



utility reporter

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Local Union 1245, AFL-CIO,
P.O. Box 4790,
Walnut Creek, Ca. 94596



Advisory Council Meets

The Advisory Council meeting was called to order at 9:00 a.m. by Local 1245 President Howard Darington. The meeting was held in Concord, California on Nov. 6th and 7th, 1976.

The roll call was taken and then everyone present was asked to introduce themselves. The first order of business was the reports from Advisory Council members on how to improve Unit attendance. Many suggestions were made which ran from involvement in community needs such as helping the crippled children in their areas; forced attendance of shop stewards; improved steward education, and a booklet on the history of Local 1245.

The next item discussed was Safety. Asst. Bus. Mgr. Dave Reese made a report on safety. Brother Reese reported on various accidents which involved our members employed by various employer groups. Dave requested reports on ceylon treated poles.

Immediately following lunch the Advisory Council went into new business.

The Advisory Council continued with reports on subjects related to safety.

Business Manager L. L. Mitchell reported on the activities of his office. He reported that the Local has been involved in several court cases where public bodies, through politics, have taken away benefits of members and that we have had to go to court to protect these benefits. He stressed that more political involvement will be necessary in this day and age.

Asst. Bus. Mgr. Larry Foss reported on the status of cases at the review committee and of the number of cases in arbitration. Brother Foss reported that the entire backlog of cases had been eliminated and that they were working on only current cases.

Asst. Bus. Mgr. Jack McNally reported on negotiations in the area of Pension and benefits.

On Sunday November 7, 1976, Sr. Asst. Bus. Mgr. Mert Walters reported on general negotiations with PG&E and answered questions regarding these negotiations.

The Advisory Council went back to new business to cover several items raised under good and welfare of the council.

The next Advisory Council meeting will be held in the San Jose area to give the membership in that vicinity an opportunity to see the Advisory Council in action.



Shown above are some of the people who attended the Advisory Council meeting in November. See page three for more photos.

NEW BUILDING OCCUPIED



This photo shows a portion of the exterior of the new building as it nears completion. See page six for story and additional photos.

YOUR Business Manager's COLUMN



L. L. MITCHELL

LOCAL 1245'S 35TH ANNIVERSARY

As we near the close of 1245's 35th anniversary year I look back with pride on those pioneer years in which the base and structure of one of the finest and highly respected locals in the I.B.E.W. was formed. Also, in line with the season, I think of the people whose time, energy and belief made it possible and give thanks for their support of the policies and the principles which have made it a working model which many other locals have used to build their own organization.

In reviewing our history, I find many things to be thankful for which are the heart of our success.

At our annual pin award dinners I have an opportunity to chat with those who formed the nucleus of our organization and it's gratifying to see the renewal of acquaintances among those participants - their reminiscing over the struggles which were a part of our developing years. I also find that the assistance they still provide, through their belief and on-the-job promotion of the Union and its record of achievement, is a big help in training new members. Even though many do not often attend our unit meetings any more, they still form a large base of our strength and are a stabilizing influence in these difficult times. Thanks for their long and faithful support.

Thanks for the hundreds of loyal and devoted stewards on our present rolls as well as those who performed

these duties so faithfully in the past. Thanks for the unit officers who give of their time to run the unit meetings so necessary to our conduct of the Union's business.

Thanks for the untold numbers of members who have served so well on the myriad of committees which have carried forward the programs of the union in bargaining sessions, promotion of safety, apprenticeship, grievance processing and all the other activities too numerous to name.

Thanks for the delegates to Central Labor Councils and other bodies whose promotion of 1245 and its programs have been so ably performed.

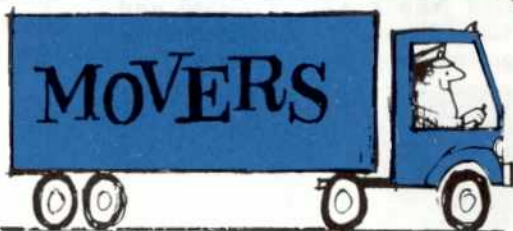
Thanks for all the officers past and present who have made the daily policy decisions which guide our activities and adjust to the changing needs of our Union in good times and bad.

Thanks for those staff members who have maintained their dedication and continue to devote their time and interest so faithfully without complaint in one of the most trying times in our 35 year history.

And above all, thanks for a truly great membership which has remained so staunch over the years.

With continuing activity and support such as these groups our next 35 years will outshine the current record of achievement which is now a hallmark within the Labor Movement.

... HAVE YOU MOVED?



MY NEW ADDRESS IS:

NAME _____

STREET _____

CITY _____ STATE _____ ZIP _____

SOCIAL SECURITY # _____

RETURN TO:

P.O. BOX 4790, WALNUT CREEK, CALIF. 94596

LETTER OF AGREEMENT SUMMARIES

Pacific Gas and Electric Co.

No. 2249 signed 10-26-76

Provides for placement of a fitter who was injured on the job, into a vacant Pressure Operator position in San Jose.

No. 2263 signed 11-3-76

Provides the employees who man the "Pony Express" service with a four day holiday for the Thanksgiving Day Holiday.

No. 2268 signed 11-23-76

Provides for placement of an unassigned Lineman, who has been on LTD, into a clerk D vacancy in Concord. Placement is provisional for 3 months and if satisfactory performance is achieved the placement will be permanent.

Sierra Pacific

No. 2260 signed 11-16-76

Provides for reclassification of a Communication Technician in Reno to an Electrician in the same department (Test & Measurement Department) in Reno.

No. 2267 signed 11-16-76

Provides for revision of a work schedule for one electric troubleman in the Lovelock District.

DO NOT BUY

Editor's note: All trade unionists and their families are requested to support consumer boycotts against the products and services of the companies which, because of their anti-union policies, do not deserve union patronage. These boycotts are initiated by the Union Label and Service Trades Department of the AFL-CIO.

BOYCOTTS REMAIN IN EFFECT AGAINST:

TEXTILE PRODUCTS

J. P. STEVENS & CO. — Linens, sheets, towels, fabrics, many other textile products. (*Amalgamated Clothing & Textile Workers Union*)

CIGARETTES & TOBACCO

R. J. REYNOLDS TOBACCO COMPANY — Makers of Winston, Salem, Camel, Doral, Vantage, More and Now cigarettes; Winchester Little Cigars, Prince Albert Smoking Tobacco. (*Tobacco Workers International Union*)

PRINTING

ENCYCLOPEDIA BRITANNICA & BRITANNICA, JR. — (*International Allied Printing Trades Association*)

KINGSPORT PRESS — Producers of *World Book, Childcraft*. (*Printing & Graphic Communications Union; International Typographical Union; and International Association of Machinists*)

TABLE GRAPES & LETTUCE

DO NOT BUY table grapes and lettuce which do not bear the Union Label of the UNITED FARMWORKERS OF AMERICA. (*United Farmworkers of America*)

PRESCRIPTION EYEGLASSES, CONTACT LENSES, OPTICAL FRAMES

DAL-TEX OPTICAL CO. — Eyeglass frames, lenses, contact lenses, sunglasses & safety glasses. Sold by many retail opticians, optometrists, vision centers, department stores, etc. including: Vision Centers, Inc.; Lee Vision Centers, Inc.; Lee Optical Corp.; King Optical Co.; Missouri State Optical; Douglas Optical; Opti-Cal of California; Goldblatt Optical Service; Capitol Optical (Does not include Capitol Optical of Cheyenne, Wyo.) and Mesa Optical. (*International Union of Electrical, Radio & Machine Workers*)

Sacramento Regional Transit Employees honored

The Sacramento Regional Transit District held its 16th Fleet Maintenance Award Dinner for the maintenance employees. The members of Local 1245 employed in the maintenance department of Regional Transit were congratulated and thanked for the outstanding work they have done on the bus fleet.

The Regional Transit District competes with other transit districts throughout the United States for this award and only a relatively small number of awards are given each year.

The award was especially significant this year because of the unusual conditions that existed. The district doubled its route mileage during the past two years and added some 62 buses to the fleet. Forty of the buses were old coaches from the Los Angeles area and they created some headaches as far as maintenance is concerned.

The additional work load necessitated the hiring and training of 37 new shop personnel and additional shop space was constructed to alleviate congested shop areas.

Business Manager Mitchell congratulated the employees, members and the Regional Transit District management on winning the award 16 different years and especially this year under the conditions which existed.

Advisory Council member Wilfred Nunez was instrumental in making the arrangements for the award dinner and handled the drawing for the \$25.00 savings bond which was donated.



Shown above from left to right are: Charles Thomas, Asst. Gen. Mgr., Everett White, Maintenance Supt., L. L. Mitchell, Bus. Mgr. Local 1245 and Roy Higgins, member of the Board of Directors.



Wilfred Nunez, Shop Steward and Advisory Council member, is shown congratulating the employees.



Business Representative Al Wolf is shown making a few remarks to the Transit employees.

National Health Plan gets top billing


(WASHINGTON, D.C.) — The 30-year campaign for national health insurance received a double shot in the arm this month, placing the program within financial as well as political reach. With Carter and Mondale in the White House and the Democratic majorities in the House and Senate, passage of national health care legislation may be just around the corner.

In addition, a government-sponsored report revealed that of all the current national health insurance proposals, the labor-backed Kennedy-Corman bill offers the widest benefits, but not the highest costs.

The study — sponsored by the Department of Health, Education and Welfare — shows that health care legislation is not nearly as expensive as conservative opponents have argued. The report analyzed projected costs of five major health insurance plans plus the Long-Ribicoff Catastrophic Insurance proposal and compared them with present costs.


The study also pointed out that while the Kennedy-Corman Bill would cost about 11 percent more

(Continued on page three)



the utility reporter

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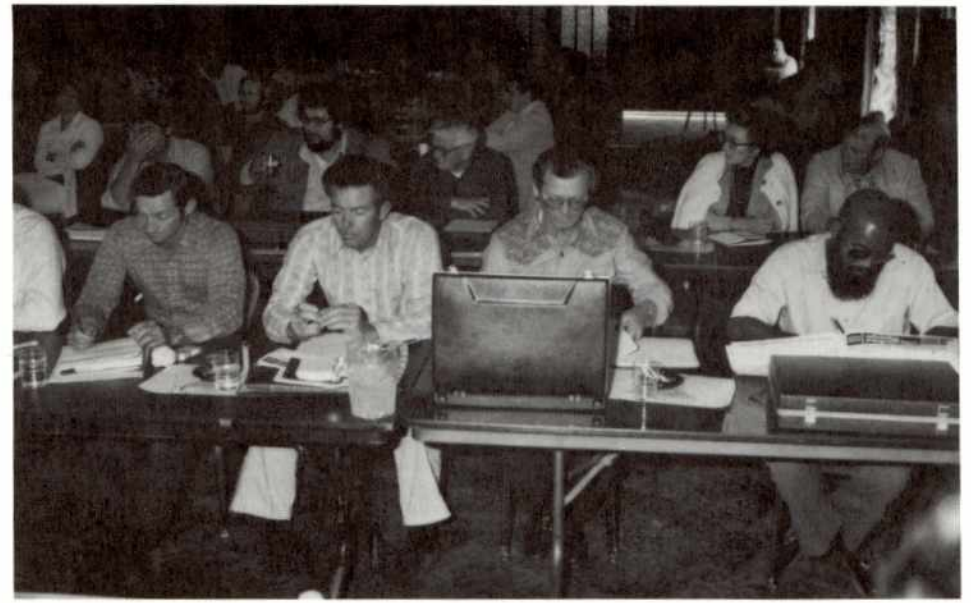
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Advisory Council Photos



This photo shows a number of Advisory Council members and guests who were in attendance at the November meeting.



Shown in this photo is another view of Advisory Council members and guests.



Bus. Mgr. L. L. Mitchell is shown reporting on his activities on behalf of the membership.



Howard Darington, President, is shown listening to a question from one of the council members.

North Coast Comments

UKIAH DISTRICT

Ukiah District welcomes the following new members to Local 1245 Ibeu: Virginia Williams, Ed Austin, and Wanda Strong.

Shop Steward Jim Williamson has transferred from Lakeport to Ukiah. Thanks to Jim for a job well done while at Lakeport.

Congratulations are in order for Stan Fahnholz receiving the IBEW Life Saving award.

The Fort Bragg area members are very appreciative to Bill Cameron for the fine job as unit recorder for the Fort Bragg unit.

area welcomes the members employed by Utility Tree. Kim Lawson, Tom Riley, and Frank Casasanata are new shop stewards for the Utility Tree group. Kim Lawson has also been appointed to the Utility Tree Negotiating Committee.

Best wishes to Jesse Roberts, Ed Younger, Joe Kayser, Harold Hatch, O.C. Huber, Harold Fisher, and Lloyd Reed who have been off on disability.

Doug Peterson has done a fine job regarding Radiation and Process Monitors problems at the power plant. Recently there has been many problems at the power plant and Jack Collings, Ron Goldsmith, Rich McKenna, Fred Pedersen, Dick Stiles, and Gene Wallace has represented 1245 members well as shop stewards.

HUMBOLDT DIVISION

Local 1245 members in the Eureka

Dateline: Coast Valleys

by Bob Gibbs

As most of you know by now, Mark Cook will be retiring soon. I know you join with me in wishing him all the best. He has earned our respect and gratitude for seventeen years of outstanding service to our membership. While we are expressing our appreciation for a job well done, I think a special word of thanks should go to his wonderful wife Liz. She is a great lady and Mark is a great guy.

I have been assigned to replace Mark in Coast Valleys, and one of my first responsibilities was to plan a retirement party for him. However, when I arrived I found most of my work along these lines was already being done. Mr. and Mrs. John Collenbach, Jerry Smith, Bill Jones, Joe Parra, and of course Royce Herrier all had things well in control. The party is scheduled for January 22nd at the V.F.W. Hall in Spreckles, so plan to keep that weekend free. Your stewards will have the information shortly.

Speaking of stewards, I have a couple of things to report. First, I would like to welcome Joe Parra, Stephen Macartney, and Richard Jasmine as new stewards. Joe and Stephan work for P.G.&E. and Richard is with Oceanview Cable T.V. Secondly, I would like to thank Jerry Smith of P.G.&E. and Ernie Jones of Monterey Peninsula Cable T.V. for taking part in the Labor Press Conference held recently in Monterey. It's my understanding the people in attendance were very much impressed with our 2 members.

As of this writing, our Paso Robles unit has won the new Unit Social Fund Drawing 2 months in a row. I don't know what Chairman Jesse Armas and Recorder Terence Tweedie are doing, but it must be right. Keep up the good work.

We recently held a Shop Steward's Conference in Salinas for the Northern Area Stewards. We planned to have one in the Southern Area around the same time, but couldn't find a meeting place due to the holiday rush. So the stewards in that area will know, we plan to hold a conference in that area after the first of the year.

In closing, I would like to express my personal gratitude to Mark for his help, his concern for my education, and, most of all, his friendship. I commend him for a lifetime of "walking tall" and I wish him and his wife only the best things in life. They both have earned them.

Local 1245 and SMUD Negotiations begin

Local 1245 and the Sacramento Municipal Utility District exchanged proposals on December 1, 1976.

The members employed by SMUD are encouraged to attend their Unit Meetings for information on the progress of negotiations.

The negotiating committee members are Roy Wyman, Bill Paynter, Rick Burns, Gene Curry, Rod Johnson and Business Representative Al Wolf with assistance from the Walnut Creek office when needed.

National Health Plan Gets Top Billing

(Continued from page two)

than the current haphazard approach, it would create "a system of complete, comprehensive care, emphasizing preventive medicine and health maintenance" for all citizens. Under the present system, 30 million Americans are forced by increasing health care costs, to remain without any health insurance protection.

Compared to the other health care proposals, the Health Security plan (Kennedy-Corman) provides more care at less cost, the study revealed. Bills sponsored by the American Hospital Association (Ullman bill) and the American Medical Association (Duncan bill) would be more costly and less efficient than the labor-backed plan. They would also retain private insurance carriers, as opposed to the general tax revenue and payroll system financing mandated by the Kennedy-Corman bill.

The Long-Ribicoff (catastrophic insurance proposal), CHIP (Nixon administration plan) and other proposals use a variety of cost-sharing mechanisms and limit preventive services to children.

Max W. Fine, executive director of the labor-backed Committee for National Health Insurance, said the study "should hopefully still the myth-makers, clarify the facts about costs

and cause congressional opponents of NHI (Kennedy-Corman) to reexamine their positions."

Fine also recalled that President Nixon once told the AMA that the Health Security bill would cost \$57 billion. Since then, Ford revised the figure upwards to \$100 billion without acknowledging that this was money already being spent and not new money.

The Republican Platform for 1976 attacked comprehensive health insurance and claimed it would boost government spending and require a personal income tax increase of approximately 20 percent.

What the Republicans neglected to consider, however, was that health care costs have risen twice as fast as the general rate of inflation. Physicians' fees have gone up 40 percent faster and hospital costs 105 percent faster than other consumer expenditures. In the past 25 years, medical costs have soared from \$78 to \$537 a year per person, an increase of 700 percent. Hospital costs in the past 10 years have increased from \$37 to \$113 a day.

Fine said he expected the HEW study to speed up action in the 95th Congress.

SERVICE EMPLOYEE

Local 1245 Shop Steward

SAN JOAQUIN

The Local 1245 Shop Stewards in the San Joaquin Division area met in Selma, California on October 2, 1976. Bus. Rep. Ron Van Dyke started the meeting at 9:00 a.m. by asking the Stewards to introduce themselves. Business Representatives Wayne Weaver, Vern Loveall and Ron Van Dyke co-chaired the meeting throughout the day.

The Stewards were given a test on their knowledge of the agreement and after they had completed the test they went through the test and the answers were given and contract sections and arbitration cases were cited in explaining the correct answer.

Business Manager L. L. Mitchell reported on his activities on behalf of the membership and thanked the stewards for giving up a Saturday.

There was also some discussion on the current problems in that area.



Shown above from left to right are: Business Manager L. L. Mitchell and Business Representatives Wayne Weaver, Vern Loveall and Ron Van Dyke.



This photo shows some of the San Joaquin area Shop Stewards.



Shown above and below are more of the stewards who attended the Shop Stewards training session.



SAN JOSE DIVISION

Local 1245 Shop Stewards employed in the San Jose Division of PG&E and Davey Tree Co. met in San Mateo on November 13, 1976.

The meeting was opened with introductions and then a contract problem was posed to the stewards and they reviewed their contracts and came up with an answer.

Jack McNally, Asst. Bus. Mgr., reported on the status of negotiations with PG&E. Many general questions on bargaining as well as specific questions on the proposals were asked by the stewards. This discussion lasted until the lunch break.

The afternoon session began with a report from the Business Manager on his activities on behalf of the membership. Brother Mitchell outlined some of the problems that the local union faces today.

Asst. Bus. Mgr. Larry Foss discussed titles 24.7 and 107.1 with the stewards and what it provides. He covered some of the cases the Review Committee has handled which involved these sections and cited several arbitration decisions relating to these sections.

Some other contract sections were discussed later in the day, along with current problem areas in the San Jose Division. Business Representatives Orv Owen and Dale Turman answered some of the questions posed by the stewards.



The balance of the stewards attending the training session are shown in this photo.



Some of the Shop Stewards from the San Jose Division area are shown in this photo.



Shown above from left to right are Asst. Bus. Mgr. J. K. McNally, L. L. Mitchell, Bus. Mgr. and Dale Turman, Bus. Rep.



Bus. Rep. Orv Owen, left, and Asst. Bus. Mgr. Larry Foss are shown in this photo.

Education program continues

STOCKTON



Shown above are Bus. Rep. Pete Dutton, left, and Bus. Mgr. L. L. Mitchell. Shown in the photo below are some of Local 1245's shop stewards from Stockton Division.



The photo above and the two photos below show more of the shop stewards from the Stockton Division.



NORTH BAY, GENERAL OFFICE AND SAN FRANCISCO

The Shop Stewards from the General Office, North Bay and San Francisco areas met in San Francisco on October 16, 1976.

This was the second session of a series of six scheduled meetings for training of Local 1245 Shop Stewards. The main area covered at this meeting was arbitration. The stewards were split into groups and given a case to prepare for a "mock" arbitration. Some were assigned to company's side and some to the Union's side.

Assistant Business Manager Larry Foss, in charge of Union's Fact Finding, Review and Arbitration cases spoke to the stewards on the subject of arbitration.

Business Representatives Corb Wheeler and Frank Quadros served as Co-chairmen of the stewards meeting and assisted the various groups in their preparation of the arbitration cases.



Bus. Rep. Frank Quadros is shown explaining what topics will be covered during the training session.



Shown above and below are majority of stewards who attended the San Francisco, General Office and North Bay Area Stewards meeting.



Bus. Rep. Corb Wheeler is shown explaining arbitration cases.



Larry Foss, Asst. Bus. Mgr. is shown discussing some of Local 1245's arbitration cases.



LOCAL 1245 MOVES INTO NEW BUILDING

In the October issue of the Utility Reporter we ran a notice that Local 1245 would be moving into the new building on November 8, 1976.

The move was accomplished and aside from the normal "little problems" involved in any move we are back to normal.

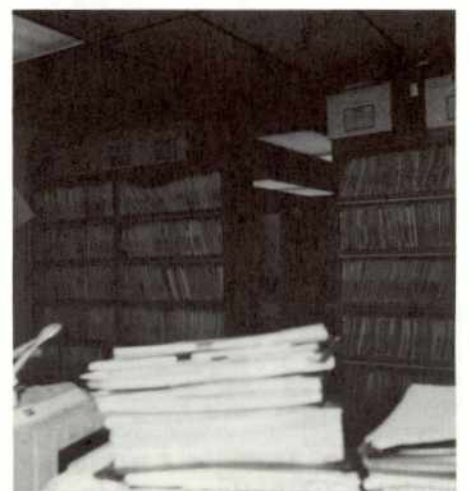
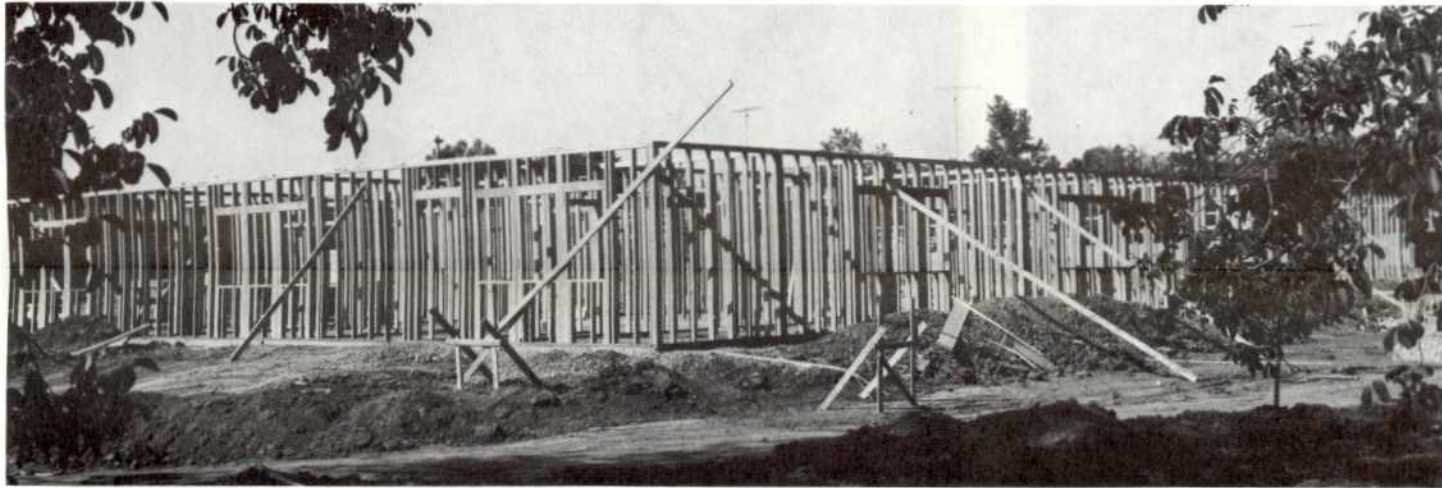
We would like to emphasize that the mailing address and the phone numbers are the same.

The new building has approximately 10,000 square feet and provides much needed storage area, office space and conference room

capability.

The photos on this page show some of the crowded conditions in the old building and a "from the ground up" photo history of the new building. In future issues of the Utility Reporter we will show some of the new office areas and conference rooms as they are being used.

The new headquarters is located in an Industrial Park near the intersection of Ygnacio Valley Blvd. and Oak Grove Rd. in Walnut Creek. The exact address is 3063 Citrus Circle, Walnut Creek, California.



Local 1245 Service Award Dinners

SACRAMENTO AREA

The members of Local 1245 employed in the Sacramento area, who during 1976 had a 5th year anniversary date of 20, 25, 30 and 35 years of membership in Local 1245 met in Sacramento on Oct. 1, 1976 to receive their Service award pins.

The members present work for such employers as P.G.&E., Sacramento Municipal Utility District, and the Sacramento Regional Transit District.

Introductions were made by Bus. Rep. Al Sandoval and then Bus. Mgr. L. L. Mitchell thanked the members and their spouses for the many years of service to Local 1245.



Bus. Mgr. Mitchell is shown thanking the pin recipients for their long and faithful support of Local 1245.



The photos above and to the right show all the people from the Sacramento area who received pins at the Service Award Dinner.

SAN JOAQUIN AREA



Shown above and below are the people from the San Joaquin area who received pins at the Service Award Dinner in Fresno.



Appointments

Negotiating Committees

- CALIFORNIA PACIFIC UTILITIES - Lassen: Douglas Lindstrom, Ronald Stout
- CALIFORNIA PACIFIC UTILITIES - So. Tahoe: Bob Baxter (replacing Larry Lynch)
- PACIFIC GAS AND ELECTRIC COMPANY: Ron Goldsmith - Chairperson, Gary Abrahamson, Mary Ann Agler, Bill Attinger, Mike Del Rio, Ron Fitzsimmons, Pat Nickeson, Marvin Rubendall, Howard Stiefer, Bill Twohey
- PACIFIC GAS AND ELECTRIC COMPANY CLERICAL ADVISORY COMMITTEE: Mary Ann Agler - Chairperson, Bill Attinger, Jack Hill, Larry Hope, Louise Roche, Bob Salazar
- PACIFIC GAS AND ELECTRIC COMPANY GENERAL CONSTRUCTION ADVISORY COMMITTEE: Bill Twohey - Chairperson, Don Findley, Joe Green, Marvin Rubendall, Roger Stalcup, Gene Wallace
- PACIFIC TREE EXPERT COMPANY: Henry B. Lucas, Larry Lee Meek, Lee Becker
- PACIFIC GAS TRANSMISSION: Frank Locati, Wallace Miller, John Highfill
- SACRAMENTO MUNICIPAL UTILITY DISTRICT: Rod Johnson, Gene Curry, Rod Wyman, Rick Burns, Bill Paynter
- SIERRA PACIFIC POWER COMPANY (Interim Cte.): Samuel Bronneke, James Cole, Russ Kuchler, Dewey Lambert
- STATE TV CABLE: Michael J. Lindemann
- THERMALITO IRRIGATION DISTRICT: Anthony Morgado, Dale Loomis
- UTILITY TREE SERVICE: Darrel Mitchell, Kim Lawson

Miscellaneous Appointments

- GENERAL CONSTRUCTION JOINT GRIEVANCE COMMITTEE - Pacific Gas and Electric Company: Raymond Friend
- CLERICAL GRADING COMMITTEE: Joe Valentino, Demetrius (Jim) Kosta
- FIVE COUNTIES CENTRAL LABOR COUNCIL: Billy Keys
- PIPELINE OPERATIONS JOINT GRIEVANCE COMMITTEE: Mark Smith.

The Safety Scene

Bathroom Hazards

Cleanliness may be next to godliness, but in today's bathroom, cleanliness is also next to danger.

According to a recent analysis by the U.S. Consumer Product Safety Commission, an estimated 120,000 injuries and more than 200 deaths occur every year in the bathtub and shower.

The four most serious bathtub and shower accidents are falls, burns, electrocutions and drownings. Here's how to put cleanliness next to safety.

FALLS

Smooth, non-porous surfaces and soapy water are a slippery combination. To make your footing more secure, use a suction-cup rubber mat or rough-surfaced adhesive strips. (If you're planning to install a new bathtub, some are now manufactured with slip-resistant surfaces.)

There should be at least two grab bars securely mounted on the wall next to a tub, at different heights, and one in every shower stall to prevent falls.

Accessories — towel rings, towel racks, shower curtain rods — should also be mounted securely, for a falling person will grab the first support within reach. All bathtub and shower accessories should be free of sharp edges and constructed with sturdy materials.

As statistics prove, falling by itself is bad news. But the news gets even worse when the victim falls against

tub and shower enclosures and part of his fall is broken by breaking glass. Safety glazing should be a feature in all doors and enclosures around tubs and showers.

BURNS

Hot running water can be a serious burn hazard in the tub and shower — especially for the young, aged and handicapped, for they're less able to react quickly to an emergency.

Never leave a baby or small child alone in a bathtub — or even in the bathroom. They can be easily scalded if they turn on the hot water faucet or fall into a tub of hot water. Always test the bath water before bathing an infant or small child.

Ideally, the temperature of your home's hot water should be between 135 degrees F. and 140 degrees F., or no higher than about 40 degrees F. above body temperature.

In many homes and apartments, however, water temperatures may range up to 175 degrees F., which is hazardous. If you can't control the temperature at the water heater, thermostatic or pressure regulating control valves can be installed in showers and baths.

ELECTROCUTIONS

Water and electricity can be another fatal combination. Never plug a radio in where it could fall into a tub or sink (battery models are safe).

The same goes for a record player, hair dryer or any other appliance.

Even if you're not taking a bath or shower, be cautious with electricity. Don't touch any electrical fixture or appliance with wet hands or while you're standing on a damp floor.

Get into the habit of being one-handed. Avoid touching an appliance with one hand while you turn on a faucet with the other.

Another safety tip: When you disconnect an electric shaver or other appliance, remove the cord from the wall outlet, not from the appliance. If it is left dangling from a wall outlet it can become lethal if dropped or knocked into a sink filled with water.

DROWNINGS

The defense against drowning is the same as the one against scalds: Never leave a small child unattended in the bath or bathroom. Children can drown in very small amounts of water. Close watch should also be kept over the elderly and handicapped.

Be alert for an overly long stay in the bathtub by any family member. A key or other means to get into the bathroom should always be available in case of an emergency.

Follow all those precautions and danger need never become an invasion of privacy — or safety.

Family Safety

Methylene chloride possible hazard

In Brief

Methylene chloride, a common ingredient in most paint strippers, converts to carbon monoxide in the blood, posing a serious hazard to people with bad hearts, according to two researchers at the Medical College of Wisconsin. In as little as three hours indoors, CO can build up to such a degree that it can cause severe illness and even death among people with heart disease. Exposure to the paint strippers also can cause headaches and nausea among people without heart disease. Federal agencies are aware of the hazard, the doctors charge, but have failed to require manufacturers to put adequate warning labels on paint strippers. The researchers recommend that all paint stripping operations be done outside or in very well ventilated areas.

WORK SAFELY

HEALTH'S-A-POPPIN

What are you communicating at home?

By Marion Wells

Research Director, AMERICAN PHYSICAL FITNESS RESEARCH INSTITUTE

Someone has said, "Your actions are speaking so loudly I can't hear what you're saying." That is often quite true, yet the way we speak with and listen to each other has a lot of impact, too.

In your home, does communication SHORTEN OR LENGTHEN the distance between people? Is your home a pleasure to return to, or a relief to get away from? Consider these questions honestly.

It's been written that "Human beings, whether children or adults, need to 'belong' in a close social relationship with others." Communication can be a powerful tool in encouraging an EMOTIONALLY HEALTHY home. This kind of "home-making" is ideally a family affair. Might any of these hints from experts make your home a happier place?

1. Dr. James Dobson, in his recent book "WHAT WIVES WISH THEIR HUSBANDS KNEW ABOUT WOMEN" (Tyndale House Publishers), observed that it is said, "...when you are tired you are attacked by ideas you thought you had conquered long ago." In good communication, like a good meal, the right timing is apt to improve the results. Yet, the doorbell which announces someone's arrival from a tending day may also signal "round one" in the family sparring match. Why not set aside some emotional "quiet time" when complaints and grievances are temporarily off limits?

2. Can you find ways of expressing feelings of hurt and anger without attacking self-worth? Consider the difference in emotional impact between these two statements: (a) "I feel worried and angry when you don't let me know you'll be home late." (b) "You're so inconsiderate." Dr. Dobson points out that "Healthy conflict...remains focused on the issue around which the disagreement began."

Not expressing anger at all can be as unhealthy as lashing out in a destructive way. If we deny our anger it may show itself in more subtle, even subconscious ways. Daniel Sugarman, Ph.D., has said "Unresolved anger is like a time bomb. Unless it is defused, it can destroy a relationship, a life or an entire family." Many doctors believe it may be an important factor, at least some of the time, in such

physical ailments as high blood pressure, ulcers, colitis and migraine headaches.

How can you handle anger more constructively? Dr. Sugarman's suggestions include not permitting it to build up, getting in touch with the real reason for it and, at times, working it off with physical activity. Children can learn by your example to "...express their irritations in a direct but non-violent manner."

3. ACTIVE LISTENING can help communicate respect and caring to our loved ones. When someone else cares, it can help us cope. Dr. Dobson explains, "...human beings (and particularly women), tolerate stresses and pressure much more easily if at least one other person knows they are enduring it." When it comes to letting someone know, "I understand something of what you're going through," there are times when attentive, loving support may speak louder than words.

On the other hand, we often sense when our listener's mind is half on the pot roast, job problems or tomorrow's big test. This tip from famed psychologist Dr. Haim Ginott can apply in any two-way interaction: "A parent who listens with attentiveness conveys to his child that his ideas are valued and that he is respected."

4. Even when we know that a "special person" loves us or thinks well of us, it's nice to **hear** it once in awhile. Take the time to tell your loved ones when they've done something well. We all enjoy and NEED words of appreciation from people in our lives who matter. As Dr. Dobson points out, "EVERYONE needs to know that he is respected for the way he meets his responsibilities."

Bear in mind, also, that there are infinite variations of taste and opinion. Is there enough mutual acceptance and respect to disagree without putting each other down?

Of course, it's important to MAKE TIME to nurture important relationships. At times, counseling may facilitate the opening of new doors of communication.

In any event, the time you invest in caring communication can make home a happier and healthier place for your loved ones...AND FOR YOU!