The Joint Executive Conference of Northern California Electrical Workers met in San Mateo on Saturday, December 12, 1977 — with a meeting on the preceding Friday restricted to Business Managers and the International Vice President.

Participants from Local Union 1245, in attendance at the conference, were: Business Manager Dean Cofer, Senior Assistant Business Manager Stewart, Assistant Business Managers Wilder and Morgado and Business Representatives Quadros, Vallejo, Gibbs and Davis.

Items discussed at the meeting of the Business Managers with Vice President Vinson included strategy formation on a number of pieces of legislation, points of law governing rights to picket two gate projects, jurisdictional and organizing difficulties, and other matters of concern to the I.B.E.W.

On Saturday a general session was held and the participants heard from a number of distinguished speakers: Henry Bostwick, General Manager of the San Mateo County Development Association, spoke on the dangers presented to labor and management alike from no growth environmentalists; Attorney Al Brundage spoke on a number of legal problems facing labor; Douglas Dupen, of the Stanford Linear Accelerator Center, discussed the PEP Project and the spin offs beneficial to labor and the public in general; and W. L. Vinson, I.B.E.W. 9th District Vice President, discussed in detail many of the achievements of the I.B.E.W. along with future plans for improving and building the brotherhood.

The Joint Executive Conference of Northern California Electrical Workers Hold Executive Conference in San Mateo

Stop Forced Overtime!

Write your legislative representative — support AB-1295.

On November 7, 1977, Assistant Business Manager Merton A. Walters appeared before a special legislative committee to voice support, on behalf of Local 1245, for AB-1295 as introduced by Assemblyman Tom Bates.

In testimony given before the committee, Brother Walters attested that AB-1295 is good and timely legislation; it will not have adverse economic effects on business; and its opposition has falsely labeled it as bad. Brother Walters tenaciously informed the committee that the opposition's charges could not be further from the truth, and to that end, called the committee's attention to the fact that similar contentions were made when legislation establishing the eight-hour workday was passed, and historically is made whenever a legislative body is considering minimum wage legislation.

Brother Walters reaffirmed the fact that in today's society, working men and women believe they should be able to make a reasonable living by working no more than eight hours a day, five days a week and that the remainder of their time should be for their families and/or personal activities. In other words, workers work to live; workers do not live to work.

Brother Walters informed the committee that overtime at time and one-half has become less expensive for employers than straight time daily rates. For example, in the utility industry, the fringe benefits, which are applicable to the straight time rate of pay, are better.

(Continued on page two)

The Union Label Pledge:

I am a union worker. I pledge to help my fellow brothers and sisters by using the services they offer and buying the products they make. I know that I enjoy many good things today because of the devotion and sacrifice of trade unionists before me who fought to win a better life for all working people.

As a trade unionist, I will not reward those who opposed my goals and my way of life, and who seek to deny working people the rights they have won. I will not permit my union-earned dollars to profit those who refuse to allow their employees the right to free, fair collective bargaining.

I pledge to buy only those products in the marketplace made in this country by my fellow workers, and to avoid the imported products of those who export technology, production and jobs to low-wage countries, thus destroying the economy of their own country.

I pledge to look for the Union Label, Shop Card, Store Card and Service Button on all goods and services I use. By doing so, I help strengthen the security of those men and women who believe as I do in the goals of the free labor movement.

I demonstrate my unity with my labor brothers and sisters by observing a simple principle, the Union Label Golden Rule: "Buy Union products and use Union services as you would have Union wages paid unto you."

In the spirit of Christmas I am going to devote a few lines of this month's column to thanking the many "spark plugs" that keep this organization running throughout the year.

A special note of appreciation should be expressed to Local Union 1245's Administrative Staff and Business Representatives (headed up by W. R. Stewart). These individuals are responsible for negotiating and policing over 60 working agreements — and still find the time to attend Unit Meetings, make field contacts, plan and conduct Shop Steward training programs, return phone calls, and perform other duties too numerous to recount in this limited space. Your Local Union staff is composed of the finest labor representatives to be found anywhere in the labor movement. I am proud of our staff and encourage all of you during this Christmas season "to take a Rep. to lunch" (or at least shake his hand and say thanks).

Our office force is one of the true unsung heroes of your Local Union. They work under incredible pressure such as constant deadlines that occur without advanced warning, and similar problems that are uncommon in normal clerical offices but which are inherent in a labor organization that is heavily involved in negotiations and "people service". Our office force is to be commended for their continuing and uncomplaining efforts in keeping the Local Union's paperwork flowing.

None of us should ever forget the debt of gratitude we owe to the volunteer "rank and file" leadership of Local 1245. Without the Local Union Officers, Executive Board members, Advisory Council members, Unit officers, Grievance Committee members, Shop Stewards and Negotiating Committee members, it is an indisputable fact that your Local Union could not continue operating. To all the many volunteer "rank and file" leaders, I convey the heartfelt thanks of not only myself, but also that of your fellow Brothers and Sisters.

We, the members of Local Union 1245, belong to the "number 1" local in the International Brotherhood of Electrical Workers. While there is still a lot of room for improvement, we have much to be proud of in our history of achievements — but now is not the time to sit back on our laurels. With the help of a concerned and active membership, your Local Union will continue to progress, and the legitimate interests of all working Brothers and Sisters in your Local Union will be protected and improved.

It's nearing the time when Social Security will be posting your 1976 earnings to your account. Better find out if the amount they post to your name and number is correct. Any mistakes that creep in could eventually change the basis of your earnings record and benefits. Records can't be corrected for more than 39% months after the year in which the wages were paid.

Ask your Social Security office for a free postcard (Form OAR-7004). Fill it out, and when you get your statement, check it against your records. If there's an error, start the process of correcting it right away.
We have estimated that the number of employees who have stopped working on a voluntary basis is over 40% of the normal worktime. This is because, when the worktime is increased, the employees prefer to stay home and do other activities. However, the situation is different for those who are employed on a part-time basis. They are not allowed to stop working at home, and they are required to work overtime. This results in working overtime at a rate that is higher than the usual rate.

In summary, the situation is worse from the employees' point of view. The employer prefers to pay overtime rather than hire additional employees, which increases the worktime and decreases the pay of the employees. However, this situation is also affecting the employees who are employed on a part-time basis. They are not allowed to stop working at home, and they are required to work overtime. This results in working overtime at a rate that is higher than the usual rate.
Outside Construction hot line

By John Wilder

Pension Contributions — Good news at last. It appears that the problem with the IRS authorizing the return of pension contributions is finally resolved. The IRS says we will probably be able to place the checks in the mail in March or April of 1978. I am keeping my fingers crossed that no further problems will develop, thus altering our plans and causing more delay.

* * *

Sierra Pacific Power Company's 230 KV Transmission Line — Local 1245 recently met with Sierra Pacific Power Company representatives to discuss the status of the 230KV Transmission Line job.

The Bureau of Land Management still refuses to issue the necessary permits required to get this job going. The major problem is that a "planned wilderness area" is located in the middle of the project's work site. Regulations governing planned wilderness areas clearly prohibit the building of roads or use of motor vehicles within their boundaries without special permission.

As of December 13, 1977, it is my understanding that the Secretary of the Interior denied Sierra Pacific Power Company the necessary permits, and it looks as though the job will have to be re-engineered.

There is one section of the Sierra Pacific Power Company Line that is not located in an area which is designated "planned wilderness", so no problems are anticipated with the Bureau of Land Management as far as getting the necessary permits to start work. However, it will probably be sometime in May before work is started in the area.

* * *

Oregon — There is a great deal of work in the Oregon area which is also being held up by similar environmental problems. The situation is sad, a good many of our Linemen are already on starvation diets.

* * *

Overhead Electric — Overhead Electric is still working in Reno and the problem with Local 401 concerning the Fallon job is not yet resolved. Hopefully, the matter will be settled soon.

* * *

New Melones — We still have a few men working at New Melones.

Slater Electric — We have about six men working in the Sacramento area.

City of Roseville — The job for the City of Roseville is still being held up because of the availability of necessary materials.

City of Redding — The Keswick Dam Substation, which will be the direct power connection between USBR and the City of Redding, will probably start in the Summer of 1978. The USBR will build it and the City of Redding will pay for it.

The transmission line connected with the project will be put out for bid by the City of Redding sometime in the near future. It is a seven mile transmission line, the first three and one-half miles of which will go out for bid around March or April of 1978, and the remaining three and one-half miles will be put out for bid around October of 1978.

* * *

Price Electric — Price Electric is still working on underground duct projects. The Laborers picketing problem is over and the job in Richmond is nearing completion. In addition, there are two other jobs in the Bay Area in progress.

* * *

Telephone Construction — There are approximately twenty men working for Com-Con-Ex and Hinkel and McCoy on Citizens Utilities Company's properties.

* * *

Geysers — The Geysers project is moving along well. We will probably put some men to work on our portion of the job early next year. The work will consist of building small substations.

ADVISORY COUNCIL MEETING SCHEDULE

February 4 and 5, 1978 — Bakersfield
May 6 and 7, 1978 — Coast Valley
August 5 and 6, 1978 — Nevada (Tahoe or Reno)

The next regularly scheduled Advisory Council meeting will be held February 4 and 5, 1978, in Bakersfield, California. The exact location has not yet been determined. Watch for further information concerning this meeting on the bulletin board space designated for the Union at your workplace, or contact your local Union representatives.

All members are urged to attend Advisory Council meetings when possible, and we especially wish to encourage those members living in the Bakersfield area to attend the meeting in February.

Notes of Interest

Local 1245 Advisory Council Member Ruben Arredondo, a Senior Compressor Plant Operator at Pacific Gas and Electric Company's Hinkley Compressor Station, was recently elected to the Northern Area Board of Directors of the California Association of Recreation and Parks. He serves on the Barstow Park and Recreation Board of Commissioners.

Herb Stanbury's son Bob was awarded "PLAYER OF THE WEEK" by Pleasant Valley High School in Chico for his outstanding contributions to their football team. Herb is a DeSibla Division Steward and Unit Chairman in Local 1245.

Local 1245 Business Representative Rich Hafner was elected Second Vice President of the Shasta-Trinity-Mendo-Siskiyou-Lassen Central Labor Council.
### SAN JOAQUIN

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<thead>
<tr>
<th>Location</th>
<th>Chairman/Address</th>
<th>Date: Jan Feb Mar Apr May Jun</th>
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<tbody>
<tr>
<td>Eagles Hall</td>
<td>D. Findley, 1528 Van Ness</td>
<td>3 7 7 4 2 6</td>
</tr>
<tr>
<td>Central Labor Council</td>
<td>E. Mallory, 200 W. Jeffrey</td>
<td>12 9 9 13 11 8</td>
</tr>
<tr>
<td>Mail's Lounge</td>
<td>L. Jameson, 427 So. Gateway</td>
<td>5 9 9 6 4 8</td>
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<tr>
<td>901 Chittendon</td>
<td>F. Torres, 7:30 p.m.</td>
<td>19 23 23 20 18 22</td>
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<tr>
<td>Power Club</td>
<td>T. Caterlin, Wednesday 7:00 p.m.</td>
<td>11 8 8 12 10 14</td>
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<tr>
<td>Power House</td>
<td>E. Prindiville, Thursday 7:30 p.m.</td>
<td>12 16 16 13 11 15</td>
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<tr>
<td>Power House</td>
<td>R. Bugg, Tuesday 6:30 p.m.</td>
<td>17 21 21 18 16 20</td>
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<tr>
<td>Masonic Lodge</td>
<td>R. Cameron, 2012 High</td>
<td>4 1 1 5 3 7</td>
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<tr>
<td>Power Club</td>
<td>S. Gillespie, Wednesday 7:30 p.m.</td>
<td>18 22 22 19 17 21</td>
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<tr>
<td>Pine Cone Coffee Shop</td>
<td>J. Goodson, Tuesday 7:30 p.m.</td>
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<tr>
<td>Pine Cone Coffee Shop</td>
<td>M. O'Dell, Tuesday 7:30 p.m.</td>
<td>10 14 14 11 9 13</td>
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<tr>
<td>Fireman's Hall</td>
<td>F. Wright, Wednesday 7:30 p.m.</td>
<td>11 8 8 12 10 14</td>
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<tr>
<td>American Legion Hall</td>
<td>J. Collenback, Tuesday 6:00 p.m.</td>
<td>3 7 7 4 9 6</td>
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<tr>
<td>Odd Fellows Hall</td>
<td>J. Greensides, 7:30 p.m.</td>
<td>5 9 9 6 11 8</td>
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<tr>
<td>Elks Lodge</td>
<td>M. Maysey, Wednesday 8:00 p.m.</td>
<td>11 15 15 12 17 14</td>
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<tr>
<td>Vandenberg Inn</td>
<td>D. Woods, Thursday 8:00 p.m.</td>
<td>12 16 16 13 18 15</td>
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<tr>
<td>Elks Lodge</td>
<td>T. Tweedie, Tuesday 7:00 p.m.</td>
<td>10 14 14 11 16 13</td>
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<tr>
<td>514 South I Street</td>
<td>W. Harrier, Monday 7:30 p.m.</td>
<td>9 13 13 10 15 12</td>
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<tr>
<td>Paines Restaurant</td>
<td>J. Johnson, Wednesday 7:00 p.m.</td>
<td>4 8 8 5 10 7</td>
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<tr>
<td>V.F.W. Club Room</td>
<td>W. Ebleins, 25214 W. Main Street</td>
<td>4:45 p.m.</td>
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### SANTA CLARA

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<th>Location</th>
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<tbody>
<tr>
<td>CITY OF SANTA CLARA</td>
<td>B. Blankenship, 99 N. Bascom</td>
<td>7:00 p.m.</td>
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<tr>
<td>SAN JOSE</td>
<td>B. Symons, Thursday 8:00 p.m.</td>
<td>5 2 2 6 4 1</td>
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<tr>
<td>SANTA JOSE</td>
<td>D. Estroy, Golden Gate Lanes E.</td>
<td>5:30 p.m.</td>
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<tr>
<td>EAST BAY</td>
<td>R. Shepherd, Tuesday 5:00 p.m.</td>
<td>3 7 7 4 2 6</td>
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<tr>
<td>SAN FRANCISCO</td>
<td>R. Brewer, Tuesday 5:30 p.m.</td>
<td>4 1 1 5 3 7</td>
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<tr>
<td>STOCKTON</td>
<td>P. Nickeson, Thursday 7:30 p.m.</td>
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### SAN FRANCISCO

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<tbody>
<tr>
<td>SAN FRANCISCO</td>
<td>L. Samson, Market &amp; New Montgomery</td>
<td>Wednesday 5:30 p.m.</td>
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<td>stockton</td>
<td>R. Fitzsimmons, 6:55 Mission Street Daily City</td>
<td>7:30 p.m.</td>
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### COAST VALLEY

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<tr>
<td>AMERICAN LEGION HALL</td>
<td>J. Collenback, Tuesday 6:00 p.m.</td>
<td>3 7 7 4 9 6</td>
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<tr>
<td>MOSS LANDING</td>
<td>J. Greensides, 7:30 p.m.</td>
<td>5 9 9 6 11 8</td>
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<td>SAN LUIS OBISPO</td>
<td>M. Maysey, Wednesday 8:00 p.m.</td>
<td>11 15 15 12 17 14</td>
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<td>SANTA MARIA</td>
<td>D. Woods, Thursday 8:00 p.m.</td>
<td>12 16 16 13 18 15</td>
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<tr>
<td>Elks Lodge</td>
<td>T. Tweedie, Tuesday 7:00 p.m.</td>
<td>10 14 14 11 16 13</td>
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<td>LOMPOC</td>
<td>W. Harrier, Monday 7:30 p.m.</td>
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<td>Hollister</td>
<td>J. Johnson, Wednesday 7:00 p.m.</td>
<td>4 8 8 5 10 7</td>
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<tr>
<td>Jesters Club</td>
<td>P. Nickeson, 6011 N. West Lane</td>
<td>7:30 p.m.</td>
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<tr>
<td>Norm's Pizza Parlor</td>
<td>M. Duarte, 2227 Tracy Blvd.</td>
<td>5:00 p.m.</td>
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### EAST BAY

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<tr>
<td>EAST BAY CLERICAL</td>
<td>D. Estroy, 455 Hegenberg Road</td>
<td>5:30 p.m.</td>
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<tr>
<td>EAST BAY AREA - GENERAL CONSTRUCTION</td>
<td>R. Shepherd, 455 Hegenberg Road</td>
<td>5:00 p.m.</td>
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<tr>
<td>ANTIOCH</td>
<td>F. Hartbrecht, Tuesday 8:00 p.m.</td>
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### PIPE LINE

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<tr>
<td>JANUARY 1978 - ATTEND YOUR LOCAL 1245,</td>
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### SACRAMENTO REGIONAL TRANSIT DISTRICT

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<th>Jun</th>
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</table>

- **Sacramento**: W. Nunez, 3:00 p.m. & 4:45 p.m., 1412-21st Street.
- **Chairman**: Wednesday, 11, 8, 8, 12, 10, 14.

### PACIFIC GAS TRANSMISSION

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- **Traveler's Hotel**: Chairman: W. Miller, 7:00 p.m.
- **R. Hess**: 7:00 p.m.
- **Chairman**: Thursday, 12, 9, 13, 11, 8.

### SACRAMENTO

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- **Veterans Memorial 10 & H Streets**: Chairman: H. Darington, 7:30 p.m.
- **Fireman's Hall**: Chairman: A. Weber, 5:00 p.m.
- **New York Hotel**: Chairman: A. Wells, 7:30 p.m.
- **Carpenter's Hall**: Chairman: R. Miller, 5:00 p.m.
- **506 Lincoln St.**: Chairman: T. Tutor, Sr., 5:00 p.m.
- **Veterans Memorial 1150 Terminal Way**: Chairman: P. Lanis, 7:30 p.m.
- **Mt. Wheeler**: Chairman: J. Salvi, 7:30 p.m.
- **Various**: Chairman: J. Salvi, 7:30 p.m.

### HYMBOULT

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- **Eureka**: Chairman: H. Darington, 7:30 p.m.
- **Robinson**: Chairman: W. Nunez, 3:00 p.m. & 4:45 p.m.

### HUMBOLDT

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- **Red Bluff**: Chairman: H. Iness, 7:30 p.m.
- **Redding**: Chairman: J. Eide, 7:30 p.m.
- **Burney**: Chairman: W. Rodriguez, 7:30 p.m.
- **Trinity**: Chairman: A. Wells, 7:30 p.m.

### NEVADA

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- **Reno**: Chairman: P. Lanis, 7:30 p.m.
- **Carson**: Chairman: T. Tutor, Sr., 5:00 p.m.

### DESABLA

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- **Chico**: Chairman: W. Miller, 7:00 p.m.
- **Paradise**: Chairman: W. Harris, 7:30 p.m.
- **Auburn**: Chairman: T. Tutor, Sr., 5:00 p.m.
- **Roseville**: Chairman: P. Harrigan, 7:30 p.m.

### DRUM (Continued)

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- **Sacramento**: Chairman: W. Webber, 7:30 p.m.
- **San Jose**: Chairman: T. Worrall, 7:30 p.m.
- **Redwood City**: Chairman: R. Register, 7:30 p.m.
- **Eureka**: Chairman: W. Miller, 5:00 p.m.

### CITIZENS UTILITIES COMPANY

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- **Susanville**: Chairman: M. Kostick, 7:30 p.m.
- **Alturas**: Chairman: R. Kristenson, 7:30 p.m.
- **Elko**: Chairman: E. Petersen, Jr., 5:30 p.m.
- **Burney - C.U.C.C.**: Chairman: F. Crowe, 5:30 p.m.

### TREES

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- **Davey Tree - Las Vegas**: Chairman: C. Davison, 7:30 p.m.
Utility Reporter—December, 1977—Page Six

Major AFL-CIO Shift

The AFL-CIO will make a major shift in its political tactics in 1978 by supporting only those candidates who vote consistently in support of labor's legislative goals.

Pointing out that a number of Democratic congressmen elected with strong labor support turned their backs on U.S. workers by voting against minimum wage legislation, the common situs picketing bill, the oil cargo preference bill, reform of the Hatch Act and other AFL-CIO-backed measures, Alexander Barkan, the AFL-CIO's national director of the Committee on Political Education, said that the AFL-CIO will no longer support Democratic and liberal candidates solely as the "lesser of two evils."

The past practice of almost automatic COPE support for any candidate running against conservatives with an anti-labor voting record is at an end. "Unless Democrats give us a clear choice we are going to advise our people to stay the hell out of it," he declared.

"There is going to be a big change in 1978," Barkan declared.

"We are ready to take some Republican victories. We are willing to give up the seats of Democratic summer soldiers who desert us when there is a real fight," he added.

He pointed out that unlike other organizations, the AFL-CIO has never based its support of a candidate on a single issue. Instead COPE generally considers such issues as good government, taxes, welfare and a wide range of other issues not directly concerned with the interests of organized labor in determining its endorsements.

In 1978, however, incumbents will be judged by how they voted on labor issues in 1977, particularly on labor law reform legislation but on other issues of major importance to grade unionists and U.S. workers at large.

He said that some 30 to 40 members of Congress who enjoyed AFL-CIO support in their last election campaigns could be affected by the new policy.

Barkan also indicated that COPE would look for Republicans who could be supported to run against Democrats who defaulted on their campaign promises.

But he conceded that he did not expect to find too many Republicans whom labor could support.

—Calif. AFL-CIO News

Bargaining Roundup

IN NEGOTIATIONS

Bargaining is in progress with the following employers: California-Pacific Utilities Company (Lassen Division), City of Roseville, Lindmore Irrigation District, Merced Irrigation District, Nevada Irrigation District, Nevada Power Company, Orange Cove Irrigation District, Pacific Tree Expert Company, Placer County Water Agency, Richvale Irrigation District, Sierra Pacific Power Company (Water and Power Production Department Interim Negotiations), SMUD, Teleprompter of Reno, Tele-Vue Systems, Inc., Tri-Dam Project, USBR, Region 2, Wells REA, and Yuba County Water Agency.

SETTLED

City of Alameda

Local 1245 members employed by the City of Alameda ratified the results of negotiations on Wednesday, December 7, 1977. The package included a 5.5% general wage increase, an $8,000 increase in the life insurance policy, language to guarantee availability of vacation time off in the event of a situation beyond the control of the employee involved. The term of the new agreement is one year.

Thermalito Irrigation District

The results of contract negotiations between Thermalito I.D. and Local 1245, were ratified by Local 1245's membership employed by the irrigation district in November. The new agreement provides a 7-1/4% general wage increase in the first year and a 6-3/4% general wage increase in the second year, plus a cost of living clause which will trigger a 19.6% rise in the CPI. Additionally, a wage reopener is provided in the third year with a guaranteed minimum of 6%. The medical benefits are fully paid for the employee and dependents, and additional equity increases were obtained by certain classifications.

LETTER OF AGREEMENT SUMMARIES

Editor's note: A copy of the full text of these letters is available to Local 1245 members upon their written request to the local Union.

Pacific Gas and Electric Company

PG & E 77-60: Provides for the training, reclassification and transfer of employees in various classifications connected with construction and maintenance of manholes, vaults, underground conduits, etc., in the San Francisco Division.

PG & E 77-64: Provides for the placement of an employee, returning from long-term disability status, in a gas serviceman position.

E. Board Mailing List

Members of Local Union 1245 who wish to receive the Executive Board Report may have the Report mailed to their homes on a monthly basis by expressing the desire in writing. All requests will expire each January, and renewals must be received in writing.

ARE YOU INTERESTED IN JOINING A LOCAL 1245 RETIRED MEMBERS CLUB?

IF SO, PLEASE CALL OUR OFFICE IN WALNUT CREEK, 415/933-6060, FOR ADDITIONAL INFORMATION.

L. L. Mitchell Testimonial

Business Manager Dean Cofer, on July 21, 1977 recommended to the Executive Board that the Local Union honor L.L. Mitchell for his many years of service. The Executive Board concurred and on December 2, 1977 sponsored a testimonial dinner for Brother Mitchell.

Approximately 200 people were in attendance at the testimonial dinner. Distinguished speakers included Jack Hennesy, Executive Secretary of the State Federation of Labor, Al Graun, President of the State Federation, Jack Bonner, President of Pacific Gas & Electric Company, I.W. Bonbright, Industrial Relations Manager for Pacific Gas & Electric Company, Norm Amundson, Director of the Industrial Relations Institute at U.C. Berkeley, and Dick Groulx, Executive Secretary of the Alameda Central Labor Council.

Brother Mitchell was initiated in Local 1245 on October 1, 1942 and served in many rank and file leadership positions before going to work for the Local Union full time in March of 1951. For 20 years Brother Mitchell was Business Manager Ronald T. Weakley's senior assistant, and for the past six years served as Local 1245's Business Manager.

The officers and members of Local Union 1245 wish Mitch well in his retirement.
Nevada News

By John Wilder

Sierra Pacific Power Company: The SPCC Grievance Committee has not had reason to be very active during the past month. There is one grievance at the Grievance Committee level and two were in Review, but one of them has recently been withdrawn at the request of the individual involved.

RCA Governmental Services Division: The RCA Governmental Services Division at the NASA Tracking Station in Ely, Nevada voted, six to four, in favor of LB.E.W., Local 1245 as their certified bargaining representative. However, there were two contested votes whose ballots were not counted. The Union protested their right to vote based upon the fact that they are supervisors. The National Labor Relations Board will investigate this concern and other election interference charges against R.C.A. on December 19, 1977.

Nevada Power Company: Formal notice has been served to Nevada Power Company by Local Union 1245 of its desire to commence negotiations. This set of negotiations is a little unusual because Nevada Power and California Pacific Utilities Company are currently in the process of negotiating an exchange of their properties. The exchange will bring the Ely Area service area under California-Pacific Utilities Company in exchange for the Henderson Nevada area, which will be transferred to Nevada Power’s service area.

Reno: Unit 3131 held its 1977 Christmas Party on December 10, 1977. Over 100 people attended. Sue Davis, a Sierra Pacific Power Company employee and member of Local 1245, won a television set in the raffle, and many other guests won door prizes. The party was a great success.

Energy Conservation Quiz Answers

1. False. Although there are many potential hydroelectric sites, few would now be found environmentally acceptable. These are not expected to satisfy a significant part of our energy requirements.

2. True. Electrical energy consumption has continued to increase since 1975.

3. False. Honeywell Corporation has documented studies which indicate 10 degree set backs while sleeping at night save approximately 13 percent in winter fuel bills, dependent on climate.

4. True. A dirty filter will restrict the airflow of heated air from the furnace, reducing its efficiency.

5. False. An air conditioner can use as much as five gallons less water than a bath.

6. True. Drawing a gallon of water a month from the bottom of the tank removes sediment which tends to impede transfer of heat from the heating surface to the water.

7. True. Draperies act as barriers to retard heat loss at night and on overcast days. Opening the draperies on south windows on sunny days will help in heating your home.


9. (c) 30%.

10. (a) 10%, based on statements of the Electric Power Research Institute.

11. (a) 3%, based on statistics from the National Bureau of Standards and the American Refrigerator Institute.

12. (c) electric space heater. Electric space heating uses approximately 50-60 percent of the total electrical energy consumed in a house of about 1,200 square feet.

13. (b) 3%. According to the Rand Corporation, if the air in 70 degrees F., and electric water heater with standard tank insulation will use about 9 percent less energy with the thermostat turned down from 140 degrees to 110 degrees F. or 3 percent for each 10 degrees F.

14. (d) 11. The Energy Efficiency Ratio is computed by dividing the cooling capacity, in BTU’s per hour, by the power consumed in watts. The higher the EER rating, the less costly the appliance is to operate due to lower consumption of electricity.

15. (c) 38°F. Experts recommend a refrigerator temperature of 38 degrees F. At temperatures 40 degrees F. and above, food will begin to deteriorate.

16. (c) three times as much. The Institute of Illuminating Engineers confirms that fluorescent lighting is at least three times as efficient as incandescent lighting.

17. 15 minutes. General Electric has confirmed that 15 minutes represents the economic crossover point between energy savings and lost lamp life.

18. 68°F. A 68 degree F. thermostat setting is recommended for indoor winter use by the Federal Energy Administration.

19. 16 inches. A minimum of six inches of ceiling insulation (R-19) is recommended for the Federal Energy Administration.

20. Average kwhr used annually:
   1. Radiators .................................. 1,200
   2. Color TV ...................................... 500
   3. Dishwasher ................................... 360

21. True. The electric water heater uses 4,000 kilowatt-hours of electricity in the average household, second only to electric space heating.

22. False. If you do not have a dishwasher, there is no need to set the water temperature above 120 degrees F. If you have a dishwasher, 140 degrees is fine.

23. False. A 12 cu. ft. "ice-free" refrigerator uses 1,200 kwhr annually compared to only 725 kwhr for the same sized manual defrost model.

24. True. Lower evening thermostat settings reduce the heat loss because the difference between outside and inside temperatures is reduced.

25. False. Changes in the way a building is operated and maintained can reduce energy consumption 20 to 30 percent. With energy costs increasing, today’s investments will produce even greater returns in the future.

26. (c) 15-20%. Microwave ovens can produce energy savings of 75 percent for such foods as frozen TV dinners, but they can use even more energy than conventional ovens for some dishes. General Electric Company’s Consumer Institute documented savings of 17 percent on the meals for a family of four. This saving resulted when using a microwave oven when it was more efficient than conventional cooking when it was more efficient.

27. (b) 3-10%. Depending on location, construction, and other factors, energy savings of three to ten percent are predictable.

28. 30%. Each additional pane of glass will slightly reduce the heat loss by a proportionate amount. If triple glazing were used, heat loss would be reduced by two-thirds.

29. (d) 30% & 60%. The AIA conservatively estimates that 30 percent energy savings could be realized in existing buildings, and 60 percent savings could be realized in new buildings using more efficient design standards.

30. (d) any of these. A good energy management program will operate the lights as a part of the total program that minimizes waste.

Scoring:

Check your answers against the correct answers, below. Energy conservation is a complicated subject, so don’t feel bad if you missed some questions that you thought you would get right.

If you scored 20 to 27, rate yourself Energy Expert.

If you scored 20 to 27, rate yourself Above Average.

If you scored 10 to 19, rate yourself Average.

If you scored less than 10, rate yourself Energy Waster.

Applications due Feb. 15

Thirty-one $500 Calif. State Fed. Scholarships Available

All graduating seniors attending public or private high schools in California are eligible to compete for thirty-one $500 scholarships offered by the California State Labor Federation. Students who expect to graduate in 1978 and wish to participate in the competitive examination for one of the scholarships should contact their local high school principal to obtain an application. The deadline for return of the application form, which must be accompanied by a transcript of the student’s high school record, is February 15, 1978. The application brochure outlines the rules of the contest and includes tips on preparing for the examination as well as a suggested reading list. The examination will be held March 15, 1978 at the applicants’ high school and winners will be announced in May.

Awards of the scholarships will be based on the candidates’ scores in the special examination to be held Wednesday, March 15, 1978, and on their four-year high school academic record. In addition, a certificate of merit will be awarded to the 75 students placing highest in the examination.

This is the Federation’s 28th Annual Scholarship Program and since the program began in 1958, it has expanded more than ten-fold. To date, a total of 382 California high school graduates have received a total of more than $191,000 to help them toward their career goals.

The $500 awards are offered to graduating seniors who will be attending colleges and universities anywhere in the United States that are accredited by the Western Association of Colleges.
Local Union 1245 Wins Beautiful Building Award

Honorable Mention: On November 16, 1977, Local Union 1245's main headquarters located at 3063 Citrus Circle in Walnut Creek received an award from the Walnut Creek Action for Beauty Council. The award was presented to Business Manager Dean Cofer, at a luncheon held at the Boundary Oaks Restaurant in Walnut Creek.

Awards are made annually to businesses which contribute to the city's overall appearance through the excellence of design of new buildings, additions and alterations, and of the surrounding landscape. They are also made for high achievement in the historic preservation of existing buildings, and for the preservation of trees on new buildings sites. Safety's new headquarters at Ygnacio Valley and Oak Grove Roads won the top honor for new building, and honorable mentions were awarded to Local 1245 and several other businesses.

Local 1245's staff moved to the present location November 1976. Zimmerman Company, Inc., located in Lafayette, California, was the builder.

The following new applications were received in the office October 27, 1977 through November 23, 1977.

Santo Quin Division
BOBBIT, KATHI J.
CARVER, DARLENE M.
CONLEY, DORIAN J.
GENDRON, LINDA K.
HANSEL, LINDA S.
HANSEN, CHRIS E.
HARP, DOUGLAS G.
KERR, DUANE A.
ORSOYO, RICHARD
RANDOLPH, DANDRA L.
THOMPSON, JAMES P.
MERCEDES IRRIGATION DISTRICT
BRONZINO, CARL A.
TELLES, ROBERT E.
COAST VALLEY DIVISION
FLOREZ, KIRSTEN D.
FOSTER, R. C.
FULLMER, DWIGHT D.
HANS, LYNDON E.
HARRELL, CECIL E.
JACOBSON, MARYANN T.
KOELLER, HENRY J.
MARTIN, ERIC A.
RAMOS, DONALD L.
WELCH, DAVID M.
WESCONE, GARY R.
WIDEMAN, JAMES B.
TELEPROMPTER OF LOMPOC
WEYER, HUSBERT
MONTEREY PENINSULA TV CABLE
IVINE, JIM W.
PIELLINE OPERATIONS
BROWER, GORDON W.
MURRAY, WILLIAM
SAN JOSE DIVISION
BUTI, MARCUS
CHOATE, DONALD E.
CONTREAS, BARBARA B.
GANDT, JANIE P.
HENRIX, JUNE E.
JACK, CHRISTOPHER
JUNIO, JOS E.
MATULICH, BRUCE M.
OVERTON, KENNETH J.
PENROD, MARTIN R.
THEMOLAS, ANDREW
TELEPROMPTER OF SANTA CRUZ
KOLENDAR, RONALD J.
TRUMBAH, SUSAN W.
WETLY, LORI E.
EAST BAY DIVISION
ABE, JEAN M.
BEMISH, JEFFREY W.
BAUERSCHWIEZER, WILLIAM
CARPENTER, HARRY L.
COOPER, FLOYD
COUSINS, JACK W.
DERENHA, THOMAS W.
ENRICH, RICHARD S.
GUERRON, MARY ANN
HURSTO, ANTONIO J.
LAI, TIMOTHY A.
LEE, ARLENE J.
MARSHALL, MATTIE
MATSON, CHRIS L.
MENDEZ, CAROL A.
MOORE, LOUISE E.
SMITH, JOYCE A.
STRATTON, ROBERT
WELLS, MICHAELA
BAY CABLEVISION
HUXHAY, WILLIAM F.
TELEPROMPTER OF NEWARK
FRANKS, JOHN R.
LENNY, KENDAL S.
SAN FRANCISCO DIVISION
BOLDASSARRE, ASSUNTA
CERVILLE, DENISE J.
DECOMBA, MARY J.
ERNST, MARY ANN
GUERROZ, ANTONIO M.
LAI, SANDRA
MCCLELLAN, DAVID
SWANK, TERRY L.
WINKLER, RODNEY H.
GENERAL OFFICE DIVISION
ALLEN, LINDA M.
ANDERSON, SHARON
BERNDSTON, MARILYN
CHEVICH, DORIS M.
CLEMONS, LUKE
COLON, NANCY
HARVICK, WILLIAM C.
HILL, NATHAN L.
KEY, CYNTHIA M.
LEDYARD, MANSUET A.
MAMERO, IDA C.
MISCEACH, VERONICA M.
MORALE, ELENA
POWER, DEBORAH M.
STEIN, LORI A.
WASHINGTON, MARION G.
WILLIAMS, ELIZABETH C.
WILLIAMS, JOY D.
STOCKTON DIVISION
DAVIS, MICHAEL F.
DEAL, RONALD J.
DICE, DOMENICK M.
DRAGCO, ROBERT R.
FAHER, CHRISTINE C.
HUNGER, JAMES R.
HUGHES, BETTY L.
OLIVIERI, JAMES A.
PENNINO, PHILLIP A.
TAYLOR—SPELCH, ELIZABETH
WALLACE, JEROLD W.
SACRAMENTO REGIONAL TRANSIT
BURNISIDER, MARTHA J.
COTHAN, KENNETH V.
LIM, KENNETH
ROLAND, PETER L.
RUZ, ROBERT R.
SHAFTA DIVISION
ALDERMAN, LAURIE E.
SIERRA PACIFIC POWER
PITINO, ALFRED E.
WATKINS, TOM R.
CAL-PAC (WINEMUCCA)
ROSE, DONALD L.
DE SARA DIVISION
COOK, ARIC B.
FOSOM, MYRTLE J.
KISHIDA, RALPH H.
DRUM DIVISION
KEIFER, JUDY P.
COLGATE DIVISION
CORELLA, CRAIG L.
NELSON, JANICE L.
SANDERS, JAMES M.
NORTH BAY DIVISION
CROUCH, MICHAEL A.
ELMORE, MELANIE K.
FOLAND, ROHLEN E.
FREDIANI, STEVEN M.
HARRISON, BILL L.
KINNEY, LARRY W.
LALLEN, JOSEPH
MAK, WARREN R.
SCHRACHNUEPT, GENEVIEVE
SWINNEY, DEANNE L.
THOMAS, LEE R.
WHITE, RAYMOND F.
SACRAMENTO DIVISION
GRUBE, KIRK G.
NICHOLS, TERRY A.
WATSON, VINCENT D. JR.
BUREAU OF RECLAMATION
JACKSON, LARRY G.
SMUD
AGOSTINELLI, DONALD
BRADLEY, ALLEN K.
GUTHRIE, RICHARD W.
HERNANDEZ, FRANK L.
HILL, ERIC S.
MCANEE, JEFFREY T.
MCARDLE, CHARLES T.
MEDINA, FIDEL A.
REIBER, JIMMY J.
TAYLOR, RICHARD S.
WASHINGTON, LARRY
CITIZENS UTILITIES COMPANY
BARNABY, CHARLOTTE S.
BOEDECKER, GEORGE L.
COLLEY, BARBARA J.
HALLER, KATHLEEN J.
HASKIN, MARTIN D.
TRECE, BOYD S.
WEED, BERRY L.
GENERAL CONSTRUCTION
AMARAL, JERRY B.
ARNOLD, CHARLES P.
BANER, DREW C.
BARRY, BILL D.
CALDWELL, MIKE L.
CARTER, THOMAS H.
CASEBOLT, BRADLEY J.
CHAPMAN, DONA R.
CLARK, WILLIAM M.
COMPARTMENT, KATHLEEN A.
COLBY, RALPH D.
DAVIS, MARRIET L.
HADEN, GEORGE D.
DECARLO, DOMINICK F.
DOUGLASS, WALLACE E. JR.
DUNCAN, RONALD C.
FILLER, GERARD E.
FISHER, DAVID E.
GORDON, CARL L.
GONZALES, JOE JR.
HARRIS, LARRY J.
HILL, DANIEL J.
HoERBERG, ROGER D.
JENKINS, RICHARD B.
JENKINS, ROBERT L.
JONES, JOSEPH S.
KELLY, TIMOTHY R.
KESSEL, MARK A.
LATYNE, JEFFREY W.
LITTLE, DONNY R.
LITTLE, GEORGE F.
LINT, STEPHEN R.
LISTON, FRANCIS L.
MACK, CARLTON J.
MARTIN, GARY W.
MARTINZ, MIKE G.
MOSS, CALVIN A.
PACIFIC TREE COMPANY
BARRAGAN, JOHN F.
BAUMBACH, SCOTT G.
CASH, DON D.
CAHALLA, MICHAEL A.
CAHALLA, RICHARD B.
CAHALLA, RICHARD B.
CAGNINA, MICHAEL A.
CEAY, PAUL
KOSELLENBERG, KURT
MACH, JOHN A.
MYERS, STEVEN A.
LINKEMAN, DANNY E.
LOBATO, RAYMOND A.
MAYES, DAVID E.
MERCER, TIMOTHY S.
MOSB, PAT M.
VILLA, ROBERT
PACIFIC TREE COMPANY
AYERS, CONNIE
CORY, RUSSELL W.
CRABTREE, HAROLD D. JR.
D'SILVA, RONALD E.
HOWATT, JEFF E.
SPENCER, EDWARD W.
STANSBURY, BERT E.
TELEPHONE CONSTRUCTION
CALL, PAUL
BISH, DAVID
DARBY, DAVID
LENNENBRINK, ROBERT J.
RAFFETY, MIKE
WEININGER, WILLIAM J.
WILLIAMS, RONALD D.
HOLT, VIRGIL
OROVILLE-WYANDOTTE I.D.
DAVENSPOIL, DAVID
DICKS, MELVIN
CITY OF GRIDLEY
CARNES, MAXINE M.
COE, MARION W.
GROF, WINIFRED A.
ROBERTS, BARBARA B.
BUREAU OF RECLAMATION
ALLEN, RICHARD
GENERAL CONSTRUCTION
DAUGHERTY, ROBERT G.
MISC.
MARSHALL, ROBIN
STAFF
GADZIK, CHARLES
RUTOFER, PATRICIA A.
Service Awards Presentation
Banquet in East Bay Division

On Thursday, November 17, 1977, Local Union 1245 hosted an Awards Presentation Banquet for its members with 20, 25, 30 and 35 years of service in the International Brotherhood of Electrical Workers Union. The celebration was held at the Holiday Inn in Concord and was attended by approximately 200 persons.

Awards Presentations were made by Business Manager Dean Cofer, East Bay Division Business Representatives Jim McCaulley, Manny Mederos, Veedis Stamps, Scott Thomas and General Construction Business Representative Roger Stalcup.

The members listed below were honored at the Banquet and those who were unable to attend will receive their awards in the mail:

**30 YEARS**
- LELAND D. BURCH
- PAUL D. COPE
- EINO E. KALLIO
- DALE REYNOLDS
- MANUEL G. ROMERO
- J. J. WILDING

**25 YEARS**
- D. L. ARMSTRONG
- JOSEPH ASSANTE
- ALBERT BARONE
- C. W. BELI
- K. I. BERNHARDY
- R. E. BONDIETT
- D. W. BOONE
- A. BRENTLINGER
- FRANK A. BROWN
- E. R. BROZOWSKI
- K. S. BUSSE
- A. BUTZ
- H. L. BYARS
- H. F. CHOATE
- EINO E. KALLIO
- G. E. JACOB
- DALE REYNOLDS
- MANUEL G. ROMERO
- J. J. WILDING

**20 YEARS**
- R. H. BRUNSKILL
- R. R. COBB
- C. F. COOPER
- P. A. DAVIS
- DALE ERIKSON
- W. A. EVIC
- W. S. GARDNER
- F. HODGSON
- E. M. HORN
- B. E. IVANOFF
- R. KAMETZ
- S. L. KINSMAN
- W. E. KRAMER
- J. H. KUHL, JR.
- R. J. McLAUGHLIN
- R. J. MEDINA
- V. MISITA
- J. H. MOSSER
- C. W. NITTLER
- J. C. PHILLIPS
- W. A. RUDY
- RAYMOND VECCHIA
- WALTERS
- A. P. WISCHMAN
- C. C. ANDERSON
- B. R. AREY
- B. N. BALTEZORE
- K. L. BEST
- C. A. BRASIER
- TIM DANIEL
- C. M. DELAUNE
- ARTHUR E. DELGADO
- N. J. DIVANZO
- L. FELTS, JR.
- P. J. FORAN
- D. B. FREEDERICKS
- C. H. GODDARD
- P. T. GONZALEZ
- L. R. HOLLEY
- M. L. HUNTER
- ANDREW JONES
- RAYMOND KMETZ
- WILLIAM LIAL, JR.
- D. A. MARSHALL
- RICHARD E. NEUMANN
- D. W. PARKER
- H. G. POPE
- R. R. PRECIADO
- WILLIAM R. REAGAN
- E. D. REID
- ANNE A. ROHLEDER
- J. SAVELA
- M. W. SCHOOLOVER
- B. C. SMITH
- HAROLD W. WALTERS
- KENNETH D. MYERS

**20 YEARS**
- R. H. BRUNSKILL
- R. R. COBB
- C. F. COOPER
- P. A. DAVIS
- DALE ERIKSON
- W. A. EVIC
- W. S. GARDNER
- F. HODGSON
- E. M. HORN
- B. E. IVANOFF
- R. KAMETZ
- S. L. KINSMAN
- W. E. KRAMER
- J. H. KUHL, JR.
- R. J. McLAUGHLIN
- R. J. MEDINA
- V. MISITA
- J. H. MOSSER
- C. W. NITTLER
- J. C. PHILLIPS
- W. A. RUDY
- RAYMOND VECCHIA
- WALTERS
- A. P. WISCHMAN
- C. C. ANDERSON
- B. R. AREY
- B. N. BALTEZORE
- K. L. BEST
- C. A. BRASIER
- TIM DANIEL
- C. M. DELAUNE
- ARTHUR E. DELGADO
- N. J. DIVANZO
- L. FELTS, JR.
- P. J. FORAN
- D. B. FREEDERICKS
- C. H. GODDARD
- P. T. GONZALEZ
- L. R. HOLLEY
- M. L. HUNTER
- ANDREW JONES
- RAYMOND KMETZ
- WILLIAM LIAL, JR.
- D. A. MARSHALL
- RICHARD E. NEUMANN
- D. W. PARKER
- H. G. POPE
- R. R. PRECIADO
- WILLIAM R. REAGAN
- E. D. REID
- ANNE A. ROHLEDER
- J. SAVELA
- M. W. SCHOOLOVER
- B. C. SMITH
- HAROLD W. WALTERS
- KENNETH D. MYERS
On November 29 and 30, 1977 members of Local Union 1245 who have been with the International Brotherhood of Electrical Workers Union 20 years or more were the honored guests at Awards Presentation Banquets in the Mother Lode and Valley areas of the Stockton Division. Award recipients were present from the Stockton Division, United States Bureau of Reclamation, Pipeline Operations and General Construction.

Since these were the first Awards Banquets to be held in the Stockton area, all those members who had more than 20, 25, 30 and 35 years of service received awards. Awards presentations were made by Business Manager Dean Cofer, Stockton Division Business Representative Peter R. Dutton, General Construction Representatives Ed Fortier and Roger Stalcup and President Howard Darlington.

The Banquets honored the members listed below. Those who were unable to attend will receive their awards in the mail.

35 years and over

B. G. Arellano
F. B. Brady
W. E. Brown
A.V. Holland
S. G. Martin
W. C. Nelson
L. J. Oneto
J. J. Salvarezza
M. Rosen

30 years and over up to 35

S. R. Williams
A. L. Ball
J. S. Breese
Lloyd F. Carter, Jr.
W. W. Cash
K. M. Duncan
W. Garcia
J. W. Hewett, Jr.
W. L. Algeo
C. C. Waldvogel
B. L. Harris
W. L. Algeo
D. C. Olmstead
V. T. Heer
D. A. Snyder
D. W. Oliver
L. J. Parra
J. L. Ebbie
John D. Smith
Ray Anderson
Wilborn C. Anderson
Herschell Beckham
Dominic Cacioppo
Benjamin Lugo
Leland Lyon
Jean Nau
Gene Podesta
John Taylor

25 years and over up to 30

J. R. Flack
J. J. Gauthier
H. L. Green
L. G. Helmich
E. Kane
J. W. Loades
R. J. Mcauley
S. T. Carlson
Andrew C. Goehringer
R. D. Miner
F. G. Bonavia
W. A. Lagomarsino
L. T. Ghiraro
H. W. McIntire
E. J. Guiliani
E H. Schutz
N. E. Ashbaugh
Reymond G. Munoz
Dudley Smith
L. D. McGuire
E. J. Guiliani
J. J. Gauthier
W. W. Cash

20 years and over up to 25

J. P. Bruce
D. H. Campbell
J. A. Coe
C. O. Collier
W. E. T. Burns
F. E. Bond
W. E. Scott
Arthur E. Royce
Darrel Ladd
L. H. Apecia
e
J. L. Bryan, Jr.
C. E. Dufil
T. J. Frazer
J. E. Frey
Glen E. Parker
C. V. Ramsey
D. E. Sellsar
C. S. Serna
G. A. Sperry
Sam Treat
W. L. Wright
L. C. Carter
L. Julian
Tom Mastoris
William Miller
Charles Hodgson
R. C. Dobson
B. V. Daugh
Robert Giorgi
Tony Munoz
G. H. Adams
S. R. Cabral
Robert Thomas
H. J. Leazer
J. C. Hunt
A. A. Estiter
Lyndale A. Bell
R. Raillos
W. M. Brunner
E. W. Bond
W. E. Scott
Robert G. Goodell
E. Eisenga Jr.
R. L. Lehr
D. C. Moore
E. Kaiser
Bernard Schmidt
Joseph J. Fraquello
J. P. Cole
Robert J. Richards Jr.
Donald M. Hester
Bert Logan
J. R. Kholt
R. E. Koch
C. C. Neil
L. J. DiGiano
J. Lafrank
H. Miller
M. A. Richards
A. A. Vetro
L. M. Roden
W. H. Boother
Frank Leone
Melvin H. Buhkuhl
B. P. Pontious
A. C. Alexander
Robert G. Goodell
C. M. Robertson
M. L. Wilcox
B. G. Clark
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Sherwood Wynn

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The friendship of those we serve is the foundation of our progress.

TO ALL A *Merry Yuletide*

from your IBEW - LOCAL UNION 1245 EXECUTIVE BOARD, OFFICERS and STAFF
Health's-a-poppin'

by Marion Wells

Research Director, American Physical Fitness Research Institute

Shopping strategies that save cash and calories mean money in the pocket and pounds off the paunch. What better way to battle inflated budgets and waistlines? 

Wallet and waistline watchers should be alert to foods which may strain both. For example, in one market the same weight of the same brand of frozen broccoli spears sold for twenty cents more when frozen in hollandaise sauce. It had four times the calories per serving.

Eating less of certain foods may mean cost and calorie savings. A report by the Senate Select Committee On Nutrition And Human Needs states that "The most dramatic savings made by a reduction in sugar consumption result from cutting back on or eliminating purchases of candy, sweet baked goods, and soft drinks. Costs are also cut when the consumer chooses the unsweetened as opposed to the presweetened version of a particular food item; the prime example is breakfast cereals."

Treat your sweet tooth to fruits instead of candy or pastry. Fresh vegetables make a great substitute for higher calorie, higher sugar or higher salt hors d'oeuvres.

Save on fresh produce by watching for seasonal specials. As a dieting bonus, note how much you save on such topics as building a local union safety and health library, local union OSHA administration, and the relationship of health care services agencies to occupational safety and health.

Also included are reprints from the Consumer Commission on the Accreditation of Health Services' Quarterly and articles from various sources on occupational cancer, vinyl chloride, and coke oven.

The Workbook is available for $4.00 from Labor Safety and Health Institute, 381 Park Avenue South, New York, NY 10016.

How To Help Your Doctor Help You

by George Glomb

The examination is over, you've told the doctor about your symptoms, the necessary tests have been performed and then he or she sits down and writes you a prescription.

At this point, you owe it to yourself to learn everything you can about the medication you're being told to take. After all, once your doctor has written the prescription, you're the one who is responsible for getting it filled and for following your doctor's instructions in taking your medicine.

"The fact that physicians fail to educate the public, who naturally turns to them for health information, is a result of the economics of the doctor's time and the cause of one of the problems of drug interactions," explains Dr. Arthur S. Freese, an expert on head and facial pain whose articles on medical and other scientific subjects have appeared frequently in many medical journals.

This is one instance in which "what you don't know can hurt you." It is up to all of us — the individual medical consumers — to work with our doctors to establish physician-patient partnerships in which our own good health would be the primary product.

In "Managing Your Doctor," Dr. Freese advises patients: "Be sure you know exactly what your doctor said, for if you fail to carry out instructions properly, you may do yourself harm. When a doctor uses such vague words as 'often' or 'many' or 'cut down,' find out what he means in actual figures."

Other questions suggested by Dr. Freese are: "What is the medication? Is it really necessary? . . . What will it do? Are there any side effects? . . . Is there any alternative medicine? How much professional agreement is there on its use? . . . What precautions should I take? When should I check back with you? How long do I take it?"

What makes the answers to these questions so important to you is that many medications have a tendency to interact with other medications — and frequently with foods and beverages as well — and thus to affect you in a way your doctor had not intended. When this happens, the resulting reaction can either reduce or increase the effect of one or both drugs involved.

Almost every medication has more than one effect, not necessarily beneficial. You can help your doctor to help you get the most benefit from your medicine and at the same time, avoid bad side effects by compiling your own personal medication profile.

Begin by making a list of every prescription and nonprescription medicine you're taking. Include the ailment for which you're taking it, how often you take it and how much you take. Update the list constantly — adding and deleting items whenever necessary — and carry a copy of the list in your wallet or purse in case of a sudden medical emergency. Whenever you visit your doctor show your list to him or her to aid proper prescribing.

Another way you can help your doctor to help you is to ask him or her to prescribe the generic version of medications whenever possible. Studies have proved them to be just as effective as the more expensive brand-name versions.

If your physician doesn't remember a particular medication's generic name, he or she should write the brand name plus the words "or generic equivalent" on the prescription form — and help you lower your medication expenses by an average of 25 percent. And, in these tight-money times, that may be the best tonic for whatever ails you.