



SCENE 16 ONLINE

YOU MAY HAVE NOTICED THAT SCENE 16 HASN'T BEEN AROUND IN A WHILE.; A YEAR TO BE EXACT. THIS ONLINE PUBLICATION WILL BE PUBLISHED EVERY OTHER MONTH, AND MORE OFTEN AS NEEDED, ON THE WWW.NABET16.ORG WEBSITE. WE WILL ALSO MAIL A PRINTED COPY, UPON REQUEST, TO ANY MEMBER WHO DOESN'T HAVE ACCESS TO A COMPUTER. LET'S GET THOSE ARTICLES AND LETTERS FLOWING AGAIN.

BRENDAN BLACK

EDITOR, SCENE 16

SCENE-16@NABET16.ORG

PRESIDENT'S MESSAGE

THIS IS THE FIRST ISSUE OF SCENE 16 PRIMARILY PUBLISHED IN ELECTRONIC FORM. WE ARE ATTEMPTING TO REVITALIZE THIS IMPORTANT PART OF MEMBER COMMUNICATION AND WE NEED THE HELP OF ALL MEMBERS TO ENSURE THAT IT IS A SUCCESS. IN PARTICULAR WE ARE ASKING THAT MEMBERS HELP MAKE SCENE 16 RELEVANT AND TOPICAL BY WRITING AND CONTRIBUTING STORIES FOR PUBLICATION. IF THERE IS SOMETHING INTERESTING HAPPENING IN YOUR WORK AREA, PLEASE CONSIDER WRITING A STORY FOR PUBLICATION IN SCENE 16 SO THAT THE INFORMATION CAN BE SHARED WITH THE OTHER MEMBERS OF THE LOCAL. ALSO, IF YOU KNOW OF A CO-WORKER INVOLVED IN A COMMUNITY ACTIVITY THAT YOU WOULD LIKE TO BRING TO THE ATTENTION OF YOUR FELLOW MEMBERS, PLEASE CONSIDER WRITING AN ARTICLE ABOUT HER OR HIM.

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PERSON OF THE MONTH

BOB GRIMALDI
EMT VOLUNTEER



BOB HAS AMAZINGLY VOLUNTEERED MORE THAN 750 HOURS A YEAR SINCE HE BECAME AN EMT IN 2002

THIS MONTH WE TURN THE LIGHT ON BOB "GRUMPY" GRIMALDI. EVERYONE WHO KNOWS HIM CERTAINLY UNDERSTANDS THE MIDDLE NAME, BUT IN MY OPINION IT'S A "BIG ACT" BECAUSE BOB IS RARELY IF EVER IN A GRUMPY MOOD. AS A MATTER OF FACT YOU CAN USUALLY HEAR HIS VERY DISTINCT LAUGH FROM A QUITE A GOOD DISTANCE. ONE OF THE REASONS WE ARE HIGHLIGHTING BOB THIS MONTH IS BECAUSE OF HIS TIRELESS EFFORTS OUTSIDE OF ABC, WHERE BOB VOLUNTEERS AS AN EMT. BOB CAME TO ABC IN 1978. HE BEGAN HIS CAREER AS A BROADCAST ENGINEER IN TOC MAINTENANCE AND IN 1998 ACCEPTED A POSITION AS A SUPERVISOR IN NETWORK TECHNICAL MAINTENANCE.

BOB IS SHOWN HERE BEING RECOGNIZED BY ROBIN ROBERTS AND DAVID WESTIN FOR HIS TIRELESS EFFORTS AS AN EMT. BOB HAS AMAZINGLY VOLUNTEERED MORE THEN 750 HOURS A YEAR SINCE HE BECAME AN EMT IN 2002 AND I THINK THAT YOU WOULD AGREE THAT THIS IS QUITE INCREDIBLE. BOB IS ALSO THE VICE PRESIDENT OF THE AMBULANCE CORPUS OF THE TOWNSHIP OF WASHINGTON, NEW JERSEY, WHERE HE LIVES WITH HIS WIFE DIANE AND THREE CHILDREN JILLY, BILLY AND BOBBY.

"GRUMPY" IS A TAKE CHARGE- NO NONSENSE TYPE OF INDIVIDUAL WHO IS ALWAYS WILLING TO HELP. JUST TODAY, THERE WAS A PERSON WHO COLLAPSED AT WORK AND BOB WAS ON THE SCENE MAKING SURE THAT EVERYTHING THAT COULD BE DONE WAS BEING DONE. THE WORLD IS A BETTER PLACE BECAUSE OF PEOPLE LIKE BOB.

JIM NOLAN

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SCENE 16

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RETIREE NEWS LES SCHEYER

HARVEY REIBEL

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OCD - THE HIDDEN EPIDEMIC

BY LINDA MARAN

OCD - OBSESSIVE COMPULSIVE DISORDER, AFFECTS ONE IN EVERY 40 PEOPLE AND TWICE THAT MANY HAVE HAD IT AT SOME POINT IN THEIR LIVES. OCD DOES NOT DISCRIMINATE AGAINST ANY AGE, RACE OR GENDER. THE SAD FACT IS THAT A TINY FRACTION OF PEOPLE SUFFERING WITH THIS DISORDER EVER SEEK HELP. THE MAIN REASON BEING THAT PEOPLE WITH OCD ARE ASHAMED OF THEIR OBSESSIONS AND COMPULSIONS, FEARING THEY ARE CRAZY OR WEIRD. TODAY THERE IS NO REASON TO SUFFER IN SILENCE WITH THE WEALTH OF INFORMATION AVAILABLE ON THE INTERNET FOR BOOKS, THERAPISTS AND EVEN OCD MESSAGE BOARDS ONLINE. THESE SHOW THE SUFFERER THAT HE OR SHE IS NOT CRAZY OR WEIRD, BUT IS SUFFERING ALONG WITH COUNTLESS OTHERS FROM A DISORDER MORE COMMON THAN DIABETES AND ASTHMA.

WHAT EXACTLY IS OCD? OCD IS A CHRONIC DISORDER THAT IS CATEGORIZED BY OBSESSIONS AND COMPULSIONS. IT IS OFTEN MISUNDERSTOOD AND CREATES DISCORD IN THE LIVES OF ITS VICTIMS AND THOSE WHO LOVE THEM. RESEARCH INDICATES THAT OCD IS RELATED TO A BIOCHEMICAL IMBALANCE IN THE BRAIN AND THE MOST COMMON ONSET OCCURS IN EARLY ADOLESCENCE AND/OR AFTER OR DURING AN INTENSELY STRESSFUL TIME.

WHAT ARE THESE OBSESSIONS AND COMPULSIONS? THEY CAN VARY IMMENSELY AND AN OCD SUFFERER CAN HAVE EITHER ONE OR SEVERAL OBSESSIONS AND COMPULSIONS AT ANY GIVEN TIME. SOME OF THE MORE COMMON ONES ARE: UNREASONABLE FEARS OF CONTRACTING A FATAL DISEASE, EXCESSIVE CONCERNS ABOUT DIRT AND GERMS LEADING TO AVOIDANCE OF MANY PUBLIC PLACES. THE IRRATIONAL FEAR OF HAVING HARMED SOMEONE SUCH AS HAVING HIT A PERSON WHILE DRIVING. INTRUSIVE VIOLENT THOUGHTS OF HURTING OR KILLING A LOVED ONE. INTRUSIVE THOUGHTS OF A SEXUAL CONTENT THAT ONE DEEMS AS INAPPROPRIATE AND UNACCEPTABLE. A FEAR OF ALWAYS COMMITTING A SIN, SUPERSTITIOUS THOUGHTS AND COMPULSIONS REFERRED TO AS "MAGICAL THINKING." THE NEED OF REPEATING ROUTINE ACTIVITIES FOR NO RATIONAL REASON (RECHECKING OF THINGS,

REWASHING OF HANDS, REWRITING OR REREADING WORDS OR SENTENCES). AN ABNORMAL NEED FOR ORDER AND SYMMETRY IN ONE'S ENVIRONMENT. THE NEED TO HOARD THINGS - NEVER DISCARDING ANYTHING BECAUSE IT MAY BE NEEDED SOMETIME. COUNTING COMPULSIONS, AND MANY OTHERS WHICH SPACE DOES NOT ALLOW TO BE LISTED HERE. THE SURE WAY TO KNOW THAT IT IS OCD IS THAT ONE WILL FEEL INTENSE ANXIETY IF ASKED TO STOP DOING A CERTAIN COMPULSION OR TO FACE A CERTAIN AVOIDANCE. OCD SUFFERERS DERIVE NO PLEASURE FROM THEIR BEHAVIOR AND FIND IT VERY DISTRESSFUL. IT IS SAID THAT A PERSON WITH OCD WILL NOT ACCEPT ANY AMOUNT OF MONEY TO TOUCH A DOORKNOB THAT HE OR SHE BELIEVES IS CONTAMINATED!

THE GOOD NEWS IS THAT OCD CAN BE GREATLY DIMINISHED FROM A PERSON'S LIFE WITH A SUCCESSFUL DRUG-FREE METHOD CALLED: COGNITIVE BEHAVIORAL THERAPY. THIS KIND OF THERAPY ENABLES THE SUFFERER TO CONFRONT THEIR FEARS RATHER THAN AVOID THEM, AND TEACHES THAT OCD IS THE ENEMY AND NOT A FLAW OR A WEAKNESS. IT CHANGES THE THINKING PATTERN OF THE BRAIN SO THE SUFFERER GRADUALLY BEGINS TO FEAR LESS AND MORE READILY RECOGNIZES OCD FOR WHAT IT REALLY IS. I KNOW, I HAVE OCD AND IT WORKS SO WELL THAT I WROTE A BOOK ABOUT IT TO HELP OTHERS FIND THE SAME RELIEF AS I HAVE FOUND. FOLLOWING ARE SOME SOURCES OF HELP TO START FREEING YOURSELF OR SOMEONE YOU KNOW FROM OCD:

INTERNET:

WWW.OCFUNDATION.ORG WWW.OCDONLINE.COM WWW.OCDHOTLINE.COM WWW.OCDHOTLINE.COM

BOOKS:

BRAINLOCK BY JEFFREY M. SCHWARTZ, MD

FREEDOM FROM OBSESSIVE COMPULSIVE DISORDER BY JONATHAN GRAYSON, PH.D.

EVERYTHING IN ITS PLACE BY MARC SUMMERS

JUST CHECKING BY EMILY COLAS - ALL AVAILABLE FROM: WWW.AMAZON.COM

FOR THERAPIST RECOMMENDATIONS CALL THE OC FOUNDATION NATIONAL HEADQUARTERS

AT: 203-401-2070 OR E-MAIL: INFO@OCFOUNDATION.ORG

LINDA MARAN IS THE WIFE OF PETE MARAN (NTM) AND IS THE AUTHOR OF [CONFRONTING THE BULLY OF OCD](#).



2005-2006 SCHOLARSHIP WINNERS

LOCAL 16 AWARDS

JAMES P. NOLAN MEMORIAL SCHOLARSHIP

ADAM YOSKOWITZ, SON OF MARTIN YOSKOWITZ, WABC-TV MTCE
 DUSTIN KOCYLOWSKY, SON OF ZENON KOCYLOWSKY, GRAPHICS
 LISA LAMOTHE, DAUGHTER OF DANIEL LAMOTHE, NEWS PHOTOGRAPHER
 JEFFREY LEVINE, SON OF KENNETH LEVINE, LIGHTING DIRECTOR-NEWS

DONALD DIFRANCO MEMORIAL SCHOLARSHIP

MATTHEW WARD, SON OF DAVID WARD, EDITOR, BO&E SLANT

NABET-CWA SECTOR SCHOLARSHIP

MICHELLE SANTILLO, DAUGHTER OF JAMES SANTILLO, WON A THOMAS F. KENNEDY MEMORIAL SCHOLARSHIP IN THE AMOUNT OF \$1000.

DISNEY FOUNDATION SCHOLARSHIPS

FOUR YEAR AWARDS

FULL TUITION:

BRYAN M. FURMAN, SON OF GLENN FURMAN, NETWORK TD

HALF TUITION:

ELIZABETH D. BLACK, DAUGHTER OF BRENDAN BLACK, NETWORK VIDEOTAPE EDITOR

\$1000 SCHOLARSHIP:

REBECCA A. MARCYES, DAUGHTER OF THOMAS MARCYES, 20/20 NEWS VIDEOTAPE EDITOR

MATTHEW C. MAURO, SON OF CHRISTOPHER MAURO, STUDIO/FIELD

C.P.R./ A.E.D. CLASSES: THERE ARE TWO SLOTS AVAILABLE FOR A COMPANY SPONSORED CPR/AED, (AUTOMATIC ELECTRONIC DEFIBRILLATOR) CLASS. INTERESTED? CALL MIKE MILLER AT x4328. LEARN CPR ON COMPANY TIME!

PENSION: THE PENSION FUND FINISHED 2005 AT \$614 MILLION. AS OF JANUARY 10, 2006 THE FUND BALANCE WAS \$622 MILLION. COME JUNE 30 (UNAUDITED FIGURES), THE FUND MUST CLEAR \$580 MILLION FOR A MAXIMUM ACCRUAL RATE POP-UP.

BILL BORES

GO TO
WWW.NABET16.ORG
 FOR INFORMATION ON
 SCHOLARSHIPS
 AVAILABLE TO OUR
 MEMBERS AND THEIR
 FAMILIES



LARRY D'S HOME MAINTENANCE AND IMPROVEMENT FORUM

OF ALL THE THINGS THAT CAN CAUSE HARM TO YOUR HOME, WATER IS PROBABLY THE MOST COMMON AND DESTRUCTIVE. WHEN WATER IS ALLOWED TO INFILTRATE YOUR HOME, IT PROMOTES ROTTING OF THE HOME'S STRUCTURE, INVITES INSECT COLONIZATION, AND MOLD GROWTH. THESE CONDITIONS OFTEN OCCUR WITHOUT OBVIOUS SIGNS. MOST OF THE TIME I FIND WATER WILL GAIN ACCESS FROM OUTDOOR WEATHER. TRY TO FOLLOW THESE TIPS FOR ELIMINATING THE CHANCE OF PROBLEMS OCCURRING IN YOUR HOME.

A **WORKING** ROOF GUTTER SYSTEM IS THE MOST EFFECTIVE WAY TO HANDLE OUTDOOR WATER. THEY ARE ALSO THE SYSTEM NEEDING THE MOST MAINTENANCE. THEY CAN EASILY FILL WITH TREE LEAFS, SMALL BRANCHES, NUTS, NEEDLES, AND SPRINGTIME FUZZIES FROM TREES. I'VE ALSO FOUND SMALL CHILDREN'S TOYS, GOLF BALLS, BASEBALLS AND THE LIKE SITTING IN THE GUTTERS INTERFERING WITH THE FLOW OF WATER TO THE **LEADERS** (THE PIPES THAT CARRY THE WATER TO THE GROUND). THERE ARE DOZENS OF GUTTER BARRIER SYSTEMS AVAILABLE. SOME OF WHICH WILL WORK, MOST DO NOT. SOME ARE EXPENSIVE, OTHERS USING "VERY LOW TECH" ARE CHEAP AND DO NOT PERFORM WELL. I'VE FOUND IT VERY LIKELY THAT IF THE GUTTER IS NOT DRAINING WELL, IT WILL FILL DURING A RAINSTORM. THIS MAKES THE GUTTER VERY HEAVY, AND WILL LEAD TO THE GUTTER PULLING AWAY FROM THE FACIA BOARD (THE BOARD BEHIND THE GUTTER). THE WATER WILL OVERFLOW THE FRONT AND BACK OF THE GUTTER, ALLOWING WATER TO WET THE FACIA BOARD AND ROTTING IT. THIS FULL GUTTER WILL WET THE EDGE OF THE ROOF'S SHEATHING AND WILL BECOME SATURATED, PERMITTING THE WATER TO WICK UP UNDER THE ROOF'S SHINGLES LEADING TO THEIR EARLY DECAY. IT DOESN'T STOP THERE, BUT CONTINUES LEADING THE WATER TO THE **SOFFIT** (THE ROOF'S OVERHANG OF THE WALLS). IF YOUR HOME HAS A WIDE SOFFIT, THE WATER MAY LIMIT ITS



DESTRUCTION TO THE SOFFIT. IF YOUR HOME HAS LITTLE OR NO SOFFIT THE WATER WILL ENTER THE OUTSIDE WALLS OF YOUR HOME AND WE CERTAINLY DON'T LIKE THAT.

THE NEXT STEP IS DIRECTING THE WATER COMING DOWN FROM THE ROOF'S LEADERS TO A PLACE **AWAY** FROM THE HOME'S FOUNDATION. MOST HOMES' LEADERS END WITH A SHORT ELBOW THAT ALLOWS WATER TO COLLECT AND POOL VERY CLOSE TO OR EVEN AGAINST THE HOME. THIS IS A VERY COMMON PROBLEM. EVEN IF YOUR GUTTERS ARE CLEAN AND WORKING PERFECTLY, THE WATER MUST BE DIRECTED AWAY FROM YOUR HOME. VERY FAR AWAY. CONSIDER HOW MUCH WATER YOU'RE DEALING WITH. A 2000 SQ FT. HOME HAS ABOUT 2800 SQ FT. OF ROOF. IF IT RAINS ONLY 1" THIS ADDS UP TO ABOUT 1700 GALLONS OF WATER COMING OFF THE ROOF DOWN THE LEADERS TO YOUR RAIN-SOAKED LAWN. EVEN WITH 4 LEADERS (ONE ON EACH CORNER) EACH LEADER WILL HANDLE 400 GALLONS. ALLOWED TO POOL AT THE HOME'S FOUNDATION, IT EASILY FINDS ITS WAY DOWN INTO THE GROUND ALONG THE FOUNDATION AND WILL ENTER YOUR HOME THRU THE CRACKS IN THE FOUNDATION. EVEN IF YOUR FOUNDATION HAS NO HAIRLINE CRACKS (NOT LIKELY) THE CONCRETE IS POROUS AND WILL SATURATE. IF YOUR HOME'S BASEMENT IS UNFINISHED YOU CAN SEE THE EFFECTS OF THIS AS A FLAKY WHITE RESIDUE (WHICH IS ACTUALLY THE SALTS FROM THE GROUND) CLINGING AND FALLING OFF THE INSIDE OF THE BASEMENT WALLS. THESE SALTS WEAKEN THE CONCRETE OR BLOCK AND WILL LEAD TO ITS FAILURE. DID I MENTION THE ACCOMPANYING PUDDLE IN YOUR BASEMENT?

THE GOAL IS TO DIRECT THE WATER FROM THE LEADERS TO A POINT **DOWNHILL** AND AWAY FROM YOUR HOME. 10 FEET AWAY IS A GOOD DISTANCE. EXTENDERS PLACED AT THE ELBOW CAN AID IN DIRECTING THE WATER. THE IDEA IS NOT ONLY TO GET IT AWAY FROM THE HOME, BUT TO NOT ALLOW ITS POOLING. GETTING THE WATER TO RUN AWAY FROM THE HOME IS IDEAL. IF SOIL CAN BE ADDED AROUND THE HOME THIS MAY HELP. IF THIS IS NOT POSSIBLE OR LEGAL, YES I SAID LEGAL, (MANY TOWNS HAVE

ORDINANCES REQUIRING DRYWELLS TO BE USED AS THEY PREVENT THE WATER FROM ALL THE AREA'S HOMES OVERWHELMING THEIR STORM SEWERS OR ADDING A ENORMOUS AMOUNT OF WATER TO THE STREETS) THEN YOU MUST HAVE DRYWELLS. A DRYWELL IS NOTHING MORE THAN A STRONG BOX MADE OF CONCRETE OR PLASTIC THAT CREATES A HOLLOW UNDERGROUND WHERE THE LEADER'S WATER WILL BE PIPED INTO. THE WATER WILL THEN BE ABSORBED INTO THE SUBSOIL. THESE DRYWELLS ARE IDEALLY BURIED AWAY FROM THE HOME AS MUCH AS IS PRACTICAL AND BURIED DEEP. THE DEEPER THE BETTER FOR THESE REASONS. WE WANT THE WATER IN THE DRYWELL TO BE BELOW THE BASEMENT FLOOR SO THE WATER CANNOT SATURATE THE SURROUNDING SOIL AND FIND ITS WAY TO YOUR HOME. ALSO BY BURYING IT DEEPLY, TREE ROOTS WILL NOT FIND THIS SOURCE OF WATER EASILY AND TAP INTO IT CAUSING THE ROOTS TO FILL AND BLOCK THE DRYWELL. INTO EACH DRYWELL MULTIPLE LEADERS CAN BE PLUMBED SO YOU DON'T NEED A DRYWELL AT EACH DOWNSPOUT. FLEXIBLE BLACK PLASTIC PIPE AVAILABLE IN 100' ROLLS MAKES THIS EASY. NOT LONG AGO DRYWELLS WERE ONLY MADE OF CAST CONCRETE AND YOU HAD TO HAVE A BACKHOE TO LIFT AND SET THEM. CURRENTLY LARGE PLASTIC DRYWELLS ARE AVAILABLE THAT HAVE A LOT OF BENEFITS OVER THE OLD STYLE. THEY ARE EASILY HANDLED BY ONE PERSON, HAVE TWICE THE FOOTPRINT OF THE ROUND CONCRETE TYPES ALLOWING A FAR GREATER RATE OF ABSORPTION

INTO THE SOIL. CULTEC IS A COMPANY WHOSE PRODUCT I WOULD RECOMMEND.

I HOPE I GOT YOU WORRIED, BECAUSE IT REALLY IS A SERIOUS PROBLEM. LUCKILY IT IS NOT EXPENSIVE TO IMPROVE YOUR HOME'S ABILITY TO DEAL WITH THIS WATER. IT MAY COST FROM \$1000-\$2000 LABOR INCLUDED. IT OF COURSE DEPENDS ON YOUR AREAS SOIL, AND THE NUMBER OF DRYWELLS NEEDED. IT IS FAR CHEAPER TO ADD EXTENSIONS TO THE LEADERS OR DIG DRYWELLS THAN TO REPAIR THE ROTTEN WOOD, FAILED ROOF SHINGLES, MOLD AND INCONVENIENCE OF MOPPING UP AFTER EVEN A SMALL RAIN STORM.

I HAVE ONLY DESCRIBED ONE TYPE OF SCENARIO BUT I KNOW THERE ARE MANY DIFFERENT STYLES OF HOMES, EACH WITH ITS OWN SOLUTIONS. SOME HOMES DON'T HAVE GUTTER SYSTEMS AND THE SOLUTION IS DIFFERENT. IF YOU WOULD LIKE, I MAY BE ABLE TO HELP THOSE THAT NEED A DIFFERENT APPROACH. CONTACT ME AND I MAY BE ABLE TO HELP YOU.

NEXT MONTH:
BATHROOM PROBLEMS.

LARRY D'ALESSANDRO IS A MAINTENANCE SUPERVISOR IN TOC.
IF YOU HAVE A QUESTION FOR HIM SEND AN E-MAIL SCENE-16@NABET16.ORG

DAILY HIRE VACATION PAY & 401(k) CONTRIBUTIONS

ON OR BEFORE FEBRUARY 15, THE COMPANY WILL SEND OUT A CHECK FOR PAYMENT IN LIEU OF VACATION TO DHS WHO HAVE WORKED MORE THAN 80 DAYS IN THE LAST CALENDAR YEAR. THE PAYMENT WILL AMOUNT TO 4% OF STRAIGHT-TIME PAY FOR ALL HOURS WORKED IN 2005. THE COMPANY HAS TWO LEGAL OPTIONS WHEN CALCULATING THE WITHHOLDING TAX ON THIS SUPPLEMENTAL PAYMENT. DISNEY/ABC PAYROLL CAN WITHHOLD A FLAT 25% OR FOLLOW A MUCH MORE COMPLICATED FORMULA INVOLVING SIGNIFICANTLY MORE PROCESSING TIME THAT WOULD LIKELY RESULT IN A LOWER TAX BITE FOR THE MAJORITY OF DHS. TAKE A GUESS WHICH METHOD IS USED? OUR UNION HAS ASKED ABC TO EMPLOY THE FORMULA THAT RESULTS IN A LOWER WITHHOLDING RATE FOR MOST MEMBERS BUT IT DOESN'T LOOK LIKE IT WILL HAPPEN THIS YEAR.

ON A MORE POSITIVE NOTE, THE COMPANY HAS INFORMED THE UNION THAT THEY WILL BE IMPROVING THE TIMING AND FREQUENCY OF VOLUNTARY CONTRIBUTIONS WITHHELD FROM DH EMPLOYEES' PAYCHECKS FOR DEPOSIT INTO THE DAILY HIRE 401(k) PLAN, THE CWA SAVINGS AND RETIREMENT TRUST. CURRENTLY THE COMPANY SENDS THE WITHHELD AMOUNTS TO THE TRUST WITHIN 15 DAYS OF THE END OF THE MONTH IN WHICH THE CONTRIBUTION IS WITHHELD (THIS IS THE METHOD PROVIDED FOR IN THE TRUST AGREEMENT). STARTING IN MARCH 2006 THE COMPANY WILL SEND THE WITHHELD CONTRIBUTIONS TO THE TRUST APPROXIMATELY ONE WEEK AFTER EACH PAY PERIOD, WHICH WILL PUT EMPLOYEES' CONTRIBUTIONS TO WORK FOR THE EMPLOYEE MUCH EARLIER THAN THE PREVIOUS METHOD. CONTRIBUTED BY BILL BORES

NEW CERTIFICATE AND DEGREE PROGRAMS FROM CWA/NETT



THE CWA/NETT ACADEMY HAS CREATED A VARIETY OF NEW CERTIFICATES THAT LEAD TO A NEW DEGREE PROGRAM THAT ENCOMPASSES MANY OF THE COURSES CURRENTLY OFFERED, AS WELL AS ADDING SEVERAL NEW COURSES TO CREATE THE ASSOCIATES DEGREE IN TELECOMMUNICATIONS.

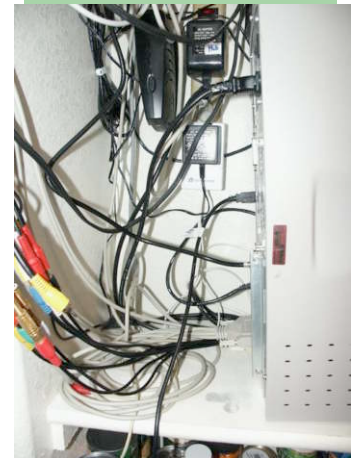
THIS CURRICULUM CAN PREPARE YOU FOR A CAREER IN THE TELECOMMUNICATIONS INDUSTRY, OR ENHANCE THE CAREER YOU ALREADY HAVE. YOU'LL LEARN HOW TO DESIGN, BUILD, INSTALL, TROUBLESHOOT, REPAIR, AND MODIFY THE LATEST TELECOMMUNICATION AND NETWORK SYSTEMS. YOU WILL FINISH WITH A DEGREE CONFERRED BY AN ACCREDITED COLLEGE. GO TO WWW.CWANETT.ORG/CERTIFICATE.ASPX FOR CERTIFICATE PROGRAMS OR WWW.CWANETT.ORG/ASSOCIATE.ASPX FOR THE DEGREE PROGRAM.

NEW COURSE: HOME AUTOMATION SYSTEMS

YOU MUST CHECK THIS COURSE OUT; IT COVERS THE DESIGN, INSTALLATION, TESTING, TROUBLESHOOTING, AND CUSTOMER SERVICE OF A FULLY AUTOMATED HOME. EMPHASIS IS PLACED ON A STRUCTURED WIRING SYSTEM THAT INTEGRATES THE HOME PHONE, TV, HOME THEATER, AUDIO, VIDEO, COMPUTER NETWORK, LIGHTING, SECURITY SYSTEMS, AND AUTOMATION SYSTEMS INTO A PRE-WIRED, REMOTE CONTROLLED SYSTEM. UPON COMPLETION, YOU SHOULD BE ABLE TO DESIGN, INSTALL, AND MAINTAIN HOME AUTOMATION SYSTEMS. FOR MORE INFO:

WWW.CWANETT.ORG/MEDIA/NET113-HOMEAUTOSYSTEMS.PDF

VISIT WWW.CWANETT.ORG FOR MORE DETAILS. QUESTIONS MAY BE DIRECTED TO 1-877-676-4553 MEMBERETC@CWA-UNION.ORG.





80 WEST END AVENUE
NEW YORK, NY 10023
RM. 501

PHONE:
(212) 757-7191

E-MAIL:
MAIL@NABET16.ORG

*LOCAL 16 PICNIC
SUNDAY
JULY 23, 2006*

WE'RE ON THE WEB!
VISIT US AT:

WWW.NABET16.ORG



RETIREE LUNCHEON



HERE'S A PHOTO FROM THE FALL RETIREE LUNCHEON AT THE MAINE MAID INN, JERICHO, LONG ISLAND. THERE WERE ABOUT 60 ATTENDEES AND BY ALL ACCOUNTS EVERYONE HAD A GREAT TIME.

IT IS A WONDERFUL OPPORTUNITY FOR THOSE WHO HAVE NEVER ATTENDED THESE LUNCHEONS TO RENEW OLD ACQUAINTANCES.

SEE YOU ON MAY 10TH

WWW.ABC-NABETPENSION.ORG

THE NEXT LUNCHEON WILL BE HELD AT THE SAME PLACE ON **MAY 10, 2006.**



PLEASE CONTACT ME IF THERE IS MORE INFORMATION THAT YOU NEED.

[HARVEY REIBEL](#)

IN MEMORIAM

- NATHAN ALBIN
- MEYER ARONSON
- FRED BASKIN
- SALIK CHALOM
- JOE CHILLARI
- JACK DORFMAN
- JAMES DUKE
- AUDREY FECHT
- ALFRED GIANETTA
- GERRY GROARK
- DANIEL HARRINGTON
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- MURRAY KONECKY
- PETER MATTHEWS
- LAWRENCE MCCORMICK
- HYMAN MILLER
- JOEL PARISI
- HAROLD PHILLIPS
- JACK POWERS
- WILL SANDERS
- RICHARD SISK
- HENRY RYZUK
- WILLIAM WAGNER

IT'S TIME FOR THE 12 CLUB

We are collecting membership dues from **Monday, February 13th through Saturday April 1st.**

Our sick or injured members receive a benefit of \$165 per week when on half-pay, for up to 12 weeks. Dues are still only \$35 per year and the Club is open to NABET-represented ABC staff employees. As always, your reps will be happy to accept your checks made out to "12 Club":

*RICH CAVALIERE
MICHAEL FINNEY
DICKSON KISSI
JOHN KUNZMANN
CHUCK PATTERSON
TOM REBICH
DEBRA SIMMONS*

Or, mail your check to:

THE 12 CLUB
C/O MICHAEL FINNEY
323 EAST 10TH STREET
APT #1B
NEW YORK, NY 10009

MONDAY NIGHT FOOTBALL CREW: CREWMEMBERS, PAST AND PRESENT, FREE-LANCE AND STAFF, A SMALL TIFFANY CRYSTAL FOOTBALL AWAITS YOUR PICK UP. IF YOU WERE INVITED TO THE MNF WAKE, I MEAN PARTY, AND COULD NOT MAKE IT OR YOU FAILED TO PICK UP THE PARTY FAVOR, CALL STEPHANIE CRONIN AT X3561.

COMPANY REIMBURSEMENT: REIMBURSEMENT FOR THE COST INCURRED USING YOUR PERSONAL CAR ON COMPANY BUSINESS IS NOW 44.5 CENTS PER MILE. PLEASE NOTE THAT THE RATE WAS 48.5 CENTS FROM SEPTEMBER THROUGH THE END OF DECEMBER 2005.

DR. MARTIN LUTHER KING, JR. HOLIDAY: MONDAY, JANUARY 16 IS A HOLIDAY FOR DAILY HIRES. YOU WILL BE PAID TIME AND ONE HALF FOR ALL TIME WORKED, BOTH STRAIGHT TIME AND OT. LEST WE FORGET, DR. KING WAS ASSASSINATED WHILE IN MEMPHIS TO SUPPORT STRIKING UNIONIZED SANITATION WORKERS.
BILL BORES

It has been some time since Local 16 has distributed a newsletter to its membership and much has happened in the interim. This article will be a brief overview of some of the changes affecting Unit 7 members at WABC-TV. We hope to bring you articles about each of the specific things in the next few months.

The major changes involve new technology and though the equipment is varied and has many functions, each of the new things has something in common; fewer people will be needed to accomplish the same task or tasks.

Chronologically, non-linear editing systems were installed in our news gathering trucks first. This presented two broad problems for NABET members. Camera people, many without any experience, were forced to become editors as well. At the same time, as the camera people became better able to edit their pieces in the truck, and I am proud to say that most of our members have made the adjustment well, there was a corresponding reduction in the number of members who were needed as editors. This trend was exacerbated by the shifting of some editing to non-NABET employees under sideletter DK. Daily Hires, many of whom were multi-year five day a week employees, bore the brunt of these staff reductions. Some of them have moved on to other employers while others hang in with WABC-TV but with much less work.

Next was the purchase of Vertigo, a new software package to be an add-on to our DEKO system. The new software would replace our current ACCOM still store system. The result would be the elimination of the ACCOM operator from the studio crew.

At least it would be if the new system worked, which as of this writing, it does not. This is a bit embarrassing for management because it was supposed to be up and

running some months ago. We will keep you informed on this project's developments.

The current project is a new station automation system. A new system was a necessity because our current system has many problems and is no longer supported. The new one from Florical will not just manage the station's Master Control but also automate much of the ingestion to, and management of, our servers. This will mean fewer workers needed for these functions. Training for the new system is ongoing with cutover planned for February 7. The cutover was made for WABC's digital channel on January 26 with some minor but no major problems.

The theme of needing fewer people is not an idle one. Before any of these changes were in place management approached NABET to discuss the possibility of targeted buyouts offered to staff members in the affected departments. Offers were ultimately made to those members but no one accepted.

Subsequently, management laid off the bottom two members from the separate local seniority list. One worked in maintenance and one worked as a news cameraperson. Neither worked in a department effected by the new technologies and that makes their layoff instructive.

Removing those two members did nothing to address the problem management said it had, too many people working in certain job functions, and actually created problems due to too little staffing in the departments where the laid-off members had worked.

You may each draw your own conclusions about management's actions and intent but what is true is this; they said one thing, did another, failed to address their stated problems, and then created new ones.

The only thing that connected all of the above was management's desire to reduce the number of NABET staff members in their employ.

Paul Vasquez

ABC RETIREES ANNUAL FLORIDA LUNCHEON

FEBRUARY 2, 2006

THE MEETING OF THE ABC RETIREES GROUP MET AT BENVENUTO'S RESTAURANT IN BOYNTON BEACH, FLORIDA ON FEBRUARY 2, 2006.

A LIVELY GROUP OF 75 CONTINUED THEIR 2005 CONVERSATIONS AS IF THEY NEVER ENDED. THE LUNCHEON-MEETING WAS SET UP BY ROZ AND DON OWITZ... AND A LOVELY LUNCH IT WAS. THE MAJORITY OF ABC'ERS LOOKED AS FIT AS EVER ALTHOUGH A FEW SHOWED SIGNS OF WEAR. CHARLIE BRUNNER WAS WALKING

WITHOUT CRUTCHES. JOEL ROSENBERG USED A ROLLING WALKING-HELPER. BOBBY BERNSTEIN LOOKS MUCH BETTER THAN LAST YEAR. WONDERFUL TO SEE DICK ARONSON'S WIFE MARCIA ENJOYING THE FEELING OF A PAINLESS BACK FOLLOWING A BACK OPERATION.

DON OWITZ MANAGED TO GET HIS HANDS ON A TAPE SHOWING A COMPRESSED HISTORY OF MONDAY NIGHT FOOTBALL. HE SET UP THE TAPE PROJECTOR AND PROJECTION SCREEN, AND RAN IT FOR AN APPRECIATING AUDIENCE. IT WAS SHORT BUT VERY GOOD.

JOAN AND CHET MAZUREK TOLD OF THEIR EXPERIENCES WITH THEIR NEW GENERATOR, A VERY BIG HELP DURING HURRICANE WILMA. IT WAS PERMANENTLY INSTALLED ON THEIR PROPERTY.

HOW NICE TO SEE JOHN IVICEK, ONE OF OUR NABET TRUSTEES, CIRCULATING AMONGST THE RETIREES. HE IS A MOST KNOWLEDGEABLE, PLEASANT FELLOW AND I RECOMMEND THAT HE BE PERSUADED TO GIVE A LITTLE TALK AT THE NEXT RETIREES' MEETING. FRED CASPER CONTINUED HIS CAMERA-SHOOTING NON-STOP AT TODAY'S MEETING. HE PRODUCES MANY MIGHTY FINE PHOTOS REGULARLY.

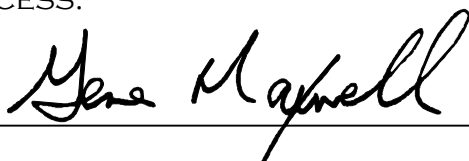
EVERYONE LEFT WITH A GOOD FEELING. "SEE YOU NEXT YEAR" WAS THE PARTING PRAYER.

LES SCHEYER
FOR SCENE 16

PRESIDENT'S MESSAGE

(CONTINUED)

IT IS OUR HOPE TO PUBLISH SCENE 16 IN THIS FORMAT EVERY OTHER MONTH. THAT WILL ONLY HAPPEN IF YOU, THE INDIVIDUAL MEMBER, BECOME MORE INVOLVED AND HELP US BY PROVIDING ARTICLES FOR PUBLICATION. IT WOULD BE BEST IF YOU SEND IN ANY ARTICLES (INCLUDING PHOTOS) VIA EMAIL TO SCENE-16@NABET16.ORG BUT WE WILL ACCEPT THE MATERIAL IN ANY FORMAT THAT YOU CAN PROVIDE. PLEASE CONSIDER MAKING A LITTLE TIME IN YOUR BUSY SCHEDULE TO MAKE THIS EFFORT A SUCCESS.



THE END OF MONDAY NIGHT FOOTBALL



Staff employees on MNF Crew in Baltimore, MD 12/19/05 (Left to Right): Steve Corn, Bruce Giarraffa, Greg Ciccone, Frank Melchiorre, Tom O'Connell, John Monteleone, Mitch Janklow, Paul Martens (missing: Ed Martino)

TURN OUT THE LIGHTS... AND CLOSE THE DOORS????

WHILE WALKING DOWN THE HALL ON THE THIRTEENTH FLOOR, ONE WILL NOTICE THE OFFICE DOORS ARE ALL CLOSED. THESE DOORS WERE ONCE THE THROBBING HEART OF ABC-SPORTS. THE NAMES ON THEM WERE SOME OF THE BIGGEST SPORTING EVENTS ON TELEVISION. THE ACTIVITY THAT WENT ON BEHIND THESE DOORS WAS AS INTENSE AS THE SHOWS THEY REPRESENTED. THESE DOORS: WIDE WORLD OF SPORTS, OLYMPICS, CHAMPIONSHIP GOLF, KENTUCKY DERBY, PREAKNESS, INDY 500, BOWLING, MONDAY NIGHT BASEBALL, AND THE MOST PRIZED DOOR - MONDAY NIGHT FOOTBALL, WERE ALL CRAFTED AND BUILT BY ROONE ARLEDGE. WHEN HE LEFT, EACH NEW EXECUTIVE PRODUCER WOULD CLOSE A DOOR. IT HAS BEEN A LONG SLOW DEATH AT ABC SPORTS! THEIR REASONS WERE ALL THE SAME "THE SHOW WAS A LOSING PROPOSITION; WE CAN'T KEEP IT ANY MORE". ONE CAN'T HELP BUT WONDER WHY

NBC, CBS, AND FOX SPORTS WERE ALWAYS SO ANXIOUS TO PICK UP OUR "LOSERS"?

FORTUNATELY, I WAS ABLE TO BE A PART OF THESE SHOWS, WHEN THEIR DOORS WERE OPEN. I OPERATED A CAMERA FOR THESE SHOWS, WHICH WERE WIDELY WATCHED AND EXCITING. IT WAS GREAT TO BE A PART OF ALL THESE SHOWS BUT MONDAY NIGHT FOOTBALL WAS NOT ONLY THE BEST SHOW TO WORK ON – IT WAS THE MOST FUN. WHAT A GREAT OPPORTUNITY IT WAS FOR A KID FROM LONG ISLAND TO TRAVEL AROUND THE U.S. COVERING FOOTBALL GAMES FOR ABC SPORTS! THE EXPERIENCES; SOME HISTORIC, SOME SAD, MOST OF THEM GREAT, WILL LAST WITH ME FOREVER!

I REMEMBER EVERY SPRING ANXIOUSLY WAITING FOR THE N.F.L. TO RELEASE THE UPCOMING SEASON SCHEDULE. INVARIABLY, IT WOULD COME OUT WHEN MOST OF THE CREW WERE IN LOUISVILLE FOR THE KENTUCKY DERBY.

I REMEMBER A. J. ARMENTANI, JOEY SCHIAVO, DREW DeROSA, JACK KESTENBAUM, FRANK MELCHIORRE, JACK CRONIN, "HUTCH", JIM HENEGHAN, JACK DORFMAN, AND ALL THE "NEW GUYS" LIKE ME SPECULATING WHICH TEAMS WOULD BE THE HOSTS. IF THE TRUTH BE TOLD, THE "BUZZ" WASN'T ABOUT THE GAME, IT WAS ABOUT WHAT RESTAURANTS WE WOULD BE VISITING. FOR EXAMPLE, IF WE WERE GOING TO DALLAS, THAT MEANT WE WERE GOING TO CASA DOMINGUEZ. NO TWO WAYS ABOUT IT! THE COWBOY GAME JUST HAPPENED TO BE PLAYED WHILE WE WERE THERE. EVERY CITY MEANT NEW AND DIFFERENT CUISINE AND A GREAT MEAL. AND, OH YEAH, OCCASIONALLY WE WERE TREATED TO A GREAT GAME!

AT THE END OF THE SEASON, WE ALL GOT TOGETHER AND HAD A BIG PARTY. THE ANNOUNCERS, MANAGEMENT AND PRODUCTION STAFF, THE REGULAR LONG-TERM CREW AND THE "NEW GUYS". NOW, WE THE "NEW GUYS" - GARY DONATELLI, GEORGE MONTANEZ, SERF MENDUINA, JOE COTUGNO, GREG CICCONE,

PAUL MARTENS, ED MARTINO, JOHN MONTELEONE, BRUCE GIARRAFFA, STEVE CORN, MITCH JANKLOW AND MYSELF WATCH SADLY AS THE FINAL DOOR CLOSES. SOME OF US HAVE MOVED ON TO OTHER ENDEAVORS; THE REST OF US WILL BE REASSIGNED — AGAIN - INTO NEW SITUATIONS.

MY FAMILY, FRIENDS, AND FELLOW EMPLOYEES ASK ME WHAT I WILL DO THIS FALL. I TELL THEM THAT AFTER 30 SEASONS OF WORKING ON MONDAY NIGHT FOOTBALL THAT I WILL HAVE TO LEARN HOW TO RAKE LEAVES AGAIN. OR, MAYBE, JUST MAYBE, I CAN HELP SOMEONE FIX THEIR DOORS!

TOMMY O'CONNELL

TIDBITS

THE FOLLOWING IS A COLLECTION OF ODDS AND ENDS, SOME ARE INFORMATIVE, SOME ARE OBSERVATIONS AND SOME ARE JUST WHIMSICAL. MEMBER CONTRIBUTIONS ARE WELCOME. SEND CONTRIBUTIONS, SUGGESTIONS AND COMMENTS TO BOB BOCHART AT LOCAL16TIDBITS@YAHOO.COM

TEMPERATURE CONVERSION RULE OF THUMB

THE FORMULA FOR CONVERTING FAHRENHEIT TO CELSIUS IS ACTUALLY $C = (5/9) \times (F-32)$, BUT THERE'S A QUICK WAY TO CONVERT FROM FAHRENHEIT TO CELSIUS, AT LEAST FOR THE RANGE OF VALUES WE'RE USUALLY INTERESTED IN. (LIKE WEATHER RELATED TEMPERATURES) THE C AND F RANGES CROSS AT A VERY CONVENIENT PLACE FOR THIS. 70 DEGREES F IS ABOUT 20 DEGREES C. SO FOR ABOUT EVERY 10- DEGREE DIFFERENCE IN F, THERE IS A CORRESPONDING 5-DEGREE DIFFERENCE IN C. THIS MEANS 80 DEGREES F IS ABOUT 25 DEGREES C, 90 DEGREES F WOULD BE ABOUT 30 DEGREES C, AND SO ON. CONTRIBUTED BY JOHN DIBBINS

CWA RFF (READY FOR THE FUTURE) WEBSITE

THE DELEGATES TO THE 2005 CWA CONVENTION ADOPTED RESOLUTION #1 "READY FOR THE FUTURE" (RFF), THAT SEEKS TO HAVE US, AT ALL LEVELS OF THE UNION, LOOK AT THE CHALLENGES AHEAD AND DISCUSS WHAT WE CAN DO MORE OF OR DIFFERENTLY TO BEST POSITION CWA TO MEET THESE CHALLENGES. A STRATEGIC PLAN OF THE IDEAS THAT WILL EMERGE DURING THIS DIALOGUE WILL BE CONSIDERED BY THE DELEGATES TO THE 2006 CONVENTION. IN AN EFFORT TO PROVIDE ALL MEMBERS WITH AN OPPORTUNITY TO SHARE THEIR IDEAS AND PARTICIPATE IN THIS EFFORT, WE ARE PLEASED TO ANNOUNCE THE INITIAL LAUNCH OF THE READY FOR THE FUTURE-RESOLUTION # 1 WEBSITE. THIS EMAIL HAS BEEN SENT TO ALL CWA MEMBERS FOR WHOM WE HAVE AN EMAIL ADDRESS. VISIT WWW.CWA-UNION.ORG/FUTURE TO REQUEST YOUR LOGIN NAME AND PASSWORD.

CAFETERIA HOURS

IT'S A STEP IN THE RIGHT DIRECTION. THE 47 WEST CAFETERIA HAS EXPANDED ITS HOURS AND NOW HAS BEVERAGES AND SNACKS AVAILABLE FROM 3 PM TILL 4:30 PM. IT'S JUST TOO BAD THE NEWSSTAND IS CLOSED.

COMPUTER VIRUSES

MANY COMPUTER VIRUSES CAN BE AVOIDED BY NOT OPENING EMAIL ATTACHMENTS. I DON'T OPEN ANY, EVEN FROM PEOPLE I KNOW- UNLESS VERIFYING IT WITH THEM FIRST (EITHER BY TALKING TO THEM OR EMAILING THEM BACK TO VERIFY THAT THEY SENT IT). A LOT OF VIRUSES GET INTO A PERSON'S ADDRESS BOOK AND SPREAD BY SENDING OUT COPIES OF THEMSELVES TO EVERYONE IN IT, MAKING IT LOOK LIKE YOU ARE GETTING SOMETHING FROM SOMEONE YOU TRUST. SO BY CONTACTING THEM YOU'RE DOING 2 THINGS, VERIFYING THAT YOUR ATTACHMENT IS VALID, AND SECONDLY ALERTING THEM THEY HAVE A POSSIBLE VIRUS IF IN FACT THEY DIDN'T INTEND TO SEND IT.

BOB BOCHART