



























INTERNATIONAL UNION OF PAINTERS AND ALLIED TRADES
DISTRICT COUNCIL 5

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Women's Committee (IUPAT DC5)

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DC5's New Building!

Hello DC5 Family,

That's right, FAMILY. Unions at their core are family. In many cases, we spend as much, or more time with our Union siblings than our own families. It is important that we all continuously look out for one another. I hope this finds you all in great spirits and health.

There was a time around 2013 where DC5's financial reserves were nearly depleted. Today, we have surpassed the International's minimum recommended 12 months of financial reserves. We have grown from less than 9 months of reserves in 2019 to just over 14 months today. This is critical to be able to survive any downturn in the economy.

For years, DC5 has leased the 3rd floor from the FTINW Apprenticeship. The time has come for DC5 to expand and create a long-term investment for our Membership. At the DC5 Delegates meetings In July and October 2021, Delegates voted to move forward with purchasing a building In Western Washington to house our headquarters. I am ecstatic to announce that the members of DC5 are now proud building owners of our headquarters. Our new address is both centrally and conveniently located in Tukwila, WA: 5200 Southcenter Blvd. At the Intersection of I-5 and I-405, the building is literally within 8 mins of SEA-TAC International Airport, a 20 minute drive south to Tacoma, and a 15 minute drive north to Seattle. We believe that this central location will be more inviting to the membership's overall participation. The Dues and Accounting Departments, will be requiring some tenant improvement work before moving into the new location, so it is looking like late May, at best, before we are working completely out of the new building. Union business and meetings will continue at the FTINW building for the time being.

APPRENTICES...APPRENTICES! **They are our future**, so I will continue beating this drum. We all need to work together to ensure that we are filling as many future job calls with Apprentices as possible. Journey workers also need to continue their education with any and all certification and skills-based trainings. Additional skills and or certifications are added tools to your bucket and make you the best of the best, as well as the most employable craftworkers.

Your District Council staff has come together and is working collectively as a TEAM more than anytime I have witnessed in my 30 years as a member. The Organizing and Servicing Departments continue to organize the unorganized, address our members' daily issues, and negotiate historic contracts. Your new DC5 Director of Government Affairs Chad Smith has really hit the ground running, and I am looking forward to our advances both in the political arena and engaging our members. Politics can be very contentious, especially in this divided political climate. I would like to assure you all that DC5 focuses on 4 things when it comes to politics: WORKERS RIGHTS, WAGES, BENEFITS, and WORKING CONDITIONS! Do not let politics divide us.

In closing, I would like to take this opportunity to remind everyone to look out for one another. Times have been very different, and a lot of folks could use some words of encouragement and someone to talk to. It is our duty to look out for one another! #TogetherWeRise

In Solidarity,

Business Manager Secretary Treasurer Todd Springer





Assistant Business Manager - Lisa DeRosia

WE ARE OFF AND RUNNING IN 2023!

A big THANK YOU to all the members who continue to attend their Local's monthly membership meetings and our District Council Delegates meetings. Also, THANK YOU to our Shop Stewards, Women's Committee, and the Volunteer Activist Committee.

Not sure what the Volunteer Activist Committee is? The VAC is your opportunity to get involved with your Union and surrounding community. There are many different ways to get involved ranging from politics to charity, and you can bring the family to quite a few events. If you have not had a chance, check out DC5's website and sign up to be a member of the VAC. Or, contact Director of Government Affairs Chad Smith for more information. You can also reach out to your Local Business Representative.

We are always looking for members that are interested in becoming Shop Stewards. If your Local doesn't have a Stewards program, contact your Business Representative about starting one. Mentorship and member support are important for everyone.



Director of Servicing - Chris Bryant

In January, several of us attended the World of Concrete Convention. This is a huge annual event with a lot of vendors that deal with paints, coatings, and equipment used in the paint industry. This gives us an opportunity to talk with manufacturers about their products and potentially providing our members with training and certifications. Some vendors may also help us out with training on how to use and work on their equipment. With other crafts continually trying to perform painting and coatings scopes of work, it is important that we stay ahead of them with our training. The Finishing Industries Forum (FIF) was also held in January. This is an event that is for both the Union and our signatory employers. Some of the topics that were presented and discussed included an update on the International Pension Plan, how to bring more women into the Trades, and the infrastructure work coming up. There is going to be a lot of money being released to improve the country's infrastructure, and it is important for us to secure as much of this work as possible so that we can continue to grow our Union. We also had a presentation from Chris Scheiblein, the Director of our International's Helping Hand program. The Helping Hand program is there to help people dealing with mental health issues and substance abuse issues. Each District Council should have a Champion as an initial contact for those in need. DC5's Champion is Business Rep Anthony Thompson. Please reach out to him if you or someone you know needs help: (206) 388-7596. Remember, you are not alone.



Director of Government Affairs - Chad Smith

After a long pandemic pause, the Volunteer Activist Committee is back! The VAC offers DC5 members many opportunities to get involved with our union and surrounding communities. Do you want to tackle the issues women face in construction and open doors to Leadership roles in our organization? YOU CAN. Interested in taking part in organizing events like pickets and rallies? YOU CAN. Political events and candidate screening? YOU CAN. Fundraising and volunteering within our communities? YOU CAN. Opening doors for military and tribal members? YOU CAN. Retired, but want to stay involved? YOU CAN. All you have to do is visit the VAC webpage and sign up (Page 29). The Political Department is also working to better inform our members of the legislation and elected officials IUPAT and DC5 are supporting. We recently purchased software that allows us to track the specific bills effecting our members and industries, who votes for and against those bills, and other political specifics. In the next couple months, you will be able to visit www.iupatdc5.org/political-info and see a list of those bills and which politicians support or oppose them...stay tuned. Also, this software allows us to create online petitions and letters to officials that you can add your name to from your phone or computer, so keep an eye out for notifications from us. We are moving into the digital age and finding ways to make it easier for our members to get active and create change for the working class. I encourage everyone to get involved, because it takes all of us to make enough noise to be heard.

DC5 daughter earns **IUPAT** scholarship with the goal of helping others.

James was working at the Honolulu Airport

when he got the phone call. His wife had a

Luckily, the stroke didn't take her from the family

Unfortunately, a number of other serious health

issues would follow, including thyroid cancer.

With her mother in need of constant medical

attention, her father working to make sure bills

are paid and health insurance is accessible for

the family, and her younger siblings only being

She has spent the past few years as a caretaker

to her mother. She looks after her siblings and

gets them to school every day. She manages

the few properties James has invested in for his

When asked why she was pursuing those

of people outside of herself and help support

her family. As an RN she can mend wounds,

including her mother's, and mastering the real

estate market will help her continue to grow the

family's investments for the future started by

her father.

6 and 13 years old, Emma stepped up.

stroke and was in serious condition.





Emma & James Agana

James Agana has been an IUPAT Glazier for nearly 20 years now. Originally a member of Local 1889 in Hawaii, he moved his family to Washington state nearly two years ago so that his kids could go to better schools and have more opportunities after they completed their

His eldest daughter, Emma, is taking full advantage of the opportunities her father hoped she and her siblings would realize after crossing an ocean. As the most recent recipient of the S. Frank "Bud" Raftery Scholarship, awarded annually by the IUPAT Scholarship Committee, she received \$2000 to put towards her current educational pursuits at Highline Community College.

> Both James and Emma were kind children's financial futures. AND, she is pursuing enough to share very personal a career as a Registered Nurse AND realtor. details about their family's past few years, and within specific fields of study, Emma's response was the first few minutes of no surprise. She wants to continue to take care listening to their story it was obvious that Emma is more than deserving of this award.

> > The Bud Raftery Scholarship application requires the submission of a short essay. When asked what Emma chose to write about, her topic was also no surprise. "I wanted to show how unions help both Union and non-union families...they raise pay and benefits."

She didn't separate non-union families from Union families. She believes ALL working families deserve an economically sound and healthy living, again proving she puts the wellbeing of others before every other consideration. Including herself.

IUPAT scholarship QR code on page 3...

It's rare to have a general conversation with someone who does NOT end up talking about themselves at some point. Some would say it's unheard of. It is especially rare to **ask them** to talk about themselves, and they still have more to say about the needs of others versus who they are and what they've done.

Talking with Emma, you only hear about her dreams of caring for others, not herself.

Some might say this is the product of growing up in a proud Union home where you are taught to look out for your brothers and sisters standing next to you. And, there is probably some amount of truth to that. However, listening to Emma and her father share their story one thing is for certain: a safe and healthy family is everything.

DC5 couldn't agree more. Check out page 4...

Our Union family is stronger with the addition of the Agana family, and the Emmas of the world give us ALL a future to look forward to.

CONGRATULATIONS, EMMA!

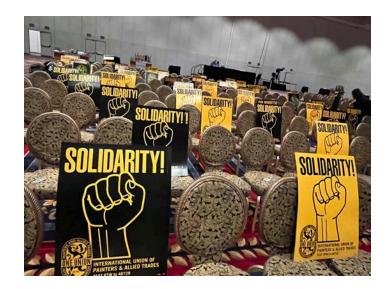
James permanently wears his union glazier pride on his shoulder: The logo from his original local (1889 - Hawaii)





hen you think of the building trades, you generally think of your fathers, uncles, or brothers. That will not be the same for the next generation. They will think of their mothers, their aunt's, and other women they know as hard-working, blue-collar workers. Although women make up less than 10% of the workforce in construction, the number of women in the trades is on the rise and there has never been a better time for women to consider a career in the trades.

In 2016, I was offered my first opportunity to attend the Tradeswomen Build Nations (TWBN) conference hosted by NABTU. Not knowing what to expect, I was the only woman from District Council 5 to attend, and what I experienced that weekend changed my life forever. I met other tradeswomen from all over the world and other IUPAT Sisters, most of whom were also attending TWBN for the first time. Some of the women I met that weekend have become my mentors and best friends. There is something unexplainably empowering about being in the same space as so many like-minded badasses. I left that conference with a fire in me and made the decision to share my experience with all women so they are aware of the culture shift we are creating. Women are knocking down the barriers we continue to face in our industries and paving our own paths to Leadership roles that were never offered to us in the past. Today, TWBN is the world's largest trades conference.









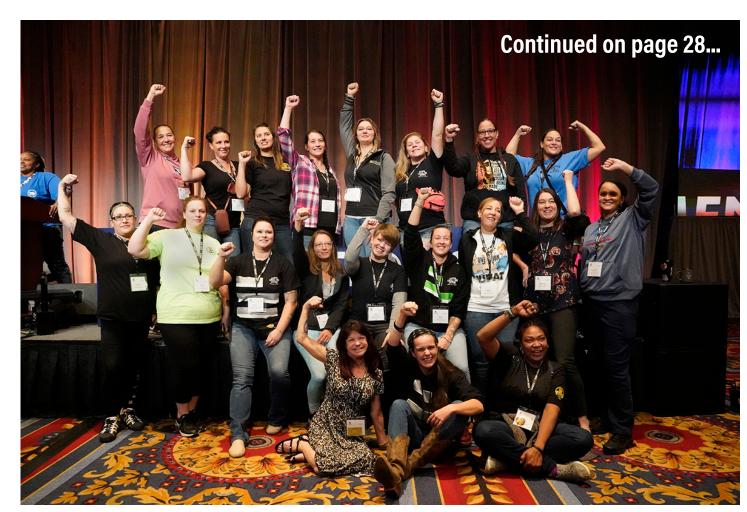
This October, twenty-three of your IUPAT Sisters and DC5 staff attended the 2022 TWBN in Las Vegas along with a record number of over 3300 women and allies. The thousands of attendees came from all corners of Canada and the U.S. to hear from AFL-CIO President Liz Shuler, U.S. Commerce Secretary Gina Raimondo, U.S. Department of Labor Secretary Marty Walsh, NABTU President and IUPAT member Sean McGarvy, and many other Labor and government officials (See page 28). More importantly, these leaders and allies turned out to claim women's rightful place in Union

Leadership while creating paths to enter the trades that have not historically been available for women. On the second day, 3300 banner-weilding tradeswomen and allies took to the streets, marched through the maze of attached casinos and sidewalks, and stopped cars and tourists in their tracks, while all the lights, fountains, and slot machines disappeared into the background.

"We can't be what we can't see."

Just as I was moved to action by my first TWBN, I saw the fire ignite in the women who attended for the first time this year. Rebecca Schwartz (LU1959) shares:

"Seeing my Union sisters all united was the most powerful experience of my entire life. America, the great land of opportunities where we expect people to all have equal freedoms, has not offered those freedoms to the marginalized...prevented so many from benefitting from the opportunity our brothers take for granted. Let's stand together. Let us unite. Let us let our voice be heard."







1236 & 1238 Apprentices take part in a competition. Winners from each local were sent to compete against Apprentices from DC16, DC36, and DC50 at the International Surfaces Event in Las Vegas. Prizes were donated by BeneSys Administrators, Heath Services & Benefits, Milwaukee Tool, and Marshalltown USA.



ON THE JOB







Daimler Truck Painters in Portland, OR where coveralls

and glowing new rigs are a common sight.





PLA Representative & LU300 Member Cynthia Grant delivers lunch to the Scott's Coatings Painters at the new Seattle Convention Center.

on site and takes some time to talk with Gundersen



Drywall Finisher Todd Yearty.



Celebrating Families. Remembering the Fallen.

IUPAT DC5 Military and Tribal Affairs is honored to support the Washington State Gold Star Families and mothers. Unfortunately, we have seen this group's ranks grow for several years, which has only one meaning: families and mothers continue to lose somebody of great importance to them and to our community. This monument is the first of its kind in the United States as it recognizes the invisible wounds of war and those that have taken their own lives after coming home from combat. It is also one of the few monuments to recognize our Native American Warriors, the largest group of U.S. military volunteers in our nation's history. Many of the fallen and their families were and continue to be IUPAT members. It is an honor to be a part of this monument's construction and we look forward to supporting these families both in our Union and our communities.

-Brother Chris Winters







Brother Chris Winters took part in the dedication ceremony of the new Gold Star Families Memorial Monument in Lynnwood, WA with Brother Chad Smith in attendance.





Do you have photos of you and your coworkers on the job, at a rally or picket line? IUPAT history, etc? Send them to mprault@iupatdc5.org.







New Heights...
Local 300 Apprentices took to the sky recently as they learned how to operate a MEWP.
That's "Mobile Elevating Work Platform" for those that don't already know.

THE NEXT GENERATION



CON GRAD U-LAY SHUNS

DC5 Apprentices from all trades celebrate their years of hard work and dedication at their graduation dinner.

Congratulations, to all our new Journey workers! Our Union is stronger with the addition of your expertise, and we look forward to your future success.

CAREER FAIRS

Business Representative Rick Parthree and Asst. Dir. of Training Eric Palmer share our trades with the next generation at the Tri-Cities Construction Career Day.







Reps Cynthia Grant and Drew Payne spread the IUPAT word at ANEW's **Construction Career** Fair.

> Women's Committee at the WA Women in the Trades Fair.



















BIG@\$\$ PIG SENDS WAKE UP CALL

Greedy Pig (A.K.A. Big @\$\$ Pig) joined forces with Local 1238 members and Organizers from DC5, DC16, and DC36 to send a wake up call to G&W Commercial Flooring in Seattle and the rest of the floorcovering industry. Since countless NON-UNION contractors continue to misclassify their Installers as "independent contractors," they aren't responsible for paying wages or benefits. This means these "contractors" can continue to underbid all of their responsible competitiors and be rewarded with multi-million dollar projects. In the meantime, the "independent" Installers doing the actual work for these greedy companies have to offer their labor for the cheapest price possible in order to get any work. This has led to Floorcoverer wages continuously falling. Generations of IUPAT Floorcoverers have fought too hard for livable wages and benefits for their families to let this exploitation continue. So, the Organizing crew, along with a big @\$\$ pig, continue to hit the streets and protest irresponsible projects to let it be known: Our labor is OURS to sell, and we aren't going backward anymore.













THANK YOU to all our sisters, brothers, and siblings that refused to cross the picket line.



Local 10 - Scott Oldham

Pre-negotiation meetings started this month (March) for the upcoming SPCO contract. NOW IS THE TIME TO ORGANIZE, and these meetings are your place to choose what we fight for with the next collective bargaining agreement. Not only are these meetings your opportunity to have a say in what we all earn and how we do our jobs, they are also where we begin to gather large numbers of Painters together to show our strength. YOUR PARTICIPATION CREATES THE LEVERAGE WE HAVE TO ENSURE BETTER WAGES AND BENEFITS FOR OUR FAMILIES.

CONGRATULATIONS TO ALL OF OUR APPRENTICESHIP GRADUATES!

Sean Anderson, Randy Bartling, Doug Buchholtz, Maycol Carcano, Jorge Cuellar, Branton Davis, Ken Drysdale, Hernan Hernandez, Jesse Huffman, Jason Juarez, Gabe Lillebo, Ryan Martinez, Larry Mathews, Juan Mercado, Abel Nistor, Rosa Portugal, Rosa Quinonez, Jon Siri-Campbell, Rajiv Sutton, Jasmine White, Jutah Wood, Logan Wright

WE HAVE A NEW UNION SHOP! Congratulations and welcome to our newest Traffic Striping members and signatory contractor Specialized Pavement Markings. Our Union and industry are stronger with your addition to the Labor Movement!

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Local 77 - Brandt Goble

As everyone knows, every year now has to be a crazy year, and 2022 was no different. We did see steady work, but the holiday season work has been a bit on the confusing side with all sorts of challenges - Challenges that include one heck of a heavy winter with near record snow. Tie that in with the other challenges (supply chain, etc.), and you have us looking for things to return to "normal" by the end of the spring...hopefully.

On the industry front, we continue to have more positive interactions than we have had in a very long time with contractors in the Utah Paint Industry. They have expressed so many concerns and shared with us all of the negative practices that make it difficult to be a legitimate contractor, let alone a Union Contractor. As a response, we have created and held Utah Paint Industry Forums and brought them together as a group to show them the only way the industries that the IUPAT represents in Utah and Idaho will every get back to being a leader in the Building Trades is by working together with Local 77 and DC5.

It's a long road to organizing in a Right to Work for Less state, but we're working to make 2023 the year that changes.



Local 101 - Kirk Malcom

\$192,979.47 IN UNPAID WAGES HAS BEEN RECOVERED FOR 28 MEMBERS WORKING FOR PORTLAND DRYWALL SYSTEMS. Thanks to the information we collected from the Finishers on the Depaul Treatment Center project, BOLI found that PDS had grossly underpaid their workers. We know this won't be the last time something like this happens in our industry, but this is a huge victory. Special thanks to Victor Anguiano for his help on this case.

We have successfully brought changes to the drug testing policy as well. Now, you can choose to exclude THC reporting from your test results.

REMINDER: Apprenticeship is still open. Know someone looking for a career with solid wages and benefits? Have them reach out.

Local 101 logo jackets will soon be distributed to those that attended at least 8 monthly union meetings.

And, don't forget Paid Leave Oregon Tax went into effect as of January 1. ▶







Local 188 - Lisa DeRosia

LOCAL 188 HAS A NEW FIELD REPRESENTATIVE! Please join me in welcoming Kevin Brady to the DC5 team.

Kevin has been a Union Glazier and proud member of Local 188 for 16 years. He made the leap into his new role as Field Representative from the field working with Phoenix Glass. HIs time in the field also includes 8 years with SGS Glass and numerous other shops.



When asked what excites him the most about this new opportunity, his response was, "I want to grow our membership and make our Union stronger."

Welcome to the Movement, Kevin!

DC5 is glad to have you on the team.



LOCAL 427 HAS A NEW SIGNATORY CONTRACTOR! Champion Specialty Services has signed an gareement for industrial and commercial coatings. Welcome to them and to our new members working in the new UNION SHOP!

We are still working towards our goal of building a new IUPAT training center here in Eastern Washington. Conversations are continuing at numerous levels to assess the pathway needed to make this a reality.

Speaking of training, Journeyman upgrade classes are being scheduled again. If you are interested in completing skills training and certifications, reach out and let's get you scheduled. Eastern Washington continues to grow and the Infrastructure Bill signed by President Biden will be bringing more money into our communities for years worth of work. We need to make sure we are trained-up and prepared to meet the future demand for skilled workers. Training makes us Union folks better than the rest. Let's make sure we stay that way so that non-union shops don't get our work and lower the standards generations of Union workers have fought for.





Local 300 - Anthony Thompson

Hello Painters!

The 300 Reps have been focusing on Top-Downs and Job checks the past few months. We recently signed a GC called Presence Construction Services. They signed to both Drywall Finishing and our Western Washington Painters agreement.

If you get the opportunity to work on a PLA for a non-union contractor, show them WE are a cut above the rest. This is their opportunity to see what Union folks can do.

We finally got to an gareement with the Port of Seattle MOU which will give the crew there a decent and well-needed agin.

We are still in the bargaining process with our contractor in the refineries. We are thankful that our partners are seeing the need to raise the wage to retain the qualified workers. Hopefully this will have a domino effect across the board.

Work should be picking up if it has not already, and so will demand for skilled labor. We need to stay the best-trained workforce out there to ensure our Union members get the work. Sign-up for training, take your test/certs, take STAR courses, earn STAR money and prizes...Stay, The, Best,

Local 740 - Mike James

JATC BOUGHT A NEW BUILDING! Our building fund started 16 years ago at 4 cents per hour, eventually increasing to 34 cents per hour. By December 2022, the fund balance was approaching \$2 million, so we started looking.

Finding a building is tough with many considerations. We needed a building 12 minutes off the freeway, 17000 square feet, & 40+ parking spots. We weren't asking too much, but an industrial realtor explained how difficult the market was at that time, and that locations off I-205 to avoid I-5's congestion weren't a realistic option. Several months passed with no answer from the realtor.

While handing out holiday wreaths to employers this December, I mentioned our hunt for a building to Brock from Ambrose Glass who said, "I'll sell you mine," And, the rest is history. The new building is located at 3010 NW Campus Dr. in Estacada...only 17 minutes from the Clackamas exit off 1-205, no abandoned cars, no graffiti, and no danger of drug-induced violence. This brand-new alass shop is a perfect fit for our training needs as we have gone to Apprentice block training, 740 members, WE DID IT! Invites to open house & ribbon cutting to come in September.

Thank you to the JATC, Chair Martin Vasquez, Jason Simmons, Phil Battaglia, Aaron Anderson, Tony Aquilla, and Trustees for realizing our vision for the future.



Local 364 - Evelyn Anderson

Keep an eye out for post cards in your mailbox announcing special called meetings and events. Many important decisions concerning our paychecks, benefits, and Union business are debated and decided on in these meetings. This is your place to have a say.

Two wage changes will be taking place soon. Upgraded zone pay starts on June 1. Our next wage increase will go into effect one month later on July 1. Reach out if you notice any pay discrepancies on your check.

As always, make sure to keep your personal information updated with DC5's Administrative Office to prevent problems with your benefits, dues, unemployment, and a long list of other important factors effecting your employment. AND, get involved with the Local...come to the monthly meetings. The strength of our future depends on participation and input from ALL our members. voices together.

Local 1094 - Fred Hawkins

Welcome to our **TWO** newest signatory contractors, Inknife and Insync Printing!

Inknife owner, Bob Hansen has over 20 years of experience hand painting signs. pinstriping, gold leafing, screen printing, embroidering, and more. Check out his incredible work here. ▶





Insync Printing owner, Pawneet Sethi has over 12 years of experience in the print industry. More importantly, he is an active participant in his community who proudly displays his partnership with IUPAT.

■ Meet him and see Insync's services here.

We are currently negotiating with paint manufacturer Rudd Company, Inc. and Color Graphics print shop. I will keep the Membership updated on the progress. If you have guestions or



Contractors, government, and the public don't listen to one voice. But, that can't ignore all of our concerns please reach out.







Local 1236 - David Winkler

The Surfaces Event was a huge success! Congratulations to all our Apprentices who took part in the competition, and to winner Jackson Aho. Your performance helped double the number of contacts gained in past events, and opened the door for Local 1236's numbers to grow. The Apprenticeship Committee has substantially increased the cash prizes for those completeing their 24 hours of STAR training. Each STAR class taken enters you into a \$100 drawing at monthly meetings. Everyone who completes 24 hours and attends the STAR dinner will be eligible for one \$5000 prize and two \$2500 prizes! We need to increase our numbers and show employers we are the highest skilled in the industry. If we are gonna be the highest paid, we damn well better be the best. Signing bonuses for new members and members that refer them are still \$1000 for new members and \$500 for the referring member. Apprenticeship is looking for members who want to be back up instructors. If you have a good attitude and want to teach get a hold of Ryan Burlingame or myself. Finally, the IU and DC5 are sending in Organizers, so look for lots of action to come this summer and reach out if you want to take part in job actions & growing our Local.

Local 1238 - Drew Payne

Coming into spring and summer of 2023, our work outlook is good. However, we still have a lot of organizing work to do to build our Union's ranks. It's a heavy lift, but nowhere near impossible.

Numerous flooring blitzes are on the calendar this year, and we are always looking for member participation. If you have available time and want to get involved, reach out to me.

We are also continuting our fight against worker misclassification. This is one of the most detrimental practices of non-union contractors, and we are working closely with our Director of Government Affairs Chad Smith to fix the loopholes hurting workers and our industry as a whole.

REMEMBER: 2 STAR upgrade classes are required before July 1 for all Journeymen to get their next raise.

Again, our Union is only as strong as the members that show up to take part. If you want to get involved in politics, community charity, Women's Committee, and more, sign up for the Volunteer Acitivist Committee TODAY.



Local 1959 - Bronson Frye

Thanks to the Infrastructure Investment and Jobs Act signed into law by President Biden, the work outlook in Alaska is tremendous! Much money and many projects are headed our way, so we need skilled workers to do the work. ANYONE AND EVERYONE WITHIN OUR TRADES, YOU ARE NEEDED AND WELCOME TO COME TO ALASKA AND GET PAID!

We continue to move forward with the IU's floorcovering campaign, while also organizing across all our other trades. We are in talks with specific non-union glazing, painting, and drywall finishing contractors and close to signing these shops into our Union.

Contract negotiations are in the near future. Pre-negotiation meetings have begun so that we are prepared to go to the table and fight for better wages and benefits. If you have ideas for changes to your contract, come to your monthly meeting and have a say.

I am humbled to have been elected President of the South Cetnral Alaska Building Trades Council and honored to accept this new role. It is a great honor I take very seriously.

Congratulations to our brother, Charlie Young on his well-deserved retirement in 2023.

AND, for his recent citation from the AK State Legislature for his decades of service to AK's construction industry and working families. Thank you, Charlie! You will be missed.



In 2018, the fire I gained from that first TWBN opened the door to my current role as a DC5 Labor Representative, overseeing Project Labor Agreements, and focusing on the recruitment and mentorship of our IUPAT Sisters. My hope is all IUPAT Sisters will secure the tools necessary to thrive in our industries and experience some of the same opportunities I have had. I am a firm believer that "WE CAN'T BE WHAT WE CAN'T SEE," so I encourage ALL our members to mentor ALL current and future sisters, brothers, and siblings through local Women's Committee meetings, Volunteer Activist Committee (QR code below), career fairs, speaking to middle and high school students, and community outreach.





Seattle's Women's Committee is very active, and we are working to grow participation in DC5's other locals. If you are in the Seattle area, please join us on the 3rd Wednesday each month at 4:30PM. Questions? Don't hesitate to contact me at 206-794-7312.



Committee..





Announcements

Paid Maternity Leave Now Available



IUPAT's first maternity leave baby attended TWBN...

Paid maternity leave is now available to IUPAT DC5 members who receive healthcare benefits through the Employee Painters' Trust. If you are unsure about your healthcare benefits you can contact your Business Representative: iupatdc5.org/contact. If you know you are a beneficiary of the Employee Painters' Trust, you can contact Benesys directly: (844) 344-2721 or www.iupatwesternbenefits.org.



Download maternity leave info and forms...

Volunteer Activist Committee Up and Running Again

COVID-19 put a pause on the VAC, but we are back and ready to pick up where we left off. The VAC is your opportunity to get involved with your Union and community. Wanna get involved in DC5 politics, organizing, community fundraising, volunteer work, Women's Committee, and more? Follow this QR code and sign up today!



PATCH Golf Tournament is Back

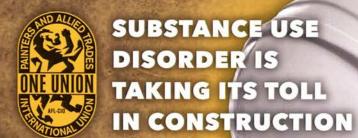
The Painers and Allied Trades for Children Hope Golf Tournament will raise funds for underprivileged children in DC5's communities. Cost is \$125 per golfer. Numerous tax deductible sponsorship packages available. Lunch and prizes will be given away! Contact: Toby Hoffman (253-229-9976)

> **Date & Time:** July 29 - Registration at 7:00AM Place: The Golf Club at Hawks Prairie, 8383 Vicwood Ln, Lacey, WA 98516

DC5 Has New YouTube Channel

DC5 has a new YouTube Channel! Subscribe now for all sorts of DC5 content. There are only a few videos to enjoy at the moment, but we will continue to add regular content for our members to enjoy: member spotlights, news, benefit information, and much more. Suggestions for content? Let your Rep know.







WARNING SIGNS OF SUBSTANCE USE DISORDER

The Mayo Clinic lists these symptoms and signs of substance use disorder: Symptoms Drug addiction symptoms or behaviors include, among others:

- Feeling that you have to use the drug regularly daily or even several times a day
- Having intense urges for the drug that block out any other thoughts
- Over time, needing more of the drug to get the same effect
- Taking larger amounts of the drug over a longer period of time than you intended
- Making certain that you maintain a supply of the drug
- Spending money on the drug, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use

- Continuing to use the drug, even though you know it's causing problems in your life or causing you physical or psychological harm
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Driving or doing other risky activities when you're under the influence of the drug
- Spending a good deal of time getting the drug, using the drug or recovering from the effects of the drug
- Failing in your attempts to stop using the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug

IUPAThelpinghand.com

NATIONAL HELPLINES

GET HELP

AND FIND A TREATMENT CENTER NEAR YOU, A FRIEND OR A LOVED ONE

UNITED STATES

1-800-662-4357 (HELP) OR 1-800-487-4889

Free and confidential information in English and Spanish for individuals and family members facing substance use disorder and mental health issues. 24 hours a day, 7 days a week.

CANADA

1-877-327-4636



WORKING TOGETHER
TO SAVE LIVES



MOUARE NOTALONE

IUPAT

Here are the warning signs that someone you know may be at immediate risk for suicide.

The following three signs should prompt you to immediately call the U.S. National Suicide Prevention Lifeline at 1-800-273-TALK (8255), the Crisis Services Canada Helpline at 1-833-456-4566 or a mental health professional.

1 Talking about wanting to die or to kill oneself.

Communication may be veiled, such as: "I just can't take it anymore."

or "What's the use?"

- Searching for a means to end their life by suicide, such as searching online or obtaining a gun.
- Talking about feeling hopeless or having no reason to live.

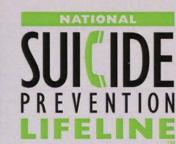
Other behaviors may also indicate serious risk - especially if the behavior is new, has increased; and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings (SPRC)

IUPAThelpinghand.com



UNITED STATES



1-800-273-TALK (8255)

suicidepreventionlifeline.org

CANADA

Crisis Services Canada

HELPLINE

1-833-456-4566







