

LOCAL 50

Plumbers, Steamfitters and Service Mechanics

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Newsletter

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Special points of interest:

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- * Apprentices Orientation
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Union Meetings

August Union meetings will be Tuesday, August 3rd and Tuesday, August 17th at 7:30 p.m. Please try to make one.

Apprentice Orientation

Apprentice Orientation will be Monday, August 23, 2010, at 5 p.m. at the Union Hall. Book fees are due by Monday, August 16, 2010.

Cedar Point Tickets

Discounted tickets for Cedar Point are now available at the Local 50 Credit Union. Good Any Day tickets are \$36, saving you \$9.99. Junior/Senior tickets (age 3 and older, but under 48" tall and age 62 and older) are \$17.00.

Journeymen Classes

We will be taking names for journeyman classes in the Fall. Some of the classes offered are R410a—Certification, Refinery, Industrial rigging certification and solar heating. Call Corrinne at 419-666-0457 for further details.

Golf League Outing

This year's Local 50 Golf League Outing will be at Giant Oak Golf Course in Temperance, Michigan on Saturday, August 28th. Shot-gun start at 9 a.m. (Please be there no later than 8 a.m.). Local 50 members and UA invited guests only. The cost will be \$75 this year. To sign up, please call John Brocus at 419-467-2768. Make checks payable to Local 50 Golf League and payment is due by August 9th.

Health Information

The CDC is encouraging people ages 11-64 to obtain a Tdap booster vaccination due to the recent rise in Pertussis (Whooping Cough). Talk to your doctor and see if this may be indicated for you.

A link to **MY HEALTH** has been added to the Local 50 web site. Educational material on drugs, health and disease conditions and interactive tools are available for your use. The site can also be accessed at www.myhealth2.com. The site will be available in December for those unable to attend the Health Screening to complete a Health Risk Assessment.

Free carotid and aortic testing is available at Bay Park Community Hospital on August 9, 2010, from 1–4 p.m. To qualify you must be over the age of 65, or over the age of 50 with a history of one or more of the following risk factors: diabetes, high cholesterol, high blood pressure, smoking, or family history of vascular disease. For more information or to schedule an appointment call 419-690-7845.

Free Health Screening for seniors at the Oregon Senior Center on Bayshore Road on August 10, 2010, from 10:30–11:45 a.m. The screening includes non-fasting blood sugar and blood pressure.

Retiree's Alumni Meeting

The next Retiree (Alumni) Meeting will be held Wednesday, August 18th at 11:30 a.m. at Famous Dave's at 4757 Monroe Street. Famous Dave's is located near Harvest Lane and across from "Hooters." Please bring ideas for future meeting.

Labor Day Parade & Picnic

Monday, September 6, 2010, is our Labor Day Parade and Picnic. Please note that we will be lining up at 8 a.m. near the Anthony Wayne Bridge on Ottawa Street. The parade will begin at 9 a.m.

The picnic is being held at the Hall, rain or shine, after the parade. We are having it catered by Po Mo's Ribs. They will be serving hand carved ribs, pulled pork, smoked chicken and hot dogs. For entertainment, there will be a Moonwalk and a Rockwall, so bring the family.

Anyone interested in baking cookies to have available at the parade is encouraged to contact Basia (Barb) Lynn at 419-836-7489.

The Fremont Labor Day Parade is also scheduled for Monday, September 6th. The parade will form at 9 a.m. on North Front Street, just north of State Street. The scheduled start time of this parade is 10 a.m.

Volunteers Needed

Labor Day is almost here... as always, we would appreciate any help or support you could offer with the set-up and clean up on Monday. Please contact Scott Lopez or Don Lee at the Hall.

Deceased Members

Howard D. Morrow 6-30-10

Robert L. Myers 7-3-10

Yoga Classes

Looking for individuals who would be interested in a one hour long yoga class. The class will be taught by an experienced instructor and starts with centering, or quieting the mind, breathing, stretching, some standing poses, balances, core strengthening, and finally relaxation. Equipment needed is a yoga mat. If you are interested contact the nurse, Ginny at 419-662-1772 with days and times available. Classes will begin in September.

Thought of the Day

"Technology... the knack of so arranging the world that we don't have to experience it." - Max Frisch

Fraternally,

Eric Osborn,

Financial Secty-Treas

