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### **FUSE General Meeting Recap**

FUSE had their quarterly general meeting on February 24 in the Sierra College board room. There were approximately 80 members in attendance. The executive board covered the normal and customary agenda, and raffled off gift cards along the way. Alysia Lopez, FUSE representative for the Safety Committee, talked about the hazardous condition report available to all on MySierra under the Forms tab. The form can be filled out and submitted anonymously or can include the person's name. While including your name is optional, it is helpful so that the Safety Committee can follow up with the person reporting the hazardous condition. Alysia reported on the projects the Safety Committee is working on, for example, the diamond shaped NFPA signs that are being updated and added around campus. You will see these signs in places like the pool area and the chemistry area. The Safety Committee meets the third Wednesday of each month in the corporation yard conference room at 1pm and people can submit questions or funding requests to the safety meeting by emailing [safety@sierracollege.edu](mailto:safety@sierracollege.edu).

John Lervold presented a PowerPoint presentation on the LiUNA National Industrial Pension Fund. Unfortunately, as of 2010 the pension fund is in critical ("red zone") status and is required by law to adopt a rehabilitation plan. We currently have the preferred plan, and we will need to vote before the contract renewal date in June 2012 regarding whether we wish to continue with the preferred plan or go to the default plan option described in the rehabilitation plan. A vote for the preferred plan will allow Pre-2008 employees to retain most of their accrued benefits, but a vote for the default plan will put everyone on the same reduced-cost/benefit schedule. There are several substantial pro's and con's to each plan related to levels of benefits offered and additional costs, it just depends on your personal circumstances and retirement needs. However, whichever plan is selected by the FUSE membership majority vote will be binding on all FUSE members, including those who retire or have retired after April 30, 2010. John's presentation has been posted in Public Folders under FUSE. More discussion to follow at future general meetings.

Omni party is talking about our benefits, restructuring the formula, and the budget. There are many unknowns regarding the budget and they are looking into whether or not we will have a need for furloughs next year. There was also discussion on Title 5 and the 4/10 summer schedule. Regarding the irrevocable letters of retirement, only classified staff have an interest in undoing irrevocable letters of retirement; however, it is not in our purview but rather a Board of Trustees matter. There was also a reminder to all members to check their paystubs, and if there is any discrepancy to please talk to payroll. Minutes will be available in Public Folders under FUSE. Thank you to all those who attended, we appreciate your support!



## Meet Diane Tomasello

"It's a long story," says Diane, about how long she's been at Sierra College. She started as a temp in 1997. In 2003, she was hired permanent full-time, but funds as they were, she was permanent part-time until 2008. Her current title is Administrative/Student Services Technician at our Tahoe-Truckee campus. "I love my interaction with our students. It can be a new experience each day. I also enjoy my support team with all my coworkers here on the Truckee campus." Diane grew up in San Francisco in the upper Mission district. She moved to Reno to attend UNR for college, and later received her AA degree in 1994 from Sierra College. "My parents each took a class with me at Sierra College. My mom was horrible in our computer class and my dad was afraid of the Annie doll in our first responder class," she said. Diane moved to Truckee in 1978. She says, "We used to travel to Tahoe every weekend for skiing, fishing and camping. So my husband put in for a transfer with the phone company to Truckee from San Francisco." What kind of changes has she seen in 30+ years in Truckee? "Population, housing growth. You never had to show an ID to cash a check at any business. Truckee didn't even have a pediatrician. There were two houses on my block in my subdivision. Now there are houses on every lot. Old locals say it's not a small town atmosphere anymore." What are Diane's hobbies? "Downhill skiing, we have season passes to Northstar. We love to bike ride, kayak and swim in Donner Lake and Lake Tahoe. I also love to travel anywhere." Diane also enjoys Broadway plays, her favorite being the "Sound of Music." Favorite movies? Gone with the Wind and the 1968 version of Romeo and Juliet with Olivia Hussey. When speaking of FUSE Local 1212, Diane says, "I believe in the work the union does for their members. I worked for 5 years for the Teamster's union and attended their meetings. I am glad to do my small part as a FUSE co-steward for our Truckee campus." Thank you, Diane, for letting us get to know a little bit about you!

## Thank You For Wearing Your FUSE Polo!

The following members were spotted wearing their FUSE Polo shirts on Polo Day, which are the first and third Thursdays of each month. They each received gift card. Way to go!

Darlene Nelson  
Rodney Nix

## New This Month

How are your proofreading skills? Can you find a spelling error in this newsletter? If you're the first one to email me, I will send you a gift card! [sc-lnivinski@sierracollege.edu](mailto:sc-lnivinski@sierracollege.edu)

The ultimate measure of a man is not where he stands in moments of comfort,  
but where he stands at times of challenge and controversy.

- Martin Luther King, Jr.

## **Laborers' International Union of North America and Federation of United School Employees**

**by Leona Powell, FUSE Recording Secretary**

Many of us, when we were hired as classified staff, accepted that required membership in the Union was a "necessary evil." As we matured into our positions, we may have also come to the realization that we have benefitted from being a part of the Union. This is a brief look at how our parent Union, Laborers' International Union of North America, came into existence.

Prior to the Civil War, many of the skilled trades had some type of organization that was only open to the highly skilled workers. These trades depended heavily on the unskilled laborer to do much of the "grunt" work. This labor involved heavy lifting, carrying the hods (a hod is a trough carried on the shoulder to move brick or mortar), digging ditches, etc. Many of the common laborers were recent immigrants, Irish, Italians, African Americans and others. These groups were discriminated against by society at large. The work was very hard, dirty and dangerous, yet these laborers took it on and prided themselves in doing good work. Without the dedication of these laborers many of our bridges, dams, canals and other projects would have never been built.

In 1903, Samuel Gompers sent out a call to all the independent labor unions to come together to establish an international union of building laborers. In April 1903, the International Hod Carriers and Building Laborers Union was founded. Over the next sixty years the IHC and BLU flourished while its members built modern America.

After World War II, the laborers and other building trades made much effort to avert and resolve jurisdictional conflicts so projects could be completed on time and within budget. No union had a greater stake in solving these issues than the Laborers, whose work was often targeted from "above" by the craft unions and from "below" by the apprentices or helpers.

In 1968 the National Association of Post Office Mail Handlers, watchmen, messengers and group leaders merged with the IHCB and BLU, which was renamed Laborers' International Union of North America, LIUNA. This merger gave the union a strong foothold in the Public Employee sector, in which the Federation of United School Employees Local 1212, our local, is a strong partner.

Recently Unions have come under fire as being past their usefulness. The question is still, Do all workers have the expectation to have a safe work environment, decent treatment by other workers, and decent wages? History has shown us repeatedly that the unions, even with all the past bad practices, have made working conditions, not only for the union employee but for others outside the union umbrella, much better. We all benefit from the ongoing work the Union does.

**FEEL THE POWER!**

## MOVE ON FITNESS

You're exercising, good for you! To obtain what the President's Council on Physical Fitness and Sports describes as "a condition that helps us look, feel and do our best," it is important to understand the components of physical fitness. Fitness programs should include something from each of the following components. As a general rule, workouts should be spaced through the week to avoid consecutive days of strenuous exercise.

- **Cardio respiratory Endurance** - the ability to deliver oxygen and nutrients to tissues and to remove wastes over sustained periods of time (at least 3 20-minute sessions a week)
- **Muscular Strength** - the ability to exert force for a brief period of time (a minimum of 2 20-minute sessions per week)
- **Flexibility** - the ability to move joints and use muscles through their full range of motion (daily stretching for 10 to 12 minutes per day)
- **Muscular Endurance** - the ability to sustain repeated muscle contractions or to continue applying force against a fixed object (at least 3 sessions per week)

And remember to warm up prior to exercising with activities such as knee lifts, arm circles, trunk rotations, walking or slow jogging. Just as important is to cool down at the end of your workout for a minimum of 5 to 10 minutes of slow walking and stretching.

## Southwestern Chicken and White Bean Soup



The time-saving trick to this superfast soup is taco seasoning. Shredded chicken breasts and cannellini beans add substance. 1 cup = 134 calories

- 2 cups shredded cooked chicken breast
- 1 tablespoon 40%-less-sodium taco seasoning (such as Old El Paso)
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 1 (16-ounce) can cannellini beans rinsed and drained
- 1/2 cup green salsa
- Light sour cream (optional)
- Chopped fresh cilantro (optional)

Combine chicken and taco seasoning; toss well to coat. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken; sauté 2 minutes or until chicken is lightly browned. Add broth, scraping pan to loosen browned bits. Place beans in a small bowl; mash until only a few whole beans remain. Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro, if desired.

- Cooking Light

# March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 <b>POLO DAY!</b> FUZE E-BOARD 8:00am	4 STRATEGIC COUNCIL 9:00	5
6	7 OMNI PARTY 1:00-4:00	8 BOARD OF TRUSTEES NCC 4:00	9 CLASSIFIED SENATE 12:00	10	11	12
13	14	15	16 NEGOTIATIONS 1:30-4:30	17 <b>POLO DAY!</b> FUZE E-BOARD 8:00am	18 STRATEGIC COUNCIL 9:00	19
20	21	22 OMNI PARTY 1:00-4:00	23 CLASSIFIED SENATE 12:00	24	25	26
27	28	29	30	31		



Saint Patrick's Day, named after the most recognized patron saint of Ireland, originated as a Catholic holiday, but over time has become more of a secular celebration of Ireland's culture. According to legend, Saint Patrick used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish people.