



BOTTOMLINE

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PRESIDENT'S REPORT

by: DANIEL FIELDS JR



Recently, I have had a couple of interactions with Union members that have concerned me, and so I thought that I would take the time to address some of them. These concerns center around trust and recognition.

The trust part comes from many of you believing what the supervisors and managers tell you before believing your Union Representatives. I can not tell you how many times me and Mr. Marchel Smiley, and other Union Representatives have been accused of agreeing to something that we have no knowledge of. Case in point. During the inauguration the Environmental Services Department at the Washington Hospital Center implemented a 12 hour work day for three days. The members were told that the Union, more specifically me, had agreed to such a change. Naturally, I was inun-

dated with questions about this when I went to the Hospital. The biggest question was how could I have agreed to such a thing. The truth was no such agreement had been reached, nor formally discussed. If some of the members did not have trust in the Union, this 12 day shift would have been implemented. The members who had trust in the Union called me to find out if it was true. They did not believe that their Union would agree to this without notifying them. And, they were right.

Because of these members we were able to rectify this problem and the Hospital had to make the 12 hour shift voluntary. Many times when a department wish to implement something they tell you that the Union was involved and knows about it. Don't just take their word for it, call the Union or contact your Shop Steward to make sure it is true.

RECOGNITION

The other concern involves recognition of the Union. We have not been a Union that broadcast or publicize many of our victories. We believe that

when we help our members, the members themselves will publicize the assistance they received. Well, I have noticed that there are some members that the Union has helped that have been going around denying that the Union has helped them. One particular member was terminated from the Washington Hospital Center. The Union forwarded her case to arbitration and presented her case in arbitration. Due to the work of the Union this member was returned to work. Yet this member has been spreading the word that it was not because of the Union that she was returned to work. This member would have you believe that it was because of her lawyer and son that she was returned to work. In the world of Labor Relations, your employer does not have to engage with your private lawyer until the Union has exhausted its grievance procedure, which includes arbitration. Believe me, the Union worked hard to have this member returned to work. If people do not want you to know that they have been helped by the Union then that is fine, but don't go around saying that the Union did not help you when you know in fact that you would not have been returned to work without the assistance of the Union. Simply give credit where credit is due.

SAVING \$\$\$ IN 2009



If you were hoping for a list of small tweaks you could make in your spending to save \$10,000 a year, I'm sorry because saving big money usually means making big changes in the areas where we spend the most, such as: Housing, Transportation and Food.

The nine-step "Your Money or Your Life" program teaches people how to achieve financial independence by reordering their spending priorities on average by 25%. The following are ways people have found to substantially reduce their costs to live. Perhaps some will inspire you.

Saving on shelter

On average, one-third of the money Americans spend goes to housing costs. Trimming that bill can reap significant savings. How about reducing rent in exchange for managing a small apartment complex or inexpensive rentals with house-sitting or caretaking gigs. Downsizing to a smaller house or a less-expensive area can dramatically improve your financial prospects. Having roommates may feel like something you should outgrow, but

plenty of people decide the savings more than make up for the loss of privacy.

Rethink your car

Clearly, not owning a car, or owning one car fewer, can save you a bundle if you can pull it off. Renting a car occasionally and using public transportation the rest of the time can make sense.

If you must own a car, try to make it a "site of production" rather than just a "site of consumption. How about carpooling. "What people chip in for gas often exceeds what you had to pay to fill up the car."

Eat for less

You can trim an out-of-control food bill substantially by eating out less. Combining coupons with weekly sales can chop an additional 25% or more from your bill. Being vegetarians can save you a bundle as well, since meat is relatively expensive.

Rethink date night. Dinner and a movie once a week sets you back \$2,800 a year. If you're paying a baby sitter, add \$2,000 more or so to the tab. You can chop the bill in half just by going out every other week. Another way to save: alternating baby-sitting with another family. Drink tap water. The alter-

natives cost you. If you drink one bottle of soda, and your weekly latte, an alcoholic beverage and a case of bottled water, you can save more than \$1,200 by drinking plain tap water, even considering the \$30 you blow on a purifying pitcher.

Stop smoking

Quitting a pack-a-day habit will save nearly \$1,500. Also you can do your own nail care. Even at the cheap places, a weekly manicure/pedicure will set you back more than \$20, plus tip.

Stop driving like a maniac.

Driving the speed limit and avoiding aggressive moves, such as fast accelerations and slamming on the brakes, can improve your fuel economy and could save an average of more than \$1,000.

Hopefully some of these ideas will assist you in your saving for 2009. I know there are many more things that you can do. In this economic downturn we all need to find ways to tighten up our purse strings.

SUPPORT EMPLOYEE FREE CHOICE



The first and biggest test of President Obama's commitment to labor will be his decision on whether or not to push the Employee Free Choice Act in 2009. Corporate America is determined to derail the bill, which would make it easier than it has been for workers to form unions by requiring that employers recognize a union if a majority of employees at a workplace sign cards indicating they wish to organize.

President Barack Obama has chosen as labor secretary, Hilda Solis, a United States representative from Southern California, the daughter of immigrant parents with union jobs. She has been an unfailing advocate of workers' rights during eight years in Congress and before that, in California politics.

Ms. Solis has been a leader on traditional workplace issues, like a higher minimum wage and an enhanced right to form unions. She also has helped to expand the labor agenda by sponsoring legislation to create

jobs in green technology, and in her support for community health workers and immigration reform. Her record in Congress dovetails with the mission of the Labor Department, to protect and further the rights and opportunities of working people. It also dovetails with many of the promises Mr. Obama made during the campaign, both in its specifics and in its focus on the needs of America's working families.

The Employee Free Choice Act is vital legislation and should not be postponed. Even modest increases in the share of the unionized labor force push wages upward, because nonunion workplaces must keep up with unionized ones that collectively bargain for increases. By giving employees a bigger say in compensation issues, unions also help to establish corporate norms, the absence of which has contributed to unjustifiable disparities between executive

pay and rank-and-file pay.

President Obama's creation of a task force on middle-class issues, being led by Vice President Joseph Biden and including Ms. Solis and other high-ranking officials, is an encouraging sign that labor issues will not be given short shrift.

Here at SEIU Local 722 we encourage each of our members to sign up to support the Employee Free Choice Act. Talk with one of our shop stewards and fill out your 2009 card. Your assistance in making this bill become legislation is critical. As you can see politics is union business, so stay informed, stay involved and continue to hold your leadership at all levels accountable.



BLACK HISTORY QUIZ

As always this quiz is a reminder of the many accomplishments of African American men and women. It is more than just black history. It's encouragement for you to tap into your talents just like those before you. In order to be considered for prizes, all results are due into the union office February 28th **No Exceptions**

1. In the 19th & 20th centuries, the standard for determining one's race was that one drop of black blood made you black, both socially and in the eyes of the law. So by that standard, it would appear that Barack Obama is not the first black President. Can you name the 6 other Presidents who had black ancestors?
2. I was the first black astronaut. I was killed during a training flight which did not allow me to become the first black American in space. Who am I?
3. I practiced law in Maine in 1843 & 1844 but wasn't admitted to the bar until 1845. I was the first black lawyer. Who am I?
4. I was the first black player drafted by an NBA team. Who am I and which team drafted me?
5. I was the first black to play in an NBA game. When did this happen, and who am I?
6. I was the first black to sign an NBA contract. Who am I and which team signed me?
7. I was the first black President of the Harvard Law Review.
8. In the history of the Miss America Contest there have only been a few African American winners. I am an African American woman and I won the Miss America Contest. After serving my term to it's completion, I relinquished my crown to another African American winner. Who are we?
9. I became the first African-American woman to receive a patent, for a bed that folded up into a cabinet. Who am I ?
10. I was born in Jamaican. At age 23, I was the youngest pilot and the first black person ever to fly solo around the world. Who am I?
11. I worked for the Washington Hospital Center as a CV Tech and I was the first President of SEIU Local 722, who am I and how long did I serve as President?
12. I was the first black woman cartoonist nationally syndicated in the white press. My comic strip "Where I'm Coming From" centered on black women. The Detroit Free Press first published my strip in 1989. Two years later it went national. Who am I?
13. . I was the first black to have an hour long television special. I became the first cultural advisor to the Peace Corps during President John F. Kennedy's administration. I am a singer, actor, and civil rights crusader. I have received a Tony Award as well as the Nelson Mandela Courage Award of TransAfrica. Who am I?
14. I was the first black to manufacture cars. My first car, a 2-door coupe, rolled off the line on September 23, 1915. The car had a 40 horsepower, 4 cylinder engine and reached a top speed of 50 mph. I had two models, a roadster and a big four-door touring car. Both sold for \$850. Who am I?
15. I founded what became the first company headed by a black woman to be traded on the stock exchange. My company was the largest black owned and operated broadcast company in America. Who am I and what is the name of my company?

SEIU INTERNATIONAL SCHOLARSHIPS

A MIND IS A TERRIBLE THING TO WASTE

Being union members enables working families to fulfill their dreams in many different ways, including the pursuit of higher education. To help make those dreams become realities, SEIU offers scholarship opportunities for our members and their children.

The 2009 - 2010 Application period for all SEIU International Scholarship programs have begun. The following information will help you prepare for the application period launch.

SEIU LOTTERY SCHOLARSHIPS

(Access key is "seiu") A total of 48 lottery scholarships are awarded annually. Fifteen \$1000 scholarships renewable for up to for years as well as 33 \$1500 scholarships for one year of study.

SEIU MOE FONER SCHOLARSHIP

(Access key is "seimf") One \$5000 nonrenewable scholarship is available to students

who are pursuing a degree or training in the visual or performing arts, and who believe that the arts are a vehicle to advance social change.

SEIU JESSE JACKSON SCHOLARSHIP

(Access key is "seijj") One \$5000 scholarship renewable for up to four years is given to a student whose work and aspirations for economic and social justice reflect the values and accomplishments of the Rev. Jesse Jackson.

SEIU JOHN GEAGAN SCHOLARSHIP

(Access key is "seijg") One \$5000 scholarship to be expanded over 24 months (\$2500 per year) The annual scholarship is for SEIU members, their children, and local staff who want to pursue a college degree in labor studies. The John Geagan scholarship was created primarily to serve those applicants who are not served by traditional education institutions. Typically adults who

have been in the workforce and have decided to go, or return to college.

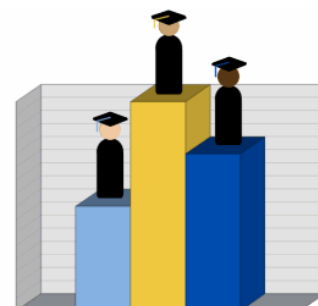
If interested please contact Marshall Jackson in the emergency room at Children's Hospital (202)476-5203 or you can go online to:

WWW.APPLYISTS.NET

Members should be reminded that only SEIU members of three or more years and their children are eligible to apply.

Applications should be filed online by midnight March 2, 2009 or postmarked by March 2, 2009 and mailed to SEIU Scholarship Program c/o ISTS, P.O. Box 23737, Nashville, TN 37202-3737.

Scholarships will be awarded and winners notified in late spring of 2009. All of the awards will be announced on www.seiu.org in the fall of 2009.



SMALL CHANGES BIG RESULTS

Have a walnut. Speak your mind. Forgive that lousy friend. Plan ahead. Below you will find a little list of tiny but powerful life tweaks that will make you happier, healthier, and, yes better.

Eat an apple

New research from Pennsylvania State University found that people who ate an apple *before lunch* consumed nearly 190 fewer calories than those who'd taken in the same number of calories for lunch in the form of applesauce, fiber-fortified apple juice, and plain apple juice. "All calories are not created equal." A whole apple feels like more. It has more fiber and nutrients, and make you feel full longer. The Penn State volunteers ate their apple about 15 minutes before lunch.

Brush your teeth with your other hand

Using your non-dominant hand to do simple chores can improve your mood and your memory; that's

because the action stimulates the production of brain-derived neurotrophic factor (BDNF), a protein that encourages the growth of neurons linked to long-term memory and mood. "When you're depressed or under stress, your brain's production of BDNF plummets," says Moses Chao, Ph.D., professor of neuroscience and psychiatry at New York University School of Medicine.

Power up your walk

If you've been anywhere near a gym lately, you've probably heard the word "core." Targeting the abs and back, core work develops supple muscles and decreases the risk of injuries. It also improves athletic performance and eases lower back pain, according to a 2008 review from the University of Colorado School of Medicine. You can easily slip in a little core conditioning while you're walking. Take a deep inhalation, then, with a strong exhalation, pull in your navel toward your spine; hold for a count of five, and release. Do this 10 times while you're walking, take a short rest, and do two more sets. Another way to add core conditioning to your walk is to throw in a

few lunges: Keeping the spine long and abdominals engaged, step about 3 feet forward with the right foot; the knee must stay directly above the ankle; and draw the left foot up, so you're balancing on the right leg for a moment. Repeat with the other foot.

Have a few walnuts

If you're dragging, consider an unusual suspect: your liver. Thanks to the fatty, carb-heavy American diet, millions of adults are "increasing their odds of liver inflammation and putting themselves on the path toward cirrhosis and they might never have touched a drink," says Jan Garavaglia, M.D., host of the Discovery Health Channel's *Dr. G: Medical Examiner* and author of *How Not to Die: Surprising Lessons on Living Longer, Safer, and Healthier from America's Favorite Medical Examiner*. Fatigue and malaise are early symptoms of nonalcoholic fatty liver disease; to help prevent or reverse it, try eating an ounce of walnuts daily; they contain liver-healthy omega-3s. In general, try to replace junk food with fruit, vegetables, fish, and whole grains.

Pick your beat

Tempo can be a powerful motivator, according to Costas Karageorghis, Ph.D., associate professor of sport psychology at Brunel University in England, who studies how music affects people. Recently he reported that when musical beats per minute (bpm) roughly correspond to a person's heart rate during exercise, motivation dramatically improves. Costas suggests experimenting with music of different tempos to see what coaxes you into a more positive frame of mind. To get you started, he's created playlists for different activities with bpm guidelines. (You can determine a song's beats per minute by Googling the title with "bpm," or try sites like EZ-Tracks.com and JamGlue.com.)

- *Meditation and yoga (50 to 76 bpm): "Albatross," Fleetwood Mac (66 bpm); "Evenstar," London Philharmonic (50 bpm); "Terrapin," Bonobo (76 bpm).*
- *Walking (95 to 120 bpm): "Let's Get It Started," Black Eyed Peas (105 bpm); "Pon De Replay," Rihanna*

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MARY HAD A LITTLE LAMB



Mary , had a little
Lamb,
His fleece was white
as snow.
And everywhere that
Mary went, The
Lamb was sure to
go.

He followed her to

school each day, It
'wasn't even in the
rule. It made the
children laugh and
play, to have The
Lamb at school.

And then the rules
all changed one day,
Illegal it became; To
bring The Lamb of
God to school, Or
even speak His
Name!

Every day got worse

and worse, And days
turned into years.
Instead of hearing
children laugh, We
heard gun shots and
tears.

What must we do to
stop the crime, That's
in our schools today?
Let's let The Lamb
come back to school,
And teach our kids to
pray!



SMALL CHANGES, BIG RESULTS continue...

(Continued from page 6)

(100 bpm); "This Is
How We Do It," Mon-
tell Jordan (104 bpm).

- *Running; elliptical machine (125 to 160 bpm): "Push It," Salt-N-Pepa (124 bpm); "Put Your Hands Up for Detroit," Fedde Le Grand (129 bpm).*

When you learn something say it out loud.

The more actively you engage your brain in the process of learning, the more likely you are to retain knowledge, says Janet Sherman,

Ph.D., assistant professor of psychology at Harvard Medical School. In fact, researchers have found that repeating information: the name of a person, a phone number, anything you're trying to absorb, in different ways increases retention. You might try phrases like "So you're saying" as an opportunity to go over the fresh information and build on it. Or when you hear a story, tell it to someone new; just thinking about it in a different situation will help your mind store the details.

Wake up with a plan

If you overuse the snooze button, try this: When the alarm goes off, get out of bed and into the shower. And while you're there, try to remember yesterday's headlines. The one-two punch of physical and mental activity will activate your brain, says Zac Unger, author of *Working Fire: The Making of a Fireman*. He also suggests that rather than dwell on how awful you're feeling, you make a goal you want to achieve before lunch.

Practice the phrase "I forgive you."

It's easier said than done, but after an argument, try thinking about forgiveness. "Choosing to forgive helps us see a situation through understanding and compassion," says Eileen Borris, director of training at the Institute for Multi-Track Diplomacy and author of *Finding Forgiveness: A 7-Step Program for Letting Go of Anger and Bitterness*. "By making a problem yours to forgive, regardless of the behavior of the other person, you're giving yourself a profound degree of control."

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We are Service Employees International Union, Local 722, an organization of approximately 3000 members united by the belief in the dignity and worth of workers and the services they provide and dedicated to improving the lives of workers and their families and creating a more just and humane society. We meet the third Saturday of every month from 2pm until 5pm in the auditorium of Children's National Medical Center or Washington Hospital Center. Our 2009 calendar is as follows:

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|-----|-----|-----|------|
| Jan | WHC | Feb | CNMC |
| Mar | WHC | Apr | CNMC |
| May | WHC | Jun | CNMC |
| Jul | WHC | Aug | CNMC |
| Sep | WHC | Oct | CNMC |
| Nov | WHC | Dec | CNMC |

Every member is encouraged to attend. Please bring other members with you so that they too can get involved and informed.