the fear and misinformation that confuses workers and results in non-action and compliance. Fear and misinformation oftentimes drown out our voices as workers, and we know that can translate into our rights on the job.

In the coming year, I want you to be curious, stay engaged, and challenge yourself to learn more about your contract negotiations if yours are coming up. Sign up to receive emails and texts from your union. Attend a membership meeting. I want you to be able to have the tools you need to learn more about your collective bargaining agreement and how you can build a better life through it for yourself and your family. Let me know how we can work together.



*These are the SPURs who participated in our November membership drive kickoff.*

*Front row (left to right): Danyelle Williams, Marx Mumbuwu, Debra Gehrig, Jenna Snaza, Sandy Christiansen, Amy Schroeder, Sondra Williams.*

*Back row (left to right): Scott Marker, Dave Mueller, Joe Behrendt, Shawn Moore, Joel Anderson.*

# Local 653 Welcomes Members at Restaurant Depot

By Paul Crandall, Secretary-Treasurer

Effective October 1, 2017, UFCW Local 653 has begun representing the employees at Restaurant Depot, which is located at 5925 Earle Brown Drive in Brooklyn Center.

Restaurant Depot is owned by Jetro Holdings Cash & Carry Enterprises, a wholesale grocer founded in 1976 that has locations in 32 states with 120 stores. Restaurant Depot was founded in 1990 and was purchased by Jetro in 1994. Restaurant Depot opened in Brooklyn Center in December 2013 in the former Best Buy building and is 48,672 square feet.

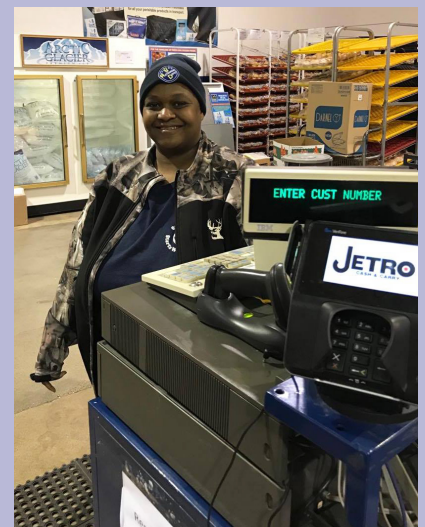
UFCW Local 2013 (located in Brooklyn, New York) organized the Restaurant Depot's first store in the New York area and now has secured a master collective bargaining agreement. UFCW Local 653 has entered into a servicing agreement with Local 2013 and will service these members in their workplace for day-to-day enforcement of the contract, selecting stewards and handling workplace issues as a first step with management.

"UFCW Local 653 is very excited to service these new members," said Local 653 President Matt Utecht. We look forward to the new relationship, opportunity and growth with the members at Restaurant Depot. We welcome you into the UFCW Union Family!

**"WE ARE STRONGER TOGETHER"**



*Receiver Frederick Terry*



*Cashier Luciana Ferguson*



# Christmas and New Year's Day Holiday Scheduling for Minneapolis Retail Contract Full-Time Employees

By Doug Rigert, Union Representative

It's that time of year again when questions arise about proper scheduling during the holiday weeks of Christmas and New Year's Day. Most employers get it right, but each year there are some who fail to do so. The most common scheduling mistakes usually involve the **proper** scheduling of full-time employees. Two examples of that would be: 1) a full-time employee who had the holiday off and the employer mistakenly counted that as his/her day off and scheduled them 40 hours instead of 32 hours as the contract stipulates; or 2) a full-time employee works on the holiday and the employer mistakenly counts the hours worked on the holiday as a part of his/her workweek. I hope this article can clear up some of the confusion when it comes to the proper scheduling during the weeks that Christmas Day and New Year's Day holidays occur.

This year Christmas Day falls on Monday, December 25. Stores shall be closed by 4:00 p.m. on Christmas Eve, Sunday December 24. For traditional full-time employees the basic scheduled workweek is 32 hours, excluding Sunday and the day of Christmas. The basic workweek days that a traditional full-time employee can be scheduled that week are Tuesday, Wednesday, Thursday, Friday and Saturday. It's important to remember that the traditional full-time employee should have one of these five days off as their day off. One is their day off and the other day off they should receive is Monday, December 25 (the Christmas Day holiday) that is paid at eight hours or ten hours of holiday pay. For classified assistants and retail specialists the workweek is Sunday through Saturday, excluding Monday, December 25 (Christmas Day). Their basic scheduled workweek should also only be 32 hours during the week of the Christmas Day holiday. The basic workweek days that a classified assistant or retail specialist can be scheduled that week are Sunday, Tuesday, Wednesday, Thursday, Friday and Saturday. They also receive two additional days off besides Monday, December 25 (the paid holiday) during the week of the Christmas Day holiday.

As with the Christmas Day holiday, New Year's Day also falls on a Monday, January 1. For traditional full-time employees the basic scheduled workweek will be 32 hours excluding Sunday and Monday (New Year's Day).

The basic workweek days that a traditional full-time employee can be scheduled that week are Tuesday, Wednesday, Thursday, Friday and Saturday. It is important to remember that one of these five days the traditional full-time employee should have off as their day off. One is their day off and the other day off they should receive is Monday, January 1 (the New Year's Day holiday), that is paid at eight hours or ten hours of holiday pay. If you are a traditional full-time employee and choose to defer your New Year's Day holiday pay, you must work on the holiday (Monday, January 1, 2018) to do so. Besides working the holiday on January 1 (if you choose to) you should be scheduled four other days, eight hours each day Tuesday, Wednesday, Thursday, Friday or Saturday. You should be scheduled a day off on one of these five days. If you work on the holiday and defer it, make sure that you work at least 30 hours during the rest of the week so that you receive the full-time health and welfare contribution from your employer. When you defer, you defer your holiday pay, not the hours worked on the holiday itself.

For classified assistants and retail specialists the workweek is Sunday through Saturday excluding Monday, January 1 (New Year's Day). Their basic scheduled workweek should also only be 32 hours during the week of the New Year's Day holiday. The basic workweek days that a classified assistant or retail specialist can be scheduled that week are Sunday, Tuesday, Wednesday, Thursday, Friday and Saturday. They also receive two additional days off besides Monday, January 1, 2018, during the week of the New Year's Day holiday. Just like a traditional full-time employee, if they like they also can defer their holiday pay if they choose to work on Monday, January 1. If so, they should still be scheduled four other days, eight hours each day Sunday, Tuesday, Wednesday, Thursday, Friday or Saturday. As is always the case, all other provisions and language stated in the current union contract regarding holiday qualifications apply. If you are a full-time employee and you are not being scheduled correctly during Christmas and New Year's holiday weeks, contact your union representative immediately at 763-525-1500.

# Using Hustle to Develop Labor Leaders

By Jessica Hayssen, Director of Communications

**B**uilding leadership is one of the cornerstones of volunteer organizations. For Local 653, that means helping workplace leaders become leaders in the union. These leaders in the workplace become the face of the union and help to organize their coworkers and fight for a voice on the job.

UFCW Local 653 first launched a successful Hustle pilot program in early fall with a group of stewards to explore another way to increase member-to-member communication through texting. Hustle is the one-on-one text messaging platform available to locals through the UFCW International.

Local 653 staff wrote a simple script to ask people to attend one of five regional Minneapolis Retail Grocery survey results meetings throughout the first week of October. It was preloaded into the app, along with a list of members. As a pilot program, each steward had a list of 100 members, and additional contacts ready if they had the ability to text more. As each message was sent, Coworker and Name were automatically personalized within the message and the name of the steward sending the messages. Each member was able to respond individually and the steward was able to engage in a personalized, one-on-one text conversation.

In total, five UFCW Local 653 stewards sent messages to 925 coworkers in only a few hours. Over 150 members responded to the messages, which is a very high response rate. The Hustle effort complemented one-on-one conversations stewards were having with members to encourage high turnout to the regional meetings.

Paul Swanson, a UFCW Local 653 steward who participated, said, "The preloaded messages with basic answers were pretty easy to use. I reached 100 members in less than 15 minutes. Fifteen to 20 members responded to me with additional questions that I was pleased to answer."

Alex Kunau, another UFCW Local 653 steward, noted, "Hustle was very easy. It was simple, straightforward and I could zip through the contacts

fast. It took me less than an hour to get through 200 contacts.

In another text pilot, stewards sent texts to all members of the Minneapolis Retail Grocery contract with the one-page survey results and encouraged members to apply to be on the negotiating committee. A whopping 33% of members responded via text message! Being contacted by a colleague that the workers knew and trusted during the campaign was a positive experience for both the leader and the coworker.

"Ninety-nine percent of the people [we Hustled] were happy to be contacted by a fellow union member," said Alex Kunau.

Recent SPURS were trained how to use the Hustle app as well as a kickoff to the membership drive. UFCW Local 653 has plans to train all stewards in their local to use the Hustle app in 2018.

As you can see, Hustle is one of the tools Local 653 is using to engage the membership. The positive experience for the leaders, the speed at which coworkers were reached, and the promising response rates, show how Hustle is an effective leadership development tool for union leaders trying to build a better workplace for themselves and coworkers.

## UFCW Local 653 Members:

The Annual Meeting of members of Minneapolis Meat Cutters and Food Handlers Properties, Inc. will be held on January 10, 2018, at 4:00 p.m. at the offices of UFCW Local 653, 6160 Summit Drive North, Suite 600, Brooklyn Center, MN 55430.

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

# Apple Valley Cub Team Rocks!

By Amber Allen, Union Representative



On October 26 I was honored to join and be able to personally congratulate the members of the newly remodeled Apple Valley store. It all began eight months prior and was the most extensive remodel to date, topping seven million dollars. The store has significantly less square footage than before, but caters to the desires of New Age shoppers. Included in the remodel is an expanded produce department with a fresh squeezed juicing department, a fresh popped popcorn shop offering countless varieties, a new drive-through pharmacy option, plus so much more.

Store Director Nate Watts and his entire team did an incredible job; if you have the chance (and can find a parking spot) check it out! Each and every member should be proud, as all your hard work has been greatly appreciated by both management and the community. Congratulations team Apple Valley! We're looking forward to more Cub improvements in the future.



Julie Ehlers and Jim Larson



Denny McNamee, Michael Carlson,  
Michelle Florez



Nick Geislinger



Matt Speidel, Bill Thrane, Brian Benz



Brandon Dolder



Cheryl Tollefson



Michael Winter



# Challenges Ahead

By Rick Milbrath, Union Representative

**A**s a local union, we will be facing many challenges and changes in the near future. This is nothing new to many of us, as we have been through it in every contract negotiations in the past. It is not only time for our older members, but for our younger and newer members to step to the plate and join in this great labor movement. Our Minneapolis retail contract is up in March of 2018, which is just a few months away. It is never too early to prepare for issues that are important to our members or that could be important to management. The better we prepare ourselves for the problems, the better chance we have to resolve issues that will lead us to a new collective bargaining agreement in March.

As a member, you can do your part by attending monthly union meetings. By doing this, you can educate yourself and be up to speed on issues that we will be facing in the upcoming contract negotiations. If you cannot make the monthly meetings, go to our Local 653 website, Facebook or Twitter. You can pull up the most recent Fact Finder articles by going to [ufcw653.org](http://ufcw653.org). Your union representatives are a great resource, so be sure to seek them out when they are in visiting your store. In order to be successful in this movement for these upcoming negotiations, **we need the membership's input** on what is important to you.

Now is the time to stand up, face the problems of today and find the solutions that can move us forward and make us more successful.

Will it be easy? The answer to that is "absolutely not!" But with President Matt Utecht's leadership and your help, along with the strength of our membership in this union, we will find ways to become stronger and move everyone ahead in the right direction. Remember, **the strength of the union is measured by the strength of its members.**

From the survey results we know what problems exist in our stores. It's time to address them and find ways to fix them in a successful way! That's what negotiations are all about. That is the beauty of belonging to a union. Let's all get involved, stand together and move the flag up the beach of success together. There are no secrets to successful negotiations. It is the result of preparation, commitment and hard work on everyone's part.

## Help Shape the New Fact Finder!

Attention UFCW Local 653 members! We're redesigning the Fact Finder newsletter to better fit the needs of our membership. Best newsletter ever? Yes! But only with your help. Please take one minute to do this quick online survey so we can listen and respond to your voice. Please complete the survey by December 20. Thank you!

<https://www.surveymonkey.com/r/FFNewsletter>



# Fact Finder

# Stewards in Your Union

By Ondrea Shallbetter, Organizer and Union Representative

Linden Hills Co-op, a recently organized shop in Minneapolis, held their first stewards election.

Good stewards are the backbone of an effective union.

- Stewards reach out to new members and help educate on worker rights
- Stewards are a bridge between elected leadership, staff and workers
- Stewards listen to coworkers and provide a confidential way for members to bring forward ideas and concerns

Most importantly, stewards inspire, lead, and build a sense of unity and solidarity among the wide range of workers in our union.

Although stewards are a large part of what makes your union strong, the role you play is just as important! You are the union, so be sure to stay active by:

- Staying informed about union activities
- Doing your best to understand your contract
- Showing your union pride with buttons and T-shirts
- Reading union materials
- Voting in elections
- Communicating with coworkers and union leadership about important workplace issues



*Cyrus Kozub - Produce*



*Emily Calhoon - Produce*



*Jason Lee - Deli*



*Mark McGraw - Admin*



*Jeff Nielsen - Meat and Seafood*



*Michael Bierlien - Front End*



*Robert VanVraken - Grocery*



*Tracie Lemberg - HBC*



# Union Solidarity!

By Jess Alexander, Organizer

**B**uilding a strong union movement means working people standing up for each other. On Friday, November 17, we joined a march and picket for Teamsters Local 320 to support them in their current contract negotiations.

Local 320 members work at the University of Minnesota doing maintenance, food service, sanitation and many other jobs that the University relies on to function. The top issues they are fighting to improve are pay and the ability to return to the same job after being on an approved leave for longer than two weeks. (Workers will often return from a vacation or leave to find their job changed.) The University administration is trying to claim that their billion dollar budget doesn't have enough money for decent raises for the hardworking men and women who keep their institution functioning.

Last month, the 1,500 members of Local 320 voted 85% Yes to authorize a strike over working conditions at the University. The workers of Local 320 have been working without a contract since June when their last contract expired. Local 320 will only go on strike if they are not able to bargain a contract that the membership approves.

This is a brave stand for the members of Local 320 to take and a good example of workers showing their power. In being active and visible, Teamsters Local 320 is a powerful example of what union workers can do and must do to win improvements on the job and in their lives.

We are proud to support fellow union workers. When they win, we all win.





# Kowalski's Uptown Grand Reopening

By Jim Schommer, Union Representative

On November 3 and 4, Kowalski's held a grand reopening of its Uptown/Hennepin Avenue location. The store took over the space next door that was previously occupied by Walgreens. This added around 10,000 square feet to the existing store, making it now about 29,000 square feet. They added a made-to-order pasta bar, a hibachi station, expanded the specialty cheese case, expanded the sushi program and added a serviced pastry department. A Starbucks was also added. This was an already amazing store and now it has gotten even better. You need to stop by and see it for yourself and talk to the members who make this such a great location to shop.







## Depression and Seasonal Affective Disorder

If your mood gets worse as the days get shorter and the weather gets colder, you may have “winter depression.” Some people have year-round depression that gets worse in the winter while others may have a condition called Seasonal Affective Disorder (SAD). 6.7% of Americans who suffer from depression year-round find that their depression gets worse in winter, and up to 3% of the US population may suffer from SAD. SAD is marked by the onset of depression during the late fall and early winter months. It is believed to occur when daily body rhythms become out-of-sync because of the reduced sunlight we receive. SAD is more common for residents in northern latitudes. Women are also more likely than men to suffer from SAD, perhaps because of hormonal factors. However, SAD becomes less common in women after menopause.

### Symptoms of “winter depression” and SAD include:

- Sleeping too much
- Experiencing fatigue in the daytime
- Gaining weight
- Difficulty concentrating
- Aching muscles and joints
- Digestive problems
- Headaches
- Back pain
- Agitation/restlessness
- Decreased interest in social activities

### What to do if you notice the initial or worsening signs of depression:

Make an appointment with your doctor if you notice signs of depression or worsening depression. You and your doctor can create a treatment plan based on your needs or modify your current treatment plan to reflect your increased depression.

### There are several options to help combat “winter depression” and SAD:

- Going to talk therapy or joining a support group. Research indicates that doing “homework” between your talk therapy sessions is beneficial. Keeping a mood log where you record your moods throughout the day can help identify moods and your reactions to situations. This in turn can help you evaluate and reduce your negative thoughts.

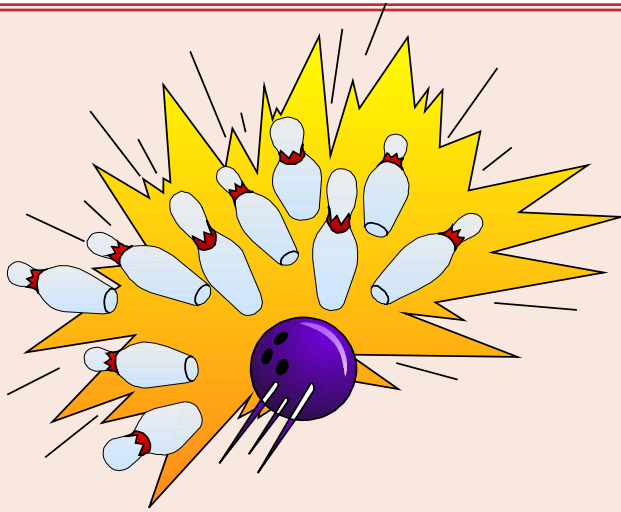


- Taking antidepressants.
- Taking supplements of the hormone melatonin, which can help synchronize the body clock. The melatonin dose and timing should be calculated by your doctor. Research suggests that patients have better results when taking the melatonin in the morning rather than the afternoon or evening.
- Using light therapy, which involves using a 10,000-lux light box indoors for 20-30 minutes each morning. When buying a light box, be sure to get advice from your doctor and also try to choose a larger light box (one that is at least 1 foot by 1.5 feet as they have more supporting research).
- Using a technique called dawn simulation in which a light is programmed to turn on early in the morning in your bedroom. Using light therapy in conjunction with dawn simulation has been shown to be as effective as taking an antidepressant.
- Getting outdoors if there is sunlight.
- Engaging in regular exercise. Any boost in activity should help, even if it's just taking a walk around the block.
- Maintaining social activity and talking with friends.
- Experts recommend a diet with enough protein and plenty of complex-carbohydrate-containing food such as whole grain products and starchy vegetables. Avoid sweets and simple carbohydrates.
- Minimizing exposure to depressing news. Watching a lot of news, especially in today's world, may depress your mood even more. It is stressful, and minimizing stress can help improve your mood.

There are other triggers that can lead to the blues and/or depression in the wintertime, especially around the holidays. Some of those triggers and tips to combat those triggers include:

- **Family gatherings:** Don't expect the worst. Focus on catching up with a family member you enjoy. Make a plan to avoid situations or people that upset you and set a time limit for the visit.
- **Over-Committing:** Practice saying "no" out loud and in front of a mirror. It's okay to say no to holiday invitations. Make a commitment to put yourself first and to stay well-rested. Also, don't be afraid to ask for help from others.
- **Financial worries:** You don't need to spend a lot of money to show someone you care. When shopping, make a budget and stick to it. Consider making your own gifts or writing a thoughtful note instead.
- **Unrealistic expectations:** Pressure to produce a perfect holiday while also being merry can make you feel bogged down. Let go of the need for perfectionism.
- **Fatigue:** Staying up late wrapping presents, devoting days to making holiday treats, decorating and going to the busy mall can be exhausting. Remember to take a breath and that you cannot enjoy the holidays if you are going through them in a fog. Make time to rest and revitalize.
- **Stress:** Travel, shopping, relatives, party planning and more during the holidays can add to the stress and sadness you feel during the regular year. In order to withstand, schedule daily "me time." Set aside 15 minutes to do something you enjoy every day.
- **Breaking healthy habits:** So you had seconds (or maybe even thirds) at Thanksgiving dinner, it's okay. Don't let a one-time overindulgence derail the healthy habits you follow the rest of the year. Start fresh tomorrow.

Remember, if you notice signs of depression or worsening depression, contact your doctor so that the two of you can make a plan together to get through the winter months with more happiness and less depression.



# UFCW Local 653's 34<sup>th</sup> Annual 9-Pin No-Tap **Cosmic Bowling** Tournament

**Date:** Sunday, February 11, 2018  
**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.

**Payment must accompany your entry.**

**Entries must be received by Thursday, February 1, 2018.**

**RESERVE EARLY!**



# UFCW Local 653 34<sup>th</sup> Annual Bowling 9 Pin No-Tap Tournament

## Sunday, February 11, 2018

**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 1, 2018.

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



**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 - March 31, 2018, 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](http://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!





Dad was so proud to be a union member that I brought the newsletter to him when he was in a nursing home. I always heard stories of what the union meant to him. How it allowed him to earn a good living, send me to college, etc. He was so proud of being a member. Unfortunately John Hovanetz Sr. has passed away. I probably should have notified you sooner, but the newsletter brought back good memories of my dad and his pride in being a union member. It's time to discontinue sending the Fact Finder newsletter to me and use the savings for your members.

If my dad was alive today, he would say, "Thank you union for providing me with the opportunity to provide for my family and have a good life."

I too want to thank you for giving my dad a sense of pride, knowing he provided a good life for our family.

Sincerely

John Hovanetz Jr. POA

Text 653 to MYUFCW  
(698329)

& receive mobile updates  
from UFCW Local 653.

\*UFCW Local 653 does not charge for text messages, but cell phone provider message & data rates may apply.

CONNECT on Social Media!



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[@UFCW653](https://www.twitter.com/UFCW653)



[www.instagram.com/ufcwlocal653](http://www.instagram.com/ufcwlocal653)



**UFCW Local 653**  
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Brooklyn Center, MN 55430  
[www.ufcw653.org](http://www.ufcw653.org)  
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**Paul Crandall, Secretary-Treasurer** ([paulc@ufcw653.org](mailto:paulc@ufcw653.org), 612-965-4301)  
Brainerd / Baxter Cub Foods - Baxter Super One - Crosby Super One - Pequot Lakes Supervalu

**Jessica Hayssen, Director of Communications** ([jessicah@ufcw653.org](mailto:jessicah@ufcw653.org), 651-261-8559)

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

**Jess Alexander, Organizer** ([jessa@ufcw653.org](mailto:jessa@ufcw653.org), 612-567-1225)

**Amber Allen, Union Representative** ([ambera@ufcw653.org](mailto:ambera@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

Radermacher's Shakopee Cub

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

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

**LUNDS & BYERLYS:** Bloomington, Central, Edina, Hennepin, Lake Street, Minnetonka, Navarre, Plymouth, Prior Lake, Richfield, Wayzata, Lunds Manufacturing

Almsted's - Bergan's - Cooper's - Driskill's - Everett's - Ingebretsen's - Jubilee - Oxendale's

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

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

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

**JERRY'S FOODS:** Eden Prairie, Edina

**KING'S COUNTY MARKET:** Andover, St. Francis

Hirshfield's

Minnesota Meat Masters

Brede Exposition Services

Swanson's Meats

Monarch Healthcare - Estates at Chateau, Estates at Bloomington

Healthcare Services (Bloomington and Chateau)

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

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

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

**KNOWLAN'S FESTIVAL FOODS:** Andover, Bloomington, Brooklyn Park  
Benedictine @ Innsbruck Healthcare

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

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

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

Homestead at Anoka, Gold Cross, Monarch Healthcare - Oaklawn

**Ondrea Shallbetter, Union Representative/Organizing Dept.**  
([ondreas@ufcw653.org](mailto:ondreas@ufcw653.org), 612-406-9419)

**CUB FOODS:** Plymouth Station, St. Louis Park  
Linden Hills Co-op

### 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. **(See note below regarding January meeting.)**

#### Upcoming meetings:

Monday, January 8, 2018  
Monday, February 5, 2018

SEND IN THE ENTIRE ADDRESS BOX AT THE RIGHT FOR A CHANCE TO WIN 2 TICKETS TO A MINNESOTA WILD GAME!

All active, dues-paying members are eligible for drawings.

Mail your entry to:  
UFCW Local 653  
Attn: Tickets  
6160 Summit Dr N, Ste 600  
Brooklyn Center, MN 55430



### Retirees' Club Meeting Notice

Knights of Columbus -  
Marian Hall

1114 American Blvd. W.  
Bloomington, MN 55420

Thursday, December 21, 2017

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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### NOTE:

The January membership meeting will be held on Monday, January 8 because the first Monday of January is a holiday.