

FUSE LOCAL 1212

AFFILIATED WITH THE LABORERS' INTERNATIONAL UNION OF NORTH AMERICA



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FUSE Executive Board Announces New Appointments

We are proud to announce the appointment of our new Recording Secretary, Leona Powell. Leona works at our Nevada County campus and has served as a Member-at-Large for the past 3¼ years. We also welcome Cheryl Harris, Member-at-Large, who will fill the vacated position that Leona's promotion has created. Cheryl works at our Roseville Gateway campus. FUSE thanks you both for volunteering your time and appreciates your commitment to our union.

FUSE Executive Board Thanks....

...Ruth Echavarria for her time and dedication to the FUSE Executive Board for the last 5 years. We will miss you!

SPOTTED!

FUSE Polo Days are the first and third Thursdays of each month. Wear yours to show support of your union! These members were spotted wearing theirs on Polo Days in September, and received Jamba Juice gift cards:

- Bonnie Amaro
- Becky Ragsac
- Kate Martinsen
- Carrol Hanawalt
- Laura Harris
- Alan Willsmore
- Dan Rusk
- Denise Nichols-Telford
- Patty White
- Lucia Montoya
- Patricia Hill
- Kristine Armstrong

Please note: Members are eligible to receive a drink gift card one time in a six-month period; however, please continue to show your support on Polo days!

FUSE Receives Award!

FUSE Local 1212 board members Rick McMurtry, Business Manager, and Laurie Thiers, Vice President, accepted an award on behalf of FUSE Local 1212 at the Laborers' International Union of North America Pacific Southwest Regional Conference in September. The award states, "Honoring Your Creative Innovations for Union Progress." LiUNA PSW represents over 70,000 members, and recognized FUSE for fostering spirit and solidarity in addition to being instrumental in saving jobs this year at Sierra College. Way to go, FUSE!



Meet Melinda Thomas

Melinda Thomas, a Sierra College employee since 1999, is the library assistant at NCC and also serves as our Judge of Elections for Local 1212 in addition to serving as a union steward. Primarily educated as a classical musician, Melinda attended SFSU as well as the San Francisco Conservatory of Music. Melinda loves libraries and was very excited when the library position became available. "One of my favorite parts of my job is when we get new book orders, I get to unpack them. It's like Christmas morning for me! And I really like the folks I work with day to day." Melinda lives with her husband, two cats, two dogs, six goats and two hens in western Nevada county. Her interests include singing, cooking, wine, fitness activities and of course, animals. Her last read was *The Soloist*. Current favorite movies include *Dogma*, *Oh Brother, Where Art Thou?*, *Of Mice and Men* and *Up*. Melinda says about FUSE Local 1212, "I am so grateful for everything the union does for us, mostly without us ever being aware of their efforts on our behalf. I was on the eboard for a while and really learned a lot about how hard they work for us. I appreciate them more than I can say!" Thank you, Melinda, for sharing!

Laborers Vote! Laborers Win!

California General Election
Endorsements
of the Laborers International Union of
North America (LiUNA)
are available for viewing on our FUSE
website at
www.fuse1212.org

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Create an account and start saving an average of 15% off brand name drugs and 40% off generic drugs. This is just one of the ways you can save as a union member Union Plus. See for yourself at
www.unionplus.org

*Courage doesn't always roar.
Sometimes courage is the quiet voice at the end of the day
saying, "I will try again tomorrow."*

- Mary Anne Radmacher

HIGH FRUCTOSE CORN SYRUP

High fructose corn syrup comprises any of a *group* of corn syrups that has undergone enzymatic processing to convert its simple sugar (glucose) into fruit sugar (fructose) and has then been mixed with pure corn syrup (100% glucose) to produce a desired sweetness. In the United States, it has become very common in processed foods and beverages, including breads, cereals, lunch meats, yogurt, soups and condiments, because of its sweetness, cost and shelf life. Critics of the extensive use of HFCS in food sweetening argue that the highly processed substance is more harmful to humans than regular sugar. There are an abundance of websites now that list foods containing the most and least amounts of HFCS in foods.

TRANS FATS

Trans fat comes from adding hydrogen to vegetable oil through a process called hydrogenation. Trans fats are more solid than oil, making them less likely to spoil. Using trans fats in the manufacturing of foods helps foods stay fresh longer, have a longer shelf life and have a less greasy feel. Trans fat is considered by some doctors to be the worst of them all because of its double-barreled impact on cholesterol levels. Unlike other fats, trans fat, also called trans-fatty acids, both raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol. If the ingredient list includes the words "shortening," "partially hydrogenated vegetable oil" or "hydrogenated vegetable oil," the food contains trans fat.

GRANOLA

Make a Breakfast You Can Feel Good About!

- 3 c. rolled oats
- 3/4 c. shredded coconut
- 1/4 c. vegetable oil
- 1 c. slivered almonds
- 1/4 c. dark brown sugar
- 3/4 tsp salt
- 1 c. chopped cashews
- 1/4 c. maple syrup
- 1 c. raisins or dried blueberries/cranberries

- Preheat oven to 250 degrees.
- In a large bowl, combine the oats, nuts, coconut, and brown sugar.
- In a separate bowl, combine maple syrup, oil, and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes, stirring every 15 minutes to achieve an even color.
- Remove from oven and transfer into a large bowl. Add raisins and mix until evenly distributed.

foodnetwork.com

Your FUSE Local 1212 Executive Board

Rick McMurtry , Business Manager	Ext. 8231
Kristie Purdy , President	Ext. 7653
Laurie Thiers , Vice President	Ext. 7515
Sue Keller , Secretary/Treasurer	Ext. 8101
Leona Powell , Recording Secretary	NCC Ext. 6078
Maria Hernandez , Sergeant-at-Arms	Ext. 8046
Elaine Sturgell , Board Member	Ext. 7980
Cheryl Harris , Board Member	RG Ext. 6222

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
John Lervold, General Alternate	Ext.. 7709
Jeff Lloyd, General Alternate	Ext. 7660

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Strategic Council 9am-12pm	2
3	4	5 OmniParty 1:00-4:00pm	6 Negotiations 1:30-4:30pm	7 POLO DAY! FUSE 8:00-10:00am	8	9
10	11	12	13 Classified Senate 12:00 <hr/> Negotiations 1:30-4:30 pm	14	15 Strategic Council 9am-12pm	16
17	18	19	20	21 POLO DAY! FUSE 8:00-10:00am	22	23
24	25	26	27	28	29	30
						<hr/> 31