

REPORTER

OFFICIAL PUBLICATION OF USW LOCAL 2-232

VOLUME 29, NO.4

AUGUST 2008

President's Report by Scott Godshaw

Strattec Membership Ratifies Contract

At Strattec, the new contract was overwhelmingly ratified on June 22nd. The vote was 138 to 13. And as usual we are having some interpretation issues following this negotiation. We are dealing with this and may have to sit down with Strattec to reiterate exactly what was discussed across the table. We also have received the contract itself so we can proof-read it and have it printed up. I know in 2005, the committee had to go through it several times until it was finally right and sent to print.

BRIGGS

At Briggs the 100th anniversary celebration was held on Sunday August 3, 2008 at the zoo. I would like to say congratulations to Briggs & Stratton and I also would like to say; thanks to the work ethic of this union membership over the years that has certainly contributed to the success of Briggs & Stratton.

Approximately 50 some members retired on July 1st as several did cancel their retirement. There were retirement meetings held by Mercer and benefits on Thursday July 31st at Burleigh and August 7th at the Falls. Any member that wanted to sign up to retire on January 1st was able to fill out their Intent to retire form right there at the meeting.

Survivor Options

If you are 55 years of age and have 10 years of seniority or have 29 years and 1000 hours you are eligible to sign up for a pre-retirement election for a survivor option at Briggs or Strattec. In 2005 at Briggs the penalty for changing was eliminated and at the negotiations at Strattec this year, we were also successful at having the penalty eliminated so at this point there is no reason not to sign up for 100% for your spouse. You can change your option when you retire without penalty. In the past, you were charged a percentage per year that the option was in effect.

Jesse, Ralph and I attended the USW Convention. The message was clear that Obama is the choice for working people. We were hoping that Obama would have been at the convention live. Well we partially got that wish. John Edwards was live at the convention and he introduced Senator Obama, who was live via satellite. He could hear and see us and we obviously could hear and see him. The place was truly rockin'. We need to do everything we can to help working people by helping Senator Barack Obama get elected as the next President of the USA.

We cannot afford to have any more time of Bush economics, as it will be if McCain gets elected.

October Membership Meeting

Sunday
October 5, 2008
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.

Watch Obama's Acceptance Speech at the Union Office

Come on down to USW Local 2-232, 8500 W. Capitol Drive Lower Level 101, Thursday, August 28th, starting at 6:30pm to watch Senator Obama's acceptance speech at the Democratic Convention. Snacks, pizza and soda will be provided! Let's watch history being made together! All USW members who attend will receive a USW for Obama button. Call 414-463-7425 and let us know if you can make it.

From the Desk of Financial Secretary Treasurer Ralph Schwieger

Vote September 9th and a get together for Senator Barack Obama for President

There is a primary election September 9th that few people know about. The winners of this primary will go on to the general election on November 4th. I live in Milwaukee and will be voting for two great friends of working people. Barbara Toles is my choice for the State Assembly in District 17 and Spencer Coggs is my State Senator in District 6. I am truly blessed to have these two fine candidates representing my interests in Madison and if I wish them to continue their work on my behalf, I have to make sure to vote for them in the primary election, September 9th. Make sure to mark your calendars so you don't forget!

I am supporting wholeheartedly, Illinois Senator Barack Obama for President of the United States. Senator Obama came to Milwaukee in 2004 for a rally held at Washington Park. He was here to support John Kerry for President, State Representative Gwen Moore and Senator Russ Feingold. That is the first time I heard him speak and I have been a supporter ever since. We must never forget that one of Senator Obama's first jobs was helping laid off Steelworkers in the city of Chicago. That alone says volumes about this man. The AFL-CIO keeps track of elected officials votes on issues that directly effect working people such as health care, labor rights, taxes and trade agreements. Senator Obama's voting record stands at a sparkling 98%. What is his opponent's record you ask?? 16% is the answer to that question. That voting record, Brothers and Sisters is a slap in the face to all of us!

The elephant in the room is race. I have heard people will not vote for Senator Obama for President because of the color of his skin. When I was a teenager, I thought it would be my generation that no longer judged people by their color because that was how I felt in my heart. I invested time and energy into relationships with people and watched them crumble after a stupid joke or comment that I could never take lightly or tolerate. After 8 years of this failed Presidency and the following statistics, race should have no bearing on your vote November 4th.

Consider the following:

- \$49,158 - median household income in 2000 (adjusted for inflation)
- \$48,201 - median household income in 2006

31.6 million - American's living in poverty in 2001
36.5 million - American's living in poverty in 2006

\$1.59 - average price of gas in January 2000

\$3.14 - average price of gas in January 2008

38.4 million - American's without health insurance in 2000.

46.9 million - American's without health insurance in 2006.

We have a chance to make positive change for all people with the election of Senator Obama as President of the United States and God help us all if his opponent wins.

That being said, we will be having a get together on Thursday, August 28, about 6pm either at the Union Office or at my house to watch Senator Obama make his acceptance speech at the Democratic Convention at Denver's Mile High Stadium. If you might be interested, please call the Union Office at 414-463-7425 and let me know if you can make it. I will provide pizza and soda and we can watch this historic event unfold together. I hope to see you there!

Don't forget Labor Day, September 1st!!

(The following is copied from the Milwaukee Area Labor Council Web Site, http://www.milwaukeeelabor.org/event_calendar/)

Location: Zeidler Union Square Park and Summerfest.

Locals gather and mingle from 9 a.m. on at Zeidler Union Square Park (Michigan St. between 3rd and 4th) in one of the most impressively diverse gatherings of workers in Milwaukee. An ecumenical prayer service is held nearby as vehicles are lined up by 9:30 a.m. along designated side streets and colorful T-shirts are distributed to thousands of union members.

The downtown parade of unions and union vehicles kicks off at 11 a.m., east along Wisconsin Avenue and then south on Milwaukee Street into the Summerfest grounds. Expect a number of politicians to walk with union members (by invitation) this election year.

Then comes the free party itself, noon to 5 p.m. using many of the Summerfest facilities.

**Don't Forget
Labor Fest Labor Day
Monday September 1, 2008
Summerfest Grounds
Be There!**

BRIGGS & STRATTON RETIREE HEALTH INSURANCE Keeping You Informed

As a retired Briggs & Stratton employee you have the opportunity to participate in health insurance programs where you can obtain excellent benefits for you and your family.

Alternative retiree group insurance programs through National Benefit Consultants, Inc. were made available to give you choices so that you can select benefits that will protect yourself and your spouse with the best insurance program at the most reasonable cost.

We know many of you may have selected other coverage as the cost of traditional group health insurance has soared over the years. If you did not join the alternative retiree insurance programs when they were first made available in 2004, we would like to let you know that you are still eligible to join these group programs even if you waived off of group coverage years ago.

More Information on These Alternatives

Inquire with National Benefit Consultants at 1-800-875-1505 to speak with their knowledgeable and friendly customer service representatives & benefit consultants regarding the innovative plans available to our retirees. They are available Monday thru Friday between 8:30 a.m. to 4:30 p.m. Central Standard Time.

We are confident you will be satisfied with the level of service provided by NBCI and these alternative plans offered as are the hundreds of Briggs & Stratton retirees and spouses already participating in the plans.

LOCAL 2-232 REPORTER

August 2008

Volume 29, Issue #4

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: Karen
Clark, Trustees: Chuck Porter Vicky Gorecki, Nancy Copeland
Guide: Debbie Curro, Sergeant at Arms: Stanley Quezaire
Briggs Bargaining Committee: Scott Godshaw, Jesse Edwards,
Tameka Smith, Karen Clark, Dean Wegner
Strattec Bargaining Committee: Scott Godshaw, Milton Dawson,
Dennis Nowak, Al Olivares



ASK YOUR LAWYER

by Thomas Flanagan

Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman, S.C.

CHANGING JOBS AFTER A WORK INJURY

Many employees find themselves changing employers after a worker's compensation injury. If you worked for an employer for several years and did not seriously pursue your worker's compensation injury case while working for that employer, the time to quantify the injury is at the end of that employment before you go on to another employer.

At the end of employment with your old employer, make sure your doctor clearly states what your complaints are and if you have any permanent disability. The reason for this is that if you have further problems with your injury, the new employer is going to attribute them to your old employment. Likewise, the old employer is going to attribute them to your new employment. You may very well be caught in the middle no matter what, but you can help minimize your situation by making sure that your symptoms from the first employment have been quantified before going on to the next employment.

Employees who are in the trades and who have many different employers over a short span of time must pay close attention to how each employment affects the symptoms of work related injuries. Report them accurately to your doctor including the periods of time and what you were doing for each employer. This is the only way to protect yourself against inevitable controversy over liability for your claim among the various worker's compensation carriers for your numerous employers.

If you have questions about worker's compensation, personal injury or social security disability, 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. Listen to the "Previant Legal Line" on Saturdays at noon on WTMJ radio 620 AM.

UNION
YES

News from Your Local 2-232 Rapid Response Coordinator

by Allen Evseichik

Dear Brothers and Sisters;

The Rapid Response program is a very important part of our activist union. It keeps our members informed and helps them to become involved in important issues that affect our daily lives. Rapid Response gives our members a voice and is a powerful tool in shaping policies to benefit workers rather than corporate interests.

Your Rapid Response Team is in the process of attempting to stop the Columbia Free Trade Agreement. This agreement has not only generated policies which have cost our country millions of manufacturing jobs, boosted trade deficits to record levels and shredded the paychecks of U.S. workers; it has lead to the loss of many innocent lives. Thanks to your efforts, we have been able to generate 8,100 letters, signatures and phone calls to aid in our attempt to stop the approval and passing of this agreement. In regards to the Employee Free Choice Act, we have generated 7,900 signatures and will continue to pursue this issue.

Two weeks ago, Rapid Response requested action on the Medicare Improvements for Patients and Providers Act of 2008. The bill had just passed in the House of Representatives by a wide margin, and had moved on to the Senate for action. This is the bill that contains a number of improvements for Medicare, including help for low-income seniors, better rural and other hospital care, improving outpatient services, improving the Medicare drug benefit program, and enacting a provision that would stop payment cuts to doctors. Thanks to your calls, the bill passed in the Senate yesterday! Senator Ted Kennedy played a key role in the passage of this bill as well. Upon returning to the Senate, he provided the 60 votes needed to secure passage of the bill. When he cast his vote, additional Republicans joined in supporting the bill, however, Senator John McCain was the only Senator not voting on the bill. Senator Obama did vote to support the bill.

This Rapid Response Economic Snapshot gives you just a glimpse of the continued downturn in the U.S. economy.

463,000 jobs have been lost so far this year

For seven months we have seen a consistent decline in job numbers

5.7% is the July 2008 unemployment rate

4.7% is the July 2007 unemployment rate

News about the candidates:

Senator Barack Obama will bring change for

working families. He is working towards energy and independence. He opposes unfair trade deals, and strives to protect our retirement.

Senator John McCain will not. He chooses to side with big oil companies verses working families. He thinks NAFTA was a good idea. Senator McCain wants to privatize social security, tax your health care benefits, leave workers to fight insurance companies alone and possibly limit workers from insurance coverage for pre-existing care.

You have the opportunity to become an active member in your union. You can be an active participant of the growing movement to take this country back for us; the people who build this great nation. Your union is leading the way and "Making the Difference" with the USW Activist Corp. It is up to you to make one phone call or send one e-mail to become a part of these historic times. Join the USW Activist Corp. Become an active participant in your union. Meet like minded Brothers and Sisters while having fun in the process. The time to act is now. Be the difference. Make the difference. Make the call. Greg Hinds, USW Activist Corp Coordinator; Southern Wisconsin Cell (920) 540-2309; West Allis Sub-District Office (414) 475-4560; E-mail GHinds@usw.org.

In a message from Leo Gerard, International President of the United Steel Workers, a newly revamped United Steel Workers website is up and running. Please visit the website at www.usw.org and experience live streaming videos, daily news, photo slideshows, audio reports, updated blogging and a wealth of USW information right at your fingertips.

In Solidarity
Allen Evseichik
Local 2-232 Vice President
Rapid Response Coordinator



Membership Meeting Recap

by Karen Clark

The membership meeting was held on Sunday August 3, 2008 at 9:30 am sharp at Frank Monreal's El Matador 91 55 W. Bluemound Rd.

Under application for membership, 7 new members were accepted into the local. New member Bob Halloran was present and sworn in.

Vicky Gorecki gave the Trustees report for the months of April and May.

Ralph Schwieger gave his Financial Secretary Treasurer combined report for the months of April and May. He reported there were 518 dues paying members at Briggs and 234 dues paying members at Strattec for a total of 752 in May. All reports can be seen at the Local Union office on Capitol Drive.

Communications

The Local received the following:

- A thank you card for our donation to the United Way of Greater Milwaukee area.
- A thank you for our participation in Rapid Response. VP Evseichik is our co-ordinator
- A thank you from the mourning families of John Kromm and Tom Liederbach, respectively.

Recommended Executive Board motions that passed were as follows:

- Send \$125 for Labor Press Ad
- Purchase \$500 for food and beverage tickets for Laborfest, with an additional \$200 if needed.
- Send 4 delegates to the Wisconsin State AFL-CIO Convention (2 automatics and 2 elected)

Elections

• Nancy Copeland was elected unanimously as the Briggs Trustee replacing Bettie Burmester, who retired July 1, 2008.

• Tameka Smith was elected as a Briggs Bargaining Committee member replacing Jackie Goodwin who retired July 1, 2008.

Reports of Officers

President Scott Godshaw reported on the Strattec ratification, production and survivor options.

Jesse Edwards reported on increase at Briggs, assemblers all back from layoff and the testhouse going on 12 hour shifts on July 14th.

Milt Dawson reported on Voluntary layoffs, honoring vacation days and quality tech testing.

International Rep Ernie Dex asked for volunteers for the upcoming Presidential election. He stated we need to support Obama. McCain has voted 95% with Bush. We have lost over 3 million jobs.

A motion was made and passed to hold our next membership meeting on Sunday October 5, 2008 at Frank Monreal's El Matador 9155 W. Bluemound Road in Milwaukee at 9:30a.m. sharp.

Briggs Retiree Club

It's picnic and Bingo time again. Over 120 members will again enjoy food and drinks at the Elk's Lodge which is located at 5501 W. Good Hope Road. This will begin at noon on August 20, 2008.

Our business meeting and social activities will start on Wednesday September 17, 2008 at noon and every 3rd Wednesday of the month through the end of the year as well.

We are happy to have over 10 new members at the Briggs Retiree Club.

Come on and join the fun and companionship of your friends who you spent many years working with in the plant. All new members are welcome. Remember, you must be a paid up member to attend any of our events. The cost for joining is only \$24 a year. For information on joining, please call Erma Gorecki at 262-781-8951.

Please contact Doris Reinke at 414-476-3548 in the event of any members' illness.

We are planning music by Caribbean Eclipse Steel Drum Band on August 20, 2008.

Fraternally yours,

Doris Reinke, Recording Secretary
Bob Johnson, President

Join the Briggs Retiree Club

Call Erma Gorecki at 262-781-8951

UPCOMING EVENTS

September 1- Labor Day



Laborfest at the Summerfest Grounds

September 9- Election

October 5- Membership Meeting

October 13 - Columbus Day

October 31- Halloween

November 4- Presidential Election

November 11- Veteran's Day

Congratulations Bettie Burmester & Jackie Goodwin Nancy Copeland and Tameka Smith Elected

by Scott Godshaw

I would personally like to congratulate Briggs Grievance Representative Jackie Goodwin and Briggs Trustee Bettie Burmester on their recent retirements on July 1, 2008.

On behalf of membership, I would like to thank them and acknowledge their dedication and loyalty to this Union over the many years.

Jackie was elected the grievance rep in August of 2006 replacing Greg Weber when he retired.

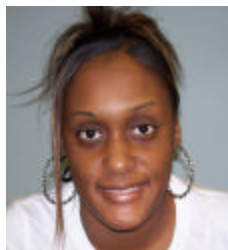
Bettie was appointed by the Executive Board and then elected by acclamation at the membership meeting held in May of 2005. Ironically her trustee position was also directly related to Greg Weber. Weber won his election for grievance rep thus vacating his trustee position. Bettie was also the steward of department 472 Service Division in the Falls.

Once again congratulations to both and good luck in all your future endeavors.

Nancy Copeland was elected to fulfill Bettie's Trustee position and Tameka Smith was elected to become a Bargaining Committee member replacing Jackie. Congratulations to those 2 as well.



Nancy Copeland



Tameka Smith

Grievance Rep Reports

Strattec Security

by Milt Dawson

Layoffs

The company is continuing layoffs due to the low orders from Strattec Security Corp. customers, although at a personal meeting on August 13th, the company advised me that orders from GM have increased somewhat, at this writing all layoffs are still voluntary.

Testing

The company has expressed to the union many times that it would like to see our associates advance themselves through job postings and testing if required, but recently, an associate tested for a job long ahead of the job being posted due to retirement, the associate passed the test, then just before the company posted the job, they changed the test and then told the associate that the test they passed was no longer being used. So they must now take the new test, and that the company would not provide study material to the associate. Also, it seems to be a misunderstanding as to when a set-up "B" person is to be advanced pay wise after testing out.

Discharge

The union dealt with one of the most unpleasant subjects. That being a discharge of one of its' union members. At our last membership meeting on August 3rd, our union brothers and sisters from Strattec, based on the facts of the case, voted to uphold the Bargaining Committee's decision and not take a member's grievance to arbitration. The vote was by secret ballot and only Strattec members were allowed to vote on the motion per our by-laws.

In Solidarity
Milton Dawson

Membership Information

August 2008

671 Members in Good Standing

455 in Briggs & Stratton Unit

216 in Strattec Unit

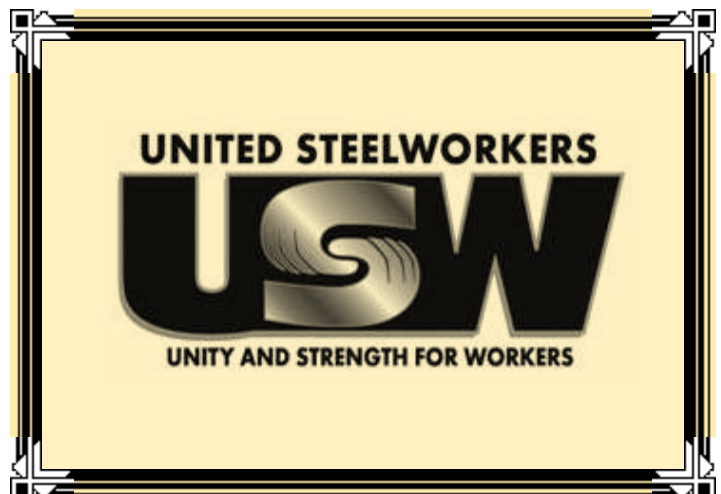
August Dues Payments

387 Dues Paying Members at Briggs

203 Dues Paying members at Strattec

590 Total Dues Paying Members

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



Grievance Rep Reports

Briggs & Stratton Second Shift

by Jesse Edwards

MFDC

At the Falls plant, many of our members feel that they are being harassed by management. Some of the complaints are they are being follow to and from the bath room. One member wrote a grievance because they were written up for going to the bath room after the shift had started. Another member was written up for getting ice one minute after the break had ended. Another member was written up for getting water. At this time the union has receive 18 job complaints from the company. All members were informed that they had the right to write a grievance. The union will take every grievance through the grievance procedure.

Workplace Violence

The company is required to provide a safe work environment. If you have a dispute at work you should contact your steward. The steward will investigate your complaint and if they need to, they will meet with management to resolve the issue. If your steward is not available, please contact your grievance representative. Dean Wegner is the first shift representative. He can be reached at extension 2196 and 6020-2196, if you are calling from the M.F. plant. His pager # is 414-669-6332. If you need to reach me on second shift, my extension is 2197 and 6020-2197 if you are calling from the M.F. plant. My pager # is 414-669-5922.

Dept. 476

July 14, 2008 the company started the 12 hour shifts in Dept. 476, the test house. Some of our members were very upset with this change. However, the company could do it based on the contract language. Some jobs are on 8 hour and some on 12 hour shifts.

Assemblers / Recalled

At this time all assemblers are recalled back to work. The company is in the process of going through the daywork classification to offer them assembly work. The job elimination regarding the assemblers in department 716 Mufflers continue to be pushed back at this time, there is no confirmed date when these jobs will be eliminated. The assemblers in 716 are scheduled to go to department 797 Coils when their job is eliminated. In the mean time, the company is in the hiring mode and they did call back retirees to fill the open jobs. The retirees do not have job preference.

Safety Glasses

If you need safety glasses, you should contact Rob Youngsma in the safety department. His extension is 5598 or 6020-5598.

Transitional Dept.

I am currently working in the transitional

Briggs & Stratton First & Third Shift

by Dean Wegner

Attendance

Attendance remains to be a problem at the Falls plant. If you reach 9 points, you are subject to discharge. If you are discharged for attendance it's very difficult to get your job back. If you have any questions regarding the attendance policy please see your steward.

Discharged

There are two members who were discharged and I'm currently working through the grievance procedure to get their jobs back. However nothing is written in stone, if you are working, please abide by the rules and keep your job.

Pay

August 1, 2008 per the contract you received a 2% pay increase and your disability pay increased to \$350.00 per week.

Steward

A steward election was held in department 472 and no one accepted the nomination. If anyone is interested in becoming the steward, let me know and I will repost for an election. If you need representation at the Falls on first shift, please see Karen Clark.

Job / Recall

The Rocker Arm job did return back to Burleigh. It is located in department 770. The company also recalled 1 Tool and Die maker, 1 setup for department 770 and 2 operators to department 765.

In Solidarity

Dean Wegner

Tameka Smith

I am Tameka Smith and at the August 3, 2008 membership meeting, I was elected to the bargaining committee position. I filled Jacqueline Goodwin Grievance Representative position after she retired effective July 1, 2008. I work in department 797 Coils on 1st. shift. Jesse Edwards and Dean Wegner are the grievance representatives. I am looking forward to working with our members.

(Rehab) dept. If you need representation, see your steward and if needed, your steward will contact me.

Jacqueline / Tameka

Jacqueline Goodwin retired July 1st, as you know, she was a member of the bargaining committee. It was a pleasure working with her and I wish her well during her retirement. !! Good Luck Jacqueline !! Since Jacqueline retired, Tameka Smith was elected to the bargaining committee. Welcome Tameka !!

In Solidarity,

Jesse Edwards

Wellness Corner “You can’t live without it” Start a Regular Exercise Program

by Laurie LaRusso, MS, ELS

Here's Why: Exercise helps keep your body healthy and your tissues and organs working properly. In keeping your body in good working order, exercise also helps ward off many diseases such as heart disease, stroke, type 2 diabetes, osteoporosis, and many others.

Here's How: National health and exercise organizations recommend you do moderately intense physical activity for at least 30 minutes on most (preferably all) days of the week. Doing more vigorous exercise is also encouraged.

Your exercise program should include: Aerobic (Cardiovascular) Exercise In aerobic exercise, you continually move large muscles in the legs and buttocks. This action causes you to breathe more deeply and your heart to work harder to pump blood, thereby strengthening your heart and lungs.

Examples include:

- Walking
- Jogging
- Running
- Aerobic dance
- Bicycling
- Swimming
- Hiking
- Playing sports that involve running, such as basketball and soccer

Strength Training (Resistance Exercise)

Strength training builds lean muscle mass, which increases your physical strength and your bone mass.

Examples include:

- Weight lifting, using:
 - Free weights
 - Weight machines
 - Elastic tubing
 - Calisthenics, such as push ups or chin ups

Flexibility (Stretching) Exercises Stretching increases freedom of movement and improves posture. In addition, it releases muscle tension and soreness, enhances relaxation, and reduces your risk of injury during exercise.

Major muscle groups to stretch include:

- Back muscles
- Neck muscles
- Leg muscles: hamstrings, quadriceps, calf muscles
- Chest muscles
- Buttocks and hip muscles
- Shoulder and arm muscles
- Stomach muscles

Stretching classes include:

- Yoga
- Tai chi

Here are some tips for safe stretching:

- Spend at least 5 to 10 minutes warming up your muscles before stretching. For example, walking gently while swinging your arms in wide circles.
- Start each stretch slowly, exhaling as you gently stretch the muscle.
- Hold each stretch for 10 to 30 seconds.

Here are some common stretching mistakes to avoid:

- Don't bounce during a stretch.
- Don't stretch a muscle that is not warmed up.
- If a stretch hurts, ease up. Don't strain or push a muscle too far.
- Don't hold your breath while stretching.

Getting Started Since brisk walking qualifies as moderately intense physical activity, that's a place to start if you're new to exercise. Before starting an exercise program, check with your doctor about any possible medical problems you may have that would limit your exercise program.

Consider making an appointment with a certified athletic trainer to help you develop a safe, effective, and enjoyable exercise program. You can find a trainer at a local gym or through a referral from your health care provider or a friend. Make sure this person understands your goals and can help you maintain an exercise program that you'll enjoy and stick with.

SOURCES: Aurora Health Care

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

www.patientcare4u.com

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

United Health Care

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

www.myuhc.com