



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, December 1**

MENU

**Chicken Breast with
Bourbon Honey Sauce
Wild Rice/Cranberry
Chef Choice
Vegetable
Jellied Fruit Salad
Coffee/Tea/Milk
Assorted Pop
Mini Pastries
(Baklava, mini
cheesecakes,
and assorted bars.)**

Community Services Committee

Dan Leppanen Christi Etelamaki
Kerry Mohr Rynnee Richards
Pat Woods Phyllis Zaenglein

The Community Services Committee and the Executive Board have chosen the Christmas project for this year. They would like to 1) assist any of our brothers and/or sisters who are in need and 2) send packages to active military personal who are directly related to our members. If you would like to (8091) nominate someone for either of these projects, please contact a committee member. All information will be kept confidential within the committee.

We will be sending the military "goodie" packages in February.

The Committee wants to continue our tradition of our After Holidays Part by helping restock the food pantries at the Salvation Army, St. Vinnie's, and Goodwill. More about this later.



Walter & May Reuther UAW Family
Education Center

February 20-25

Standing Committees

The first 6 hours of this program will provide all committees with basic activist training. General duties from running effective meetings to recruiting volunteers to planning techniques will lead into the next 6 hours of special projects. This program also encourages members on the committee to learn new skills and continue to grow as union activists.

March 6-11 and November 13-18

Union Involvement

Membership involvement is critical to building the power and solidarity of the union. This program discusses the purpose, history, and structure of the UAW. Particular attention is paid to our democratic principles, aggressive collective bargaining agenda, and progressive social agenda. Delegates will gain a rich understanding of the role we have played in advancing the causes and rights of workers and their families.

Notify President Sue Tollefson if you are interested in attending any of these institutes.

**MERRY
CHRISTMAS**

Meeting Schedule for 2004-2005
The monthly meeting are being held in the Explorer Rooms

January 12
February 2
March 2
April 6
Spring Luncheon - May 11
Great Lakes Rooms

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.

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

DECEMBER BIRTHDAYS



Nicole Norman	12/01
Della Cheney	12/04
Jan Syria	12/05
Stacy Summer	12/05
Don Duquette	12/12
Nina Parkkonen	12/18
Andrea Jordon	12/18
Ruth Ann Holm	12/22
Bernadette Nordon	12/30

Have a wonderful day!

Wouldn't it be nice if whenever we messed up our life, we could simply press 'Ctrl Alt Delete' and start all over?

Flu Facts

10/25/2004 *Detroit Free Press*

Q: So how long are you infectious with the flu?

A: As long as you're still coughing, while something is coming out of your nose and mouth, you probably ought to stay home. Once your fever has gone down, and you no longer are coughing up stuff, you are probably no longer infectious. Do yourself, your coworkers, and others a favor and stay home until then.

Q: How hearty is the flu virus?

A: Pretty hearty. It can last a couple hours on a surface. Old-fashioned washing of your hands is the best way to prevent it. Good, vigorous scrubbing.

Q: How far back were there reports of influenza? (8065)

A: At least the 1400s, in the Italian Renaissance. Influenza is an Italian word that means influence. It then was called different things like influenza of the skies, influenza of the stars, and influenza of the devil.

Thanks to *Kimber Olli*

Employment Changes

Terri Williams accepted the Principal Secretary 4B position in Art and Design effective 10/11/04. She replaced Margarete Salinger.

The positions held by Lisa Mattson, Kris Johnson and Kay Mandersheid were reclassified as Senior Clerk III 4C in Admissions effective 10/26/04.

Diary of a Snow Shoveler!

December 8: 6:00 PM. It started to snow. The first snow of the season and the wife and I took our cocktails and sat for hours by the window watching the huge soft flakes drift down from heaven. It looked like a Grandma Moses Print. So romantic we felt like newlyweds again. I love snow!

December 9: We woke to a beautiful blanket of crystal white snow covering every inch of the landscape. What a fantastic sight! Can there be a more lovely place in the Whole World? Moving here was the best idea I've ever had. Shoveled for the first time in years and felt like a boy again. I did both our driveway and the sidewalks. This afternoon the snowplow came along and covered up the sidewalks and closed in the driveway, so I got to shovel again. What a perfect life!

December 12: The sun has melted all our lovely snow. Such a disappointment. My neighbor tells me not to worry, we'll definitely have a white Christmas. No snow on Christmas would be awful! Bob says we'll have so much snow by the end of winter, that I'll never want to see snow again. I don't think that's possible. Bob is such a nice man. I'm glad he's our neighbor.

December 14: Snow lovely snow! 8" last night. The temperature dropped to -20. The cold makes everything sparkle so. The wind took my breath away, but I warmed up by shoveling the drive-way and sidewalks. This is the life! The snow-plow came back this afternoon and buried everything again. I didn't realize I would have to do quite this much shoveling, but I'll certainly get back in shape this way. I wish I wouldn't huff and puff so.

December 15:
20 inches forecast. Sold my van and bought a 4x4 Blazer. Bought snow tires for the wife's car and 2 extra shovels. Stocked the freezer. The wife wants a wood stove in case the electricity goes out. I think that's silly. We aren't in Alaska, after all.



December 16:
Ice storm this morning. Fell on my rear end on the ice

in the driveway putting down salt. Hurt like you can't believe. The wife laughed for an hour, which I think was very cruel.

December 17: Still way below freezing. Roads are too icy to go anywhere. Electricity was off for 5 hours. I had to pile the blankets on to stay warm. Nothing to do but stare at the wife and try not to irritate her. Guess I should've bought a wood stove, but won't admit it to her. I hate it when she's right. I can't believe I'm freezing to death in my own living room.

BLIZZARD

December 20: Electricity's back on, but had another 14" of the stuff last night. More shoveling. Took all day. That dumb snowplow came by twice. Tried to find a neighbor kid to shovel, but they said they're too busy playing hockey. I think they're lying.

December 21: Called the only hardware store around to see about buying a snow blower and they're out. Might have another shipment in March. I think they're lying. Bob says I have to shovel or the city will have it done and bill me. I think he's lying.

December 22: Bob was right about a white Christmas because 13 more inches of the white crud fell today, and it's so cold it probably won't melt till August. Took me 45 minutes to get all dressed up to go out to shovel and then I had to use the bathroom. By the time I got undressed, went, and dressed again, I was too tired to shovel. Tried to hire Bob, who has a plow on his truck, for the rest of the winter; but he says he's too busy. I'm sure he is lying.

December 23: Only 2" of snow today. And it warmed up to 0. The wife wanted me to decorate the front of the house this morning. What is she nuts?!! Why didn't she tell me to do that a month ago? She says she did but I think she's lying.

December 24: 6". Snow packed so hard by snowplow, I broke the shovel. Thought I was having a heart attack. If I ever catch the son of a gun who drives that snowplow, I'll drag him through the snow by his ears. I know he hides around the corner and waits for me to finish shoveling and then he comes down the street at a 100 miles an hour and throws

HEALTH AND WELFARE

More about BANANAS

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system. Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and (7653) smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a “cooling” fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body’s water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels.

Concluded on the the next column

Chocolate Creme de Menthe Cake

1 pkg. white cake mix
4 T. green creme de menthe
1 16-oz. can Hershey’s chocolate fudge topping (for ice cream)
1 8-oz. container Cool Whip
4 T. creme de menthe



Prepare cake mix according to package directions except add 4 T. creme de menthe to batter. Bake according to instructions on package, in a 9x12 cake pan. Cool thoroughly. Then frost with the can of Hershey’s fudge topping. Mix Cool Whip with 4 more T. creme de menthe, and top the cake. Keep chilled. Garnish with chocolate sprinkles, if desired.

Thanks again to *Chris Ducsay*

These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in “The New England Journal of Medicine,” eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, “A banana a day keeps the doctor away!”

Tomb of the Unknown Soldier

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why? 21 steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?

21 seconds for the same reason as answer number 1

3. Why are his gloves wet?

His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and if not, why not? (7127)

He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?

Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?

For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30." Other requirements of the Guard: They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform {fighting} or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis {the boxer} and Medal of Honor winner Audie Murphy, {the most decorated soldier of WWII} of Hollywood fame.

Every guard spends five hours a day getting his uniforms ready for guard duty.

ETERNAL REST GRANT THEM O LORD, AND LET PERPETUAL LIGHT SHINE UPON THEM. In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a serviceperson. The tomb has been patrolled continuously, 24/7, since 1930. I don't usually suggest that many emails be forwarded, but I'd be very proud if this one reached as many as possible. We can be very proud of our young men and women in the service no matter where they serve.

God Bless and keep them.

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 June Nelson, Bill Kiple, Randy Kreig, Kelly Dore, and Carol Schritzing were in the November issue.

"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.

Contributions to the FLAME from our members are greatly welcome. Submissions maybe made to the Education Committee Chair, Dan Leppanen or the Asst. Editor, Phyllis Zaenglein.

Thank You

Members & friends ~

Thank you so much for the retirement gift. My years with Local 1950 were good years ~ thanks to the members and their friendship ~

Sincerely,
Bonnie Devine

SENIOR NOTES

Brain cells come and brain cells go, but fat cells live forever.

Today at the drugstore, the clerk was a gent.
From my purchase this chap took off ten percent.
I asked for the cause of a lesser amount;
And he answered, "Because of the Seniors Discount."

I went to McDonald's for a burger and fries;
And there, once again, got quite a surprise.
The clerk poured some coffee which he handed to me.
He said, "For you, Seniors, the coffee is free."

Understand—I'm not old—I'm merely mature;
But some things are changing, temporarily, I'm sure.
The newspaper print gets smaller each day,
And people speak softer—can't hear what they say.

My teeth are my own (I have the receipt),
and my glasses identify people I meet.
Oh, I've slowed down a bit...not a lot, I am sure.
You see, I'm not old...I'm only mature.

The gold in my hair has been bleached by the sun.
You should see all the damage that chlorine has done. (1422)
Washing my hair has turned it all white,
But don't call it gray...saying "blond" is just right.

My car is all paid for...not a nickel is owed.
Yet a kid yells, "Old duffer...get off of the road!"
My car has no scratches...not even a dent.
Still I get all that guff from a punk who's "Hell bent."

My friends all get older...much faster than me.
They seem much more wrinkled, from what I can see.
I've got "character lines," not wrinkles...for sure,
But don't call me old...just call me mature.

The steps in the houses they're building today
Are so high that they take...your breath all away;
And the streets are much steeper than ten years ago.
That should explain why my walking is slow.

But I'm keeping up on what's hip and what's new,
And I think I can still dance a mean boogaloo.
I'm still in the running...in this I'm secure,
I'm not really old I'm only mature.

Diary of a Snow Shoveler

Cont. from page 3

snow all over where I've just been! Tonight the wife wanted me to sing Christmas carols with her and open our presents, but I was busy watching for that snowplow.

December 25:

Merry Christmas. 20 more inches of the miserable slop tonight. Snowed in. The idea of shoveling makes my blood boil. I hate the snow! Then the snowplow driver came by asking for a donation and I hit him over the head with my shovel. The wife says I have a bad attitude. I think she's an idiot. If I have to watch "It's a Wonderful Life" one more time, I'm going to scream!

December 26: Still snowed in. Why did I ever move here? It was all HER idea. She's really getting on my nerves.

December 27: Temperature dropped to -30 and the pipes froze.

December 28: Warmed up to above -20. Still snowed in. The wench is driving me crazy!!!!

December 29: 10 more inches. Bob says I have to shovel the roof or it could cave in. That's the silliest thing I ever heard. How dumb does he think I am?

December 30: Roof caved in. The snow plow driver is suing me for a million dollars. The wife went home to her mother. Nine more inches of snow predicted.

December 31: Set fire to what's left of the house. No more shoveling.

January 8: I feel so good. I just love those little white pills they keep giving me. Why am I tied to the bed?



**HAPPY
NEW YEAR!**

Place a few pine cones in a resealable plastic bag and add a few drops of cinnamon, or whatever flavor, oil.



It's important to let the cones stay in the sealed bag for at least 24 hours. Remove and place in a pretty basket and the aroma will gently waft through your home.

Ways to Avoid the Flu

--Eat right! Make sure you get your daily dose of fruits and veggies.

--Take your vitamins and bump up your vitamin C. Get plenty of exercise because exercise helps build your immune system. Walk for at least one hour a day, go for a swim, take the stairs instead of the elevator, etc. Wash your hands often. If you can't wash them, keep a bottle of antibacterial stuff around.

--Get lots of fresh air. Open windows whenever possible.

--Get plenty of rest.

--Try to eliminate as much stress from your life as you can.

OR

You can take the doctors office approach. When you go for a shot, what do they do first? Clean your arm with alcohol. Why? Because alcohol kills germs. So.....

I walk to the liquor store (exercise). I put lime in my Margarita (fruit), celery in my Bloody Mary (veggies), drink out on the bar patio (fresh air), get drunk, tell jokes, and laugh (eliminate stress) and then pass out (rest).

The way I see it, if you keep your alcohol levels up, flu germs can't get you!!!!

December Calendar

- 1 5:30 p.m./8:00 p.m. Women's/Men's BB at Tech
- 2 Tree Lighting Festivities - UC
Horse-drawn hayrides
- 3-4 TV6 Craft Show - Superior Dome
Hockey vs. Ohama, NB
- 4 Local churches - bazaars - Saturday
NMU Nordic Skiing
6:30 p.m. - Movie - White Christmas
7:30 p.m. - Mqt Choral - St. Peter's Cathedral
8:00 p.m. - Men's basketball
- 5 1:00 p.m. - Women's basketball - Northland
3:00 p.m. - Mqt Choral - St. Peter's Cathedral
- 7 5:30/6:30 p.m. - Women's/Mens basketball - Finlandia
- 8 7:30 p.m. - NMU Orchestra Holiday Concert
- 9-11 Ebenezer Schrooge - TFA - various times
- 10-11 Hockey
- 11 Last day of classes
1:00/3:00 p.m. - Women's/Men's basketball
- 11-12 Nordic Skiing
- 12 Univ Choral and Madrigal Singers
- 13-18 Final Exams
- 17 Women's/Men's basketball - Northland Baptist
- 18 Women's/Men's basketball - St. Norbert
- 18 Commencement 10:30 a.m. - Superior Dome
- 24 Holiday - Christmas Eve
- 27-30 Seasonal Bonus Days - University Closed
- 28 7:30 p.m. - Men's basketball - Northern Kentucky
- 31 Holiday - New Year's Eve