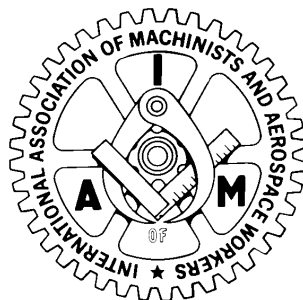
**ATTEND YOUR UNION MEETING**Monday January 9th, 4:15 PM

At the Ajax Legion Hall * 111 Hunt St. Ajax, ON

LOCAL 905 EXECUTIVE

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Vice President	Dan Robertson
Secretary	Doris Duck
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Trustees	Daryl Rowe Pavel Blaha Rasheed Houssain
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Stewards	Lynn McKenzie Brian Hiscock Todd Desmoulins Gary Cooper Ian Kimble
Auditor	George Gaffney Wes Snellings

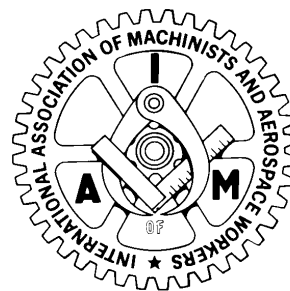
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**THE "905"**

DEC 2011

**JUSTICE ON THE JOB,
SECURITY FOR THE FAMILY
AND
SERVICE TO THE COMMUNITY**

Enjoy a great and safe holiday!

**Congratulations to Brother Kevin Graham who received
the IAM Twenty-Five Year Veteran Award**



Taking Anger to Heart

When someone cuts you off on a busy highway, do you pound the steering wheel in fury and shout at the driver? Or, do you swallow your anger and dwell on it later? Either way, you're not being kind to your heart, researchers say.

If you respond to every anger-inducing situation by blowing your stack or holding it in, you could be setting yourself up for serious heart problems. According to Ohio State University researchers, there's evidence that people who respond rigidly to anger-provoking events are likely to wind up with significantly elevated levels of heart-damaging cholesterol.

Experts suggest that the best response to anger-provoking situations is to be creative and flexible. It's important to turn off the anger as soon as possible to reduce its physiological effects. In subjects who always reacted to an anger-provoking situation in the same negative way, researchers found levels of "bad" or LDL cholesterol ranked higher, regardless of whether they expressed the anger or held it inside.

Researchers also found that those who were flexible, but who hid their anger slightly more often than showing it, had the lowest levels of bad and total cholesterol.

Why does intense anger trigger the release of lipids (fats) from the tissues into the bloodstream? The body releases the fatty substances for energy as part of its "fight or flight" survival response to perceived danger. In some situations, the healthiest response is to carefully assert your views, which will soon allow the anger to defuse. Still, remain under control and don't become aggressive. Other survival-threatening situations (such as being chewed out by the boss) may have to be endured in silence until you can slip away to burn off the negative energy, perhaps through a brisk walk or some other vigorous activity.

IAM District Lodge 141

CELEBRATING YEARS OF SERVICE IN 905 DURING DECEMBER

26 Years Michael Scott
17 Years Dumitru Maceac
14 Years Sue Butler
7 Years Steve Tosolini
6 Years Richard Sale
5 years Kent Danforth
5 Years Brian Wesson
4 Years Andrew Arias
3 Year Done Vongprachanh



Get Well Soon

Leonard Bernard

Derek Bond

Alan Brown

Randy Crawford

Angela D'angelo

Ali Elassal

Delfin Flores

George Gaffney

Bradley Godfrey

Phillip Kellar

Michael McKelvey

Martin Price

Pauline Reilly

Douglas Teske

Steven Woolsey

Bruce Wyatt



Years of Service during December

35 Years James Hughes

Migrant workers file charter lawsuit

Three Mexican migrant agriculture workers filed a lawsuit against the Canadian government and an Ontario agriculture operator for breach of contract and damages, after the workers were repatriated without a hearing or any explanation of why they were terminated.

It is the first suit of its kind ever brought by migrant workers invoking their rights under Canada's Charter.

On August 30, 2010, Manuel Ruiz Espinoza, Salvador Reta Ruiz and Jose Ruiz Sosa were ordered by their employer—Tigchelaar Berry Farms in Vineland, Ontario—to pack up and leave Canada the next day. The three men were working legally in Canada as migrant agriculture workers under the federal government's Seasonal Agriculture Workers Program (SAWP).

Under SAWP, the workers and the farm operator sign a contract, including terms that the workers may only be repatriated for "sufficient reason." No reason was ever given by their employer, the Mexican or Canadian governments or pay in lieu of notice, contrary to Ontario's Employment Standards Act.

The three men filed an action in the Ontario Superior Court of Justice. The suit alleges the breach of the employment contracts violates their rights under Canada's Charter of Rights and Freedoms, including their right to be informed of allegations made against them and the right to be provided a meaningful opportunity to respond to the allegations.

"Without cause or a chance to defend themselves, scores of workers are shipped back home each season on a moment's notice, while the federal government turns a blind eye," says Hanley.

UFCW Canada Human Rights/CALM

Peterborough Public Health staff speak out to stop front line service cuts

Staff of the Peterborough County-City Health Unit are speaking out to stop cuts to front line health promotion and disease prevention services for the community. They question why the cuts are necessary when the Health Unit's funding has not changed.

Under the Health Unit's plan, there will be layoffs of a public health inspector, a nutritionist, and technical support staff. A public health nurse will also be cut by not filling a vacancy and a part-time health promoter's contract will not be renewed. There will be no reduction of managers.

The services that will be affected include key programs such as health inspection, nutrition, injury prevention, and support for increasing the physical activity of children and adults.

"Front line public health staff are already stretched and with fewer of us, programs and services get even more limited," said Suzanne Galloway, president of OPSEU Local 327.

In her 2010 annual report to the Legislative Assembly of Ontario released on December 1, Dr. Arlene King, the province's Chief Medical Officer, said that, "good health starts in childhood, in our homes, our schools, our workplaces and our communities." Dr. King is calling for a comprehensive plan that is geared towards health promotion and chronic disease and injury prevention—exactly the type of work done by the staff who will be cut.

There are 55 members of CUPE who are employed by Peterborough County-City Health Unit as secretaries, public health inspectors, community workers, computer technicians, and registered practical nurses. The Unit employs 38 ONA members who work as registered nurses and public health nurses. OPSEU represents 21 Unit employees including health promoters, genetic counsellors, infant development workers, nutritionists, and dental hygienists.

LabourStart

Voters support Ontario raising taxes on corporations and the wealthy

Ontarians are worried about the economy, but a majority would not support the Liberal government's plans to make deep cuts to public services in order to reduce the deficit, according to a poll released today by the Canadian Union of Public Employees (CUPE) Ontario. Instead, the public overwhelmingly support increasing taxes on corporations and the wealthy.

"Voters aren't buying into it when Liberals say cutting public services is necessary to get Ontario's books in order. People want alternatives that will let them keep the services they rely on," said CUPE Ontario President Fred Hahn, at a press conference this morning in Toronto's financial district. "But they know we have to pay for services, and that's why they support targeted new tax measures to raise revenue."

According to the poll, 90% of Ontarians support a new tax on individuals earning over \$500,000 annually, 83% support increasing taxes on banks and the financial industry, 81% support increased corporate taxes, and a plurality of 47% support a new "Robin Hood" tax on financial transactions.

Hahn met on Thursday with Don Drummond and his fellow commissioners, members of the commission to review public services and recommend areas to make cuts to programs and spending. The CUPE Ontario President said the commission should push beyond its mandate and look for ways to increase revenues, an idea supported by two-thirds of Ontarians according to the poll.

"What Ontario needs is a government that will steer the province toward fiscal recovery. Cutting thousands of jobs will not create that recovery. Billions of dollars in corporate tax cuts certainly didn't create jobs. Investing in key areas of the public sector, on the other hand, will support families through these tough times and will stimulate the economy," said Hahn. "Everyone else knows this isn't the time to make cuts. Now we just need Dalton McGuinty to come to the same realization."

LabourStart

week including with the militant Maritime Union of Australia. Pretencio's tour was held in coordination with the Australia-Asia Workers Links and ASU.

In Toronto, the airport workers represented by the Canadian Auto Workers (CAW), Canadian Union of Public Employees and the International Association of Machinists took the lead in organizing the rally for PALEA. Activists of the Occupy Toronto are also slated to participate in the solidarity action.

Among the reasons for the warm reception received by Pretencio in Australia is the solidarity shown by PALEA for the Qantas workers who are in a similar dispute with management over outsourcing, job security and pay. PALEA has twice picketed the Qantas office in Makati during the lockout in November 1 and as part of the global day of action for Qantas families last November 16.

AllVoices/LabourStart

CAW and CEP in one-union talks

Two powerhouse Canadian unions are considering joining forces.

Talks between the Canadian Auto Workers and the Communications Energy and Paperworkers Union of Canada (CEP) are about creating a new, mega-union that could "respond to the economic and political realities of today," says CEP's leader.

In 1985, the CAW broke away from the United Auto Workers following serious disagreements with the U.S.-based union. The CAW represents about 200,000 workers.

The CEP was created in 1992, combining the Canadian Paperworkers Union, Communications and Electrical Workers of Canada and the Energy and Chemical Workers Union. It has roughly 130,000 members.

London Free Press/LabourStart

PALEA takes fight to Australia and Canada

The embattled Philippine Airlines Employees' Association (PALEA) is taking its fight against the outsourcing and contractualization plan of Philippine Airlines to Australia and Canada. The vice president of PALEA, Alnem Pretencio, is in Australia now on a tour sponsored by unions with the aim of soliciting international support.

This coming Saturday (Eastern Standard Time), Canadian unions and groups together with the Filipino community will hold a demonstration at the Toronto international airport in solidarity with PALEA. Toronto hosts the biggest population of immigrant Filipinos in Canada.

Meanwhile yesterday Labor Secretary Rosalinda Baldoz was questioned by a delegate in the ILO regional meeting in Kyoto, Japan about the government's handling of the PALEA labor dispute. The challenge to Baldoz is a sign of the snowballing international support for PALEA.

Aside from expressing for PALEA's demand for immediate reinstatement, the Canadian groups will be disseminating information about the boycott campaign against PAL and Air Philippines, both owned by Lucio Tan. Yesterday representatives of various civil society organizations of migrants, students and NGO's held a press conference to call for "Don't fly PAL and AirPhil" and denounced Tan as "a Grinch who stole Christmas from some 2,600 PAL employees."

On its second day of the tour, Pretencio had already met with bus, tram and train unions in Melbourne. Also he is scheduled to meet with airport workers represented by the Australian Services Union (ASU), the Qantas aircraft engineers union ALAEA and the Qantas ground crew union Transport Workers Union. More meetings are planned in the weekend and next

The great jobs crash

In a grim analysis on the eve of the G20 leaders summit in November, the International Labour Organization said the global economy is on the verge of a new and deeper jobs recession that will further delay the global economic recovery and may ignite more social unrest in scores of countries.

Respondents in half of 99 countries surveyed say they do not have confidence in their national governments.

80 million jobs need to be created over the next two years to return to pre-crisis employment rates. However, the recent slowdown in growth suggests that the world economy is likely to create only half of the jobs needed.

The report also features a new social unrest index that shows levels of discontent over the lack of jobs and anger over perceptions that the burden of the crisis is not being shared fairly. It notes that in more than 45 of the 119 countries examined, the risk of social unrest is rising. This is especially the case in advanced economies, notably the EU, the Arab region and to a lesser extent Asia.

ILO/CALM



Did you know?

The Charter of Rights and Freedoms guarantees freedom of conscience and religion, freedom of thought, belief, opinion and expression, including freedom of the press and other media of communication, freedom of peaceful assembly, and freedom of association.

In November, the Saskatchewan Federation of Labour, along with two dozen additional plaintiffs (all unions), and three intervenor unions were in court to argue that their provincial government's recent labour legislation violates the Charter rights of working people.

The SFL team argued three main points

1. People have the right to form unions of their own choosing for the purpose of bargaining collectively with their employers, free from employer and government interference, consistent with international human rights as defined by the United Nations, consistent with the freedom of association provisions of the Charter and consistent with the freedom of expression provisions of the Charter.
2. The provincial government should ensure a level playing field for working people with major corporations by defending working people's ability to have a voice in the workplace.
3. The government should re-balance its legislation and enable unions to defend the rights of working people from attacks that have tipped the scales in favour of rich corporations and CEOs.

Reporter/SFL/CALM



February 28 is RSI Day

Repetitive strain injury (RSI) or musculoskeletal disorder (MSD) are umbrella terms that describe a collection of injuries that affect the muscles, nerves and tendons.

Tendonitis, tenosynovitis and carpal tunnel syndrome are some common examples. Symptoms include aches, pains, tingling, swelling and loss of joint movement and strength in the affected areas. These symptoms can progress into crippling disorders preventing those affected from working or leading normal lives.

A variety of workplace factors can play a role in the development of RSIs including repetition, work pace, work organization, awkward or fixed positions, forceful movements, vibration, cold temperatures, contact stress, psychosocial stress and insufficient recovery time.

Year after year, work-related RSIs account for more than 40 per cent of lost-time injuries allowed by Ontario's Workplace Safety & Insurance Board. RSIs are the single largest class of compensation claims. Many cases are never reported.

According to Statistics Canada, 2.3 million Canadian adults annually experience a MSD serious enough to limit their normal activities, and the majority of these injuries are caused by work-related activity. Beyond the social, emotional and economic costs to affected individuals are the economic costs to us all, estimated at upwards of \$26 billion dollars annually. Much of this is paid, not by employers who operate unsafe workplaces, but by Canadian taxpayers through the health care system and income assistance to the workers suffering these injuries.

WHSC/CALM