



THE STOCK LINE

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SCIENCE CENTER OF NH HOSTS PROJECT LEARNING TREE ANNUAL MEETING



On April 21st, New Hampshire Project Learning Tree held their annual meeting at the Science Center of New Hampshire.

Project Learning Tree is a national award-winning educational training program for teachers and other educators working with students in kindergarten through twelfth grade. The program prepares students to make wise decisions about conservation practices and resource use.

The annual meeting recognized four outstanding supporters of Project Learning Tree's mission. They are (left to right)

Rocky Lane of Boise Cascade in Rumford, Me.; Brad Wyman of James River Corp. in Berlin, NH; Pamela Bapp of Newmarket, NH; and Mary Reynolds of the Urban Forestry Center in Portsmouth, NH. Margaret Gillespie is the State Coordinator of Project Learning Tree, based at the Science Center of New Hampshire in Holderness.

Since 1976, over 150,000 educators in 47 states, 5 Canadian provinces and Sweden have been trained to use Project Learning Tree.

EAP

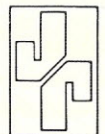
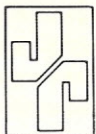
IF YOUR DRINKING IS CONTROLLING YOUR LIFE
PERHAPS IT'S TIME TO STOP!

WE CAN HELP

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Alcohol Problems, Call Your EAP

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EMPLOYEE ASSISTANCE PROGRAM



GUEST COMMENTARY

by **Leo O'Neil**, *Maintenance Planner*
and **Carl Holt**, *Cascade Machinist*

"WITH AN EYE ON SAFETY . . ."

Who would think that lubricating a bearing on a shut-down day, using a hand operated grease gun, could result in a serious accident? Roland C. Lamontagne now realizes that this is very possible.

On April 26, 1988, No. 3 Paper Machine was scheduled down for the day for maintenance. Roland, working in the Cascade Maintenance lubrication department, was assigned routine lubrication tasks to this machine that day. At approximately 2:15 PM he headed for the second press, grease gun in hand, to lubricate a newly installed bearing on a paper roll - totally unaware of the defect that had developed inside the hose connected to his grease gun. As Roland began to grease the bearing, the grease hose ruptured, spraying a fine stream of grease under extreme pressure directly toward his left eye! Roland was assisted down from the platform by two other tradesmen in the area and led to a near-by eye wash station where they assisted Roland in cleaning out the grease. He was then brought to the first aid station where further inspection and cleaning took place by RN Judith Carroll before being transported to Dr. Foord's office.

Roland returned to work within the hour with only a slightly irritated left eye. That fine stream of grease which was propelled from his hand gun (capable of developing 10,000 pounds of pressure) was stopped before it contacted his left eye by the safety glasses he was wearing. A stream of grease under this kind of pressure could very well have penetrated his eye - causing permanent vision impairment. This potentially serious accident was avoided because Roland recognized, after attending an eye protection safety presentation, that eye injuries could occur anytime and the best method to avoid an eye injury was to wear safety glasses at all times. The actions of the two assisting tradesmen, Bob Peters and Phil Morin, insuring the grease that had sprayed on Roland's face was properly cleaned off and assisting in flushing Roland's eye to further insure no grease was left in or around the eye, is to be commended. Their quick response to the situation eliminated the potential of Roland wiping grease into his eye.

Roland's sight may very well have been saved by his awareness that an eye injury could occur anytime - anyplace and 9 out of 10 injuries could be avoided by wearing proper eye protection.

Don't become one of the hundreds of thousands of employees nation-wide that suffer eye injuries, permanent vision impairments or blindness. Wear proper eye protection at all times, at work, home, or play — you never know when it may save your sight.

**Ber-Gor Bits****APRIL SERVICE AWARDS**

40 YEARS

Harry Johnson

35 YEARS

Richard Lavoie

Donald Devost

Linwood Johnson

20 YEARS

Raymond Vien

Dominic Baldassare

Raymond Labrecque

Normand Grondin

15 YEARS

Peggy Gunther

Roger Rousseau

Francis Ramsey

MAY SERVICE AWARDS

40 YEARS

Henry Roy

35 YEARS

Robert Kelley

Henry Dion

Roy Byrd, Jr.

Anthony Santucci

20 YEARS

Steven Marquis

Robert Caron

Normand Bergeron

15 YEARS

Raymond Belanger

Danny Vaillancourt

George Clark

Peter Fortier

Paul Letarte

Richard Alonzo

Rita Dentino

Gerard Beaulé

Paul Corriveau

Vincent Caruso

10 YEARS

Louise Dubay

Donald Ducharme

Sandra Dumont

Joseph Fodor

Romeo Lapointe

5 YEARS

Roland Labrecque

Daniel Laflamme

Andrew McKenzie

Mark Nadeau

Olivette Riendeau

Michael Shotts

Mark Cellupica

Roland Frenette

Norman Goupil

Marcel Perrault

Norman Pouliot

Ronald Riendeau

Richard St. Cyr

Paul Savard

Craig Cavagnaro

Ronald Cox

Ronald Dube

Alan Judson

Raymond Lacasse

John Lanteigne

John Lemieux

Norman Provencher

Harold Bigelow

Alan Croteau

xide generated by burning charcoal could build up.

- Avoid wearing loose, flowing clothing when you're the cook. The clothing could contact flames or hot coals.

How To Spot Stroke Signals

Surgery might prevent up to one out of every four strokes if people heeded warning signals and got help promptly, says the Congress of Neurological Surgeons.

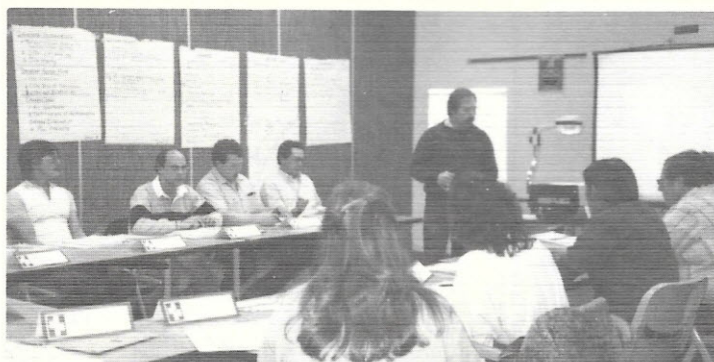
The signs include:

- One-sided weakness or numbness in a limb.
- Loss of speech or slurred speech.
- Blindness for an hour or two. Dimness or loss of sight.
- Dizziness and loss of balance.

How To Barbecue Safely

- Keep barbecue grills away from walls, overhangs and flammable materials.
- Handle charcoal starter fluid carefully. Never add more to a fire as it might explode.
- Don't let children or pets play near a grill. They can get burned or knock it over.
- Never use a grill in a garage or enclosed area where carbon mono-

A WORKSHOP CALLED PROBLEMS AND DECISIONS



Changes in technology, competition and the needs of our human resources all point to the fact that we live in a dynamic and changing world. Forces, which are internal and external, and providing the push to solve problems and make decisions in a fashion which provides the best possible results.

Everyone at one time or another has or will be called up to solve problems and make decisions. One's own experience might be on the job, or as a member of a social organization, or in one's personal life. Whatever the case may be the results may very well be important.

Like the skills of professional athletes our talents to solve problems need to be refined and developed. Athletes, in an effort to develop their techniques and skills practice before and after competition. We can do the same, with our skills to solve problems, in a workshop called Problems and Decisions.

The Problems and Decisions Workshop has been designed to

provide participants with a hands-on approach to developing their skills. Participants learn a seven step approach to solving problems and making decisions. The seven step method was developed by Richard Lyle and utilizes strategies and tactics to resolve different kinds of situations. Strategies focus on questions of involvement, when to act, and how the process should be managed. Tactics focus on techniques for accomplishing the task, taking into consideration the type of problem, resources, and the urgency of the situation.

The beauty of this method is its systematic, yet flexible approach to operational, technical and people problems, not to mention the fact it is easy to use.

Past participants have said the following about the workshop:

"I think the course is a very good one, no matter what field you work in."

"Generally had a good time. It was fun and educational."

"Gives the employee a systematic way of dealing with problems and decisions."

"A useful method for solving problems."

"Enjoyed the program. Would recommend it to anyone."

"Have a better understanding why my foreman makes the decisions he does."

"Good class. Would like to see others use this on the job . . ."

"A better systematic approach to dealing with problems. Effective anywhere."

OPERATOR TRAINING PROGRAM UPDATE

By Bill Evans

The Operator Training Program, for the Cascade Paper Division, has now been in operation for sixteen months. The main focus of the program has been to write operator manuals for the paper machine and to present classroom sessions on the paper making process.

The No. 3 paper machine training manual has been written, validated, and printed, and is being distributed to machine personnel. Don Lemire has completed the writing on the No. 2 paper machine manual. This material has been validated and is now being prepared for printing. The manual will be distributed some time in June. The No. 4 manual, written by George Lemire, has been through its first validation and some changes have to be made before printing can take place.

Classroom presentations on different aspects of the paper making process were implemented in early March. These sessions are being held twice a week for James River employees. This program is made up of four distinct presentations. Brad Schliem is presenting material on the different types of

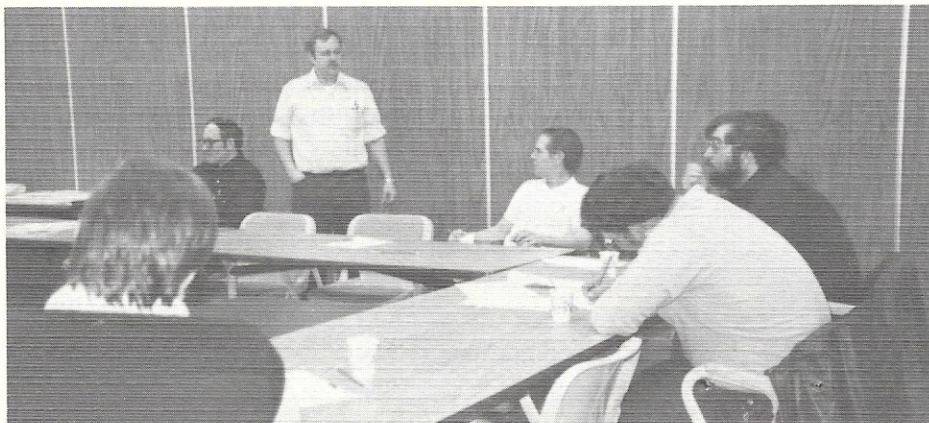
pulp we use in the process of paper manufacturing. Brad is also assisting Tad Michaud in presenting material on the No. 4 stock blending system. Joe Ramsdell is presenting a course on wet end chemistry, while Paul Morrissette and Mike Standel are involved with paper test and the new ship by the gauge program. A second classroom program on equipment, from the machine chest to the reel, is in the process of being implemented. Anyone who wishes to attend, please contact Bill Evans at Ext. 2721.

Dale Farrar has joined the training team and has started to compile information on the No. 1 paper machine rebuild. As everyone is well aware No. 1 is a very large project that will demand an excellent training program. Dale will be writing a training manual which will be completed and distributed before the first stage of the rebuild in October.

If anyone has any ideas or suggestions that will make the training effort more effective or if you have any questions about the program, please contact us at Ext. 2721.

Cascade Joint Safety Action Committee

By Frank Ramsey



The Cascade Joint Safety Action Committee was formed in early March to address some of the safety issues and concerns which had been evident for some time.

The Committee is made up of volunteers who have a genuine concern for the safety and well-being of all employees. After three organizational meetings, it was decided by the committee that there was a need for some team building. As a result of two days of team building, the following Mission Statement was generated:

"It is the mission of the Joint Safety Action Committee, in keeping with James River Corporate safety values and beliefs, to promote the well-being and increase the safety aware-

ness of all employees."

The team has also set goals of reducing the lost workday cases and OSHA reportables by 20% for Fiscal 1989. The next meeting, using input from the Cascade Managers' Safety meeting, will focus on incentive and awareness programs to be put into effect, which should help in achieving the goal. Current team members are, Bob Carpenter, Roger Gagnon, Kris Sjoström, Norm Reardon, Richard Allen, Dan St. Amant, Bill Poirier, Frank Eafrazi, Leo Caron, Mike Perreault and Frank Ramsey.

The Committee is always looking for input as well as support. Please feel free to contact any of the members with your suggestions.

SOBRIETY Daily Checklist

1. Did I ask for help from my Higher Power when I got up this morning?
2. If I work, did I go to work? If I go to school, did I go? If I am unemployed or retired, did I look for work or stay active somehow?
3. Did I read from my daily book?
4. Did I do something for someone else today?
5. Am I going to a meeting today?
6. Am I calling my sponsor today?
7. What step am I working on today?
8. How well am I treating my family today?
9. Am I talking over my resentment, fear, and sex problem with someone in the program today?
10. Am I remembering H.A.L.T.? (Don't get too hungry, angry, lonely, tired)
11. If I am doing as well as I can today, have I forgiven myself for the past?
12. Am I living one day at a time, letting my Higher Power handle the future?
13. Am I avoiding the pitfall of trying to make up for lost time?
14. Will I thank my Higher Power before sleeping for staying sober and clean today?

Taken from Recovery Plus

EDITOR/PHOTOGRAPHER: "Hunky" Rodrigue

ADVISOR: Ross Beattie-H.R.

Thank you to those who contributed to this issue of THE STOCKLINE. THE STOCKLINE is printed on James River Curtis Linen printing paper.

There is a saying in A.A. "Stick with the winners." I'd like you to read this about winners and losers.

WINNERS AND LOSERS

A winner respects those who are superior to him and tries to learn something from them.

A loser resents those who are superior, and rationalizes their notable achievements.

A winner explains: a loser explains away.

A winner goes through a problem: a loser tries to go around it.

A winner says, "there should be a better way": a loser says, "that's the way it's always been done here."

A winner shows he's sorry by making up for it: a loser says, "I'm sorry", but does the same thing next time.

A winner knows what to fight for and what to compromise on: a loser compromises on what he shouldn't and fights for what isn't worth fighting about.

A winner works harder than a loser, and has more time: a loser is always "too busy" to do what is necessary.

A winner is not afraid of losing: a loser is secretly afraid of winning.

A winner makes commitments: a loser makes promises.

SIX STRAIGHT A'S TO RECOVERY

1. **Abstinence** — Am I staying away from all mood-changing drugs?
2. **Acceptance** — Have I accepted my disease of addiction honestly?
3. **Avoidance** — As much as I can, am I staying away from the people, places and things that were part of my drinking and using?
4. **Action** — What action am I taking today to stay sober and clean? What am I doing to feel better and think more honestly?
5. **Aftercare** — Am I attending?
6. **Alcoholics Anonymous/Narcotics Anonymous** — Am I truly a part of the program?