



# LMC Connection



## 2015 LMC EVENTS

- Jan. 20  
Winter Seminar  
Kaukauna
- April 28  
Spring Conference  
Kimberly
- Spring  
Collective Bargaining  
Workshop
- May  
Spring Seminar  
Stevens Point
- July 23  
18th Annual  
Golf Outing
- Oct. 7  
1st Annual Industrial  
Career Fair  
Oshkosh

### Platinum Member



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Vol. 6 Issue IV

Newsletter Date. December 2014

## Winter Seminar January 20, 2015

Plumbers & Steamfitters Hall—2700 Northridge Rd. Kaukauna, WI

### AGENDA

- 7:30 AM - 8:00 Registration & Networking
- 8:00 AM Welcome: Steve Kovalaske
- 8:00-8:40 **Cultural Diversity in the Workplace**  
Dan Van Wychen, FMCS
- 8:45-9:30 **Oral Hygiene and Your Health**  
Dr. Fred Eichmiller, Delta Dental
- 9:40-11:15 **When to Start Collecting Social Security Benefits**  
Tim Gierke, District Manager,  
Appleton Office, Social Security Administration

**Cost is \$35 before Jan. 7, \$45 after**

*Hello Everyone,*

With 2014 quickly leaving us, we remember talking about the polar vortex, the final four Badgers, and the Brewers. We look forward to 2015 with super bowl thoughts, summer vacations, and awesome LMC events.

The LMC hosted several events during 2014, our spring and fall conferences, seminars, collective bargaining workshops and the 17th annual golf outing.

In spring, the North Central WI LMC merged with us and on October 1st we held a successful seminar in Stevens Point and are planning another for the spring of 2015.

As you know, The LMC uses a four piece puzzle to depict our mission. Labor, Management, Education, and Community working together to build our future. This year the LMC explored the community piece in greater detail. At the Spring Conference we discuss a growing concern in our communities, heroin. Brad Dunlap of the DOJ talked to us in depth about the evils of heroin.

Education for our children is always on our minds. Teachers help our children reach for the stars in their studies. At the Spring Conference and at the Fall Seminar; Steve Meyer, STEM teacher from Brillion Schools talked about students using their imagination to solve problems. His presentation was amazing. Steve explained a project the students work on every year, building a boat with cardboard, duct tape, and glue. The boat holds three students, they must calculate the water line and it needs to float! Mr. Meyer does an awesome job of teaching children to use STEM (science, technology, engineering, and math) to be creative and solve the problem.

What does 2015 have in store? Upgrade of our website and on-line registration. In early December an email was sent about the Winter Seminar. From that email you will be able to register on-line and pay with a credit card. Also, at our website [www.lmcouncil.org](http://www.lmcouncil.org) you can register for the event under the "Seminar" tab. You can still pay with check, if you wish, just contact me, via email. If you have questions or concerns please let me know.

On, October 7, 2015 the LMC and Northeast Wisconsin Building and Construction Trades Council will be hosting the first Annual Industrial Career Fair at the Exposition Grounds in Oshkosh. This career fair will be a hands on event. More information is available on the LMC website [www.lmcouncil.org](http://www.lmcouncil.org) under the career fair tab.

*Happy Holidays, Steve*

## LMC

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Member in the spotlight this month,

## Laborers' Local 330

is located in Menasha, but represents roughly 1750 active and retired construction craft Laborers in a 20 county area that runs from Sheboygan in the south, on up through the Valley and Green Bay and then further north, encompassing the entire north-eastern part of the state to the Upper Michigan boarder.

The Laborers are the most diverse trade in the construction industry, servicing employers in all sectors, including building, sewer and water, transportation infrastructure, utility distribution, demolition, asbestos removal and related sectors. Over the years, our members have been involved in some of the largest, most complex and economically viable projects in Wisconsin, including the Lambeau Field renovation and redevelopment, as well as the major reconstruction on the highway 41 corridor.

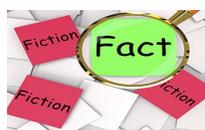
Working with our employer partners, Laborers' Local 330 is dedicated to protecting and improving the lives of members through family supporting wages and benefits, as well as through programs and services designed to make our members the safest, most skilled and productive workers in the industry.

At Laborers' Local 330, we know to be successful, our contractors have to be successful. That means in addition to representing workers, we have to be in the business of adding value to a construction operation by meeting industry demand for a skilled, safe and productive workforce.

Nothing illustrates that philosophy and commitment more than the investment we make in training. Each year hundreds of Local 330 members acquire or upgrade skills by taking classes offered through our jointly administered Laborers Apprenticeship and Training Center in DeForest.

As partners in the construction industry, we know what it takes to beat the competition—the best trained, most skilled, and most productive workforce around. At Laborers' Local 330, we are proud of what we have been able to accomplish for our members and look forward to continuing to work with our contractors throughout the region.

## MEMBER'S CORNER



### Flu fact or fiction:

### Test your knowledge about common misconceptions

Does the flu shot cause the flu? Will two flu shots increase immunity? The [Centers for Disease Control and Prevention \(CDC\)](#) [provides insight](#) into these common questions regarding flu misconceptions. Associates can test their understanding below about frequent misconceptions below.

#### Getting a flu shot causes the flu.

**Fiction:** Although many people believe it to be true, a flu shot cannot cause the flu. Flu vaccines are made with an "inactivated" flu virus and are therefore not infectious. In other cases, flu vaccines are made with no flu vaccine virus at all. Common side effects from flu vaccines may include soreness, redness, tenderness or swelling where the shot was given. Sometimes muscle aches, a low-grade fever or headache may also occur.

#### People should get vaccinated every year.

**Fact:** The CDC recommends an annual flu vaccine for most people 6 months and older. Because a person's immunity declines over time, an annual vaccination is advised to be best protected against the flu, even if the viruses the vaccine protects against have not changed.

#### It's possible to get the flu shot and still have flu-like symptoms.

**Fact:** People can experience flu-like symptoms even after vaccination for a number of reasons. The symptoms can be triggered from other respiratory viruses, exposure to the flu virus before or shortly after the vaccination, or exposure to a very different form of the flu virus than the vaccine currently protects against.

#### Getting vaccinated twice will provide extra immunity for adults.

**Fiction:** Currently no studies show any benefits for adults or the elderly to receive more than one flu shot during each flu season. With the [exception of some children](#), the CDC recommends only one dose of the vaccine.

#### It's too late to get vaccinated at the end of November.

**Fiction:** Vaccination is beneficial as long as viruses are still circulating, and while flu season usually peaks in January or February, it can still occur as late as May.

Read the [CDC's information on common flu misconceptions](#) to learn more.