

The IAM Connection

A publication for members of IAM Local 2797

Fall 2025 Edition



Local Meetings

Local 2797 meets on the 2nd Thursday of each month at 6:00 p.m.
The November 2025 meeting will be held at the airport—location details will be sent out prior to the meeting.

You can attend meetings virtually, a link is sent with the meeting notification.

Be sure to receive the meeting notice and link to join by emailing Sarah Covey, Communicator at: scovey@iamaw2797.ca.

IAM Atlantic Council

The IAM Atlantic Council includes IAM members from New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland & Labrador.

The 2025 IAM Atlantic Council Conference was held September 12-13, 2025 in Moncton, NB. This year's theme was Organizing. There were a number of guest speakers who did an amazing job of educating attendees on the importance of organizing both internally and externally to build our locals and the IAM.

The following IAM members were elected to the IAM Atlantic Council Executive Board for a 4 year term:

President—Zita Hildebrandt

Secretary/Treasurer—Chris Snelgrove

Recording Secretary—Cynthia Black

Vice President NS—Max Way

Vice President NB—Donna Boudreau

Vice President NFLF—Kelly Codner

Trustees—Simon Davenport , Chris Arsenault and Mark Almon

Auditor—Janet Baker



Attendees of the 2025 IAM Atlantic Council Conference

Member Profile

Paul Gaudet

Industrial Mechanic with the Canadian Forces Ammunition Depot (CFAD). Paul has been with CFAD for 25 years, but has 50+ years of service with the Department of National Defense (DND)

Involvement in local:

- Secretary/Treasurer for 20+ years
- Former President of the IAM Atlantic Council for 25+ years

Where are you from: Paul grew up in Beaver River, NS but has called Waverley home for a number of years.

Hobbies: Paul's hobbies include hockey, Formula 1 races (he's been to the Canadian Grand Prix numerous times), and is a diehard "cheesehead" (supporter of the Green Bay Packers) and is part owner of the Green Bay Packers Association!

Fun fact: Parked in Paul's garage is a 1982 Mondial 8 Ferrari.



Labour Day 2025



Members of Local 2797 attended Labour Day 2025 events in Halifax representing the IAM Union and Local 2797.

Pictured are IAM Representative Matt Barnable and Local 2797 member Stephanie Swikehardt who volunteered to work the cotton candy machine during the event.



Follow us on Social Media

Website: <https://iamaw2797.ca/>

Facebook: <https://www.facebook.com/groups/1896265710412058>



NSFL Convention 2025



The 53rd convention of the Nova Scotia Federation of Labour (NSFL) is taking place October 26-28, 2025.

Our very own Local 2797 member, Melissa Marsman is running for President of the NSFL! Melissa currently holds the position of Secretary/Treasurer of the NSFL. Having Melissa in the role of President will be a great asset to workers across Nova Scotia and great representation for the IAM. Good luck Melissa; we're all rooting for you!



IAM Member Benefits

Members of IAM are eligible for discounts from numerous businesses within Canada and the US. There is a wide range of services offered for home, automotive and/or health and wellness. To view the full list of organizations offering benefits, please visit: <https://www.unionplus.org/>

What are our members doing?

Stephanie Swikehardt will be attending the District 140 Women's Conference being held December 9-12, 2025. Stephanie is the Chair of the Local 2797 Women's Committee.

Get Involved



If you are interested in being active in your Local there are many opportunities to get involved. We are happy to have members take an active role —we are stronger together! You can be more involved by attending your local meetings, being a representative on a committee, or by volunteering your time and/or special abilities to the local when needed. For more information please contact a member of your Executive Board.



COMMUNITY CONNECTIONS

Coat Donations

Local 2797 **Community Services Committee** is collecting gently used, clean coats for men, women and children. All coats collected are donated by the committee to local charity organizations. Please bring your coats to a local meeting or contact a member of the committee to make other arrangements for drop off.



Feed Nova Scotia Donation

Local 2797 **Women's Committee** dropped off donations of non-perishable food items to Feed Nova Scotia. The donation will be used to feed families in need across Nova Scotia. Thank you to everyone who donated items and made this donation possible.

Chair, Stephanie Swikehardt—stephanieswikehardt@gmail.com

NSFL and CLC Campaigns

Local 2797 **Political Action Committee** is supporting several Nova Scotia Federation of Labour (NSFL) campaigns: EI Must Be Fixed Now!; Stop Violence in the Workplace; Anti-Scab Legislation Now!; and Stop! Misuse of Non-Disclosure Agreements.

For more information on these campaigns, please visit: <https://nslabour.ca/take-action/>

The PAC Committee also supports the following CLC initiatives: Strengthen the Safety Net; Protect Every Worker; and Make Homes Affordable.

Chair, Zita Hildebrandt—zhildebrandt@nsgeu.ca



Care Packages

Local 2797 **Human Rights Committee** is seeking donations for our annual care package initiative. Care packages are distributed to organizations that support those in need and may include bus tickets, \$5 Tim's gift cards, hats, tissues, bottled water and various personal care items.

Chair, Cynthia Black—cblack@nsgeu.ca

Knowledge is Power!



A grievance is a formal complaint raised by an employee or the union when an employer violates the terms of the collective agreement, workplace policies or labour laws.

Common grievances include:

- Unfair treatment or discrimination
- Wages discrepancies
- Health & safety concerns
- Denial of benefits

Steps in the Grievance Process:

- **Informal Discussion:** Raise the issue with your supervisor.
- **Formal Complaint:** File a grievance with union assistance.
- **Investigation & Resolution:** The union and employer work together to address the issue.
- **Arbitration:** If unresolved, it may escalate to a neutral third party for a final decision.

Your union is here to support and guide you every step of the way!



Virtual Training for Fall 2025:

OCTOBER 2025

Just Cause. *Just cause is the standard that management must adhere to when disciplining or discharging an employee.*

- [Wednesday, October 22, 10 a.m. to 11 a.m. ET](#) / [Thursday, October 23, 8 p.m. to 9 p.m. ET](#) / [Saturday, October 25, 11 a.m. to noon ET](#)

NOVEMBER 2025

Microsoft Excel II. *Learn to build a wage chart.*

- [Wednesday, November 19, 10 a.m. to 11 a.m. ET](#) / [Thursday, November 20, 8 p.m. to 9 p.m. ET](#) / [Saturday, November 22, 11 a.m. to noon ET](#)

Please visit <https://w3iam.org/programs/virtual-training/> to register.

Congratulations

The Local would like to extend congratulations to Stephanie Swikehardt who got married on September 13th.



Cheers To You

Is there a member of our local that you know has a reason to celebrate? We would love to celebrate with our members; if you know of someone celebrating a milestone or accomplishment (marriage, birth, becoming a grandparent, job/career change, graduation, awards or recognition) let us know! We'll ensure they get the praise they deserve! You can send your submissions to any member of the executive.

Cook It Up

Pumpkin Lasagna

Ingredients

- 1/2 cup (1 stick) unsalted butter
- 1 onion, chopped
- 4 cloves garlic, finely chopped
- 1 tsp. cider vinegar
- 1 tsp. dried sage
- 3 (15-oz.) cans pumpkin puree
- 2 Tbsp. pure maple syrup
- 1 tsp. grated fresh nutmeg
- Kosher salt
- Freshly ground black pepper
- 1 large egg, beaten to blend
- 1 (15-oz.) container ricotta cheese
- 3 cups shredded Fontina, divided
- 3 cups shredded mozzarella, divided
- Cooking spray

Directions

Step 1: Preheat oven to 375°. In a large saucepan over medium heat, melt butter. Add onion and garlic and cook, stirring occasionally, until fragrant and softened, about 7 minutes. Add vinegar and cook, stirring, until mostly evaporated, about 4 minutes. Stir in sage. Add pumpkin, syrup, and nutmeg; season with salt and pepper. Cook, stirring, until warmed through, about 5 minutes.

Step 2: In a medium bowl, stir egg, ricotta, 2 cups Fontina, and 2 cups mozzarella until combined.

Step 3: Grease a 13" x 9" baking dish with cooking spray. Smear a thin layer of pumpkin mixture on bottom of prepared dish. Cover with about one-quarter of noodles. Top with one-third of cheese mixture. Spread one-third of remaining pumpkin mixture over cheese mixture, followed by a layer of noodles and another layer of cheese. Repeat one more time, then finish with remaining pumpkin mixture and a layer of noodles. Sprinkle noodles with remaining 1 cup Fontina and 1 cup mozzarella.

Step 4: Cover dish with foil and bake lasagna 35 minutes. Uncover, increase oven temperature to 400°. Uncover dish and continue to bake until cheese on top is melted, about 20 minutes more. Let rest 5 minutes to set.



The intent of this newsletter is to keep the members of IAM Local 2797 informed on current events within your Local. Submissions can be made by emailing: cindyblack2009@gmail.com or any member of your Executive.