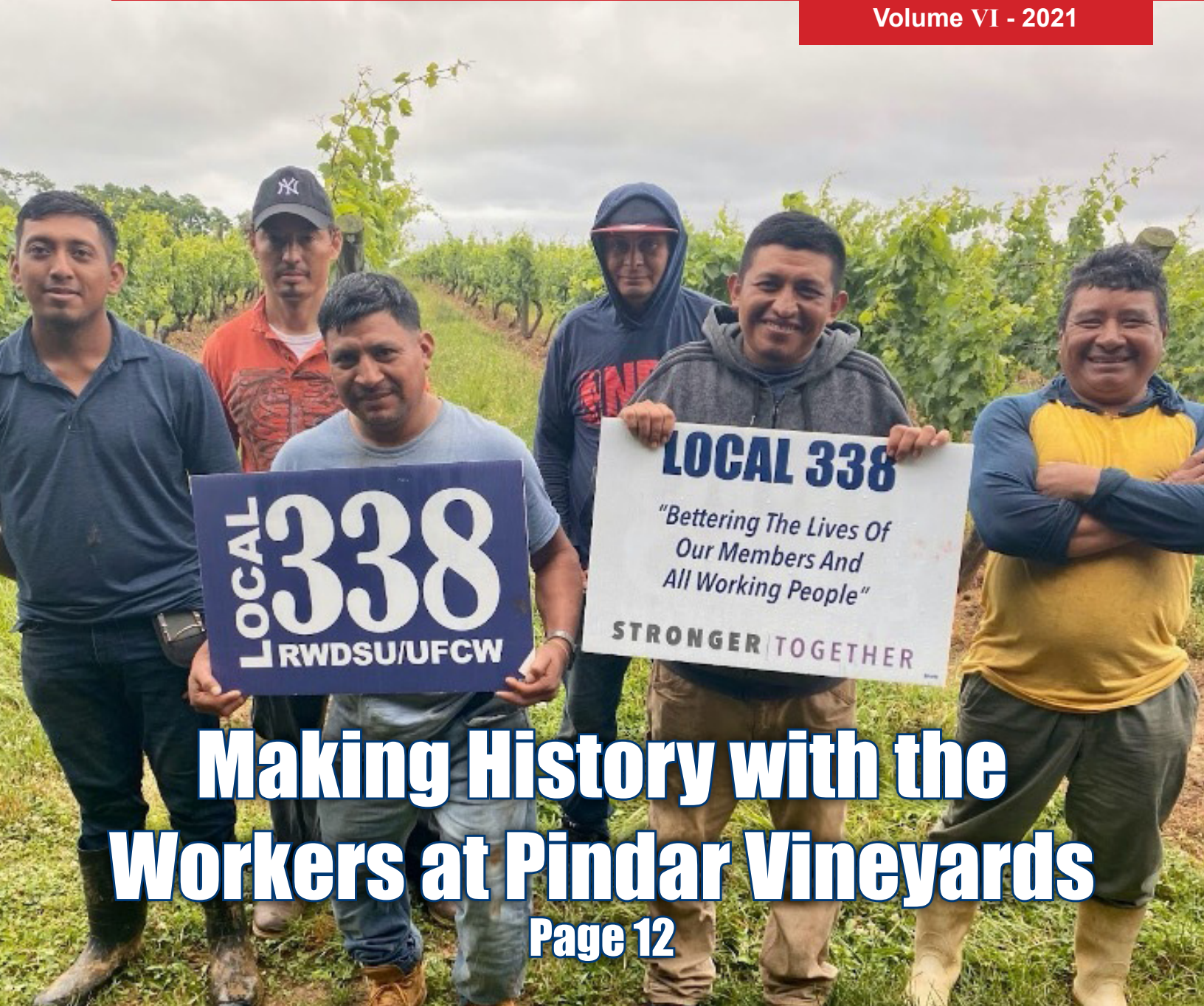


338 News

Volume VI - 2021



Making History with the Workers at Pindar Vineyards

Page 12

Going to College?
We Can Help!
Page 4

A New Contract for
PharmaCann Members
Page 7

Giving Back to Our Communities
This Holiday Season
Page 17



John R. Durso

President of Local 338

A Promising 2022 for Working People

We are almost a year into President Biden's first term, and already we are seeing the benefits of having a pro-union president in office. In November, Congress passed the infrastructure bill, which will provide critical updates and expansions to our nation's infrastructure for the first time in a generation.

This legislation will bring much-needed repairs to our roads and bridges, reduce greenhouse gas emissions by reinvesting in our public transit system, and expand access to fast, reliable internet. This will all be accomplished by providing good-paying union jobs to thousands of Americans who will get the job done.

Congress is currently working on President Biden's Build Back Better Act, which will transform the lives of our membership if it is passed. The proposed legislation will create affordable childcare for working families and extend the Child Tax Credit, meaning eligible families could continue to receive up to \$300 a month per child in 2022. The plan will also expand access to affordable college and make training and

apprenticeship programs for good, union jobs more accessible.

Both pieces of legislation are a direct result of union members getting out to vote. Working families reap the benefits of pro-union candidates who are going to fight to ensure they have access to jobs that can support them and their families. The labor movement must continue to show up and support these candidates at the polls—we cannot afford to have another election with low voter turnout among union members.

This was a historic year for our union. In October, the workers at Pindar Vineyards in Peconic joined our union as the first group of agricultural workers in New York State to unionize after the passage of the Farm Laborers Fair Labor Practices Act in 2019. We are proud to represent these brave workers, who will show farmworkers across the state that unionization is possible. We look forward to negotiating on their behalf and fighting for the benefits and protections they deserve, including sick pay, paid time off and dignity and respect on the job.

We are inching closer to a sense of normalcy, and that is because of essential workers like the members of Local 338. You are on the front lines every day, and your dedication to your job and community does not go unnoticed. As essential workers, you stepped up when you were needed the most and have made your communities better through your hard work. We would not have been able to navigate the challenges of the past year and a half if you hadn't continued to show up every day.

I hope you will consider donating to one of the organizations Local 338 supports throughout the year, including United Way and the John Theissen Children's Foundation. These organizations help people throughout New York and Long Island and make a huge difference for working families in their communities. No donation is too small, and it is not too late to give back.

Please take time this holiday season to enjoy the festivities and time with your loved ones.

*From all of us at Local 338:
thank you for serving your communities and
have a happy and healthy holiday season!*



GET YOUR BOOSTER SHOT

BOOSTED

Winter has arrived! That means colder weather and a greater chance of catching a nasty cold. As the temperature outside cools down, we tend to spend more time indoors with friends and family for longer periods of time. Sharing an enclosed space with others means a greater risk of contracting a cold, flu or other easily spread viruses like COVID-19.

While the COVID-19 vaccine has proven highly efficient in reducing the severity of symptoms and decreasing the risk of hospitalization, recent studies have proven the effectiveness of the vaccine reduces slightly over longer periods of time. As the COVID virus mutates, a vaccine booster shot becomes more and more necessary to keep immunity high and your body prepared.

The COVID booster shot is a smaller dose of the original vaccine you had received in the past, meaning the vaccine's side effects will be less intense, or even potentially unnoticeable. If you've been given the Moderna or Pfizer vaccine, you should wait at least 6 months before your booster shot and only 2 months if you've received the Johnson & Johnson vaccine. To schedule your vaccination booster shot, you can visit: <https://covid19vaccine.health.ny.gov/booster-doses>

Make sure you keep your family and friends safe this holiday season by getting your booster shot. It's our responsibility keep this virus in check. The tools to effectively combat this pandemic are widely and readily available! If you have any questions on the standard COVID vaccine or booster shot, feel free to reach out to your Union Representative. Stay safe this winter!



Supporting Our Communities This Thanksgiving



**Click Here to view our 2021
Thanksgiving Video**

Each year, Local 338 is proud to engage with local leaders and community organizations to donate turkeys and supplies to those in need during the holidays. The holidays are an excellent time to give back and support those closest to us. In the spirit of giving, Local 338 Charities, Inc. has delivered hundreds of gift cards and turkeys to community leaders and organizations to distribute to our neighbors in need. The donated gift cards are to union grocery stores where Local 338 members work, so we can all feel connected this Thanksgiving.

Our donations supported the work of the following organizations:

- Elizabeth Seton Children's Center
- Hempstead Hispanic Civic Association
- Henry Street Settlement
- The Food Pantry at Joshua Baptist Church
- The Mary Brennan INN
- The Nest at Nassau Community College
- The Food Pantry at Suffolk Community College
- The Food Pantry at Our Lady of Grace (in partnership with State Senator Joseph Addabbo)
- Pan American International High School students and their families (in partnership with Assembly Member Catalina Cruz)
- Residents of Queens communities including Jackson Heights, Corona and East Elmhurst (in partnership with State Senator Jessica Ramos)
- Newborn Church of God Food Pantry and Keep Your Change, Inc. (in partnership with Assembly Member Kimberly Jean-Pierre)
- Washington Height Rehab Tenants Association, Fort Washington Rehab Tenants Association, Manhattanville Houses Tenants Association, Amsterdam Houses Tenants Association, Dyckman Houses Tenants Association, 333 Broadway Tenants Association, Holyrood Church Food Pantry, Amistad Dual Language School, P.S. 161 Pedro Albizu Campos, P.S. 098 Shorac Kappock, P.S. 192 Jacob H. Schiff, Harold O. Levy School, P.S. 018 Park Terrace, P.S. 005 Ellen Lurie, P.S. 189 (in partnership with State Senator Robert Jackson)
- Residents of the Bronx (in partnership with Assembly Member Nathalia Fernandez)

Thanksgiving is a time to rejoice in what we have and reflect on how far we've come, and for many this has been an especially challenging year and a half. We as a union and members of our local communities, are fortunate to partner with caring and considerate organizations (like those listed above) to lean on when times are tough and we're proud to support their work each year.



Going To College?

WE CAN HELP!

Local 338's Scholarship Awards Program

We are pleased to announce that this year's Local 338 Charities Inc. Scholarship Awards Program is now open to Local 338 Members and their dependents!

To be eligible, applicants must be active members or dependents of active members of the Union and have been for at least one (1) year from March 18, 2022 (which is the deadline for the short form application). Please note this scholarship program is open to students who are graduating high school seniors or are currently enrolled in college/university or trade/vocational school.

The Scholarship Awards Committee reviews all completed applications and awards several individual scholarships, including:

- The Emanuel Laub Scholarship which awards \$2,000 a year for all four years of college in annual installments (totaling \$8,000),
- One-time Scholarship Award of \$2,000 for students attending college/university, vocational training, or other accredited institution,
- The Continuing Education Scholarship Award which is a one-time award of \$2,000 for students pursuing a continuing education program, master's degree, or doctorate degree,
- And the Book Award Scholarship, a one-time award of \$500 to be used towards textbooks and course materials.

To receive one of the Local 338 scholarship awards, the applicant or their guardian must remain a Local 338 member in good standing until the scholarship is awarded.

The deadline to submit the Short Form Application is March 18, 2022.

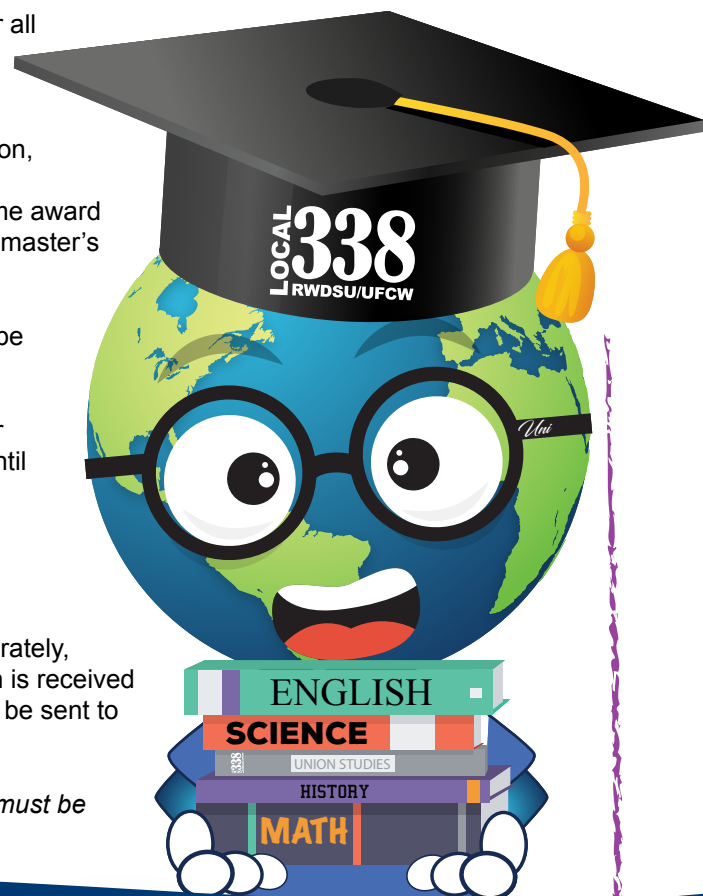
When completing the application, please supply all information accurately, including best contact information. Once the Short Form Application is received by the Scholarship Awards Committee, a Long Form Application will be sent to the applicant with additional details.

All completed Long Form Applications and supporting materials must be postmarked on April 15, 2022.



A Registered 501-(c)(3) Organization

*Elected officials of the union, staff employees, or their children are not eligible



WWW.LOCAL338.ORG/SCHOLARSHIPS

Local 338's mission is to better the lives of our members and all working people

2021 Fall Suffolk County Community College Scholarship

Congratulations to Local 338 member Victoria Parente of ShopRite in Selden and Stephanie Bido, daughter of Domingo Bido of Stop & Shop in Shirley for winning the 2021 Fall Suffolk County Community College Scholarship Award!



Every year, Suffolk Community College Foundation offers a \$2,000 scholarship award for Local 338 members attending SCCC. This award is intended to help students pay for tuition, books, and other academic related expenses. Local 338 is incredibly proud of the hard work demonstrated by Stephanie and Victoria in taking the next step toward achieving their academic goals.

Victoria shared some thoughts with Local 338: "I learned about the Suffolk County Community College Scholarship through my Union Rep. Fred Wren during one of his visits to our store. He guided me to the Local 338 website where I found the information to apply for the scholarship. Applying took less than 10 minutes and I'd recommend everyone enrolled at SCC to apply next year!"

Victoria is working towards her Associates Degree in Early Childhood Education where she expects to graduate next year. "If you're struggling to obtain financial aid, this is very helpful and easy to do. You don't always have opportunities like this, and if you have a chance like this, you should definitely take it."

To learn more about Local 338 Scholarship opportunities, visit our scholarship page at: local338.org/scholarships

Save **THOUSANDS** of dollars per year

If you have Federal Student Loans, and/or are the spouse or parent of someone with Federal Student Loans, you could save thousands of dollars per year!

Because Local 338 cares about your financial wellbeing we have made student loan counseling available to all members who participate in the Benefits Fund.

We urge you to learn more!

Attend a webinar and find out how to start saving. Click [here](#) or scan the QR code to register.





Joseph Fontano

Secretary - Treasurer

Looking Ahead to the Challenges of 2022

2021 has been a good year for our union. We accomplished a lot—Local 338 organizers worked with farmworkers at Pindar Vineyards to successfully unionize the first group of agricultural workers in New York State. Adult-use cannabis was finally legalized, opening the door for thousands of unionized cannabis jobs and a path to financial recovery for our state. We secured new contracts at three cannabis employers, each one further raising the industry standards further cementing that New York's cannabis jobs are good paying, strong benefit - union jobs. I'm proud of what we have accomplished but we were only able to do it through the strength and unity of our members!

But there is still more to be done. The legalization of adult-use cannabis will bring with it the challenge of organizing dispensaries across the state. A challenge that must be met to secure for all cannabis workers the strong benefits, wages, and paid time off they deserve. But it's not just in cannabis. We must continue to fight so that

all workers have contracts that allow them to support themselves and their families.

It is critical that we keep our eye on the ball—we can't get distracted by what's being said in the media and online and instead must keep in mind what's important: bringing good, union jobs to any workers who want to unionize. Although it is not a presidential election year, next year's election cycle is an incredibly important one that could have serious consequences for working people. We must support candidates who will fight for our members and all working people.

I want to wish you and your family a happy and healthy holiday season! I hope you have a chance to spend time with loved ones and catch up with family, especially the ones you may not have had the chance to see over the last two years.

To all of our members and their families: have a joyous holiday season and a happy and healthy New Year!

Happy New Year



Sara Liles



Francis Lalone



Liz Ferran



A New Contract for Local 338 Members at PharmaCann!

On October 23rd, after months of negotiations, cultivation and processing members at PharmaCann (Verilife) voted to ratify a new three-year contract. The new contract secured annual wage increases and milestone bonuses over the term of the contract for current members, with increases starting at \$1.25 for the first year and 3.75% in the second and third year of the contract. Workers will also receive additional paid time off, two new paid holidays, a new 401(k) matching program and increases to members' annuity benefit. These were critical wage and benefits enhancements, and we're proud to be able to provide our members with this contract.

"I am very proud of our new contract. We have competitive starting rates, raises for established employees, bonuses, and a more flexible PTO system with more days. The addition of the 401k match gives us a great tool to help us invest for retirement," said Kevin Gilmartin, a Local 338 member who has worked at PharmaCann for two years as a cultivation tech.

Contracts such as this one with PharmaCann are helping to establish the standard for careers in New York's cannabis industry. When we can ensure that workers are given benefits and wages that can support them and their families, we are helping to create a new career path for workers across the state. We are currently in contract negotiations on behalf of workers at PharmaCann's four dispensaries.



Emily Fisher



Karly Shanahan



Mariah Bederka



Elizabeth Salazar



Sierra Niesolowski



Maelisa Rivera



Local 338

MEMBER SPOTLIGHT

Wasonttiosta "Wass" George

Wasonttiosta "Wass" George is a 3-year member of Local 338 who works as a cultivation technician at MedMen. She's a registered Mohawk of the St. Regis tribe in Upstate New York and an absentee Shawnee. Shortly after graduating high school, Wass moved out to Arizona for college at Arizona State where she earned a Bachelor's degree in science and an American Indian degree. She lived in Arizona for 12 years, 8 of which were spent doing research for both the federal and local tribal governments.

She decided to move back to New York in order to be closer to her community and family. Wass says that she learned a lot from her work with the government, but it was important for her to be back in New York and to participate in her community's traditions and ceremonies.

The daughter of activists, Wass is proud of the resilience of the Native community because of their ability to overcome generational struggles and to advocate for their rights as Native Americans. She has followed in the footsteps of her parents and her community and has been involved in a lot of Civil Rights and Native movements, such as Standing Rock.

"I think that there's a lot of pride in who we are, and how we've managed to really start to put ourselves out there in the mainstream. We're definitely making a showing where, you know, we're still here, we're still relevant."

Wass began working in the medicinal cannabis industry in 2018, with the hope of one day opening her own dispensary. She says that by working with cannabis, it connects her to her culture's use of plant-based medicines and allows her to use her science degree to do something she loves.

"Plant medicines have always been a huge part of our culture, our ceremonies, and our treatments," she said. "Working in cannabis has given me a chance to really dig in and use my science background. Being a Native woman and a scientist is something that I'm really proud of."

We're proud to have you in our union family, Wass! Keep up the good work at MedMen and best of luck on your journey to opening a shop of your own!



338 News is YOUR News Source

Do you have a unique hobby, a special talent or a great accomplishment that you would like to share? Maybe you love to woodwork and have a back porch to prove it. Perhaps your coworker recently won an award but is too humble to brag about it.

Our unique abilities are what make us different but our togetherness as a union is what makes us strong. Contact Caroline Leddy at 516-294-1338 Ext.1300 or email her at CLeddy@local338.org to be considered as a feature in the next issue of 338 News.



New York Runs on Local 338

Every one of Local 338's members have played an important part in keeping their communities running this year. You have ensured that people have access to their medications, that your community's grocery stores are continuously stocked, and that people receive the care they need. We would not have been able to make it through 2021 without the hard work of each and every member of Local 338.

Thank You!



Achanté Caraway | Duane Reade



Georgina Silow | First Student



Alejandro Lafontaine | Carnegie East



Max Schiffman | Gristedes



Irani Pathirana, RosaMarie Hakim & Dulce Ramirez | Carnegie East



Rose Cunningham, Minerva Dejesus & Ladeace Lewis | Mount Vernon



Victoria Parente, Anyeli Nunez Lopez & Melissa Colabella | ShopRite



Barbara Sagastume | ShopRite



Antonio Parchment | Duane Reade



Victoria Sencion | Morton Williams



Zeion Porter | Curaleaf



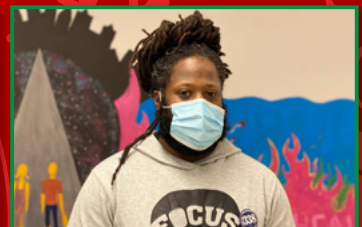
Cherish Quijano | Curaleaf



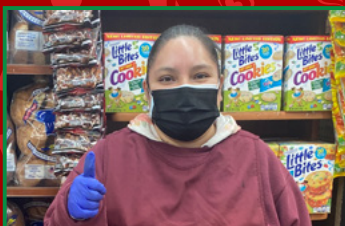
Carol Daley & Elaine Taylor | Duane Reade



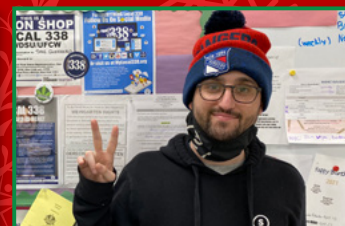
Star Burns & Kevin Pierce | FoodTown



Alex Monroe | Child Center of New York



Yasmin Ortiz | Trade Fair



Devin Friedland | Curaleaf



Antonella Langdon | Stop & Shop



Madissen Garland | The Botanist





Eugenio Salvador & Tiffany Shadwick | Gristedes



Gino Montanaro & Joey Quercia | Stop & Shop



Diana Guari, Josefina Lunarejo & Sandra Garcia | DeCicco & Sons



Shopna Begum | Trade Fair



Derek Granger | Foodtown



Raimundo Peña | Morton Williams



Sheila Rojas | The Botanist



Diana Vasquez | Stop & Shop



Franco Partesano | Curaleaf



Dietra Kemp | First Student



Joniqua Walker | Bloomingdales



Nelson Bello | Keyfood



Niziah Ghee | Child Center of New York



Julio Delgado | Duane Reade



Penelope Braydy | ACME



Diana Vasquez | Stop & Shop



Jessica Nosowicz | MedMen



Clayton Hernandez | ShopRite



Joe Ortiz | The Botanist



Irani Pathirana, RosaMarie Hakim & Dulce Ramirez | Carnegie East



Thomas Mazzella, Costantino Mazzella & Matthew Mazzella | Stop & Shop



Kresy Mills & Tara Dawn Chiusano | Stop & Shop





REC

HD 4K 25FPS 99%

Spokesperson SHOUTOUT

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MENU ≡

Rodolfo, the Trailblazer



Local 338 member Rodolfo Mendez and his fellow workers at Pindar Vineyards in Peconic are trailblazers in the New York State labor movement. With the passage of the Farm Laborers Fair Labor Practices Act in 2019, farmworkers became eligible to organize and join a union. Rodolfo and his eleven coworkers became the first farmworkers in New York State to join a union and created a map for success for farmworkers across the state seeking to organize.

Rodolfo was born and raised in Guatemala and immigrated to the United States over fifteen years ago. "I came to the United States to give my wife and kids a better life. I wanted to afford my kids the opportunities that I never had growing up." Rodolfo has four children, two boys and two girls. He enjoys learning about new things and going to church, "I am a proud, church abiding man. I believe everything happening now is all thanks to God."

At Pindar Vineyards, Rodolfo is responsible for growing and picking grapes. He also prepares the vineyard for winter. He ensures the plants are ready for the following season which, if not done correctly, can lead to a devastatingly bad harvest. When asked about his relationship to his fellow members at Pindar, Rodolfo says, "we are all united. If not, we could not have accomplished what we did." They function as a team both while working and in their campaign to organize.

Rodolfo says he feels honored and proud to be among the first unionized farmworkers in New York State, "I'd like to take this opportunity to thank Local 338, Noemi, Yomaira, and all our allies who made this possible. Without your help and guidance, this would not have been possible." His message to other farmworkers seeking to organize is this: "Do not be afraid and fight for what is rightfully ours. We deserve dignity and respect. We invite all our brothers and sisters to join this movement – our movement!"

Rodolfo's journey does not end here. He wants to spread his confidence and bravery to his fellow New York State farmworkers and inspire them to join a union. "My favorite thing about being in a union is that we have strong guidance and, most importantly, we have protection and respect". Local 338 is proud to represent heroes and pioneers like Rodolfo and his fellow members.



11





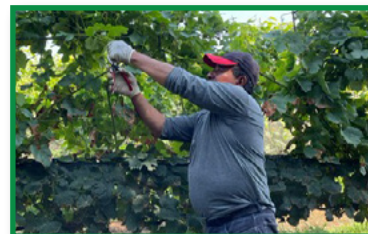
Pindar Vineyard Workers Make History with Local 338!

We are proud to announce that Local 338 is the first union in New York State to represent agricultural workers! On September 27th, the New York State Public Employment Relations Board (PERB) certified Local 338 as the union to represent the workers, who are employed at Pindar Vineyards in Peconic.

This was made possible by the passage of the 2019 Farm Laborers Fair Labor Practices Act, which granted farmworkers basic workplace protections, Can including being able to organize and form a union for the first time in the State's history. Prior to the passage of this legislation, farmworkers across New York were not guaranteed to have many of the protections we take for granted, including overtime pay, salary raises and worksite safety standards.

We are proud to represent the workers at Pindar Vineyards and look forward to securing a contract that guarantees they will receive the workplace protections they are entitled to. These brave workers met with our organizers throughout the pandemic to discuss what they hope to receive through unionization: basic job protections, paid time off, sick pay, and most importantly, respect on the job. They hope to set an example for agricultural workers throughout New York and to show them that unionization is possible!

Agricultural workers are often overlooked despite the critical role they play in our society's supply chain and in our communities, and we could not be more excited to welcome them to our union family!





Neil E. Gonzalvo

Executive Vice President

The Value of Social Media

Our members have a variety of ways of demonstrating support for Local 338. From responding to surveys and showing up at union events, to speaking up during contract negotiations and voting when the time comes, there is no shortage of activities our members can participate in to strengthen our union. One important way you can show your support for Local 338 is through our social media.

Local 338 has a strong social media presence on Facebook, Instagram, and Twitter. We share a swath of member content in the form of photos, videos, interviews, and related news articles which often feature Local 338 members. We take part in social media campaigns to build and strengthen support for important movements such as #ThankEssentialWorkers, #PassThePROAct, and #Local338Votes. Local 338 uses social media to raise awareness and interact with both our members and supporters of our union and movement.

Social media offers an easy opportunity to demonstrate solidarity. When you like, comment,

and share our content, the social media universe becomes more exposed to the incredible value our members bring to the world. By participating in the surveys and questionnaires we post, we're able to better hone-in on addressing the most pressing issues. By sharing our member photos and videos, you spread the concept of #FrontLineHeroes to people experiencing Local 338's commitment to the community.

Make sure you like and follow Local 338 on social media and keep your eyes peeled for the upcoming online ShopRite contract negotiation survey in January. We need your input to create a better, stronger, and more versatile contract. If you have any suggestions on what you'd like to see posted on our social media, give me a call on my personal cellphone at 646-261-4858. All suggestions from our members are incredibly valuable.

Finally, I'd like to wish all our members, family, and friends a happy holiday! This year has been difficult, but our members always persevere. I hope the new year brings you joy, health and success.



IT PAYS TO BE UNION

Since January 2021, Local 338, through grievances and arbitrations, collected funds and returned back wages to our members in excess of

\$117,657!



13





MY BENEFITS

With
Earl Mathurin
Funds Administrator



Earl Mathurin

*Get Back the Joy of Hearing
with TruHearing!*

TruHearing™

Are you struggling with hearing loss? Do you need hearing aids, but aren't sure where to start? As a member of Local 338, you can take advantage of our hearing aid benefit with TruHearing! Research shows that hearing loss plays a major role in our physical and mental wellbeing, meaning better

hearing is good for your body and brain!

Hearing better keeps our minds sharp, helps us maintain strong relationships and can help you live an independent life. TruHearing makes getting your hearing aids simple in just three easy steps:

1. Call a TruHearing Consultant who can answer any questions you have and help you schedule an exam with a provider in your area
2. Once you receive a comprehensive hearing exam with a TruHearing provider, they will recommend hearing aids that are best for your budget and hearing loss.
3. Receive free aftercare, including one year of follow-up visits for fitting, adjustment and ongoing education to make sure you are completely satisfied with your hearing aids.

You'll get low, predictable pricing, a trusted hearing care provider, high-quality hearing aids and a dedicated hearing consultant who can walk you through the process of choosing which hearing aids are best for you.

For more information about this benefit, please log into your My Local 338 account or Local 338 app. You can also call TruHearing directly:

For members of the Local 338 Health & Welfare Fund, please call (877) 759-8716.

For members of the Local 338 Benefits Funds, please call (877) 759-8807.

All other Local 338 members may take advantage of the Local 338 Choice Discount Plan by calling (877) 759-8920.



14



Childcare Assistance at Your Fingertips



Karina Estevez of Key Food in Brooklyn was thrilled when she heard she will be awarded thousands of dollars each month to help her pay for her childcare costs! After Local 338 Union Representative Kathy Pimentel shared information on the Facilitated Childcare Enrollment Project during one of her store visits, Karina jumped on the opportunity to apply.

"It was incredibly easy to apply. After Kathy gave me the link to the Local 338 online childcare application form, I wasted no time submitting it." About a month after Karina submitted the online application to Local 338, a representative from the Facilitated Childcare Enrollment Project reached out to walk her through the paperwork process. Karina says, "the representative was so friendly and helpful. They made the application process so simple to navigate."

Once everything was submitted and processed, Karina received her monthly childcare subsidy payments to use toward a provider of her choice. The program helped her find a suitable program which fit her child's particular needs. "I suggest anyone with childcare needs to apply. It was easy and totally worth it. The money has made a huge difference in my life."

To qualify, you must be a Local 338 member in good standing. Local 338 is actively working with community leaders and elected officials to expand the program. Hopefully soon, we will see the program expanded to the entirety of New York State. If you live in New York City, to begin the application process, click here: <https://local338.org/forms/nyc-childcare-application>. If you live in Albany, Erie, Monroe, Oneida, Onondaga, Rensselaer, Saratoga, or Schenectady Counties, you can verify your eligibility and start the pre-screening process, by visiting: <http://wdiny.org/childcare>.

We Support You As You Support Them

How can Dari by Homethrive help you?

Gain valuable knowledge you can't find anywhere else.

Get real answers from real people who understand.

Connect with a community of peers.

Receive expert product and service recommendations.

Consult a caregiving expert through Dari Dedicated.



Dari helps ease the impact of family caregiving by uniquely integrating our digital assistant for coaching, navigation, and resources with expert personal interaction and service coordination.

Dari, Homethrive's innovative caregiving coach and navigation platform, provides peace of mind to families nationwide, no matter the situation.

Dari can help your family, too!

Take the first step and start your journey with Dari at dari.homethrive.com/welcome/local338



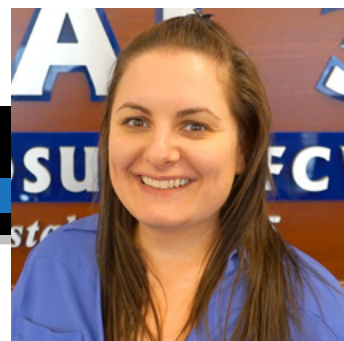
15





WE'RE HERE TO HELP!

With **Jennifer Lipack**
MAP Director



Managing Your Stress This Holiday Season

Local 338 members have a unique experience of both serving as essential workers and navigating life's common stressors during the holiday season. When faced with highly stressful situations, people tend to experience an unpleasant array of emotions. However, preparing for these inevitable triggers could substantially improve your holiday experience both at home and at work.

While experiencing overwhelming or reoccurring stress, our mental and physical health takes an enormous toll. Uncontrolled stress can trigger headaches, sleeplessness, irritability, difficulty concentrating and stomachaches. Additionally, over a longer period, unmanaged stress can lead to even greater health complications like anxiety, depression, weakened immune system and weight fluctuations.

Managing stress can lead to a drastic improvement in your quality of life. Some steps you can take to better manage your stress can include:

- 1. Tracking your stress triggers:** Understanding what you may find overwhelming or stressful can allow you to avoid situations which may exacerbate your anxiety.
- 2. Developing healthier responses to triggers:** Resorting to unhealthy vices will only make your situation worse. Exercising, yoga, spending time with family or friends, or even taking deep breaths have been known to reduce your body's response to stress. Also, a good night's sleep does wonders to the body and mind.
- 3. Establishing boundaries:** Breaktime is your time to unwind and relax. When the workday is over, it's over. Establishing a work-life boundary is incredibly important to avoid burning out. Establishing boundaries between friends or family is also important. Your personal time is precious.
- 4. Seeking support:** Talking to a friend or family about your situation relieves an incredible amount of stress. You're not in this alone. Talking out your problems or emotions allows your mind to better organize them.

If you ever need a professional to speak with about your issues, feel free to give me a call at 516-294-1338 ext. 1304. All calls and conversations are completely confidential and judgement free.



16





Giving Back to Our Communities This Holiday Season



Local 338 is proud to support our local communities—every year, we participate in the John Theissen Children's Foundation toy drive, collecting and donating new, unwrapped toys which are delivered to children in local hospitals. Our participation in this event would not be possible without the support of our membership. Every year, Local 338 members donate toys to this organization, and 2021 was no different. From having members like Jerry De Cola set up a toy donation bin in his ShopRite to Stop & Shop member Christina Morales organizing a donation pickup with her Union Representative, Local 338 was able to donate hundreds of toys to the John Theissen Children's Foundation once again.



Jerry DeCola | ShopRite



Christina Morales | Stop & Shop

In addition to collecting for our annual toy drive, Local 338 will be collecting coats to distribute throughout the New York area. Please look in your closets and consider donating any unused coats this holiday season! We are also collecting nonperishable food, which will be given to local food pantries and distributed to those in need in our communities—families should not have to worry about putting food on the table, and your donations will make a big difference in their holiday meals.

Local 338 members continuously show up for their communities—either by coming to work every day or by donating to help those in need. If you are interested in donating food, coats or toys, you can organize a pickup with your Union Representative through your My Local 338 account or by making an appointment to come to the Local 338 office. Thank you for your continued generosity and commitment to your communities!



LOCAL 338
RWDSU/UFCW

SUPER MEMBER MONDAY

We are so proud of our members—that's why we feature so many as part of our Member Monday series. Once a month, however, we like to spotlight a member who has gone above and beyond on the job and in their union. Recently, we've featured Joel Rodriguez! He's been a Local 388 member since 1999 and works at Foodtown in the Bronx. Joel loves to watch comedy and biblical movies. His favorite sport to play is baseball as a right fielder. Joel has been featured in the New York Times in their piece on Essential Workers!

We've also featured Doris King, who has been a member since 1983 and works at ACME Markets in Briarcliff. She's a proud member of our Executive Board and has helped steer the growth of our union! She loves to read sci-fi and non-fiction books and her favorite author is Toni Morrison. We want to showcase as many members as we can—if you think you know someone who should be our next Super Member, let us know! We'd love to feature them on our social media platforms. To stay up to date on all things Local 338, follow us on [Facebook](#), [Instagram](#) and [Twitter](#).



Doris King



Joel Rodriguez

LOCAL 338 MEMBER MEETINGS



**Join Us for Our Next
Membership Meeting!**

**Wednesday,
February 23, 2022**

**Keep an eye on your emails and
My Local 338 account for more details!**



18



Wishing Our Members A Happy Retirement!

(Local 338's recent retirees between November 1 to December 31, 2021)

Diane Aufrecht
Dionisio Aybar
Charles Barnes
Alvin Barrett
Anita Bartsch
Stephen Blaney
Regina Bolden
Kathleen Callahan
Joseph Cardinale
Violet Cartagena
Maria Casas
David Cellier
Dolores Christensen
Cathy Clayton
Laura Connolly
Quirino Croce
Denise Davis
Antonio De La Barra
Luis Des La Cruz
Maria Drasby
Nancy Dritto
Beverly Dyer
Maureen Egan
Jeremias Enriquez
Rita Falisi
Blanca Fuentes
Naomi Gaglione
Michelle Gigliotti
Steven Grant

Nancy Hammond
Mary Hart
Cynthia Inselmann
James Izzo
Lloyd Jacobs
Christopher Jorgensen
Patricia Landreth
Linda Lindner
Joanne Lipari
Elia Lopez
Luis Luna
Dorothy Maerkle
Jose Maldonado
Karen Maloney
Susan Mastroianni
Florine McClean
Pasquale Modena
Brian Murphy
Wanda Osorio
Herbert Pellot
Alfredo Pena-Cabreja
Denny Pereyra
Milton Quintana
Manuel Reyes
Pablo Reyes
Levester Ridges
Theresa Robertson
Carmen Rodriguez
Paul Roy

Denise Rulli
William Russo
Marie Salentino
Francisco Santos
Suchart Sappakit
Richard Sawyer
Alina Sheffi
August Spain
Rose Spindler
Gregory Stolz
Vivienne Stone-Williams
James Tamney
John Torres
Richard Torres
Paulino Torres
Alma Torres
Martha Tsuchiya
Martin Vega Crespo
Samuel Velasquez
Anibal Velez
Eulalia Vizhmay
Jerry Wexelbaum
Jimmy Wheeler
Diane Williams
Shaofen Ying Malliaroudakis
Karen Zambri
Albert Zarif
Karen Zambri
Albert Zarif

"Retired from my job, not from my union"



19





Do you have a new phone number, email, or home address?

Let us know! It's important to keep your information updated in our systems so you're up to date on all things union. Having the correct information in our system ensures that you get everything you're supposed to, in terms of contract negotiation updates, news about your benefit packages, scholarship opportunities, our newsletter, and more! You can update your information through the form [here](#) or by logging in to the Local 338 app!



Happy Holidays

from Local 338!

On behalf of all of us at Local 338, we hope our members have a happy and healthy holiday season! We are thankful that this year we will finally get to be together and spend time with those closest to us. We hope your holiday, no matter how you celebrate, is full of joy and peace.

We're sending you and your families our best wishes and we hope 2022 brings you all good health, new opportunities and more time spent with loved ones. Thank you for all that you do for your communities—have a happy and healthy holiday season!



21



LOCAL 338

RWDSU/UFCW

Stay Connected With Local 338 on
😊 Social Media



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Our Mission: To Better The Lives Of Our Members And All Working People.

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