

FUSE LOCAL 1212

AFFILIATED WITH THE LABORERS' INTERNATIONAL UNION OF NORTH AMERICA



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CLASSIFIED FURLOUGH DAYS 2010-2011

December 20 and 21

April 18, 19, 20 and 21

Folsom Lake is near capacity at 461 feet, and that is great news! With the abundance of lake water comes more people, which makes it a good time to talk about water safety.

- Alcohol is not permitted in any day use area of Folsom Lake.
- Glass containers are strictly prohibited.
- Diving & jumping are illegal in state parks.
- Do not swim when overtired.
- Have a life jacket available for every person on a boat.
- Have fun and be smart!

“Dear FUSE Membership,
Seeing all of you at the last general meeting reminded me of the many exceptional times we have shared at Sierra College. Thank you for the memories!

Fondly, Gayle Stephens”

WELCOME!

- Tim Smith, IIT Database Administrator

INSIDE THIS ISSUE

Furlough Days 2010-2011	1
Water Safety	1
Member Update	1
Newsletter Survey Results	1
Meet Cheryl Harris	2
Polo Day	2
Food Rules	3
Recipe of the Month	3
Steward Mission Statement	4
Steward Contacts	4
Calendar	5

NEWSLETTER SURVEY RESULTS

Of those who completed the survey, 66% read the newsletter and of those members, 53% want to keep monthly circulation as opposed to quarterly. Positive feedback included member profiles, monthly recipes, website links, and current events. Ideas for improvement included featuring healthier recipes, no recipes, more pertinent stories and interviewing FUSE executive board members. We heard you and will make some changes accordingly. THANK you for taking the time to participate!



Who: FUSE members.

What: Wear your Polo shirts.

Where: On campus.

When: First and third Thursday of every month.

Why: Solidarity = Unity as of a group or class that produces or is based on a community of interests, objectives and standards.

Thank you to the following members who were spotted in June as having worn theirs!

- **Sonny Cooper**
- **Anna Mostafavi**
- **Robert Dean**
- **Cary Cose**



Meet Cheryl Harris

Cheryl Harris, an administrative assistant in the Nursing/Health Technology department at Roseville Gateway, has been in her current position for just over a year, coming from the counseling center. She was previously in the Air Force, a fact of which she is very proud. She once rode in an F4 Phantom jet where she took the stick, did a roll, and broke the sound barrier! "It was a once in a lifetime opportunity, and it was a blast!"

Cheryl grew up in Indiana. She currently lives in Roseville with her 16-year-old son. Cheryl is a self-proclaimed theatre and movie addict and has taken her son to many shows, including *Wicked* and *Les Miserables*. Favorite movie? "I'm a huge comedy fan and I love Steve Martin." Cheryl is also a voracious reader, currently reading *The Princess Bride*.

About Sierra College, Cheryl says "I love my job here. I've never worked so hard in my life as far as the volume of work is concerned. The administrative assistants here are so supportive, and the sharing of knowledge is incredible. To watch students evolve from beginning to end is inspiring and rewarding. I love that FUSE is so active and member-conscious. It's a very tricky balancing act, accommodating workers and the administration. Sometimes unions get a bad rap, but I think this board is passionate about what they do and has our best interests at heart."



Union Plus provides consumer benefits to members and retirees of participating labor unions. Offering an abundance of discounts and offers from scholarships to discount movie tickets, check them out at www.unionplus.org

Food Rules

The question is complex, but the answer is clear-cut: Eat food, not too much, mostly plants. That's the message from Food Rules, a new pocket-sized handbook written by Michael Pollan, a journalist and college professor on a mission to foster healthy eating habits.

Sixty-four simple guidelines, or rules, take the guesswork out of how to choose foods that are healthy from the overwhelming number of choices that are not. Rules such as "Don't eat anything your great-grandmother wouldn't recognize as food," and "If it came from a plant, eat it; if it was made in a plant, don't."

"More and more foods are being replaced with edible food-like substances loaded with ethoxylated diglycerides and other unpronounceable ingredients," Pollan explains, "Serving no nutritional purpose, these laboratory concoctions simply extend shelf life, make old food look fresher and entice people to eat more of the things they should avoid."

The manufacturing process that extracts natural ingredients is equally disastrous for people who are trying to make healthy food choices. Pollan writes that since the arrival of the low-fat fad, Americans have actually been consuming more than 500 *additional* calories per day. As a result, they are nearly 20 pounds heavier than they were 30 years ago. This is due to all the sugar, refined or otherwise, that manufacturers routinely add to make up for flavoring lost when natural fats are removed.

Food Rules streamlines food choices. Keep it handy for grocery shopping, pantry planning and a healthy life....made simple.

(Lifelines, Janet Lubman Rathner)



Patriotic Fruit Salad

- 1 Quart Strawberries
- 1 Pint Raspberries
- 1 Pint Blueberries
- 1 Pint Blackberries
- 2 Large Bananas
- 1/2 Cup Orange Juice

Slice strawberries and toss with blueberries into a large bowl. Slice banana and place in small bowl and add 1/2 cup orange juice. Mix gently. This will help keep the bananas from turning brown.

Add raspberries, blackberries, bananas and orange juice to salad bowl and mix very gently. Add mint leaves, if desired. May also serve with whipped cream.

Steward's Mission Statement

The mission of the local steward is to actively encourage member participation, to foster a positive relationship between the Union and Management, to ensure that appropriate representation is accessible and provided to employees, to serve as a communication link between Union Staff/Union Programs and members/employees, to foster and nurture open communication, to ensure the labor contract is adhered to and that other established working conditions are fairly enforced, to identify problems that need to be addressed, and to serve as a knowledge resource for members/employees.

Your Sierra College Stewards

Sue Keller, Chief Steward, Tahoe-Truckee, F Bldg, Graveyard	Ext. 8101/8231
Diane Tomasello, Co-Steward Tahoe-Truckee	Ext. 2209
Melinda Thomas, Nevada County Campus	Ext. 5297
Leona Powell, Nevada County Campus—Evenings	Ext. 6078
Ruth Echavarria, Roseville Gateway, Community Ed	Ext. 6245
Maria Hernandez, B, C, S & ST Buildings	Ext. 8046
Rick McMurtry, Gym, Theatre, N, D, DT Buildings	Ext. 8231
Jennifer Dupuis, U, X . XT, Y, YT Buildings	Ext. 7513
Laurie Thiers, L & W Buildings	Ext. 7515
Kristie Purdy, M, MT, V & Z Buildings	Ext. 7653
Elaine Sturgell, Learning Resource Center, A & J Buildings	Ext. 7980

July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 POLO DAY	2	3
4	5 HOLIDAY	6	7	8	9	10
11	12	13	14 Senate Meeting 12pm	15 POLO DAY	16	17
18	19 Strategic Council 9am-12pm	20 FUSE Meeting 1-3pm	21 Negotiations 1:30-4:30	22	23	24
25	26	27	28 Senate Meeting 12pm	29	30	31