

SWALC NEWSLETTER

AFL-CIO SOUTHWEST ALABAMA LABOR COUNCIL

DECEMBER 3, 2018





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.

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

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

251.431.0101 or lschraeder@uwswa.org. If any of our affiliates or individuals would perfer 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/

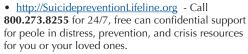


HOLIDAY DEPRESSION & STRESS

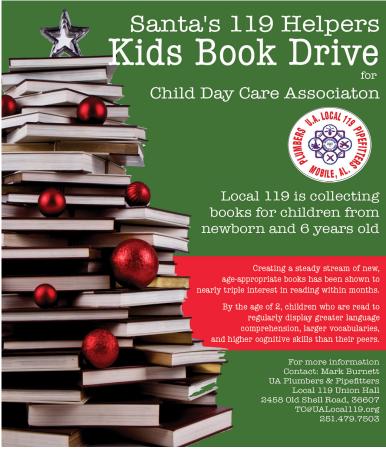
"The holiday season for most people is a fun time of year filled with parties, celebrations, and social gatherings with friends and family. For many people, it is a time filled with sadness, self-reflection, loneliness, and anxiety."

"Balancing the demands of shopping, parties, family obligations, and house guests may contribute to feelings of being overwhelmed and increased tension...Others may experiene 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



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



Wednesday, January 2, 2019 at 6PM

Nothing makes the House more like Home than the aroma of food cooking on the stove or fresh out of _ocal 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 the

