































INTERNATIONAL UNION OF PAINTERS AND ALLIED TRADES

Front Cover: Jack Sheely (MiTek) & Mike James (LU740) at PDX International Airport.

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Page 18: 1094 Members mentioned on page.
Page 19: Rashad Jackson (300), John Ford (300), Robert Woods (10)

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watch and listen



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Hello DC5 Family,

Hope you all had an incredible summer! It sure did fly by. I hope this finds you all in great spirits and health. I am humbled and proud to serve and lead such an incredible membership.

As you recall, DC5 Delegates voted In July and October of 2021 to move forward with purchasing a building In Western Washington to serve as DC5 headquarters. The tenant improvement work In the northeast corner of the 2nd floor will be completed by mid-September. The newly renovated space will be home for the DC5 Accounting and Dues Department. Benesys, the third-party Administrator for most DC5 Member benefits, will be moving into the northwest corner of the 2nd floor in October.

DC5 Painters, Drywall Finishers, Floor Coverers, Glaziers, and Sign & Display Workers have done amazing work! As soon as the move Is complete, we will open the DC5 offices for walk-in visits.

Organizing is the lifeblood of the Labor Movement and remains a high priority of DC5. There have been some historic campaigns, both taking off and continuing. We are currently revamping the Organizing Department and will have an exciting announcement very soon. Servicing has continued to step up in a huge way. Recently, there have been several new contractors signed. These would not have happened without Servicing and Organizing working together. I am very excited to see an enhanced collaboration between all our departments.

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.

Election season has aleady begun. Politics can be very contentious. 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. Your DC5 Political Director 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.

The return of the PATCH Golf Tournament & Fundraiser was a huge success. We raised over \$20K in net proceeds. We are looking forward to partnering with a couple of schools next year to provide backpacks and school supplies. Please let us know If you have fundraising or donating opportunities supporting the children of our communities. We would love to assist and donate from the PATCH fund.

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. DC5 Leadership has lofty goals, and we are really looking forward to our plans for 2023 and beyond coming to fruition. 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

DC5 is excited to announce the implementation of our **Employee Assistance Program** managed by Canopy. As one of your Health & Welfare benefits, Canopy's long-running EAP offers YOU AND YOUR FAMILY 24/7 access to treatment for substance abuse, depression, stress, and work or personal conflicts. You have access to grief counselling, legal assistance, and financial counselling. It covers you, your dependents, AND people living in your household. They can be reached by phone, website, or App. If you have not received information in the mail, please contact your Rep or Benesys.

Or, follow this QR code to the official announcement in English and Spanish...



THANK YOU, to the many members that continue to volunteer their time to our various committees and our VAC program. We have begun discussing the reutrn of a Mentorship Program to retain our younger members with less experience. **All of us made it this far because we had someone who came before us take the time to show us how to do it too.** If you would be interested in getting involved, let me or your Rep know.

We are now working with Puget Sound Labor Agency. If you need help with food or other items, please reach out. If you would like to donate, they can use all the support they can get.

Director of Servicing - Chris Bryant

I hope everyone had a great summer and enjoyed Labor Day as well! I attended the IUPAT Leadership Conference in August. Quite a few topics were covered at the conference, and I want to share a couple of them with you all.

The bipartisan Infrastructure Bill President Biden signed into law is bringing a lot of work to our five states and we need to make sure we have enough IUPAT Members to do the work. IUPAT has put a lot of time and resources into recruitment with a major focus on Apprentices. **APPRENTICES ARE THE FUTURE OF OUR UNION!** The IU's goal is 3 Journeyworkers to EVERY Apprentice, and many DC5 Locals have 2X or 3X that ratio. Know someone looking for a career? Have them reach out to!

As a Union, we fight to make lives better. Right now, some of us have it hard, and we need to work harder to look out for the well-being of others. The final speaker at the conference was Chris Scheiblein, the Director of IUPAT'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. Help is not a bad word.

Director of Government Affairs - Chad Smith

DC5 has a lot on its "political plate" right now, but that's a good thing. We are working on legislation to stop the underground economy from stealing our Members' work and wages, specfically Floorcoverers. We have put together a team of Labor allies and lobbyists who are fighting for DC5's working families in our 5

THE

Chad's show that doesn't have a title or a theme song, yet.

But, he does have some pretty important quests.



states. Election season is here, and we are rolling out our endorsements soon. For too long, Labor has handed its endorsement to candidates without holding them accountable. In an effort to ensure we back candidates **who have our back** we have started invited them, along with other public figures, to tell our members who they are on camera. **Check out The "Chad's" Show on our YouTube channel!**





Thank you.



Charlie Young

watch and listen

Local 1959 Representative, Charlie Young has retired after more than 30 years of service to his trade and our Union. Even though he "used to be a d!@k" - *his words, not ours* - he is going to be missed. Before starting his new chapter, he was kind enough to sit down with us and share a bit of his history, including the "d!@k" years.



DC5 celebrates four retired Members, their families, the fathers and grandfathers that came before them, the cities they built, and the strength they continue to give our Union.

READ, WATCH & LISTEN!

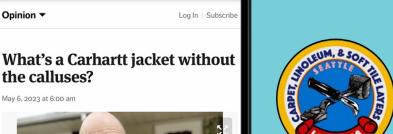


Donald Hedman

watch and listen

Soon after the Summer 2022 issue of The Five went out, DC5 got a phone call. Third-generation Painter, Donald Hedman told us his dad was in the cover photo. The Hedman's invited us into their home, fed us coffee and homemade breakfast bars, and shared their incredible collection of IUPAT artifacts and family history.





The Seattle Times

Bert Mackey

We were reading the Seattle Times, and came across this great article. It was written by Malia Mackey. She wrote about her father, Bert, a thirdgeneration Union Floorcoverer (Local 1238). Bert, his father, and grandfather all helped build Seattle - one of many cities with **two distinct groups** of working people living two very **different experiences.**

But, the same taste in jackets... ... for very different reasons.

watch and listen



Malia titled the article, "What's a Carhartt jacket without the calluses?"



Greg Greenstreet

FIFTY. CONSECUTIVE. YEARS.

Fifty consecutive years as a Member in good standing has earned Greg Greenstreet his rightful place as IUPAT's newest Gold Member. The plaque he recently received reads,



"In Honor of Fifty Consecutive Years of Good Standing Membership in this International Union and with Grateful Recognition from the General Officers and Members of the International Union of Painters and Allied Trades, AFL-CIO"

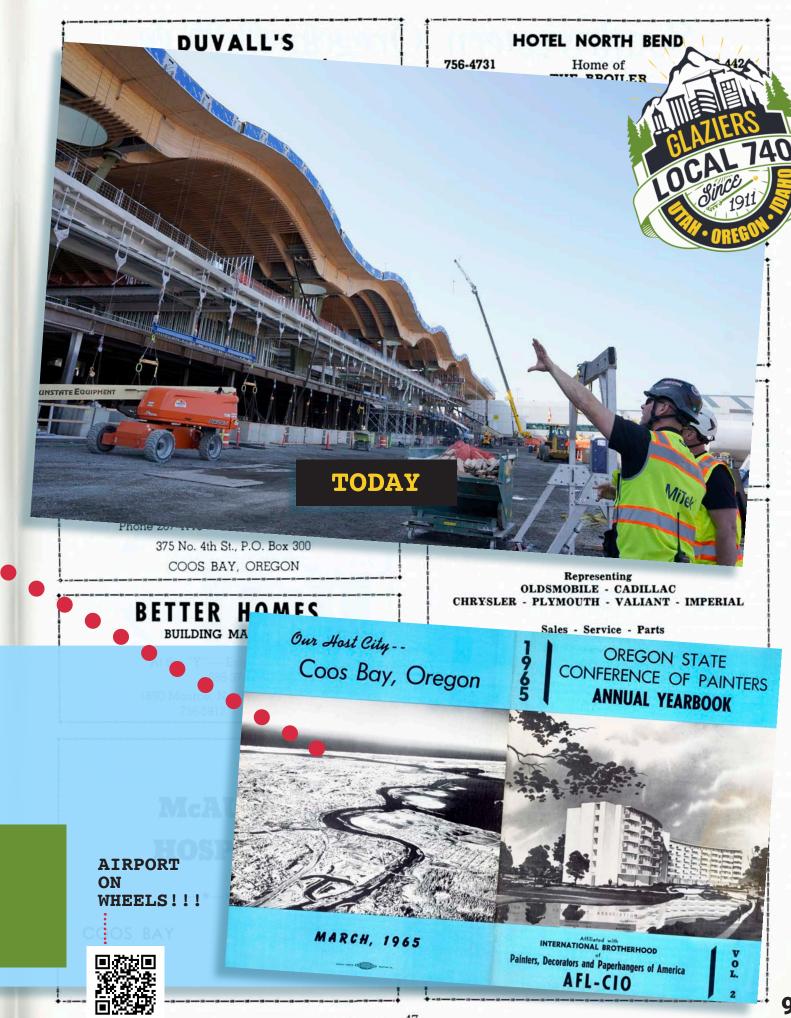
MAJOR OREGON GLASSWORKERS' PROJECT



The Portland International Airport is another one of the larger buildings built recently in Portland, with new additions being added at the present time, entailing the installation of glass and metal work performed by the glass and glazing firms and members of Glassworkers #740. Exterior and interior glass work was completed in 8 months.

740 DOESTHE JOBAGAIN. AND, AGAIN.

The PDX International Airport's newest \$2-billion renovation is in great hands. Local 740 has been there for each growth spurt, and THIS TIME THEY'RE CHANGING THE GAME.



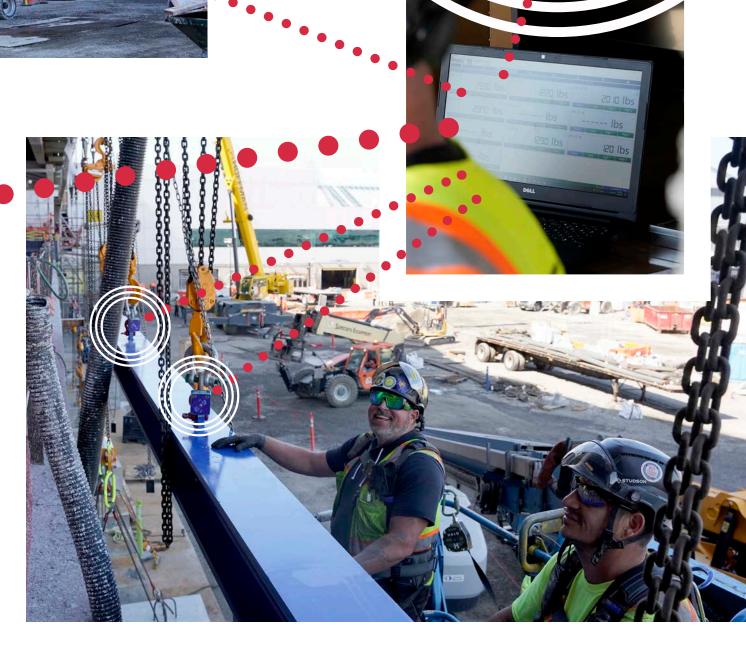


Superintendent Jack Sheely showed Mike James (740 Biz Rep) around the PDX International Airport project, he said, "This is a ONCE-IN-A-LIFETIME job. I'll never see one like this again in my career."

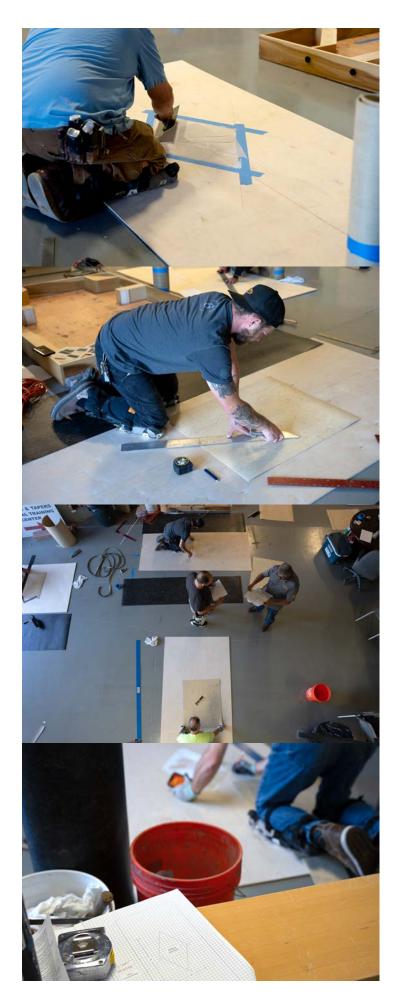
If you didn't know it already, WE ARE LIVING IN THE FUTURE - a future where a new airport can be built next to ACTIVE runways and THEN ROLLED INTO PLACE OVER THE EXISTING AIRPORT!

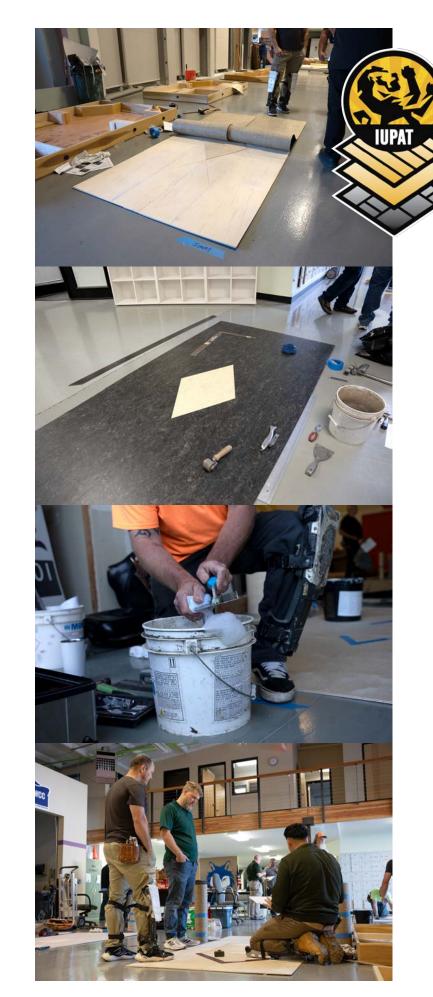
New technologies and processes

are being invented EVERY DAY on the jobsite. Jack explained that everything down to the glass carts 740 Glaziers are using had to be custom built and new solutions to neverbefore-seen challenges are being developed daily. This includes the BLUETOOTH loadcell shackles that relay the stress of each indvidual rigging.... Continued on page 28









IUPAT 5 FLOOR INSTALLERS

TEST TO BECOME WA&OR TARKETT EXPERTS

Locals 1236 & 1238 both took part in 5 days of manufacturer testing to become PNW's foremost experts of Tarkett products and installation. Not only were Members testing to become certified Installers, but 8 Members from 4 DC's (5, 16, 36, 50) were also evaluated to earn their certification as Trainers. There is ONE UNION who has been laying floors across the U.S. and Canada for generations, and these 5 days only proves that IUPAT is still that ONE UNION setting the bar for our industry.



NEW BEGINNINGS



its recruitment efforts to make sure IUPAT can complete the work.

Earlier this year, 1959 Business Representative Bronson Frye, with assistance from the IU, started work on a recruitment video directed towards student athletes.

While college is a wonderful thing, it is NOT THE ONLY OPTION that promises a better life. In fact, we now see that student debt often outweighs the benefits of a college degree. Instead of telling an entire generation of unknowing young people that they have one expensive option ahead of them, let's offer them a real opportunity to get into the workforce, get some life experience, and become a financially stable taxpayer until they are ready to make larger life decisions.

A few years of earning good paychecks and solid family benefits gives the next generation to rebuild our nation the ability to choose their next chapters from a much more financially sound position with REAL LIFE experience to inform those choices.









Watch <u>"Ready To Go To Work?</u>









This past Mother's Day, the Women's Committees of DC5 and Ironworkers Local 86 took part in the community baby shower and diaper drive hosted by Tacoma-Pierce County Health Department.

Here's to all the mothers who have and continue to raise the next generation to rebuild our nation! And, here's to all our Sisters and Siblings leading the way to make sure EVERYONE within that generation has access to the careers and lives our trades offer to ALL WORKING FAMILIES!!!

Get involved with DC5 Women's Committee! Call (206) 794-7312.







It's no secret that Salt Lake City and the State of Utah are NOT Union-friendly. Member, Mark Modderman's restoration of Local 77's sign reminds them that generations of Union families have never stopped building this nation, and new generations are coming forward to continue that proud tradition.





1094

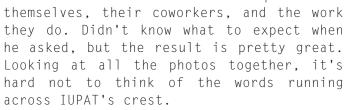
ARE



team









CBTU CONFERENCE

First off, I am honored to be invited to such a large organization made up of people that look like me from different states and continents who are sharing knowledge. CBTU was founded in 1972 and has a rich history of advocacy and empowerment with the Labor Movement. Mr. William Lucy, Mr. Charles Haynes, Mr. William Simons, and Mr. Nelson Edward have made significant contributions to the CBTU and its mission. Their dedication and leadership have helped to advance the rights and interests of Black tradesworkers. It's important to recognize and appreciate the efforts of such trailblazers while promoting equality and representation. CBTU is instrumental in making meaningful changes and progress - Clayola Brown set the mood the first day. The chance to interact with some amazing leaders of color only motivates me to do more and go further. -Brother Rashad Jackson (300)



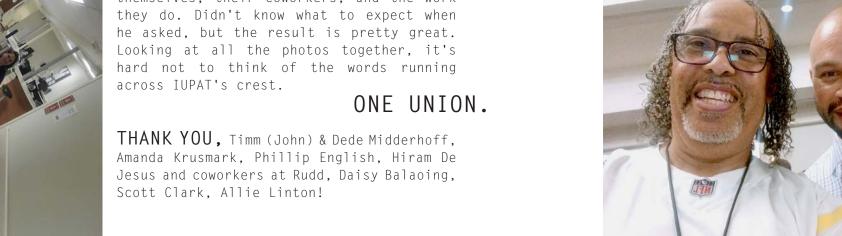






BROTHERS RASHAD JACKSON (300), JOHN FORD (300), AND **ROBERT WOODS (10)** FOR SHARING PICS **AND VIDEOS!**

watch and listen







Thank you to all our sponsors!































































































Hamilton















Local 10 - Scott Oldham

We celebrate Labor Day in remembrance of workers who fought and died for the basic human right of a shorter work week. Still, we continue the fight for fair livable wages, good benefits and a safe work environment. This, as always, requires a sacrifice of time. Local 10 Members have put in this time over the past few years - RECORD voter turnout exceeding 50% of the baragining unit in 2023 and the 2021 strike that gave us our largest economic gains in decades. In addition to these wins, Specialty Finishes Painters have fought hard over the last 16 months to form a Union and successfully negotiate their first contract. We congratulate them and welcome the 40 Painters into the District Council as industrial craftsmen with family healthcare, a grievance procedure and scheduled increases over the next three years. These events confirm that when we fight, we win. Local 10 would also like to announce a newly created position, Internal Organizer. My focus is to work with our new Organizer, Ervn Byram, to build leaders in each bargaining unit, Many of you will recognize her from the picket lines of 2021 or the 2023 bargaining committee where she helped lead us to historic victories. This focus on leadership development will strengthen our ability to better enforce the contracts, build our bargaining power, and begin the campaign work on the 2026 SPCO and AWCC agreements. Local 10 is proud to announce our 125th anniversary on September 28, 2024 (Founded October 2, 1899). To celebrate, we have booked The Redd on Salmon and our 125YR Committee is planning food, history exhibits, swag bags, and more. This will be a plus-one event and details will be released over the next several months. Be sure to save the date now. In solidarity.

Local 77 - Brandt Goble

As everyone well knows, it has been an interesting year so far, and I'm sure as we move into 2024 things will continue to be interesting and exciting in both Utah and Idaho.

With the passage of the CHIPS Act there are **two massive projects on the horizon** for Local 77 and DC5. The first being the \$15 billion expansion at the Micron facility in Boise, Idaho. For the first time in about 40 years **there will be a Project Labor Agreement in the State of Idaho!** The Boise area Building Trades is currently working to negotiate the PLA and Micron is on board. It will be a great opportunity for organized labor in Idaho to show that we are more than capable of bringing this massive project in on time and on budget. We are finally going to see the benefits of a PLA that workers everywhere else see and that we deserve as well! **Utah also has a massive \$12 billion project coming down the pipe** at the Texas Instruments site in Lehi. There is hope that we can get a PLA on this project as well. We are working hard to make that a reality. It's a bit larger of a lift than the Boise project, but nonetheless will be beneficial to our Members.

There are also two META projects, in Idaho and Utah that will continue to need our Members. The large amount of work coming to the West is a HUGE positive, but there are still many challenges we face working in "RIGHT TO WORK FOR LESS" states like Utah and Idaho. However, we will continue to do our best to bring about positive change...if you haven't already, turn to pages 16 & 17.

Local 101 - Kirk Malcom

101 has signed THREE new shops! Welcome to our newest Members and signatory contractors: NativeWorks, Skyline Construction Services, and Boesel Interior Construction.

We have **expanded our JATC** footprint by leasing the building across the parking lot from our current facility. Remodeling is happening now to prepare for students returning this fall. We have a full list of applicants for Apprenticeship, so new applications have been put on hold for the Portland area. Areas **outside of Portland will continue** to accept applications.

A default judgement has been issued holding Portland Drywall Systems accountable for ANOTHER \$ 100K on top of the original \$ 192K they were ordered to pay their workers for wage theft! More to information to come.

Our Membership has voted to allocate another \$1.19 towards our pensions. That makes a total hourly contribution of \$11.19. It is a smart investment that helps to protect us in our retirement years and continues to strengthen our pension. THANK YOU to the Membership for understanding how important our pension is to ensure we all spend our not-so-young years **safe, healthy, and fed.**









Local 188 - Lisa DeRosia

meetings for updates.

Local 188's In-shop negotiations are ongoing. Stay tuned and come out to monthly

AGMT certification is super important to ensure IUPAT Glaziers continue to be the experts in our industry. We retain our market share buy being the workforce chosen to do the work. If we want to maintain our industry dominance in Washington, then we all need to "cert

We are actively recruiting and need as many qualified painters as possible. Our Apprentice waitlist

keeps being tapped and we have been getting new Apprentices to work guickly. With several bridge

projects starting soon and the refineries picking up pace, we have a good amount of work ahead of us.

We have been in bargaining with Specialty Finishes, a Vigor company, and have made it to a tentative

agreement after almost a year of bargaining. Bargaining for the Port of Seattle Maintenance group

and Western Washington Painters will be starting soon as well. Our Bargaining Committee has had a

few meetings already. Please come to the Union meetings and be a part of the process. We need

to stand in solidarity, especially while we walk into our bargaining. Hopefully, we will be

This year we had several Members with **OVER 100 HOURS OF TRAINING!** This includes STAR

courses that qualify Members for the Annual STAR Dinner and prize giveaway. To take part in the STAR

Dinner, you MUST take the required number of STAR courses by the deadline and RSVP for the dinner.

To win STAR prizes you must be present for the dinner. If we continue to have so many Members

complete all this training, STAR Dinners will continue to be a great affair and 300 will continue to be

called upon to do the job. Let us be the best by being the best trained and best auglified!

up." If you haven't already, REACH OUT TODAY AND SIGN UP TO GET CERTIFIED.



Local 300 - Anthony Thompson

Local 300 is at full employment!

completed before our contract expires.

Organizing never stops at DC5. We continue to go after market share in Eastern Washington and are optimistic about conversations that we have had with both workers and contractors in the area.

Speaking of organizing...WELCOME to our newest **UNION SHOP Pacific Window Systems!**

-Field Rep. Kevin Brady



Work is good in Eastern Washington right now and our Membership is growing!

We continue to try and bring in more apprentices in all crafts.

Currently, S&S Coatings and Western Partitions are doing a killer job at the new Sports Stadium in downtown Spokane.





Local 740 - Mike James

Happy Labor Day to all 740 members! We recently toured the PDX Airport project and spoke to several onsite Glaziers - WOW, what a project to be part of! This will be a GIANT feather in the hat of our Members and Leadership that put it all together. Work is slow, but outlook is better - we have some big projects coming: Vancouver South Waterfront (Mission Glass), The Eye Clinic expansion on Pill Hill (Washington Glass), The Clackamas County Courthouse (Washington Glass), and the new Science Center in Eugene (Mitek/Benson). 740's Apprenticeship takes possession of **OUR NEW TRAINING CENTER September 1st!** If you would like to help with the move. call me. AND, look for a mailer inviting you to the grand opening. We've been saving for this for 16 years, it's a great space for training, and the grand opening is gonna be a hoot! I would like to recognize 2023's graduating Apprentices: Holden Bongiovanni, Juan Honesto. Emily Miller, Jose Ramirez, Jayme Valladares, Brandon Zana, Gage Browm, Daniel Claypool, Michael Haatia, Alexander Kiess, Matthew Scheevel, Joseph Sloss and Kasey Wenick, Thanks for being part of our future! Local 740 is heading east! We would like to welcome 2 new contractors: Steel Encounters and Alliance Glazina. They are now signatories to our OR & ID CBA's with upcoming work in Boise. Now that we have shops in Bend and Idaho, this gives us a larger area to meet new Members. Quick notes: We are in contract negotiations with Pella Windows...stay tuned. And, I am looking for a Lead person who wants to move to the Medford area. If this is you, call me.

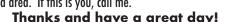


Local 364 - Evelyn Anderson

We saw more money in June and July...a \$3.89 raise July 1 and upgraded zone pay on June 1. Anyone working in the Seattle and Bellevue areas will be seeing an extra \$1.50.

The office is updating all beneficiary cards that are 5 years or older. A blank card with postage was mailed to you to fill out and to mail back. Please take the few minutes to make sure your family doesn't miss out on money or benefits.

As always, **THANK YOU** to all Members that take the time to participate in growing our Union. By getting involved you are helping to ensure the next generation of working people have good wages, safe jobs, and healthy families.



Local 1094 - Fred Hawkins

Starting with some rough news. Two of our shops have closed their doors. Messenger Sign, established 1925, closed their Seattle manufacturing facility at the end of May, with Rudd Paint Manufacturing, established 1912, closing in August, Sorry to lose them, Daimler Western Star is still producing trucks, but parts are now coming to the factory pre-painted. As a result, they have had a workforce reduction of nearly 50%.

1094 continues to organize the unorganized, and WE'VE SIGNED TWO NEW SHOPS. Seattle Best Print and Squirrelly Creations in Portland have joined 1094's growing family of printers. Welcome to both shops - we are stronger with you.

Contracts at both Buttonsmith and Foley Sian have been ratified!

Many of our Signatory Shops are hiring right now. If you are looking for work, reach out to these employers: Kenworth, Heiser Body, HHI/Madigan Housekeeping, Rodda Paint Manufacturing, Frank Doolittle, Buttonsmith, You can also reach out to me: (206) 605-3350













Local 1236 - David Winkler

Creating pathways for women to enter and lead our trades is one of IUPAT's highest priorities. The IU's Women's Committee has done some incredible work and are working with District Council's to get the job done. Our Floorcovering Committee is working with them and our Union Sisters to recruit and support more women floor installers in the Western Region. Along with several other DC's, we are working on two important certifications: Master Carpet and Hard Surface. **Our goal is to have all 1236 Journey-level Installers become certified.** It is no secret that other groups continue to poach our Members and our work. To combat this, we are working in our state's Capital to pass legislation and ensure enforcement of current laws. But, to win this fight, we must prove IUPAT has and continues to be the **ONE UNION** of expert Floor Coverers that have always been called upon. One of the best ways to do that is to ensure ALL of our Members have ALL the certifications. **Reach out today and sign up for certification courses.** Recruiting and retaining the next generation is a daily priority. Solidarity and Unionism must be taught to the younger generations from the start of their career. Providing safety vests with our Union logo to our Apprentice and starting a Mentorship Program have been approved by our Local. By supporting and mentoring our newest Members, we can make sure they all understand what this "Union" thing is and why it's so important.

Local 1238 - Drew Payne

The STAR banquet is October 21st! If you completed 3 STAR courses in the last calendar year, keep an eye out for your plus-one invitation. Local 1238 and DC5 recently donated funds and labor to build a food truck for the Seattle Drum and Bugle Corps. We are always looking to give back to our community, and this effort resulted in a group of local 14-21 year-old musicians the chance to compete on the road once again.





Local 1959 - Bronson Frye

Alaska had a busy summer, and we are looking at a lot of work from Biden's Infrastructure Plan coming our way. To keep up with the heavy demand for skilled labor, we have focused efforts on Apprenticeship recruitment. We have put together a professionally produced recruitment video that we can now take with us to captive audience meetings with graduating student athletes. We are already seeing its success. THANK YOU, to DC5, the IU, the Trust, and all the community members that took part for the incredible support!

Our NUMBER ONE **priority right now is contract negotiations.** We are currently negotiating 1959's Glaziers CBA, and we are preparing for Painters' negotiations to begin soon. THANK YOU, to the Members who are stepping up to take part in this process. We are stronger with each person that shows up.

1959 anticipates a busy end to the season and we are excited for the organizing and work opportunities ahead of us. If any DC5 Members are looking for work, please reach out! **We have the work, and we need your skills.**



The roof is a large diaphragm that is constantly moving, so a series of preload riggings must be connected to massive concrete counterweights to stabilize it during installation of the glass curtain wall. As 740 Glaziers install the wall, Bluetooth loadcell shackles speak to a computer and tension from the counterweight is automatically released. One hundred linear feet of curtain wall weighs 100,000 lbs. So, if 20,000 lbs.



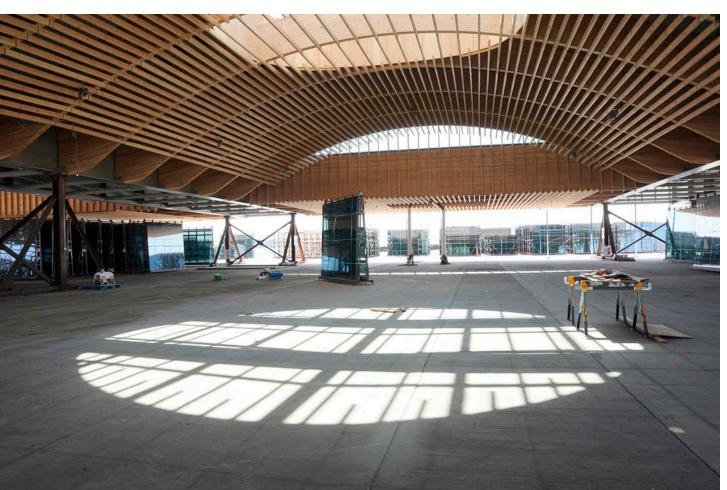
of material is installed along that 100' section, the loadcells compensate and read the weight as 80,000 pounds.

It's all a finely choregraphed process that starts amongst the active runways in the 22-acre pre-fab yard developed for safety and ease of construction. As planes land and take off nearby, 8.6 acres of roof weighing 18 million pounds are FULLY constructed (eletrical, plumbing, HVAC, carpentry, steel, and coatings...EVERYTHING). As each section is completed, it is jacked up, WHEELED ACROSS THE AIRFIELD like one of NASA's rockets headed to launch, and secured in place so that 740 can come in and install 100,000 square feet of glass.

PDX's next renovation is probably a long ways off, but you can be sure 740 Glaziers will be ready when called upon

again, and again, and again, and again, and again, and again.....





Announcements

Paid Maternity Leave Now Available

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!



Employee Painters' Trust Now Offers EPA

In today's complicated and challenging world, it's not unusual for people to encounter difficulties with finances, stress, substance misuse, family or marital relationships, or their own emotions. To address these and other concerns, EPT is providing Members and their Dependents with an EAP.

The EAP provides free, confidential, and professional assistance, including assessment, problem solving, and referral for a wide variety of personal or family concerns. Services include four (4) confidential face-to-face counseling sessions, legal consultations, simple wills, financial coaching, child and eldercare resource retrieval services, identity theft services, and more.



Read official announcement & find more information...





MEMBER MOBILE APP













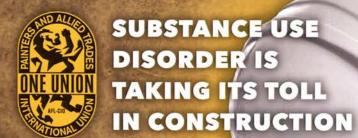








iupat dc5





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

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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.

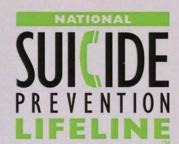
Other behaviors may also indicate serious risk - especially if the behavior is new, has increased; and/or seems related to a painful event, loss, or change.

- 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)

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UNITED STATES



1-800-273-TALK (8255)

suicidepreventionlifeline.org

CANADA

Crisis Services Canada

HELPLINE

1-833-456-4566









Walt Knab. So many words can be said about this man – people who knew him will understand this. He lived life like he was still 21, always made people smile no matter where he was. I met him years before I became a Glazier and was lucky to have worked one tower with him. I was always excited to stop by his house and chat about what I've learned as an Apprentice, and he was always supportive. I'm sad he won't get to see me Journey-out, but I'm sure he's watching. This picture means a lot – it just so happened that I had his tools and hard hat with me at this Women's Committee event, so I proudly placed them on the table to represent Local 188. You will be missed, Walt. BOOP BOOP!