



## President's Report By Wayne McCarthy



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Hoping that everyone's New Year is going well. In these articles, my goal has always been to inform and to educate our members. **Sometimes, it's a good news story such as the hundreds of new employees that have been hired since our last CBA was ratified, or the millions of dollars that have been and continue to be invested in equipment across the Middletown campus. These investments are necessary for the company to keep up with increasing demand for new engines and to ensure that CSMC can deliver on their increasing spares and new parts schedule. We have a lot to be thankful for!**

Today, I want to talk about our upcoming contract negotiations with Pratt and Whitney. Our current contract expires on May 1<sup>st</sup>, 2022. That is just 3 short months away! **The question is, are we going to pull together as one to ensure that we get the best contract that we possibly can? If so, then it is time for each one of us to send that message to the company.** They are watching and if they sense weakness, they will exploit it. **United we stand, divided we fall!**

Our next important date is February 13<sup>th</sup>, 2022. On that day we will be holding our contract proposal meeting in [Cromwell at the Courtyard by Marriott](#). **If you have never attended a Union meeting you should make every effort to attend this one.** At the meeting, we will discuss every proposed contract change that we are planning to bring to the negotiating table. Each proposal will be debated and voted up or down by those in attendance. Also, at this meeting; any member can bring up their own proposal that they would like discussed at the negotiating table. If the members in attendance approve, these proposals will also move forward. **This is a critical step in our negotiating process and your negotiating committee will be there to answer all your questions and concerns.**

The next step that we can all take is to ensure that we are informed during these negotiations. **This year, we are going to be using Text Blasts to keep our members up- to-date on what is happening at the table.** Cards are being circulated in the shop for our members to sign up for these Text alerts. If you haven't signed up yet and wish to do so, see your steward or other Union official or stop by the hall to fill out your card. Also, we will be utilizing [Facebook](#), [Twitter](#), [Instagram](#) and other Social Media platforms.

Obviously, the last couple of years have been very stressful and challenging due to the pandemic. No one is happy with how RTX has handled this from the very beginning. **However, we can't allow our frustration over masking, vaccinating, and/or testing to cloud our judgment on what we need to accomplish during these next few months at the negotiating table.** Instead of debating things that distract us from our goal, let's take that energy and do our part to support our negotiating committee so that we can ratify a contract that is fair and addresses our concerns. **This is the message that everyone needs to be sending to the company each and every day as we move closer to May 1<sup>st</sup>. Together, we will get a contract that we can all be proud of!!**

## EAP Corner

*By Chris Goodale*

You spent countless hours preparing for the hustle of the holidays, and perhaps you even managed to remain fairly stress free throughout the season, but the post-holiday period has the potential to be just as stressful. Family gatherings, countless parties, and all of that holiday fun can take a toll on your body and mind, and it can be difficult to adjust back to “normal” life once it all screeches to a halt. Are you still working to find some balance? Remember to let yourself have some down time in this early part of the year, and give these handy tips a try to ease your holiday transition and recover from all of that stress.

*Get back to your normal schedule to eradicate exhaustion,*

Are you feeling listless and overly tired now that the holidays are finished? That’s completely normal. The holidays can be stressful, and that makes it difficult to maintain your normal routines, especially when it comes to sleep. If you weren’t able to spend enough quality time with your bed and pillows, your body could be craving more rest.

Even if you think you got enough sleep throughout the holidays, you might still be run down. After all, hosting and attending parties, traveling to see family members, and everything else that comes with the holidays can be emotionally and physically draining. Whatever your normal routine might be, focus on the basics (like sleep) first. Try going to bed 30 minutes earlier each night until you feel refreshed. The extra rest will help your body and your mind, which will make it easier to get back to normal. Those longer winter nights certainly make this self-care tip easier to implement, too!

*Continue, or start, an exercise routine*

Typically, our dedication to our fitness routines tends to wane during the busy holiday season... and that’s okay! If you need to ramp up your exercise regime again, there’s no better time to start than now. Exercise can be a great tool to help you blow off some steam and work through any stress that might be lingering after the holidays. Plus, those sweat sessions will help you sleep better. If you have kept up with exercise, don’t stop now!

*Step away from the sweets*

It’s okay if you overindulged during the holidays – that’s part of the fun! But, once the season is over, it’s time to go back to a healthy eating lifestyle. To easily fuel your body with healthy, delicious, and warming foods, break out the slow cooker. Look up some easy soup recipes, dump your ingredients in, and let it cook while you’re away.

Preparing healthy meals shouldn’t add any additional stress to your schedule, and slow cookers are perfect for those cold winter months. If your sweet tooth just won’t stop, look for lower sugar solutions and begin making some healthier swaps.

*Be openly grateful*

Keep the holiday cheer going for a bit longer by practicing gratefulness. Acknowledging feelings of gratefulness can drastically improve our moods, and there are tons of ways to show your loved ones that you appreciated spending time with them throughout the holiday season. Thank you notes and simple phone calls are two easy ways to show others that you’re grateful, and keeping a gratitude journal for yourself can help refocus your thoughts on the positive.

*Schedule some down time with loved ones... or yourself*

If holiday obligations forced you to spend some quality time away from your spouse, family members, or other loved ones, try to schedule some one on one time with those special people in your life. It could be a weekend away to reconnect, a casual coffee date, a fun excursion outdoors, or anything else you can think of. But, if spending more time with the company of others sounds like yet another stressful activity, go solo. Schedule a massage, take a hike on your own, and soak up the alone time.

**Join US**  
**For The Monthly Meeting**  
**At The Courtyard Marriot Cromwell**

**Next Meeting**  
**Feb, 13 2022 At**  
**10:00 A.M.**

# In Memory Of Our Departed Members & Retirees

*Al Esteves, Mark Hetzel,  
Richard "Catfish" Livingston,  
Don Ramsey, Terry Shriver,  
Richard Tedford, Donald Parker,  
George Parent, Salvatore LaBella,  
Leon Campbell, Zdzislaw "Big Z"  
Kajzer, Houston Vaughan & Don  
Streeter*



**C.A.N.E.L. Lodge 700**  
Website [www.iam700.org](http://www.iam700.org)

### Officers

**President.....Wayne McCarthy**  
**Vice President..... Robert Deegan**  
**Recording Secretary.....Chris Goodale**  
**Secretary Treasurer.....Doug Campbell**  
**Conductor/Sentinel.....Frank Checko**  
**Trustee.....Chuck Hermann**  
**Trustee.....Heather Merrick**  
**Trustee.....Matt Rzezcka**

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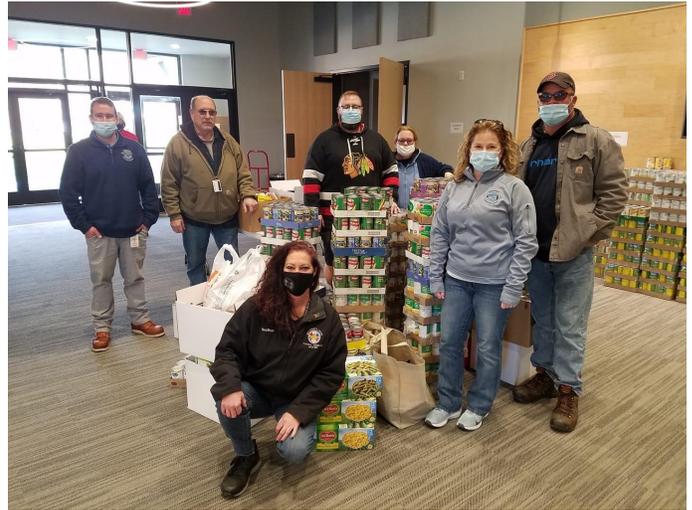
Wayne McCarthy  
Chris Goodale  
Mike Shermer

### Shop Committee

**Chairman Wayne McCarthy**  
**1st Shift Frank Checko, Mark Harrison**  
**2nd Shift Mike Frei, Chuck Hermann**  
**3rd Shift Robert Deegan**

## Thanksgiving Project Food Drive

*By Chris Goodale - Community Services Committee*



The Community Services Team, along with delegates from Pratt and Whitney teamed up again for the Middletown Community Thanksgiving Project Food Drive for the month of November. The team was able to collect items such as corn, green beans, stuffing, cranberry sauce, and many other non-perishable food items to be distributed to local families this year.

The Middletown Community Thanksgiving Project was established to ensure that all Middletown families who could not afford to purchase a Thanksgiving meal could still enjoy a feast on Thanksgiving. Made up of volunteers from non-profit organizations, businesses, faith communities, and civic groups, the Middletown Community Thanksgiving Project will assemble baskets of food for 1,000 families this Thanksgiving.

The Community Services Team would also like to thank the local for their generous donation to make a lot of this possible.



# Congratulations



Newly elected officials being sworn in by Business Representative Dianna Koch on January 9, 2022 at the Monthly Meeting.

L-R: Heather Merrick (Trustee), Chuck Hermann (Trustee), Robert Deegan (Vice President), Douglas Campbell (Secretary Treasurer), Wayne McCarthy (President), Christopher Goodale (Recording Secretary), Matt Rzczka (Trustee), Frank Checko (Conductor Sentinel)



## IAMAW District 26 Organizing Bounty!

We are searching for people who are in need of a union contract!!! If you are able to set up an initial meeting with someone you know, please contact your Local Lodge Organizing Committee/ District 26 Business Representative. They will provide all the information needed to better understand the organizing process. If the District files a petition for an election with the National Labor Relations Board, (NLRB), District 26 is offering the following Bounty:

- For a unit up to 25 people, your **Bounty Reward is \$200.00**. If we win the election, you will receive another \$300.00.
- For a unit of 26 people to 50 people, your **Bounty Reward is \$300.00**. If we win the election, you will receive another \$400.00.
- For a unit of 51 people to 100 people, your **Bounty Reward is \$400.00**. If we win the election, you will receive another \$600.00.
- For a unit of 100 people or more, your **Bounty Reward is \$500.00**. If we win the election, you will receive another \$1000.00.

**If you know a person who is interested in meeting with us, please contact one of the following IAMAW District 26 Representatives:**

**Directing Business Representative, Jeff Perinetti, call or text 401-793-0224**

**Assistant Directing Business Representative, Jeff Santini, call or text 860-670-4951**

**Business Representative Patrick Buzzee, call or text 860-287-9611**

**Business Representative Dianna Koch, call or text 860-670-7778**

**Business Representative Tony Walter, call or text 860-752-9480**

**IAM District 26  
Pratt & Whitney Negotiations**

**SIGN UP FOR TEXT UPDATES!**

Receive News and Updates from...

- Your Negotiation Committee
- Local & District Leadership
- IAM Eastern Territory
- And More!

Fill out the form below and return it to a Steward or the Union Hall

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Local Lodge: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Clock#: \_\_\_\_\_

Personal Email: No Company Email T-Shirt Size: \_\_\_\_\_ Shirt Fit: M or F

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By signing below I give the IAM permission to send text messages to my mobile phone.

X \_\_\_\_\_ Date: \_\_\_\_\_

As mentioned in the “Presidents Report” for these negotiations, we are going to be using Text Blasts to keep our members up-to-date on what is happening at the bargaining table. Cards are being circulated in the shop for our members to sign up for these Text alerts. If you haven’t signed up yet and wish to do so, see a shop steward or other Union official to get a card, fill it out and hand it back to them or stop by the hall to fill out your card.

