

RETIREE



BULLETIN

BAY AREA RETIREE CHAPTER

INTERNATIONAL BROTHERHOOD OF TEAMSTERS

Local #79 ♦ 5818 E. Martin Luther King Blvd. ♦ Tampa, Florida 33619
Phone: (813) 621-1391 Ext 192

E-Mail to: barc79@aol.com

MEETINGS 1st WEDNESDAY AT 10:00 a.m. ♦ FEB - APR - JUNE - AUG - OCT - DEC



August, 2017

MEETING NOTICE

We will have our Retiree's General Membership meeting and covered dish luncheon on Wednesday, August 2, 2017 at 10:00 a.m. All of our meetings are held at the Teamsters Local Union No. 79 located at 5818 E. MLK Blvd., Tampa, FL 33619 unless otherwise noted. After the business meeting we will have our covered dish luncheon. Then we can have some good conversation and tell a few "war" stories with our fellow retired Teamsters.

Bring your spouse or a guest and don't forget the COVERED DISH or a good dessert. Come on out and enjoy yourself and maybe learn something about what's going on within the Teamsters and the retirees.

HOW TO FIX THE ECONOMY

In the Business Section of the Tampa Bay Times a while back, there was an article that ask readers the question: "How Would You Fix the Economy?" I think this 80 year old man nailed it! Dear Mr. President: Please find below my suggestion for fixing America's economy. Instead of giving billions of dollars to companies that will squander the

money on lavish parties and unearned bonuses, use the following plan.

"The Patriotic Retirement Plan":

There are about 40 million people over 50 in the work force. Pay them \$1 million apiece severance for early retirement with the following stipulations:

- 1) They MUST retire. Forty million job openings – Unemployment fixed.
- 2) They MUST buy a new AMERICAN car. 40 million cars ordered – Auto industry fixed.
- 3) They MUST either buy a new home or pay off their mortgage – Housing crisis fixed.

Now, it can't get any easier than that! P.S.

If more money is needed, have all members of Congress pay their taxes. Mr. President, while you are at it, make Congress retire on Social Security and Medicare. I'll bet both programs would be fixed pronto! Sounds good to me.

If you think this would work, maybe we should flood our members of Congress and see if they can get the message. But, I wouldn't hold my breath until they do. You know how they don't like to rush into anything.

THE SERENITY PRAYER

I know that most of you know what the first two or three lines of the Serenity Prayer are but how many of you know the entire contents?

The full Serenity Prayer by Reinhold Niebuhr – 1892-1971:

“God grant me the serenity to accept the things I cannot change; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His will; That I may be reasonably happy in this life and supremely happy with Him forever in the next.”
Amen.

WHAT IS BROTHERHOOD?

Our International Brotherhood of Teamsters has been around since 1903. Have you ever wondered about the word Brotherhood in our name? In the “old days”, the Reader Digest magazine always had bad articles about the Teamsters. Numerous times they treated it like it was two words, Brother Hood. I always resented that even though I knew we had internal problems, but, they were our problems and we could handle it. I was very defensive about the word Brotherhood, I always believed it stood for something better than that. When I saw the word defined by a writer named Peter E. Terzick, I was impressed and saved it for a future time and I recently came across it in my files. I feel like the time is now.

Don't just scan through this, read it carefully and digest every word until you truly understand the meaning of what the message means. It will make you have a better understanding of what our union really means to us.

BROTHERHOOD

It is the wisdom of Lincoln and the warmth of Gandhi. It is humility of Jesus, the humbleness of Mohammed, and the humanitarianism of Confucius. It is Catholic and Protestant and Jew living together in peacefulness and harmony. It is Italian and Dane and Bulgarian and Pole working side by side on the job and sitting shoulder to shoulder in the Union Hall searching for ways to advance the common good. It is the Ten Commandments and the sermon on the Mount. It is the Bible, the Taimud, and the Koran. It is the essence of all wisdom of all the ages distilled into a single word. But equally it is the understanding of neighbors and friends who sorrow at your misfortunes and rejoice at your triumphs. You cannot see Brotherhood, neither can you hear it nor taste it. But you can feel it a hundred times a day. It is the pat on the back when things look gloomy. It is the smile of encouragement when the way seems hard. It is the helping hand when the burden becomes unbearable.

I do not know who Brother Peter E. Terzick is or even if he is a Teamster, but I do know he hit a home run with what a Brotherhood means. We should all pass this on to our children, grandchildren and active Teamster members who don't really know what Brotherhood means.

HEALTH NEWS

Medicine errors:

A rising number of Americans are getting sick from medication mistakes at home. They either take the wrong dose of medicines or the wrong drug. About 400 people died of such errors during a 13 year study. The most common medications involved were cardiovascular drugs such as beta blockers, calcium antagonists, pain medications, including opioids and acetaminophen and hormonal medicines, including insulin.

Always ask your doctor questions about your medicines if you do not understand any directions or instructions. You can also ask your pharmacist if any medicines or vitamins you take will have any bad reaction with other medications you take.

Skin cancer:

Did you know that eating meals that are rich in tomatoes can possibly help in reducing skin cancers?

In research conducted at the Ohio State University in Columbus, Ohio, it was found a diet that included tomatoes was an alternative method of protection against skin cancer. Previous evidence has shown that consuming tomato paste may reduce sunburn, and dietary carotenoids, which are "pigmenting compounds that give tomatoes their color", left behind in human skin after eating the paste may be responsible for its protective effect against ultraviolet (UV) light damage.

"Lycopene, the primary carotenoid in tomatoes, has shown to be the most

effective antioxidant of these pigments," according to Jessica Cooperstone, a research scientist at the university.

Other research indicates that lycopene intake from eating a tomato in its whole food form is more effective at preventing sunburn than lycopene administered from a synthesized supplement. This suggests that other compounds in tomatoes may contribute to the overall effect.

Fast facts on Alzheimer's disease:
Here are some key points about Alzheimer's.

1. Alzheimer's disease is the most common type of dementia. The term "dementia" describes a loss of mental ability associated with gradual death of brain cells.
2. There are an estimated 5.3 million Americans of all ages with Alzheimer's disease.
3. An estimated 5.1 million people are age 65 and older, and approximately 200,000 individuals are under the age of 65.
4. Every 67 seconds someone in the U.S.A. develops the disease.
5. It is the only cause of death in the U.S.A. top 10 that cannot be prevented, cured or slowed.
6. Almost two thirds of Americans with Alzheimer's disease are women.
7. 1 in 3 seniors dies with Alzheimer's or another dementia.
8. Alzheimer's and other dementia cost the nation \$226 billion per year.
9. Due to the physical and emotional toll of caregiving, Alzheimer's and dementia caregivers had \$9.7 billion in additional health care costs of their own in 2014.

(Continued on page 4)

(Continued from page 3)

10. As the population of the United States ages, Alzheimer's is becoming a more common cause of death.

Causes and Symptoms:

Like all types of dementia, Alzheimer's is caused by brain cell death. It is a neurodegenerative disease, which means there is progressive brain cell death that happens over a course of time. The total brain size shrinks with Alzheimer's, the tissue has progressively fewer nerve cells and connections.

The very nature of the symptoms can be confusing for both a patient and the people around them, with different levels of severity. For this reason, and because symptoms could signal any number of diagnoses, it is always worthwhile seeing a doctor.

The cognitive decline is in at least two of the five symptom areas listed below.

1. Worsened ability to take in and remember new information;
2. Impairments to reasoning, complex tasking, exercising judgement;
3. Impaired visuospatial abilities (but not, for example, due to eye sight problems);
4. Impaired speaking, reading and writing;
5. Changes in personalities and behavior;

I sincerely hope that some of the information I have given you is some small help to you and/or your loved ones. Especially the highlights about

Alzheimer's disease. Alzheimer's is a terrible disease and really takes its toll on not only the patient but the caregiver also. I pray that one day they can find a way to prevent and cure it.

ON A LIGHTER NOTE.....

I am sure most of you remember the old Pan American World Airways. You have probably heard of the Pan-Am Clipper or seen a movie about it, but are not old enough to have ever seen one except possibly in WWII. Its maiden trans-Atlantic voyage was June 28, 1939. But once the U.S. entered World War II, the Clippers were pressed into service to transport materials and personnel. Here are some facts about this great and beautiful airplane.

Clipper passengers took their meals at real tables, not their seats.

For most travelers in the 21st century, flying is a dreary experience, full of inconvenience, indignity, and discomfort.

That wasn't the case in the late 1930's, when those with the money to afford trans-oceanic flight got to take the Boeing Model 314, better known as the Clipper.

Even Franklin D. Roosevelt used the plane, celebrating his 61st birthday on board.

Between 1938 and 1941, Boeing built 12 of the jumbo planes for Pan American World Airways.

The Clipper had a range of 3,500 miles – enough to cross either the Atlantic or Pacific, with room for 74 passengers onboard. Of course, modern aviation offers an amazing

(Continued on page 5)

(Continued from page 4)

first class experience (and it's a whole lot safer), but nothing in the air today matches the romanticism of crossing the oceans in the famed Clipper.

The nickname Clipper came from an especially fast type sailing ship used in the 19th century.

The ship analogy was appropriate, as the Clipper landed on the water, not runways.

On the Pan-Am flights, passengers had access to dressing rooms and a dining salon that could be converted into a lounge or bridal suite.

The galley served up meals catered from four-star hotels. If you want to sit at a table to eat with other people these days, you have to fly in a private jet.

On overnight flights, the 74 seats could be turned into 40 bunks for comfortable sleeping. The bunk beds came with curtains for privacy.

On the overnight flights across the Atlantic, crew members could conk out on less luxurious cots.

Unlike some modern jets that come with joysticks, the Clipper had controls that resembled car steering wheels.

Navigating across the oceans required more manpower in the air. The cockpit crew consisted of pilot, copilot, navigator, and two radio operators.

The lavatory wasn't too fancy, but it did have a urinal – something you never see in today's commercial jets, where space is at a premium.

The ladies lounge had stools where female passengers could sit and do their makeup.

The picture on the bottom of the

address page is the Pan-Am Clipper and reminds me of when I was a small boy. Tampa's airport was the Peter O. Knight airport on Davis Island and we would go out there and hang out with other families. The ladies would talk about sewing, cooking and housekeeping chores. The men would talk about their jobs and politics. All of us kids would play and once in a great while, an airplane would come in and we would talk about how we would like to fly one. The reason the Clipper reminds me of those days is because there was a seaplane ramp there and sometimes a seaplane would come in and everybody would be watching it land and taxi up to the ramp.

I miss those days.

LABOR ISSUES

Employer abuses in Music City: Marches by immigrant workers are not an everyday sight in Nashville, Tennessee. But 50 hotel workers and supporters took to the streets June 20 to make visible the conditions facing low-wage workers in Music City.

With the support of the worker center Workers' Dignity. They marched through downtown and led delegations to management at six prominent hotels, handing in petitions calling on the hotels to adopt a Cleaning Workers' Bill of Rights.

Many hotels are receiving millions of dollars in subsidies from the city government but are paying the employees low wages with no benefits and sometimes under the federal minimum wage of \$7.25 per hour. Tennessee does not have a

(Continued on page 6)

(Continued from page 5)

state minimum wage and preempts the cities and counties from passing their own. The federal minimum wage of \$7.25 per hour is in effect but some employees are paid below that amount.

In a 2016 report, "Hotels Shouldn't Hurt," workers documented concerns over high rates of injuries on the job, discriminatory treatment, and systematic wage theft.

In contrast to many other cities, Nashville doesn't have a single unionized hotel.

Many hotels staff their cleaning jobs through temp agencies. Some agencies have been threatening workers that if they go to the authorities to speak of accidents at work, the agencies will make it impossible for them to get work with any agency again.

Workers' Dignity was formed in 2010 and almost immediately began hearing from hospitality workers eager to organize. Its first campaign, against the Best Western Music Row and the Comfort Inn Downtown, helped seven workers win back \$73,000 in unpaid wages and damages. The workers had been receiving wages as low as \$3.63, and working 70 hour weeks without breaks.

Later that year, the center helped nine housekeepers who were cleaning for a Double Tree hotel to organize a public campaign for back wages. Their paychecks from a subcontracted cleaning agency had been bouncing.

After a 100 person march outside the Double Tree, the women won \$13,000 in unpaid wages and benefits for 30 other workers.

The President and the NLRB

With a confirmation vote scheduled this week, the Senate may well consider President Trump's nominees to the two vacancies on the National Labor Relations Board and thus tip the balance to Republican control. But one of them is unqualified and hostile to the law that would interpret and administer. President Trump, like his predecessors, can select a board that reflects his administration's ideas. But Marvin Kaplan is the wrong person to fill this role. In contrast to the second nominee, Kaplan has no qualifications as a labor lawyer, and his appointment would bring the political agenda of a Congress that hates the NLRB.

Since the 1980's, a number of NLRB nominees by Republicans as well as Democrats have come from Capital Hill staffs. This has promoted a trend toward the appointment of Washington insiders trading places between political staffs and Washington law firms, the insider elite, which supposedly prompted President Trump's call to "drain the swamp."

Kaplan would constitute the Washington insider plus. His deep involvement in initiatives designed to impair the Obama NLRB have involved him directly in an unprecedented attempt to control the board through politics.

The appointment of a Washington insider directly involved in this process would undercut the integrity and impartial fact-finding mission of the NLRB required by the 82 year old law.