

# FUSE LOCAL 1212

AFFILIATED WITH THE LABORERS' INTERNATIONAL UNION OF NORTH AMERICA



5000 Rocklin Rd, Rocklin, Ca 95677  
(916) 660-8231 [www.fuse1212.org](http://www.fuse1212.org)

September 2010  
Volume 2, Issue 9

## FUSE and LiUNA

FUSE, Federation of United School Employees, was chartered in 1983 as an independent union. FUSE is affiliated with LiUNA, Laborer's International Union of North America, with over 500,000 members. FUSE is the smallest union affiliated with LiUNA. FUSE executive board members serve a 3-year term without compensation, and whose primary duty is to enforce the contract between Sierra College and FUSE.

## INSIDE THIS ISSUE

Happy Anniversary	2
Congratulations/Welcomes	2
Polo Day	2
Fun with Kale	3
Steward Contacts	4
September Calendar	5

## FUSE General Meeting Recap August 20, 2010

FUSE Local 1212 held their quarterly general meeting Friday morning, August 20, in the Board Room. With close to 100 members in attendance, we had a full house. After board member introductions, FUSE Business Manager Rick McMurtry presented Scott Berry with an apron as a thank you for his excellent barbecuing of tri-tip, chicken and grilled vegetables at our last general meeting. We had approval of board meeting minutes, which are available for viewing in public folders. Secretary-Treasurer Sue Keller reported on our finances with our second quarter balance sheet, also available in public folders. In Report Updates, FUSE Negotiator Jeff Lloyd reported that there will be a board position opening on the Post-94 committee. CalPERS (employee pensions) was a hot topic with discussion from members, the board and negotiators, including a reminder to check the website for topics such as "Myths vs Facts" which can be found at 'CalPERS Responds' on their website, [calpers.ca.gov](http://calpers.ca.gov). Congratulations to the many raffle prize winners, and to Olivia Correia for winning the grand prize raffle of a gift certificate to La Provence! Thank you, members, for attending, and for wearing your FUSE polo shirts!

## Happy Anniversary

In 234 years of United States history, women have only had the right to vote for the past 90 years. The 19th Amendment to the US Constitution, which secured the right to vote for all women, became law on August 26, 1920. This right was won by the sacrifice of women who were harassed, wrongfully arrested and imprisoned; but who still remained committed to their cause. Whether you are a man or a woman, it is important to have your voice heard! Get to your polling place or mail your absentee ballot by election day, November 2, 2010. If you are not yet registered to vote or want to become an absentee ballot voter, please visit [www.sos.ca.gov/elections](http://www.sos.ca.gov/elections).

### POLO DAY...

...is the first and third Thursday of each month. Wear yours to show solidarity! If someone spots you and they contact the FUSE office, you'll receive a Jamba Juice card! The following members were spotted in August:

- Ryan Goodpastor
- Bob Bateman
- Julio Hernandez
- Oleg Slabchak

### CONGRATULATIONS!

Mike Glashan, Matt Daley  
Employees of the Year!

### WELCOME

Jerone Tamondong, Custodian  
Joe Corro, Custodian  
Lee Ann Woolen, Custodian  
Kate Martinsen, Payroll Technician

© 1999 Randy Glasbergen. [www.glasbergen.com](http://www.glasbergen.com)



**"It's the latest innovation in office safety.  
When your computer crashes, an air bag is activated  
so you won't bang your head in frustration."**

## FUN WITH KALE!

Kale is a leafy green vegetable that belongs to the Brassica family, a group of vegetables including cabbage, collards and Brussels sprouts that have gained recent widespread attention due to their health promoting, sulfur-containing phytonutrients. Full of vitamin A and beta-carotene, the beautiful leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around. Although it can be found in markets throughout the year, it is in season from the middle of winter through the beginning of spring when it has a sweeter taste and is more widely available.

### BOBBY FLAY'S SAUTEED KALE

- 1.5 lbs kale, stems/leaves chopped
- 3 tbsp olive oil
- 2 cloves garlic, finely sliced
- 1/2 c vegetable stock or water
- 2 tbsp red wine vinegar
- Salt and pepper to taste

Heat olive oil in large saucepan over medium high heat. Add garlic. Raise heat to high, add the stock and kale, and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Add vinegar and season with salt and pepper to taste.

foodnetwork.com

### KALE AND BANANA SMOOTHIE

- 1 banana
- 2 cups raw chopped kale
- 1/2 cup milk (light milk or soy)
- 1 tbsp flax seeds
- 1 tsp agave or maple syrup

Put all ingredients into blender and blend until smooth. Add additional fruits such as strawberries or blueberries if you wish. Serve over ice, or to make thick and slushy, you may add ice to blender or use frozen berries.

allrecipes.com

### BEAN SOUP WITH KALE

- 1 tbsp olive oil
- 8 garlic cloves, crushed/minced
- 1 medium yellow onion
- 4 c chopped raw kale
- Chopped parsley
- 4 c low sodium chicken broth
- 2 15-oz cans white beans
- 4 plum tomatoes, chopped
- 2 tsp Italian seasoning
- Salt and pepper to taste

In a large pot, heat olive oil. Add garlic and onion and sauté until soft. Add kale and sauté, stirring until wilted. Add kale, chicken broth, white beans, plum tomatoes and seasonings, *reserving 1 cup beans and 1 cup broth*. Simmer for 5 minutes. In a blender or food processor, puree the remaining beans and broth until smooth. Stir into soup to thicken. Ladle into bowls and garnish with parsley.

allrecipes.com

## What is a Union Steward?

A Union Steward is an official within the organizational hierarchy of a labor union. Rank-and-file members of the union hold these positions voluntarily through democratic election or appointment while maintaining their role as an employee of the firm. As a result, the Union Steward becomes a significant link and conduit of information between the union leadership and rank-and-file workers. Duties include, but are not limited to, monitoring and enforcing the provisions of the collective bargaining agreement (labor contract) to ensure both the firm and the union worker are not violating the terms of the agreement.

## Your Sierra College Stewards

Sue Keller, <b>Chief Steward, Tahoe-Truckee, F Bldg</b>	Ext. 8101/8231
Diane Tomasello, <b>Co-Steward Tahoe-Truckee</b>	Ext. 2209
Melinda Thomas, <b>Nevada County Campus</b>	Ext. 5297
Leona Powell, <b>Nevada County Campus—Evenings</b>	Ext. 6078
Ruth Echavarria, <b>Roseville Gateway, Community Ed</b>	Ext. 6245
Maria Hernandez, <b>B, C, S, ST Buildings</b>	Ext. 8046
Rick McMurtry, <b>Gym, Theatre, N, D, DT Buildings</b>	Ext. 8231
Jennifer Dupuis, <b>U, X, XT, Y, YT Buildings</b>	Ext. 7272
Laurie Thiers, <b>L &amp; W Buildings</b>	Ext. 7515
Kristie Purdy, <b>M, MT, V, Z Buildings</b>	Ext. 7653
Elaine Sturgell, <b>Learning Resource Center, A, J Buildings</b>	Ext. 7980
Chris Benn, <b>Rocklin Campus—Evenings</b>	Ext. 7152
John Lervold, <b>General Alternate</b>	Ext.. 7709
Jeff Lloyd, <b>General Alternate</b>	Ext. 7660

# September 2010

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