

# REPORTER

OFFICIAL PUBLICATION OF USW LOCAL 2-232

VOLUME 30, NO.7

DECEMBER 2009

**PRESIDENT'S REPORT** by Scott Godshaw

## Nominations for Executive Board Positions will take place in January

At our next membership meeting, which will be on January 17, 2010, we will be taking nominations for all the Executive Board positions except Trustee at Large. Those positions include President, Vice President, Secretary Treasurer, Recording Secretary, Briggs Trustee, Strattec Trustee, Guide and Sergeant at Arms. Nominations will also be taken at this meeting for the 2 (two) Strattec Bargaining committee positions.

The primary, if needed, will be Friday February 5, 2010 and the general election will take place on Friday March 5, 2010. The election will be held at the union office and in plant once we get verification from the companies.

The proper notification for the nominations and the elections was in the November issue of the Labor Press that was mailed to every active member. This proper notification is not only required by our

by-laws but also required by the labor department. The mailing of the Labor Press has fulfilled that obligation.

At Briggs, I met with Ken Delleman the week of December 1st. He stated right now the job count for the new work coming in is down to 69 and it probably will not be up and running until February. But he did state that the company is committed to making this product work. If they were not, they just would have gotten out of the business and not spent any money bringing it to Burleigh. He went over the job descriptions. There are 5 job descriptions that we currently have which include assembly, trucker (L.G.23), Associate 2 (L.G.21), warehouse attendant (L.G.18) and lead dispatch (L.G.13). Also they are re-instituting the maintenance mechanic, which Jesse Edwards reported on in his article on page 7. There

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### January Membership Meeting

Sunday  
January 17, 2010  
9:30 a.m.

Frank Monreal's El Matador  
9155 W. Bluemound Rd.

#### IMPORTANT BUSINESS

- Reports of Officers, Grievance Representatives and Committees
- Discussion and action on any other proper business for this meeting.
- Nominations for Executive Board and Strattec Bargaining Committee members (2)

### NOTICE:

Nominations will take place at the January membership meeting for the Following Positions: President, Vice President, Financial Secretary Treasurer, Recording Secretary, Briggs Trustee, Strattec Trustee, Guide, Sergeant at Arms and the 2 Strattec Bargaining Committee members



**ASK YOUR LAWYER**  
by Thomas Flanagan  
*Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman, S.C.*

### RECENT CHANGES IN HIT AND RUN CLAIMS

When you purchase an auto insurance policy in Wisconsin, you automatically receive uninsured motorist (UM) coverage since it is required by law in Wisconsin. This coverage protects you if you are injured by a driver who does not have liability insurance coverage. This coverage also protects you if you are injured and involved in an accident with a negligently operated unidentified motor vehicle, commonly referred to as a "hit and run" accident. Recent legislation (2009 Budget Bill) prohibits insurance companies from denying UM coverage for hit and run accidents when no physical contact occurred. Now, if there is independent third party verification that an unidentified motor vehicle was a cause of the accident even though the vehicle did not actually hit or come in physical contact with your vehicle, you as an injured driver or passenger will have access to UM coverage. Before this change, an unidentified vehicle had to actually hit or make physical contact with your vehicle before you could make a claim for UM coverage.

If you have legal questions, feel free to call the Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman law firm at 414-271-4500 or toll free at 1-800-841-5232. See our website at [www.previant.com](http://www.previant.com). Listen to the "Previant Legal Line" on Saturdays at noon on WTMJ radio 620 AM.

### Local 2-232 Legal Clinic

**Do you have legal questions or problems facing you or your family? Have you suffered a major personal injury? If you have, or if you have any other legal problem, Local 2-232 is providing free legal consultations with lawyers from the law firm of Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman at the Local 2-232**

**Union office,  
8500 W. Capitol Dr.  
Legal clinic hours:  
1:00P.M. to 4:00P.M.**

**First Monday of the month. Call for an appointment 414-463-7425**

### Union Dues Paid for 2009

**Briggs \$44.62 X 12 months = \$535.44**

**Strattec \$43.76 X 6 months= \$262.56**

**\$44.72 X 6 months= \$268.32**

**Total = \$530.88**

### President's Report Continued from page 1

are 14 new job descriptions as well.

Also at Briggs we have a 3rd stage set up for December 15th as we have 2 members that were discharged. The Bargaining Committee along with International Rep Ernie Dex will be meeting with the company and discussing those 2 grievances that morning.

I have noticed that we have started to receive intent to retire forms for next year and one was listed as retiring August 1st, 2010. If you want to go out under the old contract, in case of changes, you want to make sure your retirement date is July 31st, not August 1st.

And speaking of retirement, I have reported on this before but I will continue to attempt to get this message out. This is regarding the pre-retirement election form. This applies to Briggs and Strattec members as well. If you have 30 years of seniority or are 55 years old and have 10 years of seniority, you are entitled to fill out a pre-election retirement form for a survivor option. There used to be a charge if you made any changes to your pre-election option at the time of your final retirement paperwork. In negotiations at Briggs in 2005 and the negotiations at Strattec in 2008 we were successful at finally getting rid of that charge. So if you are married, you should put down 100% for your spouse and you can always change when you do eventually retire. Also if you do not have a spouse, you are entitled to a 10 year certain as a survivor option and you should fill that out as well. In the 10 year certain option anyone can be your beneficiary, it does not have to be a relative. Once again, you can change the option in your final retirement paperwork without penalty.

At Strattec, it is business as usual. We recently finished proof reading the new contract and it should be printed up in the next couple of weeks and should be in our possession before the end of the year. The new contract will be a different color to distinguish it from the old contract.

Also on elections, as you remember, we took the nominations for the International Officer positions at our September membership meeting. The election was slated for November 24th. However, there was not an election needed as all the International Officers were unopposed.

To all of our members that are retiring at the end of the year, congratulations to you and best of luck in all your future endeavors.

On the behalf of the joint board, I would like to wish everyone a Happy Healthy Holiday Season.

Both at Strattec and Briggs & Stratton, everyone returns to work on Monday January 4, 2010. Here is wishing and hoping for a positive and successful year for everyone in 2010.



# News: Health Care Reform

Health insurance reform is one of the most important topics of our day - from our perspective, it's the civil rights issue of our time.

We all know that health care cost is the No. 1 issue at the bargaining table, one that takes energy and resources away from wages, pensions and other important issues.

Our online tool kit is updated often to provide you with the latest information and resources so you can be educated and engaged in this important fight.

## Take Action

On Nov. 21, 2009, the Senate voted 60-39 along party lines to overcome a Republican filibuster and proceed with debate on historic health insurance reform legislation, the Patient Protection and Affordable Health Care Act.

This is just one step in the process. The bill will be debated and voted on the Senate floor and it's imperative that we make our voices heard. We need to work hard so that we end up with legislation that helps, not hurts working families. Click here to download our bottom-line principles for health insurance reform.

The Patient Protection and Affordable Health Care Act's strong cost cutting measures go further than any previous legislation. But the bill must be improved in important areas, including:

The employer responsibility provision should be expanded to cover all employers. And any plan to tax working families' benefits should be eliminated -- taxes on the middle class are the wrong way to pay for health care.

## Here are some other things you can do right now:

- Take a moment to find out how your member of Congress voted on the House bill, and how your Senator voted to allow debate on this important issue. If appropriate, take some time to thank them, or schedule some time to discuss concerns.

- Review the Affordable Health Care for America Act as it passed the House. And the Patient Protection and Affordable Health Care Act as proposed in the Senate. Compare to our principles and make sure your elected officials have heard from you.

- Visit our online USW Health Care Tool Kit for the latest information, and please pass it on. Please write and call your Representatives and Senators and ask them to support health insurance reform that includes our principles.

- You can get letter-writing tips and examples on the website [www.usw.org](http://www.usw.org).

## From the Desk of Financial-Secretary Treasurer Ralph Schwieger

**\$57,000.00 per HOUR!**

The figure above is not a typo! This is roughly the wage paid in 2007 to United Healthcare's CEO, Stephen Hemsley. It would have been higher, but the Securities and Exchange Commission (SEC) made Hemsley return \$190 million in stock options that were acquired as a result of practices found to be fraudulent. Strattec's medical insurance is administered by United Healthcare

This is just one CEO of just one health insurance company!

I write about this after just getting done fighting a \$216.00 dollar charge on procedures I had done in 2007. Yes, 2007. That fight is a story in itself and I won't bore you with the details. Just know that I lost that battle and that shouldn't be a shock to anyone. You have to screw over many patients to pay your CEO \$57,000.00 per hour!

The US Congress is trying to pass a health care bill for its citizens. There is millions and millions of dollars being spent to stop health care for ALL. The Insurance Industry is trying to tell us all that this is a bad thing and has pulled out all the stops in trying to defeat reform.

On August 11, 2009, my Representative, Gwen Moore, held a town hall meeting on health care at North Division High School, which I attended. I was amazed at the people who were there, whose only goal, was to disrupt this meeting. I wondered how these people can be against a bill that would benefit all mankind. What makes people fight for something that goes against their own economic interest? One illness can bankrupt a family! One untreated illness can kill!

Big money is what makes people vote against their economic interest. \$57,000.00 per hour helps fund right wing think tanks who will then help this poor CEO, to keep making \$57,000.00 per hour by making outrageous claims that health care reform will kill their Grandmother! Another claim is Socialism. I happen to like my Socialist Fire and Police Depts, along with the Milwaukee Co Parks. I sure would hate to have a fire at my house and after things are under control, the Firefighters hand me a bill for services rendered.

Health Care is a basic human right in my opinion. One cannot live without it!

Contact your elected Representatives and demand Health Care for ALL!

## Briggs Retiree Club

Hi Everyone.

Our annual Christmas party was held once again on Sunday December 6th at Alioto's on Hwy.100 and Burleigh. I just wanted to say thanks to all of our retired members for a great Christmas party. A great meal was served and fun was enjoyed by all.

We would like to thank Briggs & Stratton for their donations of several door prizes and their continued support of our club. We would also like to thank USW Local 2-232 for their monetary donation for our annual Christmas party as well.

Remember you must be a paid up member to attend any of our functions. The cost is still only \$24 a year.

Our business meetings and social activities are held on the 3rd Wednesday of the month at the Schwabenhof N56W14750 Silver Spring Dr. in Menomonee Falls. And Bingo is held at the Schwabenhof as well on the 2nd Wednesday.

If you are aware of any club members that are sick, please contact me, Sheri Kent at 262-894-7775.

Also I would like to thank USW Local 2-232 for placing our newsletter in the *Reporter*. You can pick up a copy of the *Reporter* at the Union office on 85th and Capitol Dr. or at one of our functions.

I hope you all have a happy, healthy and safe holiday season.

Fraternally yours,  
Sherry Kent, Corresponding Secretary  
Bob Johnson, President

## Strattec Good Timer's Club

The Strattec Good Timer's Club (Retiree Club) held their Annual Christmas Luncheon on Saturday December 12th at Alioto's Restaurant on 3041 N. Mayfair Road.

We would like to thank USW Local 2-232 for their continued support and their monetary donation for our luncheon.

We always look forward to seeing everyone that retired from Strattec. If anyone would like to join our club, feel free to contact me, Naomi Robinson at 414-536-8271 for more information.

We would like to wish you and your family Peace and Joy this Holiday Season and throughout the coming year.

Fraternally Yours,  
Naomi Robinson

## IN MEMORIAM

We would like to extend our deepest sympathy to the families and friends of the following members:

Wanda Potocki	Robert Shackelford
Jose Alba Sr.	Gladys Schaubach
John E. Kelly	Shirley Goodson
Esther Wilson	Thomas Jones
Marilyn Schmidt	Franklin Whaley
Karl Gola	Fred Holtz
Nancy R. Ensweiler/Blum	Gerald Petrykowski
Ronald L. Olson	L. Virginia Smith
Bernadine Mastrogiovanni	Lenord Lewallen
Florence Gooding	Aldin Johnson
Mara Brvich	Elfriede Frieschegger
Karen Agee	Jeannete Behling
Lorrayne Rotter	Calvin Brewer
Gregory Ureda	Rolf Von Hofman
Dorothy N.Sims	Donna M. Lewis
James P. Murphy	Jerome A. Olski
Francis Royster	Robert Vestrem
John F. Lukasavage	Josephine Bosanac
Richard J. Perry	Dorothy Wilm
Jerome M. Skoluda	Josephine Rainey
Anna Virovec	Edward H. Nelson
Clarence E. Weatherall	Mary Beth Klockow
Jerry Lauscher	Barbara Ann Klamert
Marcella M. Krueger	William F. Merten
Keith Flanagan	Robert J. Pechauer
Evelyn Discher	Golene Lock
Frances R. Merle	Mary Ellen Moyle
Marian E. Tolitsicas	Rosa Schmidt
Betty Ann Burr	Chester Anna Deloney
Richard D. Torcivia	Ida H. Abram
Martha A. Jones	Leo Sasser
Earl Castro Sr.	Pietro Balistreri
Richard J. Groszkiewicz	Lynda Rauter
Chester J. Zak	Eva Balistreri
Wesley T. Petrick	Edna Lauderdale
John A. Malinowski	Elvira B. Bebeau
Oscar L. Hauge	Edna L. Hoppe
Usteanat Radosevich	Esther Drifka
Margaret Guske-Shanks	Alice Rinas
L.J. White	Herbert Lewis
Robert Grall	Lawrence G. Wojtowicz
Estelle H. Czaplicki	Sally S. Broyier
Delores J. Gronowski	Roland Odehnal
Melvin Klockow	Ronald Manning
Darlene A. Hausman	Martha Triplett
Barbara Biersack	Edward W. Eichstaedt Jr.
Catherine Lietz	Jean M. Noel
Petronella Mazur	Nellie Hagberg
Mary Pagel	Helen Olszak
Jerome A. Schreinal	Ann H. Adamski
Roger A. Johnson	Carol J. Elm
Marilyn Croshenet	Dolores J. Naczek
John D. Kastel	Arlene Williams
Theodore House	Robert J. Dettlaff
Susan Newport	Stella Phinnessee
Ruth Barney	Ronald Revolinski

## Membership Meeting Recap

by Allen Evseichik

The meeting started promptly at 9:30 a.m. at Frank Monreal's El Matador 9155 W. Bluemound Rd. in Milwaukee on Sunday December 6th. The meeting was presided by President Scott Godshaw.

The Trustee report was given by Vicky Gorecki for the months of August and September.

Ralph Schwieger gave his Financial Secretary Treasurer report for the months of August and September.

### Communications

A thank you card was received from families of members that had passed away and the local had sent flowers. Another thank you was received from the Milwaukee Area Labor Council for the donation contributed to the State Fair Label Booth.

Executive Board recommended motions that passed: Christmas Party donations for the Briggs Retiree Club, \$250, and the Strattec Retiree Club, \$100.

"Crash Course" for Stewards, Wednesday January 13, 2010 from 8 a.m to 4:30 p.m. Attendance fee is \$32. You will be reimbursed by the union. For further details, please contact the Union office.

### Report of Officers

Scott Godshaw reported that the new jobs coming into Briggs. It should be up and running in February. Briggs is committed to making this project work. If you plan on retiring from Briggs in 2010, make sure that your retirement date is set for July 31st and not August 1st. He reported on the importance of the pre-retirement election form. He reported Strattec will be receiving new contract books. Scott reported that the proper notification for the nominations and the elections was in the November issue of the Labor Press.

Jesse Edwards reported on the Falls regarding printouts and loss of 10 jobs. He also reported on OSHA being called. He also stated there are many problems in the workers comp department. Briggs is going to be hiring Maintenance Mechanics.

Dean Wegner reported that the health center will be giving H1N1 flu shots on December 8, 2009 from 5 a.m. to 7 p.m. at the Briggs clinic. He also reported that the Health Risk assessment papers will be arriving soon in the mail. Briggs shut down will be from December 23rd to January 2nd.

Milt Dawson at Strattec reported that he has 3 back pay grievances. Milt requested that any concerns you have with another co-worker, please immediately see a Union representative and do NOT argue amongst yourselves.

## LOCAL 2-232 REPORTER

December 2009

Volume 30, Issue #7

LOCAL 2-232 UNITED STEEL, PAPER AND FORESTRY, RUBBER, MANUFACTURING, ENERGY, ALLIED INDUSTRIAL AND SERVICE WORKERS INTERNATIONAL UNION

*Representing employees of Briggs & Stratton Corp. and Strattec Security Corp.*

Office 8500 W. Capitol Dr.

Phone 414-463-7425 Fax 414-463-7638

e-mail -office@pace7232.org

Website- www.pace7232.org

Hours 7:00a.m.- 4:00p.m.

Monday through Friday

The information contained herein is of informal nature and is not intended to be final and authoritative.

Editors: Scott Godshaw, Al Olivares

Officers: President: Scott Godshaw Vice President: Al Evseichik, Secretary-Treasurer: Ralph Schwieger Recording Secretary: Tameka Smith Trustees: Chuck Porter, Vicky Gorecki, Nancy Copeland Guide: Debbie Curro, Sergeant at Arms: Stanley Quezaire

Briggs Bargaining Committee: Scott Godshaw, Jesse Edwards, Tameka Smith, Dean Wegner, Lorenzo Payne Strattec Bargaining Committee: Scott Godshaw, Milton Dawson, Dennis Nowak, Al Belanger

## Membership Information

December 2009

**599 Members in Good Standing**

**399 in Briggs & Stratton Unit**

**200 in Strattec Unit**

**December Dues Payments**

**370 Dues Paying Members at Briggs**

**190 Dues Paying members at Strattec**

**560 Total Dues Paying Members**

**(Difference reflects members off work for lay-off, illness or other reasons)**

Ernie Dex, our USW International Rep said that a letter went out to the locals to help a small company in Michigan that has been on strike for an extended period of time. A motion was made for a \$100 donation, and the motion was passed. Ernie reported that we should take the time to call Senator Herb Kohl or Russ Finegold showing our support for a Health Care Reform Bill. Calls may be made between 9:00 a.m. and 5:00 p.m. to 1-877-264-4226 or visit the website at [www.aflico.org/healthcare](http://www.aflico.org/healthcare).

I'd like to take this time to wish every member and their families a very happy holiday and a wonderful new year.

Re-cap minutes by: Allen Evseichik Vice President

# UPCOMING EVENTS

December 25 -Christmas Day



January 1- New Year's Day



January 17 Membership Meeting

January 18- Martin Luther King Day



February 14 -Valentine's Day



February 15- President's Day



# Grievance Rep Reports

## Strattec Security

by Milt Dawson

We're coming to the end of another year in our working lives. We've seen a number of our Sisters and Brothers retire. We have seen our contract gutted of some of the things we felt we needed in order to live life with a certain amount of financial freedom. We just wanted to be able to enjoy our families, be able to take a decent vacation once in a while, or make improvements on homes, or maybe just to be able to purchase a home. In some cases, some of those dreams have faded for some of us, or become dreams deferred. But if there is one thing that this Grievance Rep has learned in his years of working with union people is this: We never let anything or anybody steal our joy. We continue to fight against all odds, we may lose today, but we'll win tomorrow. Never say never. What we lost yesterday, we'll get back tomorrow plus more of what we deserve as hard working people.

One thing we should never forget is this, as we go out, other Union Sisters and Brother come in, just like those that came before us. We should never use a selfish approach to union concerns, although we as individuals make complaints, and file grievances and such, it's still about each one of us.

With jobs in some departments being eliminated some time after the first of the year (the company has not given the union a date as to when this will take place), I would like to encourage those workers who will be affected, to look seriously at signing up to test for jobs that you maybe able to bump into, or go into open jobs that the company may post. Members have filed 4 grievances for back pay. We won one and I'm working hard on the others.

In closing, I would like to say to my fellow Sister and Brothers that we, at times, carry very heavy loads, and this may bring on certain pressures in our lives, and may cause us to do and say things that we would not normally do. We're all human, let's make no mistake about that. But, our jobs are so very important to us and our families. So lets think before we do or say anything that may hurt ourselves or others. If you have a problem with anyone, please contact your steward or me, your Grievance Rep.

And with that, may your holidays be safe and happy for you and your families.

In Solidarity,  
Milt Dawson

# Seasons Greetings

from

USW Local 2-232



# Grievance Rep Reports

## Briggs & Stratton Bargaining Committee by Dean Wegner

### The Health Center

The Quad Med Health Center gave free H1N1 Flu immunizations on Tuesday December 8th for all employees, retirees and their dependents.

### Maintenance

The maintenance department posted for and will be hiring 5 Maintenance Mechanics. They will be a Labor Grade 5 position. In order to become a maintenance mechanic, you must have 8 years of experience or hold a journeyman's card. The company will be interviewing for the job.

### Christmas Shutdown

The Christmas shutdown starts December 24th. The last day of work is December 23rd. The first day back to work is Monday January 4, 2010.

### Health Risk Assessment

You should be receiving your health risk assessment results soon. You will receive \$60 just for the taking the assessment. If you pass or if you improve by 5 or more points from last year's assessment, you will receive \$180. The money will be on your last payroll check in January 2010.

### Discharge

I have one discharge case where I was in the middle of the investigation. The member has written a grievance. I turned the grievance over to Grievance Rep Jesse Edwards. He is working on that grievance..

### Retirees

I would like to say good luck to all the members that retired. Remember we have the Briggs Retiree Club. If you are interested in joining, you should contact Erma Gorecki at 262-781-8951.

### Union Office

I would like to thank Scott Godshaw and Ralph Schwieger at the Union office for all the hard work they have done this year. Being a Bargaining Committee member as I am, I see all the hard work and problems they deal with and need to resolve day in and day out, working at the office. Thank you!

### Happy Holidays

I would like to wish all the membership a very Merry Christmas to you and your family and have a safe holiday. This is a time to show your love and be close to your family and friends. Merry Christmas and Happy New Year

In Solidarity,  
Dean Wegner

## Briggs & Stratton Grievance Rep by Jesse Edwards

### Falls

At the Falls plant, our members are being denied the detailed summary report. It was said across the table, if you wanted a copy of the report you should see your facilitator. The facilitator is telling the members they can see the detailed report on his computer, but he will not print it out for them. The reason given was he wants to save paper. However, if you are not making 100% then he will give you a print out. I communicated with the facilitator, manager and H.R. Human Resources is looking into this matter. At the time of this writing H.R. has not got back to me. Also, at the Falls the company has decided to eliminate 10 jobs between February 1, 2010 and March 1, 2010. The company decided to move the SMI direct business to Snapper in McDonough Ga.

### OSHA

On November 9th, OSHA came into the BP unannounced. During the pass few months, 2 of our members have been injured on the same machine. After these injuries the company added some safety devices to the machine. OSHA did their inspection and according to the safety department they didn't find anything wrong with the machine.

### Workers Comp

The Workers Comp department has a new administrator Jonathan Van Eyck. The claim processing has been outsourced to Corvel. If you have any workers comp issues, you should contact Jonathan at 414-259-5695 - ext.5695. His office is located by the safety department in personnel. Their have been complaints regarding people not getting their checks. At the time of this writing, according to Jonathan, the people are receiving their checks on time now, I also received complaints regarding Lisa's attitude at Corvel. I was told this issue was also dealt with. There's a form in your workers comp package that states VOLUNTARY. You are not required to sign this form. Any question you should contact your steward.

### Department 700 / Maintenance

The company informed the union last Month that they would be posting for the job classification of maintenance mechanic. Today we have individual classifications. Such as electrician, machine repair, pipe fitter, millwright etc. The company stated their intent for the future was to hire maintenance mechanics. The skilled tradesmen, currently working in their trade,

**Continued on page 8**

## Wellness Corner “You can’t live without it” Blood pressure: do you know your numbers?

### What is blood pressure?

It's the pressure inside the body's arteries as the heart pumps blood through them. This pressure causes the blood to flow to all parts of the body.

Blood pressure is measured in two numbers:

The first number, the systolic pressure, is the highest pressure in the arteries when the heart pumps blood into them.

The second number, the diastolic pressure, is the lowest pressure in the arteries when the heart rests to refill between beats.

### What should your numbers be?

Normal blood pressure varies from person to person. One person's normal reading may be 100/60 (100 over 60) while another person's is 130/84. Also, your blood pressure varies to meet your body's needs. Exercise or stress, for example, can raise your blood pressure. Routine checks should be taken when you are at rest.

### When is blood pressure too high?

If your blood pressure as an adult stays at 140/90 or higher at rest, that's too high. Such pressure can cause wear and tear on your arteries and weaken them. This can increase your risk for health problems.

High blood pressure (hypertension) is often called “the silent killer,” because it usually has no symptoms. In fact, many people don't know they have it. If it is not treated, high blood pressure can lead to stroke, heart disease, kidney disease, and many other health problems.

### What causes high blood pressure?

In most cases, we don't know the cause. But we do know there are factors that can increase your risk for high blood pressure. These include heredity, age, race, obesity, and a lack of regular physical activity.

### What can you do to help lower or control your blood pressure and decrease your risk for other health problems?

- Stop smoking.
- Control your weight.
- Start a program of regular exercise.
- Eat healthy. Increase your intake of fruits, vegetables, and whole grains. Lower your intake of fats and salt.
- Limit alcohol – follow your health care provider's advice.
- Limit caffeine intake (from coffee, tea, and colas).
- Manage your stress level.
- Follow your health care provider's advice

about regular check-ups.

Know your numbers, and ask your health care provider for more advice on controlling your blood pressure.

## Healthy Corner

Here are some important numbers for Briggs employees regarding your health:

**Health-Link -Access to immediate, confidential, healthcare expertise.**

**1-888-228-7672**

**Patient Care-Helping you through the healthcare maze.**

**1-877-344-7474**

Here is an important number for Strattec employees regarding your health:

**United Health Care**

**Health care problems or questions, call toll-free 1-1-866-827-9025**

### Edwards Report Continued from page 7

would remain the same. The union do not agree with the maintenance mechanic classification. Their are issues regarding overtime, layoffs, etc. The company posted the job and if no one take the job they plan to hire from the outside.

### **Discharged Members**

I currently have two discharged members. The union will be taking their grievance to a 3rd. stage grievance meeting December 15, 2009. One member who was locked out has since been reinstated. Weeks after the reinstatement the member voluntarily retired.

### **Human Resources**

Teri Zielski is the new Senior Human Resources Generalist. She's located in personnel where Laura Flees worked for years.

### **Retirement**

Congratulations to all of the retirees. It's been nice knowing and working with you through the years. Good luck!!

Merry Christmas

I would like to wish a Merry Christmas and Happy New Year to all.

In Solidarity,  
Jesse Edwards