



SWALC NEWSLETTER

AFL-CIO SOUTHWEST ALABAMA LABOR COUNCIL

SWALC 2018 CHRISTMAS PARTY



The SWALC Christmas Party is only two short weeks away. We are looking forward to seeing our affiliates and their members on Saturday, December 15th. As usual the doors will open at 6:00 PM for Happy Hour. Catalina Restaurant will provide dinner at 7:00 PM. At 8:00PM Port City Fun DJs will keep the music flowing all night long with your requests.

The deadline for affiliates to order their tickets is FRIDAY, DECEMBER 7. Tickets are \$30 per person. No tickets will be sold at the door and there will be no refunds. Contact Joyce Salter at 251.476.0625 or joyce@UALocal119.org to obtain an order form. Please advise your members that there are no take out plates and to their keep drinks off the dance floor. **NOTE:** Due to a few incidents in prior years, any affiliate member or their guest exhibiting bad or abusive behavior will be asked to leave the party and their union will be fined \$300.

NO DECEMBER MEETING

NEXT MEETING
SWALC Monthly E-Board & Delegates Meeting

Monday
January 24th at 6PM
908 Butler Drive, 36693

UPCOMING EVENTS

NAACP Vision Awards
December 13

Mobile/P'cola BCTC
Christmas Party
December 14

SWALC Christmas Party
Set up
December 15 at 8AM

SWALC Christmas Party
December 15 at 6PM

Christmas Eve
& Christmas Holiday
December 24 & 25

New Year's Eve
December 31

New Year's Day
January 1, 2019

Plumber & Pipefitters
Ronald McDonald Dinner
January 2, 2019

**December SWALC Meeting cancelled
January E-Board & Delegates Meeting has been
moved to Thursday, January 24th at 6:00 PM.**



MORE ART FOR MOBILE ARC



SWALC is collecting art supplies for the Marc-Art Program, which offers art education programs for people with disabilities in Mobile County. They offers classes in painting, dance, martial arts, sculpting, and many more activities. Above are two of program students with their artwork.

We need your help to collect art supplies for these talented individuals. Bring your donations to your local union hall between November 27 and December 14 or to the SWALC Christmas Party on December 15. For more information or to schedule a pick-up, contact Leslie Schraeder at

251.431.0101 or lschraeder@uwswa.org. If any of our affiliates or individuals would prefer us to do the shopping for the supplies, you may visit <https://swalcmoreart.eventbrite.com> to give online or send a check to c/o Leslie Schraeder, Southwest Alabama Labor Council, 218 St. Francis Street, Mobile, AL 36604

Suggested Items: Paint - Tempra, Acrylic, and/or Watercolors • Paint Brushes • Canvases • Pastels - Chalk and/or Oil • Colored Pencils • Graphite Pencils • Erasers - Gum and/or Rubber • Paper - Craft, Watercolor, Color Pencil, and/or Newsprint • Glue - Regular and/or Rubber • Crayons • Markers - Fine and/or Thick.

COMMUNITY SERVICE SPOTLIGHT: UCP - UNITED CEREBRAL PALSY



The primary mission of UCP of Mobile is to promote the independence, productivity and full citizenship of people with cerebral palsy and other disabilities.


UCP of Mobile, guided by a diverse and dedicated Board of Directors, work in a collaborative effort with staff, people with disabilities and their families, and the community to: expand and enhance its core services throughout Central and South Alabama; to develop new services that address unmet needs of people with disabilities; to promote the marketability and visibility of the agency in the community; to create new financial opportunities; and to assume a leadership role in advocacy, thus becoming the agency of choice, by which all others are measured.

UCP of Mobile programs include: CCEP- Childcare Enhancement with a Purpose; Early Intervention; UCP Preschool; Respite; Camp SMILE; Adult Day Program; Supported Employment; STEPS; and Therapy.

Find out more at <http://www.ucpmobile.org/>


 Mobile Pensacola
 Building & Construction Trades Council
Holiday Party
 at
 801 St. Francis Street, 36602
 (corner of St. Francis & Bayou Street)
 On Friday, December 14, 2018
 from noon to 4:00 p.m.

**Santa's 119 Helpers
 Kids Book Drive**
 for
 Child Day Care Association


 Local 119 is collecting
 books for children from
 newborn and 6 years old

Creating a steady stream of new, age-appropriate books has been shown to nearly triple interest in reading within months.

By the age of 2, children who are read to regularly display greater language comprehension, larger vocabularies, and higher cognitive skills than their peers.

For more information
 Contact: Mark Burnett
 UA Plumbers & Pipefitters
 Local 119 Union Hall
 2458 Old Shell Road, 36607
 TC@UALocal119.org
 251.479.7503

HOLIDAY DEPRESSION & STRESS

"The holiday season for most people is a fun time of year filled with parties, celebrations, and social gatherings with friends and family. For many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety."

"Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension...Others may experience post-holiday sadness after New Year's Day. This can result from built-up expectations and disappointments from the previous year, coupled with stress and fatigue."

SOURCE: www.webmd.com/depression/holiday-depression-stress#1-2



- <http://Suicidepreventionlifeline.org> - Call 800.273.8255 for 24/7, free confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

- Crisis Text Line - Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

NEED HELP FINDING HELP? DIAL UNITED WAY 2-1-1
UNITED WAY OF SOUTHWEST ALABAMA


Wednesday, January 2, 2019 at 6PM
**Make A House A Home
 Family Dinner**

Nothing makes the House more like Home than the aroma of food cooking on the stove or fresh out of the oven. Local 119 will be providing dinner for the families at the Ronald McDonald House. Volunteer provided family meals takes away the worry and hassle of food preparation so families can give all their attention to their hospitalized child.

