



The Flame



Northern Michigan University Clerical/Technical Union Local 1950

April 2004

LOCAL 1950 NEWS

Membership meeting
Wednesday, April 7, 2004
Marquette/Nicolet/Cadillac Rooms

MENU

Salad Bar/Tossed Salad
ham, turkey, diced carrots, tomatoes,
garbanzo beans, purple onions, broccoli,
croutons, grated cheese, chopped eggs,
dressings, french bread,
coffee/tea/milk/pop
carrot cake

The Powers of Congress

Write Laws, Declare War, Monitor Federal Agencies

Congress has many powers, including the power to assess and collect taxes; to regulate commerce, both interstate and foreign; to coin money; to establish post offices; to establish courts inferior to the Supreme Court; to declare war and to raise and maintain an Army and Navy. Another power vested in Congress is the right to propose amendments to the U.S. Constitution, whenever two-thirds of both houses decide it necessary.

The House of Representatives is granted the power of originating all bills for the raising of revenue. Under the constitution, the Senate is granted certain powers not given to the House of Representatives. The Senate must approve of some high-level presidential appointments. It must also concur in treaties with foreign countries by a two-thirds vote.

Committees – the Legislative Engines

Committees are the engines of the congressional lawmaking machinery. The 24 Senate and 24 House standing committees take initial

Marquette women recalls life as a pioneer North to Alaska
Mining Journal January 20, 2004

Evelyn Stebbins, 90 year old Marquette resident, mother, grandmother, and former Alaskan pioneer, is a NMU CT retiree. In 1934, six months after marrying DeWayne Stebbins, Evelyn moved from her family in Iron Mountain, where she had lived all of her 21 years. DeWayne, a logger from Amasa, signed up for the Alaska Rural Rehabilitation Corporation (ARRC), one of FDR's Depression-era Federal Emergency Relief Administration programs.

Evelyn and DeWayne moved to the Matanuska Valley, joining 200 other families from Minnesota, Wisconsin, and Michigan. (9713) Preference was

given to Swedes, Finns, and Norwegians as it was assumed they could adapt to the environment. Their application proved they were tough (isn't this a given for UP residents), and knew how to farm.

Evelyn wrote of their about their adventure to Alaska, sending the material to the *Iron Mountain News*. She was paid 5 cents per column inch. They traveled by train to Seattle and by ship to Alaska, which was "not a pleasure trip". They had to clear the land, build their home, and farm the land.

They left Alaska 10 years later with 3 children, returning to the UP in 1964.

The complete story can be found at
<http://www.miningjournal.net/>
under the Archives for 1/20/04.

(Continued on page 2, col. 3)

LOCAL 1950 NEWS

Membership Meeting Dates

Luncheon May 19 - Lake Rooms

I had a drug problem when I was young.

I was drug to church each Sunday morning.

I was drug to church for weddings and funerals.

I was drug to family reunions, no matter what the weather.

I was drug to the bus stop to go to school every day.

I was drug by my ears when I was disrespectful to adults and teachers.

I was also drug to the woodshed when I disobeyed my parents.

These drugs are still in my veins, and they affect my behavior in everything I do, say, and think. They are stronger than cocaine, crack, or heroin, and if today's children had this kind of drug problems, America might be a better place.

Signed, *A Senior Citizen*

APRIL BIRTHDAYS



April 2	Yvonne Niemi
April 3	Diane Rodgers
April 3	Pat Woods
April 5	Jean Schultz
April 5	Sally Casimir
April 5	Jeff Roo
April 11	Randy Karttunen
April 13	Cindy Robare
April 16	Jan Marana
April 18	Sherri Suckow
April 19	Lisa Mattson
April 21	Sally Olsen
April 24	Christy Johnson
April 27	Jeannie Wratschko
April 29	Kay Harrington
April 30	Lorilee Weiger

Have a wonderful day!

HOUSEHOLD TIPS

Use old drier sheets to dust the TV and computer screen.

Spray food storage containers with cooking spray to prevent tomato-based foods from staining them.

Fill ice cube trays with home-made baby food, covered with plastic wrap and a toothpick for an easy-to-use serving.

In the winter, leave the water in our tub for an hour or so after bathing to humidify the room.

If a can won't go into the recycle crusher, breathe on the UPC. It should work.

The Powers of Congress

(cont. from page 1)

jurisdiction over legislation and can move, stall or stop it. Without committee approval, a bill has little chance of reaching the full House or Senate for consideration.

The membership of the standing committees of each House is chosen by a vote of the entire body; members of other committees are appointed under the provision of the legislation establishing them.

Power Committees

Representatives and senators generally seek membership on committees related to their personal interests, background and to the economic interests of their districts or state. Many, however, particularly if given an opportunity early in their careers, will choose the powerful Appropriations Committees that control the flow of money to programs authorized by other committees, and to the Senate Finance and the House Ways and Means Committees that consider tax legislation. The House and Senate Budget Committees, which now allow Congress to compete with the White House in establishing national priorities through a national budget, are also attractive to most members. The House Budget Committee is unique in its rotation requirements. No one may serve more than two terms (four years) in a 10-year period.

2002-2005 Officers

President - Sue Tollefson

Vice President - Dan Leppanen

Secretary - Pat Frenn

Treasurer - Rita Leppanen

Sergeant at Arms - Phyllis
Zaenglein

Guide - Karen Smith

Trustees - Maddie Anderson,
Mary Bourdeau, Joann Jordon

Bargaining Team - Grace Albert,
Penny Hubble, Kimber Olli,
Pat Woods

President Search Committee

Rep - Sue Henderson

Stewards - Grace Albert, Chief

District 1 - Jan Crawford

District 2 - Beth Sanderson

District 3 - Gary Jerry

District 4 - Vacant

For What It's Worth

Good Mood Foods

Stressed out or tense -

Reach for complex carbohydrates, such as legumes, whole-grain bread and cereals, and starch vegetables, such as potatoes and corn.

Carbohydrates destress you by increasing the production of serotonin, the key chemical in your brain that improves mood, increases emotional energy, and relieves pain.

Tired or Sluggish - Reach for carbs, like plums, oranges, apples, pears, dried apricots, grapefruit, cherries and whole-grain breads, paired with protein-rich foods, such as shrimp, chicken, eggs, nuts, or pork.

These carbs and protein release energy-giving glucose and tyrosine, an amino acid that produces norepinephrine and dopamine, brain chemicals responsible for alertness, excitement, action, and mental acuity.

Foods eaten in the morning set energy levels for the rest of the day. People who skip breakfast are more likely to battle fatigue, memory lapses, and food cravings later in the day. Eat an English muffin with an egg rather than cream cheese.

Being iron deficient is another reason for loss of energy. To increase these levels, eat iron-rich foods, such as spinach, kale, and lean meats.

Depressed or unmotivated - Reach for carbohydrates, such as nuts, skim milk, plums, oranges, apples, pears, dried apricots, grapefruit, peanuts, and whole grains, along with omega-3 fatty acids found in sardines, anchovies, salmon, herring or mackerel as well as in pumpkin and sunflower seeds.

Your body does not produce omega-3 fatty acids, therefore eating foods that support serotonin activity is essential.

Once you are attain a buoyant mood, keep it by avoiding high-fat and alcohols, which bring you down again.

Source: October 7, 2003 Woman's Day

Several cannibals were hired by a big corporation. You're part of a team now," said the CEO, welcoming them. "Please don't ruin things by eating any of your colleagues."



The cannibals promised, but a month later the CEO came back. "Everyone is happy with your work. But one of the secretaries has disappeared. (1721) Do any of you know what happened to her?"

The cannibals all shook their heads. After the boss left, the leader turned to the tribesmen and said, "You fools! For weeks we have been eating executives and no one noticed. Who's the idiot who ate a secretary?"

Thanks to *Yvonne Niemi*

Upcoming Events

April 1-4	National Midget Hockey Championship
April 14-16	Shrine Circus
April 14 - 17	Play - OUR TOWN - FRT
April 17	March of Dimes Walk America
April 16-18, 23-25	Soccer Tournament - Dome
April 22-24	Used book sale - Presbyterian Church
Saturday, May 1	COMMENCEMENT 10:30 a.m. - Dome

For details on Marquette community events, see <http://www.marquette.org/calendar/>

"To laugh often and much; to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, (7709) to find the best in others; to leave the world a little better; whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is the meaning of success."
-Ralph Waldo Emerson

This month we contributed 15 inkjets to Redeemer's youth. The total is now 103.
Thanks.

HEALTH AND WELFARE

Sometimes we just need to remember what the 12 Rules of Life really are:

1. Never give yourself a haircut after three margaritas.
2. You need only two tools: WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves and shouldn't, use the tape.
3. The five most essential words for a healthy, vital relationship are "I apologize" and "you are right."
4. Everyone seems normal until you get to know them.
5. Never pass up an opportunity to pee.
6. If he/she says that you are too good for him/her - believe it. (0880) You probably are.
7. Learn to pick your battles; ask yourself, "Will this matter one year from now? How about one month? One week? One day?"
8. When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.
9. If you woke up breathing, congratulations! You have another chance!
10. Living well really is the best revenge. Being miserable because of a bad or former relationship just might mean that the other person was right about you.
11. Work is good, but it's not that important. Money is nice, but you can't take it with you. Statistics show most people don't live to spend all they saved; some die even before they retire. Anything we have isn't really yours; It's on loan to us while we're here ...even our kids.
12. And finally...Be really good to your family and/or friends. You never know when you are going to need them to empty your bedpan.



Tator Tot Casserole

3/4 to 1 pound hamburger
1 small onion, chopped
Salt and pepper, to taste
1 (16 oz) pkg. frozen tator tots
1 can cream of mushroom soup
1 soup can milk
1 cup Cheddar cheese, more if desired

1. Brown hamburger and onion together in skillet until no pink remains. Drain well. Add salt and pepper.
2. Put hamburger mixture into an 8x8 Pyrex baking dish that has been sprayed with Pam, or use a comparable size. Place tator tots evenly on the top, filling in the entire top.
3. Mix together soup and milk, and pour over tator tots. Sprinkle with cheese.
4. Bake, uncovered, in a 350 degree oven for 30-40 minutes, or until bubbly.

Thanks to *Terry Johnson*

Pizza by the Scoop

2 8 oz. pkgs of cream cheese, softened
1 12 oz. bottle of chili sauce
1 6 oz. pkg of Canadian bacon, chopped
chopped onion (if desired)
chopped green pepper
3/4 cup shredded mozzarella cheese
3/4 cup shredded cheddar cheese
Frito Scoops

Spread cream cheese on an ungreased 12" pizza pan. Spread with chili sauce. Sprinkle with Canadian bacon, vegetables, and cheeses. Serve with chips. Store in refrigerator.

Thanks to *Kathy Solka*

Apples and Cheese

Top apple wedges with thin pieces of cheese. Heat in oven or microwave until cheese melts. Serve with grapes.

Soak Beans Quickly

Rinse and drain beans. Add 3" of water to the beans in a pot. Bring to a boil. Remove from heat and let soak for 1 hour.

TRIVIA

Tax Firsts

- World's first documented use of imprisonment for tax evasion: 306 A.D. by Emperor Constantine of the Holy Roman Empire.
- World's first excise tax: 5-percent tax in Spain, under the Moslems (approximately 8th-11th centuries)
- World's first tax haven: 4th century B.C., a tax-free port built by the Romans at Delos.
- World's first income tax: 1404 A.D. in England (it was so hated that Parliament later had all records of it burned)
- First U.S. federal tax office created: Office of the Commissioner of Internal Revenue, in 1862 (to raise funds for the Civil War.)
- First U.S. peacetime income tax: 2-percent tax on the rich (top 2-percent of Americans)
- First U.S direct property tax: Tax on lands, houses and slaves, in 1798.
- First U.S. permanent income tax: 1913 A.D., with ratification of the 16th Amendment.

Presidential Tax Returns

Source: <http://www.uic.edu/depts/lib/documents/resources/tax99/taxtrivia.shtml>

How we file. If past years are any indicator, more than half of us will file before April 1. In 2000, for example, the IRS received 70.2 million returns by March 31, or 55% of the 128.4 million returns filed

through Dec. 22, 2000. About 7.7 million taxpayers, or about 6%, filed for extensions in 1999, the latest year for which data were available.

If you feel buried under all those W-2s, bank statements and 1040-somethings, try to remember this: you're not alone. For fiscal year 2000 (which ends September 30), Americans filed about 127.6 million individual tax returns with the IRS. And only about 21.9 million of those returns were filed on form 1040EZ — the shortest form, which takes up just one page. An additional 28.6 million were filed on 1040As, the not-quite-so-short short form.

The deductions we claim. Of the 36 million itemized returns in 1997, more taxpayers claimed the taxes-paid deduction (31.6 million returns with deductions totaling \$220.6 billion) than those who claimed the mortgage deduction (30.4 million returns). But at \$236 billion, the mortgage-interest deduction generates the most tax savings.

More than half of us who file individual returns get a check from the IRS. For the 2001 tax season through March 31, for example, nearly 82% of 69.9 million returns filed got refunds totaling \$100 billion. Average refund: \$1,751.

Source: <http://moneycentral.msn.com/articles/tax/basics/6179.asp?Printer>

Each issue of the Flame contains the last 4 digits of member's social security number. This month there are 5 hidden in the newsletter. If you see your number, call Rita Leppanen@2495, who will issue a check to you for \$5.00. Helen Bicigo, Keith Griesing, Barb Munson, Kimber Olli, Rhonda Peterson, and Margaret Schwalm were the winners in the March issue.

Contributions to the FLAME from our members are greatly welcome.

Recycle Greeting Card

Send the **fronts only** of any greeting card - Christmas, Easter, birthday, wedding, thank you, Halloween, sympathy, get-well, etc., to Connie Williams in the President's Office.

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Submissions may be made to the Education Committee Chair, Dan Leppanen or the Asst. Editor, Phyllis Zaenglein.



VALUES

To realize the value of a sister/
brother, ask someone who doesn't
have one.

To realize the value of ten years,
ask a newly divorced couple.

To realize the value of four years,
ask a graduate

To realize the value of one year, ask
a student who has failed a final exam

To realize the value of one month,
ask a mother who has given birth to
a premature baby

To realize the value of one week,
ask an editor of a weekly
newspaper.

To realize the value of one hour, ask
the lovers who are waiting to meet

To realize the value of one minute,
ask a person who has missed the
train, bus or plane

To realize the value of one-second,
ask a person who has survived an
accident.

To realize the value of one
millisecond, ask the person who has
won a silver medal in the Olympics.

Time waits for no one. Treasure
every moment you have. You will
treasure it even more when you can
share it with someone special.

To realize the value of a friend, lose
one.

Thanks to *Yvonne Niemi*

THE SENILITY PRAYER

Grant me the senility to forget the people
I never liked,
the good fortune to run into the ones I do,
and the eyesight to tell the difference.

For all of us who feel only the deepest love and affection for the way
computers have enhanced our lives, read on.

At a recent computer expo (COMDEX), Bill Gates reportedly compared the
computer industry with the auto industry and stated, "If GM had kept up with
technology like the computer industry has, we would all be driving \$25.00 cars
that got 1,000 miles to the gallon". In response to Bill's
comments, General Motors issued a press release
stating: If GM had developed technology like
Microsoft, we would all be driving cars with the
following characteristics (and I just love this part):



1. For no reason whatsoever, your car would crash
twice a day.
2. Every time they repainted the lines in the road, you
would have to buy a new car.
3. Occasionally your car would die on the freeway for no reason. You would
have to pull over to the side of the road, close all of the windows, shut off the
car, restart it, and reopen the windows before you could continue. For some
reason you would simply accept this.
4. Occasionally, executing a maneuver such as a left turn would cause your car
to shut down and refuse to restart, in which case you would have to reinstall
the engine.
5. Macintosh would make a car that was powered by the sun, was reliable,
five times as fast and twice as easy to drive — but would run on only five
percent of the roads.
6. The oil, water temperature, and alternator warning lights would all be
replaced by a single "This Car Has Performed An Illegal Operation" warning
light.
7. The airbag system would ask, "Are you sure?", before deploying.
8. Occasionally, for no reason whatsoever, your car would lock you out and
refuse to let you in until you simultaneously lifted the door handle, turned the
key and grabbed hold of the radio antenna.
9. Every time a new car was introduced, car buyers would have to learn how
to drive all over again because none of the controls would operate in the same
manner as the old car.
10. You'd have to press the "Start" button to turn off the engine.

Share this with your friends who love - but sometimes hate - their computer!

REMINDER: Check the Local
website periodically for messages.
<http://uaw1950.nmu.edu/>

THE FOUR AGREEMENTS by don Miguel Ruizl

“Everything we do is based on agreements we have made—agreements with ourselves, with other people, with God, with life. But the most important agreements are the ones we make with ourselves. In these agreements we tell ourselves who we are, how to behave, what is possible, what is impossible. One single agreement is not such a problem, but we have many agreements that come from fear, deplete our energy, and diminish our self-worth.”

In this powerful book, that has remained on The New York Times Bestseller List for over two years, don Miguel reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. When we are ready to change these agreements, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

1. Be Impeccable with Your Words.

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

2. Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. (9377) With just this one agreement, you can completely transform your life.

4. Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

This book is spiritual but not religious. Ed.

Source: <http://www.miguelruiz.com/>

If you've read a good book or seen a good movie recently, please share your opinion of it with our members.

2 TOUGH QUESTIONS

Question 1:

If you knew a woman who was pregnant, who had 8 kids already, three who were deaf, two who were blind, one mentally retarded, and she had syphilis, would you recommend that she have an abortion? Read the next question before looking at the response for this one.

Question 2: It is time to elect a new world leader, and only your vote counts. Here are the facts about the three candidates.

Candidate A. Associates with crooked politicians, and consults with astrologists. He's had two mistresses. He also chain smokes and drinks 8 to 10 martinis a day.

Candidate B. He was kicked out of office twice, sleeps until noon, used opium in college and drinks a quart of whiskey every evening.

Candidate C. He is a decorated war hero. He's a vegetarian, doesn't smoke, drinks an occasional beer and never cheated on his wife. Which of these candidates would be your choice? Decide first... no peeking, then scroll down for the response.

Candidate A is Franklin D. Roosevelt.

Candidate B is Winston Churchill.

Candidate C is Adolph Hitler.

And, by the way, on your answer to the abortion question: If you said YES, you just killed Beethoven.

Pretty interesting isn't it? Makes a person think before judging someone. Wait till you see the end of this note! Keep eading...

Never be afraid to try something new.

Remember: Amateurs built the ark.

Professionals built the Titanic Finally, imagine working for a company that has a little more than 500 employees and has the following statistics:

* 29 have been accused of spousal abuse

* 7 have been arrested for fraud

* 19 have been accused of writing bad checks

* 117 have directly or indirectly bankrupted at least 2 businesses

* 3 have one time for assault

* 71 cannot get a credit card due to bad credit

* 14 have been arrested on drug-related charges

* 8 have been arrested for shoplifting

* 21 are currently defendants in lawsuits

* 84 have been arrested for drunk driving in the last year...

Can you guess which organization this is? Give up? It's the 535 members of the United States Congress. The same group that crank out hundreds of new laws each year designed to keep the rest of us in line.