

# Local 387 Halloween Party Photos

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# UAW NEWS LOCALS 387

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## The Story Behind The Bus

**O**n December 1, 1955, Rosa Parks, a 42-year-old African American woman who worked as a seamstress, boarded this Montgomery City bus to go home from work. On this bus on that day, Rosa Parks initiated a new era in the American quest for freedom and equality.

She sat near the middle of the bus, just behind the 10 seats reserved for whites. Soon all of the seats in the bus were filled. When a white man entered the

bus, the driver (following the standard practice of segregation) insisted that all four blacks sitting just behind the white section give up their seats so that the man could sit there. Mrs. Parks, who was an active member of the local NAACP, quietly refused to give up her seat.

Her action was spontaneous and not pre-meditated, although her previous civil rights involvement and strong sense of justice were obvious influences. "When I made that decision," she said later, "I knew that I had the

strength of my ancestors with me."

She was arrested and convicted of violating the laws of segregation, known as "Jim Crow laws." Mrs. Parks appealed her conviction and thus formally challenged the legality of segregation.

At the same time, local civil rights activists initiated a boycott of the Montgomery bus system. In cities across the South, segregated bus companies were daily reminders of the inequities of American society. Since African Americans made up about 75 percent of the riders in Montgomery, the boycott posed a serious economic threat to the

company and a social threat to white rule in the city.

A group named the Montgomery Improvement Association, composed of local activists and ministers, organized the boycott. As their leader, they chose a young Baptist minister who was new to Montgomery: Martin Luther King, Jr. Sparked by Mrs. Parks' action, the boycott lasted 381 days, into December 1956 when the U.S. Supreme Court ruled that the segregation law was unconstitutional and the Montgomery buses were integrated. The Montgomery Bus

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## The Holiday Season Is Fast Approaching



**G**reetings to the membership of Local 387, I would like to thank all the members who utilized their Union Negotiated Paid Day Off for its intended purpose. I am confident you voted for candidates who are friendly to labor and support the

your sense of personal well being, and just relax and enjoy nature remember that you have people who are counting on your safe return so be careful Good Luck and Good Hunting.

I want to wish all the members a Happy Thanksgiving. Please remember to keep safety in mind while enjoying the holidays with family and friends. The following are topics of interest or issues that affect this membership.

### By-Laws

Anyone interested in submitting a change to the Local By-Laws will need to do so at the January Membership Meeting. If you have an idea or a proposal you wish to bring to the membership in January please contact the Local, or a member of

the By-Laws Committee, to insure that the wording is correct and it is in the proper format for submission. Remember that the By-Laws are the guidelines our Local Union uses in making the daily decisions which affects this membership. We encourage every member to bring forward their ideas to help strengthen and improve the way our Local operates.

### Penrickton Christmas Party

The annual Penrickton Christmas Party will be held at the Local 387 Union Hall on December 14th from 5:00 to 8:00 pm. If there is anyone interested in helping with the party please contact Nehemiah Hamm (671-7327) or call the Local to offer your assistance.

### Retiree Christmas Party

The annual retiree Christmas party will be held on December 7th, 2005 beginning at 12:00 pm. Please contact the Local to purchase your tickets. There are a limited amount of seats so get your tickets early.

### Local 387 Christmas Party

We will be holding our annual Christmas party on Wednesday Dec. 21st. Please make arrangements to keep this day free so that you can attend this special event.

### V-CAP Drive

We are currently holding our annual V-CAP drive to solicit new, and have previous contributors sign a 2006 check-off card. You

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PRESIDENT'S REPORT

**Kevin Madigan**

automotive industry.

I want to say good luck to all of our Deer Hunters and please remember to keep safety in the front of your mind. While this is a perfect time to get away, recharge



## Address Change Form

Name \_\_\_\_\_

New Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Social Security No. \_\_\_\_\_

Mail to: UAW Local 387, UAW  
24250 Telegraph Road, Flat Rock, Michigan 48134

If you have moved, please fill out the address change form on the left, so we can be sure everyone receives **Local 387 News**

## Holiday Activities

PRESIDENT, from Page 1  
MUST fill out a card to be eligible for the Century Club awards, which are given to those who contribute the qualifying amount. I encourage all members to help support the Political Candidates who continuously fight for unions and what they stand for.

### Standing Committees

We have several openings for members to become active on a standing committee or get involved with the Worker-to-Worker program. The only criteria to become a member of a committee are that you must attend 2 out of every 3 Monthly Membership Meetings. If you are interested in one of the committees or the Worker-to-Worker program please call the local.

### Save \$money\$ on Cell Phone bills

Many of you may not know that you may be entitled to a discount on your cell phone bill. There are many cell phone companies that offer a discount to employees of the Ford Motor Company. However, unless you knew about the discount when you activated your service your contract price will not include the discount. What you need to do is call your carrier and ask if they have any discounts available to either Ford Motor Workers or UAW Members. If they do, inform the person on the phone that you are a customer and would like to have the discount applied to your account. They will walk you through the steps you need to take and the discount will be applied to your next bill. Please Note: that the discount will not be retroactive but you will begin to save money on all of your future bills. I first became aware of this when the folks at the Cingular store located in the Farmer Jack shopping center (Telegraph & West Rd) mentioned that our members may be eligible for a discount. Since that time they have been able to help many members obtain the discount. If you have any additional questions or need a form to fill out for the Cingular discount con-

tact the local 1-734-782-2771 or the Cingular store.

### Shop Insurance companies and save\$\$

I want to remind you that it may be very cost effective for you to take a couple of hours and shop around for home and auto insurance. Last year I was able to reduce the cost of my home and auto insurance by over \$1200.00 a year. I know it may be a pain to dig out all of your papers and call the insurance companies but, if your savings match mine you would average about \$600.00 per hour worked. Many of the members reported significant savings after reading the article in last year's paper. Good Luck!

### Volunteer help

I thank all the employees who gave so much of themselves during the election. It takes special people who are willing to give a significant amount of their personal time to support the candidates who are committed to sustaining and supporting the industry in which we work. I am very thankful that this Local has an abundance of these rare individuals.

### Conclusion

With more and more companies looking to outsource manufacturing jobs to countries that can produce products at a cheaper price. Now may be the perfect time to utilize your UAW negotiated educational (ETAP) benefits and attend classes to attain either a formal degree or simply additional skills to help secure your future.

While I understand that not every member can attend all the monthly membership meetings, it is his/her responsibility to attend as often as possible and to take part, with the officers, in running the affairs of the Local Union. Thank You for voting in the Election on Tuesday November 8th. If you have any suggestions, comments, or observations that will help improve the way this Local operates please bring them to my attention. The phone number for the Local 1-734-782-2771

## Rumor mill

Once again the rumor mill at Woodhaven Stamping is in full swing. It would be irresponsible for this administration to ignore these attempts to mislead the members and destroy the solidarity we are trying to build within this membership. The rumors or propaganda I am referring to is a letter distributed within the Stamping plant stating that the Union newspaper was cut to a bi-monthly paper. While this is a true statement what the author failed to say is that the Local 387 News was taken to a bi-monthly paper by Membership Action. A recommendation was read out at the September Membership meeting in which the Executive Board recommended to the membership that the paper be reduced to a bi-monthly paper.

The Executive Board recommended this to bring Local 387 in line with most other locals and follow the international union's efforts (Solidarity Magazine) to reduce spending and maintain financial stability. The motion was moved and supported by the membership, discussion was allowed, and a vote was taken in which the Membership overwhelmingly ordered the leadership to reduce the paper to its new status.

The propaganda also states "Union Meetings, now only 7 out of 12" What the author again fails to inform the membership is that the November and December meeting were canceled when a member stood up at the October Membership Meeting and made a motion to cancel these meetings. Again the same process was followed where-by a second was given to the motion, discussion was allowed, a vote was taken and by a majority decision the membership ordered the leadership to cancel these meetings.

The author, who by the way failed to have the courage to sign their name, was correct in one very real aspect. With GM and Ford Motor re-aligning, the flow back of employees, and Car sales diving now more than ever we all need to pull together and come up with solution rather than sit in the shadows, complain, and try to create dissension among the workers.

The next time someone distributes this type of anti-union, anti-Solidarity, misleading information look for the author's name. If a person has something worth saying then they should have the self respect to sign their name. This will allow the membership to obtain additional information if desired.

**President Kevin Madigan**

## LOCAL 387 NEWS

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TO THE READERS: Views and opinions expressed by various members in this publication are not necessarily those of Local Union Administration.



## September 2005 Financial Report

Beginning Balance .....	204,021.03
<b>Income:</b>	
Dues - Regular .....	100465.82
Dues - SUB .....	192.43
Dues - Retired Workers @ 35% .....	1882.30
Collections (Gate & Shop)-Exchange .....	9553.06
Dividends - Credit Union Comm Acct .....	152.56
Donations - Retired Workers Chapter .....	1084.00
Interest - Commercial savings .....	67.20
Rebate from International Strike Fund .....	9890.78
Rents - Gyms and Reception Halls .....	1170.00
Rents - Refundable Deposits .....	500.00
Sales - Fundraising Items .....	2173.00
Sales - Refreshments .....	110.20
Income Total .....	127,241.35
<b>Expense:</b>	
Wages (Officers) .....	12365.75
Wages (Other) .....	692.97
Lost Time (Officers) .....	1059.04
Lost Time (Others) .....	4588.46
Weekly/Monthly Exp Allowance - Officers .....	1877.50
Week/Monthly Exp. Allowance - Others .....	857.50
Others- Non-Tax Travel, Per Diem Etc .....	215.00
Holiday (Officers) .....	8.48
Refreshments Reimbursement .....	505.41
Supply Reimbursement .....	140.38
FEDERAL TAXES .....	-3092.23
FICA .....	-1278.77
MECA .....	-299.17
DUES .....	4.17
MI.TAX .....	-802.63
Misdu Deduction .....	-2345.21
Refund - Charitable Donation .....	435.00
Refund - Refundable Deposits .....	600.00
Returns/Voids .....	-943.92
Misdu Forwarded .....	2345.21
Union Dues Forward .....	5.21
FICA,Employer OASDI and HI (941) .....	1441.56
Athletic Part: Tournament Prizes .....	190.00
Bank Charges - Check Printing .....	5.00
Bank Charges - SRV Fees .....	3.94
Building Supplies (Refund/Return) .....	-844.99
Janitorial Services .....	898.00
Maintenance and Repairs .....	1800.58
Utilities (Building Ownership) .....	4804.45
Collections Disbursed Gate & Shop Exchange .....	10553.06
Donations-Charities (Check Returned) .....	-200.00
Fees, Licenses, Permits, Etc .....	90.00
Flowers & Bibles .....	4639.70
Furniture & Equipment .....	1371.64
Insurance - Union Liability .....	6500.00
Per Capita Taxes - International .....	60601.28
Per Capita Taxes - CAP Councils .....	2904.00
Postage .....	761.76
Printing Costs-Local Newsletter/Paper .....	5489.74
Refreshments- Coffee,Donuts,Food,Soft Dk .....	653.44
Refreshments- Meals at Restaurants .....	53.91
Resale Items - Fundraising Items .....	897.00
Soc & Rec Events-Labor Day Parade .....	826.65
Supplies - Office .....	232.04
Taxes - Property .....	14416.03
Taxes - Personal Property .....	354.33
Telephone .....	665.66
Expense Total .....	136,037.93
Total .....	195,224.45
Beginning Balance .....	204,021.03
Income .....	127,241.35
Expenses .....	-136,037.93
Difference .....	-8,796.58
Balance .....	195,224.45

## FUND BALANCES

	Amount
General Fund .....	\$124,131.04
Education Fund .....	\$ 4,005.77
Recreation Fund .....	\$ -1,934.73
Citizenship & Legislative Fund .....	\$ 128.50
Retired Members Fund .....	\$ 8,820.69
Retired Workers Chapter Fund .....	\$ 7,643.02
New Member Orientation Fund .....	\$ 6,333.68
Civil Rights Fund .....	\$ 1,811.40
Womens Committee Fund .....	\$ 888.55
Union Label Comm fund .....	\$ 4,462.99
Building Fund .....	\$ -6,310.77
Building Enhancement Fund .....	\$ 5,822.33
Building & Property Repair Fund .....	\$ 18,446.00
Hercules Drawn Steel Workers .....	\$ 0.00
Red Cross Collection .....	\$ 0.00
Organizing Fund .....	\$ 5,294.12
Veterans Comm Fund .....	\$ 891.53
Advertising & Publicity Fund .....	\$ 1,205.35
Annual Fun Day Fund .....	\$ 5,978.79
Toys for Tots .....	\$ 1,300.80
Forging Fund .....	\$ 6,305.39
Total of All Funds .....	\$195,224.45

## ALLOCATION OF ASSETS

Actual Bank Balance .....	\$ 40,733.11
Cash On Hand .....	\$ 435.00
Fifth Third M/M .....	\$ 53,082.18
Rouge C/U Savings .....	\$ 60,974.16
Rouge C/U CD #80 .....	\$ 10,000.00
Rouge C/U CD #81 .....	\$ 10,000.00
Rouge C/U CD #82 .....	\$ 10,000.00
Rouge C/U CD #83 .....	\$ 10,000.00
Total Cash Assets .....	\$195,224.45

The International or Regional office must authorize expenditures from the N.M.O.F. and Retirees Local Fund.

\*\*\* No receipts from Sam's Club or Walmart in this reporting month \*\*\*

\*\*\* No late fees were incurred by the local with invoices reported in this report\*\*\*

This report is published for the benefit of the membership and should be kept confidential.

Respectfully Submitted,

Robert Cook, Financial Secretary

## Chaplain's Corner

## Caring in the work place



BILL BROMUND

## THANKSGIVING

This is a time to give thanks for all the Lord has blessed you with, your health, family, and even your job.

Times are getting tough around here. We look at things that are going on with GM and Delphi and it may even come to us here at Ford's. Even with everything that is going on, we must put our faith in the one that gives us life, the air we breathe, our family and even our jobs. The people that are here at Woodhaven in the 70's and 80's would tell you what happened to them back then and the struggles we faced.

But for me, I kept my faith in God and the whole time I was off of work. He supplied all my needs not my wants, but my needs. Did I have problems? Yes. Did I have bad days? Yes. But I still put my trust in Him. Let God lead and guide you in all of His truth.

We may look at a situation or a problem that comes our way and one would say it was good for me or why did that happen to me. One would look at the glass 1/2 full or 1/2 empty; that is the same with the Bible. Someone will look at it and say it's not for us or it's not true. But the truth of the matter is that His word of God. The bible can tell us a lot about our problem, what we can do or not do. If we have questions, we can most likely find the answers there in His word. We can find how we shall raise our children, how to live at home, how we should love your wife, or your husband. The Bible tells us husbands to love your wife as Christ loved His church and wives submit yourself to your husbands and love him.

When we look at the word submit, it's not us as husband to rule over them with a rod of iron or that they need to do whatever we tell them to do. I mean that when our wives submit themselves to us they are there to love us, to be by our side and to be our support. It was said that at the time of Adam and Eve that Eve was not taken from Adam's head to be over him or not taken from his feet to be walked on, but from his side to walk with him, to love him and for a man to love his wife.

The bible tells us to raise up our children in the way they should go and when that they get old that won't depart from it. I said in the last letter about bringing children up the way we need to just like respecting one another. Look to God and God alone to help us even through Him for our Salvation.

God and God alone gives Salvation: It is said that.

Longfellow could take a worthless piece of paper, write a poem on it,

and make it worth \$6,000. **That is Genius.**

Rockefeller can sign his name to a piece of paper, and make it worth millions. **That is Capital.**

Uncle Sam can take gold or silver, stamp an eagle on it, and make it worth a dollar or more. **That is Money.**

A Machinist can take material worth \$5.00 and make an article worth \$50.00. **That is Skill**

An Artist can take a piece of fifty-cent canvas and paint a picture on it worth \$1,000. **That is Art**

God can take a worthless sinful life, wash it in the blood of Christ, put His Spirit in it, and make it a blessing to all humanity. **That is Salvation**

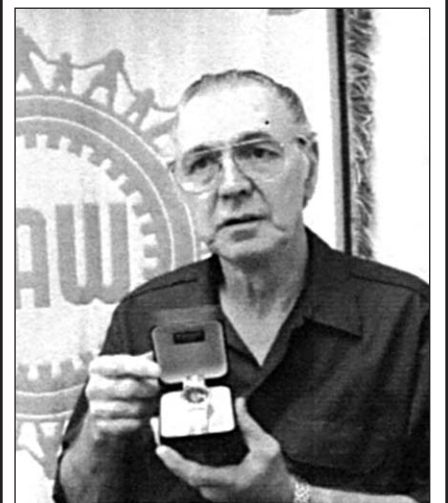
And through God's word, we can find His way for us and if we let Him He will lead and guide us into all of His truths.

Keep our troops and the Hurricane Victims in your prayers.

Thank you for your time and prayers,  
**Chaplain  
Bill Bromund**

**BUY UNION  
BUY  
AMERICAN**

## New Retiree



**Marshall Kennedy retired  
October 1, 2005**



# Halloween Bash



## UAW Local 387 Bug Buck Contest

### Official Contest Guidelines:

Eligibility: Must be a member in good standing of UAW Local 387.

### Guidelines

- All deer entered in contest must be legally harvested in Michigan or Ohio.
- Contest will run in accordance to the Michigan Deer Hunting Seasons.
- Deer must be tagged with a current Hunting License issued to the member entering the contest. (License must be completely and properly filled out)
- Any legal method of hunting is eligible. (bow, rifle, etc.)
- The antlers of the animal must be brought in and scored by one of the official contest scorers.
- No guided or reserve hunts allowed. (leases, okay)
- Deer must be a Whitetail.
- Retiree's and Part-Timers are eligible.
- There will be two separate contests. One Archery contest and one firearm contest.



### Scoring

Gross scores of all racks will be calculated by counting the number of points (one inch or longer) plus the longest inside spread.

If a tie should exist the longest tine measurement plus the greatest circumference measurement (of the antler base) will be used to determine the winner.

### Prizes

Firearm		Archery	
1st prize	\$350.00	1st prize	\$350.00
2nd prize	\$100.00	2nd prize	\$100.00
3rd prize	\$ 50.00	3rd prize	\$ 50.00

There will be a trophy given to each prizewinner in the firearms and archery divisions. Also two \$50.00 gift certificates will be drawn from the names of all members who register for the contest. Note: there will be no charge to register.

All prizes will be available following the January 2006 Membership meeting.

### DEER PROCESSING AT A DISCOUNT

Did you know that Jeff Davis, Truck mechanic on the 2nd shift at the Stamping Plant has a deer processing business?

When you harvest your trophy deer you can take it to Jeff and have it scored for the Local 387 Big Buck Contest and he will also process it for you at the same time.

Jeff, his wife Kim, and their two children will process your deer into jerky and sausage at a 10% discount. All you **or your friends** have to do is mention "Local 387" for this discount. He also has a walk in cooler for those early season deer hunts. You can reach Jeff at (734) 243-5326 — 278 Yargerville Rd., LaSalle, MI.

## 34 Years of Karate at Local 387

Little Mike Smith five years old at the time, took 1st place out of fifteen in his division in form competition. Mike is the grandson of retired Millwright Dept. 33 Larry Smith. Next year we will clean up the trophies real good here at Local 387 Union Hall Karate Class, we are just the best!



We still have room for more students from Local 387 and your friends are welcome too. Class time is 7:00 p.m. until 8:30 p.m. every Monday and Thursday at Local 387 Union Hall.

Nov. 2005 marks 34 years of karate at Local 387, the whole class wants to thank all at Local 387 for the help you have been

over the years.

Class is taught by Master Walt Rodd, a 7th degree Black Belt in Tank Soo Do and by Mr. Austin Reynolds, a 1st degree Black Belt in Tang Soo Do also by Mr. John Peters.

Dues are \$20 a month for the first member of an immediate family and \$10 additional for the second member of an immediate family, additional immediate family members are \$5 each month.

We start new students anytime, just stop in any class to watch or to start. We have students from 5 years old to 73 years old. If you need to phone Master Rodd, please call him at (734) 587-3879. If you are a real instructor some place, and need a real home and would like to transfer to Tang Soo Do, we can get that done too! All black belts and lower belts must be okayed by Master Walt Rodd.

Our classes go year round, we stand for the right things in life. We are part of the World Moo Duk Kwan Tang Soo Do Federation Inc. Under Grandmaster Jae Joon Kim, a 10th Degree Black Belt and founder of our federation.

There is no contract. Start when you want to, stop when you want to, you only pay for what you get.

## Beat the Boss: Travel Across American Update

Six teams beat the Bosses' team of management in the Fitness Center's Beat the Boss Challenge. Tom Hopkins team members were Bill Kane, Gary Rohlfs and Donna Sagonowski. Twenty teams of four fitness center members exercised their way from Woodhaven to Las Vegas. It was close run for the challengers, but the teams put in extra effort to win the challenge. The fitness staff would like to congratulate everyone for their commitments to fitness and for **Beating the Boss!**



A special thank you to Tom Hopkins for initiating the challenge and for his continued support. Tom has offered to buy turkeys for all team members that beat his team to the finish line in Las Vegas.

**First place: Lincoln LS:** Dave Bielat, Dave Greig, Mike Holewinski and Dave Grabetz

**Second place: Ford Escape:** Rick Kull, Fredo Pacheco, Lyle Paillon and Nate Rikard

**Third place: Ford Fusion:** Jim Irej, Jim Wellington, Frank Galati and Purvi Bhatt

**Fourth place: Sport Trac:** Ray Kunkle, Larry Doss, Ralph Dabiero, Jim Grupczinski

**Fifth place: Zephyr:** Bob Barr, Zach Mulcahy, Meghan Reiser, John Preston

**Sixth place: F-350:** Bill Widmeyer, Doug Lemerand, John Bourbina, Dan Cadigan

**Seventh place: The Bosses' Team: Ford GT:** Tom Hopkins, Bill Kane, Gary Rohlfs, Donna Sagonowski

## UAW-Local 387 Veterans Committee

### Coat Drive:

It's that time of year for our annual coat drive. Coats will be given to veterans and their families. Is there a coat, jacket or sweater in your closet, clean and still in good condition that is no longer being worn? The Veterans Committee would appreciate all donations during the months of October and November. Please place all articles in the bin located at the hourly lobby, or drop them off at the Union Hall.

### Christmas Wishes for deployed Military Personnel:

With the holidays fast approaching I would like to ask each of you to take a minute and help make the holiday brighter for our men and women who are currently deployed overseas.

Please purchase a stocking or two and fill it up with goodies. Items like beef jerky, chapstick, handwarmers, lotions, nail clippers, candy, gum, decks of cards, puzzle books, stationary, hot chocolate, tuna and chicken packets, sardines, instant beverages and a card from you. Anything you would place in a stocking for a loved one would be greatly appreciated by those who are so far away from their loved ones.

Please mail your stocking and greetings to the following addressee's and they will pass on to other military personnel in their unit's.

SSgt Amy A. Curran  
HQ BN 2MARDIV COMM CO 5 CEM  
Unit 73530  
FPO AE 09509-3530

SSGT Ronna M. Weyland  
II MEF FWD PAO  
UIC 73920  
FPO, AE, 09509-3920

Use the USPS flat rate box. Shipping is only \$7.70. You can make it as heavy as you can and the cost to mail is still only \$7.70. THANK YOU in advance for your support.

**GOD BLESS AMERICA!**

**Bob Harvey**  
Veterans Committee Chairman



## UAW-FORD REHABILITATION CENTER PRESENTS

# Stress Management

**S**tress may be defined as the physiological changes that take place in our bodies in response to a variety of stressors. Emotional stress is well known among most people. This is especially true in activities and jobs where there appears to be a fast pace and constant pressure. Whenever anger or anxiety is present, it creates a stress mode, which contributes to high blood pressure. Since statistics show that an estimated 44 million Americans have high blood pressure, stress seems to be a problem that is all around us.

### Friend or Enemy?

Some degree of stress is good, if not necessary, for us to lead normal lives. Anticipation brings on stress reactions, such as before a game or physical activity. We need that. As a matter of fact, we may not be able to perform at the level we need to without this stress reaction. In this case, we have used stress as a positive.

**Distress** is the obvious display of abnormally high stress levels. High anxiety, time pressures, job frustrations, quarrel or any type of prolonged stress can lead to distress. All of us are faced with potentially stressful situations on a daily basis. It's how we deal with them that determines whether or not we become distressed.

### Everyday Stressors

**Time Pressures:** One of the biggest stressors we subject ourselves to is trying to do more than we are able. Failure to achieve goals may cause anxiety. Our overall productivity drops if we are working on too many things at one time.

**Job Frustration:** We quickly become upset if "things are not going well at the office" or the boss "just does not understand what I'm trying to do".

**Waiting:** Lines are everywhere; the bank, the grocery store, the doctor's office. Everywhere! Waiting leads to restlessness and can produce hostility in extreme cases.

**Family Illness:** The unknowns and anxieties about a severe family illness cause genuine distress among family members.

**Workaholicism:** Workaholicism might be defined as an addiction toward work. It is displayed

when one's work takes precedence over every other activity, including family and leisure pursuits.

**Disorganization:** Being disorganized can cause a great deal of anxiety. Not knowing where things have been placed or how to retrieve certain information can cause very stressful situations.

**Disharmony:** Probably the two most important relationships people can have are with their spouse and their principle business relationships (superior, subordinate, etc.). Disharmony in one of these relationships is often the cause for distress.

**Uncertainty:** Uncertainty about our jobs, our future and many other everyday situations are a cause for stress.

### COPING WITH STRESS

Stress management is stress without distress. The following list illustrates the things which people can do to cope with stress in their lives.

Learn how to **relax** and practice it.

Learn to control **anger**.

Be **organized** and set **priorities**.

Develop fulfilling **diversions** from work.

Ensure **primary relationships** are in good order.

Seek **professional help** for serious physical or mental problems.

Alter **lifestyle or attitude** toward life.

Employ a regular, balanced **diet**.

Have regular, moderate **exercise**.

*There are a number of common questions asked throughout the day, such as:*

### Who can use the Rehabilitation Center?

The center is available to both hourly and salaried employees of Woodhaven Stamping Plant.

### Is it just for injuries that occur "on the job"?

No, you can receive your Physical or Occupational Therapy for problems that occurred outside of work as well as those that are work related. When scheduling your appointments, therapy for work-related conditions can be scheduled during your shift. Therapy for 'personal' injuries are scheduled out-

side of work hours.

### Do I need a prescription?

Yes. Michigan State Law does not allow a Physical or Occupational Therapist to practice without a prescription from a doctor. The plant physician can prescribe therapy for work-related injuries. Your personal/family doctor can prescribe therapy for other conditions.

### What does it cost?

The service is part of the ESSP program. We do not bill worker's compensation or private health insurance companies therefore there is no 'out-of-pocket' expenses to you.

### What are your hours?

The Rehabilitation Center is open Monday-Friday. The hours are flexible to offer appointments at the end of midnight shift, during the day shift and at the beginning of afternoon shift.

For more information regarding Physical and Occupational Therapy services, please call the Rehabilitation Center at 17255 (734-671-7255).

**Paula Boardman,**  
BSc PT, Director of  
Physical Therapist

**Purvi Bhatt,**  
MS, OTR/Occupational  
Therapist

## Texas Hold'em Dinner

**I**n the October Membership Meeting there was the question raised, by Brother Tony Parisi, on where the Donation from the Texas Hold'em Steak Dinner was accounted for. President Kevin Madigan assured Brother Parisi that an explanation would be reported out in the Newspaper.

The Texas Hold'em Steak Dinner was a hall rental and the proceeds from this event was promised to the Retiree's Chapter in return for Retiree's helping with the event. In the September Membership Meeting the very same question was asked by Brother Parisi.

At that time no deposit was made to the Retiree's Chapter on behalf of this rental. As reported in the September Membership Meeting, the issue had already been addressed to the Retiree's Chairperson and was being dealt with.

Since that time, the host of the Texas Hold'em Steak Dinner came to the Local and made two (2) separate deposits. The first being the amount of funds from the proceeds which added up to \$761.00 and receipted in the books as receipt #mm 507487. The second, being the amount of funds from the 50/50 drawing held which added up to \$236.00 and receipted as receipt # mm 507486 in the Locals books. The donation to the Retiree's Chapter totaled \$997.00 from this dinner. This money is reflected in the Income Section of the Financial Report under the heading,



**Robert Cook**  
Financial  
Secretary-  
Treasurer

"Donations — Retired Workers Chapter" in two separate Financial Reports the September Report (Seen here and published for the October's Membership Meeting) and the October report which will be posted in the next Local 387 News and presented to the next Membership Meeting. Since the deposits actually occurred at the end of one month and the beginning of another.

The host of the events expressed that the intent was to present this money directly to the Retiree's at their next Chapter Meeting but the August Retiree Meeting was canceled and the members hosting the event changed shifts in September and was unable to attend the September Retiree Chapter Meeting.

I hope this clears up all questions about this Rental. I think it is important for the membership to understand that this was not a Local 387 event, rather an event put on by independent people that donated all the proceeds to the UAW Local 387 Retiree's Chapter on their own accord.

Respectfully Yours,  
**Robert Cook**  
Financial Secretary

# News and Notes from the Learning Lab

By **Diana Tarnacki and Charlotte Pascuzzi**

(See the attached flyer.) Call the Lab for information and to register. Mary's classes are always

relaxed and fun and very informative. We hope you take advantage of this free service.

**EDUCATION:  
DON'T LEAVE WORK  
WITHOUT IT.**

**W**ith the Holidays coming just around the corner, we're preparing for our annual 2005 Holiday Hobby and Craft Show and Open House on Tuesday, December 6th. We would like to invite our employees, retirees and spouses to participate in this popular event. If you have a hobby that you would like to display or if you have creative items that you would like to sell, please call the Learning Lab at 734-671-7168 as soon as possible for information and to reserve your spot. You may also e-mail the Lab at: [learninglab202@yahoo.com](mailto:learninglab202@yahoo.com) to register.

As a thank you gift from the Learning Lab, we will be giving away free ornaments, personalized with your picture, to anyone who visits the Lab the day of the Craft Show.

We will again be offering free Santa letters throughout the month of December. You can come to room 202 and fill out the information you'd like to include in a Santa letter for your children or grandchildren or a special person. We will put the information on Christmas paper and provide an envelope for you to mail. Children of all ages love to receive these holiday letters, so come to the Lab to take part in this project.

The Cookbook Design classes were very successful. The employees who participated were so happy with the final results of their personalized cookbooks that they are planning on giving them as Christmas presents. This is a wonderful way to pass down family heritage. If you are interested in learning how to make your own family cookbook, call the Lab for an appointment and Mary will get you started.

The WSP Employee Cookbook is coming along very well. We received many wonderful recipes that made it very hard to type them without getting hungry. Thanks to all of you who participated in our first plant-wide cookbook. They will be ready before Christmas in time for gift giving.

The Learning Lab will be holding an Envelope/Label Workshop starting December 6th to help make addressing Holiday cards easier and less time consuming.



## CHRISTMAS ENVELOPE/LABEL WORKSHOP

Learn how to create a database of your Christmas card addresses and merge them into labels or envelopes using Microsoft Word. In one session you will learn how to setup addresses on your own computer to use year after year. You will also learn how to edit the addresses and add clipart to your labels or envelopes.

Call the Learning Lab (734-671-7168) or come in (**Room 202**) to sign up for one of the following classes. If you have Microsoft Works instead of Microsoft Word, please call the Lab and another class will be created for Works.

When you come to class, please know the version of Word that you have on your computer. To find this out, follow these steps:

1. Open **Microsoft Word**.
2. Click on **Help** at the top of the screen.
3. Click on **About Microsoft Word**.
4. This window informs you of the version that you have on your computer.



### Tuesday, December 6

<b>Session 1</b>	<b>9:00-10:30</b>
<b>Session 2</b>	<b>11:00-12:30</b>
<b>Session 3</b>	<b>1:00-2:30</b>
<b>Session 4</b>	<b>3:30-5:00</b>

### Wednesday, December 7

<b>Session 5</b>	<b>9:00-10:30</b>
<b>Session 6</b>	<b>11:00-12:30</b>
<b>Session 7</b>	<b>1:00-2:30</b>
<b>Session 8</b>	<b>3:30-5:00</b>





## Story Behind the Bus

BUS, from Page 1

Boycott was the beginning of a revolutionary era of non-violent mass protests in support of civil rights in the United States.

It was not just an accident that the civil rights movement began on a city bus. In a famous 1896 case involving a black man on a train, Plessy v. Ferguson, the U.S. Supreme Court enunciated the "separate but equal" rationale for Jim Crow. Of course, facilities and treatment were never equal.

Under Jim Crow customs and laws, it was relatively easy to separate the races in every area of life except transportation. Bus and train companies couldn't afford separate cars and so blacks and whites had to occupy the same space.

Thus, transportation was one the most volatile arenas for race relations in the South. Mrs. Parks remembers going to elementary school in Pine Level, Alabama, where buses took white kids to the new school but black kids had to walk to their school.

"I'd see the bus pass every day," she said. "But to me, that was a way of life; we had no choice but to accept what was the custom. The bus was among the first ways I realized there was a black world and a white world" (emphasis added).

Montgomery's Jim Crow customs were particularly harsh and gave bus drivers great latitude in making decisions on where people could sit. The law even gave bus drivers the authority to carry guns to enforce their edicts. Mrs. Parks' attorney Fred Gray remembered, "Virtually every African-American person in Montgomery had some negative experience with the buses. But we had no choice. We had to use the buses for transportation."

Two other women had been arrested on buses in Montgomery before Parks and were considered by black leaders as potential clients for challenging the law. However, both were rejected because black leaders felt they would not gain white support. When she heard that the well-respected Rosa Parks had been arrested, one Montgomery African American woman exclaimed, "They've messed with the wrong one now."

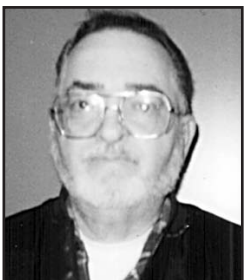
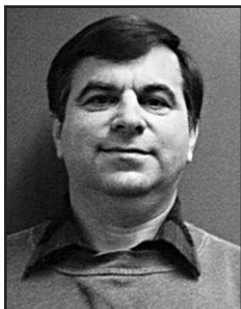
In the South, city buses were lightning rods for civil rights activists. It took someone with the courage and character of Rosa Parks to strike with lightning. And it required the commitment of the entire African American community to fan the flames ignited by that lightning into the fires of the civil rights revolution.

### IN MEMORIAM



**STAN DREWNO**  
(past Local 387 Editor)  
Born 7-25-22  
Retired 1-1-88  
Died 10-21-05

**PHILLIP NORTON**  
Born — 1-4-50  
Retired — 5-1-98  
Died — 10-11-05



**BUSTER CARL BROWN**  
Born — 11-25-41  
Retired — 1-1-02  
Died — 10-17-05

## NEXT MEMBERSHIP MEETING

**Sunday, Jan. 22, 2006 at 10 a.m.**  
**24250 Telegraph Road, Flat Rock**

### AGENDA:

Pledge of Allegiance to the Flag  
A moment of silence for our departed members  
Invocation  
Roll Call of Officers, Committeemen & Standing Committees  
Minutes of Previous Meetings  
Financial Report  
Communications  
Committee Reports  
Chairman's Report (Stamping & Forging)  
President's Report  
Old Business  
New Business  
15 minutes question & answer period  
Good & Welfare  
Adjournment

**NOTICE:** You must be a member to attend Local 387 Membership Meetings, and show proof with a Union Check-Off Card if requested.

### ALL MEMBERS ARE ENCOURAGED TO ATTEND THE MONTHLY MEETINGS

**To all Standing Committees:** If you cannot attend this meeting, please call the Local (734-782-2771) and justify your absence by **Friday, before the meeting.**

## DEADLINE

for the

**Local 387 News**  
is November 30th

## Regional Conference November 17, 2005

UAW Region 1A is holding a Regional Conference at the Stephen P. Yokich Auditorium, 9650 S. Telegraph Rd., Taylor, MI. Registration and Dinner at 4:00 a.m. with meeting to follow.

All local union elected and appointed leadership, local union activists, retired workers chairpersons, active & retired International Representatives from Region 1A and Region 1A staff are invited.

Deadline for submitting names is Monday, November 14, 2005. There is a \$4.00 registration fee. Contact your Local Union President to advise of your attendance.

**Jimmy Settles**  
Director