

# The IAM Connection

A publication for members of IAM Local 2797

Winter 2026 Edition



## NSFL Convention 2025

IAM members make an impact at NSFL Convention!

The Nova Scotia Federation of Labour (NSFL) convention was held October 26-28, 2025 in Halifax, Nova Scotia.

Although the IAM only had 6 delegates and 1 observer at the convention, we managed to make a huge impact.

Local 2797 submitted 5 resolutions to be debated on the convention floor, and all of them were accepted by the delegates. Our member, Kim Jenkins was on the Resolutions Committee.

All of the delegates got up to the mic, introducing themselves as IAM members and speaking on resolutions – both our own and those submitted by other unions in attendance. We also had a great presence at the rally for the striking CUPE members with our bright blue IAM shirts!

During elections, our own Melissa Marsman was elected as President of the NSFL and Cynthia Black was elected as VP for Unions Under 1000.

You can read more about Melissa's election here: <https://iamaw.ca/melissa-marsman-makes-history-as-nsfl-president/>



Pictured above are the elected members of the NSFL Executive Board.



Pictured above is NSFL President, Melissa Marsman.



Pictured above are IAM Members attending a CUPE rally during the NSFL Convention.

# Member Profile

## Janet Baker

Membership Records Representative; Janet has worked at NSGEU for 26 years.

### Involvement in local:

- Current President of Local 2797 (2nd term)

**Where are you from:** Janet grew up on a dairy farm located in Newcomb's Corner NS. She currently lives in Hartlin Settlement, Jeddore with the ocean in her backyard.

**Hobbies:** Janet loves horses! She has a taste for adventure and loves to snowmobile, scuba dive— last time diving was in Mexico - boating, and some fishing. She loves to travel and is planning her next trip to Ireland in June 2026.

**Fun fact:** Janet love antiques and even have an antique single horse sleigh—she also loves cooking, entertaining, and boxer dogs. She likes to do drumming, drawing, and painting, and plans to learn to play the guitar.



## Local Meetings

Local 2797 meets on the 2nd Thursday of each month at 6:00 p.m.

Local meetings are your opportunity to hear what's happening with your local, be informed on your workplace, ask questions and get involved in your union.

Meetings can be attended in person or virtually, a link is sent with the meeting notification.

Be sure to receive the meeting notice and link to join. You can email Sarah Covey, Communicator at: [scovey@iamaw2797.ca](mailto:scovey@iamaw2797.ca).

It was nice to see some new faces at our November meeting; pictured are members of Swissport who attended their first local meeting in November. We hope to see them and more new faces at a future meeting.

## Follow us on Social Media

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

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





## COMMUNITY CONNECTIONS

### Coat Donations

Local 2797 **Community Services Committee** is collecting gently used, clean coats. 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.

Chair, Deedee Slye—[dslye@nsgeu.ca](mailto:dslye@nsgeu.ca)



### The Shoebox Project

Local 2797 **Women's Committee** is working on Shoeboxes for Shelters. An initiative that provides a gift box containing a mix of essential everyday items and small luxuries. Boxes are distributed to women facing homelessness.

Chair, Stephanie Swikehardt—[stephanieswikehardt@gmail.com](mailto: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](mailto:zhildebrandt@nsgeu.ca)



### Care Packages



The IAM Local 2797 Human Rights Committee donated 40 care packages to the Phoenix Youth Shelter on Monday, November 10. The shelter was overjoyed to receive the donation and expressed how grateful the youth would be to receive these.

If you would like to join the Local 2797 Human Rights Committee, please reach out to Cynthia Black, Committee Chair or any member of your Local Executive.

Chair, Cynthia Black—[cblack@nsgeu.ca](mailto:cblack@nsgeu.ca)



# IAM Union Scholarships

IAM Union Scholarships are open each year to members of the IAM and their children throughout the United States and Canada.

Awards to members are \$2,000 per academic year. They are granted for a specific period from one to four years to enable the member to earn a Bachelor's degree or a two-year vocational/technical certification.

Awards to Children of Members are:

College - \$1,000 per academic year. All awards are renewed each year until a Bachelor's degree is obtained up to a maximum of four years.

Vocational/Technical School - \$2,000 per year until certification is reached up to a maximum of two years.

## Scholarship Application Timeline

Opens: October 1, 2025

Closes: February 6, 2026

## Scholarship Review Timeline

Opens: February 13, 2026

Closes: March 13, 2026

**Winner Announcement - May 4, 2026**

More information can be found at: <https://scholarship.goiam.org/>

## 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/>

## COLD WEATHER TIPS

### PIPES

Insulate, drain, or allow water to drip from the faucet at a trickle for pipes located in exposed or unheated locations.

### PETS

Not all pets can handle cold weather. Bring your pets indoors whenever possible or provide a warm and safe location.

### HOME HEATING

Have a 3-foot zone around and follow safety instructions for alternative heating sources. Utilize carbon monoxide detectors.

### PEOPLE

Dress in layers and minimize exposed skin. Limit time outdoors if not prepared. Check on those without sufficient heating.



## 2026 Programs

To view a full list of programs offered for 2026, please visit the W3 website at: <https://w3iam.org/2026-programs/>

## Virtual Training for Winter 2025/2026:

### FEBRUARY 2026

#### **Microsoft Word I (Basic).**

- [Wednesday, February 18, 10 a.m. to 11 a.m. ET](#)
- [Thursday, February 19, 8 p.m. to 9 p.m. ET](#)
- [Saturday, February 21, 11 a.m. to noon. ET](#)

### MARCH 2026

**Common Sense Economics.** *Based on the AFL-CIO's popular training, Common Sense Economics explains how the economy works and what workers can do to make the economy work better for everyone.*

- [Wednesday, March 11, 10 a.m. to 11 a.m. ET](#)
- [Thursday, March 12, 8 p.m. to 9 p.m. ET](#)
- [Saturday, March 14, 11 a.m. to noon. ET](#)

#### **Google Suites.**

- [Wednesday, March 25, 10 a.m. to 11 a.m. ET](#)
- [Thursday, March 26, 8 p.m. to 9 p.m. ET](#)
- [Saturday, March 28, 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 Melissa Marsman on her election as President of the Nova Scotia Federation of Labour!



## 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, , 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

### Balsamic Glazed Mini Meatloaves

#### Ingredients

- 2 large eggs
- 2tbsp Worcestershire sauce
- Kosher salt & pepper
- 1/2 cup Panko crumbs
- 1 small onion; coarsely chopped
- 1/2 cup parsley leaves; finely chopped
- 2 cloves garlic; grated
- 1 1/2 lbs. ground beef
- Oil for brushing
- 1/4 cup ketchup
- 1 tbsp balsamic vinegar

#### Directions

**Step 1:** Remove insert from air fryer basket. Heat air fryer to 325°F.

**Step 2:** In large bowl, whisk together eggs, Worcestershire sauce, 3/4 tsp salt, and 1/2 tsp pepper; stir in panko and let sit 2 minutes. Stir in onion, garlic, and parsley. Add beef and mix until just incorporated.

**Step 3:** Shape beef mixture into three 5- by 3-in. loaves and place on air fryer insert. (Note: If using stainless steel air fryer insert, brush lightly with oil before adding meatloaves.) Return insert (with meatloaves) to basket and air-fry 10 minutes.

**Step 4:** Meanwhile, in small bowl, stir together ketchup and balsamic vinegar until combined. Transfer 2 tablespoons of mixture to second bowl and set aside. Brush tops and sides of loaves with remaining ketchup mixture, then continue to air-fry until internal temp registers 150°F, 13 to 16 minutes more. Brush with reserved ketchup mixture and let rest at least 5 minutes before slicing.



**Oven Instructions:** Heat oven to 375°F. Line rimmed baking sheet with nonstick foil. Proceed with recipe. Transfer mixture to prepared baking sheet and shape into three 5- by 3-in. loaves. Bake 15 minutes. Brush tops and sides of loaves with ketchup mixture, then continue baking until internal temp registers 150°F, 15 to 20 minutes more. Brush with reserved 2 tablespoons ketchup mixture and let rest at least 5 minutes before slicing.

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](mailto:cindyblack2009@gmail.com) or any member of your Executive.