Happy Holidays to all of our members from the officers and staff of Local 3. Thank you for your dedication, support and hard work over this past year. We wish you and your family a wonderful holiday season and a prosperous and healthy New Year in 2009.

Russ Burns
Business Manager
Change is now a reality

I am pleased to report, brothers and sisters, that you did it. After hundreds of volunteer hours picking up phones at your district halls, after facing adversity to educate voters who didn’t want to listen while precinct walking in neighborhoods that didn’t always welcome unions, you did it. Your determination and efforts proved successful in many ways – the outcomes of which are available on page 11 of this edition. The election of President Barack Obama will positively affect labor for years to come, and the passage of Proposition 1A will mean the creation of thousands of jobs for Operating Engineers throughout the state. Both victories come at a time when the labor movement is in dire need of an emotional and financial boost.

Proposition 1A

With the passage of Prop. 1A, the high-speed rail through California, the future work picture for union members throughout California will change forever. The 790-mile rail system means:
- 126,000 construction jobs
- 14,000 operations and maintenance jobs
- 32,000 engineering and management jobs

An additional 450,000 permanent jobs are expected as a result of the economic growth the train will bring, which will boost our struggling economy, reduce our dependence on foreign oil and get you back to work. Congratulations, you did it.

President-Elect Barack Obama

I don’t need to say it anymore, because we’re all already living it – a difficult economic recession that has resulted in decreased work hours and increased unemployment. But now this cloud has a silver lining, and it’s our new President-Elect Barack Obama.

With his Nov. 4 victory comes the very change this country and this country’s labor movement needs. I am happy to say that gone are the days of Bush and his corporate labor-busting policies. With his farewell, we can also give a fond farewell to the constant attack on the middle class. President-Elect Barack Obama’s financial plan for the economy takes working families’ positions to heart while ending tax breaks for corporations that send our jobs overseas. He is a proud sponsor of the Employee Free Choice Act. This act gives unions the right, through majority, to designate the union as its collective bargaining agent. If passed, this act strengthens the power of unions, and it’s high time our power, which is ultimately linked to the vision our founding fathers had of this country, justice for all, is strengthened. Because of your efforts at getting Obama elected, this will happen.

And because of your political mobilization in the swing state of Nevada, a right-to-work state in our jurisdiction, Democrats took the state, contributing to Obama’s victory. For more on this, see page 6.

It’s been broadcasted a hundred times – much of Obama’s victory is because of his support from unions – which means your voice impacted the state of this nation and will continue to impact it for many years to come.

A funny thing happens in the face of adversity – people and ideas are tested, and they either prevail or falter. This country and the labor movement have dealt with that adversity long enough. Instead of breaking under the weight of it, we banded together, grew stronger and fought harder. The results of this past election are the proof of that strength, and so again, I commend you.

I think it’s safe to say we can all sleep a little bit easier now, since the change we hoped for is no longer a campaign slogan. It is becoming a reality.

I’d like to close by quoting a few phrases from Obama’s presidential acceptance speech:

“The road ahead will be long. Our climb will be steep. We may not get there in one year or even one term, but America ... we will get there. … I will ask you to join in the work of remaking this nation the only way it’s been done in America for 221 years – block by block, brick by brick, calloused hand by calloused hand.”
Continuing education on your Pension

**Husband and Wife 50% Pension**
Participant and spouse same age:

<table>
<thead>
<tr>
<th>Earnings</th>
<th>Monthly Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earned before July 1, 2008 $1,746.00</td>
<td>$1,693.62</td>
</tr>
<tr>
<td>Husband and Wife Reduction 3% - $852.38</td>
<td></td>
</tr>
<tr>
<td>Earned after July 1, 2008 $293.12</td>
<td>+ $271.14</td>
</tr>
<tr>
<td>Husband and Wife Reduction 7.5% - $21.98</td>
<td></td>
</tr>
<tr>
<td>Husband and Wife 50% $1,693.62</td>
<td>+ $271.14</td>
</tr>
<tr>
<td>Member’s monthly benefit $1,964.76</td>
<td></td>
</tr>
</tbody>
</table>

Please note: This is one example of the Husband and Wife 50 percent Pension and does not apply to current retirees. For more on your specific situation, or if you have any questions, please contact the Trust Fund office at (800) 251-5014 or the Fringe Benefits Service Center at (800) 532-2105.

Union members make the difference in Obama win

It is a proud day to be a union member. Nationwide, union mobility efforts tipped the scales in favor of President-Elect Barack Obama. These are your efforts:

- Union voters supported President-Elect Barack Obama 67 percent to 30 percent over Sen. John McCain. In the top-tier battleground states, such as Nevada, the difference was even greater, with union members going for Obama 69 to 28 – a 41-point margin.
- While McCain won among voters ages 65 and up overall, active and retired union members older than 65 went for Obama by a 46-point margin.
- While McCain won among voters overall, union veterans went for Obama by a 25-point margin.
- Union members got a lot of contact from their unions about the election, with more than 80 percent receiving union mail, more than 80 percent receiving union publications, 59 percent getting live phone calls and 32 percent getting worksite fliers.
- Seventy-five percent of union members say Obama’s victory gives him a mandate to make major change.
- Twenty-one percent of voters were in a union or union household.

Small efforts have big effects

We’ve come to the end of a very busy and somewhat difficult year. While “busy” might not be the word you’d use in terms of work hours, it does apply to all the folks who put in long evenings and weekends to get our candidates elected and our propositions passed last month. It takes an incredible amount of diligence and effort to volunteer, especially when work hours aren’t quite what you’d like, but volunteer you did. Work in our industry comes from the top: From infrastructure plans being approved to propositions getting passed – politics is where it starts. And you’ve been very patient waiting on that “start.” Hopefully things will improve now that the election is over.

Currently, economic hardship is written all over the news and talked about on all the radio stations, but your officers do what has to be done to keep Local 3 on top. This doesn’t just happen at the money-management level – savings start at small levels, which combine to create greater effects. We’ve got the district halls monitoring energy usage by turning off lights; the field staff is saving on fuel by carpooling, and we have seen gas and utility usage decline. These money-saving behaviors can also be applied to your own daily habits. Consider visiting any one of the Credit Union branches – they’ve got lots of programs and advice.

Beyond internal money saving, we officers are doing due diligence concerning all the Trust Funds and the general fund. We daily monitor the plans with our new consultants. With different asset allocations, we are now sitting in a much better position than before to stop some of the losses and get better returns as the market improves. Our Pension is set up for long-term, not short-term, and so over time its returns will rise again as will the other funds’ returns.

Since we’re in the off-season, some of the districts have stopped offering gradesetting classes, but we will start them again. If you are interested, sign up at your district office. Other classes that are offered include the HAZMAT refresher courses. A complete list of these and other training courses is available on page 10. I’ve had my HAZMAT card for 20 years and used it quite often. Get signed up! Give yourself all the opportunities you can to get to the work.

In closing, I’d like to give one last farewell to the deserved retirement of Rec. Corres. Secretary Rob Wise. Rob always put the local before everything else, and now it is his time. An officer’s position takes time away from family, and when we retire, there is much to catch up on, so good luck to you, Rob, and to your family. Have fun and come around so good luck to you, Rob, and to your family. Have fun and come around when you can. Let us know what we can look forward to. Financial Secretary Jim Sullivan has some big shoes to fill, but I know Jim wouldn’t take something on without knowing he can do it. I wish good luck to you both in these new chapters in your lives.

I wish you all a safe and happy holiday season.
Third Quarter 2008 Results

The 2008 third quarter showed continued deterioration in our nation’s economy with unemployment rising to 6.1 percent, up significantly over 2007’s 4.7 percent rate. California and Nevada experienced rates above this national average at 7.7 percent and 7.3 percent, whereas Hawaii and Utah fared much better at 4.5 percent and 3.5 percent. Although it is likely that our nation is in recession and 2009’s work picture is uncertain, it also appears that the fear experienced during September and October is starting to wane, and we are slowly working our way through these difficult times.

However, for the union and its membership, the months of July through September 2008 proved to be a relatively good quarter with Supplemental Dues hours increasing over the seasonally slow first half of this year. Hours were up a resilient 19.3 percent over the second quarter of 2008, though still down 15.5 percent compared to the third quarter of last year. Year-to-date, total 2008 revenues were down 11.8 percent versus 2007, while expenses continue to remain virtually unchanged over the prior year. With this increase in hours, the union’s profit and loss statement once again moved into the black, showing year-to-date net income of $143,825.

The union’s membership numbers have decreased slightly with 916 fewer members during the third quarter of 2008.

Gas prices once again have fallen to below $3 per gallon in most areas, and by now, some members who have reached the 1,800 hour cap will soon be receiving a supplemental dues refund. This should provide some financial relief to our members and help them make it through these tumultuous times. In addition, with the election of Barack Obama, our country now has a new president who we believe understands and has the best interests of working men and women at heart, one who will lead this country back to prosperity by creating more high-paying jobs and rebuilding our nation’s infrastructure.

Finally, during this holiday season, our membership can remain confident that with more than $42 million in General Fund reserves, the union remains on sound financial footing to weather these current economic conditions. The officers continue to be committed to sound investment policies and prudent business practices, and our members can rest assured that all cash and investments are properly safeguarded in the Operating Engineers Federal Credit Union (OEFCU) and other federally insured government agency securities.

### Third Quarter 2008 Financial Report

#### Profit & Loss Statement

<table>
<thead>
<tr>
<th>(in thousands)</th>
<th>Sept. 30, 2008 – Year to date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Revenue</td>
<td>$27,561</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>$5,729</td>
</tr>
<tr>
<td>Total Receipts</td>
<td>$33,290</td>
</tr>
<tr>
<td>Salaries, Benefits &amp; Taxes</td>
<td>$20,319</td>
</tr>
<tr>
<td>Per Capita Taxes</td>
<td>$3,970</td>
</tr>
<tr>
<td>Office &amp; Operations</td>
<td>$2,397</td>
</tr>
<tr>
<td>Depreciation</td>
<td>$918</td>
</tr>
<tr>
<td>Professional Services</td>
<td>$1,629</td>
</tr>
<tr>
<td>PACs &amp; Fund Allocations</td>
<td>$850</td>
</tr>
<tr>
<td>Admin &amp; Public Relations</td>
<td>$3,063</td>
</tr>
<tr>
<td>Total Expenses</td>
<td>$33,146</td>
</tr>
<tr>
<td>Net Income</td>
<td>$144</td>
</tr>
</tbody>
</table>

#### Balance Sheet

<table>
<thead>
<tr>
<th>As of Sept. 20, 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash, Investments &amp; Deposits</td>
</tr>
<tr>
<td>Employee Funded 457 Plan</td>
</tr>
<tr>
<td>Automobiles</td>
</tr>
<tr>
<td>Office Furniture &amp; Equipment</td>
</tr>
<tr>
<td>Computers &amp; Software</td>
</tr>
<tr>
<td>Communications Equipment</td>
</tr>
<tr>
<td>Print Shop Equipment</td>
</tr>
<tr>
<td>Less Accumulated Depreciation</td>
</tr>
<tr>
<td>Total Assets</td>
</tr>
<tr>
<td>Total Liabilities &amp; Fund Balance</td>
</tr>
</tbody>
</table>

### Fund Balance ($ in millions)

<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>General</td>
<td>$42.1</td>
</tr>
<tr>
<td>Hardship</td>
<td>$3.3</td>
</tr>
<tr>
<td>Emergency</td>
<td>$10.1</td>
</tr>
<tr>
<td>Defense</td>
<td>$8.2</td>
</tr>
<tr>
<td>Capital Maintenance</td>
<td>$8.4</td>
</tr>
<tr>
<td>Total</td>
<td>$40.7</td>
</tr>
</tbody>
</table>

#### Plan Assets

| Total Investments | $3,215,858,000 |
| Domestic Stocks | $1,259,733,000 |
| International Stocks | $270,329,000 |
| Bonds | $842,796,000 |
| Hedge Fund of Funds | $239,171,000 |
| Real Estate | $448,896,000 |
| Other Investments | $154,931,000 |

### Plan Returns vs. Funded Status

Commentary (3rd Quarter 2008):

After a long period of stable economic growth, the global financial markets have entered a period of extreme stress and dislocation. Investor confidence has been shaken to its foundation resulting in federal government intervention at unprecedented levels. While the credit markets begin to "un-freeze", intra-day market volatility remains high as investors anticipate a severe economic slowdown. The S&P 500 index returned -8.4% for the quarter and is down -19.3% year-to-date. The broad fixed income market as measured by the Lehman Aggregate index was down -0.5% for the quarter, returning 0.6% year-to-date.

Notes:
1) The Funded Ratio is the value of assets used for the annual pension plan valuation divided by the present value of accumulated plan benefits.
OEFCU is committed to you

The nation is experiencing a difficult and challenging time. The financial and mortgage crisis has crossed all industry lines. The current state of mortgage loans and foreclosures in the nation has turned many union members’ lives upside down. A record number of foreclosures are hitting the market daily. Adjustable mortgage rates are increasing while property values continue to decline, resulting in people losing their homes.

Many of our members were not fully aware of the pitfalls of interest-only loans and pay-option adjustable-rate mortgages, which were promoted by most mortgage lenders and aggressive mortgage brokers. Operating Engineers Local Union No. 3 Federal Credit Union (OEFCU) made the conscious decision not to compete by offering these exotic loan products because we felt they were not in the best interest of our members. In doing so, we certainly lost some business, but we never lost sight of the long-term best interest of our members and their families.

The downturn in the housing market has affected the construction industry, which in turn has affected Local 3 members. Along with other financial institutions in the nation, OEFCU is feeling the effects of the credit crisis and is dealing with its share of delinquent loans, foreclosures and bankruptcy filings. In an effort to help our members, the credit union is continuing to offer services, such as Balance, a financial fitness and counseling program. For those members in financial distress, you have our commitment that we will continue to work with you and do everything possible to find a workable solution.

Your Credit Union will continue to make prudent decisions with regard to how our members’ hard-earned money is being invested and put to work for the good of the membership. Your OEFCU has one of the strongest capital positions in the nation. At 15.74 percent, we have better than twice the minimum capital required by the National Credit Union Administration (NCUA), our government regulator, to qualify as a well capitalized institution. In other words, the Credit Union has more than sufficient reserves put aside to weather the current challenges in the market.

In addition, we want to assure you that your investment with the Credit Union is safe and secure. Your accounts are federally insured by the National Credit Union Share Insurance Fund (NCUSIF) and, like the Federal Deposit Insurance Corporation (FDIC), are backed by the full faith of the U.S. government. The Economical Stabilization Act, approved by both the U.S. House of Representatives and the Senate, and signed into law by the president, provides an increase in deposit insurance up to a new limit of $250,000. This act applies to all federally insured banks and credit unions. The NCUSIF is an insurance program managed by the NCUA. Created by Congress in 1970, unlike the FDIC, the NCUSIF is funded completely by participating credit unions. Not one penny of insured savings has ever been lost by a member of a federally insured Credit Union. To provide additional protection to your deposits, the Credit Union has an additional $100,000 of protection from a private insurance company, American Share Insurance (ASI). We have one of the best deposit insurance programs in the Credit Union industry today.

Although we have been affected by the current financial crisis, the OEFCU continues to thrive due to good management and support of our board and members. We remain faithful in our commitment to the Credit Union philosophy of “people helping people.” We will work with those members in financial distress and will continue to make prudent and practical decisions that are in the best interest of our members.

Pay Your Dues ... With VISA®

No Transaction Fee when you use your VISA card to pay your union dues at any OEFCU Branch!

Standard rates and terms apply.
Rising to the top

Robert Zuerner, also known as Rob Z, is currently employed by CEL. Even though his name begins with the last letter of the alphabet, his character and drive prove he is first-rate. He’s endured a long journey from working non-union in a rat laboratory to working union as a journey-level inspector. At age 35, Rob was employed by a non-union lab. Before this position, he provided inventory control for medical supplies at a warehouse. A friend told him about a job opening at the rat testing lab, and since Rob is one for new challenges, he applied. He only had his ACI certification for laboratory testing and no construction experience but possessed the unrelenting determination to learn and make changes for the welfare of his family. He was hired and put to work testing cylinders. The company started him at $11 an hour.

After seven years, Rob left. It was obvious his hard work was unnoticed by the company, since he was making $17.50 an hour, paying health insurance out-of-pocket and had a poor excuse for a 401(k).

“I needed to survive and feed my family,” Rob said. “I found the union; the big thing to us was vision, dental and the Pension.”

Rob has now been vested in that Pension since July and has come a long way from the dark trenches of the non-union world to a brighter future with the union. He is now earning upper-end union wages at the journey-level scale, and his wife and two children enjoy the excellent health benefits provided to union members. Rob has his ICC certifications in reinforced concrete, post-tensioned concrete and masonry. He also has DSA certifications in masonry and shotcrete.

I met up with Rob Z at the first phase of the Hastings College of Law mixed-use building parking structure on the corner of Golden Gate and Larkin Street. I arrived in the middle of the pour and found the concrete finishers were on the seventh level of a PT slab deck. Rob Z was right there with them making sure everything was done per code. As the resident inspector on this project, Rob performs all the inspections on rebar placement, PT tendon placement, CMU block placement and epoxy-dowel placement.

Hastings College of Law is the oldest public law school in California, founded in 1878. The college currently has more than 1,500 on-campus occupants. This number is increasing as more people come to look for an education in law. The parking structure will accommodate the campus’ growth and provide a safe and secure means for school patrons. Other members onsite include Scott Davis and Sean Oswald.

Rob maintains a high level of performance as a special inspector, and in doing so, he has achieved many seemingly unattainable goals. He is securing a comfortable life for his family now and in the years to come. Don’t let his name fool you: The last can rise to the top before anybody can make judgment. Rob Z is like many of his Local 3 brothers and sisters: He has an inextinguishable drive to continue the excellence of the trade.

Members and staff from the Nevada District gather for a photo before heading out to precinct walk for the Voice of the Engineer (VOTE) program on Oct. 22.

Local 3 volunteers went precinct walking in Nevada Oct. 18 as part of the Labor ‘08 efforts.
Union activists delay apprentice pay-cut proposal

The non-union contractor community wants to cut the minimum wage for apprentices working on private construction by urging amendments to Section 208 of the California Code of Regulations. We fought and won this battle several years ago, but we must continue to fight against the non-union’s efforts. If we don’t, our signatory contractors will be at a severe disadvantage in bidding on private construction.

When non-union contractors comply with Section 208, their apprentices make more than their journeymen. It’s a shameful fact, but not a reason to cut the wages of state-indentured apprentices, who, at this time of economic recession, are already finding it difficult to make ends meet.

On Sept. 30, 2008, a Blue Ribbon Committee Meeting was held at the Hugh M. Burns State Building in Fresno, Calif. Twenty Local 3 apprentices, apprenticeship staff, district representatives, business agents and our legal counsel participated. Local 12’s apprenticeship administrator, staff, members and apprentices also attended. Other crafts included the Iron Workers, Cement Masons, International Brotherhood of Electrical Workers (IBEW), VA, Sheet Metal Workers and Roofers.

More than 225 California Building and Construction Trades members expressed their concerns to the committee about the impact of these proposed amendments. Workers in the construction trades are often required to travel long distances to various job locations. Fuel costs are already a burden, and a reduction in apprentice wages might force a union apprentice to leave his or her apprenticeship program to find non-union work closer to home. Most of these non-union jobs have no benefits and no future.

A big thanks goes to the California Apprenticeship Council (CAC) Blue Ribbon Committee members who voted 3-2 against the amendment to Section 208 and brought about this important victory.

But the fight isn’t over yet.

An Apprenticeship Council Quarterly Meeting is scheduled at the Sheraton Park Hotel, 1855 S. Harbor Blvd., in Anaheim. Results of this meeting will be discussed further.

A HIGHER Education

Story and photos by Jamie Johnston, associate editor

Things are quite literal at the Rancho Murieta Training Center (RMTC). Like when Dozer Instructor Ernest Hursey asks his students to push themselves, he’s really asking them to push themselves through the dirt, digging slots and forming large, 10-foot piles that they’ll later drive up and over in dozers.

Backhoe/Excavator Instructor Vince Carrillo has a similar teaching style. When he tells his students to “reach new levels,” he wants to see them using their controls to reach for dirt, turn their equipment slowly and controlled and empty their buckets at a higher spot.

And the crane class – well, that’s self-explanatory, says Instructor Ricky Malone. The whole program is about higher education.

This hands-on-training is part of an intense and thorough education program offered to Local 3 members. Classes range from two- to five-week programs and cover most equipment – dozers, blades, excavators, loaders, backhoes, cranes and scrapers – as well as gradesetting, construction inspection and a variety of mechanic concepts. Courses attract new students and journey-level operators as well as experienced members looking to cross train on other pieces of equipment or try their skills at new features, like Global Positioning System (GPS) and lasers.

“Just this year we’re offering advanced classes for people who want to move on ... get experience with running GPS, lasers, sonar and slope work,” says Blade Instructor Mike “Butter” Buttacavoli. “The technology now with lasers and GPS really makes the blade intriguing.”

The Ranch is a 17-acre site that includes a full-service computer lab with crane and excavator simulators and assessment testing, three dorms that house up to 48 people, a fully staffed cafeteria and acres of land for hands-on training. Classes are usually limited to six students at a time to ensure everyone gets time on the equipment. Director of Training Dave DeWilde says the backhoe, excavator and blade classes tend to attract the most interest.

RMTC Executive Director Kris Morgan hopes recent changes at the Ranch will attract even more members. “RMTC is expanding,” he says. “This will create more opportunities for training. We now offer night school for the members who are here staying in the dormitories. We will be adding more equipment and trainers so we can train more members in a shorter period of time.”

Now a second-step apprentice, District 20 member Lisa Brown first came to the Ranch with no experience in construction at all. Working as a safety operator and then a dispatcher, she said it was an article in the Engineers Notes that inspired her to change career paths and visit the Ranch for news that inspired her to change career paths and visit the Ranch for training. Brown has now worked with WR Forde for a year and loves it.

“If they asked me to go back and work inside now, I’d probably cry,” she said from inside a loader.

While the RMTC is OE3’s largest training center, there are also sites in Nevada, Utah and Hawaii.

For more information about training opportunities or to enroll in a class, visit www.oe3.org or call your local training center or district office.
Be mindful of your conduct

As I write this article, I am sitting in Quincy, Calif., waiting on a counter proposal from Plumas County due to impact bargaining over proposed department closures and layoffs. It used to be once you passed probation and became a permanent government employee, you had secure employment until you retired. As long as you did your work to the best of your abilities and followed the rules, your job was safe.

Not so true any more. With the current economic crisis affecting the nation, public employees aren't so secure any more. We are experiencing layoffs throughout our jurisdiction. Employees with high seniority are facing layoffs due to the magnitude of the funding crunch. There is little or no public appreciation for the work public employees do. The public's only concern is how they are going to pay their own bills; they look at taxes as just another financial burden.

As a public employee, it's in your best interest to put your best foot forward right now. Make sure you are maximizing your time at work for work and not personal business. When out in the public, make sure you are mindful of your conduct.

Economic strife often occurs at the same time county or city executives look to get rid of what they perceive as problem employees or problem departments. Whether or not the perception is true, certain individuals will be targeted.

Therefore, be mindful of your conduct, keep your noses to the grindstone and go the extra mile. Local 3's goal is to keep all of you working. We need your help to do this.

Hughson employees fight for their rights

By Doug Gorman, business representative

Earlier this year, I had the privilege of being assigned to the city of Hughson’s professional, technical and skilled trades and maintenance units. Before this assignment, their current agent asked me to look into an issue involving an employee at the waste water treatment plant.

This member had been assigned by his supervisor to perform the duties of the chief plant operator. The Memorandum of Understanding (MOU) with the city calls for employees with these assignments to receive “out-of-class” pay. I explained this to their city manager in an attempt to settle the dispute. He told me to file a grievance, which I promptly did.

The city denied the grievance, even though the union had a memo from the employee's supervisor saying the employee had been working as the chief plant operator for a year, and that the employee should be given the job.

Knowing that we had a violation of the MOU, I filed a complaint with the Public Employment Relations Board (PERB), and a complaint was issued against the city of Hughson.

During this time, any relationship the union had with the city deteriorated, and the overall poor treatment of our members by the city began to show. During contract negotiations, I located a signed contract between the city and the overall poor treatment of our members by the city began to show. During contract negotiations, I located a signed contract between the city and the union that called for the city to perform a salary and compensation study in the fiscal year of 2007-2008, and the results of the study would be presented a slide presentation covering Kutras' 34-year career with Santa Clara County called “The Top 12 Things We Have Learned From Pete.”

CEMA Professional Development Committee bids farewell to county executive

By Randy Johnese, business representative

The highlight of the County Employees’ Management Association’s (CEMA’s) Annual Professional Development Program is the annual luncheon with Santa Clara County Executive Pete Kutras. His comments are always informative, making these luncheons the best attended professional development events each year. After Kutras retired on Oct. 31, CEMA’s Professional Development Committee asked him back for a farewell luncheon.

The program included a speech by Kutras entitled “The Top 10 Things I Have Learned as County Executive.” He presented two lists – one humorous and one serious. The CEMA Professional Development Committee also presented a slide presentation covering Kutras’ 34-year career with Santa Clara County called “The Top 12 Things We Have Learned From Pete.”

Seated, from left: Business Rep. Tom Starkey, Santa Clara County Executive Pete Kutras, CEMA Executive Board Member Amando Cablas and CEMA Secretary Mark Hand. Standing, from left: CEMA President Edna Esguerra, CEMA Treasurer Glenn Payne, CEMA First Vice President Richard Rapacchietta, Business Rep. Randy Johnese CEMA Second Vice President Dolores Morales and CEMA Executive Board Member Mary Mitchell.
Fighting for a fair contract in San Jose

By Bill Pope, business representative

The current Memorandum of Agreement between the city of San Jose and employees represented by Local 3 expires in April 2009. We know it will be a hard fight just to keep what we have now.

The city wants a two-tier retirement system, meaning a newly hired employee will work longer, but the newer employee will get less retirement benefits than the veteran employee.

The city also wants to limit the amount given to employees for salary increases between 1.5 percent and 2 percent a year.

The mayor does not respect the city employees and feels that contracting out their work will save the city money.

City of San Jose stewards will be handing out contract surveys to the members at their worksites and will act as information conduits to members, committees and the negotiating team.

Also, salary surveys from surrounding jurisdictions are being prepared for certain job classes.

Preparation for the upcoming contract negotiations began in March 2008 – a full 13 months prior to the expiration of the current contract in April 2009.

Contract surveys have already been mailed out. Once results are tabulated, members will be notified of the outcome. A communication plan will be formulated to keep members informed as possible throughout the process.

Only by being united, will we get a fair contract.

WANTED: PHOTOS

Send action photos, current photos, historical photos, pictures of special events or other materials that you would like to have considered for inclusion in the publication. Send only original items or professional re-productions. Do not send photocopies or computer printouts because they cannot be reproduced for the book. Send in photos, include a caption explaining who and what is depicted and the date, if possible. To ensure your photos are returned after publication, write your name, address and phone number on the back of each item and include a self addressed, stamped envelope of the appropriate size. All submissions will be reviewed for content and quality and included based on space availability. See Right.

Member Mike McCall maintains the course at the Chuck Corica Municipal Golf Course. The city of Alameda committed to retain him and other maintenance workers at the golf course.

Operating Engineers Local Union No. 3
70th Anniversary Commemorative Book

Dear Members, Retirees, and Friends of Local 3:

Operating Engineers Local Union No. 3 and M.T. Publishing Company have joined together to produce a special commemorative volume in honor of the 70th Anniversary of Local 3 founding. A special committee has been authorized by the Officers of Local 3 to head up this exciting project.

The book will feature a written history, historic and current photos, and materials submitted by union members themselves. Members are encouraged to submit photos of historic projects, special events, memorabilia, and personal accounts of important events in Local 3's history.

This historical overview of Local 3's growth will be a large-format, deluxe hardcover volume containing approximately 176 pages printed on high-gloss, acid-free paper with a color dust jacket.

Books ordered in advance will show the words “Commemorative Edition” on the cover and the dust jacket and a book number inside. These Commemorative Edition books are numbered as they are sold.

The standard edition features a full color cover. The leather edition features a leather cover with flat foil stamping. The executive edition features the leather cover with gold leafing on the page edges and a ribbon marker. All three editions include the full color, high-gloss dust jacket. In addition, for a nominal charge, you can have your volume personalized with a name stamping on the cover. The price will increase once printed, so pre-order now at this special discounted price.

To pre-order your book, complete the order form and send in with payment as soon as possible, but no later than December 15, 2008. Online ordering is available at www.mtpublishing.com (click on “products” and then “coming soon”)

Sincerely,
Russell E. Burns
Business Manager
Operating Engineers Local Union No. 3

ORDER FORM

70TH ANNIVERSARY BOOK  Qty  Price  Total

Deluxe Executive Edition                        $79.95
Deluxe Leather Edition                           $64.95
Deluxe Standard Edition                          $37.50
Postage and Handling: $6.50 for the first book, $4.00 for each additional book

8% Sales Tax (IN residents only multiply subtotal by 0.08 to calculate sales tax)

8% Tax
Name Stamping - $6.00 per book

*Name personalization on leather cover can not be returned after a refund.

TOTAL

Name(s) to be Stamped (Limited to 24 characters/spaces per book)

For office use only

P.O. Box 6802
Alameda, CA 94502

Make checks payable to:
Operating Engineers History Book
Send order form and payment to: Operating Engineers Local 3
History Book
c/o M.T. Publishing Company
PO Box 6802
Evansville, IN 47719

Credit Card # (include 4-digit # for MC)                Exp. Date

Name on Credit Card

Name on Credit Card

Signature

City                                                    State                            Zip

Telephone

Make checks payable to: Operating Engineers History Book
Send photos or other materials for consideration to be included in the book to: Operating Engineers History Book
c/o Charlie Costello
Communications Director
Operating Engineers Local 3
1625 S. Loop Rd.
Alameda, CA 94502

December 2008 9
CARB enforces regulations, requires written procedures

The California Air Resources Board (CARB) is now enforcing the state’s five-minute idling restriction for diesel engines.

CARB adopted a regulation on June 15, 2008, which restricts the idling of off-road, self-propelled, diesel-fueled vehicles rated at 25 horsepower or more to no more than five minutes.

After presenting proper credentials, CARB enforcement personnel can enter any area where off-road vehicles are located, such as construction sites and quarries, to determine if all machines are in compliance. If an off-road vehicle is observed idling more than five minutes, enforcement officials will contact the operator and supervisor to ask why. If the reason given does not fall under one of the exemptions in the regulation, a citation will be issued. Citations range from $300 for the first offense up to $10,000. In addition, penalties can be assessed daily for each idling vehicle found in violation.

As of March 1, 2009, medium and large fleets must have formal written idling policies distributed to operators of off-road vehicles, informing them of the rule.

Small fleets are exempt. Small fleets are defined by CARB as a “fleet with a total of less than or equal to 2,500 hp owned by a business, non-profit organization, or local municipality.” The written-policy exemption is also applied to any local municipal fleet in a low-population county.

For more information about CARB’s in-use, off-road diesel vehicle regulation, visit arb.ca.gov/msprog/ordiesel/ordiesel.htm.

Source: Southern California Contractors’ Association (SCCA)

UNIT 12
by Gary Rocha, business representative

Behind the scenes of California’s fairs

Where can you go to see old friends, meet new ones, enjoy a great corndog and fill your grandkids with candy apples and cotton candy? A California fair, that’s where.

California hosts more than 70 fairs throughout the year, from the Oregon border to the border of Mexico – as far north as Tulelake and as far south as Imperial.

Working at California’s fairgrounds is a big job. There are lawns to mow and fertilize, barns to paint and events to set up. In addition to many fairs, the state’s fairgrounds also host everything from auto racing, horse racing and 4-H Club events to general meetings, weddings and even the sometimes-dreaded class reunions.

As you can see, our Unit 12 Craft Maintenance workers stay busy, working hard every day to ensure that when the gates open, all the lights come on and all the restrooms have toilet paper!
Building our way back to prosperity

At the time of this writing, we had just finished the September Semi-Annual, and I want to thank everybody for attending. A lot of brothers and sisters said it was one of the best semi-annuals they have ever attended. A lot of folks also said they were really impressed after hearing International Union of Operating Engineers (IUOE) General President Vincent Giblin speak. Anyone who knows Mr. Giblin knows he is a no-nonsense guy, so it was good to hear him tell our membership that he could not be prouder of our Business Manager Russ Burns and the positive change in the membership from a few years ago. Mr. Giblin is very happy with Local 3’s new direction.

The one thing that wasn’t far from the minds of members I spoke to at the Semi-Annual was the economy and what bad shape it is in. Little did we know that day that the following Monday we would see an already weak stock market drop another 770 points – the worst single day drop in the history of the market. In addition, major banks and financial institutions are going under, and unemployment is at a higher rate than it has been in years. I saw a recent poll that said 12 percent of Americans think the country is heading in the right direction. I would really like to hear their explanation of what is good for this country.

We all know the private market is very slow right now, but there are a lot of big public projects coming up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up. The big concern is if the economy gets too bad, will the government take those construction funds up.

I wish I had some good news to report to you, but like this administration has been doing from the start, we are going to tell you the facts, good or bad, and the fact is that this economy is heading in a down direction that a lot of us have never seen before. They say it is worse than anything we have seen in the ‘70s, ‘80s or ‘90s, and the so-called experts don’t seem to know where the bottom will be. All we do know is that the economic meltdown is going to affect all of us one way or another.

Right now, we are fighting for a lot of the big public projects. For example, Proposition 1A High Speed Rail will be huge to keep our members working. If history tells us anything, the way we get out of these economic downturns is by creating jobs, and every dollar spent on construction is a huge step to building this country out of the economic mess we are facing right now. So please continue to help us support a lot of these propositions that will not only help Local 3, but will help all of California build our way back to prosperity.

Union was more successful politically than in recent years

“I have a dream that one day, man will be judged not by the color of his skin, but by the content of his character.”

Those prophetic words were expressed by Martin Luther King Jr. 45 years ago, and the day of which he spoke has arrived. With a tidal wave of people in desperate need for change and a hope for a better tomorrow, Barack Obama was elected to be our 44th president.

Recognizing the stark differences between the two presidential candidates, Business Manager Russ Burns and the officers of our union developed a strategy to achieve success in the only battleground state of Local 3 – Nevada. With a dedication of monetary resources and bodies, Operating Engineers Local 3 was a crucial player in achieving results, which will benefit our members in the Silver State. With our efforts, Obama was victorious in Nevada by a margin that rivaled California’s results. Additionally, we gained two seats in the Nevada State Senate to put that body in control of labor-friendly representatives. We also gained enough seats in the state Assembly to give our labor allies a veto-proof majority. It was especially satisfying to see our own labor warrior, Debbie Smith, win her re-election to the state Assembly with a margin in excess of 30 points.

In Utah, 65 percent of our endorsed candidates were victorious. The marquee victory was Jay Seegmiller, who defeated the current speaker in the Utah State House. What makes his victory significant is that Seegmiller is a member of the Amalgamated Transit Union, which gives us a labor warrior in Utah as well. With our efforts in Salt Lake County, we now have control of the county council, which will greatly benefit our members there.

In Hawaii, Local 3 staff and their motivated volunteers helped in the passage of a $3.1 billion rail bond measure on the island of Oahu. This 22-mile long project will provide much-needed work for our brothers and sisters in the Aloha State and help ease traffic congestion for trans-state travelers. Also on the main island, Muåf Hanneman was re-elected as mayor of Honolulu. His strong support of the rail bond made him a far superior candidate, and we are proud to have him return to office.

In California, labor enjoyed big wins in all branches of government. Worthy of note was the re-election of Congressman Jerry McNerney in District 11. This was McNerney’s first defense of a seat we were able to put in labor’s column two years ago, and it was very crucial to retain this seat. This race had the attention of the entire country and we were a major player in it. The open seat in Senate District 5 also grabbed statewide attention with termed-out members of the Assembly fighting for their political future, and we have retained an ally with the election of Lois Wolk. In the Assembly, labor-endorsed candidate Joan Buchanan was also victorious in District 15. Another assembly race Local 3 put into play was District 10’s between labor-endorsed Alyson Huber and Jack Sieglock. As we go to press, the election is too close to call. The candidates are dead even with more than 100,000 absentee ballots still to be counted. Another race too close to call is Congressional District 4’s between Charlie Brown and Tom McClintock. This race was not given much attention on the national scene, but we know of Brown’s qualifications and we put it on our to-do list.

California also had several ballot measures that will provide much-needed work. At the top of this list was Proposition 1A. This multi-billion-dollar high speed rail public-works project will provide work for our members far into the future. In Sonoma County, voters approved Measure Q, the Sonoma/Marin Area Rail Transit Bond, which will ease congestion along the Hwy. 101 corridor and provide a bright spot for future work in the area. The Stockton District is waiting for absentee ballots to be counted to determine the outcome of Measure S, a 20-year half-cent sales-tax bill that will benefit our members with the improvement of a deteriorating infrastructure system in Stanislaus County. In the San Jose District, absentee ballot tabulations continue on a sales-tax measure that will provide revenue to extend the BART rail line to San Jose.

Throughout our four-state jurisdiction, with district representatives guiding their staff and dedicated volunteers, we have achieved great success that provides hope for better days ahead. We must remember: It is easier to get on top than it is to stay there. That is the challenge we must meet and defeat. To honor everyone’s efforts, we must remember how we got there.
Honorings membership service

Business Manager Russ Burns, the Officers and Executive Committee congratulate the following members with 51 years and more of membership. Local 3 also has 3,816 members with 50 years and more of membership.

Local 3 also has 3,816 members with 50 years and more of membership. Robert L. Baker, Russell C. McCormick, and Robert L. Bratton will be honored with a 50-year gold timepiece next year. Our 50-year members will be announced in the July 2009 Engineers Operating Engineers Local Union No. 3 wishes all of its members and their family holidays a happy and prosperous new year.

51 YEARS OF MEMBERSHIP

Theodore Burroughs Allen 084155
Kelley M. Mulligan 086372
Charles Holman 092346
James Quentin Vincent 091324
J. D. B. Anderlini 088338
James A. Belcher 080077
David Johnson 083725

52 YEARS OF MEMBERSHIP

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12 Engineers News
**Fringe Benefits**  
By Charlie Warren, director

**Contract providers will save you money**

Your medical benefits have been structured to provide financial incentives when you use the Plan's network of contract health-care providers, physicians, hospitals or other health-care professionals or facilities that have contracted with the Plan's Preferred Provider Organization (PPO), such as Anthem Blue Cross Prudent Buyer, to provide services at negotiated rates.

If you use such a contract provider, you pay only your percentage of the negotiated fee. The provider cannot charge you more than this negotiated rate.

If you use non-contract providers, covered charges are limited to the amounts in the Plan's schedule of allowances or the usual, customary and reasonable charges, depending on the situation. In most cases, these will be less than the billed fee.

For some services and supplies, the fund also pays a lower percentage of covered expenses when you use a non-contract provider.

Non-contract providers are under no obligation to limit their charges to the amounts considered covered expenses by the Plan.

**PLEASE NOTE:** Lodi Memorial Hospital is no longer a contract hospital. Using Lodi Memorial Hospital as well as other non-contracting hospitals may result in higher out-of-pocket costs.

If you go to a contract hospital, you should not assume that all providers in the hospital are also contract providers. To receive the maximum possible benefits, you should request that all your provider services, such as services by an anesthesiologist, be performed by contract providers whenever you enter a hospital.

The fact that a provider is a contract provider does not necessarily mean all services you receive will be covered benefits under the plan.

**Out-of-area residents**

For some services and supplies, the benefit paid by the fund when you use a non-contract provider will depend on whether you live within the contract-provider-service area.

The contract-provider-service area is defined as the geographic area that is within 30 miles of a contract provider. If you are unsure whether your residence is inside or outside of the contract-provider-service area, contact the Trust Fund Office at (800) 241-5014.

For providers outside of California, contact Blue Card at (800) 810-2583 or visit bluecares.com.

**Wishing good health for all**

We would like to wish everyone a good holiday season. It was nice to see so many of you at the meetings this past year – we always encourage and appreciate your input regarding the benefit plans.

Our retirees were in good humor at these meetings, with many claiming: “If I’d known I was going to live this long, I definitely would’ve taken better care of myself.”

We wish continued good health to you and your family. We also would like to offer our condolences to those who lost loved ones during this year. We recognize it makes the holidays particularly difficult. Those who are able should pick up the phone and call a friend during this time, or drop by the home of one of your Operating Engineers friends and reminisce about the old times. A hopeful spirit encourages many.

Be sure to come out to one of the pre-retirement meetings listed at right to learn all about your Pension Plan, retiree medical plan, etc. Bring your spouse.

Thanks to our officers, district representatives and all for their dedicated work. A special thanks to our Chapter Chairmen: Leo Cummins, Leon Calkins, Jack Short, Burt Cunningham, Larry Summerfield, Myron Pederson, Norman Morell Jr, Mario Dumlao, Abe Sousa, Marin Vallejo, Alban Byer, Ken Green, Bill Marshall, Gary Morthole, Norman Smith, Bob Taylor, Bob Yturiaga, Virgil Blair and Ephraim Bergau.

**Pre-retirement meetings planned**

Pre-retirement meetings will begin in January. Participants 50 years of age and over will receive a postcard reminder of the meeting in their area, though participants of any age are able to attend. If you do not receive a postcard, please check the schedule below to find the meeting in your area. We encourage you and your spouse to attend these meetings and become familiar with all aspects of your retirement benefits. These benefits have a direct bearing on your financial security and deserve your attention.

**All meetings convene at 7 p.m.**

**FAIRFIELD**  
Wednesday, Jan. 7  
Veterans’ Memorial Building  
427 Main St.  
Suisun City

**ROHNERT PARK**  
Thursday, Jan. 8  
Operating Engineers’ Building  
6225 State Farm Drive

**NOVATO**  
Wednesday, Jan. 14  
Unity In Marin  
600 Palm Drive

**SAN FRANCISCO-SAN MATEO**  
Thursday, Jan. 15  
Crowne Plaza  
1177 Airport Blvd.  
Burlingame

**EUREKA**  
Tuesday, Jan. 20  
Best Western Bayshore Inn  
3500 Broadway

**REDDING**  
Wednesday, Jan. 21  
Operating Engineers’ Building  
20308 Engineers Lane

**YUBA CITY**  
Thursday, Jan. 22  
Hampton Inn  
1375 Sunsweet

**WATSONVILLE**  
Wednesday, Jan. 28  
VFW Post 1716  
1960 Freedom Blvd.  
Freedom

**MORGAN HILL**  
Thursday, Jan. 29  
Operating Engineers’ Building  
325 Digital Drive

**FAIRFAX**  
Wednesday, Feb. 4  
Operating Engineers’ Building  
1290 Corporate Blvd.

**SALT LAKE CITY**  
Thursday, Feb. 5  
IBEW Local 354  
3400 W. 2100 S.

**OAKLAND**  
Wednesday, Feb. 11  
Operating Engineers’ Building  
1620 South Loop Road  
Alameda

**CONCORD**  
Thursday, Feb. 12  
Centre Concord  
5298 Clayton Road

**STOCKTON**  
Wednesday, Feb. 18  
Operating Engineers’ Building  
1916 N. Broadway

**FRESNO**  
Thursday, Feb. 19  
Operating Engineers’ Building  
4856 N. Cedar

**SACRAMENTO**  
Wednesday, Feb. 25  
Hilton Garden Inn  
2540 Venture Oaks Way

**AUBURN**  
Thursday, Feb. 26  
Auburn Recreation Center – Lakeside Room  
3770 Richardson Drive
MORPHILL  I  Members stay busy through tough year

The recent economic situation has caused some changes in our district. The work hours have been below normal this year, as we have all experienced. We’ve seen material plants suspend operations and construction companies shut down. However, some companies have stayed busy and even worked overtime.

Reed & Graham in San Jose has seen both sides of the situation. Reed & Graham has been producing asphalt, recycled base rock and emulsion products since the mid-1950s. The asphalt side has seen a reduction in workforce and hours. Plant superintendent and District 90 Executive Board Member Mike Sierra has seen times like these before. Sierra is a 29-year member and has made many changes to combat lost production time, like having his employees perform maintenance and upgrades to the facility. Plant Foreman Roy Phillips assists Sierra with the day-to-day operations. Phillips is an eight-year member and has experience at concrete and asphalt plants. The plant engineers and Heavy Duty Repair (HDR) crew include a great group of experienced workers, such as Noe Rangel, a 19-year member who has worked in quarries and plants and started his career from the ground up. Fernando Arredondo is an eight-year member who has worked for several other plants in concrete and recycling and enjoys his work. Nick Rosales is a six-year member and proud to be an Operating Engineer. He has a lot of experience and has also worked as an HDR mechanic in quarries. Chris Diehl, a five-year member, started and completed his apprenticeship at the plant. Jason Bowen has been a member for 11 months and just started his career as an apprentice.

Meanwhile, the emulsion and overcoat side of operations has been in high demand. Owners have been maintaining rather than repaving. Rene Lopez, productions manager and a 10-year member, has been working with his crew sometimes seven days a week. Jose Sanchez, a 13-year member, began as a helper and is now a key employee who works in all aspects of the plant, from production and customer service to maintenance. Fernando Lopez is a two-year member and has been busy producing overcoat products and providing customer service. Six-month member and Forklift Operator Richard Rascon has been moving products and providing customer service.

A job wrapping up for the Mancebo Corp. has crews putting down final base rock. This job has kept members busy throughout the year. The Mancebo crew includes Foreman Joe Falcao, Blade Operator Eddie Calsadillas and Benito Gonzalez and Isidoro Quezada, who work on fergies. Juan Ibarra is checking grade. Mancebo’s vice president has good things to say about his operators: They perform well on all pieces of equipment, which has kept them successful.

District 90 wishes everyone a safe and happy holiday season! We also want to thank all the volunteers who helped phone bank and precinct walk this election year, as it has been challenging.
**HAWAII** Members get political; volunteering pays off

Members from Kauai Veterans’ Express and Wayne’s Enterprises joined forces for mayoral candidate Bernard Carvalho’s “Support Party Convoy.” Drivers from both companies drove their semi-trucks around Kauai, donning signs, banners and decorations in support of Carvalho.

Trustee/District Rep. Kalani Mahoe was personally invited to stand with Honolulu Mayor Mufi Hannemann as one of his key supporters and advocates of the rail initiative. The proposed “Steel-on-Steel” rail project is expected to cost more than $6 billion and give the state of Hawaii more than 20 years of construction work.

District 17 knows how important government construction projects are to the economy and how important it is to be active at all levels of government to ensure these types of projects. Mahoe and staff always encourage members to get involved in the political process, whether it be introducing and supporting legislation and regulations that protect workers’ rights, identifying needed enforcement of business and labor laws concerning prevailing wages, attending county council hearings or campaigning for labor-friendly political candidates. In the past, Mahoe and staff have gotten more than 60 members throughout the state regularly involved in this process.

This election saw many major political races that would determine whether our state’s construction industries rose or fell. The support District 17 staff and members gave to our endorsed candidates by volunteering was overwhelming. In all, District 17 contributed more than 800 volunteer hours to various candidates by phone banking, sign waving and door-to-door canvassing. Mahoe makes sure staff and members understand that the return for volunteering far outweighs the cost of a few hours here and there away from home. We expect 2009 to be a major year in construction for the state of Hawaii.

**OAKLAND** Strike continues in district

The ongoing strike against Valley Power continues. The strike began July 10, 2007, and district members, volunteers and staff continue walking the line outside the San Leandro and West Sacramento facilities. A recent victory in a National Labor Relations Board (NLRB) ruling resulted in Valley Power having to pay Local 3 members a combined $808,000 as a result of improper termination. Local 3 officers presented these members their “victory” checks at a recent ceremony in Concord, Calif.

Strikers Russ Mendenhall, Roger Towle and Jerry Alecrreca have been busy, as they recently traveled to Reno, Nev. along with other District 20 members to precinct walk in support of Local 3 endorsed candidates. They rode up on a bus from the Bay Area and laced up their walking shoes for a different cause, but an important one just the same.

In other district news, retirees were honored by Local 3 officers during the Oct. 9 Retiree Meeting. We appreciate all they did and continue to do for Local 3: Frank Gomes from Castro Valley, Al Gordon from Pleasanton, Pete Lafond from Brentwood and Alameda’s Retiree Chapter Chair Myron Pederson.

**ROHNERT PARK** Work, training available soon

By the time you read this, the slow work year will be coming to an end. Hopefully 2009 will be better. Work already on the books includes the Hwy. 101 widening project from Steel Lane in Santa Rosa to the downtown Windsor Road exit, a much-needed improvement to Hwy. 101. O.C. Jones was the apparent low bidder on this $888 million job.

O.C. Jones is also working at Santa Rosa Junior College on a project involving artificial turf for a baseball field. Team Ghilotti is working at Elsie Allen High School on a similar project.

In addition to the Santa Rosa to Windsor Hwy. 101 widening project, the Willfred Avenue interchange/overpass is scheduled to bid Dec. 10. The engineers’ estimate for this project is $82 million and involves a new overpass for traffic to go directly east or west from Golf Course Drive to Redwood Drive. Terracon and PG&E are currently relocating utilities in preparation for this project, which should start early in 2009.

Ghilotti and MCM are about a month away from completing the Hwy. 101 widening project through downtown Santa Rosa. This job has been long anticipated and will relieve traffic congestion through town. Crews should finish about six months ahead of schedule. Ghilotti Construction is also working in the Copeland Creek Bed in Rohnert Park in anticipation of the coming winter.

Argonaut Construction completed its Hwy. 20 overlay project at Upper Lake in Lake County and will do the final lift of open-grade A.C. on the Hwy. 20 project east of Hwy. 53 in the spring of 2009. Argonaut continues work on Todd Road and the West End neighborhood of Santa Rosa, keeping underground crews working.

Northbay Construction is working on moving mountain in the Fountain Grove Area of Santa Rosa. This job involves a sheet-pile retaining wall, imported soil/engineered slope to help retain a condo complex and the repair of underground utilities.

Work coming out to bid: Windsor will spend an estimated $17 million upgrading the city’s water and water reclamation system, which should translate to some good hours for our members.

Granite Construction has a water line project for Redwood Valley Water District. Ghilotti Construction picked up the East Cotati Avenue job for $899,000 and the Hwy. 12/Trinity Road Realignment project for $2.1 million.

As we enter the new year and pick a new president, hopefully our economy will start to recover. Then we can get on with rebuilding our country’s infrastructure and return to a normal work schedule with enough hours for everyone to earn a decent living.
UTAH  I  Utah’s holiday drive will help needy families

The Semi-Annual Re-Broadcast was a successful event with several members, apprentices and their family members in attendance. Everyone enjoyed hearing remarks from the officers, as well as International Union of Operating Engineers (IUOE) General President Vincent Giblin. Congratulations to Jerry Baker and Daniel Baker for winning Best Buy gift certificates in the event’s raffle.

As far as the work picture goes, Kiewit and W. W. Clyde will be starting two projects as a joint venture beginning in the new year – I-15 widening from 500 north to I-215 and Pioneer Crossing in Lehi, also known as the I-15 American Fork Interchange Project.

As a district, we are very appreciative of our members who have helped with the Voice of the Engineer (VOTE) program. Many of you stepped up and volunteered your time to help elect labor-friendly candidates. We would like to especially commend Frank Sunde for always helping, even at a moment’s notice. Frank singlehandedly put together more than 2,000 candidate yard signs and walked precincts on several Saturdays. We are grateful for your superior example as a member and a volunteer and appreciate all your help.

FRESNO  I  Work, training available soon

As the end of the year approaches, we begin to look at the new year as a fresh start and with an eager and positive attitude. And why shouldn’t we? Hwy. 180 east in Fresno is scheduled to bid in January 2009, and the Atwater Sewer Plant is scheduled to bid in March or April 2009. In addition, if Mono Winds receives the permit to build a new casino, then the project will be 100 percent union. This will be a two-year project with about 300 jobs for all trades.

Work continues in the pipeline industry across the country, and the International Union of Operating Engineers (IUOE) is offering pipeline training again this year. The training will focus on upgrading skills for pipeline-specific tasks in the operation of side booms, angle dozers and excavators/backhoes. At the conclusion of the course, individual participants will be evaluated on their performance on a pass-fail basis. All members are encouraged to visit the district office at 4856 North Cedar to obtain an application and a schedule for training.

Several members have taken advantage of the additional journeymen training provided to them. Gradesetting classes were provided at the Fresno District office in 2008. Beginning in January 2009 and every other quarter thereafter, advanced gradesetting classes will be scheduled. Members who already know the basics of gradesetting will have the opportunity to learn the GPS system. Member Carlos Padilla does an excellent job instructing the classes. He began his career as an apprentice and has been an active member for the last 10 years.

Congratulations to Robert Mello for successfully completing the Apprenticeship Program and to Vance Edlick for advancing as a fourth-step apprentice. Mello is using his talents with Floyd Johnston Construction, while Edlick is gaining experience with Don Berry Construction and Agee Construction.

Be sure to mark your calendars for Breakfast with Santa on Saturday, Dec. 13 beginning at 8:30 a.m. at the Fresno District office. Members and their families are invited to take time out for a little holiday cheer. Join Local 3 for a hearty breakfast and plenty of ho-ho-hos!
District 70 hopes everyone had a wonderful and safe Thanksgiving.

We would also like to take this time to thank everyone who volunteered by phone banking and precinct walking for the Nov. 4 General Election. Also, thanks goes out to all those who were instrumental and helped with the Hatchet Ridge Windmill Project. This project was passed by the Shasta County Planning Commission with a 5-0 vote, and now we will go to the Board of Supervisors for approval. This is a great project with no real down side. It will help lessen our dependence on foreign oil, it is a green project and it will provide $100 million to $150 million in direct work for our members. So again, thank you to everyone who helped by writing letters and going to meetings – it really worked out.

We would also like to thank all of our county and Caltrans/Unit 12 members who work long hours keeping the roads safe so we can travel. These members deserve recognition for the wonderful work they perform for everyone. See a story on them on page 10 in this edition.

Good news: Even in these hard economic times, we had more dispatches this year than in 2007. We signed seven new companies this year, which will help put Local 3 members to work.

In closing, please be safe, and have a merry Christmas and a happy New Year’s.

NEVADA  I  Smaller projects keep us strong

From Reno

With the onset of winter, work in the Reno/Carson area has slowed down. However, barring weather, some projects are able to keep going. The AAA ballpark continues to progress and is scheduled to be completed for opening day in 2009. Contractors on that project include Granite Construction, Sierra Nevada Construction, Pacific Rim and Associated Concrete Pumping. Road and Highway Builders continues its work on the Carson Bypass, while C. G. Myers is staying busy on the 1-880 project south of Reno. Q&D Construction is working on the next phase of the V&T Railroad, a $6 million project that will take the railroad across Hwy. 50 into Carson City. The company was also the low bidder on the $3 million U.S. 95 shoulder/slope widening project, while Reno/Tahoe Construction was the low bidder on the $4 million Hunter Creek Water Tank on the west side of Reno.

In the Elko area

The mines are going strong. Ames Construction is redirecting the road around the Cortez Mine, a 26-mile project, as well as building a new tailings dam. The company is also working in Eureka on a subdivision for the General Moly Mine and later will move into the mine site at Mt. Hope. Degerstrom is steadily gearing up at the Hycroft Mine west of Winnemucca. Those projects should keep our members busy through the winter and into next season. Canyon Construction also has a project at Stewart Airfield, which has promising outlooks for the winter, weather depending. Most of the highway work in the eastern part of the state has come to a close due to the weather. Frehner has a few projects finishing up on I-80 and on U.S. 93. Sierra Nevada Construction is also finishing projects on I-80.

For those of you interested in traveling to the mines, the Joint Apprenticeship Committee (JAC) in Nevada will be offering certification for Mine Safety and Health Administration (MSHA) Part 48 during the first week of each month. This is an eight-hour-a-day, three-day class. Part 48 is a requirement for access to the mines. If you have any questions, you can contact the JAC at (775) 575-2729 or the Reno office at (775) 857-4440.

It’s easy to focus on the large projects around the state. We would like to take the time to thank our members and contractors who are working and bidding on the smaller projects around the area. These projects, which range from $10,000 to $500,000 or more, don’t get noticed often enough, yet employ a good number of our members in a highly competitive market. These companies are a large and important part of this industry. They include: Petersen; Diversified Concrete; ACME Concrete; Castle Crane; Earl E. Games; Garcia Excavating; Lift Services; MKD Construction; Otis Bay; Sterling Crane; Tholl Fence; WWW Construction; and many others. The hours our members work on these smaller projects are a vital force in keeping us strong.

With the cold weather approaching, please be extra cautious out there, and watch out for yourself and others. We would like to wish everyone a merry Christmas and a happy and prosperous new year. We look forward to a good 2009.

STOCKTON  I  Stockton signs new, 65-member unit

NANA Services recently signed a new contract agreement with the Stockton District. The company provides services for the federal government at the Tracy defense distribution and Lathrop centers. This new, 65-member unit will now have better working conditions, wages and fringes.

Teichert Construction and MCM Construction are in the midst of winterizing the Hwy. 4 Bypass in Angels Camp, so they can continue working on the bridges throughout the upcoming winter months. Ranger Pipelines is working on the East Bay Mud Connection at Lake Comanche to place the remaining 1.2 miles of pipe. Balfour Beatty also has a big part of this East Bay Mud pipeline. Ford Construction, On Grade Construction and Combined Effort are currently working at the Gardella Reservoir project at Chinese Camp. Sierra Mountain Construction is upgrading the sewer treatment plant in Tuolumne City. On Grade Construction and Sukut Construction are currently working on the Jamestown Landfill project. Syblon Reid’s Caples Lake/Dam Remediation project continues as scheduled.

From left: Members Georg Schoen and Andrew Hill show off the Best Buy gift cards they won at the Sept. 28 Semi-Annual.
**Sacramento**

**Lots of work underway in Sacramento area**

Mountain Cascade is installing a sewer line down Bruceville Road. The project starts north of Twin Cities Road, encompasses Thornton Road and ends at Walnut Grove. The company is also working on the first segment of the Freeport Pipeline project and the Mather Bypass at Keifer Boulevard and Happy Lane.

Steve P. Rados continues work on the second and fourth segments of the Freeport Pipeline as well as the Northwest Interceptor-No. 9 in Citrus Heights.

RGW is in full swing on the Hwy. 99 and Sheldon Road project, replacing the old overpass and building surface streets and interchanges. DW Young is helping RGW with underground work while Conco Pumping is pumping concrete for the overpass structures. This project has kept several of our members busy during the last three months.

Tom Mayo Construction is working for the city of Galt on an overlay project on Civic Drive and West Stockton Boulevard.

Unfortunately, Teichert Aggregates will be shutting down its Exparto plant. There are just a couple of members who will be performing load-out. This will cut the Woodland/Exparto crews in half. Sales of materials will dictate these plans.

Crews are busy at Liberty Ranch High School where Teichert has been grading and paving parking lots and putting in pedestrian walkways and approach lanes on Moreno Road. At the Promenade Mall, Teichert is grading, paving and building pads and parking lots. George Reed is doing the main road to this project, while Marquez Pipeline is doing underground work.

Teichert is also working on a curve reconstruction at Twin Bridges on I-580 and began work at the Sacramento Airport for Turner Construction. At the airport, Anrak is doing grading work. Teichert's next step will be mass excavation and stockpiling materials to crush using a portable crusher. Teichert Utilities has the first and second phases, and FCI will lay white asphalt when the time comes. FCI will start the bulk of its work in the spring. The company is currently putting an onsite batch plant together.

Next to the Sacramento Airport is Metro Airpark, where Tidelands Construction picked up a $1.2 million water-transmission main. The subcontractor, Vadhais Corp., is performing a bore under I-55. Tidelands is also doing work for McCarthy on the new Health and Wellness building at UC Davis.

In Sly Park, McGuire and Hester was awarded a $615,000 waterline project. Martin General Engineering is working on a $200,000 pedestrian access project for a senior center in El Dorado Hills.

Viking Construction is building a light-rail overpass over Watt Avenue, while SNC is adding in another lane past Jackson Highway. Additionally, Sierra Nevada Construction started a $6.24 million runway reconstruction project at the South Lake Tahoe Airport.

Balfour Beatty's Freeport intake is about 50 percent complete, and the company expects to work through 2009. Balfour Beatty is still working on the South Clay Pumping Station and building the structure and pipeline that runs from the pumping station, located west of South Clay Station Road, to South Clay Station Road. Balfour Beatty is also working on the Vineyard Water Treatment Plant. Granite and Cones Equipment are moving dirt and grading on that project. Granite and Vanguard have been working nights to replace and beautify the median on Capital City Freeway.

Michel's Pipeline is winding down on the Northwest Interceptor No. 3 and No. 4.

Pacific Mechanical is working on a treatment plant in South Lake Tahoe. Syblon Reid is working on a $1.1 million wet utilities rehab project in Folsom and a utilities rehab project in the city’s historic district, worth $1.37 million.
Operating Engineers Local 3 Scholarship Foundation Contest Rules for 2009

Applications available at district offices, Credit Union branches and online at www.oe3.org

The Local 3 Officers, Executive Board and the Scholarship Board of Directors understand that the workplace is rapidly changing, and many jobs require skills that can be attained only with a good education. Local 3 is dedicated to giving our young people the opportunity to succeed by providing them with the chance to further their education and training. For this reason, Local 3 awards annual scholarships to sons, daughters, stepchildren and foster children of Local 3 members.

ACADEMIC SCHOLARSHIPS

Four college scholarships will be awarded to children of Local 3 members. Two scholarships of $3,000 each will be awarded to the first place female and male applicants. Two scholarships of $2,000 each will be awarded to the second place female and male applicants. These scholarships must be used for study at an accredited U.S. college or university.

Winners also receive an additional $1,000 per year from the Scholarship Fund for the second, third and fourth years of college, provided they remain full-time students.

The academic scholarships will not impose restrictions of any kind on the course of study. Recipients may accept any other grants or awards, which do not rule out scholarship aid from other sources.

WHO MAY APPLY

Children of Local 3 members may apply for an academic scholarship. One parent of the applicant must be a Local 3 member for at least one year immediately preceding the date of the application.

Children of deceased Local 3 members are eligible to apply for the scholarships. The parent of the applicant must have been a Local 3 member in good standing for at least one year immediately preceding the date of death.

The applicants must be seniors in high school who have, or will be, graduated at the end of either: 1) the fall semester (beginning in 2008) or 2) the spring semester (beginning in 2009), in public, private or parochial schools who are planning to attend a college or university anywhere in the United States during the academic year and who are able to meet the academic requirements for entrance in the university or college of their choice. Students selected for a scholarship must have achieved not less than a B cumulative average in their high school work.

Applications will be accepted between Jan. 1, 2009 and March 31, 2009.

AWARDING ACADEMIC SCHOLARSHIPS

Upon receipt of the application and required forms, Local 3 will not exercise any choice among the various applicants or indicate in any way that one applicant should be favored over another. Based on factors normally used in awarding academic scholarships, the University of Berkeley Scholarship Selection Committee will submit recommendations for finalists to the Scholarship Foundation's Board of Directors. The list of potential winners and their qualifications will be reviewed by the Board and the winners will be selected.

Academic scholarship winners will be announced at Local 3's June Executive Board meeting. Checks will be deposited in the winning students’ names at the college or university they plan to attend.

Applicants who are not selected for an academic scholarship will automatically be eligible for one of the Merit Scholarships, which are awarded through a raffle drawing; therefore, only one application is required. Merit Scholarships will be awarded at Local 3's July Executive Board meeting. Applicants need not be present to win.

INSTRUCTIONS

All of the following items must be received by March 31, 2009:

1. The application and essay are to be filled out and returned by the applicant.
2. The report on the applicant and transcript is to be filled out by the high school principal or person he or she designates and returned directly to Local 3 by the official completing it.
3. One to three letters of recommendation giving information about the applicant's character and ability. These may be from teachers, community leaders, family friends or others who know the applicant. Please submit all letters of recommendation with the application.
4. A recent photograph, preferably two inches by three inches, with the applicant's name written on the back. The photo should be clear enough to reproduce in the Engineers News.
5. The name, address and phone number of the applicant's local newspaper for the purpose of sending a press release on behalf of each winner.

MERIT SCHOLARSHIPS

In addition to the four academic scholarships, Local 3’s Scholarship Foundation will award 20 $500 Merit Scholarships through a raffle drawing to be held at Local 3’s July Executive Board meeting. Applicants need not be present to win.

Merit Scholarships are available only to the sons, daughters, stepchildren and foster children of Local 3 members. One parent of the applicant must be a Local 3 member for at least one year immediately preceding the date of the application.

Children of deceased Local 3 members are eligible to apply for the scholarships if the parent was a Local 3 member for at least one year immediately preceding the date of death.

Children of Local 3 members who plan to attend college or trade school are eligible to apply. They will not be judged on academic qualifications. All applicants who apply for the Local 3 academic scholarships and do not win will automatically qualify for this drawing. A second application is not necessary.

Applications will be accepted from Jan. 1, 2009 to March 31, 2009. Previous winners are not eligible to apply.

The money will be funded when the college or trade school confirms the winner is a full-time student.

WHERE TO GET APPLICATIONS

Academic and Merit Scholarship applications are available at the local’s district offices, Credit Union branches and online at www.oe3.org. It is the applicant's responsibility to submit the application to the address below, which must be received no later than March 31, 2009:

Robert L. Wise
Recording-Corresponding Secretary
Operating Engineers Local Union No. 3
1620 South Loop Road
Alameda, CA 94502-7090
**Honorary Membership**

The following retirees have 35 or more years of membership in Local 3 as of October and are eligible for Honorary Membership effective Jan. 1, 2009.

Edward Akuna 1578371 District 17: Hawaii
Robert Bainbridge Jr. 1506935 District 30: Stockton
David Bardine 1079807 District 99: Out of Area
Lane Bargibant 1578379 District 9: Out of Area
Robert Bennnet 1571546 District 04: Fairfield
Jim Cook 1504641 District 17: Hawaii
Frank Cooper 1315717 District 30: Stockton
Richard Delmas 1594386 District 80: Sacramento
Pepeo Dieho 1550828 District 80: Sacramento
Richard Engelhke 1578423 District 99: Out of Area
Rendall Ho 1567056 District 80: Sacramento
George Huddy 1346085 District 17: Hawaii
Manuel Jardin 1446892 District 80: Sacramento
Douglas Jenkins 1440410 District 12: Utah

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**DEPARTED MEMBERS**

Anderson, Donald
Modesto, CA
District 30
09-10-08

Ayres, William
Ewa Beach, HI
District 80
08-25-08

Baer, Jerome
Red Bluff, CA
District 70
08-27-08

Bair, Chester
Chico, CA
District 60
07-09-08

Burlison, Francis
Portland, OR
District 99
08-13-08

Chambers, Rodger
Clovis, CA
District 50
08-08-08

Cline, Ken
Sacramento, CA
District 80
07-23-08

Ells, Herbert
Fresno, CA
District 99
09-15-08

Foley, Don
Prunedale, CA
District 90
09-08-08

Hall, Bobby
Palmrump, NV
District 99
07-19-08

Hall, Don
Combing, CA
District 70
08-25-08

Hamstrom, Robert
Arroyo Grande, CA
District 99
09-05-08

Hellvinkel, Kenneth
Gardnerville, NV
District 11
09-12-08

Hoover, Ronald
Carson City, NV
District 11
09-14-08

Huxtable, Philip
Scotts Valley, CA
District 50
10-03-08

Kepley, Clyde
Boise, ID
District 99
12-30-07

Kobayashi, Lawrence
Hilo, HI
District 17
09-30-08

Lingenfelter, Michael
Livermore, CA
District 20
09-19-08

Maxey, Joe
Clayton, OK
District 99
09-23-08

Muller, James
Winters, CA
District 80
08-29-08

Narvaez, Charles
Waiakea, HI
District 17
08-28-08

Perreira, Ronald
Kalaoa, HI
District 17
08-28-08

Pino, Robert
Sacramento, CA
District 80
07-08-08

Reynolds, Patrick
Alameda, CA
District 20
06-18-08

Ronell, Raymond
Sanger, CA
District 50
09-05-08

Schmidt, Orville
Roseville, CA
District 80
09-25-08

Sweeney, Max
McKinleyville, CA
District 40
07-27-08

Tomlinson, Richard
Discovery Bay, CA
District 20
07-31-08

Vanney, Norman
Concord, CA
District 20
08-10-08

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**DECEASED DEPENDENTS**

Wife of Andrews, Prentice
06-16-08

Baldwin, Mary.
Wife of Baldwin, Louis (dec)
09-12-08

Baum, Beatrice.
Wife of Baum, Don (dec)
09-30-08

Boyer, Ruth.
Wife of Boyer, John (dec)
09-20-08

Brookeulhst, Jacqueline.
Wife of Brookeulhst, Hugh (dec)
09-20-08

Calbero, Evangelina.
Wife of Calbero, Marcelino
09-04-08

Clark, Geneva.
Wife of Clark, Raymond
08-30-08

Cobb, Geraldine.
Wife of Cobb, James (dec)
09-23-08

Cramer, Era.
Wife of Cramer, Charles
09-27-08

Daniels, Joni.
Wife of Daniels, Tim (dec)
09-05-08

Easley, Reba.
Wife of Easley, James
12-11-07

Gregg, Rosaline.
Wife of Gregg, Harold (dec)
09-06-08

Hall, Ruth Dale.
Wife of Hall, William
09-05-08

Hasse, Joann.
Wife of Hasse, James (dec)
09-06-08

Hunt, Barbara.
Wife of Hunt, Robert
08-06-08

Mallory, Ella.
Wife of Mallory, Marvin (dec)
09-03-08

McMahon, Jeffrey.
Son of McMahon, Anthony
09-09-08

Mendez, Nancy.
Wife of Mendez, Jr., Joe
07-23-08

Moore, Jean.
Wife of Moore, Oscar (dec)
09-29-08

O’Rourke, Patricia.
Wife of O’Rourke, Thomas
08-27-05

Peleka, Gwendolyn.
Wife of Peleka, Robert
09-09-08

Pritchard, Diane.
Wife of Pritchard, William
09-19-08

Powe, Augusta.
Wife of Powe, Dewell (dec)
09-28-08

Serrano, Dorothy.
Wife of Serrano, Harry (dec)
09-26-08

Simmons, Meta.
Wife of Simmons, Arthur
12-03-07

Simpson, Jane.
Wife of Simpson, Francis (dec)
09-20-08

Smith, Helen.
Wife of Smith, Willard (dec)
09-20-08

Torres, Shirley.
Wife of Torres, Mike (dec)
09-08-08

Wakefield, Gloria.
Wife of Wakefield, Brian
09-28-08

Wheeler, Jodi.
Wife of Wheeler, David
10-20-08

Wheeler, Jo.
Wife of Wheeler, Richard (dec)
09-06-08

Wong, Margaret.
Wife of Wong, Abel
09-28-08

York, Ruby.
Wife of York, Joie
01-25-08

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**Operating Engineers Local 3**

**Presents**

**ALASKA**

**TEN Night Cruise on Princess Cruise Line’s**

**Sea Princess**

**May 24, 2009**

**Roundtrip from San Francisco**

Bring your families and invite your friends to join us on a fabulous cruise on the Sea Princess from San Francisco to Alaska’s historic and beautiful Inside Passage. The Sea Princess is a floating resort with wonderful restaurants, great entertainment, a spa and sports facilities for you to enjoy. Best of all, on Princess you have “Personal Choice,” meaning you choose when and where you want to dine, and you can dress casually if you wish. Our group rates include a $50 per person tax-deductible contribution to the OE3 Scholarship Fund and current fuel surcharges (U.S. tax not included).

Inside – J & JJ $1,189 per person, double occupancy
Outside – E $2,114 per person, double occupancy
Balcony – BC $2,224 per person, double occupancy


**SPECIAL OFFER**

Make your deposit between Jan. 19 and Jan 24, 2009, and the deposit is only $100 per person!

E-mail OE3Cruises@yahoo.com or call (888) 713-0441 for information TODAY.
Use caution when taking over-the-counter drugs

Although relatively uncommon, some over-the-counter (OTC) drugs can produce unwanted results or make medicines less effective, especially if taking prescription and OTC drugs at the same time. Some drugs can also react differently if taken with food and beverages or taken by those with health conditions, such as diabetes, kidney disease and high blood pressure.

Here are a few things to remember when taking OTC drugs:

- Avoid alcohol if taking antihistamines, cough-cold products with the ingredient dextromethorphan or drugs that treat sleeplessness.
- Do not use drugs that treat sleeplessness if taking prescription sedatives or tranquilizers.
- Check with your doctor before taking products containing aspirin if taking a prescription blood thinner or if you have diabetes or gout.
- Do not use laxatives when you have stomach pain, nausea or vomiting.
- Unless directed by a doctor, do not use a nasal decongestant if taking prescription drugs for high blood pressure or depression or if you have heart disease, thyroid disease, diabetes or prostate problems.

This is not a complete list. Read the label. Drug labels change as new information becomes available. That's why it's important to read the label each time you take medicine and to provide your doctor with a list of the OTC medications you are using.

Simple equipment adjustments can save the body

Ergonomics may be hard to pronounce, but it doesn’t have to be hard to practice, says Safety and Assistance and Recovery Program (ARP) Director Guy Prescott.

This funny word simply means working comfortably and safely to reduce the risk of musculoskeletal disorders, such as back, knee, shoulder or arm injuries. In the construction business, this can apply to how an operator sits in the cab.

Just like in a vehicle, the seat in a piece of equipment can be adjusted to fit an operator's body. Small adjustments can make a big difference on the back and neck. A lot of newer equipment also has tilt wheels and pedals that can be altered for comfort.

“The controls on some equipment can even be moved,” Prescott says.

Another thing to look for: If a cab has an air seat, make sure it is adjusted properly. When these seats are flattened, all the cushion is gone and it can feel “like sitting on metal.”

Prescott also suggests making sure a cab is clean and organized, by removing any obstacles around the feet and arms. Also, if the air conditioner is running, make sure the filters are cleaned, and keep the cab's doors closed to reduce noise and protect the ears.

Apprentice Nacho Mendoza sits comfortably and ergonomically in the cab of an excavator at the Rancho Murieta Training Center.

Aim for Action

Aim for Action is a monthly wellness feature focused on helping our membership live healthier, more productive lives while achieving lower health-care premiums. Look for Aim for Action each month for simple, straightforward ideas to improve your health.

Aim:

Resist those holiday treats.

Action:

If you just can’t ignore those sweets and treats, try to reach for the “healthier” options, like those in dark chocolate, which doctors say contain healthy antioxidants, or sugar-free and fat-free selections.

Take a moment to cut out the contact information listed below, and post it on your fridge, bathroom mirror or dashboard – somewhere you’ll see it every day as a reminder to strive toward healthy living!


FOR RENT: House at 4868 Boxer Blvd. in Concord, Calif., 4 bed/2 bath. New bamboo floors, two-car garage, ¾-acre yard – irrigated and garaged and covered. Asking $9,500. Contact (916) 775-5815 before 5 p.m. Reg# 21221734.


FOR SALE: Thoro built 2006 new 5th-wheel. 29.5 ft. $325,000 OBO. Contact: (925) 846-9166. Reg# 086196.


FOR SALE: 2001 Dodge Durango SLT, 5 L V-8, 3rd row seat, $8,500, below Kelly Bluebook, excellent condition. Call (209) 795-6569 or cell (209) 404-5083. Reg# 1040650.


FOR SALE: E-mail for photos: davedlocal3@yahoo.com or call: (925) 987-3921 or e-mail: swal@juno.com. Reg# 2335310.

FOR SALE: John Deere 350H, 6 way, rippers, rebuilt transmission & finals, rops, runs good, 1987. $13,000 OBO. Contact cell: (925) 295-6270 or home: (925) 987-3921 or e-mail: swal@juno.com. Reg# 2335310.


FOR SALE: A 12-acre established olive grove in Central California, 20 miles northeast of Visalia. Produces 3 bcd2b2 balsamic manufactured home, new 30X40 metal shop. Seel, west, pole, metal. Good view. With view of lights. $852,000 w/ 2008 crop. (559) 528-3826. Reg# 2382805.
Happy Holidays

from the officers