



# CAPITAL REGION DISPATCH

December  
2023

## President's Message

The holiday season reminds us of the importance of family. It's a time to pause, reflect, take stock, re-visit memories and express gratitude. For me, and for many of us, I suspect, CSEA is as much family as our own actual family. We spend so much time together. We share in the joys and the sorrows. We appreciate and support one another.

I am grateful for the past eight years. Serving as Capital Region President has been an absolute honor and privilege. Starting as Region President in 2016, I felt that my experience as a unit and local president and region officer would prepare me to lead the region. I was partly right in that my foundation of union principles and understanding of the way CSEA works has helped me, but looking back now, I have learned so much along the way.

Working with people from different backgrounds and experiences is challenging for any leader. We all bring our own



Ron Briggs  
CSEA Capital Region President

unique perspectives to the table. These differences of opinions, beliefs and the ways we go about making change and building union power are vast, varied and are to be respected.

Building coalitions requires that as a baseline we must accept that all sides will not always be in agreement on the best way to solve a problem. That is ok. We don't have to agree on all things, but we do have to respect each other and always prioritize the greater good which is the work we do on behalf of members.

I have met so many wonderful people who are part of the

CSEA family. Being an activist allows me to recognize in other activists the things we have in common and there is much more of these commonalities than differences. Many of us activists have always been the ones to speak up first, to defend others, to stand up to inequities and to question policies and practices that don't make sense.

Everyone deserves to be treated fairly at work. We deserve to work free of worry about our safety and as union members we expect to have a say in conditions of our employment. We also have a right to expect that in return for decades of commitment to work, that we will have the opportunity to live in retirement with dignity. There is still much work to do but I am bolstered by those among us who walk the same path, together.

I wish you all the joys of the holiday season.

Ron Briggs  
CSEA Capital Region President

# UNION FAME / MANAGEMENT SHAME

## UNION WINS

Wins for union workers help non-union workers.

Historic wins like “the weekend,” paid-time off, safety legislation and retirement benefits, though advanced by labor unions and won for union members, benefit most workers.

After this summer’s huge contract win at UPS, the pressure is now on Fed-Ex to follow suit or lose drivers.

On the heels of UAW’s historic gains at Detroit’s Big 3, Hyundai announced recently it will join Honda and Toyota in raising factory worker wages. Labor experts say the increases are an attempt



photo of UAW President Shawn Fain from the Detroit Free Press

to thwart organizing drives by UAW President Shawn Fein who has made it clear that UAW wants to organize U.S. auto plants run by foreign automakers.

Fain said auto executives at non-union plants are terrified by the prospect of a union push and calls Toyota’s pay raises the “UAW bump.”

“UAW, that stands for You are Welcome,” said Fain.

## THANK A UNION

- |                          |                               |
|--------------------------|-------------------------------|
| 1. Weekends              | 14. Collective Bargaining     |
| 2. Paid Vacation         | 15. Breaks                    |
| 3. FMLA                  | 16. Wrongful Termination Laws |
| 4. Paid Sick Leave       | 17. Age Discrimination Laws   |
| 5. Child Labor Laws      | 18. Raises                    |
| 6. Social Security       | 19. Sexual Harrasment Laws    |
| 7. Minimum Wage          | 20. American Disabilities Act |
| 8. 8 Hour Work Day       | 21. Holiday Pay               |
| 9. Overtime Pay          | 22. Military Leave            |
| 10. Health & Safety OSHA | 23. Equal Pay Act             |
| 11. Health Care          | 24. Civil Rights              |
| 12. Dental               | 25. Workers Comp              |
| 13. Vision               |                               |

AFL-CIO

## Buster!

*a CSEA comic strip*

Buster has hit rock bottom. Since he didn't pay union dues and couldn't afford a private attorney, he had no representation at his discipline. He lost his job and his wife tossed him out.





## Veteran's Day Parade

CSEA Capital Region Veterans Committee coordinated the CSEA contingent for this year's Albany Veterans Parade. The annual parade has been taking place in the city since 1952.



part of the CSEA contingent gathers before the parade steps off.



Stacey Deyo, Capital Region Treasurer (Left) waves a flag while Brayden Hendrik carries a flag to lead the CSEA contingent.



L to R Office of General Services Local 660 President and R4 Veterans Com-mittee Chair Joe Eissing, Saratoga Springs City Hall Unit President Lisa Wat-kins, Education Local 657 1st VP Tracy Snow, John Amos and Town of Col-onie "B" Unit President Bill Alund.



CSEA Capital Region President Ron Briggs and Tax Local 690 Retiree Lori Jubic along the parade route.

## Important reminder for the holidays about anti-union groups

As the holiday season ramps up, beware of mail from anti-union groups that always appears this time of year with holiday themed opt-out messaging. Some have fraudulently claimed to be from the CSEA President or CSEA – these are NOT coming from CSEA. These scammers allude to raises and savings, send phony checks and promote divisive issues to get members to click a link in an email, fill out a postcard or scan a QR Code. Please report these scams, by contacting your Labor Relations Specialist, the region office, and/or call CSEA's Member Solutions Center at **1-800-342-4146**



### Welcome, Gina Tralongo!

Gina Tralongo has joined the Capital Region office as a labor relations specialist. Prior to coming on board as an LRS, Gina worked for almost four years at CSEA's Employee Benefit Fund as a Sr. Benefits Specialist. She holds a certificate from Cornell in Labor Relations Studies and is also certified through Cornell's School of Industrial Labor Studies in Mediation & Arbitration Employment Labor Law. Gina is currently assigned to stops in Albany and Saratoga Counties.





# Recipes Cindy Pohlmann

## Cosmopolitan Cranberry Sauce

I love cranberries! Most people go crazy over pumpkin spice. I can't wait for cranberry season. I make cranberry liquor every year and this cranberry sauce for Thanksgiving and Christmas. I hope you try it. All the kids in my family are grown, but if you have kids or non drinkers you can easily make it nonalcoholic by substituting orange juice for the water and deleting the vodka and liqueur. The recipe can be found:

<https://www.epicurious.com/recipes/food/views/cosmopolitan-cranberry-sauce-240449>



### Step 1

In heavy medium saucepan over moderate heat, combine cranberries, sugar, and 1/2 cup water. Bring to boil, stirring often to dissolve sugar, then reduce heat to moderately low and simmer, stirring often, until thickened and reduced to about 3 cups, about 15 minutes.

### Step 2

Transfer to medium bowl and cool, stirring often, until tepid, about 30 minutes. Stir in vodka and liqueur. Transfer to serving bowl, cover, and refrigerate until chilled and set, at least 2 hours. (Sauce can be made up to 2 weeks ahead and refrigerated.) Serve chilled or at room temperature.

Enjoy!





# Light up

the holidays.

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# Recipes Janine Patschureck

## ROOTatouille

A hearty easy to make dish

2 winter squash—(acorn, carnival or delicata) seeded and cut into 3/4-inch pieces

8-Baby Red Bliss potatoes cut into 3/4-inch pieces

2 Sweet potatoes cut into ¾ pieces

2 cups carrots cut in ¾ pieces

3 Tbsp olive oil

1 small onion chopped (optional)

3 cloves of minced garlic

1 ½ tsp finely chopped rosemary

2 cans (10-15 oz) petite diced tomatoes ( can use fresh)

Salt and pepper

1 cup vegetable broth

Preheat the oven to 425 degrees F.

Toss the squash, potatoes and carrots with 2 tablespoons of the oil, salt and pepper. Spread in a single layer on a large rimmed baking pan and roast, stirring once or twice, until tender and golden brown in spots, 15 to 20 minutes.

Meanwhile, heat the remaining tablespoon oil in a medium pot over medium-high heat. Add the onion, garlic, rosemary and a pinch of salt and cook, stirring, until softened, about 8 minutes. Add the tomatoes, roasted vegetables and vegetable broth,

simmer until slightly thickened and the flavors have blended, about 10 -30 minutes. Enjoy your delicious roots.

## BEET THE WINTER BLUES SALAD

Easy to make tasty and colorful

1 Large can (29 oz) Garbanzo beans—rinsed and drained

1 Large can (15 oz) whole beets— rinsed and drained, cut in quarter

2 stalks celery—sliced ¼ angles

1 clove minced garlic

1/4 cup white Balsamic vinaigrette dressing ( I like Newman's own)

Salad greens of your choice—or a combination (Romaine lettuce/baby spinach / arugula)

Mix all ingredients, **ACCEPT** for the salad greens, in a bowl. Cover and Refrigerate for approximately 4 hours.

Rinse your greens, (my favorite is arugula) top with the beets and beans, add more dressing to your taste.

