



The Flame



Northern Michigan University Clerical/Technical Union Local 1950
A double LUPA Award Winning Publication

<http://uaw1950.nmu.edu/>
November, 2004

LOCAL 1950 NEWS

**Membership meeting
Wednesday,
November 3**

MENU

Chicken-broccoli-rice
casserole
Side vegetable
Tossed salad and dressings
Dinner rolls and butter
Coffee/tea/milk/pop
Pumpkin cream layer pie



CAP Tickets

Again, we are selling CAP tickets. A book contains 5 tickets plus one for the seller and costs \$10. Anyone selling \$20 in tickets will receive a free UAW polo shirt and a sweatshirt to anyone selling \$50 in tickets. Whomever sells the most tickets will receive \$50 certificate.

Thank you Michelle Kimball and Dawn Wilder for taking over the ticket sale duties.

SS #s

President Sue informed me that you wish to continue using your SS# in the FLAME. (2178) That makes it easy for me. If anyone wants to use another 4-digit number, please notify me.

In January we'll start the list again.

Phyllis
email - pzaengle
phone - 2125

Tentative Meeting Schedule for 2004-2005

The monthly meeting are being held in the Explorer Rooms

December 1

January 12

February 2

March 2

April 6

Spring Luncheon - May 11
Great Lakes Rooms



November 2

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.

NOVEMBER BIRTHDAYS



Patty Healy	Nov 1
Linda Greenburg	Nov 2
Tracy Venable	Nov 3
Joann Jordon	Nov 5
Janice Coombs	Nov 8
Susan Schroderus	Nov 9
Melynda Nannestad	Nov 10
Sandy Carlson	Nov 16
June Nelson	Nov 17
Ernie Young	Nov 19
Barbara Lantz	Nov 24
Pat Sheldon	Nov 26
Penny Hubble	Nov 27
Muriel Kangas	Nov 28
Beth Sanderson	Nov 29

Have a wonderful day!

Employment Changes

Jeannie Wratschko filled the Senior Secretary II 4C position in Vocational Support Services effective 9/22/04. She replaced Kay Harrington.

Sally Roo accepted the 30 hour per week, 8.5 month Senior Clerk II 4D position in Admissions effective 9/30/04. She replaced Lisa Mattson.

April Bertucci filled the new .50 FTE Senior Clerk 4E position in the Development Fund effective 9/30/04.

Jennifer Lauren accepted the Senior Secretary 4D position in Diversity Student Services effective 10/18/04. She replaced Jeannie Wratschko.

Support Gwinn Middle School's trip to Washington, DC

Purchase a Consumer Cash Card for \$5.00 from Helen Bicigo (1128)

Merchants offering discounts or free food are Taco Bell, Subway, Wendy's Main Street Pizza, Hudson's, A&W, Jilbert's Dairy, Superior Fast Lub & Wash, Fazoli's, Rodney's Pizzeria, Huron Mountain Bread Co, and Blimpies.

Each friend represents a world in us, a world possibly not born until they arrive.

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

Thank You

Local #1950:

Thank you so much for the gift certificate. Am enjoying my retirement and doing exactly what I thought I would do: spending more time with my mother and my grandson. Also been watching a lot of the Weather Channel as my daughter, Jacoba, moved to Orlando, Florida right after Charley, so she has been on her toes for the last month. Will probably see everyone at the May luncheon. Thanks again.

Bev Pascoe

Dear Union Partners,

*Thank you for your thoughtfulness -
It's always nice when special people
do very special things.*

Thank you

Mary Richards
Thank you for the gift certificate.
Very thoughtful.

To all my fellow members of UAW
Local 1950

Only the warmest "Thank You" will do for people as nice and as special as you! My retirement went well, (2 months). I am now in semi-retirement and enjoying it very much. Also, thank you all of the gift certificate.

I have been seeing many of you on campus, and actually enjoy running into friends and co-workers.

Jean Paquette

Church Ladies with Keyboards...

These "Bloopers" are said to have appeared in Church Bulletins or were announced during services:

1. Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.
2. Announcement in a church bulletin for a national PRAYER & FASTING Conference: "The cost for attending the Fasting and Prayer conference includes meals."
3. The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."
4. Our youth basketball team is back in action Wednesday at 8 PM in the recreation hall. Come out and watch us kill Christ the King.
5. "Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Don't forget your husbands."
6. The peacemaking meeting scheduled for today has been canceled due to a conflict.
7. Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say "hell" to someone who doesn't care much about you.
8. Don't let worry kill you off - let the Church help.
9. Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation.
10. For those of you who have children and don't know it, we have a nursery down stairs.
11. Next Thursday there will be tryouts for the choir. (9321) They need all the help they can get.
12. Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Jack's sermons.



HEALTH AND WELFARE

BANANAS

Containing three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.



Depression: According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Creamy Chicken Wild Rice Soup



8 oz. wild rice
8-10 C chicken broth
1 qt. half & half or milk
8 oz. sliced fresh mushrooms
1/2 C flour
1-2 C diced cooked chicken
1/2 lbs (7-9 pieces) of fried crisp and crumbled bacon
Poultry seasoning, salt, pepper, and sage to taste
8 oz. cubed Velveeta cheese

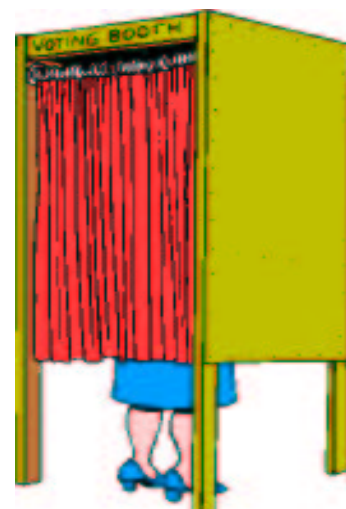
Cook rice, following package directions, substituting chicken broth for water. **DO NOT DRAIN!** Add remaining chicken broth and 1/2 & 1/2 or milk. Saute mushrooms and onions in butter. Blend in flour; add and cook over low heat until thickened, stirring constantly. Add remaining ingredients and heat to melt cheese and mix flavors. Makes about 18 cups of soup.

Thanks to *Kathy Solka*

Baked Oatmeal

2 C old-fashioned oatmeal 4 C milk
1/2 t. almond flavoring 1/4 C brown sugar
1/2 C sliced almonds 1/2 C dried cherries
1 lg unpeeled/grated apple (Granny Smith work well)

Preheat oven to 400 degrees. Coat a 3-qt casserole or baking pan with nonstick cooking spray. Combine ingredients and transfer to dish. Top with additional almonds. Bake, uncovered, for 45 minutes.



The Military

The average age of the military man is 19 years. He is a short haired, tight-muscled kid who, under normal circumstances is considered by society as half man, half boy. Not yet dry behind the ears, not old enough to buy a beer, but old enough to die for his country. He never really cared much for work and he would rather wax his own car than wash his father's; but he has never collected unemployment either.

He's a recent High School graduate; he was probably an average student, pursued some form of sport activities, drives a ten year old jalopy, and has a steady girlfriend that either broke up with him when he left, or swears to be waiting when he returns from half a world away. He listens to rock and roll or hip-hop or rap or jazz or swing and 155mm howizzitor. He is 10 or 15 pounds lighter now than when he was at home because he is working or fighting from before dawn to well after dusk.

He has trouble spelling, thus letter writing is a pain for him, but he can field strip a rifle in 30 seconds and reassemble it in less time in the dark. He can recite to you the (3663) nomenclature of a machine gun or grenade launcher and use either one effectively if he must. He digs foxholes and latrines and can apply first aid like a professional. He can march until he is told to stop or stop until he is told to march.

He obeys orders instantly and without hesitation, but he is not without spirit or individual dignity. He is self-sufficient. He has two sets of fatigues: he washes one and wears the other. He keeps his canteens full and his feet dry. He sometimes forgets to brush his teeth, but never to clean his rifle. He can cook his own meals, mend his own clothes, and fix his own hurts. If you're thirsty, he'll share his water with you; if you are hungry, his food. He'll even split his ammunition with you in the midst of battle when you run low.

He has learned to use his hands like weapons and weapons like they were his hands. He can save your life - or take it, because that is his job. He will often do twice the work of a civilian, draw half the pay and still find ironic humor in it all. He has seen more suffering and death than he should have in his short lifetime.

He has stood atop mountains of dead bodies, and helped to create them. He has wept in public and in private, for friends who have fallen in combat and is unashamed. He feels every note of the National Anthem vibrate through his body while at rigid attention, while tempering the burning desire to 'square-away' those around him who haven't bothered to stand, remove their hat, or even stop talking. In an odd twist, day in and day out, far from home, he defends their right to be disrespectful.

Just as did his Father, Grandfather, and Great-grand-father, he is paying the price for our freedom. Beardless or not, he is not a boy. He is the American Fighting Man that has kept this country free for over 200 years.

He has asked nothing in return, except our friendship and understanding. Remember him, always, for he has earned our respect and admiration with his blood. And now we even have woman over there in danger, doing their part in this tradition of going to War when our nation calls us to do so. As you go to bed tonight, remember this shot. A short lull, a little shade and a picture of loved ones in their helmets.....

Pray for our military...

"Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen."

Thanks to *Karen Smith*

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 Season Holdwick, Christy Johnson, Lisa Alto, Kay Schwartz, and Stacy Sommers were in the October issue.

Contributions to the FLAME from our members are greatly welcome.

"The Flame" is a member of the Local Union Press Association and the Michigan Labor Press AFL/CIO. "The Flame" is published monthly (Sept-April) by the Education Committee, UAW Local 1950, Northern Michigan University, Marquette, MI 49855.

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

In August-October, we contributed 39 inkjets to Redeemer's youth. The total is now 200. Thanks.



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

SAFETY TIPS

We can now add to the list of victims the retired 77 yr. old TCU professor from Ft. Worth whose body was found last week in Oklahoma—and the 11 yr. old in Sarasota, FL. Because of these recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation. This is for you, and for you to share with everyone you know. After reading this, forward it to someone you care about. It never hurts to be careful in this crazy world we live in.

1. Tip from *Tae Kwon Do*: The elbow is the strongest point on your body. If you are close enough to use it, do!

2. Learned this from a tourist guide in New Orleans. If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM**. Toss it away from you....chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **RUN LIKE MAD IN THE OTHER DIRECTION!**

3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.**

5. A few notes about getting into your car in a parking lot, or parking garage:

A.) Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.

B.) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.

C.) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

6. **ALWAYS** take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot).

7. If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely **WILL NOT** be a vital organ. **RUN!**

8. As women, we are always trying to be sympathetic: **STOP**. It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who **ALWAYS** played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.

9. Another Safety Point: Someone just told me that her friend heard a crying baby on her porch the night before last, and she called the police because it was late and she thought it was weird. The police told her "Whatever you do, **DO NOT** open the door."

The lady then said that it sounded like the baby had crawled near a window, and she was worried that it would crawl to the street and get run over. The policeman said, "We already have a unit on the way, whatever you do, **DO NOT** open the door." (7611) He told her that they think a serial killer has a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby. He said they have not verified it, but have had several calls by women saying that they hear baby's cries outside their doors when they're home alone at night.

Please pass this on and **DO NOT** open the door for a crying baby.—This e-mail should probably be taken seriously because the Crying Baby theory was mentioned on America's Most Wanted this past Saturday when they profiled the serial killer in Louisiana.

Send this to any woman, men too, you know that may need to be reminded that the world we live in has a lot of crazies in it and it's better to be safe than sorry.



Thanks to *Dan Leppanen*

SENIOR NOTES

This is for older people.
Younger people try it at their own risk.

This is working well for me.

For those of us getting along in years, here is a little secret for building your arm and shoulder muscles. You might want to adopt this three days a week.

Begin by standing straight, with a 5-LB. potato sack in each hand.

Extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute.

Relax.



After a few weeks, move up to 10-LB. potato sacks, and then 50-LB. potato sacks, and eventually try to get to where you can lift a 100-LB. potato sack in each hand and hold your arms straight out for more than a full minute.

After you feel confident at that level, start putting a couple of potatoes in the bags.



Every households needs 2 products... WD-40 and duct tape.

WD-40 belongs in everyone's household. It cleans and protects tools, removes grease and grime from walls, floors, etc. It is an excellent solvent for removing sticky labels and other gummy adhesives from plastic, porcelain, glass, metal and vinyl. Because it's a petrochemical, it is not recommended to use in the kitchen or around food.

DUCT TAPE

After spending entirely too much time looking for serious uses of duct tape, I decided to share some of the sites I found. pz

Jim and Tim, the duct tape guys, ran for President in 1996, 2000, and again this year. Their platform is quite interesting:

ALL THAT AILS AMERICA CAN BE FIXED WITH DUCT TAPE

"We feel that duct tape is the universal panacea. It is our feeling that duct tape, being the ultimate power tool, can fix anything. There are a lot of tough questions facing us as American's today. And, like duct tape, these questions can get kind of sticky. (9691) They mostly have no black or white answers—the answers are all kind of gray... you know, like duct tape. Maybe there's a reason for that."

ON THEIR RUNNING MATE:

The Office of President is too big a position for any one person, therefore, Jim and Tim will share the Presidency. "The Vice President really doesn't do that much anyway, and we can use the extra office to warehouse extra duct tape rolls."

Source: <http://www.octanecreative.com/ducttape/dtpresident.html>, found on Google typing "duct tape".

"God made the world, but it's held together with duct tape."

Source: <http://204.255.212.10/~jthorse/duct.html> (The Duct Tape Page)

Clean plastic skylights with MAAS metal polish, which can be purchased at a janitorial supply store.

Put mothballs under the couch cushions to keep your pets off them.

Put talcum powder on an oil stain and let set overnight. Brush away. Launder as usual.