



5000 Rocklin Rd, Rocklin, Ca 95677
 (916) 660-8231 - www.fuse1212.org

August 2010
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SAVE THE DATE!

You are invited to attend our next FUSE quarterly general meeting, which will take place this month on Friday, August 20th from 9am-11am. Come and catch up on what your union is doing for you, mingle with coworkers, and enjoy a light breakfast. As always, as classified FUSE members, you will be granted release time from your work schedule *for those hours that are impacted by our event*. Watch for RSVP request coming soon!



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Meet Tom Makimoto

A grounds maintenance technician at Sierra College for one year now, Tom Makimoto's job includes mowing and edging our lawns, and fixing broken irrigation. "We are way understaffed right now. We are so busy. The days go by so fast," Tom said.

Tom previously ran the Union 76 station that sat on Sierra College Blvd near I-80, that was subsequently 'eminent domained by the state,' Tom said. His father was born here and opened the station in 1964. Tom's father is now deceased but his mom still has a Loomis farm where she grows mandarins. What's the difference between a cutie and a mandarin? "Cuties are just smaller mandarins. They are the best. We used to sell them at the station. We've had the same clientele forever," Tom said.

Tom's a newlywed. "It's my first time! I've known her for years, she used to cut my hair," he said. Tom enjoys fishing and golfing. Golf course? Pebble Beach. Fishing spot? The mountains, far from the heat.

About the union, Tom said, "They do a good job for us. They have a big job, and I'm very thankful for them. They put in a lot of work for our benefit." About his job, Tom says, "I like being outside. Everyone is so friendly here, it's a good place to work."

Tom's future plans include retiring to Bishop, where his brother-in-law is a fishing guide on Crawley Lake. "It's high desert up there, no humidity. It cools down at night there, it's very nice.

Stay informed

by visiting
FUSE Local 1212
and
LiUNA websites:

www.fuse1212.org

www.liuna.org

LIUNA
INNOVATION
AT WORK

POLO DAY...

...is the first and third Thursday of every month. Wear yours to show your support and solidarity! If someone spots you wearing yours, you'll receive a Jamba Juice card!



SPOTTED IN JULY!

- Mike Glashan
- Sharon Lucas
- Annette Richards
- Becky Ragsac
- Lucia Montoya
- Melinda Thomas
- Mike Conley



Kristie Purdy
President



Sue Keller
Secretary-Treasurer



Ruth Echavarria
Recording Secretary



Maria Hernandez
Sergeant at Arms

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Laurie Thiers
Vice President



Rick McMurtry
Business Manager



Elaine Sturgell
Board Member



Leona Powell
Board Member

Your Weingarten Rights

If you have a reasonable basis to believe that a meeting is an investigatory interview and/or that disciplinary action may result from such meeting, you have the right to union representation. You must read or hand this statement to management before or during such meeting:

“If the discussion I am being asked to enter into could in any way lead to my discipline or termination or affect my personal working conditions, I ask that a union steward, representative or officer be present. Unless I have this union representation, I respectfully choose not to participate in this discussion.”

Your Sierra College Stewards

Sue Keller, Chief Steward, Tahoe-Truckee, F Bldg	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. 7272
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
Chris Benn, Rocklin Campus—Evenings	Ext. 7152

USDA FOOD PYRAMID 2010

The United States Department of Agriculture (USDA) has released their 2010 Food Pyramid, updating the previous government food guide designed in 1992. The new guide has bands of vertical food groups rather than the old hierarchy of horizontal divisions. The new pyramid is interactive and takes individual differences into consideration, making it much more usable to the general public. The grain group is now divided into whole and refined grains. The vegetable group advises choosing more dark green and orange vegetables. The meat group includes meats, eggs, nuts, fish, dried beans and peas and advises eating a variety of protein rich foods and choosing lean meats. The milk group advises eating light or low fat dairy. The thinnest band in the pyramid is oils, and recommends avoiding solid fats and instead getting most of your daily fat from fish, nuts and vegetable oils. The new pyramid also allows users to customize it for their age, sex, weight, height and activity level. This and a plethora of other valuable information such as meal planners and detailed food facts can be found at www.mypyramid.gov. Registered users of the website can also track their food intake and physical activity.

Lemony Risotto with Asparagus and Shrimp

- 3 cups reduced-sodium chicken broth
 - 2 cups water
 - 3/4 lb asparagus, trimmed & cut into 1" pcs
 - 1 medium onion, finely chopped
 - 4 tablespoons unsalted butter, divided
 - 1 1/4 cups Arborio rice (risotto)
 - 1/4 cup dry white wine
 - 3/4 lb medium shrimp, peeled/deveined
 - 1 tablespoon grated lemon zest
 - 1/4 cup grated parmesan
 - 2 tablespoons chopped parsley
- Bring broth and water to a simmer in a medium saucepan. Add asparagus and simmer uncovered, until just tender, about 4 minutes. Transfer asparagus with a slotted spoon to an ice bath to stop cooking, then drain. Keep broth at a bare simmer, covered.
 - Cook onion in 2 tablespoons butter with 1/4 teaspoon salt in a 4-quart heavy saucepan over medium heat, stirring occasionally, until softened, about 5 minutes.
 - Add rice and cook, stirring constantly, 1 minute. Add wine and simmer, stirring constantly, until absorbed.
 - Stir in 1/2 cup broth mixture and simmer, stirring frequently, until absorbed. Continue adding broth, 1/2 cup at a time, stirring frequently and letting each addition be absorbed before adding the next, until rice is creamy and tender but still al dente (it should be the consistency of a thick soup), about 18 minutes. (There will be leftover broth mixture.)
 - Stir in shrimp and cook until just cooked through, 2 to 3 minutes.
 - Stir in asparagus, zest, remaining 2 tablespoons butter, parmesan, parsley, and pepper to taste. (Thin risotto with some of remaining broth if necessary.)

August 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 FUSE Meeting 1-3pm	4 Negotiations 1:30-4:30pm	5 POLO DAY	6	7
8	9 OmniParty 9am-12pm	10 Board of Trustees Rocklin 4pm	11 Senate Meeting 12pm	12	13	14
15	16	17 FUSE Meeting 1-3pm	18	19 POLO DAY Convocation	20 FUSE GENERAL MEETING 9am-11am	21
22	23 Fall semester begins	24 OmniParty 1-4pm	25 Senate Meeting 12pm	26	27 Strategic Council 9am-12	28
29	30	31				