



NOVEMBER 5, 2015

unity update

Your bi-monthly
Unity supplement

Negotiating Team Update



Audrey Stone is a Las Vegas-based Flight Attendant. Audrey serves as the President and Lead Negotiator for TWU Local 556.

Our Negotiating Team (NT) is busy in Dallas this week. We have begun the process of getting our two new Team Members up to speed and settled into their roles. We are reviewing previous survey results and feedback we have received from you before, during, and after the Tentative Agreement (TA). We have also walked through the bargaining that took place with Southwest Airlines at the negotiating table for two years.

All of these steps are necessary to prepare a survey, which is the next step for

our NT. As stated previously, we will be working with TWU International to put together a comprehensive survey that will be conducted through a third party vendor. We are engaged in these preparations right now, and will communicate more information soon. I also mentioned that we would be scheduling base visits in the future, and our NT's first stops will be the upcoming Membership Meetings. Our NT will be traveling to all ten sessions of the meeting, and we look forward to seeing you the week of December 7-11.

We are also working with our TWU Local 556 Communications Committee to improve the "Negotiations" piece of our Website, including how you can bet-

ter communicate with us directly. I have stated that we will need your help to secure the Contract we deserve, and that it will take your involvement for us to be successful. We want you to have a clear place to go to in order know how you can help in the upcoming months.

We also participated in a Labor Forum on October 22 with other Southwest Airlines Union Leaders to discuss outstanding negotiations, including TWU Local 555, SWAPA, and AMFA. We have and will continue extending our support to all of our fellow Sisters and Brothers on property who remain without a Contract, including our Pilots in light of their rejected TA.

Honoring Our Veterans



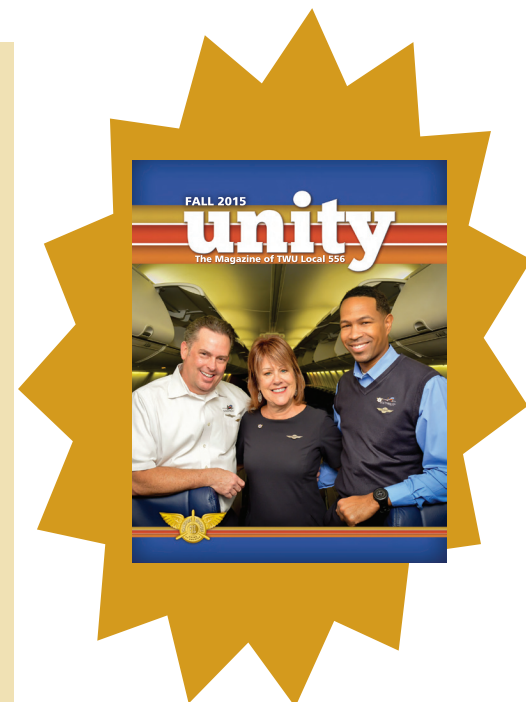
Chris Sullivan is a Denver-based Flight Attendant and Shop Steward. Chris serves as the Chairperson of the TWU Local 556 Veterans Committee.

Veterans Day originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. In 1926, Congress passed a resolution for an annual observance, and November 11 became a national holiday beginning in 1938. Memorial Day honors American service members who died in service to their country or as a result of injuries incurred during battle, while Veterans Day pays tribute to all American Veterans who served their country honorably during war or peacetime.

History of Veterans Day

World War I – known at the time as "The Great War" – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of "the war to end all wars."

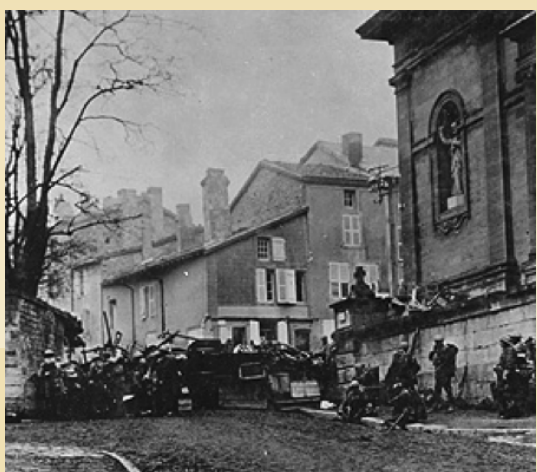
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The Fall 2015 issue of *Unity Magazine* will soon arrive in your Flight Attendant mailbox! You may click [here](#) to preview and download a copy of the magazine.

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

An Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday—a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of its citizens in the Nation's history and American forces had fought aggression in Korea, the 83rd



Soldiers of the 353rd Infantry near a church at Stenay, Meuse in France, wait for the end of hostilities. This photo was taken at 10:58 a.m., on November 11, 1918, two minutes before the armistice ending World War I went into effect.



President Eisenhower signing HR7786, changing Armistice Day to Veterans Day.

Congress amended the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." On June 1, 1954, November 11 became a day to honor American veterans of all wars.

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

The brave men and women who serve and protect the U.S. come from all walks of life; they are parents, children and grandparents. They are friends, neighbors and coworkers, and an important part of their communities. Here are some facts about the current veteran population of the United States.

- Currently there are over 23 million military Veterans in the United States.
- Over 9 million Veterans are over the age of 65.
- Almost 2 million Veterans are under the age of 35.
- Female Veterans total almost 2 million.
- More than 5 million Veterans served during the Gulf War (representing service from August 2, 1990, to present).
- In excess of 6 million Veterans have served in peacetime.
- The three states with the highest amount of Veterans among the population are: California (over 2 million), Florida (almost 2 million) and Texas (almost 2 million)

Other countries also commemorate the Veterans of World Wars I and II on or near November 11: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November). In Europe, Britain and the Commonwealth countries it is common to observe two minutes of silence at 11:00 a.m. every November 11.

Wherever you may find yourself this Veterans Day, please take a moment to remember all those that have sacrificed for our great nation. If you know a Veteran, or have one on your flight let them know how much we appreciate them.

If you are a Veteran, or are currently serving, we would like you to register with the TWU Local 556 Veterans Committee. That way we can better serve you as a Member and Veteran. We are also seeking volunteers who would like to participate in Veteran-related events and fundraisers.

Upcoming TWU Local 556 Veterans Committee activities include Building Homes for Heroes fundraisers in the Inflight Base Lounges, Operation Free PX donation drives and sending out holiday care packages to deployed Members. Stay tuned for details in Unity Update and on the Veterans Committee page of the Union Website.

You may contact the Veterans Committee by using the following information:

Chris Sullivan, Denver Flight Attendant #65925
TWU Local 556 Veterans Committee Chairperson
(720) 499-5124
csullivan@twu556.org



The Union of
Southwest Airlines Flight Attendants
TWU LOCAL 556

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MEMBERSHIP MEETING SCHEDULE

All Meeting Times Are Posted In Local Time

** denotes new meeting location

HOUSTON

DATE: Monday, December 7
TIME: 10:00 A.M.
**LOCATION: Houston Marriott South
9100 Gulf Freeway, Houston, 77017
(713) 943-7979

LAS VEGAS

DATE: Monday, December 7
TIME: 12:00 P.M.
**LOCATION: Hampton Inn Tropicana and Event Center
4975 Dean Martin Drive, Las Vegas, 89118
(702) 948-8119

ORLANDO

DATE: Tuesday, December 8
TIME: 10:00 A.M.
**LOCATION: Hyatt Regency Orlando International Airport
(407) 825-1375
9300 Jeff Fuqua Boulevard, Orlando, 32827

PHOENIX

DATE: Tuesday, December 8
TIME: 12:00 P.M.
**LOCATION: Hyatt Place Phoenix-North
10838 N. 25th Ave, Phoenix, 85029
(602) 997 8800

BALTIMORE

DATE: Wednesday, December 9
TIME: 10:00 A.M.
**LOCATION: Hampton Inn BWI
829 Elkridge Landing Rd, Linthicum Heights,
21090, (410) 850-0600

CHICAGO

DATE: Wednesday, December 9
TIME: 12:00 P.M.
LOCATION: Courtyard by Marriott
6610 South Cicero Ave, Chicago, IL 60638
(708) 563-0200

ATLANTA

DATE: Thursday, December 10
TIME: 10:00 A.M.
LOCATION: Renaissance Concourse Airport Hotel
One Hartsfield Centre Parkway,
Atlanta, GA 30354
(404) 209-9999

DENVER

DATE: Thursday, December 10
TIME: 12:00 P.M.
LOCATION: Holiday Inn & Suites
6900 Tower Road, Denver, CO 80249
(303) 574-1300

DALLAS

DATE: Friday, December 11
TIME: 10:00 A.M.
LOCATION: Unity Hall / TWU Local 556
7929 Brookriver Drive, Suite 750, Dallas, TX
75247 (214) 640-4300

OAKLAND

DATE: Friday, December 11
TIME: 12:00 P.M.
**LOCATION: Holiday Inn Oakland Airport
77 Hegenberger Road Oakland, 94621
(510) 638-7777

MEETING AGENDA

General Union Business, Board of Election Elections, Bylaw Amendments, Membership Motions
Union Meeting open to Members only. ID's will be checked.

Keeping “Plane” Healthy and Fit



Wayne Tipton is a Phoenix-based Flight Attendant and TWU Local 556 Shop Steward.

As we come into “Movember,” it’s time to raise awareness of men’s health and talk about issues we as men have when it comes to our health. In this past year, I have had friends in their mid-40’s lose their lives due to heart attacks because of poor eating habits, no exercise, not taking the time to have a yearly checkup or see a doctor when health issues

arise, or not listening to the advice of their doctor. Whatever the age, men must take their health seriously and take preventive measures to stay fit and healthy.

- **Yearly Check-Up** - It’s important that you make an appointment for your yearly checkup. During this time, make sure you talk with your doctor and advise her/him of any concerns you may have no matter how small you think it is. This will allow your doctor to address any issues you have and take care of it at that time.
- **Doctor Visits** - Men have the tendency to not take care of chronic pain or issues because they feel they can take care of it themselves. Anytime you have chronic issues, and your home remedies aren’t working, it’s time to make an appointment with your doctor to identify what may be causing these issues. Taking care of your health especially with the job that we have is very important.

Eating healthy and being active is something we all need to do especially when we get older and are working on the “dirty bird.” One thing that I suggest and do myself when it comes to eating healthy is planning meals in advance. Take one day out of the week to prep your meals so you have them ready for the rest of the week. A good resource is www.mealprepsociety.com, which takes you through a five-step easy guide for beginners. The site provides great meal prep ideas and recipes. [Pinterest](https://www.pinterest.com) is another great resource where you can find recipes to prep meals. Another great resource is the [Galley Gourmet](https://www.facebook.com/GalleyGourmet) Facebook page, run by our very own Houston-based Flight Attendants **BK Hoffman** and **Kelli East**, which provides great ideas and tools for fellow Stews. Believe it or not, meal prep is easier than you think. It helps you get into the habit of eating healthier and feeling better.

Another great tool I would suggest using is something that tracks your food intake. I use the *My Fitness Pal* app. It helps me track my caloric intake as well as my macros (carbohydrates, protein and fats). This app is great for those, like me, who need to physically see what they have eaten for the day and how close they are to meeting their healthy eating goal.

Goal setting and planning out your workouts or daily activities is something that will help you keep focused on what you need to do for the day and rest of the week. It also gets you into the habit of doing something each day. When it comes to workouts on your overnights, try to keep it simple but with a purpose.

MOVEMBER



click here to
donate to the
TWU LOCAL 556
Movember Team

TWU Local 556

WANTS YOU!

HELP OUR BOYS FIGHT CANCER

WWW.MOVEMBER.COM

Please join us and help make a difference in men’s health.
To donate to your team, please visit
moteam.co/twu556

This is where your goal setting and planning comes into play. With each overnight, know what you want to accomplish. Take advantage of the free options you have on the internet. Google and print out 30-day challenges that you can do each day. There are great travel “wods” (workouts of the day) available on the internet as well. Nothing says you must have weights or a hotel fitness center to get a good workout in. Bodyweight workouts in your hotel room are a great option to make sure you get your blood flowing and endorphins going, which boosts a positive mood in the body and lowers depression.

Your overall health and fitness is important. As we get into the month of Movember, and awareness of men’s health issues, take the time to self-evaluate your situation and how you can be a healthier, fitter YOU! Remember to always talk with your primary care physician when starting any physical activity, especially if you have any current health concerns.

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.” ~ Buddha

unity ^{update}
YOUR MONTHLY UNITY SUPPLEMENT



Unity and Unity Update are official publications of
Transport Workers Union Local 556, representing
the **Flight Attendants of Southwest Airlines**.

TWU Local 556

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