

CLUW 15TH Biennial Convention Workshops
Wednesday, October 14, 2009

Workshops are listed alphabetically for each time slot. With the exception of "Meeting Protocol" each workshop takes place twice. Please check the schedule carefully to determine which workshops you wish to attend, their corresponding time slots and room locations. Workshop descriptions are listed below.

8:30 a.m. – 10:30 a.m.

- 1. End Discrimination Now! Working Together in the U.S. and Abroad**
- 2. Family Friendly Workplace – How Unions Win It!**
- 3. Gen-Xers and other Strangers**
- 4. Living Well: Focus on Breast and Cervical Cancer**
- 5. Navigating Uncertainty: An Economic Survival Map**
- 6. Organizing Women into the Labor Movement**
- 7. Tools for Activism and Leadership**

11:00 a.m. – 1:00 p.m.

- 1. CLUW At Home And In Your Community**
- 2. Do you have what it takes to run for political office?**
- 3. Family Friendly Workplace – How Unions Win It!**
- 4. Living Well: Focus on Breast and Cervical Cancer**
- 5. Navigating Uncertainty: An Economic Survival Map**
- 6. Organizing Women into the Labor Movement**
- 7. Public Speaking I**

2:30 p.m. – 4:30 p.m.

- 1. CLUW At Home And In Your Community**
- 2. Do you have what it takes to run for political office?**
- 3. End Discrimination Now! Working Together in the U.S. and Abroad**
- 4. Gen-Xers and Other Strangers**
- 5. Meeting Protocol: What's Robert Got to Do With It**
- 6. Public Speaking II**
- 7. Tools for Activism and Leadership**

CLUW At Home And In Your Community

How does CLUW fit in to your local community? How do you work with unions and community allies to promote CLUW and your joint programs? What can we do to support our chapters' growth and to start new ones? How do we turn dull meetings into lively ones that people really want to attend?

Learn from CLUW leaders throughout the country what has worked to make chapters thrive. Share creative ideas and activities in which chapter members are engaged. Please be prepared to take an active role in this session. Everyone has good ideas. Bring yours !!

Presenters: Verlene Jones, CLUW State Vice President, Washington
Millie Hall, CLUW Chapter President, Detroit
Helen Elliott, CLUW Chapter President, Central PA
Ellen Wakefield, CLUW Chapter President, Ft. Worth
Michele Newby, CLUW Chapter President, Greater Kansas City

Sponsoring
Committee: Recruitment/Young Women Workers

Do You Have What It Takes To Run For Political Office?

Have you ever thought about running for office or had the desire to run a political campaign? Politicians and campaign managers are essentially community activists like many of you. How better can the issues facing women in labor be represented than by electing our own dynamic women? Join us for a primer where we will go through the 10 qualities needed as well as the 10 steps that can put you on the road to politics.

Emerge America, the premier training program for Democratic women running for office, will be on hand to talk about why we need more women to take the plunge and run for office themselves. We will also have women who are in office talk about their experience running and winning!

Presenters: Monica Garcia, Mayor Pro Tem/Council Member for the City of Baldwin Park
Janice Hahn, Councilwoman, City of Los Angeles, 15th District
Andrea Dew Steele, President and Founder, Emerge America
Amy Simon, Principal, Goodwin Simon Victoria Research
Rose Kapolczynski, Progressive Strategy Partners

Sponsoring
Committee: Legislative and Political Action

End Discrimination Now! Working together in the US and Abroad

What do we want? End Discrimination! When do we want it? NOW! For too many years, discriminatory practices such as wage disparity, sexual harassment, and prejudicial hiring have hindered women workers from reaching their full potential at the workplace. However, with a new Administration that is keen on promoting women's and workers' rights, the time is ripe for us to act now to eliminate inequalities on the job. Come learn about an exciting new campaign that can not only help end discrimination in the US, but also hold multinational corporations that exploit female workers abroad responsible. Discover a great opportunity through which we can work together to end discrimination and leave the next generation of female workers with a better workplace.

Presenters: Liana Foxvog, International Labor Rights Forum and SweatFree Communities

Sponsoring
Committee: Women in the Global Community

Family Friendly Workplace – How Unions Win It?

Working women are experts at juggling the demands of work and family every day. However, achieving work family balance isn't just an individual responsibility. During this interactive workshop we will discuss how organizing and collective bargaining can help create family friendly workplaces for everyone. Workshop participants will explore solutions that support working families through work family case scenarios and union negotiated contract language.

Presenter: Brandy Davis, Policy Coordinator, Labor Project for Working Families

Sponsoring
Committee: Work and Family Issues

Gen-Xers and Other Strangers

Are you facing challenges in the workplace related to age, culture, and attitudes of your co-workers and union members? Are inter-generational tensions and conflicts disrupting your workplace? Are you puzzled as to how to bring younger people into the union and get them involved? Are you frustrated that these young people don't appreciate what unions have done for them? This workshop includes cameo appearances by the "Generational Gals" with lively interaction as they help us understand these issues in the union and work together to find solutions.

Presenters: Constance T. Cordovilla, Associate Director, AFT Human Rights and Community Relations
Louise Sundin, Executive Vice President, Minneapolis Regional Labor Federation
Janet Kujat, Vice President, Minneapolis Federation of Teachers
Elisa Gusdahl, Field Staff, California Teachers Association

Sponsoring
Committee: Mature Women Workers

Living Well: Focus on Breast and Cervical Cancer

Breast cancer is the most common cancer in women, other than skin cancer, and the second deadliest cancer in U.S. women. Approximately 182,460 cases of invasive breast cancer were diagnosed in the U.S. in 2008, according to the American Cancer Society (ACS). Though an estimated 40,480 women will die from breast cancer this year, ACS estimates that there are about 2.5 million breast cancer survivors in the U.S. There is no known way to prevent breast cancer, however, there are some things women can do to reduce their risk of breast cancer.

Cervical cancer is nearly 100% preventable, yet in 2009, 11,270 U.S. women will be diagnosed with cervical cancer, and 4,070 women will die from this disease, according to ACS. We know that a common virus causes it, we have the tools to prevent it which are covered by most union health plans. Our challenge is to make sure union women have the information they need to preserve their health and save their lives. This workshop will provide tips on how to reduce your risk of breast cancer and how to prevent cervical cancer.

Presenters: Carolyn Jacobson, CLUW Cervical Cancer Prevention Works Project Director
Elizabeth Stillwell, RN, L.A. County Department of Public Health, Office of Women's Health

Sponsoring
Committee: Women's Health and Wellness

Meeting Protocol: What's Robert Got to Do With It?

"I hereby call this meeting to order." What would you do if someone said these words, handed you the gavel and left? Robert's Rules of Order, known as parliamentary procedure, can seem overwhelming and puzzling. This workshop will demystify the rules on how to conduct a meeting in an expedient, fair and orderly fashion, as well as how to make a motion, vote and follow proper procedure.

Presenter: Heather Kelley, Grand Lodge Representative, IAM

Sponsoring

Committee: Archive and History

Navigating Uncertainty: An Economic Survival Map

Explore assistance options for struggling union families – from the AFL-CIO's Community Services Program and the new Union SAFE umbrella of assistance benefits through Union Plus.

Presenters: Judy Miller, Vice President – Union Privilege
Armando Olivas, Regional Director - Western Department of Labor Participation, United Way of America
Ericka Rhyne, Asst. Director, LA County Federation of Labor, AFL-CIO Community Services

Sponsoring

Committee: Affirmative Action/Minority Issues

Organizing Women in the Labor Movement: Why Now? Why You? And How to Make it Happen

Why are women the fastest growing population in the labor movement? What can you do to support these organizing campaigns? Why is there a need for female organizers and why not you? What campaigns have worked and which ones have not. How does the community play an important role in bringing campaigns to a successful conclusion. What impact will the Employee Free Choice Act have in organizing campaigns.

All these issues as well as tips on how to organize will be included in this workshop that will be presented by a cross section of the labor community and our allies.

Presenters: Elizabeth Powell, Northeast Regional Coordinator, APWU
Lilly Flores, Organizing Director, UFCW Local 1428
Kristin Lynch, California Public Sector Director; California Nurses Association/National Nurses Organizing Committee
Mayee Crispin, Director of External Organizing, SEIU Local 721
Judy Hermosillo, Sr. Coordinator External Organizing, SEIU Local 721

Sponsoring

Committee: Organizing the Unorganized

Public Speaking I: I Want To Say Something!!!!

A good message is heard, believed, remembered and repeated. Staying on message can be boring, frustrating, confusing and very difficult. In this workshop, learn the fundamentals that will help you construct powerful messages concisely and convincingly.

Presenter: Ryan Rauzon, Media Expert – Dewey Square Group

Sponsoring

Committee: Media/Communications/New Technologies Taskforce

Public Speaking II: How to Say It Best

So you know the message you want to send, but how do you best deliver it to your target audience. In this workshop you will learn how to use your words to persuade, motivate action, elicit joy or whatever the occasion calls for

Presenter: Ryan Rauzon, Media Expert – Dewey Square Group

Sponsoring

Committee: Media/Communications/New Technologies Taskforce

Tools for Activism and Leadership

This workshop is designed for those wishing to step into a more active role or contemplating a run for a leadership position within their local union. If you're already an activist or hold an elected position, this session is not for you. This interactive workshop will examine how a person moves from being a local union member, to activist and leader.

Presenters: Ann Flener, USW Women of Steel Director
Emily Jefferson, USW Women of Steel Support Staff.

Sponsoring

Committee: Leadership Development