



The Flame



Northern Michigan University Clerical/Technical Union Local 1950

Summer 2004

LOCAL 1950 NEWS

Spring 2004 Luncheon

Our annual spring luncheon was attended by 160 brothers and sisters, including 12 retirees. Thanks for the planning committee, Terry Johnson, Mary Letts, Jan Koski, and Suzie Piziali, and to everyone who donated money and/or personal products.

We collected a small mountain of items for the Harbour House and \$180 cash. The Community Services Committee added \$20 to make it an even \$200.

More photos on page 2.



Dr. and Mrs. Wong were guests at our summer luncheon. They are shown here with our President, Sue Tollefson.

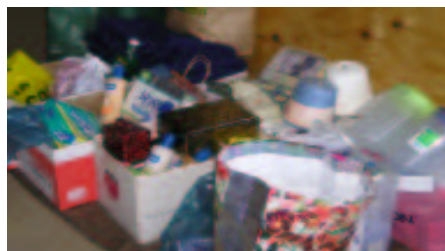
Dr. Wong, we welcome you to NMU and look forward to working with you!

Tentative Meeting Schedule for 2004-2005

The monthly meetings are being held in the Explorer Rooms

- October 13
- November 3
- December 1
- January 12
- February 2
- March 2
- April 6

Spring Luncheon - May 11
Great Lakes Rooms



Donations to Harbour House

Steward Training

Our Service Rep., Jim Tharp, conducted steward training on Monday, June 28. Beth Sanderson, Grace Albert, Gary Jerry, Jan Crawford, and Sue Tollefson attended.

Current Representation Districts

Chief Steward - *Grace Albert*

District 1 - *Jan Crawford* -
Cohodas

District 2 - *Beth Sanderson* -
Services Building, Quad II (except
Magers), Jacobetti Center, PEIF,
Superior Dome, Berry Events Center

District 3 - *Gary Jerry* -
West Science, Learning Resources,
Mager, (9049) New Science Facility,
Whitman

District 4 - *Vacant* -
University Center, Lee Hall, Art &
Design North and South, Gries Hall,
McClintock, Thomas Fine Arts, and
Hedgcock.

Spring Luncheon



Former retirees



New retirees

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 Committe

Rep - Sue Henderson

Stewards - Grace Albert, Chief

District 1 - Jan Crawford

District 2 - Beth Sanderson

District 3 - Gary Jerry

District 4 - Vacant

THANK YOU ! THANK YOU!!

Dear N.M.U. Administrative Professionals,

On behalf of the Redeemer Lutheran Church Youth Group I would like to thank you all for donating over 100 of your empty ink cartridges to our "Empties for Cash" fund raiser.

By your generosity you have helped us raise \$544.00 which will go toward our trip to our National Youth Gathering in Orlando, Florida this summer.

Thank you so much for your kindness and generosity. Not only have you helped us to raise money for our trip, you have also helped us to recycle. God bless you.

In Gratitude,
Pastor Steve Hulke
Redeemer Lutheran Church



Stacy Busch received a bachelor of science degree at the May 2004 ceremony. She majored in Health Education, minored in Business Administration.

Jeannie Wratschko received her BS 2 years ago. At the May 2004 ceremony, she received a Masters in Public Administration with an emphasis in Public Policy Analysis.

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

In May and June, we contributed 71 inkjets to Redeemer's youth. The total is now 161. Thanks.



FLAME Wins Regional Recognition

Dear Union brothers and sisters:

While looking through the latest UAW Solidarity magazine, I was surprised and excited to see that our local union newsletter, The Flame, was awarded first place for general excellence (under 500 circulation) at a recent Local Union Press Association conference. We also were awarded a third place for best overall design. Most of you know that Phyllis Zaenglein (Communication Disorders) puts the newsletter together. Thank you, Phyllis, for your hard work on this. And thanks to all who submit articles, recipes, etc. to make her job easier.

Dan Leppanen, VP, UAW Local 1950

BANNER TIP

When registering students for classes that don't count towards graduation (MA090, etc.) you will get a message, "Level Student is Taking Course; Press List for Valid Codes." This means you have to change the **Level** from (7667) UG to VC. **Level** is the 9th column over from **CRN** - just click on the little flashlight and choose Vocational (make sure the course is highlighted).

If you know of any little tidbits like this, please pass them on.

Thanks to Dawn L. Wilder (D.W.)

HEALTH AND WELFARE

Slow Poisoning of America

I wondered if there could be an actual chemical causing the massive obesity epidemic, so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo, and spent years working for the government.

He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.

No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with MSG when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese. They even have a title for the race of fat rodents they create: "MSG-Treated Rats"

MSG? I was shocked too. I went to my kitchen, checking the cupboards and the fridge. MSG was in everything! The Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones.

The items that didn't have MSG had something called Hydrolyzed Vegetable Protein, which is just another name for Monosodium Glutamate. It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff.

They hide MSG under many different names in order to fool those who catch on. But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere. Burger King, McDonalds, Wendy's, Taco Bell, every restaurant, even the sit down ones like TGIF, Chilis', Applebees and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG!

(Continued on page 8, col. 1)

Union Made Candy

Bob's Candy

Nestles Company - Nestles Confections, Nestle Treasures, Laffy Taffy, Nestle Chocolate Baby Ruth, Butterfingers, BB's Pearson's Nips

Premiere Candy Company - Premiere

Hershey Company - Bars, Carmello, Symphony, Jolly Rancher, Pot of Gold, Hershey Kisses, Hershey's Milk Chocolate Bar, Fifth Avenue, Zagnut, York Peppermint Patties, Jolly Rancher candies,

Wood's - Byerly's

Russell Stover Candy

Herman Goelitz - Jelly Belly jellybeans, Halloween candy corn, Valentine cinnamon hearts, Easter jelly bird eggs, Christmas tree taffy, Licorice, Malted milk balls, chocolate-coated nuts, Chocolate Dutch Mints, Chocolate Temptations, Dimples, (5881) Goelitz Sours and Gummi products, Pet Rat, Pet Tarantula, Sweet Temptations.

Necco - Sweetheart Brand Conversation Hearts, Necco Wafers, Clark Bar, Mary Jane peanut butter chews, Candy House buttons candy dots on paper, Sky Bar, Thin Mints, Candy Sticks, Bolster Bar, Canada Mints, Candy Cupboard, CyberSpeak, Masterpieces



WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it, because you get up first, and then we don't have to wait as long to get our coffee."

The husband said "You are in charge (7255) of cooking around here and you should do it, because that is your job, and I can just wait for my coffee."

Wife replies, "No, you should do it, and besides, it is in the Bible that the man should do the coffee."

Husband replies, "I can't believe that, show me."

So she fetched the Bible, and opened the New Testament and showed him at the top of several pages, that it indeed says..... "HEBREWS"

Up Against Fanaticism By Phil Lucas, Executive Editor, Panama City News Herald

If straight talk of savagery offends you, if you believe in ethnic and gender diversity but not diversity of thought, or if you think there is an acceptable gray area between good and evil, then turn to the funny pages, and take the children, too. This piece is not for you.

We published pictures Thursday of burnt American corpses hanging from an Iraqi bridge behind a mob of grinning Muslims. Some readers didn't like it. Mothers said it frightened their children. A woman who works with Muslim physicians thought it might offend or endanger them.

Well, we sure don't want to frighten, offend or endanger anybody, do we? That's just too much diversity to handle. I mean, somebody might get hurt.

We could fill the newspaper every morning with mobs of fanatical Muslims. They can't get along with their neighbors on much of the planet: France, Chechnya, Bosnia, Indonesia, Spain, Morocco, India, Tunisia, Somalia, etc., etc., etc. Can anybody name three ongoing world conflicts in which Muslims are not involved? Today, where there is war, there are fanatical Muslims.

We might quibble about who started what conflicts, but look at the sheer number of them. One thing is sure. Muslim killers started the one we are in now when they slaughtered more than 3,000 people, including fellow Muslims, in New York City.

Madeleine Albright, the former secretary of state and feckless appeaser who helped get us into this mess, said last week Muslims still resent the

Crusades. Well, Madam Albright, if Westerners were not such a forgiving people, we might resent them too.

Let's recap the Crusades. Muslims invaded Europe, and when they reached sufficient numbers, they imposed their intolerant religion upon Westerners by force. Christian monarchs drove them back and took the battle to their homeland. The fight lasted a couple of centuries, and we bottled them up for 1,000 years.

Now, a millennium later, Muslims have expanded forth again. Ask France. Ask England. Ask Manhattan. Two-and-a-half years ago fanatical Muslims laid siege to us. We woke up to the obvious. Our president announced it would be a very long war, then took the battle to the Islamic homeland. Sound Familiar?

Let's consider the concept of a "long war." Last time it was 200 years, give or take. Anybody catch Lord of the Rings? You know, the good part, the part that wasn't fiction, the part that drew us to the books and movies because it was the truest part: the titanic struggle between good and evil, between freedom and enslavement, between the individual and the state, between the celebration of life and the worshipping of death.

That's the fight we are in, and it never ends. It just has peaks and valleys.

There may be a silent majority of peaceful Muslims - some live here but that did not save 3,000 people in the World Trade Center, the million gassed and butchered in the Middle East, the tens of thousands slain in Eastern Europe and Asia, the hundreds blown to bits in the West Bank and Spain, or the

Cont. page 7, col. 2

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. Numbers for Luann Thurston, Terry Mattson, Sarah Stanley, Jan Syria, and Sheri Trotochaud were in the May issue.

Contributions to the FLAME from our members are greatly welcome.

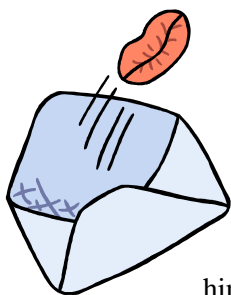
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Submissions may be made to the Education Committee Chair, Dan Leppanen or the Asst. Editor, Phyllis Zaenglein.

THREE IMPORTANT THINGS IN LIFE

You've heard it said, "Be nice to your kids. They'll choose your nursing home." Well, there may be other and more important reasons for being careful how we treat one another. I think that U.S. industrialist Charles M. Schwab may have gotten it right. At age 72, Schwab was sued for a large sum of money. Many high-profile persons would have settled out of court, but Schwab went through with it and eventually won the suit. Before he left the witness stand, he asked permission of the court to make a statement of a personal nature. This is what he said: "I am an old man, and I want to say that ninety percent of my troubles have been due to my being good to other people. If you younger folk want to avoid trouble, be hard-boiled and say no to everybody. You will then walk through life unmolested, but." and here a broad smile lit up his face, "you will have to do without friends, and you won't have much fun." Maybe that's why Henry James said, "Three things in human life are important: The first is to be kind. The second is to be kind. And the third is to be kind." It's a vital part of a whole and happy life.

This reading is found in Steve Goodier's popular book, *TOUCHING MOMENTS 60-second readings that touch the mind and heart.*



A Marine was deployed to Afghanistan. While he was there he received a letter from his girlfriend. In the letter she explained that she had slept with two guys while he had been gone, she wanted to break up with him, AND she wanted pictures of herself back.

So the Marine did what any squared-away Marine would do. He went around to his buddies and collected all the unwanted photos of women he could find. He then mailed about 25 pictures of women (with clothes and without) to his girlfriend with the following note:

"I don't remember which one you are. Please remove your picture and send the rest back."

Is your yard going to the squirrels?

Are squirrels raiding your birdfeeder? Instead of fighting them, try feeding them to add another element of fun to your backyard wildlife antics.

Squirrels enjoy corn, nuts, and Wild Bird Unlimited Wildlife Blend. Place the food in a platform feeder or nut box. Two sharp incisors make it easy for them to gnaw through nuts, not to mention your favorite bird feeder.

To keep squirrels from bothering your existing birdfeeder setup, try these tips:



- To keep these critter from devouring your best bird food, buy one of the "squirrel-proof" feeder from Wild Birds Unlimited.
- Don't invite them to chew through your screens or doors. Place food away from window sills and doorways.
- Keep food away from your birdfeeding stations. Squirrels can jump 4 to 6 feet vertically and 8 to 10 feet between objects. They cling to birdfeeders with the toes on their back feet, allowing them to hang upside down and use their hands to stuff their faces.
- Place a baffle on your feeder pole above or below the birdfeeder.
- Try an On-Guard© wire mesh cage around your existing feeders. This cage is designed specifically to fit the Wild Birds Unlimited Seed Tube feeders, peanut feeders, and suet cages and can be fitted to smaller tube feeders.
- Fill your birdfeeders with safflower seeds. Many songbirds will eat safflower, but squirrels typically will not.

ED note: This article is reprinted with permission granted by Kristi Flatt, owner of Wild Birds Unlimited in Marquette. Also, these feeders, although more costly than other places, do have a lifetime warranty.

SENIOR NOTES

Life is not a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming... 'WOW! What a ride!'"

- Unknown

A great senior citizen site:
<http://wankei.net/seniors.htm?address=milliecon>

Take your time and see if you can read each line aloud without a mistake. The average person can't.

**This is this cat
This is is cat
This is how cat
This is to cat
This is keep cat
This is an cat
This is old cat
This is person cat
This is busy cat
This is for cat
This is forty cat
This is seconds cat**

Now go back and read the THIRD word in each line from the top down.

four Americans shot, burned and hung like sausage over the Euphrates as a fanatical minority of Muslims did the joyful dance of death.

Maybe we are so tolerant, we are so bent on "diversity," we are so nonjudgmental, we are so wrapped up in our six-packs and ball games that our brains have drained to our bulbous behinds. Maybe we're so addled on Ritalin we wouldn't know which end of a gun to hold. Maybe we need a new drug advertised on TV every three minutes, one that would help us grow a backbone.

It doesn't take a Darwin to figure out that in this world the smartest, the fastest, the strongest, and the most committed always win. No exceptions!

Look at your spouse and children. Look at yourself in the mirror. Then look at the pictures from the paper last Thursday. You better look at them. Those are the people out to kill you.

Who do you think will win? You? Or them? Think you can take your ball and go home and they will leave you alone? (0920) Read a little history. Start with last week, last month, last year, and every other year back for half a century. Then go back a thousand years. Nobody hides from this fight.

Like it or not, that's the way it was and that's the way it is. But many Americans don't get it. That's why we published those pictures.

If they jarred you off the sofa, if they offended you, if they scared your children and sent you into a rage at mass murderers or heartless editors, then I say, **it's a start.**

Happy Retirement, Mary

July 30, 2004 will be my last day with Northern Michigan University. The Bookstore has been my home since the day I arrived 24 years ago.

My husband and I raised three girls and have now been blessed with four grandsons. Our plan is to spend as much time as possible with those wonderful boys, Allen, Aaron, Jake and Wyatt.

Our favorite place in the world is at camp with our family and friends, but I will come into town for the wonderful luncheons.

Mary E. Richard

HEALTH AND WELFARE

Cont. from pge 4, col. 1

So why is MSG in so many of the foods we eat? Is it a preservative or a vitamin? Not according to my friend, John. In the book he wrote, an expose of the food additive industry called *The Slow Poisoning of America*, <http://www.spofamerica.com>, he said that MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website, sponsored by the food manufacturers lobby group, supporting MSG at: <http://www.msgfacts.com/facts/msgfact12.html> explains that the reason they add it to food is to make people eat more. A study of elderly people showed that people eat more of the foods to which it has been added. The Glutamate Association lobby group says eating more benefits the elderly, but what does it do to the rest of us?

'Betcha can't eat just one', takes on a whole new meaning where MSG is concerned! And we wonder why the nation is overweight? (2432) The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance!

Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the prepackaged meals, soups, snacks and fast foods we are tempted to eat everyday.

The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount.

But what can we do to stop the food manufactures from dumping fattening and addictive MSG into our food supply and causing the obesity epidemic we now see? Read about it for yourself on Google at "MSG+obesity" and "personal responsibility for food consumption act".

Many splinters can be removed by pulling off a piece of cellophane tape over them.

Put half an apple with a cake to keep it moist longer.

Chewy Brownie Cookies

2/3 cup Crisco
1 1/2 cups packed brown sugar
1 Tbs water
1 tsp vanilla
2 eggs
1 1/2 cups flour
1/3 cup cocoa
1/2 tsp salt
1/4 tsp soda
2 cups chocolate chips
1/2 cup chopped nuts, optional



Cream shortening, sugar, water, and vanilla. Beat in eggs. Combine dry ingredients and add to creamed mixture. Mix until blended. Stir in chocolate chips and nuts. Drop by rounded teaspoonfuls onto ungreased baking sheets, 2 " apart. Bake at 375 for 7-9 minutes. Cool 2 minutes before moving. Makes 3 dozen.

Thanks to *Kathy Solka*

Carolina Slaw

1 large head of cabbage, chopped or grated
1 medium bell pepper, finely chopped
1 medium sweet onion, finely chopped
2 grated carrots

Dressing

1 cup sugar
1 tsp. salt
2/3 cup vegetable oil
1 tsp dry mustard
1 tsp celery seed
1 cup cider vinegar

Combine vegetables in a large bowl.

In a saucepan, combine dressing ingredients. Bring to a boil, then simmer until sugar dissolves. Pour the warmed dressing over the vegetables and toss. Cover and refrigerate until chilled. Serves 8-10

I found 1/2 the dressing is sufficient. pz

Source:

<http://southernfood.about.com/library/print99/n90612a.htm>

The elderly American gentleman arrived in Paris by plane. At French Customs, he fumbled for his passport.

”You ‘ave been to France before, monsieur?” the customs officer asked sarcastically. The old gent admitted that he had been to France previously.

”Zen, you should know enough to ‘ave your passport ready for inspection.”

The American said, “The last time I was here, I didn’t have to show it.”

”Impossible. You Americans alwayz ‘ave to show your passports on arrival in France!”

The American senior gave the Frenchman a long hard look. Then he quietly explained. ”Well, when I came ashore at Omaha Beach on D-Day in ’44, I couldn’t find any Frenchmen to show it to.”

D-Day was June 6, 1944.



Why The UN Isn’t A Solution

May 26, 2004

by Phyllis Schlafly

The UN didn’t have a lot of enthusiastic admirers before the Iraq war, and as news is sinking in about corruption on a scale never seen before, support for the UN is dropping to near-zero.

Because of the hardships on Iraqi children from the sanctions imposed on Iraq after the Persian Gulf War, beginning in 1996 Iraq was allowed to sell limited amounts of oil to finance the purchase of goods and medicines for humanitarian purposes. This Oil-for-Food program was supposed to be under tight UN supervision, but the UN was the fox guarding the chicken coop.

The UN collected a 2.2 percent commission on every barrel of oil to pay for overseeing a flow of funds that totaled at least \$67 billion, a task administered by ten UN agencies employing 1,000 staff. That was just the start of the giant Oil-for-Food ripoff.

The evidence is now pouring in that more than \$10 billion in bribes and kickbacks were siphoned off under the noses of the UN monitors. Oil-for-Food was a giant scam that allowed Saddam Hussein to divert that incredible sum to finance his lavish lifestyle and to buy friends to keep himself in power.

The UN had no effective mechanisms of accounting or disclosure, and there never was any audit. Everything was

secret: the price and quantity of the oil and of the goods for relief, the identities of the oil buyers, the quality of the food and medicines, the bank statements, and all financial transactions.

General Tommy Franks called the program Oil-for-Palaces. Others called it UNScam. But Saddam’s personal pocketing of an estimated \$5 billion was only part of the racket; the rest of the illegal money financed a system of bribes to buy international support for his corrupt regime.

Now we know why the UN, and especially France and Russia, opposed our goal of toppling Saddam. It wasn’t because they are anti-American; it was because they were the chief beneficiaries of these secret deals with Saddam and they didn’t want to turn off the money spigot.

From 1996 to 2002, Oil-for-Food was a cover that invited and sustained huge transfers of corruption-laden transactions between Iraq and major UN members, particularly Russia, France and China. Their profitable party would still be going on if the United States hadn’t kicked Saddam out of power.

Here is how the scam worked. Saddam selected individuals, corporations and political parties to receive oil allotments at steep price discounts, which were then sold at the market price. Their part of the deal was to kick back a generous percentage of the profits to Saddam and to help keep him in power by giving him political support in the UN and elsewhere.

UN Secretary General Kofi Annan was a chief negotiator with Saddam. Annan’s secretariat collected fees of \$1.4 billion to monitor, administer and audit the program, keep the records, and interact with Saddam, plus another \$500 million for weapons inspection.

Annan picked UN Assistant Secretary General Benon Sevan to be Oil-for-Food’s executive director and report directly to him. He served for six years.

The Iraq Oil Ministry has now released a list of 270 companies and politicians from 46 countries, especially Russia and France, that profited from this scheme. The list includes former Iraqi officials, a former French Cabinet minister, a British member of Parliament, Benon Sevan who ran the program, a company with which Kofi Annan’s son was associated, and other UN personnel who were supposed to be monitoring the contracts.

The smoking gun is a letter to the former Iraqi oil minister obtained by ABC News. It describes the specifics of one deal that would have generated a profit of \$3.5 million.

Some of the food delivered, mostly from Russia, was unfit for humans, and medicines were often out of date. Saddam also handed out vouchers instead of cash for other goods imported illegally in violation of UN sanctions.

The excuse for this program was an alleged desire to provide for needs of Iraqi people, but the people had no say in who bought or sold goods or food, what was bought, how it was distributed, or anything else. The deal was between the UN and Saddam.

Five investigations of what is probably the biggest financial fraud in history are now in progress. Two are by the U.S. House, one by the Senate, one by the Iraqi Governing Council, and one authorized by the UN and headed by former Federal Reserve Chairman Paul Volcker. A UN Security Council resolution calls on the 191 UN countries “to cooperate fully,” but much cooperation is unlikely since Volcker has no subpoena power.