

The Newsette

Local 310

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Business Manager's Report

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Summer has arrived! This is the time of year that a majority of the membership chooses to wind down and reset their clocks. It is very important that we take advantage of the vacation benefit that we have earned. Looking back over the last year with very little vacation time and new challenges coming in on a daily basis begs the question on how you meet all the needs. If you think that plowing ahead non-stop is the answer you will only have hind sight to look at in the end. From time to time we need the break in action that will bring a fresh start. Along those same lines it appears that the membership is burning through their furlough days and enjoying the time away from work.

Job Abandonment is almost complete and with input from the affected members Vice President Beimborn has opened a dialog with the Company on improvements that would allow these members an easier time to get back to their craft and back home again as positions become available. Each change must be looked at closely to make sure that there wouldn't be a negative impact under different circumstances.

The Utility Worker Coalition sponsored a summit on Health Care along with the School for Workers. The main topic was what effect this would have on our contracts. This was a very educational experience and many questions were answered while some pieces are still not completed. The Wisconsin Utilities Association and WPS has a docket (**PSCW Docket No. 05-**

GF-195) before the Public Service Commission of Wisconsin looking for rate relief for the tax credit that has been removed for retiree prescription drugs as well as the removal of the Lifetime Cap and covering dependents to age 26. It looks like estimates into a couple million dollars. There is also some plus side of the law with reinsurance for retirees under age 65.

With the writing of this article comes the beginning of an initiative to correct problems at the Weston Power Plant. This has gone on for years and it began long before my time. It has got to a point where the Members there state openly that this is a nasty place to come to work at, with some stating it is a hostile work environment. The easy way for me to handle this would be, as in the past, to work at the problems only after they have festered for some time and resolve with a fix that neither party likes or follows. This initiative will not be a short term fix but one that is productive going forward. A number of the Weston Membership have made it very clear, that they believe I'm wrong in taking control of this situation, but I feel that Local 310 as a union no longer has a choice. No member should have to work in adverse conditions as a career and this will change.

In Solidarity
Steve McFarlane



A History Lesson on George Meany

George Meany was the builder of the modern AFL-CIO. He was born into an Irish Catholic family in New York City and spent most of his boyhood in the Bronx. His father, Michael Meany, was president of the Bronx local of the United Association of Plumbers and Pipe Fitters in 1910. Meany joined the union as an apprentice at the age of 16, working as a plumber in New York for the next decade.

In 1920, Meany was elected as the youngest member of the local union's executive board and two years later became a full-time business agent. During the 1920s, Meany was active on behalf of his local in both the New York City Central Labor Council and the New York State Federation of Labor, where he ran successfully for president in 1934.

As head of the New York state labor movement, Meany built a powerful political organization, passing one of the nation's first unemployment insurance laws and forging support for the reelection of Franklin Roosevelt in 1936. Meany also led a successful strike for fair wages of craftsmen working on the public works projects of the New Deal.

Meany was elected secretary-treasurer of the national American Federation of Labor (AFL) in 1939. As second in command to President William Green, Meany played an important role in the formation of the War Labor Board, which helped spur the growth of union membership during the second world war. Meany took responsibility for the federation's international activities. While still in New York, working with the Jewish Labor Committee, he had actively supported German trade unionists fleeing the Nazis. He insisted on the inclusion of

workers' rights in the postwar Marshall Plan. His leadership led to the creation of the International Confederation of Free Trade Unions at the end of the war, and he fought for free trade unions around the world for all of his career.

When a hostile Congress passed the repressive Taft-Hartley Act in 1947, Meany established and led Labor's League for Political Education, the first full-scale federation effort to register, educate and mobilize union members. Labor's strength helped elect Harry Truman as president in 1948. Meany was elected to the leadership of a divided labor movement. Many of the nation's industrial unions were part of the Congress of Industrial Organizations (CIO), which had been created in the 1930s. He immediately sought to unify the movement, an effort that culminated in the founding convention of the AFL-CIO in 1955. Meany was elected unanimously as the first president of the merged federation.

Meany modernized and expanded the national AFL-CIO, making the organization a powerful voice in the nation's political and legislative arena. Under his leadership, the American labor movement won unprecedented gains for ordinary working Americans, especially during the Kennedy and Johnson administrations. Meany, a staunch supporter of civil and equal rights his entire career, put the federation's muscle behind the civil rights movement, insisting that the historic 1964 Civil Rights Act call for an end to both workplace and community discrimination. The AFL-CIO was also the center of support for important social programs such as Medicare. His

(Continued on page 3)

New Local 310 Committee Formed

A suggestion was made from the Stevens Point branch to help Local 310 members deal with issues related to Health Care. Based on their suggestion, the HICCUP committee was formed. HICCUP, which stands for Health Information Committee to Communicate Unforeseen Problems, is comprised of volunteers Julie Wiltman from Two Rivers and Corey Barwick from Weston, as well as Recording Secretary Lori Wunsch.

The goal of this committee is to help educate Local 310 Members to maximize their Health Care benefits and to help avoid problems with BC/BS, MedCo and Delta Dental. If you have any suggestions or items that you would like the

committee to work on please e-mail us at: HICCUP@local310.org or send through WPSC company mail to the Union Office – attention: HICCUP.

If it is an issue with your medical insurance, please specify what company you work for (i.e.: WPSC, Dominion, Green Bay Bus Garage, Sturgeon Bay Utilities, or Algoma Utilities).

We are looking for topics that we would be able to write up in the *Newsette* and the Local 310 Website to help all of our Members. A couple of the items we will be working on in the near future are flexible spending, in-network and out-of-network issues and eye glass/contact reimbursement.

Lori Wunsch

Published by Local 310 of The International Union of Operating Engineers, AFL-CIO, for the views of interest and the dissemination of information to its members, members of other unions, their families and others in the communities in which we live, work and play. Articles of interest as well as comments and suggestions may be submitted to:

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Labor Press Association

The editor reserves the right to reject or edit any article. Articles containing vulgarity, slanderous statements or do not conform to normal ethical and moral standards will not be printed. Articles may be typed or written legibly with the senders name, phone number and signature. Names may be withheld upon request.

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AFL-CIO: OSHA is Improving, But Too Many Remain in Danger

The AFL-CIO says the Obama Administration's Occupational Safety and Health Administration (OSHA) is making good progress in repairing the "seriously eroded" agency left behind after eight years of the Bush Administration.

Still, the union federation said in its annual edition of "Death on the Job: The Toll of Neglect," much more remains to be done.

Among other things, the AFL-CIO said:

- The OSHA law is 40 years old and out of date. It needs to be strengthened to include criminal penalties against violators and in other ways.

- There are still too many worker deaths: 5,214 in 2008, or an average of 14 per day. An estimated 50,000 workers die each year from occupational diseases.

- Only one of every two or three injuries on the job is ever reported, "a serious problem."

- Inspection is "woefully inadequate." There are so few federal inspectors that workplaces can be inspected only once every 137 years. In cases in which states do the inspections, it's once every 63 years.

The difference between good and great is just a little extra effort.

Duffy Daugherty

By the time you get your shoulder to the wheel, your nose to the grindstone, and your ear to the ground, it's time for lunch.

Unknown

George Meany

(Continued from page 2)

presidency also saw the creation of important new programs such as the Labor Studies Center, constituency organizations for women, minorities and retirees and training programs for minorities. Meany fully supported the organizing of the fledgling United Farm Workers union.

Meany viewed the labor movement as more than a "special interest". It was rather the only organization on American life that spoke for the common citizen. He termed it the "people's lobby". He believed strongly that free trade unions were an essential part of a democratic society—and he fought against both political extremists and corrupt influences. During the 25 years he led the merged AFL-CIO, he was the nation's strongest

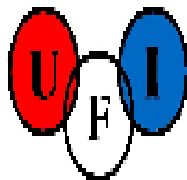
voice for human and civil rights, in America and around the world, speaking out against colonial exploitation of the developing world, supporting the state of Israel, fighting for the freedom of the states of Central Europe, advocating for Soviet Jews and supporting the fights against South African apartheid and against the military dictatorships in Spain and Chile.

As much as he valued the labor movement, George Meany valued his family and his church—he and his wife of more than 60 years, the former Eugenia McMahon, had three daughters, Regina, Eileen and Genevieve. In 1979, Meany stepped down as the president of the AFL-CIO and turned over the leadership to his second in command, Lane Kirkland. George Meany died in 1980.

Roth IRA: To Convert or Not Convert?

There have been recent changes to Traditional and Roth IRAs that have immediate and long term tax implications. Let us help you understand how you can use these changes to your advantage now and at retirement. For over five years, we have been helping many of our Union Brothers and Sisters understand how these types of opportunities could benefit them. Call us at the number below to schedule a no cost, no obligation meeting.

Joe Fenlon
Senior Financial
Services Representative
District Vice-President



Union Financial, Inc.

Rich Kreitz
Financial Advisor
Senior Financial Services
Representative

1-800-323-5506 Ext 122

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President's Report

Deb and I just got back from a short vacation in Arizona visiting our children and grandchild. On the way home we passed the largest independent wind turbine farm while traveling on Hwy 40 just east of Vega, TX. Stretching for over 10 miles, this is truly an impressive assembly of machines. We came upon this site in the evening and the pulsating red lights atop each turbine as far as the eye could see made quite an impression. I could not resist the thought that things are done bigger in Texas. Arizona was hot and dry as usual.

Dominion Shareholders' Meeting

In May I attended the Dominion Shareholders' meeting in Richmond, VA. As is common at all shareholder meetings, the chief executive officer speaks about accomplishments and goals of their respective company. Dominion CEO Tom Farrell did just that using a power point presentation of pictures, slides and graphs to help explain and describe key points. In keeping with the Dominion policy of safety first, Tom opened his presentation discussing past safety accomplishments, future goals and the philosophy of a safety conscious work environment. This action again demonstrates that safety at Dominion is truly an important part of the foundation of a successful company.

Later at that same meeting, Mr. Farrell took questions from the attendees. He responded to the usual questions from the "Not in my backyard" opponents to every project the company is either proposing or involved in, and also from those individuals that feel the company is not doing enough to promote green power. I am often amazed that these interests sometimes oppose each other and doubt if these parties see this conflict. What did get my attention was a question from a gentleman from Columbia, as in country. He was accompanied by an interpreter and from what I could ascertain, was an official from an area of the country that included a strip mine operation that sold coal to Dominion. His point was that the strip mining operation was negatively affecting the local way of life and the company showed little concern for that affect. He questioned how Dominion could continue to purchase coal from this company when Dominion preaches being a good neighbor and corporate citizen. Tom Farrell responded that Dominion had done independent reviews of this operation and to his knowledge, the company in question was not violating any laws. He also stated that he would again look into these allegations. While I am confident actions are already taking place to review this operation, I was taken aback that this individual made the effort to attend the meeting and present his point in person despite the distance, border and language barriers. This person did not call, send a letter or email, he attended in person. Such action is done because I can only believe that there is some truth to his comments. While it may have appeared Mr. Farrell gave a relatively nondescript

response, I am confident actions have already been instituted to find out what is going on.

Retirements

With the voluntary severance benefit, there were more retirements this spring than usual. Of note are Dave Mehrer, Al Janquart, and Bruce Bangert. Dave worked as an Operator at Weston and was the Local 310 Recording Secretary from 1992 through 2007. Although Recording Secretary may not be a glamorous position, it is very important. Dave took his job very seriously keeping Local 310 on track with the many requirements that come up year to year. Dave also provided valuable input from the Weston plant and gave us a direct political connection. Dave also chaired our political action committee keeping us abreast of important legislation.

Al Janquart worked in Merrill Hydro division and has been the Merrill Branch Chair forever. Prior to the Local's change to the district form of government, Al was a mainstay fixture at the Executive Board meetings. I could always count on Al keeping us on track and on task. Visiting the Merrill branch was always a welcomed trip because of Al's leadership.

Bruce Bangert worked at the Crivitz Hydro and was the Crivitz Branch Chair. Bruce offered quiet but steady leadership. He supported the sharing of duties between Crivitz and Wausaukee because it better served the membership. His questions were few but always well thought out. Bruce always made time for me and I enjoyed hearing about his Harley-Davidson trips.

While I am happy that the voluntary severance benefit worked for these individuals, I am sad to see them leave and believe Local 310 has lost tremendous assets. I am sorry I was only able to attend Dave Mehrer's retirement celebration and will miss all of these members.

June Tschech

This weekend we said good-bye to June Tschech. June has been my mother-in-law for almost 30 years and my friend since 1973 when I first met Deb. June married Erich in 1955 and started a journey that included raising 7 children, the first being my true love and wife Deb. Through the years June has always been there without ever asking for anything in return. Even in her final months on life, June was apologetic for needing help from her children and was concerned that she was asking too much of their time. What a tremendously gracious woman that appreciated life's gifts in the most humblest and unassuming ways. Even when she was told of her terminal condition, June said that we must accept what life gives us. June will be my only mother-in-law and I was blessed to know her. I miss her kind and forgiving smile, her heartfelt touch and I will love her as long as she lives in my memory.

Greg Veith

A baby has a way of making a man out of his father and a boy out of his grandfather.

Angie Papadakis

It is not the strength, but the duration, of great sentiments that makes great men.

Friedrich Nietzsche

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Recession Bites & The Kids Aren't Alright

The unemployment rate among young workers in the U.S. has surged by more than 7.4 points since the recession began in late 2007, far outpacing the 4.7 point increase in unemployment for the overall workforce, according to a new report by the Economic Policy Institute on the severe economic difficulties confronting young workers.

The unemployment rate among young workers—those between the ages of 16 and 24—peaked at a record high of 19.2% in September 2009, up from 11.8% in December 2007, according to the report, *The Kids Aren't Alright*, by EPI researchers Kathryn Edwards and Alexander Hertel-Fernandez.

The report backs up an AFL-CIO survey report, *Young Workers: A Lost Decade*, finding that only 31 percent of young workers say they make enough money to cover their bills and put some money aside—22 percentage points fewer than a similar survey conducted in 1999.

Young workers now account for 26.4% of unemployed workers, even though they account for just 13.5% of the overall labor force. (The labor force comprises both employed workers and unemployed workers actively seeking work.) By contrast, workers over the age of 55 account for 13.4% of unemployed workers and 19.1% of the labor force.

The Kids Aren't Alright describes the particular challenges facing jobless young workers: with no prior work history, many young workers lack a safety net of personal savings and do not qualify for unemployment insurance. Workers under age 35 also have more debt, relative to assets, than any other age group.

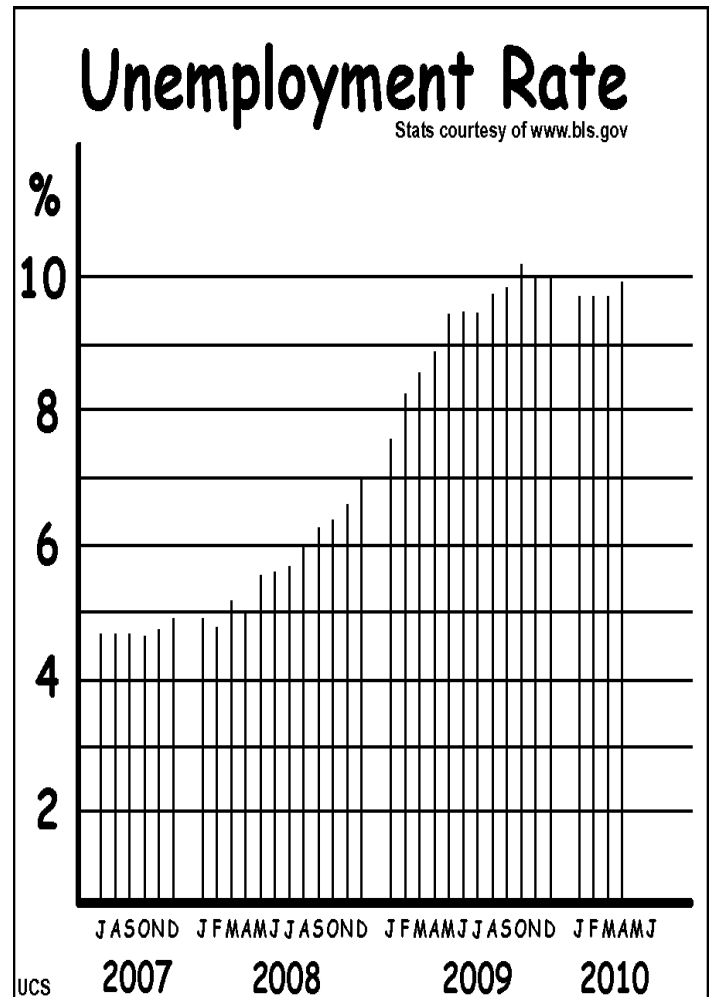
Moreover, young workers may be forced to take jobs at wages that do not match their skill levels. Past research has shown how much skills can lead to lower lifetime earnings for workers.

Youth Summit

“Young people are disenfranchised. They graduate and they have no jobs, let alone jobs with benefits,” said AFL-CIO Secretary-Treasurer Liz Shuler, who is leading a project to open the labor movement’s doors to the changing workplace at a National Youth Summit in Washington, D.C. in June. “We’re committed to reaching out to a broader base of workers and liking to the next generation and beyond.”

Although all young workers face a severely weakened job market, the situation is even more dire among certain groups of young workers. Young men have an unemployment rate 7.5 points higher than that of young women. Young black workers face an unemployment rate of 32.5%, compared with 15.2% for young white workers. Among young Hispanic workers, the unemployment rate has more than doubled since the recession began, from 11% in December 2007 to 24.2% in January 2010.

To read the full report visit: www.epi.org.



Federal Training Money Set

The U.S. Department of Labor has announced the availability of up to \$90 million in American Recovery and Reinvestment Act funding to create on-the-job training experiences. The money will be awarded to states that will work with state and local workforce investment boards, community-based organizations and employers in helping displaced workers acquire job skills and experiences that will improve their chances of securing permanent employment.

“The nation’s economic recovery is taking hold, but there are still those who lack the basic skills and work experience needed to gain, maintain and advance within a job,” said Secretary of Labor Hilda L. Solis. “States and their partners will use this funding to create on-the-job training experiences, which will improve the employment prospects of dislocated workers in areas that have been hard-hit by the recent economic downturn.”

UCS News Service

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EFCA Dead in Senate, Key Supporter Says

Organized labor's number one legislative priority, the Employee Free Choice Act (EFCA), is not going to win Senate approval this year, its key supporter has acknowledged.

Speaking at a legal conference sponsored by the law firm Jackson Lewis, the Bureau of National Affairs (BNA) reported, Sen. Tom Harkin said the Senate does not have the 60 votes required to pass even a compromise version of the long-sought measure.

"We were within one vote, but something happened in Massachusetts," Harkin said, referring to the takeover of the late Sen. Edward Kennedy's seat by a Republican.

Harkin is chair of the key Senate Health, Education, Labor and Pensions Committee. Until recently, despite the loss in Massachusetts, Harkin had been telling labor audiences that the bill would pass. With his remarks to the legal conference, as reported by BNA, that expectation no longer exists.

EFCA would amend the National Labor Relations Act to allow workers to gain union representation by simply signing

cards expressing their desire, rather than having to go through a voting procedure that management has learned to manipulate and frustrate. Under EFCA, if a majority of workers at a workplace signed cards, their union would have to be recognized.

The law also would require employers to negotiate in good faith on a new contract rather than, as is often the case today, stalling for months on end by "bargaining" endlessly over the simplest of things. Such so-called "surface bargaining" can be dragged on for so long that union supporters grow frustrated and give up on the idea of having a union. Under EFCA, an arbitrator would put a first contract in place if the negotiating process was abused by either side.

Employers have spent millions of dollars campaigning against EFCA, warning about the loss of the secret ballot in decision-making. In fact, however, under the legislation workers could ask for a secret ballot instead of a card check if that's what they wanted.

Bosses in the Bedroom

Privacy is dead. Get over it. So says Scott McNealy, former president of Sun Microsystems.

He's right. Workplace privacy is dead and buried. Employers can and do read e-mail, eavesdrop on telephone calls, monitor Internet access and watch workers with hidden cameras (even in bathrooms and locker rooms). Virtually all of this is legal. Technically, employers aren't supposed to listen to personal telephone calls, but it happens all the time and you have no way of knowing. Some judges have found bathroom cameras to be an invasion of privacy, but other judges allow it.

As bad as this is, it's getting worse. Bosses are now spying on workers' home lives. Millions of workers carry company-issued cell phones. Every one of these phones is equipped with GPS. The technology required to track cell phones is readily available and not very expensive. The cost of tracking an employee 24/7 is only \$5 a month. Employers often keep GPS tracking a secret or tell the workers they can turn off the GPS when they go home and continue to track them. The National Workrights Institute has already begun receiving complaints about GPS.

Even more serious are the problems created by company-issued laptops. Employers usually tell workers it's OK to use them for personal purposes as well as business. It's presented as a perk—now you don't need to buy your own computer.

What employers don't tell you is that the company's computer technicians look at your private documents when the computer comes in for upgrading or repair. Not only are your personal e-mail, photographs and financial records revealed, but the techs tell your boss about anything they don't like. If you say something negative about the company, tell risqué jokes or make controversial comments about politics or religion, it can cost you your job.

If you think your boss wouldn't fire you for something like this, think again. Heidi Arace was fired by PNC Bank for telling an off-color joke by e-mail. Nate Fulmer lost his job because he criticized organized religion on his personal website.

The ultimate nightmare comes from webcams. If your company-issued laptop has a webcam, bosses can turn it on whenever they want. If they do it at night, they'll probably see the inside of your house, maybe your bedroom. A suburban Philadelphia school district was recently caught turning on the webcams in laptops issued to students. Some were in the students' bedrooms.

Unionized workers have some protection against these abuses. While the law on GPS is still emerging, many labor lawyers believe GPS tracking is a mandatory subject of bargaining. Union members also are protected against arbitrary termination. It would be highly unlikely an arbitrator would uphold the termination of a worker who turned off the GPS when they went off duty. Nor would an arbitrator allow an employer to fire a union worker because they said something on their personal blog the boss didn't like.

But for the rest of us, these practices are legal. Congress has been asleep at the switch when it comes to protecting privacy for the past 20 years. The last federal privacy law was enacted in 1986 and doesn't even mention electronic communications other than telephone calls. Since then, advancing technology and employer abuse have eliminated any semblance of privacy at work. It's time for Congress to wake up and take action before our private lives become an open book to employers as well.

Lewis Maltby

Can They Do That?:

Retaking Our Fundamental Rights in the Workplace.

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Central District Director's Report

Once again I am trying to write an article for the Newsette at the last minute, trying to get something to the editor before the deadline. Although subject matter seems plentiful, getting thoughts or ideas down on paper often is a daunting task, especially if the subject matter relates to the membership.

We as a membership, and I include myself, tend to be somewhat sensitive at times to what *we* perceive as criticism when in reality what were upset about, more than likely, is a poorly worded observation.

When an article written by a member of the E-board includes commentary that may be perceived as critical, we hear about it. There is not one of us on this board that purposely wants to incur the wrath of the membership or of individual members.

Our Newsette, the publication of our local, goes all over the Midwest to other locals in the hard copy version and hey, all over the world on the internet. So believe me, I don't want to criticize or offend of any of our membership, but remember when it comes to observations....If it walks like a duck and quacks like a duck it's probably a duck!

There are a number of things going on nationally that we in the utility industry need to keep aware of. Number one, the oil spill disaster off the coast of Louisiana. There is no doubt in my mind that this is a huge environmental crisis, with a huge impact on the obvious industries; fishing and tourism. Now, this is

opinion; it appears everyone involved with this is going to come out badly, the wildlife, the poor fisherman, the hotel owner, the shopkeeper, the taxpayer, the "evil" oil company. The exception is/are the lawyers, hundreds if not thousands of trial lawyers are looking at this disaster as the economic opportunity of a lifetime. This disaster will also be used as an opportunity to further the cause of energy independence. Unfortunately that does not translate into, safe nuclear, clean coal, or responsible drilling. Watch for this to be disguised as an energy "security" issue, that will include such catchy phrases as renewable energy and green technology and espouse the new *green* economy and talk of *green* jobs while conveniently including climate change legislation. Climate change legislation is about the *GREEN* of \$\$\$. As an industry we must be diligent in our opposition to the current legislation on climate control.

An FYI, the new health care bill puts a cap on the amount of 2500.00 that can be put into a medical Flex Spending Account, there also are changes regarding what you can use your flex money for, i.e., over the counter items that are currently acceptable might not be next year. There is a carry over period, so plan accordingly.

In solidarity,
Patrick Kelly

New Rules Do Ride Rails

This changes everything for air and rail workers. On May 10, after long deliberation and relentless resistance from transportation CEOs, the National Mediation Board (NMB) agreed that choosing a union would have rules in line with democratic principles.

For decades, the deck has been stacked against workers covered under the Rail Labor Act (RLA) because every worker who did not cast a vote in a representation election was automatically counted as a "No" vote. The new NMB rules says that an election's outcome will be decided by a majority of votes cast, just like every other election, from city council to the presidency.

Patricia Friend, the departing president of the Flight Attendants-CWA (AFA-CWA), promised fresh filings within 30 days (when the new rules become effective) on the newly merged Delta-Northwest where the company has used the old rules to block majority vote. Friend noted that for decades her

flight attendants and other aviation and rail workers "have faced significant obstacles in their quest for collective bargaining rights."

Outdated voting procedures have fostered a unique culture of suppression as companies understand that impeding union organizing merely requires preventing employees from voting. Employers and their outside union-busting companies have been allowed to engage in the most undemocratic practices by openly encouraging workers to destroy ballots and to not vote, the AFL-CIO pointed out.

Those days are now over. The change in rules guarantees only workers who cast a vote will be counted, which ensures greater fairness in union elections and requires those opposed to unions to work just as hard as those who want a union, out in the open and requiring real votes. Janette Rook, AFA-CWA Northwest president, simply said: "Democracy won today."

AFL-CIO Milwaukee Labor Press

People love to talk but hate to listen. Listening is not merely not talking, though even that is beyond most of our powers; it means taking a vigorous, human interest in what is being told us. You can listen like a blank wall or like a splendid auditorium where every sound comes back fuller and richer.

Alice Duer Miller

Our misperceptions can only be undone now, and that can be accomplished only through letting go whatever we think other people have done to us, or whatever we think we have done to them. Through this process of selective forgetting, we become free to embrace a present without the need to reenact our past.

Gerald Jampolsky

High Cholesterol: Heart Healthy Diet

Learn how to eat a heart-healthy diet and reduce your risk of heart disease.

By paying close attention to what you eat, you can reduce your chance of developing atherosclerosis, the blocked arteries that cause heart disease and stroke. If the artery-clogging process has already begun, you can slow the rate at which it progresses. With very careful lifestyle modifications, you can even stop or reverse the narrowing of arteries.

While this is very important for everyone at risk for heart disease, it is even more important if you have had a heart attack and/or procedure to restore blood flow to your heart or other areas of your body, such as angioplasty, bypass surgery or carotid surgery. Following prevention advice can protect against restenosis, or the re-narrowing of your arteries.

Feed Your Heart Well

Feeding your heart well is a powerful way to reduce or even eliminate some risk factors. Adopting a heart-healthy diet can help reduce total and LDL cholesterol (the “bad” cholesterol), lower blood pressure, lower blood sugars, and reduce body weight. While most dietary plans just tell you what you CAN’T eat (usually your favorite foods!), the most powerful nutrition strategy helps you focus on what you CAN eat. In fact, heart disease research has shown that adding heart-saving foods is as important as cutting back on others.

Here are 5 nutrition strategies to lower your cholesterol and reduce your risk of heart disease:

1. Eat more vegetables, fruits, whole grains and legumes. These wonders of nature may be one of the most powerful strategies in fighting heart disease. The increase in dietary fiber helps lower bad LDL cholesterol.

2. Choose fat calories wisely. Keep these goals in mind: Limit total fat grams; Eat a bare minimum of saturate fats and trans-fatty acids (for example, fats found in butter, salad dressing, sweets and desserts); When you use added fat, use fats high in monounsaturated fats (for example, fats found in olive and peanut oil). Another strategy is to use plant stanols or sterols as a dietary option for lowering bad LDL cholesterol.

3. Eat a variety—and just the right amount—of protein foods. Commonly eaten protein foods (meat, dairy products) are among the main culprits in increasing heart disease

risk. Reduce this nutritional risk factor by balancing animal, fish and vegetable sources of protein. Substituting soy protein for animal protein has been reported to lower LDL cholesterol, which reduces your risk of heart disease. Higher intakes of omega-3 fatty acids has been shown to help reduce the risk of heart disease. The American Heart Association recommends that fish be included as part of a heart-healthy diet.

4. Limit cholesterol consumption. Dietary cholesterol can raise blood cholesterol levels, especially in high-risk people. Limiting dietary cholesterol has an added bonus: You’ll also cut out saturated fat, as cholesterol and saturated fat are usually found in the same foods. Get energy by eating complex carbohydrates (whole wheat pasta, brown or wild rice, whole-grain breads) and limit simple carbohydrates (regular soft drinks, sugar, sweets). If you have high cholesterol, these simple carbohydrates exacerbate the condition and may increase your risk for heart disease.

5. Feed your body regularly. Skipping meals often leads to overeating. For some, eating five to six mini-meals may help keep cravings in check, help control blood sugars and regulate metabolism. This approach may not be as effective for those who are tempted to overeat every time they are exposed to food. For these individuals, three balanced meals a day may be a better approach.

Other Heart-Healthy Strategies

1. Reduce salt intake. This will help control your blood pressure.

2. Exercise. The human body was meant to be active. Exercise strengthens the heart muscle, improves blood flow, reduces high blood pressure, raises HDL cholesterol (“good” cholesterol), and helps control blood sugars and body weight.

3. Hydrate. Water is vital to life. Staying hydrated makes you feel energetic and eat less. Drink 32 to 64 ounces (one to two liters) of water daily (unless you are fluid restricted).

4. Enjoy every bite. Your motto should be dietary enhancement, not deprivation. When you enjoy what you eat, you feel more positive about life, which helps you feel better and less likely to overindulge.

Piping Industry News
May 17, 2010

Annual Labor Day Picnic

The Greater Green Bay Labor Council and the AFL-CIO Community Services will be sponsoring the annual Labor Day Picnic on Monday, September 6th from 11:00 am to 4:00 pm at Bay Beach in Green Bay.

Ticket for adults are \$9, kids 13-20, \$9, kids 1-12, \$4, kids under the age of 1 are free and you can also purchase a Family pa=package that includes 2 adults and 4 kids for \$20.

It’s a “family” affair that includes food, refreshments,

games and rides and tickets are available by calling 920-432-0053.

They also need volunteers to help work the events. Students can sign up for credit for volunteer hours. Any help would be appreciated.

Our community needs to be reminded of who we are and what we stand for. In this millennium we have an obligation to keep the union labor movement alive and well!

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Presidential Panel Says Workers, Environment Face Chemical Dangers

A Presidential Cancer Panel has warned that chemicals in the air, food and water have largely gone unregulated and ignored and are presenting “grievous” threats in workplaces and the environment.

“With the growing body of evidence linking environmental exposures to cancer, the public is becoming increasingly aware of the unacceptable burden of cancer resulting from environmental and occupational exposures that could have been prevented through appropriate national action,” the panel wrote in a report released in May.

The panel, appointed by President Obama, warned that the dangers are “underestimated” and called for a new national strategy that focuses on such threats in the environment and workplace.

The panel found that federal chemical laws are weak, funding is inadequate and regulatory responsibilities are split among too many agencies.

It said the government’s standards for safe chemical exposure in the workplace are outdated.

In 2009, about 1.5 million American men, women and children had cancer diagnosed, and 562,000 people died from the disease. About 80,000 chemicals are in commercial use in

the United States, but federal regulators have assessed only about 200 for safety.

Children are particularly vulnerable because of their smaller bodies and fast physical development, the panel said. Its report noted rising rates of cancer in children, and referred to recent studies that have found industrial chemicals in umbilical-cord blood, which supplies nutrients to developing fetuses. “To a disturbing extent, babies are born ‘pre-polluted,’” the panel wrote.

Health officials lack critical knowledge about the health impact of chemicals on fetuses and children, the report said.

The panel found that the country needs to overhaul existing chemical laws, a conclusion that has been supported by public health groups, environmental advocates, the chemical industry and the Obama administration.

The current system places the burden on the government to prove beyond a doubt that a chemical is unsafe before it can be removed from the market. The standards are so high, the government has been unable to ban chemicals such as asbestos, a widely recognized carcinogen that is prohibited in dozens of countries.

UCS News Service

There are two kinds of discontent in this world: the discontent that works, and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There’s no cure for the first but success; and there’s no cure at all for the second.

Gordon Graham

The question for each man is not what he would do if he had the means, time, influence and educational advantages, but what he will do with the things he has.

Frank Hamilton

The longer I live, the more deeply I’m convinced that the difference between the successful person and the failure, between the strong and weak, is a decision.

Willie E. Gary

If I could say one thing to parents, it would be simply that a child needs someone who believes in him no matter what he does.

Alice Keliher

Slicked By Big Oil

Suddenly, we’re re-learning the painful lesson that when technological solutions combine with corporate promises, we often get a toxic mix.

This lesson is literally oozing over us in the form of the Gulf of Mexico’s disastrous oil slick, brought to us by the deep-well drilling schemes of Big Oil profiteers. This particular well, belonging to British Petroleum, has been drilled beneath mile-deep water, and it plunges some four miles into the Gulf floor, presenting beaucoup possibilities for technological glitches.

BP and other oil giants, however, assured regulatory authorities and the general public that they were experts, so not to worry. There’s a miniscule one-in-a-million chance of anything going wrong, they claimed, promising that if anything did happen, they had the technology in place to handle it. Perfectly safe, they said; trust us. Indeed, BP had installed a steel-framed stack of valves, rams, tanks, and tubes called a BOP

(or blow-out-preventer) at the base of the well to seal it instantly if things went badly.

Things did, and it didn’t. The BOP didn’t work and... well, you know the awful price that thousands of people and the whole Gulf ecology are having to pay for BP’s ignorance and arrogance. Now, the corporation’s top honchos have changed tunes entirely, pleading that the technology is extremely difficult and dicey to deal with, so don’t expect a quick fix to stop the catastrophic gusher. “This is like doing open-heart surgery at 5,000 feet in the dark,” exclaimed BP’s chairman.

Once again, we’re paying the price of years of deregulatory, laissez-faire ideology pushed down our throats by corporate lobbyists and whorish politicians. “Get the government off our backs,” demanded Big Oil - and now we’ve got their crude slick all over us.

Jim Hightower

a **Power Plant District Director's Report**

Hello Power Plant folks.

In my last few articles, I have been writing about and working on changes that I was anticipating. These are good and some very guarded issues that will be affecting us in the near future. Again, change based on a person's point of view or perspective, may be wither something to look forward to and work toward or embrace, or issues to stay away from and lock out any and all conversation.

In my near thirty years at Pulliam, I have seen many adverse decisions made by our Managers and how they have affected my co-workers junior and senior. Decisions ranging from the first contractor finishing a job that I initiated, numerous temporary transfers that did not see paid out, to working holidays with little or no notice, and working night shift for years on end with the bonus mandatory weekend evening shift. There were also the sometimes inept (or inexperienced) engineering debacles that I actually was able to make an extra fat paycheck due to all the extra time I got to spend away from my family, AND help out a little more with the reworks! Do not forget the two job abandonments and the threat of layoff because they are still incomplete. And I get reminded regularly (apparently someone has to be my conscience), to watch my language. Was that just whining?

Forward.

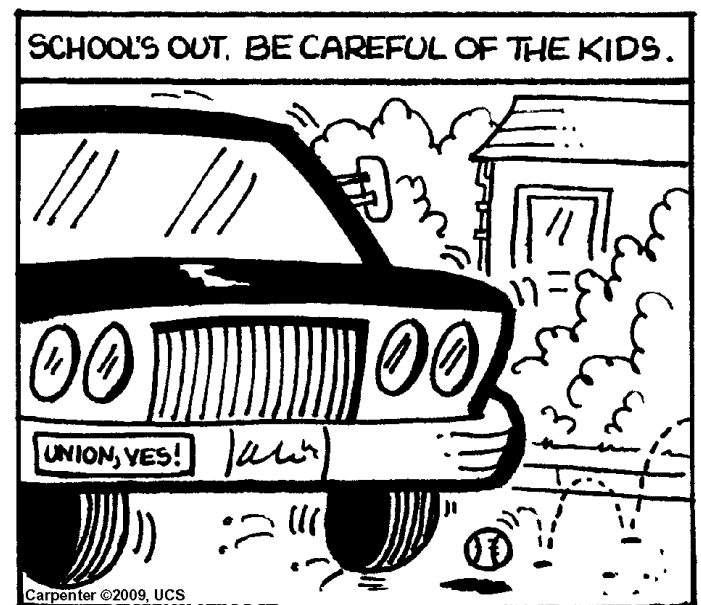
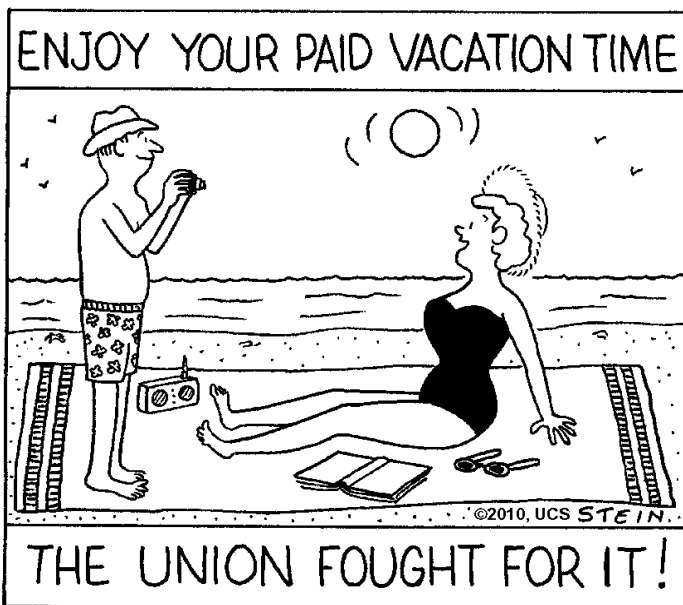
Changes in the way we do business need to happen now! We as a Union need to be flexible in the way we perform our

jobs and duties as we are able to with the growth of our families. We can no longer fight the same old fight. We as a Union have a need to step and MAKE changes not simply watch ourselves get run over by that ever changing company we call our Employer. Make changes within ourselves first in the many ways we perform. Yes, I am saying GET OUT OF THE CHAIR GRANDPA! Watching AND keeping your mouth shut is simply re-enforcing two evils. State your problems to your co-workers, stewards, and leaders so they can be addressed. With that, state your problems constructively, concisely, and completely and seeing how it is you that has the issue, maybe help out and offer your view in reconciliation. Take up the reins people. I will say this again, I believe wholeheartedly we have a very talented and intelligent workforce. Utilize your skills and experience and also listen to those perspectives of our quiet and newly added personnel, yes, I am also telling our leaders to talk and simply dictate. This may even make you a better leader!

When you peel your butt out of the easy chair and the sound you hear sounds like Velcro, you've been in it too long.

I am looking past the current turmoil. Yes, Contractual re-enforcement is top priority and right behind it is a strong and emerging, self-sustaining (with Apprenticeship), UNION.

In Solidarity,
Kevin Dessell



Employer Health Coverage Declining

Only about 56 percent of American workers had employment-based health coverage early last year, according to a new report, down from more than 60 percent since the recession began in December 2007.

The report, from the Employee Benefits Research Institute,

said that employers provide the majority of health coverage in the U.S., with 160 million individuals under age 65 covered in 2008. The group said a 1 percent increase in the unemployment rate results in an 0.92 percentage point decrease in the percentage of adults with employer coverage.

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Henry Elected SEIU President After Departure of Andy Stern

The executive board of the Service Employees International Union (SEIU) in May elected a new president, Mary Kay Henry, following the resignation of long-time, controversial leader Andy Stern.

Henry, 52, had been serving as an executive vice president of the union and is a 30-year member. She is the first female leader of the union, which claims to be the nation's largest, with 2.2 million members, and the first openly gay leader of any major union.

Stern, 59, said he stepped down to open the door to new leadership and to focus on other areas. He was elected in 1996, and in 2005 led the SEIU and several other unions out of the

AFL-CIO to form the Change to Win federation. Some of those unions have since rejoined the AFL-CIO.

Henry was elected by the union's 73-member International Executive Board.

"This moment marks a renewed commitment to our union's core mission: to improve the lives of all workers who are struggling to make ends meet in this economy," Henry said. "Working people are facing hardships we haven't seen in generations, and we believe SEIU can be an even more effective vehicle for change to help them improve their lives and the lives of the people they serve."

UCS News Service

UAW's Bob King: Big 3 Must Share New Profits

The man expected to become the next president of the United Auto Workers in June says the union will work to ensure that its members share in the profits as the U.S. auto industry returns to health.

Union Vice President Bob King told a conference on the auto industry sponsored by the Federal Reserve Bank of Chicago that "Too often in the past, we've worked together in crisis, and once we come out of the crisis, management forgets" what the union did to help.

He said auto workers gave up between \$7,000 and \$30,000 a year each when Chrysler and GM went through bankruptcy and those sacrifices must be acknowledged. Because labor costs

have been so dramatically lowered, "profitability for the Big Three is going to be astronomical" once auto sales bounce back, he said.

"We have to make sure (the Big 3) don't fall back into bad habits, and we don't lose that (labor-management) 'jointness'" that got the industry through its crisis, King said.

King was nominated by the union's administrative caucus to succeed retiring President Ron Gettelfinger, historically a sure sign he will be elected the next UAW president at the union's convention in June.

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