

TWU Local 514 Health and Safety Corner

Drinking water at the correct time maximizes its effectiveness on the Human body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack



From: John Gaines

President

Northeastern OK CLC, AFL-CIO

Brothers and Sisters,

The Thursday, April 8th Northeastern Oklahoma Labor Council meeting has been moved to the TWU Local 514 Union Hall at 11929 E. Pine St., Tulsa, OK. The Labor Council monthly meeting is in conjunction with the Senator Corn meet and greet, so bring your family and friends to meet the next Lieutenant Governor. The meet and greet starts at 5:30pm and runs until 7:30pm, food and drink will be provided. The Labor Council board meeting will begin at 6:30pm.

April 1st, 2010

Tulsa's Mayor displays all the assets of an aspiring dictator. The local media give him absolute support, including a newspaper filled with his photos every day and ~~most~~ local T.V. stations that urge him to demolish all opposition. Together they have turned the citizens against the policemen, the firemen, the City Counsel, the street dept. workers, City hall employees, even the public school employees. (I have never been a member of any of the above. I am a concerned citizen.)

I urge those Tulsans who have not yet felt victim to these relentless brainwashing tactics to act now by all peaceful and legal means. Don't wait.

Use every communication tool available to contact friends, co-workers, business associates, Retail outlets, labor unions, Churches, Pastors. Organize peaceful demonstrations on street corners, Media outlets, City hall, City Counsel Meetings. Demand City Counselors show some backbone! Complain to Chamber of Commerce because of their continuous efforts against the working class.

Remember that all leaders with absolute powers are dangerous, whether they rule a city, a county, or a country. They gain and keep power by distracting opposition and controlling the news media and by going around established procedures. Sound familiar???

Don't allow this to happen here! Don't let 24 hours pass before you begin your necessary action - Start now. Let's see what we can accomplish in the next two weeks.

Remember to keep it legal + peaceful - (PASS IT ON)

This letter is from a Ms. Smith who joined TWU Local 514 in 1954, when Bob Burns was Local 514 Union President. Ms. Smith has asked that this letter be passed along and we are glad we could be of service.