Civilian Guidepost

Compiled and Edited by

CIVILIAN PERSONNEL OFFICE, MARINE CORPS BASE, CAMP LEJEUNE, NORTH CAROLINA Issuance of this periodical approved in accordance with Department of the Navy Publications and Printing Regulations

VOLUME 26 NO. 23

20 NOVEMBER 1981

HOLIDAY ROUTINE

THANKSGIVING DAY, 26 November 1981

This year the holiday falls on the anniversary of the first Presidentially proclaimed United States holiday -- Thanksgiving Day, November 26, 1789. Both houses of Congress had requested President George Washington choose a day for public thanksgiving and prayer. The proclamation was signed October 3, 1789.

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SOME PEOPLE DON'T KNOW ABOUT HIGH BLOOD PRESSURE -- MAKE SURE YOU DO

What do you know about high blood pressure? In the last eight years, Americans have become more aware that high blood pressure is a dangerous disease. In 1973, only 13 percent of Americans knew that high blood pressure is a major cause of heart disease. Today, almost twice that many, a quarter of our population, relate high blood pressure to heart trouble. A growing number of people also now know that high blood pressure leads to strokes and kidney failure.

The dangers of high blood pressure are better known. But some people still have the wrong ideas about this common illness. Some people confuse high blood pressure "control" with a cure. There is no cure for high blood pressure. To keep it under control, doctors usually use medication to bring down the pressure. People with high blood pressure can bring their pressure into the normal range if they follow their doctor's advice and take medicine every day. If they stop taking their pills, however, their blood pressure will go up again.

Another wrong idea about high blood pressure is that it only affects nervous and tense people. The medical term for high blood pressure is "hypertension." So some people wrongly assume that only anxious or tense people have high pressure, while calm and relaxed people have low or normal pressure. This isn't true. High blood pressure can affect anyone. It is a physical condition in which the heart and blood vessels are strained by blood pumping with too much force through the body. Lawyers, housewives, farmers, executives, students, nurses — anyone can have high blood pressure.

Some people think a headache, dizziness, or feeling bad are telltale signs that blood pressure is up. These, too, (continued on page 4 - BLOOD PRESSURE)

RIGHTS OF UNION REPRESENTATION

FOR

BARGAINING UNIT EMPLOYEES

The Civil Service Reform Act (CSRA) of 1978 established a right for bargaining unit employees who are examined by an agency representative in connection with an investigation. In covered situations, the agency may proceed with the examination (if it chooses to do so) only after the exclusive union has been afforded an opportunity to be present.

The following are pertinent to bargaining unit employees:

*The exclusive union has a right to be present during examination of an employee conducted by an agency representative (including all levels of supervisors) in connection with an investigation only when (a) the employee reasonably believes that the investigation may result in disciplinary action and (b) the employee requests representation.

The current Negotiated Agreement requires that employees be advised of their right to representation (by the Union or any person of their choice) during a discussion in connection with a preaction investigation. Since there is an Agreement whereby management obligates itself to notify an employee of this right to representation, such must be done under the specific circumstances set forth; i.s., during the discussion in connection with a preaction investigation. In all other cases, the employee, who reasonably believes that disciplinary action may result, must specifically request representation and the representation cannot be other than that provided by the Union.

*The purpose of the examination is basically to obtain information from the employee. When a union representative is present, the employee should be permitted to consult the representative. However, the union representative is not entitled to answer on behalf of the employee or to bargain with management regarding the results of the investigation.

*This right applies only where an employee is being questioned or examined in connection with an investigation. It does not apply to every day work-related communications between supervisors and employees, nor to discussions concerning job performance.

Questions regarding the above should be addressed to the Employee Relations Superintendent, Civilian Personnel Division, telephone extension 1458 or 1579.

STAFFING ANNOUNCEMENTS

Selection will be made without regard to age, race, sex, color, religion, national origin, lawful political affiliation, physical or mental handicap (if individual can adequately perform the job), or marital status.

Open Continuously

Licensed Practical Nurse, GS-3 TARGET GS-4, Ann. No. 63-81

Clerk, GS-2 and GS-3, Ann. No. 162-81

Laundry Worker, WG-2 and Presser, WG-2, Ann. No. 165-81

Clerk-Stenographer, GS-3 and Clerk-Typist, GS-3, Ann. No. 168-81

Laborer, WG-2 and WG-3, and Custodial Worker, WG-2, Ann. No. 176-81

Food Service Worker, WG-2, Ann. No. 188-81

Open for Specified Period

Supervisory Medical Technician, GS-7, Ann. No. 192-81, closes 20 November 1981

UPCOMING ANNOUNCEMENTS WATCH YOUR OFFICIAL BULLETIN BOARDS

WATCH YOUR OFFICIAL BULLETIN BOARD

Military Personnel Clerk (Typing), GS-4 Supervisory Supply Clerk, GS-5

Mason, WG-10

Carpenter, WG-9

Grocery-Produce Department Manager, GS-8

Laundry Machine Operator, WG-5

Voucher Examiner, GS-3 TARGET GS-4

Helper (All Options), WG-5

Open to the General Public

Clerk-Stenographer, GS-5, open until further notice Electronics Integrated Systems Mechanic, WG-9, open until further notice

Instrument Mechanic, WG-11, open until further notice Licensed Practical Nurse, GS-3, open until further notice Nurse Practitioner, GS-11, closes 2 December 1981 Grocery-Produce Department Manager, GS-8, closes 7 December 1981

Cytology Technician, GS-7, closes 23 November 1981

IMPORTANT NOTICE TO ALL SUPERVISORS

All excess annual leave subject to forfeiture, not previously scheduled by employees, must be scheduled by the supervisor on a Standard Form 71 not later than 28 November 1981. For guidance, refer to enclosure (2) of Base Order 12630.1G or call extension 1579 or 1458.

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ENERGY SAVING TIPS In Clothing

Slacks are at least one degree warmer than skirts.

Long-sleeved pajamas or a nightgown of napped or brushed fabric will keep you warmer at night.

COMPETITIVE SELECTIONS UNDER MERIT STAFFING PROGRAM EFFECTIVE OCTOBER 1981

Logistics

Gary E. Morton, Lithographic Pressman, WP-16 Ernest L. Bright, Machinist, WG-10 Audrey F. Maxwell, Supply Clerk (Typing), GS-4 Major J. Wells, Motor Vehicle Operator, WG-5 Walter T. Lamerton, Warehouse Worker Foreman, WS-5 Irma J. Loar, Cash Clerk, GS-4

Consolidated Automated Services Center

Henry Sullivan, Computer Assistant, GS-7 Dorothy E. White, Computer Assistant, GS-5

Base Maintenance

Gregory L. Shoemaker, Planner and Estimator (General), WD-8

Betty J. Geary, Accounting Technician, GS-5

Office of the Staff Judge Advocate

Audrey T. Stanley, Legal Clerk (Typing), GS-6

Civilian Personnel Division

Carolyn J. Arnold, Employee Relations Clerk (Typing), GS-4

Naval Regional Medical Center

Agnes E. Davis, Licensed Practical Nurse, GS-5
Charlie C. Gramby, Food Service Worker, WG-2
Coleen M. Wrightsman, Secretary (Typing), GS-4
Douglas R. Jenkins, Management Assistant, GS-7
James E. Drum, Computer Programmer, GS-9
Luke A. Hill, Food Service Worker Leader, WL-2
Franklin T. Marshburn, Carpenter, WG-9
Barbara A. Neville, Licensed Practical Nurse, GS-5
Betty L. Yopp, Financial Manager, GS-9
William A. Talmadge, Jr., Food Service Worker, WG-3
Donna M. Salinas, Supervisory Clerk-Typist, GS-6

Marine Corps Air Station (Helicopter)

Herma L. Hughs, Facilities Project Assistant, GS-5 Anne C. Dixon, Supply Clerk, GS-4 Ann C. Manship, Supply Clerk (Typing), GS-4

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INDIVIDUAL RETIREMENT ACCOUNTS

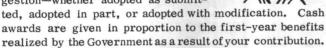
Beginning 1 January 1982, any wage earner will be eligible to start a special retirement savings account, called an individual retirement account (IRA). Tax saving advantages of an IRA are that the dollars invested and interest earned are not subject to federal or state income taxes until they are withdrawn during retirement years. The maximum allowed for deposit (after 1 January 1982) will be all of the depositor's income or \$2000, whichever is less. If a nonworking spouse is covered, the maximum amount will be \$2250. If a husband and wife are both employed, each can set up two IRA's, one for each. Interested employees should contact a financial institution (bank, savings and loan, credit union, insurance company, etc.) for details. Deposits to an IRA may be made by standard payroll allotment procedures.

GENERAL SCHEDULE SALARY RATES AS OF OCTOBER 1981

Step	1	2	3	4	<u>5</u>	6	7	8	9	10
GS- 1	\$ 8,342	\$ 8,620	\$ 8,898	\$ 9,175	\$ 9,453	\$ 9,615	\$ 9,890	\$10,165	\$10,178	\$10,439
GS- 2	9,381	9,603	9,913	10,178	10,292	10,595	10,898	11,201	11,504	11,807
GS- 3	10,235	10,576	10,917	11,258	11,599	11,940	12,281	12,622	12,963	13,304
GS- 4	11,490	11,873	12,256	12,639	13,022	13,405	13,788	14, 171	14,554	14,937
GS- 5	12,854	13,282	13,710	14,138	14,566	14,994	15,422	15,850	16,278	16,706
GS- 6	14,328	14,806	15,284	15,762	16,240	16,718	17, 196	17,674	18, 152	18,630
GS- 7	15,922	16,453	16,984	17,515	18,046	18,577	19, 108	19,639	20,170	20,701
GS- 8	17,634	18,222	18,810	19,398	19,986	20,574	21, 162	21,750	22,338	22,926
GS- 9	19,477	20,126	20,775	21,424	22,073	22,722	23,371	24,020	24,669	25,318
GS-10	21,449	22,164	22,879	23,594	24,309	25,024	25,739	26,454	27,169	27,884
GS-11	23,566	24,352	25,138	25,924	26,710	27,496	28, 282	29,068	29,854	30,640
GS-12	28, 245	29,187	30,129	31,071	32,013	32,955	33,897	34,839	35,781	36,723

... BENNY SUGGS OFFERS... SUGGESTION TIPS TO EMPLOYEES

Under the provisions of the Federal Incentive Awards Program, you may receive an award for an adopted suggestion—whether adopted as submit-



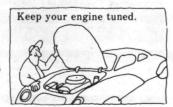
You have a much better chance of having your suggestion adopted if you begin with something you know; for example, the work of your own unit. Ask yourself What? Where? When? Who? How?

If you have trouble expressing your idea, talk it over with your supervisor. It is an integral part of a supervisor's responsibilities to encourage employees to submit suggestions and to assist them with submissions; so, you should not hesitate to seek advice and assistance from your supervisor.

Some ideas need more than words to illustrate clearly and quickly what they are—a picture is worth more than ten thousand words.

If you follow these pointers, you will have gone a long way toward having your suggestion adopted. If you have questions or need a Beneficial Suggestion form, call ext. 1579.

HOW TO GET BETTER MILEAGE FROM YOUR CAR...



For a free booklet with more easy energy-saving tips, write "Energy," Box 62, Oak Ridge, TN 37830.

We can't afford to waste it.
U.S. Department of Energy

BOX COSTS MORE THAN CONTENTS

Packaging and container costs for food and beverages often exceed the value of food ingredients inside, according to information released recently by the U. S. Department of Agriculture.

Beer packaging value is more than 5 times the value of the food component, the USDA information showed.

Ready-to-mix desserts, potato chips, table syrups, chewing gums, and soft drinks have a packaging value twice that of the food ingredients.

Breakfast cereals, soups, baby foods, frozen entrees and desserts have a packaging cost $1\frac{1}{2}$ times greater than the actual content. The packaging for cake mixes, condiments, wines, cookies, and crackers amounts to about 90 percent of the cost of the contents.

On the other hand, red meats, raw produce, cheese, sugar and butter packaging value is only 3 to 7 percent of the value of the food ingredients, the Agriculture information reveals.

On the average, USDA says, about \$1 of \$11 consumers spend on food and beverages goes to packaging and containers.

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GIVE, BUT KNOW WHERE IT GOES

When you are approached for charitable solicitations, follow three simple practices:

*Demand to see proper identification from the persons asking;

*Give only to causes and organizations with which you are familiar;

*If there are doubts, ask the person for a statement of the charity's financial disbursements.

Care in giving will help to ensure your dollars go where they are needed.

POSITION MAINTENANCE REVIEW

An annual review of all civil service positions is required. The position maintenance review schedule for Fiscal Year 1982, covering all organizations and activities serviced by the Civilian Personnel Division, was published by Base Order 12000.1Q.

Supervisors are responsible for continually reviewing each position for need and ensuring that position descriptions are currently accurate and complete. Supervisors should update position descriptions when changes in duties or responsibilities occur rather than postpone action until the annual review. However, the annual review procedure is one method by which they attest to the need of the position and accuracy of the description.

Employees also have a continuing responsibility for knowing the content of their position descriptions. If an employee believes the description is inaccurate, or if discrepancies exist between the duties and responsibilities carried out and those described in the position description, these matters should be discussed with the immediate supervisor at once.

Shortly before the review is scheduled to begin, a Position Maintenance Review Report (MCBCL 12510 Rev. 7-75) will be furnished each organization. The signature of the immediate supervisor of each position is needed on the report. The supervisor certifies the accuracy of the existing position description or indicates the description is inaccurate, and attaches a revision. In such cases, a rough draft of the revision should be forwarded to the Classification Branch for review in sufficient time so the draft can be returned to the organization for completion in smooth form. All revised position descriptions and/or amendments should then be attached to the completed review report and returned to the Civilian Personnel Division in accordance with the schedule. Optional Form 8 (Rev. 8-77) must be used as the cover sheet for position/job descriptions. The source of supply for Optional Form 8 is the Self-Service Center (Building 1606).

In the event tentative classification of the proposed descriptions or amendments reveals any changes in grade levels or position titles, the organization must comply with the requirements of Base Order 5310.10 before official classification action can be taken.

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Wishing well.

Take stock in America. Buy U.S. Savings Bonds.



how you "feel."



What's your driving A.Q.? That's right, I said A.Q. - attitude quotient. How good a driver you are depends more on your attitude toward your job than on either intelligence or skill. No amount of safety training will turn you into a safe driver unless that's what you are determined to be.

Attitudes are very personal things, acquired from the experiences you've had. If your experiences have taught you that safety pays, then your safety attitude is probably positive. But sometimes attitudes need touching up. Maybe you've been driving so long that you've relaxed your guard. Or maybe you've had an accident-free record so far and no longer think an accident could happen to you. If so, now is the time to re-examine your safety attitude. Asking yourself the following questions should help you get started.

- 1. How much is avoiding accidents worth to me? How will an accident affect me, my family, my work organization?
- 2. Am I proud of being a safe driver, and do I continually work to improve my safety techniques?
- 3. Do I follow safe driving procedures because someone said I have to, or because I believe the safe way is the o-n-l-y way to drive?
- If your safety behavior comes from strong personal conviction rather than from external pressures, then your driving A.Q. is way up there where it should be.

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(continued from page 1 - BLOOD PRESSURE) are wrong. High blood pressure has no symptoms. In fact, you can feel fine even though your blood pressure is high. Or, you can have a headache (for some other reason) when your pressure is normal. That's why you should take medicine each day at prescribed times. The medicine must be taken just as the doctor says for it to lower your pressure. Ask your doctor what to do if you miss a dose. Make sure your prescription doesn't run out. You should treat your high blood pressure every day, regardless of

In addition to medicine, doctors sometimes tell their high blood pressure patients to watch their weight, cut down on salt, exercise more, and stop smoking. Some people think they can choose either to take the medicine or to follow the other advice. This isn't usually true. The advice is meant to be followed in addition to taking medication. The two types of therapies go together. If you watch your weight, cut down on salt, exercise more, and do other things your doctor asks, it will help the medication to work better. As a possible result, you may need to take less medication.

One out of every seven Americans has high blood pressure. Yet three-fourths of our people still do not know all the facts about this dangerous disease. We are trying to put an end to all the wrong ideas and let everyone know how important it is to take medicine regularly and to follow a doctor's advice.

-- The National High Blood Pressure Education Program

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VOLUME 26 NO. 8

24 APRIL 1981

FIRST WOMAN AIRCRAFT REFUELER APPOINTED AT MCAS(H), NEW RIVER

"I like it a lot. I wouldn't go back to sitting in an office."

Ms. Martha Lanier was recently appointed as an Aircraft Refueler, WG-3. She is the first woman to be appointed in the Aircraft Refueler series at MCAS(H), New River. Ms. Lanier is in a 12 to 24-month Upward Mobility Program training position (target level, Aircraft Refueler, WG-8). She became interested in trying for the job after reading the Merit Promotion Vacancy Announcement, because she felt she could learn to do everything the job required. Her previous experience in federal service was in the secretarial field at Tarawa Terrace I Dependents' School. The Fuel Farm Manager, Staff Sergeant J. M. Luchsinger, indicated Ms. Lanier was selected based on her potential ability, interest and determination to do the job.

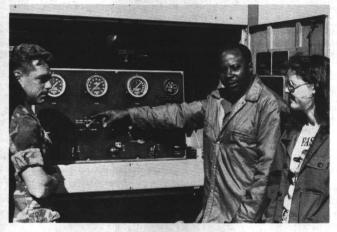
Her training consists mainly of on-the-job training. Her job requires driving a 55,000-pound fuel tanker which is used to fuel and defuel aircraft, operating valves and mechanical drives of the refueler, insuring the correct fuel is issued to aircraft and recording all issues made. She must also perform minor routine maintenance on the refueler.

Initially, Ms. Lanier was concerned about working with all men and really did not know what to expect. She found the men to be sincere and wanted her to succeed in the job. She has found her co-workers to be very helpful. One co-worker, Mr. G. H. Brown, indicated that Ms. Lanier has proven herself to be able to learn and to do the job.

Her immediate supervisor, Mr. J. B. Washington, Aircraft Refueler Leader, indicated that this is a dangerous job and



Ms. Lanier performs a daily safety check on the aircraft refueler vehicle.



Staff Sergeant J. M. Luchsinger, Fuel Farm Manager, and Mr. J. B. Washington, Aircraft Refueler Leader, instruct Ms. Martha Lanier, Aircraft Refueler, WG-3, in the proper valve settings for the refueling vehicle during distribution of aviation fuel on the flight line.

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knowledge of the fuel tanker is extremely important. Staff Sergeant Luchsinger indicated an aircraft refueler must keep a close watch on the flight line, especially when there are several aircraft taking off and landing. Mr. Washington and Staff Sergeant Luchsinger also stated the wind chill factor made it extremely cold on the flight line in the winter. Ms. Lanier has adapted well to cold weather conditions. She stated she wears layers of clothing in cold weather. When asked to sum up her performance, both Mr. Washington and Staff Sergeant Luchsinger said she was learning quickly. The Staff Sergeant went on to say her performance and adaptation have been above what was expected.

Ms. Lanier's advice to other women interested in nontraditional jobs is, "More than anything don't say you can't do it. You must have the courage to try."

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HAVE DIFFICULTY SAVING?

Take a couple of minutes to fill out a Payroll Savings Authorization form and you can put your pay increase into U.S. Savings Bonds effortlessly and automatically every payday. Call extension 1579 and a form will be sent to you.

PROMOTION ANNOUNCEMENTS

Selection will be made without regard to age, race, sex, color, religion, national origin, lawful political affiliation, physical or mental handicap (if individual can adequately perform the job), or marital status.

Open Continuously

Licensed Practical Nurse, GS-3 TARGET GS-4

Open for Specified Period

Procurement Clerk, GS-4 TARGET GS-5, Ann. No. 79-81, closes 24 April 1981

Food Service Worker, WG-3, Ann. No. 80-81, closes 24 April 1981

Medical Clerk, GS-4, Ann. No. 81-81, closes 24 April 1981 Equipment Mechanic, WG-10 (Sewage Systems), Ann. No. 82-81, closes 28 April 1981

Equipment Mechanic, WG-10 (Water Treatment), Ann. No. 83-82, closes 28 April 1981

Shop Planner, WD-4 and WD-5, Ann. No. 84-81, closes 29 April 1981

Payroll Clerk, GS-4 TARGET GS-5, Ann. No. 85-81, closes 1 May 1981

Maintenance Inspector Foreman, WS-10, Ann. No. 86-81, closes 1 May 1981

Supervisory Firefighter (Structural), GS-8 TARGET GS-9 and GS-9, Ann. No. 87-81, closes 1 May 1981

Mobile Equipment Dispatcher (Leader), WG-8, Ann. No. 88-82, closes 1 May 1981

Open to the General Public

Forestry Technician, GS-4 and GS-5, closes 29 April 1981 Physical Science Technician, GS-6, closes 29 April 1981

UPCOMING ANNOUNCEMENTS
WATCH YOUR OFFICIAL BULLETIN BOARDS
Storeworker, WG-4 (Intermittent)



DON'T FORGET!
Daylight Saving Time
0200 on 26 April 1981
Advance your clocks one hour

DID YOU KNOW . . .

That there is a toll-free number to call to hear any one of over 700 tapes dealing with a wide variety of subjects? The Teletip tapes include several under each main topic, such as Food Buying, Canning, Freezing, Flowers, Lawns and Ground Cover, Home Repair & Maintenance, Stain Removal, Tax Management, Estate Planning and Personal Growth. To receive a complete list of the tapes available write Agriculture Extension Service, U. S. Department of Agriculture, North Carolina State University, Raleigh, NC 27607, or call toll-free 800-662-7301.

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SUGGEST AN IMPROVEMENT --- EARN AN AWARD

COMPETITIVE SELECTIONS UNDER MERIT PROMOTION PROGRAM EFFECTIVE MARCH 1981

Base Maintenance

Carole H. Wilbur, Computer Operator, GS-5

Thomas R. Trott, Boiler Plant Equipment Mechanic, WG-10 Richard L. Dunning, Electric Equipment Repairer, WG-9 David E. Jenkins, Boiler Plant Operator Shop Trainee, Target WG-7

Stanley E. Koonce, Heavy Mobile Equipment Repair Inspector, WG-11

Elbert E. Mobley, Carpenter, WG-9

Andrew Velez, III, Welder, WG-10

Billy R. Rowe, Heating Equipment Mechanic, WG-8

Elmer E. Padgett, Plumber Foreman, WS-8

William H. Andrews, Motor Vehicle Operator, WG-7

James B. Hansley, Jr., Heating Equipment Mechanic, WG-8 Douglas C. Brown, Carpenter Foreman, WS-9

Kenneth O. Gilley, Sewage Disposal Plant Operator Shop Trainee, Target WG-8

Herman W. Ireland, Electrician (High Voltage) Foreman,

Willie C. Newkirk, Motor Vehicle Operator, WG-5

Comptroller Department

Harvey L. Lambka, Military Pay Clerk (Typing), GS-4

Logistics Department

Phillip R. Shepard, Transportation Loss & Damage Claims Examiner, GS-4

Gene T. Kornegay, Laundry Worker Leader, WS-1 Randall L. Chandler, Meatcutting Worker, WG-5 Michael R. Dunn, Meatcutting Worker, WG-5

Fire Department

Rick D. Fillinger, Firefighter (Structural), GS-5
David G. Auger, Firefighter (Structural), GS-5
Edward M. Kearney, Firefighter (Structural), GS-5
Fred T. Hardison, Jr., Firefighter (Structural), GS-5
Lionel Thompson, Supervisory Firefighter (Structural), GS-6
Gene C. Penuel, Supervisory Firefighter (Structural), GS-6
B. D. Meadows, Supervisory Firefighter (Structural), GS-6
Larry S. Smith, Supervisory Firefighter (Structural), GS-6

Motor Transport

Cathy S. Bryan, Motor Vehicle Dispatcher, GS-3 Herman B. Taylor, Jr., Motor Vehicle Operator, WG-7 Tex McCormick, Motor Vehicle Operator, WG-7

Family Housing

Jerry L. Swain, Building Maintenance Inspector, WG-10 Gene L. Smith, Building Maintenance Inspector, WG-10 John W. Harper, Tools & Parts Attendant, WG-5 Laura E. Sawyers, Clerk (Typing), GS-3

Communication-Electronics Department

Michol G. Hurst, Data Communications Equipment Operator, GS-3

Provost Marshal's Office

Audrey T. Stanley, Secretary (Steno), GS-4

Assistant Chief of Staff, Training

Rita R. Skrobialowski, Secretary (Steno), GS-5 (continued on page 4 - SELECTIONS)

MAY IS "BLOOD PRESSURE MONTH" ANNUAL BLOOD PRESSURE CHECKS SCHEDULED

Hypertension is the medical term for high blood pressure. It is not a badge of distinction and achievement as many believe. It knows no economic or social bounds—anyone can have it. And many have it and don't know it.

To get an idea of what blood pressure is, think of your heart as a pump that keeps your blood flowing. As your blood is pumped (circulates) it presses against the vessel walls, and this is the blood pressure. Systolic pressure (top number) is the force as your blood pumps into your system. Diastolic pressure (bottom number) is the pressure between heartbeats when the heart is resting.

As part of our continuing health care program, Mrs. Kennedy, Occupational Health Nurse, has scheduled free blood pressure checks as follows:

6 May, Base Maintenance Plumbing Shop lunchroom 13 May, Logistics, Bldg. 1011, Refreshment Area 20 May, Base Motor Transport, Bldg. 1502, dining area

Employees who desire to be excused for this purpose should make advance arrangements with their supervisor to be at one of the locations between 0800 and 0900 on the indicated dates. Female employees are requested to wear garments with loose fitting sleeves to facilitate testing.

MOST IMPORTANT WORDS

HORSEPLAY BREEDS TROUBLE

It's great to laugh. The world could use a lot more laughter. But it's one thing to kid around and quite another to indulge in practical jokes that could hurt someone. Whether it's a youngster pushing someone's head down into a water fountain or an adult with a more involved prank, practical jokes have one thing in common-discomfort for the victim. And when the joke misfires, they have something else in common--often the victim is hurt. Horseplay on the job can be extremely dangerous. For example, a compressed air hose can be a weapon in the hands of a practical joker who doesn't stop and think what damage it can do. A blast of compressed air can penetrate a cut, forcing air bubbles into the blood stream, or blow dust into a co-worker's eyes, or even startle someone so much that he falls against moving machinery. So don't wait until a practical joker's horseplay endangers someone for the sake of a not-sofunny joke. Stop horseplay before it misfires into tragedy. Industrial Supervision

COMMANDING GENERAL PRESENTS SERVICE AWARDS



Major General D. B. Barker, Commanding General, Marine Corps Base, presented 40-year Federal length of service awards to Thomas C. Cooper, James V. McDonald, and Jacob M. Houck (left to right).

Mr. Cooper, Mobile Equipment Dispatcher Leader, Base Maintenance, had completed 24 years active duty with the Marine Corps before starting work at Marine Corps Base in August 1964.

Mr. McDonald also retired from the Marine Corps, following 23 years service. He has worked at Marine Corps Base since March 1963, and is now a Warehouse Worker with the Logistics Department.

Mr. Houck, another retired Marine, had 22 years active duty prior to taking his first job at Marine Corps Base in July 1962. He is now a Clerk at Bachelor Housing.

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ATTENTION: SUPERVISORS

. . . SCHEDULING OF LEAVE . . .

During the period 1-15 May 1981, supervisors will solicit requests of employees for leave, normally not more than two weeks during the last half of the current leave year (July through December). Reasonable consideration, consistent with the workload, will be given to employee requests for extended annual leave (up to four weeks) for special vacations.

In the event that two or more employees request leave during the same period and all requests cannot be approved, preference will be given to requests of employees with the earliest Federal Service Computation Date. An exception: Requests for leave for the weeks in which Christmas or New Year's Day fall will be considered on a rotational basis regardless of employees' Service Computation Dates.

It is also important to give continuing consideration to annual leave accrued during the year that may be forfeited if not used. Such leave should be scheduled throughout the year.



NEW WAGE RATES ANNOUNCED

The new schedule of wages for the Southeastern North Carolina wage area provides a pay increase for all trades and labor employees. The below listed new rates of pay for nonsupervisory jobs were effective on 22 March 1981.

GRADE	STEPS							
	1	2	3	4	5			
1	\$ 4.95	\$ 5.16	\$ 5.37	\$ 5.57	\$ 5.78			
2	5.45	5.68	5.91	6.13	6.36			
3	5.98	6.23	6.48	6.73	6.98			
4	6.48	6.75	7.02	7.29	7.56			
5	6.93	7.22	7.51	7.80	8.09			
6	7.40	7.71	8.02	8.33	8.64			
7	7.89	8.22	8.55	8.88	9.21			
8	8.35	8.70	9.05	9.40	9.74			
9	8.82	9.19	9.56	9.93	10.29			
10	9.28	9.67	10.06	10.44	10.83			
11	9.75	10.16	10.57	10.97	11.38			
12	10.23	10.66	11.09	11.51	11.94			
13	10.69	11.14	11.59	12.03	12.48			
14	11.16	11.63	12.10	12.56	13.03			
15	11.63	12.11	12.59	13.08	13.56			

The average pay increase for nonsupervisory employees is 6.07 percent; for leaders, 5.15 percent; and for supervisors, 6.69 percent.

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DAA QUARTERLY FINANCIAL REPORT

This report represents a record of financial transactions made by the Dependents' Aid Association for the period 1 January through 31 March 1981.

Cash on hand 1 January 1981		\$2,539.51
INCOME:		
Assessments	\$3,910.00	
Membership Fees	90.00	
Interest Earned	58.70	
Total Income		4,058.70
EXPENSES:		
Printing; bonding	\$ 129.40	
Total Expenses		129.40
Cash on hand 31 March 1981		\$6,468.81

(continued from page 2 - SELECTIONS)

Camp Lejeune Dependents' Schools

Gloria K. Jarman, Secretary (Steno), GS-4

Marine Corps Air Station (Helicopter)
Byron L. Babbitt, Supply Clerk (Typing), GS-4
Albert L. Koch, Supply Clerk, GS-4

Naval Regional Medical Center
Ruth J. Morin, Purchasing Agent, GS-5
Martha R. Rogers, Voucher Examiner (Typing), GS-4
Mary E. Tracy, Secretary (Steno), GS-5
Norman L. Cook, Food Service Worker Leader, WL-2

CANCER CONTROL MONTH

Governor James B. Hunt has proclaimed April as "Cancer Control Month" in North Carolina. The document reads:

WHEREAS cancer eventually will strike one person in every four and in two families of every three, and

WHEREAS in 1981 cancer will be diagnosed for the first time in 19,000 residents of this state, and

WHEREAS cancer gradually is being conquered to the extent that the American Cancer Society now can report that when normal life expectancy is taken into consideration, 41 percent of all cancer patients will survive for five years or more, and

WHEREAS during the month of April, in nearly every city and town, dedicated volunteers of the American Cancer Society will share life-saving information about cancer with their friends and neighbors, and

WHEREAS the month of April traditionally is set aside for this purpose,

THEREFORE I proclaim the month of April 1981 as

CANCER CONTROL MONTH IN NORTH CAROLINA and in so doing urge all citizens to respond warmly to the American Cancer Society volunteers whose calls will be for the purpose of helping to reduce the incidence and mortality of this dread disease.

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"The estimated 19,000 new cancer cases in North Carolina present a real challenge to an organization such as ours," says The Reverend Walter L. Hitchcock, Crusade Chairman for the North Carolina Division of the American Cancer Society. "Over 6,000 of those people will be saved this year. With earlier diagnosis and treatment, an additional 3,200 people could be saved." These figures are approximations taken from the "American Cancer Society 1981 Facts and Figures."

In North Carolina alone, a work crusade force of over 75,000 dedicated volunteers will be working to meet the Division's goal of \$1,870,000. This money is used to fund cancer research as well as to provide public and professional education and patient services.

"We are grateful for the generosity of the citizens of this state, and we are confident that this goal will be met," says Hitchcock. "We are pleased that Governor Hunt has encouraged all North Carolinians to support the American Cancer Society in this cause."

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The American Cancer Society estimates there will be 6,200 new cases of childhood cancers in 1981. Cancers in children tend to develop more quickly than adult cancers because body tissues are growing rapidly and the cancers grow with them. Of the estimated 2,300 deaths due to childhood cancers in 1981 over half are attributable to leukemia. The bone, brain, nervous system, kidneys and blood are the common sites of childhood cancers. The goal intreating childhood cancer is to return the child to a normal life as soon as possible.

