

## Look Before You Leap

### -- To Opt Out or Not to Opt Out--

By Matt Utecht, President

Effective on workweeks after March 5, 2017, Participants will be required to make a contribution to the Health & Welfare Plan in order to be eligible for it.

- Full-time \$10.00 per week
- Modified part-time \$ 5.00 per week

Your Employer is required to implement a pre-tax plan that will take your contribution out of your paycheck before taxes. This before-tax element is important, because then your take-home pay won't be reduced by the full amount, because it will not be subject to withholding like your regular pay. Therefore, that \$5.00 a week will be closer to \$3.50 off your paycheck.

We will have more information on this as we get closer to March 5<sup>th</sup> hours. What I really want you to think hard about is the provision that allows you to not pay your contributions and to "opt out" of the Plan.

Before you consider that option, think about the following:

Coordination of Benefits. Some of you may consider opting out because you have other coverage through your parents' or your spouse's plan. Remember that there are significant advantages of double coverage. I just talked with a member whose spouse is battling cancer. She told me what a blessing it is that he is covered on our Plan and his employer's plan also. Because the two Plans coordinate coverage they haven't had to pay

any co-pays on their medical bills. If you get sick, coordination of benefits will drastically reduce your medical costs.

Our Plan's Extra Benefits. Many plans do not include dental, vision, short-term disability and life insurance. Ours does, and you would be opting out of all of these if you give up your benefits.

Opting Back In. The Trustees have not developed any rules yet that would allow you to opt back in. There is no guarantee that you will be able to sign back up for the plan at a time when you feel you may need it.

Uncertain Future of The Affordable Care Act. With the change in administration, no one knows what will become of Obamacare and what the future holds for the health insurance industry. Our Plan has existed for nearly 50 years and has provided health benefits to over 60,000 union members throughout the years. Before you consider opting out, think through the advantages of staying with a Plan that the Union has Trustees involved with, and is designed for long-term security. **I caution you to look closely before opting out of your Union health care!**

Your contribution to the Health and Welfare Plan is small compared to what the employers are required to pay – it is less than 5%. Think long and hard about the potential consequences of saving a few dollars a week compared to the security of being in our Plan.

**Check out the newest Cub Foods store - see page 11!**

# Brainerd Area Retail Grocery Workers Ratify New Two-Year Agreement

By Paul Crandall, Secretary-Treasurer



**B**rainerd Lakes Area retail grocery members working at Cub Foods in Baxter and Brainerd, and Super One in Baxter and Crosby ratified a two-year agreement on December 1, 2016, covering 400 hardworking union members. This agreement secured wage increases for full-time and part-time members in both years of the agreement, and Health & Welfare and Pension were secured for eligible employees. Through the efforts of the negotiating committee and under President Matt Utecht's leadership, the entry level part-time workers gained significant improvements in their job classification with a new competitive wage scale, vacation, holiday pay, jury duty and bereavement pay. These members now have the opportunity to earn and enjoy contract benefits they deserve. Courtesy and Custodial employees also gained with the new agreement – they are now eligible for paid vacation and have a new wage scale.

Local 653 would like to thank Ken Lenk (Baxter Super One), Tony Ramberg (Crosby Super One), Amber Rosecrans (Crosby Super One), Alyssa Grecula (Baxter Cub Foods) and Mike Insley (Brainerd Cub Foods) for their excellent work serving on the negotiating committee and securing a good contract for their fellow members. If you work with one of these members, please thank them for their efforts.

## Want To Take a Paid Vacation? Now is the Time to Plan Ahead!

By Doug Rigert, Union Representative



**B**y the time you read this, Christmas and New Year's holidays will have passed. As one year has come to an end and another has just begun, it's time to think about your vacation plans for 2017 and taking time off to relax and enjoy life. If you are eligible for one or more weeks of paid vacation and know when you would like to take it, be sure to write your name and the vacation week(s) you are requesting off on the posted 2017 vacation schedule by February 15, 2017.

In the current union contract book on page 15, Section 4.6, it states the following:

*Vacation schedules in each store shall be posted by January 1<sup>st</sup> and vacations selected on the basis of seniority by February 15<sup>th</sup> of each year. The approved vacation schedule shall be posted in each market by March 15<sup>th</sup> of each year for the following twelve (12) month period to March 15<sup>th</sup>. Employees who fail to select vacations by February 15<sup>th</sup> will be placed at the bottom of the seniority list for the purpose of vacation selection.*

To learn and understand more about paid vacations and the language explaining who and how one qualifies for it, please refer to pages 13, 14 and 15, Sections 4.1, 4.2, 4.3, 4.4, 4.5, and 4.6 of your current union contract. If you have any questions about this or other language in the union contract, please contact your union representative at 763-525-1500.

# ARE YOU READY TO BECOME A U.S. CITIZEN? UFCW Local 653 can help!

By Rena Wong, Director of Organizing

- ✦ *Are you a lawful permanent resident who has lived in the U.S. for five years?*
- ✦ *Are you married to a U.S. citizen?*
- ✦ *Is one of your parents a U.S. citizen?*

If you answer yes to any of these questions, come to a citizenship workshop to learn more.

**Date:** Saturday, February 25, 2017  
**Time:** 9:00 a.m. – 1:00 p.m.  
**Location:** UFCW Local 653 office, 6160 Summit Drive North, Suite 600, Brooklyn Center, MN 55430

There will be immigration attorneys ready to offer assistance free of charge to UFCW members and their families.

For more information or to register for this citizenship workshop, please call Rena Wong at 612-865-4345 and/or fill in and return this form to the UFCW Local 653 office.

You will receive an email and/or text with additional details and a list of materials to bring with you to the workshop after you register.

The deadline to register is February 17, 2017.

# ¿ESTÁ LISTO PARA CONVERTIRSE EN CIUDADANO ESTADOUNIDENSE? ¡UFCW Local 653 le puede ayudar!

- ✦ *¿Es un residente permanente legal que ha vivido en los Estados Unidos por 5 años?*
- ✦ *¿Está casado con un ciudadano estadounidense?*
- ✦ *¿Es uno de sus padres ciudadano de los Estados Unidos?*

Si responde sí a alguna de estas preguntas, venga a una clase de ciudadanía para aprender más.

**Fecha:** Sábado, 25 de febrero de 2017  
**Tiempo:** 9:00 a.m. – 1:00 p.m.  
**Ubicación:** Oficina de UFCW Local 653, 6160 Summit Drive North, Suite 600, Brooklyn Center, MN 55430

Habrán abogados de inmigración listos para ofrecer asistencia gratuita a los miembros de UFCW y a sus familias.

Para obtener más información o para inscribirse en esta clase de ciudadanía, llame a Rena Wong al 612-865-4345 y / o llene y devuelva este formulario a la oficina de UFCW Local 653.

Recibirá un correo electrónico y / o texto con detalles adicionales y una lista de materiales para traer con usted a la clase después de registrarse.

La fecha límite para registrarse es el 17 de febrero de 2017.

Member Name / Nombre del Miembro		<b>Citizenship Workshop</b> Please mail completed form to:  UFCW Local 653 Attn: Rena 6160 Summit Dr N, Ste 600 Brooklyn Center, MN 55430
Employer / Empleador		
Cell Phone* / Teléfono móvil*		
Email for confirmation / Correo electrónico para confirmación		
Number of adults ___ and children ___ attending workshop	Número de adultos ___ y niños ___ que asistirán a la clase	

\*By providing my cell phone number, I consent to receiving informational, non-commercial text messages from UFCW, while reserving the right to opt out in the future. / \*Al proporcionar mi número de teléfono celular, consiento en recibir mensajes de texto informativos y no comerciales de UFCW, reservando el derecho de optar por no participar en el futuro.

# *Wilson McShane Corporation*

## **Have a Healthy New Year**

It's 2017 and the cold and flu season is in full swing. Each year over one billion colds are reported and those numbers jump significantly when flu cases are added. Luckily, there are several things you can do that will help reduce the chances of getting infected with a cold or flu.

### **Exercise:**

Exercise is a proven immune booster. Aerobic exercise is particularly helpful because it gets your heart pumping and increases your body's natural virus-killing cells. Research indicates that taking a brisk 45-minute walk five days a week will reduce your risk of contracting a cold by a third.

### **Diet:**

Consume a diet rich in vegetables and fruits. Vegetables and fruit are packed with vitamins and minerals that boost your immune system and they may even reduce the duration of certain colds and viruses. Dark green, red and yellow fruits and vegetables are the most nutrient-rich choices.

### **Relax and get enough sleep:**

One way to relax is to train yourself to picture an image you find pleasant or calming. Do this 30 minutes a day for several months. Your germ-defense system will appreciate it. There is evidence that your immune system revs up when you de-stress. Make sure you are also getting enough sleep each night. Research indicates that individuals who sleep seven to eight hours a night are healthier than those who sleep less than seven hours a night.

### **Wash your hands:**

Use warm water and a good helping of soap. Plain soap is fine, because it's the act of rubbing the hands together for at least 20 seconds that is going to eliminate germs. Don't forget to clean under the nails, between the fingers, and wash your wrists as well. In public bathrooms, use a paper towel to turn off the faucet, another one to dry your hands, and throw them away. If you cannot get to a sink, use a hand sanitizer with alcohol in it.

### **Watch your fingers:**

Without thinking, we rub our eyes, cover our mouths, or rub our noses with our hands. That is a sure way to infect yourself with cold virus particles. Keep your fingers away from your nose and your eyes to avoid infecting yourself with cold virus particles.

## **Get your flu shot:**

Vaccines are the surest way to prevent the flu. The best time to get a flu vaccine is from October through November, although you can get the vaccine even later during flu season. Flu viruses are constantly changing and new vaccines are developed each year to protect against new strains, so you should get the flu vaccine every year. If you haven't received your flu shot, we encourage you to do so as soon as possible.

## **Clean:**

Use disinfectant when you clean at home, especially in the bathroom and kitchen. Stay away from sponges and rags -- studies show they are the number one source of germs in the house. If you must use sponges, change them once a week or soak them in bleach for 15 minutes.

## **Don't smoke:**

Heavy smokers get more severe and frequent colds. Even being around smoke hurts the immune system, your body's defense against germs. Smoke dries out the passages in your nose and affects your cilia, the delicate hairs which line your nose and lungs to help sweep away cold and flu viruses. Experts say just one cigarette can stop them from working for as long as 30 to 40 minutes.

Following the suggestions above should assist in starting this new year on a healthier note. We wish everyone a Happy New Year!



Wilson-McShane Corporation - 952-851-5797 or 1-844-468-5917



# Strength, Courage and Many Thanks!

By Amber Allen, Union Representative

In May 2016, I met a member who to me is the definition of **strength** and **courage**.

Jonathan Hamel is a 28-year member of Local 653. He began his career with GJ's SuperValu in Bloomington, and for the last 20+ years has been at Cub Foods Eagan West where he is a full-time Maintenance Tech.

Before the age of four Jon suffered a traumatic brain injury (TBI), and as a result he has suffered more than 40 years with weekly and oftentimes daily seizures. At the time 40+ years ago when the injury occurred, treatment was not as advanced and as a result his recovery options were really limited. As a teen Jon saw advances in treatment, but was also exposed to post-surgery images that discouraged him altogether. Though his condition would cause many hardships in life, he went on to gain full-time employment, marry and have two children. One of the biggest setbacks in Jon's family is his lack of ability to drive--with two teen boys active in sports, Jon's medical appointments, and working in Eagan (he lives in Rosemount), Jon's wife has willingly struggled through it all with an open mind and positive attitude.

More recently in the last few years, Jon was absolutely devastated when he heard his primary care doctor tell him that his condition was one they could no longer care for, and a specialist was needed. Jon was very reluctant due to the costs associated with specialists and the extensive tests that would be needed. He was given a referral to Fairview Health Care Coordination Team and was immediately provided with a grant through the U of M along with a support team. Jon was still very skeptical and fighting the plan, because being out of work was not an option. After a few visits with his support team, Jon found the plan very therapeutic, and being given the opportunity to talk about what caused his TBI started to open



The Jon Hamel family

his mind a bit. The final breakthrough point was when his HC Coordinator said "Jon! You are being consumed by and unable to see past very important details, worrying about work, money, scarring, etc. Let me ask you where your life will be if you are unable to work altogether, which is certainly inevitable if you continue on your current health care directive? Have you done any research on whether your life could be extremely shortened because of your choices? You are no closer to being seizure free than you were 25 years ago, and your memory is going to be a major problem for you if you are not willing to listen!" Wow! After taking all that in, by the end of that meeting Jon had scheduled his first pre-surgery neuro testing. After a long process of rigorous testing and brain mapping, Jon's surgery was scheduled for September 6, 2016.

Though the success rate of being seizure free after the surgery was pretty high, the surgery would be extremely risky. The surgery lasted five hours and included an incision to the right side of his skull by the ear and a portion of the hippocampus containing scar tissue was then removed. After five days in the hospital Jon

**Strength** - continued on page 7

# Coming Together

By Rick Milbrath, Union Representative

**A**s a local union, we will be facing many challenges in the future. This is nothing new to us as we have been through it every time a contract comes up. Our retail contract is up in March of 2018, which is a little over a year away. It is never too early to prepare for issues that are important to our members or that could be important to management.

If we decide to bury our heads in the sand and just sit back and hope for the best, nothing will be accomplished and none of our issues will be addressed. 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 2018.

As a member, you can and should do your part by attending the monthly union meetings. By doing this, you can educate yourselves and be up to speed on issues that we will be facing next year, and take part in discussions going into negotiations. If you cannot make the monthly meetings, dig in and read the union paper (Fact Finder). You can go to our web page at [www.ufcw653.org](http://www.ufcw653.org) and click on the Fact Finder Newsletter tab (middle of page and to the right). You will be able to access Fact Finders dating back to 2013. You can also talk to your union representative when they are in your stores. Remember, we are always looking for input from our members on what is important to them and our membership as a whole for those upcoming negotiations.

In today's world there are way too many people telling us how bad things are. Now **is not** the time to sit back and do nothing! Now is the time to join hands, stand up, face the problems of today and dive into tomorrow to find the solutions that can move us forward and ensure we are successful.

Will it be easy? The answer to that is "absolutely not!" With your help and 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.***

We know what the problems are in our stores and companies. It's time to address them and find ways to fix them! That's what preparing for negotiations is all about. That is the beauty of belonging to a union. So let's all join hands and come together with one strong voice. It will be a voice that **will not** fall on deaf ears.

***Coming together is a beginning; keeping together is progress;  
working together is success.***

~~~Henry Ford~~~

## Strength - continued from page 6

was released and monitored for another four weeks for any unusual brain activity. I am happy to report that after only six weeks Jon was back to work and has been seizure free!

This has been a lifelong challenge for Jon and his family, and the strength and courage it took to overcome are immeasurable. Without the support and encouragement of his family, friends, coworkers, sports parents and even customers, this would not have been possible; Jon's gratitude is endless. Also,

without the health care benefits Jon receives from his employer, paired up with grants and supplemental plans, this would again not have been possible. Jon encourages all to be diligent and proactive involving your health. His ultimate goal is to one day be able to drive, and to further his career with Cub Foods, both goals which are now achievable with this new lease on life.

If you know or see Jon, please wish him well as he continues to heal and progress.

# January 2017

## Member News and Events

### Service Pins Sent Out December 2016

#### 5 Years

Jay Koenes (Lunds & Byerlys—Minnetonka)  
Kamine Ragnandan (Jerry's Cub—Brookdale)  
Timothy Wells (Jerry's Cub—Broadway)  
Eric Williams (Cub—Waterford)

#### 10 Years

Rachel Hansen (Jerry's Cub—Brookdale)  
Jane Ketter (Festival Foods—Brooklyn Park)  
Beth Miller (Jerry's Cub—Eden Prairie)  
Joel Roberts (Jerry's Cub—Southdale)  
Leelamatie Ally (Lunds & Byerlys—Eden Prairie)

#### 15 Years

Beth Carlson (Jerry's Cub—Elk River)  
Laura Cooper (Jerry's Cub—Knollwood)  
Crystal Dye (Jerry's Cub—Nicollet)  
Rhonda Ersfeld (Jerry's Cub—Chaska)  
Joan Lupkes (Jerry's Cub—Bloomington)

#### 20 Years

Phebe Bangle (Jerry's Cub—Elk River)  
Lisa Bistodeau (Jerry's Cub—Elk River)  
Wes Bookman (Lunds & Byerlys—Chanhassen)  
Neil Bykowski (Jerry's Cub—Elk River)  
Joe Huss (Jerry's Cub—Elk River)  
Kris Ingalls (Jerry's Cub—Elk River)  
Linda Jackson (Jerry's Cub—Elk River)  
Patricia Mikols (Jerry's Cub—Elk River)  
Daren Nelson (Jerry's Cub—Elk River)  
Joan Nelson (Cub—Brooklyn Park South)

Heidi Olson (Jerry's Cub—Elk River)  
Veronica Scheel (Jerry's Cub—Elk River)  
John Hanzely (Festival Foods—Brooklyn Park)  
Carol Anderson (Cub—Vicksburg)  
Tim O'Keefe (Lunds & Byerlys—Plymouth)  
Lynn Willkom (Jerry's Cub—Elk River)

#### 25 Years

Dale Spielman (Jerry's Cub—Lake Street)  
John Ruth (Jerry's Cub—Brookdale)  
Patricia Olson (Jerry's Cub—Lake Street)  
Natalie Danielson (Cub—Apple Valley)  
Jason Lorge (Jerry's Cub—Nicollet)  
Debbie Convy (Jerry's Cub—Bloomington)

#### 30 Years

Thomas Hoff (Lunds & Byerlys—Prior Lake)  
Steve Woo (Lunds & Byerlys—Chanhassen)  
James Kammerer (Cub—Eagan North)  
Timothy Westphal (Jerry's Cub—Southdale)  
Steven Dick (Cub—Lakeville West)

#### 35 Years

Mark Ditter (Almsted's)  
Sandra Anderson (Jerry's Foods—Eden Prairie)  
Peggy Nelson (Lunds & Byerlys—Golden Valley)

#### 40 Years

Tom Hoff (Lunds & Byerlys—Prior Lake)

# Cutting of Hours

By Ondrea Shallbetter, Union Representative

**A**fter the dust settles from the chaotic whirlwind we call the holidays, you may have noticed the trend of hours being cut. This is nothing new, it's been a part of our economy for years and unfortunately it is the worker who pays for it. Employee paychecks are the biggest chunk of an employer's expenses and often that is the first cut we see. There are a few ways to be proactive and combat the attack on your purse or wallet.

Take a moment to sit down with your supervisor. Wait until they aren't busy and ask to speak with them. Be sure not to come off as upset or panicked, but be calm and collected, and see what you're able to work out. Don't become defensive, just ask, "What can we do to work together? Are there options for me to increase my hours so you're still meeting your bottom line?" Maybe your manager has hours available during a different shift, or on the weekends, and never thought you'd be open to varied hours. It would also be a good idea to see if you can pick up a shift in a different department or store if you are able. An additional way to pick up hours is posting a note in the breakroom or backroom, letting coworkers know you are interested in picking up a shift. Being proactive is one of the best ways to survive the after-holidays cutting of hours.

**UFCW Local 653**  
13000 63rd Avenue North  
Maple Grove, MN 55369  
[www.ufcw653.org](http://www.ufcw653.org)  
763-525-1500 or 1-800-292-4105

**Matthew P. Utecht, President** ([mutecht@ufcw653.org](mailto:mutecht@ufcw653.org), 612-965-4307)

**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 - Lunds & Byerlys St. Cloud

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

**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

**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 & Byerlys Kitchen, Lunds Manufacturing  
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)

Ingebretsen's - Swanson Meats - Cooper's Foods - Almsted's Fresh Market - Jubilee Foods - Cub Foods Shakopee - Driskill's Foods - Oxendale's Market - Bergan's SuperValu - Hirshfield's - Brede Exposition Services  
**KNOWLAN'S FESTIVAL FOODS:** Andover, Bloomington, Brooklyn Park  
**KING'S COUNTY MARKET:** Andover, St. Francis  
**KOWALSKI'S MARKETS:** Chicago (Parkview), Eagan, Eden Prairie, Excelsior, Hennepin, Lyndale  
**JERRY'S FOODS:** Meat Masters  
Golden Living Center (Bloomington and Chateau), Healthcare Services (Bloomington and Chateau)

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

**JERRY'S CUB FOODS:** Bloomington, Brookdale, Chaska, Eden Prairie, Knollwood, Lake Street, Nicollet, Quarry, Richfield, Rogers, Southdale, West Broadway  
**JERRY'S FOODS:** Eden Prairie, Edina, Jerry's Enterprises  
Benedictine @ Innsbruck Healthcare

**Jim Schommer, Union Representative** ([jjims@ufcw653.org](mailto:jjims@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  
Homestead at Anoka, Gold Cross, Monarch Healthcare

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

**CUB FOODS:** Plymouth Station, St. Louis Park

**Nancy Vaillancourt, Union Representative** ([nancyv@ufcw653.org](mailto:nancyv@ufcw653.org), 612-965-4309)

**LUNDS & BYERLYS:** Burnsville, Chanhassen, Eagan, Eden Prairie, Edina, Glen Lake, Golden Valley, Maple Grove, Ridgedale, St. Louis Park  
**HAUG'S** - Cub Coon Rapids (Williston), Cub Minnetonka (Haug), Cub Waterford  
**JERRY'S CUB:** Elk River  
Everett's Foods  
Park Health & Rehab, Healthcare Services at Park H&R

**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 - April 30, 2017, 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!



# Cub Foods' Newest Location

By Jim Schommer, Union Representative



On December 8, hometown grocer SuperValu/Cub Foods opened its newest location in Blaine in the Oak Park Plaza Shopping Center. This is Cub's second new store opening in recent months; the other one is located in Oakdale. Cub Foods, which is based here in Minnesota, opened these locations to help in their fight against the out-of-state competition entering the market.

This Cub store is 45,000 square feet, which is smaller than a typical Cub store that averages 60,000–70,000 square feet. As you walk in the front door, you are greeted by huge displays of fresh fruit and vegetables in the produce department. To the right of the produce department, along the entire outside wall of the store, run the deli and bakery departments. The deli has an expanded hot foods case and in front of that is a huge "grab and go" display

where everything is premade and ready to eat or put into the microwave or oven. This is a concept Cub has been implementing in all of its new and remodeled stores. Along the back wall is the meat department, which has a full-service meat and seafood case along with a prepackaged meat case. There is a pharmacy with a drive-through lane for customers at this location.

This is a beautiful store with over 130 great union members who have transferred from other locations, some of whom were promoted to full-time, along with a group of new union members all waiting for you to come and check out their new store.

Congratulations to SuperValu/Cub Foods and the many union members who made this store opening a success.



Brian Hite - grocery



Jennifer Reno - bookkeeping and Beth Leitschuh - pricing and bookkeeping



Dennis Hite - meat



Molly Green - produce



Nick Rude - meat



Joe Hughes - CSM



Pharmacy at new Cub Blaine West store



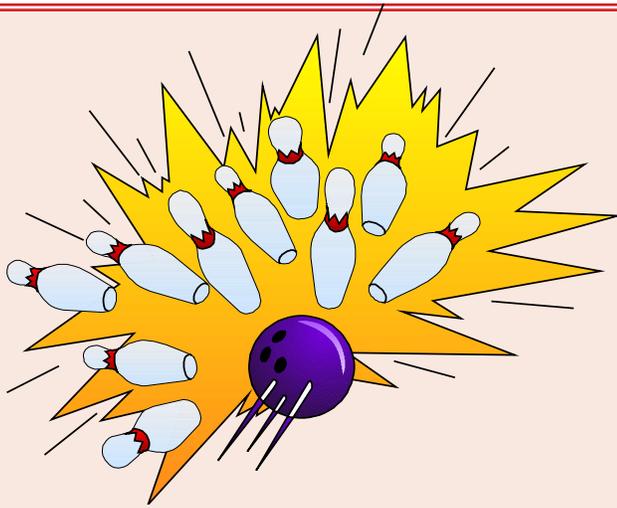
Norman Hernandez and Dyesha Mormon - produce



Rob Johnson - deli



Sal Rodriguez - meat



# UFCW Local 653's 33<sup>rd</sup> Annual 9-Pin No-Tap Cosmic Bowling Tournament

|                     |                                                               |
|---------------------|---------------------------------------------------------------|
| <b>Date:</b>        | Sunday, February 12, 2017                                     |
| <b>Start Times:</b> | 12:00 noon                                                    |
| <b>Check in:</b>    | 11:00 a.m.                                                    |
| <b>Location:</b>    | New Hope Bowl<br>7107 42nd Avenue North<br>New Hope, MN 55427 |
| <b>Cost:</b>        | \$9.00 per person (includes shoes)                            |
| <b>Events:</b>      | Men's Singles, Women's Singles<br>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.

**Money must accompany your entry.  
Entries must be received by Thursday, February 2, 2017.**

**RESERVE EARLY!**

# UFCW Local 653 33<sup>rd</sup> Annual Bowling 9 Pin No-Tap Tournament

## Sunday, February 12, 2017

**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 2, 2017.

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.

| <u>Singles Entries</u> |                                |        |
|------------------------|--------------------------------|--------|
| 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:     |                                |        |

| <u>Team Name:</u> _____ |                             |         |
|-------------------------|-----------------------------|---------|
| 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 |

# Breakfast with Santa

By Nancy Vaillancourt, Union Representative

Local 653 held its 7<sup>th</sup> annual Breakfast with Santa on Saturday, December 3, at Earle Brown Heritage Center. The breakfast was quite the feast this year including pancakes, hash browns, scrambled eggs, sausage, bacon, fresh fruit and yogurt.

Once again Santa did a fantastic job. He arrived shortly after breakfast, and the room was filled with excitement as the children heard his bells jingling and his “ho ho ho” coming down the hall. Everyone was cheering and chanting his name as he entered the room. The children all gathered around Santa as he read “The Night before Christmas.” They all took turns sitting on his lap and giving him very detailed lists. The children were all given treat bags filled with goodies. They also enjoyed cookies and hot chocolate before they left.

This event is by far one of our favorite events to be a part of. There is nothing better than seeing all the children dressed up and so excited! It is one of the most personal Santa visits around. No one is rushed through the line, and families take the opportunity to take several snapshots of their children with Santa. Moms, dads, grandmas and grandpas, large families and small families all have their picture taken with Santa.

Once again our Toys for Tots drive was a huge success. The bin was overflowing with toys. Thank you to all the members for their generous toy donations. It is very much appreciated in helping families who are less fortunate.





**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.

Upcoming meetings:  
Monday, January 30, 2017  
Monday, March 6, 2017

(Please note that the February meeting will be held on January 30, 2017.)

**Retiree's Club Meeting Notice**

**Knights of Columbus -  
Marian Hall**

1114 American Blvd. W.  
Bloomington, MN 55420

**Thursday, January 19, 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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*See page 3 for information on an upcoming Citizenship Workshop.*