



utility reporter

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Northern California Electrical Workers Hold Executive Conference in San Mateo

The Joint Executive Conference of Northern California Electrical Workers met in San Mateo on Saturday, November 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.

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 39½ 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.

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 other 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)

YOUR Business Manager's COLUMN

Merry Christmas



DEAN COFER

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 un-

complaining 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** 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 has been my pleasure to be a guest at a number of Local Union service award dinners in the last couple of

(Continued on page six)

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."

stop forced overtime

(Continued from page one)

than 40% of the straight time rate of pay. When this is combined with training costs, it is less expensive to work employees at the overtime rate than hire additional people and pay them at the straight time rate of pay. This results in the employer preferring to pay overtime rather than hire additional employees, and adds to the unemployment problems of our society.

Brother Walters testified that the situation is even worse from the employees' point of view; because, compensation for overtime work does not include fringe benefits and with our present tax structure, they pay increased taxes on their wages. Thus, overtime take-home pay is often less than straight time compensation.

In summary Brother Walters described the problems Local 1245 is faced with in representing its members employed by Pacific Gas and Electric Company. Various arbitrators' rulings state that our members must work overtime, both emergency and non-emergency, whenever requested by management. He explained that our members are required to work overtime under the threat of disciplinary action, whether it is expressed or not. For example, gas servicemen are required to complete backlog orders at the end of the workday; meter readers are required to work Saturdays to catch up on routine work; maintenance people in the generating facilities are required to work both excessive hours, and six or seven-day workweeks in order to keep up on routine maintenance. In all of these situations, there are provisions in the collective bargaining agreement between Local Union 1245 and Pacific Gas and Electric Company, wherein the employer could drastically reduce payment of overtime by hiring additional workers or expanding hours of coverage at the straight time rate of pay.

Despite arbitration awards against Local 1245, some of our members have demonstrated just how strongly they feel about their right to participate in activities outside of their employment. As a result of their refusal to work non-emergency overtime, they suffered disciplinary layoffs.

The following are examples of how

unjust forced overtime is:

An employee, who had previously arranged to take part in a rodeo with his father, paid a \$31 entrance fee, and purchased all the necessary equipment for his participation in the rodeo, was instructed to work overtime, of a non-emergency nature on both Saturday and Sunday. He elected not to work the overtime and as a result was discharged. His discharge was later reduced to a two-week disciplinary layoff without pay.

An employee, who had already worked 131 hours of overtime, was instructed to work overtime at the conclusion of his regular eight-hour shift. He was suffering from a sore back, which he injured while working on a previous Saturday overtime assignment, so he elected not to work. His refusal not to work resulted in a ten-day disciplinary layoff.


An employee, who had previously planned a weekend trip to celebrate the birthdays of both his wife and daughter, was instructed to work both Saturday and Sunday in conjunction with maintenance work on a generating facility. He had already worked 124-1/2 hours of overtime and refused to work the weekend involved. Subsequently, he received a two-week disciplinary layoff without pay.

An employee, who invested money in a Sunday seminar, was instructed to work overtime of a non-emergency nature on both Saturday and Sunday. The employee, not wanting to work any overtime, agreed to work Saturday, but refused to work Sunday. The result was a five-day disciplinary layoff without pay.

A stop to these kinds of employee abuses are long overdue. Our support of AB-1295 is not only based on the needs of our members employed by Pacific Gas and Electric Company, but, those of all working people.


Had enough of high prices? Think something should be done about unemployment? Feel like the forgotten man or woman?
Write your Congressman right now!

ATTEND YOUR LOCAL UNION UNIT MEETINGS



the utility reporter

Telephone (415) 933-6060



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IMPORTANT NOTICE

An error in last month's issue of the UTILITY REPORTER concerning the Tool Lists has created some confusion and requires clarification.

Please be advised that Pacific Gas and Electric Company **will not** furnish any of the tools shown in the Division,

Material's Distribution and General Construction Tool Lists. The Company will, however, under the provisions of Section 107.3b replace the tools listed.

Employees **are** required to furnish their own tools.

What's Your Score? Energy Conservation Quiz

True or False?

1. — There are many sites in the U.S. where additional hydroelectric dams can be built to supply our electrical needs.
2. — Electrical energy consumption in the U.S. has increased over that in 1975.
3. — Setting the thermostats lower at night in the winter when you go to bed causes you to use as much fuel restoring the heat level in the morning as you save during the setback period.
4. — Performance of a forced-air furnace system can be substantially reduced by a dirty filter.
5. — Ordinarily, a shower uses more water than a bath.
6. — Oil and gas water heaters use less fuel and heat faster if sediment is removed periodically by drawing off water from the faucet at the bottom of the tank.
7. — Closing window draperies at night and on overcast days in the winter can substantially reduce home heat losses.
8. — A leaky hot water faucet that fills an ordinary cup in ten minutes wastes heated water at the rate of more than 3,000 gallons a year.

Multiple Choice

9. — Residential use makes up the following percent of the total U.S. electrical load: (a) 10% (b) 22% (c) 30% (d) 40%
10. — Solar thermal, geothermal, and hydroelectric are not expected to provide more than the following percent of total energy by 2000: (a) 10% (b) 20% (c) 30% (d) 40%
11. — Each one degree F. reduction in winter thermostat setting and one degree F. increase in summer thermostat setting can save the following percent of energy: (a) 3% (b) 0% (c) 10% (d) 1%
12. — The biggest single energy user in the average household is your: (a) water heater (b) teenage daughter (c) electric space heater (d) lights
13. — Reducing the thermostat setting on your water heater by 10 degrees can save the following percent of energy: (a) 0% (b) 3% (c) 10% (d) 15%
14. — If you were buying an appliance, such as an air conditioner, and wanted the one that was least costly to operate, what EER (Energy Efficiency Ratio) would you look for: (a) 5 (b) 7.5 (c) 9.5 (d) 11
15. — The most energy efficient temperature setting for your refrigerator is about: (a) 30° (b) 34° (c) 38° (d) 40°
16. — An incandescent bulb uses: (a) the same amount; (b) twice as much; (c) three times as much energy compared to a fluorescent tube to provide the same amount of light.

Fill In

17. If you're going to be gone from an area for a period of time, _____ minutes is the minimum time span in which it pays to turn off the fluorescent lights.
18. _____ recommended setting for central heating system thermostats is _____ degrees F.
19. A minimum of _____ inches of ceiling insulation is recommended for residences in most parts of the Midwest.
20. Rank the following: Color TV (tube type), dishwasher, and range, according to their annual electrical use in the average residence:
 - 1.
 - 2.
 - 3.

True or False?

21. — The water heater is normally the second largest energy user in the home.
22. — A thermostat setting of approximately 160 degrees F. is required on your water heater to adequately wash clothes and dishes.
23. — "Frost-free" refrigerators use less energy than normal manual defrosted types.
24. — Nighttime setback of thermostats saves heating energy in commercial buildings.
25. — Any investments to improve energy efficiency in existing commercial buildings are costly and have little benefit.

Multiple Choice

26. — Microwave ovens on the average will save the following percent of energy when compared with conventional ovens: (a) 90-95% (b) 45-50% (c) 15-20% (d) nothing
27. — Keeping the indoor temperatures in a residence with air conditioning above 75 degrees F. in the summer generally results in which amount of energy savings per degree? (a) none (b) 3 to 10% (c) 10 to 15% (d) more than 15%
28. — Storm windows or any form of double glazing can cut heat loss through window by: (a) 10% (b) 30% (c) 50% (d) 66%
29. — The American Institute of Architects estimates that the following percentages are conservative estimates of conservation potential in existing and new buildings respectively: (a) 10% & 20%, (b) 20% & 40%, (c) 50% & 25%, (d) 30% & 60%
30. — Lights left on in a commercial building at night could mean: (a) wasted energy, (b) the lights are heating the building, (c) someone is working, (d) any of these

(Answers to these questions may be found elsewhere in this issue.)

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 prohibits 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 unavailability 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.

* * *

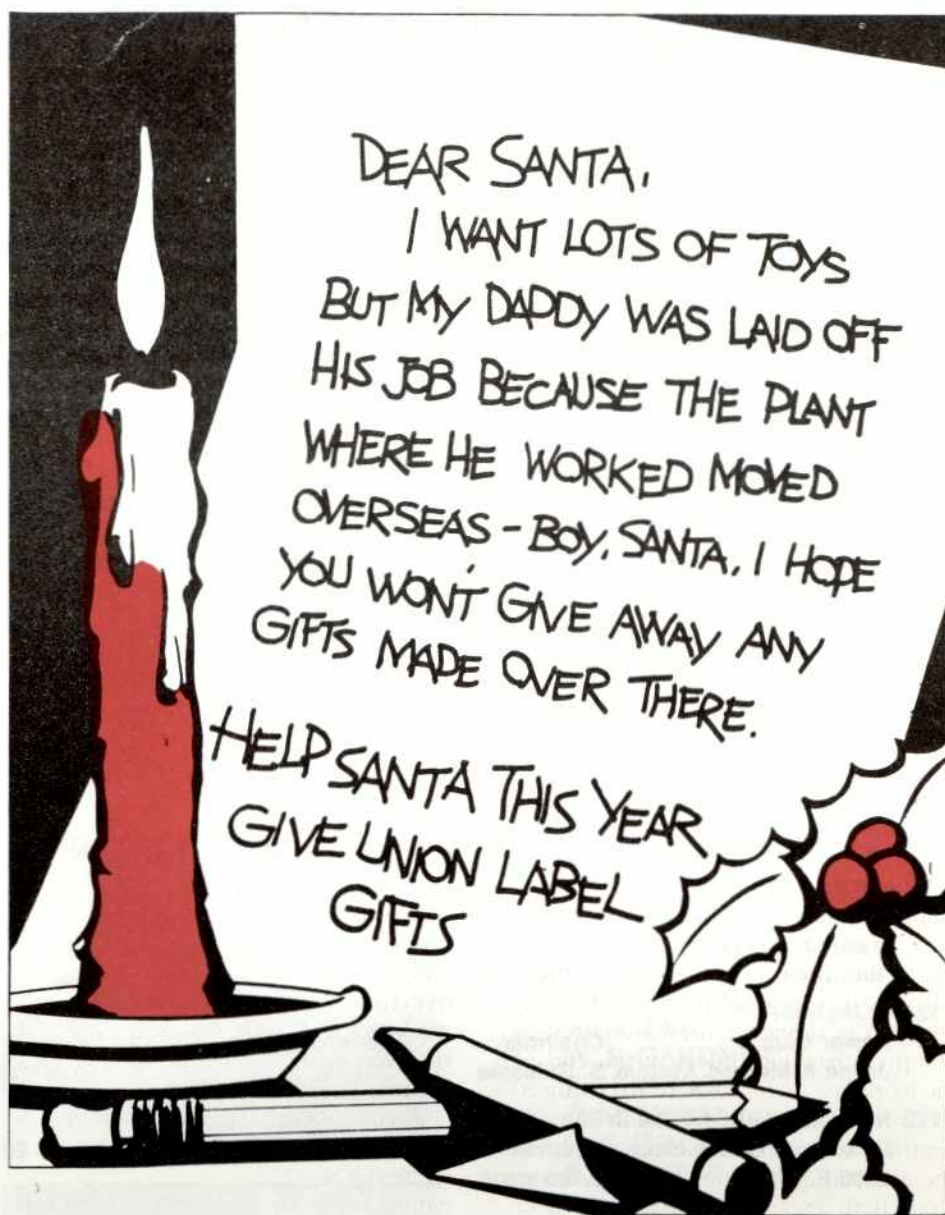
Geysers — The Geysers project is moving along well. We will probably put some men to work on our portion of the job early next year. The work will consist of building small substations.

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.



DEAR SANTA,
I WANT LOTS OF TOYS
BUT MY DADDY WAS LAID OFF
HIS JOB BECAUSE THE PLANT
WHERE HE WORKED MOVED
OVERSEAS - BOY, SANTA, I HOPE
YOU WON'T GIVE AWAY ANY
GIFTS MADE OVER THERE.

HELP SANTA THIS YEAR
GIVE UNION LABEL
GIFTS

Union Label and Service Trades Department, AFL-CIO

APPOINTMENTS Negotiating Committees

City of Alameda — Bureau of Electricity: Gary L. Krumbule, Mark A. Lantz and Ralph Murphy

Asplundh Tree Expert Company: John A. Clements

California-Pacific Utilities (Lassen): William Waltman and Timothy Madden

Sacramento Municipal Utility District: Gerald Funk and William C. Paynter

Tele-Vue Systems, Inc. (Dublin): Leonard Simmons

Grievance Committees

General Construction: Clyde Miller, Sr., replacing Marv Rubendall
San Jose Division: Norman R. Mercer, replacing Lawrence Bruce

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 Southern Area Board of Directors of the California Association of Recreation and Parks. He serves on the Barstow Park and Recreation Board of Commissioners.

Herb Stansbury'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 DeSabra Division Shop Steward and Unit Chairman in Local 1245.

Local 1245 member, Ronald E. Meier's son Ronald E., Jr. was given a special recognition award for his outstanding performance as a student leader in the 3413th Air Force School Squadron. The award was created to honor young Meier and will continue to bear his name when future awards are made to other deserving Airmen. Ronald E. Meier, Sr. is a Pacific Gas and Electric Company Equipment Operator in Fremont.

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

1978 - Attend your Local 1245,

SAN JOAQUIN

			Jan	Feb	Mar	Apr	May	Jun
1111 FRESNO Eagles Hall 1528 Van Ness	Chairman: D. Findley	Tuesday 7:30 p.m.	3	7	7	4	2	6
1112 BAKERSFIELD Central Labor Council 200 W. Jeffrey	Chairman: E. Mallory	Thursday 7:30 p.m.	12	9	9	13	11	8
1113 MADERA Malik's Lounge 427 So. Gateway	Chairman: L. Jameson	Thursday 7:30 p.m.	5	9	9	6	4	8
1116 CORCORAN Club Room 901 Chittonden	Chairman: F. Torres	Thursday 7:30 p.m.	19	23	23	20	18	22
1117 WASCO Power Club 1101 - 12th St.	Chairman: T. Caterlin	Wednesday 7:00 p.m.	11	8	8	12	10	14
1118 CRANE VALLEY Power House #2 Office	Chairman: E. Prindiville	Thursday 7:30 p.m.	12	16	16	13	11	15
1119 BALCH Power House	Chairman: R. Bugg	Tuesday 6:30 p.m.	17	21	21	18	16	20
1120 SELMA Masonic Lodge 2012 High	Chairman: R. Cameron	Wednesday 5:00 p.m.	4	1	1	5	3	7
1121 COALINGA Power Club Jayne & Merced Avenue	Chairman: S. Gillespie	Wednesday 7:30 p.m.	18	22	22	19	17	21
1122 MERCED IRRIGATION DISTRICT Pine Cone Coffee Shop 2000 E. Childs	Chairman: J. Goodson	Tuesday 7:30 p.m.	17	21	21	18	16	20
1123 MERCED Pine Cone Coffee Shop 2000 E. Childs	Chairman: M. O'Dell	Tuesday 7:30 p.m.	10	14	14	11	9	13
1124 LOS BANOS Fireman's Hall 520 "J" Street	Chairman: F. Wright	Wednesday 7:30 p.m.	11	8	8	12	10	14

COAST VALLEY

			Jan	Feb	Mar	Apr	May	Jun
1211 SALINAS American Legion Hall 14 W. Laurel Drive	Chairman J. Collenback	Tuesday 8:00 p.m.	3	7	7	4	9	6
1214 MOSS LANDING Odd Fellows Hall 17-A East Beach Watsonville	Chairman: J. Greensides	Thursday 7:30 p.m.	5	9	9	6	11	8
1215 SAN LUIS OBISPO Elks Lodge 222 Elk Lane	Chairman: M. Maysey	Wednesday 8:00 p.m.	11	15	15	12	17	14
1216 SANTA MARIA Vandenberg Inn 1316 So. Broadway	Chairman D. Woods	Thursday 8:00 p.m.	12	16	16	13	18	15
1217 PASO ROBLES Elks Lodge 1420 Park Street	Chairman T. Tweedie	Tuesday 7:00 p.m.	10	14	14	11	16	13
1218 LOMPOC 514 South I Street	Chairman: W. Herrier	Monday 7:30 p.m.	9	13	13	10	15	12
1219 Hollister Paines Resturant 421 East	Chairman J. Johnson	Wednesday 7:00 p.m.	4	8	8	5	10	7

PIPE LINE

			Jan	Feb	Mar	Apr	May	Jun
1311 BARSTOW V.F.W. Club Room 25214 W. Main Street	Chairman W. Blevins	Wednesday 4:45 p.m.	4	1	1	5	3	7

SANTA CLARA

			Jan	Feb	Mar	Apr	May	Jun
1411 CITY OF SANTA CLARA Clover Hall 99 N. Bascom	Chairman: B. Blankenship	Thursday 7:00 p.m.	12	9	9	13	11	8

SAN JOSE

			Jan	Feb	Mar	Apr	May	Jun
1501 SAN JOSE CLERICAL Clover Hall 99 N. Bascom	Chairman: B. Symons	Thursday 8:00 p.m.	5	2	2	6	4	1
1511 SAN JOSE Clover Hall 99 No. Bascom	Chairman: L. Williams	Tuesday 8:00 p.m.	17	21	21	18	16	20
1512 BELMONT Good Shepherd Hall 1336 - 5th Avenue	Chairman: E. Larsen	Wednesday 8:00 p.m.	11	8	8	12	10	14
1513 SANTA CRUZ Arion Hall 230 Plymouth St.	Chairman: A. Barson	Tuesday 8:00 p.m.	10	14	14	11	9	13
1514 SAN JOSE AREA - GENERAL CONSTRUCTION Clover Hall 99 No. Bascom	Chairman: R. Swilley	Tuesday 8:00 p.m.	3	7	7	4	2	6

OAKLAND

			Jan	Feb	Mar	Apr	May	Jun
2211 OAKLAND GENERAL Edgewater-Hyatt House 455 Hegenberger Road	Chairman: R. Murphy	Thursday 5:00 p.m.	12	8	8	13	11	8

EAST BAY

			Jan	Feb	Mar	Apr	May	Jun
2301 EAST BAY CLERICAL Golden Gate Lanes El Cerrito	Chairman: D. Nestroyl	Tuesday 5:30 p.m.	17	21	21	18	15	19
2311 OAKLAND Edgewater-Hyatt House 455 Hegenberger Road	Chairman: R. Shepherd	Tuesday 5:00 p.m.	3	7	7	4	2	6
2312 EAST BAY AREA- GENERAL CONSTRUCTION Edgewater-Hyatt House 455 Hegenberger Road	Chairman: R. Brewer	Wednesday 5:30 p.m.	4	1	1	5	3	7
2314 HAYWARD Elegant Ranch 22865 Atherton	Chairman: J. Obermeyer	Wednesday 8:00 p.m.	11	8	8	12	10	14
2316 CONCORD I.B.E.W. Local 1245 3063 Citrus Circle Walnut Creek	Chairman: R. Hoyer	Thursday 8:00 p.m.	12	9	9	13	11	8
2317 ANTIOCH Fiberboard Club 2nd & L Street	Chairman: F. Harbrecht	Tuesday 8:00 p.m.	10	14	14	11	9	6

SAN FRANCISCO

			Jan	Feb	Mar	Apr	May	Jun
2401 SAN FRANCISCO CLERICAL Sheraton Palace Hotel Market & New Montgomery	Chairman: L. Samson	Wednesday 5:30 p.m.	11	8	8	12	10	14
2412 SAN FRANCISCO War Memorial Center 6655 Mission Street Daly City	Chairman: R. Fitzsimmons	Wednesday 7:30 p.m.	4	1	1	5	3	7

STOCKTON

			Jan	Feb	Mar	Apr	May	Jun
2511 STOCKTON Jesters Club 6011 N. West Lane	Chairman P. Nickeson	Thursday 7:30 p.m.	5	2	2	6	4	1
2514 TRACY Norm's Pizza Parlor 2227 Tracy Blvd.	Chairman M. Duarte	Tuesday 5:00 p.m.	10	14	14	11	9	13

IBEW Unit Meeting! - 1978

STOCKTON (Continued)

			Jan	Feb	Mar	Apr	May	Jun
2515 MODESTO	Sundial Lodge* 808 McHenry	Chairman M. Johnson	Wednesday 7:30 p.m.	11	8	8	12	10 14
2516 LODI	Sr. Citizen's Hall 113 N. School St.	Chairman G. Rees	Thursday 7:30 p.m.	12	9	9	13	11 8
2517 SONORA	I.O.O.F. Hall	Chairman: J. Robinson	Tuesday 7:30 p.m.	3	7	7	4	2 6

SACRAMENTO REGIONAL TRANSIT DISTRICT

			Jan	Feb	Mar	Apr	May	Jun
3011 SACRAMENTO REGIONAL TRANSIT DISTRICT	1412-21st Street Sacramento	Chairman: W. Nunez	Wednesday 3:00 p.m. & 4:45 p.m.	11	8	8	12	10 14

PACIFIC GAS TRANSMISSION

			Jan	Feb	Mar	Apr	May	Jun
3021 SANDPOINT	Traveler's Hotel	Chairman: R. Hess	Wednesday 7:00 p.m.	11	8	8	12	10 14
3023 WALLA WALLA	Touchet Fire Station	Chairman: A. Howell	Wednesday 7:00 p.m.	11	8	8	12	10 14
3024 REDMOND	86 Corral Club Stockman's Room North 6th Street	Chairman: W. Miller	Thursday 7:00 p.m.	12	9	9	13	11 15

HUMBOLDT

			Jan	Feb	Mar	Apr	May	Jun
3111 EUREKA	Veterans' Memorial 10 & H Streets	Chairman: H. Darington	Tuesday 7:30 p.m.	10	14	14	11	9 13
3112 GARBERVILLE	Fireman's Hall Locust Street	Chairman: A. Weber	Thursday 5:00 p.m.	12	16	16	13	11 15

SHASTA

			Jan	Feb	Mar	Apr	May	Jun
3211 RED BLUFF	Palomino Room 723 Main Street	Chairman: H. Iness	Thursday 7:30 p.m.	5	9	9	6	4 8
3212 REDDING	Hospitality House 532 N. Market	Chairman: J. Eide	Tuesday 7:30 p.m.	3	7	7	4	2 6
3213 BURNEY	Woodworker's Hall	Chairman: W. Rodriguez	Thursday 7:30 p.m.	12	16	16	13	11 15
3216 TRINITY	New York Hotel Weaverville	Chairman: A. Wells	Tuesday 7:30 p.m.	10	14	14	11	9 13

NEVADA

			Jan	Feb	Mar	Apr	May	Jun
3311 RENO	Carpenter's Hall 1150 Terminal Way	Chairman: P. Lantis	Tuesday 7:30 p.m.	3	7	7	4	2 6
3315 ELY	Mt. Wheeler Various	Chairman: J. Salvi	Tuesday 7:30 p.m.	10	7	14	11	9 13

DESABLA

			Jan	Feb	Mar	Apr	May	Jun
3411 CHICO	Retail Clerks Hall First & Sheridan	Chairman H. Stansbury	Wednesday 7:30 p.m.	11	15	15	12	10 14
3417 PARADISE	Veterans Memorial Bldg. Skyway	Chairman: W. Harris	Tuesday 7:30 p.m.	10	14	14	11	9 13

DRUM

			Jan	Feb	Mar	Apr	May	Jun
3511 AUBURN	Moose Lodge Sacramento & High Auburn	Chairman: P. Harrigan	Tuesday 7:30 p.m.	10	14	14	11	9 13
3512 ROSEVILLE	Moose Lodge 506 Lincoln St. Roseville	Chairman: T. Tutor, Sr.	Monday 5:00 p.m.	16	20	20	17	15 19

*Check Lobby for Room No.

DRUM (Continued)

			Jan	Feb	Mar	Apr	May	Jun
3513 GRASS VALLEY	Loyal Order of Moose 698 Whiting Street Grass Valley	Chairman: W. Webber	Wednesday 7:30 p.m.	18	15	15	19	17 21

COLGATE

			Jan	Feb	Mar	Apr	May	Jun
3611 MARYSVILLE	Straw Hat Pizza 735 Colusa Hwy Yuba City	Chairman: C. Larsen	Tuesday 6:00 p.m.	17	21	21	18	16 20

NORTH BAY

			Jan	Feb	Mar	Apr	May	Jun
3711 MARIN COUNTY	Sam's 209 Third Street San Rafael	Chairman: D. Madden	Thursday 7:30 p.m.	12	9	9	13	11 8

			Jan	Feb	Mar	Apr	May	Jun
3712 SANTA ROSA	Labor Center 1706 Corby Avenue Santa Rosa Avenue Off Ramp	Chairman: H. Stiefer	Tuesday 8:00 p.m.	3	7	7	4	2 6

			Jan	Feb	Mar	Apr	May	Jun
3714 Ukiah	Ukiah Grange South State	Chairman: J. Trunnell	Thursday 8:00 p.m.	5	9	9	6	4 8

			Jan	Feb	Mar	Apr	May	Jun
3716 NAPA	American Legion Hall 1240 Pearl Street	Chairman: S. Sleeper	Tuesday 8:00 p.m.	10	14	14	11	9 13

			Jan	Feb	Mar	Apr	May	Jun
3717 FORT BRAGG - PT. ARENA	Presbyterian Church Pine and Main Fort Bragg	Chairman: D. McDonell	Wednesday 5:00 p.m.	4	8	8	5	3 7

SACRAMENTO

			Jan	Feb	Mar	Apr	May	Jun
3811 SACRAMENTO	Dante Club 2330 Fair Oaks Blvd.	Chairman: G. Johnson	Tuesday 7:30 p.m.	3	7	7	4	2 6

			Jan	Feb	Mar	Apr	May	Jun
3812 VACAVILLE	Chamber of Commerce 400 Monte Vista Street	Chairman: A. Murray	Thursday 7:00 p.m.	12	9	9	13	11 15

			Jan	Feb	Mar	Apr	May	Jun
3813 PLACERVILLE	Round Table Pizza Parlor 512 Main Street	Chairman: W. Tomlinson	Wednesday 5:00 p.m.	4	1	1	5	3 7

			Jan	Feb	Mar	Apr	May	Jun
3815 DAVIS G.C.	Gallery Veterans Memorial Center 203 East 14th Street Club Room	Chairman: N. Brownlee	Wednesday 7:30 p.m.	4	1	1	5	3 7

S.M.U.D.

			Jan	Feb	Mar	Apr	May	Jun
3911 SACRAMENTO MUNICIPAL UTILITY DISTRICT	Dante Club 2330 Fair Oaks Blvd.	Chairman: T. Smiley	Wednesday 5:00 p.m.	4	1	1	5	3 7

			Jan	Feb	Mar	Apr	May	Jun
3912 FRESH POND - (SMUD)	Moose Hall Meyer Road, Camino	Chairman: C. Vanderpool	Tuesday 5:00 p.m.	3	7	7	4	2 6

CITIZENS UTILITIES COMPANY

			Jan	Feb	Mar	Apr	May	Jun
4012 SUSANVILLE	Grand Cafe Main Street	Chairman: M. Kostick	Wednesday 7:30 p.m.	4	1	1	5	3 7

			Jan	Feb	Mar	Apr	May	Jun
4013 ALTURAS	Elks Lodge Main Street	Chairman: R. Kristenson	Tuesday 7:30 p.m.	3	7	7	4	2 6

			Jan	Feb	Mar	Apr	May	Jun
4014 ELK GROVE	Pizza Barn 8610 Elk Grove Blvd.	Chairman: E. Petersen, Jr.	Wednesday 5:30 p.m.	18	15	15	19	17 21

			Jan	Feb	Mar	Apr	May	Jun
4015 BURNEY - C.U.C.C.	Woodworker's Hall	Chairman: F. Crowe	Thursday 5:30 p.m.	12	9	9	13	11 15

TREES

			Jan	Feb	Mar	Apr	May	Jun
4411 DAVEY TREE - LAS VEGAS	I.B.E.W. Hall 4321 E. Bonanza Road	Chairman: C. Davison	Wednesday 7:30 p.m.	4	1	1	5	3 7

Merry Christmas

DEAN COFER

(Continued from page one)

months. Service awards are presented to members who reach 20, 25, 30, 35 or more years of service in the Local Union. These brave Brothers and Sisters joined the Union at a time before a union security rule existed making it mandatory to belong, remained members even though they had the ability to "drop out", and joined during a period of time when union membership wasn't particularly appreciated by the employers. New unionists owe these

honored "old timers" a debt of gratitude for sticking with us through the hard years, and for passing on to us a solid foundation of Union principles and democratic organization. If we can do half the job these "old timers" have done, then the Union is in good hands.

In closing, on behalf of the officers and staff of Local Union 1245, I would like to wish you and yours a Happy Holiday Season.



Major AFL-CIO Shift

Political Candidates Must Earn Labor's Support

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 Los Gatos, 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 196.0 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.

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 Henning, Executive Secretary of the State Federation of Labor, Al Gruen, 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 SPPC 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 I.B.E.W., Local 1245 as their certified bargaining representative. However, there were two contested voters 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.

* * *

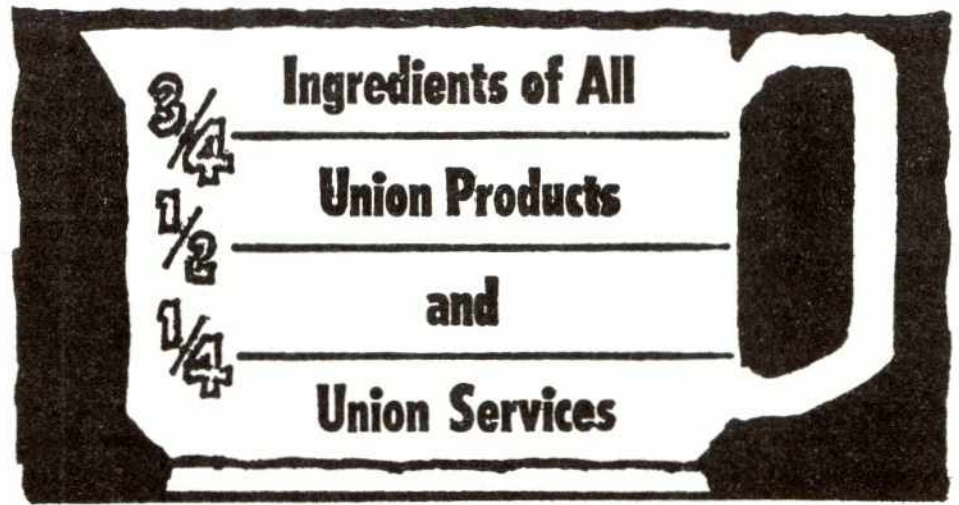
Nevada Power Company: Formal notice has been served to Nevada Power Company by Local Union 1245 of its desire to commence negotiations.

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 Elko 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 3311 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.

Full Measure of Quality!



UNION LABEL AND SERVICE TRADES DEPT., AFL-CIO

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 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.

Awarding 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.

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 flow of heated air from the furnace, reducing its efficiency.
5. **False.** A shower 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.
8. **True.** According to a 1973 report from the U.S. Office of Consumer Affairs.
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 Refrigeration 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°.** 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°.** A 68 degree F. thermostat setting is recommended for indoor winter use by the Federal Energy Administration.
19. **6 inches.** A minimum of six inches of ceiling insulation (R-19) is recommended to retard heat loss. Some utilities recommend as much as 12 inches in your attic. The "R" value is a factor used to describe the resistance of a material to the flow of heat.
20. Average kwhr used annually:

1. Range	1,200
2. Color TV	500
3. Dishwasher	360
21. **True.** The electric water heater uses 4,800 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. "frost-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 or more 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 savings resulted when using a microwave oven when it was more efficient plus 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. **(c) 50%.** Each additional pane of glass will roughly 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 by 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 **28 to 30**, 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.**



YOU'VE BEEN IN SUPERVISION SIX MONTHS AND NO COMPLAINTS FROM THE MEN... MAYBE WE MADE A MISTAKE IN PROMOTING YOU.

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. Safeway'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.

SAN JOAQUIN DIVISION

BOBBITT, KATHI J.
CARTER, DARLENE M.
CONLEY, DORIAN D.
GENDRON, LINDA K.
HANSEL, LINDA S.
HANSEN, CHRIS E.
HARP, DOUGLAS G.
KERBER, DUANE A.
OROSCO, RICHARD
RANDOLPH, DANDRA L.
THOMPSON, JAMES P.

MERCED IRRIGATION DISTRICT

BRONZINI, CARLO A.
TELLES, ROBERT E.

COAST VALLEY DIVISION

FLOREZ, KIRSTEN D.
FOSTER, R. C.
FULLMER, DWIGHT D.
HANKS, LYNDON E.
HARRELL, CECIL E.
JACOBSON, MARYANN T.
KOELKER, HENRY J.
MARTIN, ERIC A.
RAMOS, DONALD L.
WELCH, DAVID M.
WESCOM, GARY R.
WIDEMAN, JAMES B.

TELEPROMPTER OF LOMPOC

WEAVER, HUMBERT

MONTEREY PENINSULA TV CABLE

IRVINE, JIM W.

PIPELINE OPERATIONS

BROWER, GORDON C.

MURRAY, WILLIAM

SAN JOSE DIVISION

BUTI, MARCUS A.
CHOATE, DONALD E.
CONTRERAS, BARBARA B.
GRANT, JANIE E.
HENRIX, JUNE E.
JACKA, CHRISTOPHER
JUNIO, JOSE S.
MATULICH, BRUCE M.
OVERTON, KENNETH J.
PENDROD, MARTIN R.
THEMOLEAS, ANDREW

TELEPROMPTER OF SANTA CRUZ

KOLENDAR, RONALD J.
TRIMINGHAM, SUSAN W.
WELTY, LORI E.

EAST BAY DIVISION

ABE, JEAN M.
BEMISH, JEFFERY W.
BRAUNSCHWEIGER, WILLIAM
CARPENTER, HARRY L.
COOPER, FLOYD
COUSINS, JACK W.
DERENIA, THOMAS W.
ENRIQUEZ, RICHARD S.
GUYMON, MARY ANN
HURTADO, ANTONIO JR.
LAIRD, TIMOTHY A.
LEE, ARLENE J.
MARSHALL, MATTIE
MATSON, CHRIS L.
MENDOZA, CAROL A.
MOORE, LOUISE E.
SMITH, JOYCE A.
STRATTON, ROBERT
WELLS, MICHAELA

BAY CABLEVISION

HUIHUI, WILLIAM F.

TELEPROMPTER OF NEWARK

FRANKENSTEIN, JOHN R.
LESNANSKY, RONALD S.

SAN FRANCISCO DIVISION

BALDASSARRE, ASSUNTA
CERVELLI, DENISE J.
DeOCAMPO, MARY J.
ERNST, MARY ANN
GUTIERREZ, ANTONIO M.
LEE, SANDRA
McCLELLAN, DAVID
SWANK, TERRY L.
WINKLER, RODNEY H.

GENERAL OFFICE DIVISION

ALLEN, LINDA M.
ANDERSON, SHARON
BERNDTSON, MARILYN
CHEYOVICH, DORIS M.
CLEMONS, LUISE
COLON, NANCY

HARDWICK, WILLIAM C.
HILL, NATHAN L.
KEY, CYNTHIA M.
LEDESMA, MANSUETA A.
MAMERTO, IDNA G.
MISCHEAUX, VERONICA M.
MORALES, ELENA
POWER, DEBORAH M.
STEIN, LORI A.
WASHINGTON, MARION G.
WILLIAMS, ELIZABETH C.
WILLIAMS, JOY D.

STOCKTON DIVISION

DAVIS, MICHAEL F.
DEAL, RONALD J.
DICCE, DOMENICK M.
DRAGOO, ROBIN R.
FADER, CHRISTINE C.
HONEGGER, JAMES R.
HUGHES, BETTY L.
OLIVIERI, JAMES A.
PENNINO, PHILLIP A.
TAYLOR-SPENCER, ELIZABETH
WALLACE, JEROLD W.

SACRAMENTO REGIONAL TRANSIT

BURNSIDER, MARGARET J.
CAVANA, KENNETH V.
LIM, KENNETH
ROLAND, PETER L.
RUIZ, ROBERT R.

SHASTA DIVISION

ALDERMAN, LAURIE E.

SIERRA PACIFIC POWER

PEDIGO, ALFRED E.
WATKINS, TOM R.

CAL-PAC (WINNEMUCCA)

ROSE, DONALD L.

DE SABLE DIVISION

COOK, ARIC B.
FOLSOM, 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 L.
ELMORE, MELANIE K.
FOLLAND, ROLEEN H.
FREDIANI, STEVEN M.
HARRISON, BILL S.
KINNEY, LARRY W.
LILIENTHAL, JOSEPH
MAK, WARREN R.
SCHARSCHNUDT, 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
BRANDLEY, ALLEN K.
GUTHRIE, RICHARD W.
HERNANDEZ, FRANK I.
HILL, ERIC S.
McAFEE, GEORGE T.
MARTINEZ, CHARLES T.
MEDINA, FIDEL A.
REIBER, JAMES R.
TYLER, RICHARD S.
WASHINGTON, LARRY

CITIZENS UTILITIES COMPANY

BARNABE, CHARLOTTE S.
BOEDECKER, GERALD L.
COLLEY, BARBARA J.
HALLER, KATHLEEN J.
HASH, MARTIN D.
TRECCE, BOYD S.
WEED, BEVERLY L.

GENERAL CONSTRUCTION

AMARAL, JERRY B.
ARNOLD, CHARLES P. III
BANBER, DREW C.
BARRY, BILL D.
CALDWELL, MIKE L.
CARTER, THOMAS H.
CASEBOLT, BRIAN J.
CHAPMAN, DONA R.
CLARK, WILLIAM H.
COMPAGNA, KATHLEEN A.
DALBY, RANDALL L.
DAMRON, CHRIS D.
DECARLO, DOMINICK F.

DOUGLASS, WALLACE E. JR.
DUNCAN, RONALD A.
FILLMER, GERALD E.
FISHER, DAVID E.
GOFORTH, CAROL L.
GONZALES, JOE JR.
GORDON, LARRY F.
GOUVEIA, LAWRENCE
GRANGE, HARVEY III
GRIFFIN, ARLEN
HARGUESS, EDDIE D.
HARRIS, LARRY J.
HILL, DANIEL J.
HILLBERG, ROGER D.
JENKINS, RICHARD B.
JENKINS, ROBERT L.
JONES, JOSEPH S.
KELLY, TIMOTHY R.
KRESCH, MARK A.
LaVIGNE, JEFFREY W.
LEE, TONNY R.
LINDSEY, GEORGE B.
LINT, STEPHEN R.
LISTON, FRANCIS L.
AMDSN, STEVEN J.
MARTIN, GARY W.
MARTINEZ, MIKE G.
MAYNARD, KENNETH R.
McCARTNEY, PATRICK W.
MITCHELL, CRAIG A.
MOSS, CALVIN R.
PIERCE, EDWARD F.
PINA, RALPH
ROBERTSON, DANIEL M.
ROLES, STEVEN D.
SCHEUERMAN, JEAN A.
SAHUYLER, GEORGE E.
SESSIONS, ALWYN M.
SIMONDS, STEVEN L.
STATS, PETER A.
VADON, TIM I.
VAN HATTEN, PIETER JR.
WEST, MICHAEL M.
WESTPHAL, RICHARD E.
WHITMIRE, RICHARD W.
WOLF, GLEN G. III
WRIGHT, MARGARET E.

DAVEY TREE COMPANY
BALL, BRIAN C.
BARRAGAN, JOHN F.
BAUMBACH, SCOTT G.
CASH, DON D.
CAGNINA, MICHAEL A.
DeWITT, MIKE A.
DIETZ, PAUL
KNOLLENBERG, KURT
LAWHON, RODNEY R.
LINKEMAN, DANNY E.
LOBATO, RAYMOND A.
MAYES, DAVID E.
MERKEL, TIMOTHY S.
OSBORNE, J.B.
PORTER, THOMAS C.
RYAN, PAT M.
VILLA, ROBERT

PACIFIC TREE COMPANY
AYERS, CONNIE
CORY, RUSSELL W.
CRABTREE, HAROLD D. JR.
DaSILVA, RONALD E.
HOWATT, JEFF E.
SPENCER, EDWARD W.
STANSBURY, BERT E.

TELEPHONE CONSTRUCTION
CARR, PAUL
BISEK, DAVID
FARLEY, DAVID
LINNENBRINK, RICHARD J.
RAFFETY, MIKE
WEHINGER, WILLIAM JAS.
WILLIAMS, RONALD D.
HOLT, VIRGIL

OROVILLE-WYANDOTTE I.D.
DAVENPORT, DOUGLAS
NICHOLS, MELVIN L.

CITY OF GRIDLEY
CARNES, MAXINE M.
COLE, MARION W.
GROF, WINNIFRED A.
ROBERTS, BARBARA B.

BUREAU OF RECLAMATION
ALLEN, RICHARD

GENERAL CONSTRUCTION
DAUGHERTY, ROBERT G.

MISC.
MARSHALL, ROBIN

STAFF
GADZIK, CHARLES
RUTHERFORD, PATRICIA A.

Service Awards Presentation Banquet in East Bay Division

30 YEARS

LELAND D. BURCH
PAUL D. COPE
G. E. JACOB
EINO E. KALLIO
DALE REYNOLDS
MANUEL G. ROMERO
J. J. WILDING

25 YEARS

D. L. ARMSTRONG
E. JOSEPH ASSANTE
ALBERT BARONE
C. W. BELL
K. J. 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
E. W. CLARK
GENE CLARK
R. F. CLARK
H. J. COBERN
PATRICK CONNEELY
J. J. CONWAY
M. H. COSMEZ
JOHN DAVIDSON
JOAN E. DELARROZ
J. M. DORAN
CHRIS EIFERLE, JR.
J. A. EKSTROM
M. ELDER
F. F. FAHY
F. A. FLORES, JR.
E. E. FOSTER
W. P. FREITAS
E. G. FRIAR
L. T. GILLIS
A. GRAJERA
E. A. GRANAHAN
L. L. GREGORY
WALTER T. GRENFELL
B. G. GUNTER
J. F. HAMPTON
D. C. HANSEN
G. D. HARPER, JR.
W. HARRIS
C. P. "RED" HENNENBERRY
D. W. HITCHEN
R. T. HOUCHINS
R. K. HUDSON
A. L. HUNTER
D. JACKSON
T. D. JOHNSON
VERNON O. JOHNSON
K. L. JOHNSON, JR.
J. B. KIRK
C. M. KISSICK
M. O. LANDRUM
G. A. ARNOLD
M. V. BEARD
CARL BLOMGREN, JR.
D. D. BOYER
EDMUND G. BROWN
F. G. CHANDLER
NORMAN GARRISON
W. E. GILLASPY
R. M. KALSBECK
T. M. KVILHAUG
G. O. LAMB
R. B. LONDON
R. D. LUNDY
R. L. McNAMARA
C. E. MILLER
LORRAINE OLUND

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 McCauley, Manny Mederos, Veodis 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:



R. A. SCROGGINS
D. E. SEE
G. SEVERY
I. L. PLANCHON
H. L. SCHIPPER
J. D. SHAWVER
G. W. SMITH
L. J. STANFORD
T. H. VAN
C. E. VAN NOSTRAND
W. G. WALSH
ROBERT WULF
H. S. LAPUT
ELMER R. LOEPER
S. LOPES
M. LYDON
E. E. LYNCH, JR.
P. A. MACDONALD
F. S. MACMILLAN
E. MARTIN
D. H. MCGILL
C. F. MEHRTEN

ALFRED SILCOX
J. SLOAN
J. J. SOUZA
L. C. MIDDLEKAUFF
L. MORRISON
E. O'DONNELL
COLMAN O. O'MALLEY
MAX L. O'STARR
WM. OSWILL, JR.
R. B. OVERHOLTZER
L. M. PEDERSEN
J. G. PERRY
J. L. PERRY
J. D. POINDEXTER
C. S. PROTO
E. P. PUGEL
MANUEL J. RAMOS
ROBERT E. REED
J. W. RENSHAW, JR.
THOMAS D. REYNOLDS
R. R. RIDDLE
R. J. ROBBINS

DONALD R. ROBERTS
R. L. ROBINETTE
HARVEY ROGERS
L. R. SOUZA
I. L. STEELE
L. A. STENBERG
B. TANKSLEY
P. L. TAYLOR
H. J. THONI
GLENS TILLSTROM
PHILLIP A. TOLOSKO
N. E. TRAWICK
A. S. TRUMBLY
OSCAR B. TUMLIN
M. H. VALENTINE
D. J. VEDOVELLI
RAUL C. VEGA
R. L. VIGARS
H. W. VOSS
R. G. WORTH
DONALD A. ZUERNER
H. B. LUCAS

20 YEARS

R. H. BRUNSKILL
R. R. COBB
C. F. COOPER
P. A. DAVIS
DALE ERICKSON
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.
J. R. McLAUGHLIN
R. J. MEDINA
V. MISITA
J. H. MOSSER
C. W. NITTLER
J.C. PHILLIPS
W. A. RUDY
RAYMOND VECCHI
H. 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. FREDERICKS
C. H. GODDARD
P. T. GONSALVES
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. ROHLER
J. SAVELA
M. W. SCHOONOVER
B. C. SMITH
E. M. TAVARES
HAROLD W. WALTERS
KENNETH D. MYERS

Stockton Division Service Awards Presentation Banquets

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, as well as those with

exactly 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 Darington.

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. Salvatorezza
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.
L. C. Hickinbotham
F. J. Hubbard
C. A. Johns
J. H. Lewis
P. A. Luis
D. E. Mattley
T. J. McMurtrie
W. H. Oneto
E. L. Parra
J. Pulizzi
H. Vanvoris
Robert L. White
W. D. Williams
E. W. Bond
D. E. Brewer
Charles W. Burton

Reymond G. Munoz
Dudley Smith
N.E. Ashbaugh
E. H. Schutz
E. J. Guiliani
B. R. Nichols
F. G. Bonavia
W. A. Lagomarsino
R. F. Tonegato
D. J. Rasmusson
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 Caciappo
Benjamin Lugo
Leland Lyon
Jean Nau
Gene Podesta
John Traylor

25 years and over up to 30

J. P. Bruce
D. E. Campbell
J. A. Coe
C. O. Collier

T. R. Flack
J. J. Gauthier
H. L. Green
L. O. Helmich
J. E. Kane
J. W. Loades
K. J. Mcauley
S. T. Carlson
Andrew C. Goehring
R. D. Miner
L. T. Ghiorso
H. W. McIntire
J. E. Mierkey, Jr.
C. A. Pace
Chester F. Perkins
L. V. Queirolo
J. Ramsey
A. E. Royce
W. E. Scott
C. T. Skaggs
Robert N. Vela
M. T. Vlaovich
H. Schmollinger
Alma Merkel
T. M. Christian
Robert P. Baker
Victor Becker
James Lambie
Marvin-Loken
Joe G. Munoz
Wilburn Payne
Arthur Phillips
M. W. Powell
John Scheeringa
William Peitz

K. Boone
J. R. Mandic
T. R. Thornton
O. W. Lee
G. H. Vallem
W. A. Chambliss
J. A. Moore
H. L. Schmid
J. E. Keefe
R. S. Orr
W. C. Welsh
J. O. Allen
E. G. Davis
R. B. Marshall
R. W. Seibel
J. Vitale
C. J. Simmons
H. W. Hemenway
L. F. Ryan
M. L. Brooks
W. G. Godfrey
M. M. Kliest
W. R. McPherson
D. A. Miller
C. L. Filippini
K. L. Higdon
R. L. Nylen
D. A. Rovere

20 years and over up to 25

F. C. Ross
Marvin King
T. R. Flack
Bernard T. Sherry
Anthony Chirco

M. W. Brouner
E. W. Bond
W. E. Scott
Arthur E. Royce
Darrel Ladd
H. L. Apedaile
J. L. Bryan, Jr.
C. E. Dial
T. J. Frazer
J. E. Frey
Glenn E. Parker
C. V. Ramsey
D. E. Sellars
C. S. Selna
G. A. Sperry
R. Treat
W. L. Wright
L. C. Carter
L. Julius
Tom Mastoris
William Miller
Charles Hodgson
R. C. Dobbins
B. V. Dughi
Robert Giorgi
Tony Munoz
G. H. Adams
S. R. Cabral
Robert Thomas
H. J. Leazer
I. C. Hunt
A. A. Eutsler
Lyndale A. Bell
R. Rallios
H. M. Stanley Jr.

F. G. Burns
Edwin T. Hale
E. Eisenga Jr.
R. L. Lehr
D. C. Moore
E. Kaiser
Bernard Schmidt
Joseph J. Fraquero
J. P. Cole
Robert J. Richards Jr.
Donald M. Hester
Bert Logan
J. R. Kludt
R. E. Koch
C. C. Neill
L. J. Digiorno
J. Lafrank
H. Miller
M. A. Richards
A. A. Vetro
L. M. Roden
W. H. Boothe
Frank Leone
Melvin H. Buhrkuhl
B. P. Pontious
A. C. Alexander
Robert G. Goodell
C. M. Robertson
M. L. Wilcox
B. G. Clark
Eddie Brown
Jesse Carter
Sherwood Wynn

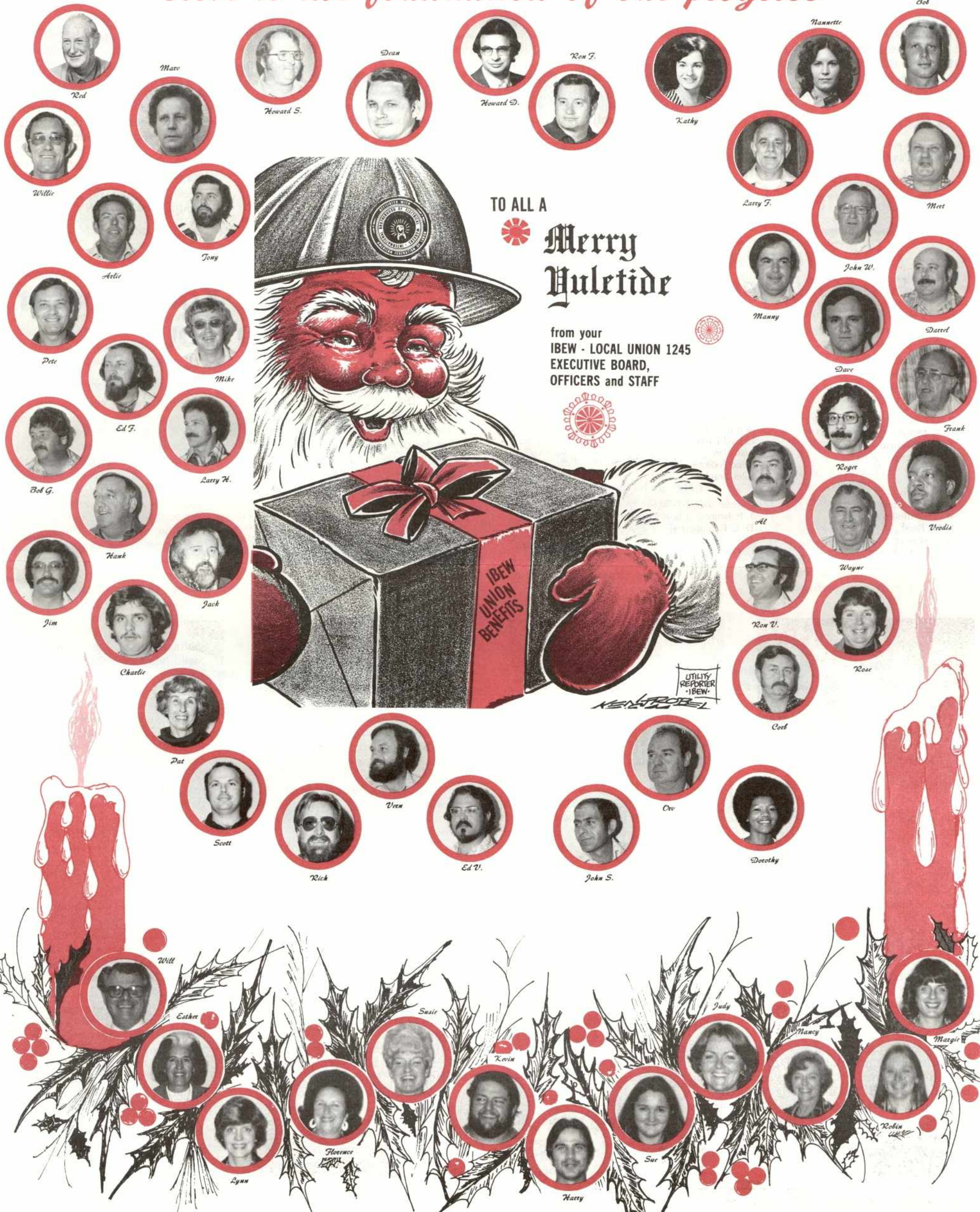
Altaville



Stockton



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



UTILITY
REPORTER
IBEW

Red

Marv

Howard S.

Dean

Ron F.

Nannette

Bob

Willie

Tony

Artie

Larry F.

Meat

Pete

Mike

Merry Yuletide

from your
IBEW - LOCAL UNION 1245
EXECUTIVE BOARD,
OFFICERS and STAFF



UTILITY
REPORTER
IBEW

Ed F.

Larry H.

John W.

Dave

Bob G.

Hank

Jack

Dave

Frank

Jim

Charlie

Pat

Vern

Ed V.

Wayne

Rose

Scott

Rich

Oev

Dorothy

John S.

Will

Ether

Suie

Kevin

Judy

Nancy

Margie



Lynn



Florence



Sue



Harry



Robin

The Safety Scene



LSHI Occupational Health & Safety Workbook

The Labor Safety and Health Institute, a nonprofit organization affiliated with the Consumer Commission on the Accreditation of Health Services, Inc., has issued *Occupational Safety and Health Workbook*. The *Workbook* incorporates the first six LSHI *Guides* 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 ovens.

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

—Monitor

DOL Orders Workers Paid For OSHA Inspection Time

The Labor Dept. has reversed an earlier decision denying pay for time workers spend accompanying federal OSHA inspectors.

Dr. Eula Bingham, Assistant Secretary of Labor for OSHA, made the announcement in an address before the recent Los Angeles convention of the Oil, Chemical, and Atomic Workers Union (OCAW).

Employers failing to pay will be charged with discriminating against their workers, Dr. Bingham said.

The decision reverses a 1971 OSHA ruling, upheld in a 1975 court case involving Mobil Oil refinery workers in Paulsboro, N.J. The Company refused to pay

two OCAW job representatives for five weeks spent accompanying OSHA inspectors in the plant.

Since 1971, Dr. Bingham said, "We have seen repeated incidents where OSHA inspections have ended up costing workers and their unions more money in lost pay than those inspections have cost employers in fines.

"I believe it is crucial that workers be able to exercise their rights under the Act by accompanying compliance officers without fear of economic penalty," she told the OCAW delegates.

—Los Angeles Times

(This case is presently being appealed.)

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 that fiber rich foods take up more chewing time and stomach space and help you feel full faster.

How much fat finds its way into your shopping cart? A gram of fat has a little over double the calories of a gram of carbohydrate or protein. The Senate Select Committee report recommended Americans cut fat consumption to about thirty percent of the diet's calorie total. It also advised reducing (but not eliminating) saturated fat intake and favored what is generally considered a "... prudent balance among fat types." It's best to follow your doctor's recommendations where heart or circulatory difficulties are involved.

One way to "chew the fat less" is to eat more fish and poultry and less meat.

Pass up higher priced, higher fat luncheon meat items in favor of lower fat, lower cost protein alternatives. Note that some lower priced meat cuts are also leaner and can be tender and tasty if properly prepared.

How do convenience foods compare to their homemade counterparts? Consider ingredient amounts, cost, calories, sugar, fat and salt content. **It pays to read labels carefully.**

Making shopping food for thought instead of "food for flab" may be healthier for both you and your purse!

Information You Can Use

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 magazines.

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.