



5000 Rocklin Rd., Rocklin, California 95677
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May 2011
 Volume 3, Issue 5

YOU'RE INVITED!

Please join the FUSE Executive Board for the May General Meeting and Annual Barbeque! On May 26, from 11:00-1:00, we will be hosting lunch for FUSE members, location to be determined. The board will cover the customary agenda and will also present a speaker from AFLAC who will discuss how supplemental insurance may benefit you, as well as answer questions.

The FUSE Executive Board asks that you review past board minutes in Public Folders prior to attending this meeting, as you will be asked to approve them at that time. As always, FUSE welcomes your questions and feedback during and proceeding the agenda. RSVP to follow.



POLO DAYS

Thank you, Membership, for your support by wearing your FUSE Polos on Polo Days! Special thanks to the following members who were spotted wearing theirs, and received a gift card:

- John Lervold
- Rudy Yanez
- Richard Vincent

FUSE POLO DAYS ARE THE FIRST AND THIRD THURSDAYS OF EVERY MONTH

May is Skin Cancer Prevention Month

Skin cancer is the most common form of cancer in the United States; one in five Americans will develop skin cancer in the course of their lifetime. Many skin cancers can be prevented. Some ways to avoid more exposure is by not using tanning beds or sun lamps. Wear sunscreen and lip balm every day, even if it is cloudy and cool. The sunscreen label should say Broad Spectrum or UVA/UVB protection, and it should have an SPF (sun protection factor) of at least 30. If the label doesn't offer this information, find another sunscreen. You can also wear clothes that protect you from UV rays. A jean jacket offers great UV protection; a white t-shirt does not. Any clothing that you can hold up to bright light and see through does not offer the protection you need. Wear sunglasses every day that offer UV protection, as melanoma can develop in the eyes. Check your skin regularly for signs of skin cancer and get an annual skin cancer screening. Signs and symptoms vary, and can be found at the American Academy of Dermatology website, www.aad.org. If you see something that looks like skin cancer, make an appointment to see a dermatologist. The earlier skin cancer is caught and treated, the more likely it can be cured. For skincare products at a discounted rate, Solar Protective Factory, Inc., is offering a 40% discount to LiUNA members who shop online at their site, www.spfstore.com. To receive the discount, you will need to enter discount code LHSF311 at checkout. Offer good through August 31, 2011.



Sierra College Classified Employee **Carol Hartzell** traveled to Guerrero Negro in Baja, Mexico recently to see the grey whales. Carol said, "Males arrive a bit before the females and clear out the lagoon of predators (sharks & killer whales). Females come into the lagoon starting in December to have a safe place to give birth and to mate. There were 1,500 Grey whales in the lagoon on the 2 days that I went out and they were everywhere. The lagoon is only 9 miles wide and 30 miles long. It was the best experience that I have ever had!" Thanks for sharing, Carol!

California Clay Competition Exhibit

April 29 through May 27
M-Th 10-6, Fr 10-9, Sun 12-5
The Artery, 207 G Street, Davis

Sierra College Classified Employee **Anthony Maki Gill**, Tech Specialist in the applied art and design department, is one of 39 artists from all over California that will showcase one of his pieces at The Artery in Davis as part of the 22nd annual California Clay Competition Exhibit. His sculpture "Cheap Signaling" will be on display at the gallery. Anthony was featured on the front page of the Auburn Journal in March. In that article, Anthony said, "It's meaningful in that it's a nice show to be in. The juror this year, Nancy Servis, is a woman who teaches the history of ceramics at one of the best art schools on the West Coast." Only about 10 percent of the artists that apply for this exhibit make the cut. Way to go, Anthony!

How Can the Union Help in These Tough Economic Times?

Your union representatives are on the frontlines and have the clearest insight into what is needed to do the best job possible for the students and families they serve. Together, collaboratively, we can advocate more effectively for improvements in our workplace and bring progress to our educational system. Our union contract affords the opportunity of shared governance and collaborative decision making where union leaders regularly sit down with the District's top decision-makers to improve things such as staffing levels, proper training, budget issues and other worksite concerns. Working together, union members have the strength to win better wages, a secure retirement, good working conditions, and improvements to the services we provide. And with a contract, these things are guaranteed in writing and cannot be changed simply because of a change in leadership or because the economy is suffering.

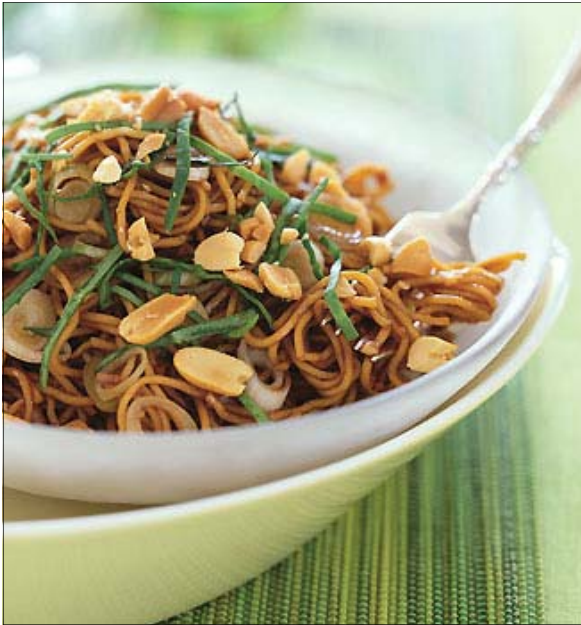
According to the U.S. Department of Labor, union members are much more likely to have health benefits and pensions. Union members earn 28% more than their non-union counterparts. For Latinos and females, the union impact is even greater. Female workers who are union members earn nearly 32% more a year than their non-union counterparts. For Latino workers, the union advantage is 43 %.

In addition to helping members earn better wages and benefits, unions help all workers by affording working families a stronger voice in our communities and in the political arena. In this tough economy, it is more important now than ever before that we advocate for funding for the quality of services we provide. And your union leadership works with the District leadership to find alternatives to layoffs, so that both jobs and services can be protected. By joining together, we can build the strength to hold elected officials accountable and to elect leaders who will truly address our concerns.

As employees in the school system, many of us have the unique opportunity to elect our own bosses to the school boards in our districts. We help ensure a fair environment at work, where there are protections against favoritism and unjust treatment. Most contracts outline progressive discipline and grievance procedures, establishing good practices for management to follow. More importantly, during these economic challenges, we need to stay strong, use creative and collaborative decision making, always seek to understand, maintain healthy habits and because of the increased stress levels on campus, we need to be considerate of our co-workers. Together we are better!



Spicy Sesame Noodles with Chopped Peanuts and Thai Basil



- 1 TBLSP peanut oil
- 2 TBLSP minced fresh ginger
- 2 garlic cloves, minced
- 3 TBLSP Asian sesame oil
- 2 TBLSP soy sauce
- 2 TBLSP balsamic vinegar
- 1 1/2 TBLSP sugar
- 1 TBLSP (or more) hot chili oil
- 1 1/2 TSP salt
- 1 lb angel hair pasta
- 12 green onions, thinly sliced
- 1/2 c coarsely chopped roasted peanuts
- 1/4 c thinly sliced fresh Thai basil leaves

Heat peanut oil in small skillet over medium heat. Add ginger and garlic; sauté 1 minute. Transfer to large bowl. Add next 6 ingredients; whisk to blend. Place noodles in sieve over sink. Separate noodles with fingers and shake to remove excess starch. Cook in large pot of boiling salted water until just tender, stirring occasionally. Drain and rinse under cold water until cool. Drain thoroughly and transfer to bowl with sauce. Add sliced green onions and toss to coat noodles. Let stand at room temperature until noodles have absorbed dressing, tossing occasionally, about 1 hour. Stir in peanuts and Thai basil; toss again. Season to taste with salt and pepper. Serve at room temperature.

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Spicy Ginger Soda



Fresh ginger and crushed red pepper flakes give this recipe its fragrant and spicy kick!

- 1 cup sugar
- 4 tsp crushed red pepper flakes
- 1/4 tsp kosher salt
- 2 3" pieces fresh ginger, peeled and finely chopped
- 12 lime wedges
- 6 cups soda water, divided

Combine sugar, red pepper flakes, salt, ginger, and 2 cups water in a small saucepan. Bring to boil, reduce heat to low, simmer for 15 min. Remove pan from heat, cover, and steep for 30 minutes. Strain ginger syrup into a jar and chill. Fill a 12-ounce glass with ice cubes. Add 2 tablespoons ginger syrup, squeeze a lime wedge into glass, and top with soda water. Stir to combine. Repeat to make 11 more sodas.

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Your FUSE Executive Board

Kristie Purdy, President	Ext 7653
Laurie Thiers, Vice President	Ext 7515
Rick McMurtry, Business Manager	Ext 8230
Susan Keller, Secretary-Treasurer	Ext 8101
Leona Powell, Recording Secretary	Ext 6078
Elaine Sturgell, Representative at Large	Ext 7980
Cheryl Harris, Representative at Large	Ext 6222
Maria Hernandez, Sergeant at Arms	Ext 8046

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
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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
Jeff Lloyd, General Alternate	Ext. 7660

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 OMNIPARTY 1:00-4:00	4 NEGOTIATIONS 1:30-4:30	5 EBOARD 8:00-10:00 POLO DAY!	6 STRATEGIC COUNCIL 9:00	7
8	9	10 BOARD OF TRUSTEES Rocklin 4:00	11	12 CLASSIFICATION COMMITTEE 9:00-10:00	13	14
15	16	17	18 NEGOTIATIONS 10:00-4:00	19 EBOARD 8:00-10:00 POLO DAY!	20	21
22	23	24 OMNIPARTY 1:00-4:00	25 CLASSIFIED RE-TREAT 10:00-3:00	26 GENERAL MEETING / BBQ 11:00-1:00	27 STRATEGIC COUNCIL 9:00	28
29	30	31				

Did you find a typo in this newsletter? If you did, be the first to contact me at sc-nivinski@sierracollege.edu and you will receive a Subway/Starbucks card!