



The Tamarack



BONNER, MONTANA

FEBRUARY 1993

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FEBRUARY

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28 Ways to Show Your Love in February

- 1 Smile at everyone you meet.
- 2 Admit when you're wrong.
- 3 Give a compliment.
- 4 Write to your grandparents.
- 5 Feed your plants.
- 6 Become a secret pal.
- 7 Offer someone your place in line.
- 8 Thank your mother.
- 9 Volunteer at the nursing home.
- 10 Leave a love note on someone's windshield.
- 11 Send a care package to a shut-in.
- 12 Write a nice letter to someone who wouldn't expect it.
- 13 Walk a homeless dog at the animal shelter.
- 14 Tell your friends you love them.
- 15 Practice little kindnesses—anonously.
- 16 Give your cat a massage.
- 17 Lose an argument, graciously.
- 18 Bake homemade bread.
- 19 Pass on a compliment.
- 20 Inspire someone.
- 21 Swallow a gripe.
- 22 Return a favor.
- 23 Kiss and make up with someone.
- 24 Give a generous tip.
- 25 Plant a flower.
- 26 Mail someone a cartoon you like.
- 27 Try to understand another's point of view.
- 28 Give someone else credit.

MANAGERS' MESSAGES

The Four Most Important Words for Business



In business, there are four words that should bring joy to the heart of every worker, supervisor and entrepreneur. Those are: "We made a profit."

Of course, these are important words. Without profit, none of us has a job and

without a job, none of us feeds our family, pays a mortgage, buys a car and so forth. The words are important, mostly because making a profit has sometimes been denigrated.

Still, these days, making a profit has a pretty good reputation. Most people see the relationship between making the company's profit and their own. But today, making a profit depends on more than just finding a great market, making a great product, and doing some fabulous

selling. Competition is not just in our city, or province, or our country, but it is in every locale, in every country in the world. That's right, our competition is the world. We are increasingly part of what is called a "Global Economy."

What sets us apart from our competitors everywhere? Well, one thing is our devotion, our utter devotion, to customer service. That means the four most important words in our vocabulary should be: I can help you.

When you think of your own experiences with household purchases, billing or using a product, just asking the seller for help is always a tricky proposition. You don't know who to speak with. You don't know if that person will be able to solve the problem. You don't know who you will be dealing with...until you hear those words: "I can help you." When you do hear those words, you feel rescued.

The words, "I can help you" are the single most important way for us to make a profit. The next most important words are: "I will get you the person who can help you." The single most important act is following through.

"What's Happening" — "What's Going On?"

Every employee, from time to time, has a piece of information that needs to be shared with their fellow employees. The information you have may seem trivial to you, but others' are interested in "what's happening," that piece of information could have a significant impact on your co-workers job; it could be educational information or just be of general interest..... **communication!** That's what the Tamarack is all about.

If you have something of educational value or just general interest, please contact one of the Tamarack Committee Members. We want to hear from you.

TAMARACK EDITORIAL COMMITTEE



- Karen Abel2135
- John Barnhart2259
- Jim Bentley2611
- Tom Hilmo2285
- Sue Hogan2214
- Mel Lockridge2231
- Deb Moravec2212
- Ed Roberts2108
- Larry Schneider2337
- Glenn Smith2259
- Alan Wagner2259

Safety Coach Update

By: Joe McKay

Safety at Bonner for 1993 started on a very positive note as the Plant Safety Committee and Safety Coaches met and discussed plans for the coming year. In an effort to work closer together discussion centered around three topics: 1) What each group had worked on in the past, 2) plans for the future, and 3) what each group could do to help the other. For the purpose of coordinating efforts and improving communications between the two safety groups the Plant Safety Committee made one position available on the "PSC" for a Safety Coach and Jim Connelly will be in attendance at all Safety Coach Meetings. Both groups also agreed that a joint quarterly meeting was a consensus that Bonner needs a "No-Fault Accident Investigation" program. Jim Connelly is looking into getting this program started.

In an effort to make the Resource Library better and easier to use the coaches have started to develop OSHA required topics for the calendar year. This process is in the very early stages as a complete yearly schedule is not yet available. However, topics that are prepared for February are "MSDS" and "Confined Space Entry." This is not to say you have to use these in February - Just that they are available for your convenience. **Also, it is an absolute must that when you are finished with a prepared safety meeting you have to return it to the Resource Center in a timely fashion.** A lot of time and effort goes into preparations and too many are simply not coming back! Also if you would like to donate your meeting outline, notes, etc. we would love to have them. After all, the more knowledge - the better the Library.

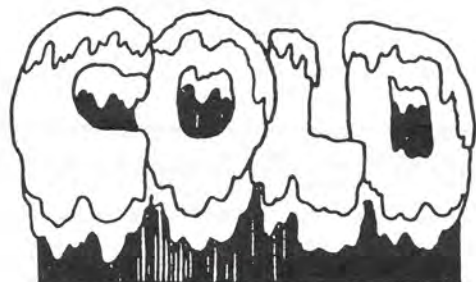
It has also been brought to our attention that there is no longer a grave-yard Safety Coach. Thus no access to the Resource Center on that shift. Actually this is not as big of a crisis as it might seem. Rich Lawrence (Green-end/Plywood/Studmill) is in every morning at 6:30 AM. Larry Keogh works Sunday and Monday (Relief/Studmill/Lumber/Ext. 2265) until 3:00 AM. Dana Nichols works Tuesday, Wednesday, Thursday, and Friday (Swing/Studmill/Lumber/Ext. 2265) until 3:00 AM. Any of these three can help during grave-yard. It should also be noted that any coach will help and that it is up to the "Safety Rep" to do some advanced preparation.

Winter Safety Tips

QUICK ENERGY: There's always a danger during the winter of being marooned without heat in your home or car. The National Safety Council suggests keeping quick energy snacks in your car or coat pocket to help your body produce heat in an emergency. High energy foods include raisins, honey, dried fruit, nuts, chocolate and cheese.

FACTS ABOUT FROSTBITE: Whenever body temperature falls below 95 degrees Fahrenheit, frostbite becomes a threat. Ice crystals form in the fluid surrounding the body's cells, and small arteries constrict, preventing proper circulation and causing tissue damage. Early warning signs include white or yellowish gray skin with tingling, stinging or dull aching, followed by numbness. Hands, feet, ears and nose are most often affected.

Treatment includes immediate rewarming, covering and elevating affected areas until medical help is available. To prevent frostbite, avoid prolonged exposure to cold and wear plenty of warm, layered clothing when outdoors.



Guarding Our Privileges

*"How privileged we are to see beauty
the blind can only imagine, hear
melodic sounds the deaf can only dream,
and voice gratitude those who can't
speak can only express by hand."*

James G. Goodwin

Few people would argue with the philosopher writing about the privileges of vision, hearing or speech. Our senses are more than necessities, they give us pleasure, freedom.

These senses have to be taken care of. Our ability to see and hear, our ability to walk, use our hands, and speak, each requires a different kind of protection. It's a matter to be considered in virtually everything we do.

Safety goggles can protect our eyes; ear muffs and ear plugs can conserve our ability to hear, hardtoe shoes can protect our feet. With these devices and others, self-protection becomes a choice we make for ourselves. No one can make it for us.

Will you continue to be privileged to see the beauty of the earth and hear the sounds of man and nature? Will you continue to have the freedom to walk to your destination or pick up an object?

By carefully guarding your privileges and freedoms, you have a better chance of continuing to enjoy them.



"Labor to keep alive in your heart that little spark of celestial fire called conscience."

—George Washington

ANNIVERSARY DATES FOR FEBRUARY

Bob Martel
Ernest Cahala, Sr.
Perry Anglin
Don Coughren
Ed Davalos
Wayne Schumann
Terry Best
Katherine Hansen
Peter Mavity
James Lane
Larry Schneider
Anton Barth
Julius Engebretson
Joe Araya
Jerome Brenner
Tim Sayles
Jack Roy, Jr.
James E. Sturgill
Paul Dickerson
James Heinemeyer
Adrian Hoyer
Greg Hansen
John Bernhart
Jack Carman
Luther Umphrey
Michael Hansen
Brad Verworn
Dale Jarvis
Ferris Dean Smith
David Wegner
Thomas McKoy
Carl Dayton
John Ballas
Mary Lou Hummel
Loren Speiser



THANKS

For Your Years of Service!

SAFETY

Loss Prevention Accident/Incident Report for December 1992

By: Jim Connelly

Bonner experienced 11 recordable accident/incidents this month, 2 of which were lost time and 4 were restricted work activity.

Lost time: Plywood - A maintenance employee had corrective surgery for carpal tunnel.

Plywood - A press operator had corrective surgery for a shoulder injury.

Central Services experienced 1 recordable accident which led to restricted work activity. The department's lost time rate and OSHA rate for the year showed improvement over last year. The lost time rate was 4.4 vs 5.0, and the OSHA rate was 11.8 vs 15.0.

The Log Yard/Processor had an excellent month with no recordable accident/incidents. This is the seventh time this year that they achieved this record. The department showed improvement over last year. The lost time rate was 1.9 vs 4.2, and the OSHA rate was .37 vs 4.2.

Lumber experienced 6 recordable accident/incidents, 1 of which was restricted work activity.

The department continues to set records, having now completed 24 consecutive months (549,989 hours) of no lost time. Congratulations on reaching this 2 year milestone.

The department's OSHA rate this year remained about the same as last year, 8.4 vs 8.3.

Plywood experienced only 3 recordable accident/incidents this month. Of the three, one was lost time and one was restricted work activity. There was an additional lost time accident charged this month from an accident which occurred in July.

The department had a favorable year with a marked improvement in their OSHA rate. The rates this year compared to last year were lost time rate 2.3 vs 3.1 and OSHA rate 8.6 vs 15.6.

The Bonner Complex did better than our set year-end goals in both our lost workday rate and OSHA rate.

Lost workday rate	2.0 vs 2.2 goal
OSHA rate	8.4 vs 9.9 goal

All-in-all we had a favorable year.

Notable milestones of no lost time attained in areas throughout the plant site are:

Log Processor Maint. graveyard	-	4 years
Lumber Studmill	-	2 years
Finish End day shift	-	1 year



EARLY DAYS AT BONNER

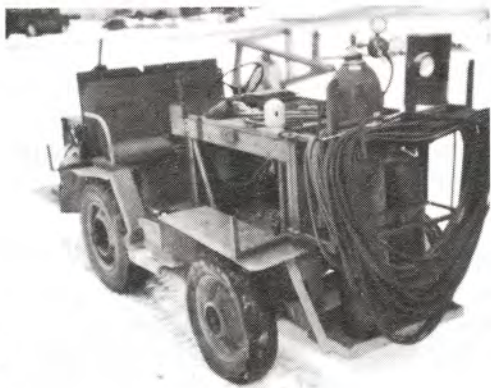
Yard Mules, McGifferts & Slide Asses

Continous Improvement points the way to our future

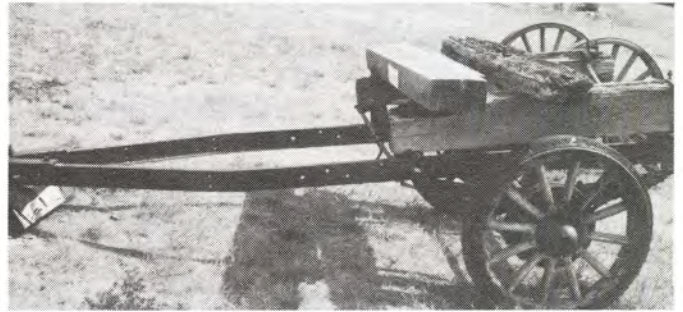
The torch of Continuous Improvement has been passed from one generation of sawmill worker to another since the late 1800's. This concept is one of many that has allowed the Bonner Mill to survive as a leader in quality lumber manufacturing for so many years. During the early years at Bonner, a wide variety of sawmill equipment was custom built in our Machine Shops, demonstrating some very capable talents of our maintenance personnel.

One example of this ingenuity was the Yard Mule, which was designed

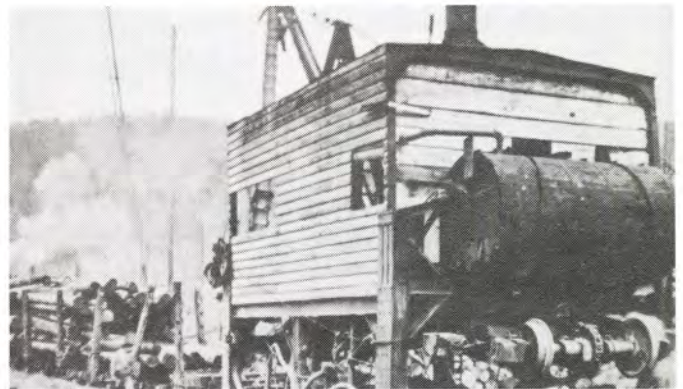
to replace the work horses used at the Bonner Plant Site. The Yard Mule idea involved a Flat Head Ford Engine and Running Gear, which



was shortened in length and axle width, then mounted into a special frame work resembling a small tractor. The Yard Mules worked flawlessly, pulling carts of lumber to and from the various manufacturing departments, allowing Equipment Manufacturing Firms like Caterpillar, Hyster, and Ross time to catch up to our needs. After the arrival of the Straddle Buggies and Lift Trucks, some of the Yard Mules were converted to Welder Gitneys, where the last one served that capacity for over 40 years.

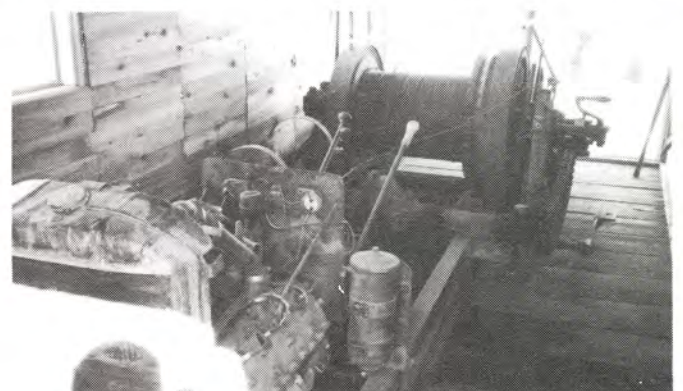


Another example of the ingenuity and talents of the workers at Bonner involves our Logging Crews and the Slide Ass Jammer which replaced the McGiffert Log loader, shown



in the picture, working in the Potomac valley about 1905. The McGiffert was a huge steam powered, self propelled log loader with a ravenous appetite for firewood, water, and maintenance needs.

The Slide Ass Jammer pictured in a re-created setting at Fort Missoula, is a modification of the McGiffert and shows some obvious improvements. Once again a Flat Head



EARLY DAYS AT BONNER

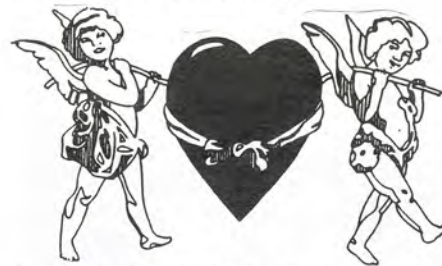
Ford Engine and running gear was used to replace the steam engine which powered the winches. The picture exhibits the talents of our maintenance personnel, and the ingenious way they connected the Ford Engine and running gear to the winches, which were used to lift the logs onto the railroad cars. The Slide Ass Jammer was built on large timbers with



rounded ends like sled runners. A small cable ran from the rear of this jammer and was connected to the last logging car on the train. The Slide Ass would start the loading process directly behind the Shay Engine and pull itself towards the rear of the train. Side guides were mounted on the sides of the large timbers which followed the stakes on the log cars, keeping the Slide Ass in position as it neared the end of the train, where it would become the caboose during the journey down the mountain. A display of the Slide Ass Jammer can be seen at Fort Missoula, made possible by countless hours of time and efforts by Dale Karkanen, Joe Seimenske, Shorty Thompson, Bob Simes, and many other retired Champion Employees. This display is an excellent example of our past efforts at Continuous Improvement, not to mention demonstrating the importance of continuing with these concepts as we step into the computer age and a sawmill of the 1990's.

The best angle from which to approach any problem is the *try*angle.

Lesson's On Love for Valentine's Day



It doesn't get the play that Christmas does, and Easter is a far bigger event. Unless you're a young lover, you could opt to pass Valentine's Day altogether. That would be a mistake.

No other day celebrates that most needed feeling of all: Love. Without love there would be no spring in a young man's step, no flutter in a young girl's heart. Without it there would be no union that would last a lifetime; a baby might not survive.

"What is love?" That's a question pondered by poets and philosophers and every kind of person since the beginning of history. No one has come up with words that really define it, other than to say it is caring greatly about a person or about people.

Love is a pattern for joy that is as valid today as it was when the Bible was written. The Bible's commandment was, and is: Love God with all your heart, and love your neighbors as yourself. It's caring about people.

Love is also about forgiveness, which is part of caring. It means forgiving anyone who has caused you pain, whether that person is someone at work, or your spouse, your child, or anyone else. It means not judging others because unless you have been in that person's mind, you can't know what caused him or her to act in a certain way.

When it's Valentine's Day, tell your chosen one about your love. Smile and greet people warmly, and you will find that you will also love being yourself.

PROFILES

Studmill Area Team Working Hard to Succeed

By: Karen Abel



Meet the Studmill Area Team. Their members are: Dick Anthony, Gene Channel, Russ Hickman, Kim Kadlec, John Montgomery and Mel Mytty. This team certainly has a positive attitude toward their goals. Their purpose is to act as a communication resource for the Sawmill, to solve problems, coordinate and get projects done, to make the Sawmill a better place to work and increase production and quality through implementing ideas from the floor. Sounds like a tough job, but they seem to be proud of their accomplishments.

Some of the projects they have completed are the installation of the catwalk at bucking #2 unscrambler. It was installed for safety reasons and allows the operator to clear jams without having to go down into the unscrambler. This project was unique in that the catwalk spans a 31' area. Another project they have completed is the third-chain end-dogger reject deck. This project has saved the Sawmill plenty of downtime.

Currently this team is working on a couple of projects such as the trim saw at the infeed to the sorter. Earlier, feather ended boards would have to go back to the re-man, but now it is trimmed at the infeed which helps to prevent wasted time and prevents rejects. A separate project they are working on is the pin stops at bucking #1. These pin stops will stop the logs from falling into the bucking deck when the logs roll into the position slip. This project saves a lot of wasted time. Currently they have to reverse the log on the lug.

The Studmill Area Team thinks it is important for the rest of the complex to know that they work very hard on their projects. They like

where PM has taken them and where they are headed. They know they have a lot of problems that need to be worked out, but the process is going well for them and they are willing to handle any task. One very important item they are proud of is that the team never makes a decision without consulting the operators. Everyone has a part in the decision making and they feel that this gets them the best results.

Doug Shoup, the team facilitator, says, "This team is willing to take on any project, technical and social. They put a lot of energy into each project because they know it's important for everyone."

The Studmill Area team holds regular monthly meetings and they have an open door policy. People are welcome and encouraged to attend any meeting, and all meetings are posted as to dates and times.

Customer Profile:

Building Material Wholesalers

By: Deb Moravec

Building Material Wholesalers is a parent company to Lyman Lumber Company. Lyman Lumber Company employs 125 people at its two locations: one in Excelsior, Minnesota; and the other in Eau Claire, Wisconsin.

We (Lyman Lumber Company), "live and die" on new housing starts. For the past 100 years, our customers have strictly been contractors and builders — that construct new single family homes. We provide high quality products and quality service for our customers, this has enabled us to survive and be a profitable company over the past century!

"We buy high quality materials. We don't care if those materials cost more, because in return we know our customers will be satisfied. And, the better quality products come from Bonner. Bonner's underlayment is the most superior that we have found on the market. Also, it's an asset that we can buy straight cars of plywood from Bonner, and the cars are always properly loaded!"

PROFILES

An Inside Look Into The Life of Claude Stolp

By Sue Hogan

A few days prior to Christmas, Claude Stolp and three of his four children traveled to Georgetown Lake, approximately a two hour drive from Missoula, to spend a beautiful winter's day together.

As Claude and his family arrived at Piney Point, their favorite part of Georgetown Lake, they unloaded their John Deere snowmobile from the pickup. As Claude tested the ice to see what condition it was in, his family anxiously awaited to begin their day of snowmobiling and tubing around the lake. Unfortunately, Claude discovered 3" of slush on top of 6" of ice which makes tubing very difficult. During these conditions, you cannot pick up enough speed, since the slush bogs you down. Although the Stolps were unable to snowmobile and tube on the ice, they chose to partake in a sport that Claude has been familiar with for the past 15 years; ice fishing.

With his hand auger, Claude dug 4 holes, 6" deep in the ice for everyone to put their poles through. Using small colored jigs and maggots for bait, the Stolps began fishing for Silver Salmon and Brook Trout. As they were fishing, the Stolps sat back on the ice, relaxing and drinking hot cocoa and enjoying the sunny day. Claude thought to himself how peaceful the day was and that this was a wonderful opportunity to share time with his family.

After a few hours had passed, the air temperature began to drop as the sun dashed behind a mountain. Although fishing was slow during the day, the Stolps reeled in three nice size trout.

Before the day came to an end, Claude managed to snowmobile through the parking lot, pulling his family around on inner-tubes. This was a fun ending to a wonderful winter's day.

As the long winter months continue, Claude has visions of summer; a time when he wears his baseball mit and plays left field twice a week for a men's over 45 league.

For the past three years, Claude has played baseball with 10 or 12 other players for the ISC-CKC Drilling Team. Claude added that playing baseball is a great way to meet new friends and gather many memories. Claude described one



memory that came to mind during the next to the last game of the '92 season. As Claude stepped up to bat, all that raced through his mind was that he hoped he could get on base. When the ball was pitched to Claude, he hit it, making an inside the park home run. This run was the only scoring run for his team that evening; however, this run was enough to win the game. A cheering section consisting of his family and friends were there to cheer Claude on and they certainly let him know it during this game.

Claude Stolp:

Log Processing Shovel Operator
(Began working at Bonner in August of 1969)

Wife: Sandy (Married 25 years)

Sandy works at Shopko in Missoula

Children:

Greg - Age 24

Corey - Age 22

Tracey - Age 18

Jamey - Age 16

Dane - Age 9

Trina - (Daughter in-law and wife of Greg)

Born: Monterey, California

Raised:

Chewelah, Washington (Approx. 50 miles north of Spokane)

Moved to Missoula in 1961 after high school graduation

Military Experience:

Served 4 years in the Air Force

(Stationed in Tacome, WA serving as a Hydraulics Technician)

Other Interests:

Enjoys hunting and fishing

Makes several types of pistol bullets for a local business in Missoula (The Hunting Shack)

Enjoys riding his 1975 Goldwing 1000 motorcycle and hopes to one day make a trip with his wife to the northeast part of the country during the early autumn.

IMPORTANT INFORMATION

United Way Campaign A Success

By: Jim Connelly

The 1992-93 United Way Campaign has been completed and the campaign goal of \$812,000 has been reached.

Once again, Champion employees generously responded to the needs of our fellow citizens. Bonner employees contributed \$42,346, Milltown employees contributed \$3,961, Timberlands employees contributed \$3,827, and retirees contributed \$2,025.

The total employee contribution of \$52,159 will be matched by the company for a total contribution of \$104,318 by Champion.



The "Award of Excellence" was presented by Campaign Chair R. Scott Wilson to Kim Ridge and Jim Connelly in honor of L.P.I.W. Local 3038, Champion salaried employees, retirees, and Champion International Corp.

February GROUNDHOG DAY



**To handle yourself, use your
head; to handle others,
use your heart.**

IMPORTANT INFORMATION

Are We Exporting Our National Forests?

In almost every debate between preservationists and timber industry representatives, the issue of exports surfaces.

The preservationists have repeatedly suggested that the reason for the shortage of timber for US mills, and the decline in timber jobs, is the exporting of unprocessed timber to Japan.

The truth is, we do not export timber off Federal Lands; it is against the law.

Findings of the Hundred-and-First Congress:

Title IV - Exports of Unprocessed Timber

Sec. 487 - Short Title

Sec. 488 - Findings and Purpose

(A) Findings - The Congress makes the following findings:

- (1) Timber is essential to the United States.
- (2) Forest, forest resources, and the forest environment are exhaustible resources that require efficient and effective efforts.
- (3) In the interest of conserving those resources, the United States has set aside millions of acres of otherwise harvestable timberlands in western United States, representing well over 100,000,000,000 board feet of otherwise harvestable timber.
- (4) In recent years, administrative, statutory, or judicial action has been taken to set aside an increased amount of otherwise harvestable timberlands for conservation purposes.
- (5) In the next few months and years, additional amounts of otherwise harvestable timberlands may be set aside for conservation purposes, pursuant to the Endangered Species Act of 1973 and the National Forest Management Act of 1976, or other expected statutory, administrative and judicial actions.
- (6) There is evidence of a shortfall in the supply of unprocessed timber in the United States.
- (7) There is reason to believe any shortfall which may already exist may worsen unless action is taken.
- (8) In conjunction with the Broad conservation actions expected in the next few months and years, conservation action is necessary with respect to export of unprocessed timber.

(B) - The Purposes of the Title Are:

- (1) To promote the conservation of forest resources in conjunction with the State and Federal resource management plans, and other actions or decisions affecting the use of forest resources.
- (2) To take action essential for the acquisition and distribution of forest resources or products in short supply in the western United States.
- (3) To take action necessary to meet the goals of Article IX 2. a. of the General Agreement of Tariffs and Trade, to ensure sufficient supplies of certain forest resources or products which are essential to the United States.
- (4) To continue and refine the EXISTING Federal policy of restricting the export of unprocessed timber harvest from Federal lands in the western United States.
- (5) To effect measures aimed at meeting these objectives in conformity with the obligations of the United States under the General Agreement on Tariffs and Trades.

Section 489 - Restriction of Unprocessed Timber Originating From Federal Lands:

(A) Prohibition on Export of Unprocessed Timber Originating from Federal Lands - No person who acquires unprocessed timber originating from Federal lands west of the 100th meridian in the contiguous 48 states may export timber from the United States, unless such timber has been determined under subsection (b) to be surplus to the needs of timber manufacturing facilities in the United States.

Conclusions:

- (1) The preservationists contend that most of the wilderness areas are located in high alpine areas, containing little or no merchantable timber. Here we learn that, in fact, the lands being set aside for preservation purposes are "otherwise harvestable timber."
- (2) The report confirms that there are over 100 billion board feet of "otherwise harvestable timber" set aside at the present, that could be made to contribute to the economy of the United States.
- (3) The report confirms that these set asides have resulted from application of the Endangered Species Act and the Forest Management Act.
- (4) There is a present shortfall in timber supply resulting from the implementation of the Endangered Species Act and the Forest Management Act.
- (5) We do not export timber from National Forests.

Source: *Congressional Record* 16 USG 620.



IMPORTANT INFORMATION

Western Wood Products Association

Yeon Building
522 SW Fifth Avenue
Portland, OR 97204-2122
Area Code 503/224-3930



WWPA Invites you to Test Your Environmental IQ.

We are all concerned to some degree about preserving the environment. And most of us demonstrate that concern with actions ranging from buying "green" products to active involvement in environmental causes. While these actions are well-intentioned, many of them are based on environmental misconceptions we have mistakenly accepted as fact. To address some of those misconceptions, WWPA has put together the following Environmental IQ Quiz. Please take a few minutes to answer the questions, then have a look at the answers to learn some surprising facts about the environment.

1. The populations of the world is currently about:

a. 3.4 billion	b. 5.4 billion
c. 8.7 billion	d. 9.6 billion
e. 10.1 billion	

2. True or False: The world's populations will stabilize during the next century.

3. Which of the following raw materials is used in the greatest quantity (by weight) in the U.S. today?

a. Steel	b. Brick
c. Wood	d. Plastics
e. Aluminum	f. Concrete

4. The raw material that can be produced with the least impact on the environment is:

a. Steel	b. Brick
c. Wood	d. Plastics
e. Aluminum	f. Concrete

5. True or False: The U.S. is currently a net importer of lumber and other wood products.

6. True or False: Timber harvesting is harmful to the environment.

7. True or False: If managed intensively under sustained yield for wood volume, privately-owned forest lands in the U.S. could meet U.S. wood fiber demand.

8. True or False: More extensive recycling of paper could reduce harvesting of forests in the U.S. by 60% or more.

9. The area covered by forests in the U.S. today is approximately _____ of the area that existed when Columbus landed.

a. 66%	b. 50%
c. 33%	d. 25%
e. 17%	

IMPORTANT INFORMATION

10. Which of the following accurately describes U.S. forests?
- a. Harvest exceeds net growth by 8%
 - b. Harvest exceeds net growth by 3%
 - c. Harvest roughly equals net growth
 - d. Net growth exceeds harvest by 21%
 - e. Net growth exceeds harvest by 37%
11. True or False: At current rates of deforestation, 40% of current forests in the U.S. will be lost by the middle of the next century.
12. National Parks and Forests are currently being harvested at a rate of _____ per year.
- a. 1%
 - b. 5%
 - c. 8%
 - d. 17%
 - e. 25%
13. The public owns approximately _____ of the nation's total timberland.
- a. 1/2
 - b. 2/3
 - c. 1/3
 - d. 1/4
 - e. 1/10
14. Approximately _____ of publicly owned timberland is permanently restricted from timber harvest.
- a. 5%
 - b. 10%
 - c. 20%
 - d. 33%
 - e. 50%
15. There are presently _____ acres of existing old growth forest.
- a. more than 15 million
 - b. less than 1/2 million
 - c. 2-3 million
 - d. one million
 - e. 6-8 million
16. Through the efforts of Global Releaf and similar non-partisan tree planting initiatives, reforestation in the U.S. is expected to increase by _____.
- a. 50%
 - b. 20%
 - c. 10%
 - d. 5%
 - e. 1%

Answers on Page 16

VALENTINES DAY

WHAT WOULD YOU
YOUR SWEETHEART DO FOR YOU



LORIE THOMPSON - (PLYWOOD GRAVEYARD PLUGGER OPERATOR)

"I WOULD LIKE MY BOYFRIEND TO GIVE ME A BIG BOUQUET OF FLOWERS AND WRITE A SONG FOR ME."



WIL MITCHELL - (PLYWOOD GRAVEYARD PRESS OPERATOR)

"I HOPE MY WIFE CARRIES ON THE VALENTINE'S DAY TRADITION THAT SHE HAS DONE FOR THE 14 YEARS OF OUR MARRIAGE AND BAKES ME SOME OF HER VALENTINE'S DAY COOKIES."



LEONARD VOIGHT - (PLYWOOD GRAVEYARD FORKLIFT MECHANIC)

"IF MY WIFE WILL BE THE SWEETHEART FOR THE REST OF OUR LIVES LIKE SHE HAS BEEN FOR THE LAST 23 YEARS, THAT'S ALL I ASK."



BARB UNACKS - (PLYWOOD GRAVEYARD DRYER FEEDER)

"I WOULD LIKE MY HUSBAND TO TAKE ME OUT FOR A NIGHT ON THE TOWN - DINNER AND DANCING."

VALENTINES DAY

**DO YOU LIKE TO HAVE
YOUR WIFE SURPRISE YOU ON VALENTINE'S DAY?**

DICK ANTHONY - (LUMBER MILLWRIGHT)

"I HOPE THAT MY GIRLFRIEND, KAREN, TAKES ME OUT TO DINNER AND USES MY CHRISTMAS COUPON BOOK"



GEORGE NUESSE - (CENTRAL SERVICES SWING SHIFT ELECTRICIAN)

"I JUST HOPE THAT MY WIFE WISHES ME A HAPPY VALENTINE'S DAY AND STILL MEANS IT AFTER ALL OF THESE YEARS."

MEL RICHARDSON - (LUMBER ELECTRICAL SUPERVISOR)

"MY WIFE'S BIRTHDAY IS ON VALENTINE'S DAY. I WILL BUY HER SOMETHING THAT I NEED THAT SHE CAN USE."



JIM KOSTECKI - (CENTRAL SERVICES MILLWRIGHT)

"I HOPE MY WIFE CONTINUES TO SEND MY KIDS CARDS ON VALENTINE'S DAY. I ALSO HOPE THAT SHE CONTINUES TO ACT THE WAY SHE ALWAYS HAS SINCE THE DAY I FIRST MET HER."

IMPORTANT INFORMATION

IQ QUIZ ANSWERS



1. b) Current world population is about 5.4 billion.

2. False. Despite family planning efforts, the world's population is expected to double in the next century. World-wide demand for industrial raw materials will also double in the same time period.

3. c) Wood is used in greater quantity than any other raw material in the U.S. today. According to Dr. James Bowyer, Department of Natural Resources, University of Minnesota, the wood used each year (by weight) exceeds the annual consumption of all metals, all plastics and Portland cement combined.

4. c) While there are environmental impacts associated with producing any raw material, wood has numerous advantages over the others, including:
 - . The energy used in producing wood is significantly lower than that used for the other products listed. Energy consumption for any purpose results in carbon emissions of varying levels, helping contribute to the greenhouse effect.
 - . While wood grows, it converts carbon dioxide to oxygen, storing the carbon even in its manufactured state. None of the other materials can make this claim.
 - . All raw materials begin with the extraction or harvest of a natural resource but only wood comes from a resource that is readily renewable and is being replanted for future generations.
 - . Wood is also reusable, recyclable and biodegradable.
(Source: The Wood Science Laboratory, Corvallis, MT)

5. True. As is the case with most other industrial raw materials, the U.S. is a net importer of lumber and wood fiber. In 1990, net lumber imports (total imports minus total exports) accounted for 20% of U.S. consumption. (source: Western Wood Products Association)

6. Either answer can be correct. When timber harvest is conducted in accordance with accepted management practices and followed promptly by reforestation, there is little or no lasting negative impact on the environment. On the other hand, if harvest is done with little regard to other forest values and/or reforestation does not occur, the environmental impact can be significant. Strong environmental laws in the United States require responsible forest management, including reforestation within one to three years in accordance with individual state forest practices laws.

7. False. According to the American Forest Council, private lands can provide about 80% of our nation's wood fiber consumption. Due to an expected 50% increase in demand in the foreseeable future, private lands can be expected, even with maximum management intensity, to supply only about 60% of future demand. The U.S. will always depend on public lands for a large portion of its natural resources, including 20-40% of wood supply.

8. False. Recycling has definite positive impacts in terms of reducing landfill space needs and consumption of raw materials, but its overall environmental benefits are variable. Because each pass of a fiber through a reuse cycle tends to degrade it, the actual gain in usable material through recycling is always less than the apparent gain. This, combined with increasing demand for paper products, means the most timber harvest could be expected to be reduced (assuming a 250% increase in wastepaper utilization) is about 20%, according to Dr. Bowyer. Similar scenarios, with varying amounts of potential reductions in resource consumption, are true for recycling of all materials, including steel, plastics and aluminum.

9. a). According to the American Forest Council, forests today cover about 2/3 the area in the U.S. that was covered by forests in the late 1400s. Nearly all the reduction can be attributed to the growth of cities and clearing of land (especially in the eastern half of the U.S.) for agricultural purposes.

IMPORTANT INFORMATION

10. e). According to the USDA Forest Service, net forest growth in terms of wood volume exceeded harvest in 1990 by approximately 37%. While this percentage varies from year to year, over the past four decades it has consistently remained at or about 25%.
11. False. According to Dr. Bowyer, there has been about a 1% loss in forest land in the U.S. since 1970, with most of this due to urban expansion and infrastructure development (highways, power line construction, etc.) At this rate another two to three percent would be converted to other uses by 2050. However, laws prescribing no net loss of forest lands are currently being discussed in several states and will likely reduce that rate of conversion.
12. a). No commercial timber harvesting is allowed in National Parks. And, on National Forests, only a small percentage of the land is harvested in a given year. Since 1974, the average number of acres harvested annually on National Forests was 760,000, or less than 1/2 of 1% of the 191 million acres in the National Forest System. (sources: USDA Park Service, USDA Forest Service).
13. c). The public owns 33% of all lands capable of producing commercial crops of timber in the U.S. The vast majority of this land is located in the 12 western United States, where the public owns well over half the total land base and more than 70% of the timberland. (sources: USDA Forest Service, American Forest Resource Alliance)
14. d). Nationwide, 20% of the public land capable of growing commercial crops of timber is by law permanently restricted from harvest. This percentage also holds true for the western states. (source: USDA Forest Service)
15. a). There are several "definitions" of old growth, but most forest scientists agree old growth is a stage in the constantly changing life of a forest. According to the USDA Forest Service there are 8.2 million acres of old growth in Oregon and Washington, at least 2.5 million acres in California and about six million acres in Idaho and Montana. Well over half of this 16 million acres of existing old growth is permanently off-limits to timber harvest.
16. e). Global Releaf, the largest of many non-partisan reforestation efforts, hopes to plant 100 million trees on private property where they might not otherwise be planted. Certainly, such efforts should be encouraged and supported. It should be noted, though, that this equates to less than 1.2 of 1% of the 2.3 billion trees planted each year by forest landowners including the forest products industry, private tree farmers and federal, state and local agencies. (sources: American Forestry Association, American Forest Council, USDA Forest Service)

**Western Wood Products Association**

Yeon Building, 522 SW Fifth Avenue, Portland, Oregon 97204-2122
(503) 224-3930 • FAX (503) 224-3934

IMPORTANT INFORMATION

Drawer 7
Bonner, Montana 59823
406 258-5511



To: Local 3038 Hourly Employees Date: January 18, 1993

From: Kim Ridge Subject: United Way

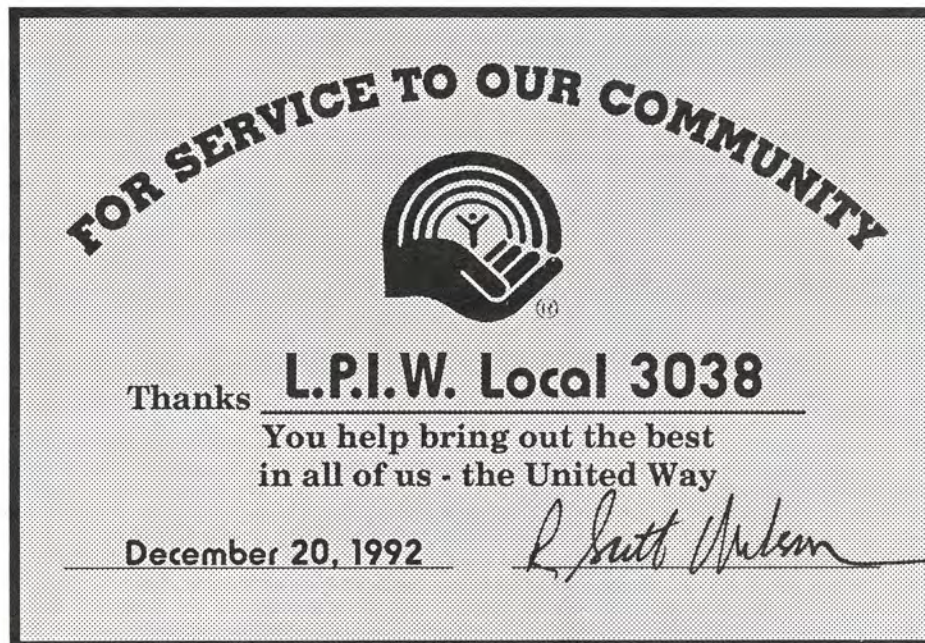
As the 1992 - 1993 United Way Campaign comes to a close, I would like to thank all of you for your contributions making this another record breaking year. For your great caring efforts we received the Excellent Award again!

Seeing the smiles and thanks on the faces of the people of Missoula County who need and use the 30 agencies of United Way of Missoula County I would like to thank you for them.

I would also like to thank you from Scott Wilson, Jim Connelly, and myself, Kim Ridge, for without your generosity we would have never reached the United Way of Missoula County goal. Thank you Local 3038 Hourly Employees!

A handwritten signature in cursive script that reads 'Kim Ridge'.

Kim Ridge



CDQ and the BRCG'S

Customer Driven Quality (CDQ) is the name of the management model that Bonner is using to become more competitive in the woods products business. Many other companies call this movement Total Quality (TQ) or Total Quality Management (TQM) or Continuous Improvement (CI) or others. They are patterned after the same basic concepts. The CDQ model itself looks as follows:



The center of the model, CDQ, represents our target. We intend to succeed by satisfying our customers needs and desires better and more economically than any other supplier. The outer legs of the model provide the support for the goal.

Workforce Empowerment or P.M. focuses on getting the workforce trained in techniques that enable us to work more effectively together and make better decisions about how work is performed.

Customer Focus concentrates on getting to know our customers and what kinds of products and services will satisfy their needs.

Process Improvement is the effort to improve the systems and processes that we use to make our products.

The CJT (Complex Joint Team) formed a group called the Bonner Resource Core Group (BRCG) to learn some techniques for Process Improvement. These techniques include Statistical Process Control (SPC), Flow Charting, etc. The BRCG group also put together a plan for teaching these techniques to the entire plant site.

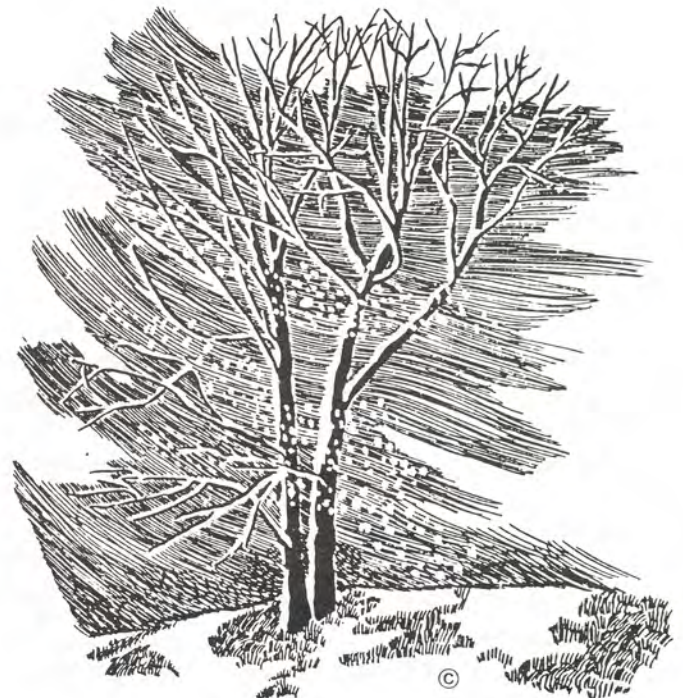
The plan revolves around some standard steps for creating change. The first four steps of change are:

- 1) Awareness
- 2) Understanding
- 3) Acceptance
- 4) Commitment

The recent CDQ II-Process Improvement sessions held in December for the lumber department were aimed at creating awareness and understanding.

Some very successful improvement projects have been completed in the last 6 months using some of the newly-learned tools for process improvement. One such project, the Coe Edger Improvement Project resulted in generating over \$100,000 more revenue in lumber that had previously been manufactured incorrectly.

The BRCG's are anxious to share these techniques with area teams, task teams, crew meetings or whoever would like some information about diagnosing and verifying problems or improvement opportunities.



What's "Happening" in Plywood?

By: Deb Moravec

In a concerted effort to continuously improve the P.M. process, the Plywood Transition Team conducted a survey. Following, are the survey questions and summaries of their responses:

- What has to happen to get those involved in the change effort, to get involved?

Summary: There is a lack of training and communication.

- Do you believe continually improving is important to Bonner's longevity?

Summary: Yes, continually improving is important to Bonner's longevity.

- How do we keep people involved?

Summary: Improve communications, show P.M. results and praise.

- Those individual's not involved, do you understand what the change effort is about?

Summary: Improve communications, explain what P.M. is—need P.M. awareness for new employees, and show P.M. results.

In an effort to improve communications, the Transition Team ordered 5 moving digital read-out boards, they will be put up in the Plywood lunchrooms. The read-out boards will be an additional means of communicating pertinent information.

From now on, the facilitators will be conducting P.M. awareness sessions for all new employees.

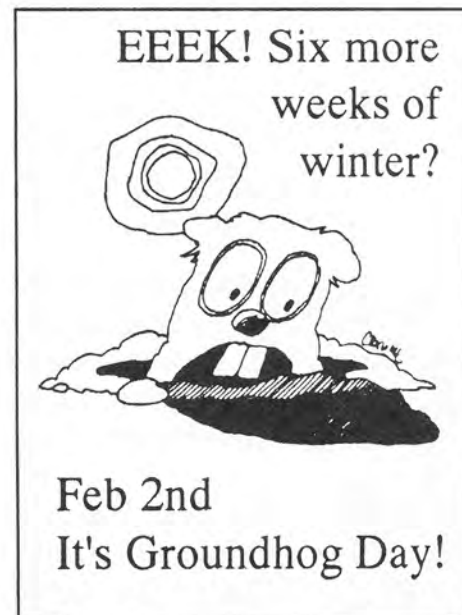
In regards to the survey responses around a lack of training, in 1993 there will be several training opportunities for all plywood employees:

1. Collaborative Skills—a two day training that consists of: Interpersonal skills, effective teams, problem solving and decision making, effective meeting skills, managing conflict and leadership skills.

2. Situational Leadership—in this workshop, you're going to hear and learn a lot about leadership from a practical, common-sense perspective. It's something that has immediate practical application both on the job as well as at home with our spouses and children.

3. CDQ II—a one day continuation of last year's CDQ awareness session, focusing on the process improvement piece of the CDQ Bull's-eye model.

Hopefully, all Plywood Plant employees will take advantage of these training opportunities. These trainings will provide everyone with the information, knowledge, skills and tools necessary to enable us — individually and as an organization — to "grow" and continually improve . . . to seek a future, instead of being rooted to the past.



"Labor to keep alive in your heart that little spark of celestial fire called conscience."

—George Washington

AROUND AND ABOUT BONNER

IN MEMORY OF....

FREDDIE TREICHEL, 59, died of pneumonia Monday, Jan. 11, at his home in West Riverside.

He was born Feb. 13, 1933, to Rudolph and Martina Treichel at West Riverside. He received his education at the Bonner elementary schools, Missoula County High School, and supervisory training at Washington State University.

At 17, he joined the U.S. Navy as a structural steel worker stationed at the Aleutian Islands near Alaska. In 1953 he was assigned special duty testing cold weather gear at Mammoth Lakes, CA., where he met his wife Carolyn (Connie) Watson. They were married at Ely, Nevada, on May 28, 1953.

He was honorably discharged from Port Hueneme, California, in February 1955, when he returned to the Milltown area and went to work for the Anaconda Forest Products Co. at Bonner. He worked his way up to the position of maintenance and trainee supervisor until 1972, when he was employed by Champion International. There, he worked as process supervisor until his death.

Fred enjoyed wood crafts, fishing, boating, camping, traveling with grandchildren, and his yard work and landscaping.

Survivors include his wife, at the family home; his mother, West Riverside; a son, Frederick James, Potomac; two daughters, Julie Ann Wieder, Arlee, and Elizabeth Sue Miller, Superior; seven grandsons, a granddaughter; a sister Esther Nelson, Bozeman; two brothers, Ruben, East Missoula, and Donald, Turney, Mo.; and several other relatives.



MARK ANDERSON, 82, of West Riverside, died of natural causes Monday, Jan. 11 at St. Patrick Hospital.

He was born September 14, 1910, at Somers to Ingeborg and Carl Anderson, and was raised in Somers and Salmon Prairie in the Swan Valley.

In June 1937 Mark married Aileen Lehti in Missoula. The couple celebrated their 55th wedding anniversary in June 1992.

Mr. Anderson worked for the Somers Lumber Co. and the Anaconda Lumber Co. until retiring in 1972. He loved hunting, fishing and all outdoor activities.

Three sisters and a brother preceded him in death. Survivors include his wife, Aileen, at the family home; a son, Duane, Cheney, Wash.; two daughters, Joyce Lawrence, Swan Lake, and Peggy Wegener, Puyallup, Wash.; a brother, Vernon, Missoula; two sisters, Anna Harmon and Helen Brist, both of Missoula; nine grandchildren and eight great-grandchildren.



Congratulations are in order for Champion employees Karen and John Abel. Karen and John were united in marriage on January 1, 1993 at the Emmanuel Baptist Church in Missoula.

Karen is employed as the secretary to Bonner's Plant Manager, Bob Brewer. John works as a day shift dryer cleaner in the Plywood Plant.

We take this opportunity to wish Karen and John and their five children a lifetime of happiness.



Wee Champions

Samantha Ann Hilliard

Parents: Bill and Lora Hilliard

Date of Birth: December 30, 1992

at 10:51 AM

Length: 22 inches

Weight: 8 lbs. 10 oz.



AROUND AND ABOUT BONNER

Silver City Report

(Written By George Mansfield - A Former Silver City Mill
Sawmill Superintendent)

With weary hand and frozen heart
 (Lord, I wish I had a snort)
 I've just thawed out my ball point,
 To make this darned report.
 A sawmill is no house of dreams,
 Its teeth it'll always show
 But it really growls and eats us up,
 When the red hits twenty below.
 It's four a.m., I'm all alone,
 My shift's from five to three
 My crew has left and it's just as well,
 They have no love for me.
 (When winter really ices in
 With snow and ice and sleet,
 This mill is like a walk-in-box,
 It's never heard of heat.)
 I shied from their accusing eyes,
 Their rosy chilling cheeks,
 and said buck-up, with a little luck
 It will ease in a couple of weeks.
 I hope I'm right, 'cause after tonight
 I will never sing a song,
 Unless it's the blues of too thin shoes
 And things that can go wrong.

The starting whistle froze open at five,
 A one note symphony;
 My valiant crew came swaddling in
 - Minus two or three.
 Sickness really plagues us
 When it's twenty odd below,
 A cold head-ache feels better,
 In front of a TV show.
 The day shift had forewarned us,
 With icy eyes that glistened,
 They said it was tough and really rough
 But stick around and listen.
 The fuel line froze on the "66",
 The driver got excited,
 He grabbed a torch to warm it up
 And the whole darn thing ignited.
 We saved the machine, calmed his nerves,
 And he brought us in a load.
 The logs were rough, the barker choked,
 Its last one for the road.
 A tool arm broke, the log hung up,
 The chain saw wouldn't start.
 We chopped and pried and got it through,
 (I think I'm losing heart).
 The chop saw threw a couple of teeth,
 After sawing through a clamp,

More icy logs were sliding,
 Through chains on the bad saw ramp.
 The millwright whistle called us in,
 The sawyer was deflated;
 His valves were froze, the dogs hung out,
 And they were amputated.
 We changed the saw, welded the dogs,
 And thawed his air lines, too.
 My feet are froze, my ears have gone,
 I'm sure I have the flu.
 The gang saw hit some nails and spikes,
 The teeth flew out like bullets,
 I swear, if I had a hair on my head,
 I would scream in rage and pull it.
 The edger froze (except the saws,
 They just burned right along),
 From the filing room we could hear the crew,
 Singing a thankful song.
 The stacker quit, but frozen fingers
 Finally got it going.
 The tie docks full, the forklifts down,
 The chip car's over-flowing,
 The chipper's plugged, we got it loose,
 (My feet are a burning flame).
 Through sleet and snow I hear a toot,
 Here comes the B.N. train
 The chip car has to be un-hooked,
 The binder gets my finger;
 The brakie's cold and in a rush,
 Boy-he's a real hum-dinger.
 Here comes-goes the forklift driver,
 Thinks he's Richard Petty.
 He hit some ice, lost his load -
 And slid right off the jetty.
 We pulled him out, changed his tire,
 Re-piled his load on bolsters;
 Now he's burning rubber down the track,
 (I think I'm getting ulcers).
 The shift is through, my frozen crew
 Has stumbled to the clock,
 I'm sure a few more nights like this,
 Will lead them to a crock.
 My pickup's froze in a clump of snow,
 The charger's going steady,
 With a little luck and a mild chinook,
 It will start when it gets ready.
 My coffee's gone, the aspirin too,
 That wind's a holy terror.
 I think I'll brace it and go home —
 Tomorrow must be better.

Land Conservation Gifts From the Forest Industry

By: Carlton N. Owen

The forest products industry — sawmill and pulp & paper companies — owns almost 70 million forested acres in the US of lands capable of producing repeated crops of trees, and no set-aside for other uses such as National Parks, that's about 14% of the country's productive forests.

While 70 million acres is a lot of land, that number is still not the most impressive statistic involving industry lands. Over the years, the industry —

companies like Weyerhaeuser, Union Camp, and Champion International Corporation — has donated or "sold at bargain" prices, almost one million acres for conservation purposes. That's an area one-third larger than the state of Rhode Island.

Quite a few well-known areas, including the Okefenokee Swamp in Georgia and Florida, Great Dismal Swamp in Virginia, and the Skagit River Bald Eagle Sanctuary in Oregon, are in public trust today because of forest industry donations or bargain sales to The Nature Conservancy.

Since 1951 the Conservancy, a pioneer in private land protection efforts, has acquired more than 5 million acres in the U.S. Some 500,000 acres of that total have come as a result of the relationship between the Conservancy and the forest products industry.

Other conservation organizations, from the Trust for Public Lands to the Minnesota Department of Natural Resources, have benefitted

from industry donations. Additionally, thousands of acres have been added to public ownership through "like-kind" exchanges. These tax-free exchanges allow agencies such as the U.S. Forest Service to "swap" lands with private landowners.

Exchanges have allowed public acquisition of high-value lake and river-front

properties, such as the Rogue River in Oregon, at no cost to the taxpayer. Everyone wins in the exchange of "generic timberlands" for sites of special interest or value. The public gains valuable recreational or environmental property while needed forest resources remain available to meet the country's timber and fiber needs.

In addition to these donations the forest products industry continues to manage its 70 million acres in ways that provide a range of wildlife habitats and recreational opportunities. More than 99 percent of these lands are open to some form of recreational use.



New Guidelines are given for using CPR

The best way to save someone's life using cardiopulmonary resuscitation is to put it off until you dial 911 to call an ambulance.

Only 15 percent of people who get CPR live long enough to go home from the hospital, said doctors at the Fifth National Conference on Emergency Cardiac Care. That rate can be greatly improved, as demonstrated by the 40 percent success rate where the new guidelines are used, and many people are adequately trained.

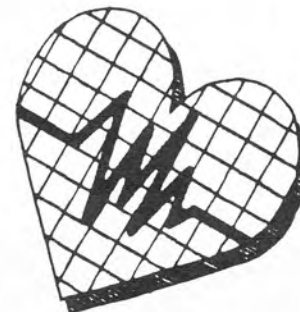
Two-thirds of people who die from sudden heart attacks are outside the hospital when the attack occurs. CPR and emergency procedures save thousands of lives each year. The American Red Cross promotes what it calls the chain of survival. It has four links:

1. Call 911 or whatever the emergency number in your area is.
2. Begin CPR.
3. Get a heart-assist device called a defibrillator to the victim.
4. Follow through with advanced life support.

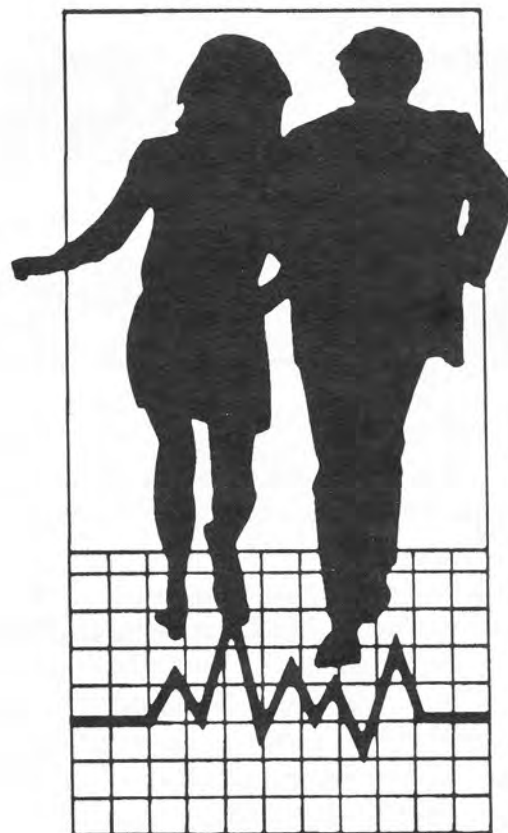
Changes in CPR procedure are:

- For adult victims, lone rescuers should call their emergency medical number before beginning CPR, to increase the speed of getting a heart assist device on the scene. (Previously, one minute of CPR before calling was recommended.)
- For all victims, rescuers should use a 1.5 to 2 second interval for each breath into the victims lungs, to lessen the likelihood of blowing air into the stomach. (Previously a 1 to 1.5 second interval was called for.)
- All victims who are breathing on their own but otherwise not responding should be placed on their sides to facilitate respiration. (Lying on their backs was advised before.)

Children under age 8 usually have problems other than heart failure and don't need defibrillation. The priorities for them remain unchanged: One minute of CPR before leaving to summon an ambulance.



Exercise for life!



February is Heart Month!



LOVE YOUR HEART

Heart, how can we love thee?
Let us count the ways...

1. Know The Warning Signs of Stroke

Every 34 seconds, an American dies from cardiovascular diseases and stroke. Strokes are the third leading cause of death in the U.S. and a major cause of disability. In the 1993 American Heart Month campaign, the American Heart Association wants to educate people about stroke and its warning signs. Stroke takes the lives of more than 145,000 people each year, but many more survive. Immediate treatment is essential. Strokes should be treated with the same sense of urgency as heart attacks. So it's important to be aware of the following symptoms, which are signs of stroke: • sudden weakness or numbness of the face, arm or leg on one side of the body; • sudden dimness or loss of vision, particularly in one eye; • loss of speech or trouble talking or understanding speech; • sudden, severe headaches with no apparent cause; • unexplained dizziness, unsteadiness or sudden falls (especially with any of the previously mentioned symptoms).

2. Acquire and Keep Heart Healthy Habits

If one or more of your close relatives has suffered from a heart attack or stroke, you are at risk, since heredity is a primary factor in heart disease, one over which you exercise no control. But you *can* control most—if not all—of the remaining risk factors. Evidence that the following steps can reduce risk has been compiled and was published in the *New England Journal of Medicine*. Here are the steps to take, along with their estimated effectiveness.

- **Don't smoke.** Research shows that stopping smoking lowers the risk of heart attacks from 50 to 70 percent.
- **Treat high blood pressure.** Lowering your blood pressure can cut your risk up to 40 percent.
- **Exercise.** You'll lower your risk by 40 percent if you exercise on a regular basis.
- **Take an aspirin every day.** This will cut risk by about a third, but it's important to check with your doctor first.
- **Lower your cholesterol level,** if it is high, through diet and medication if necessary. You will decrease your risk of heart disease from 20 to 40 percent.
- **If you're female, taking estrogens** after menopause will reduce your risk of developing heart disease by about 40 percent.

3. Diet for a Healthy Heart

One of the nicest ways to "love your heart" is through a heart healthy diet. And controlling the amount of fat in your diet is essential to good heart health. The American Heart Association recommends: • limiting your intake of meat, seafood and poultry to no more than six ounces per day; • eating skinless chicken or turkey for most meals; • using only lean cuts of red meat; • limiting your intake of shrimp, lobster and organ meats; • using no more than three egg yolks a week, including those in cooking; • using no more than 5 to 8 teaspoons of fats and oils per day in your cooking.

4. Get Up, Get Out, Get Healthy!

A sedentary lifestyle may be more harmful than previously thought. The American Heart Association lists it as a "risk factor"—right up there with high blood pressure, high blood cholesterol and smoking.

5. Know What To Do When Heart Attack Strikes

More than 40 percent of out-of-hospital heart attack victims can be resuscitated if CPR is immediately administered, according to the American Heart Association.

The first sign of a heart attack is usually an intense pain in the center of the victim's chest, which may also radiate out to the neck, arms or stomach. At the first sign of this pain call a doctor immediately. If the pressure and pain continue, help the victim get in a semi-sitting position and cover him or her with a blanket.

The victim's skin will turn white, gray or bluish in color as the attack progresses, and the victim will sweat. Call for an ambulance at once should these symptoms occur. If the victim loses consciousness, begin CPR. Even if you aren't trained in first aid methods, do what you can to keep the victim's airway open until help arrives.

CPR is a life-saving skill that anyone can learn. Classes are available through the American Red Cross, American Heart Association or through any fire department or hospital.

CREDIT UNION NEWS

CENT\$IBLY YOUR\$
CHAMPION INTERMOUNTAIN FEDERAL
CREDIT UNION

P.O. Box 1003
Bonner, Montana 59823
(406) 258-6785

HOURS: M & F 7:00 - 4:00, T W T 11:00 - 4:00

DEAR MEMBER,

THE ANNUAL MEETING:

Will be a dinner meeting at the Press Box Restaurant, 835 E. Broadway on March 6, 1993. The price will be \$5.00 per member. (The balance is paid by the Credit Union.)

HURRY FOR TICKETS:

TICKETS ARE LIMITED TO THE FIRST 110 MEMBERS. They go on sale February 8th. Tickets cannot be reserved, but the cost of the tickets can be deducted from your account by telephone request. The tickets can be mailed to you.

TIME:

Sign in will begin at 5:00 p.m. Dinner will be served at 6:00 p.m. The business meeting will begin at 7:15 p.m. Members are welcome and urged to attend the business meeting if they do not wish to attend the dinner.

PRIZES PRIZES PRIZES:

Members attending the meeting will be eligible for cash and merchandise prizes. Members must be present to win.

WE HOPE TO SEE YOU THERE!

JOIN THE CREDIT UNION TEAM.

There will be three volunteer openings for the next year. There is one opening for the Credit Committee. The Credit Committee meets at least once a month for about one hour. They randomly check loans the loan officer has given out for the month.

There are two positions for the Supervisory Committee. The Supervisory Committee usually meets for one hour once a month. They are the watchdogs of the Credit Union, making sure the Credit Union is complying with internal policies and Federal regulations.


All of these positions are important for the maintenance of the Credit Union. If you would like to help, please contact George Hummel in Lumber, Tom Hilmo in the Processor or Bonnie at the Credit Union.





February 1993 CALENDAR OF EVENTS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 BB-Lady Griz vs. Southern Utah 7:30 p.m.	2 GROUND HOG DAY	3 MCT's "STEEL MAGNOLIAS" - Halfway Point of Winter 80th Anniversary of the Income Tax	4 FRONT STREET THEATRE - FEB. 3-7	5 BB-U. of M. vs. Montana State 7:30 p.m.	6 BB- Lady Griz U. of M. vs. Montana State 7:35 p.m.
7	8	9	10	11	12	13
NATIONAL CRIME PREVENTION WEEK						
14 VALENTINE'S DAY 	15 PRESIDENT'S DAY	16 U. of M. Orchestra Concert 8 p.m. Music Recital Hall	17	18 BB- Lady Griz U. of M. vs. Northern Arizona 7:30 p.m.	19 U. of M. Music Department Faculty Recital: Roger McDonald & James Edmonds 8:00 p.m. Music Recital Hall	20 BB- Lady Griz U. of M. vs. Weber State 7:30 p.m.
21 Opening of "Scholar, Soldier, Citizen" exhibit at The Historical Museum at Fort Missoula 12-5p.m. Tues. - Sun. Exhibit on display through Jan. 4, 1994	22	23	24	25	26 BB U. of M. vs. Boise State 7:35 p.m.	27 BB U. of M. vs. Idaho State 7:35 p.m.
28 Missoula Symphony Orchestra 7:30 p.m. Wilma Theater	<p>FEBRUARY OBSERVANCES: Black History Month National Children's Dental Health Month American Heart Month Great American Pies Month National Cherry Month</p> <p style="text-align: right;"><i>Happy Valentines Day!</i></p>					



When Abraham Lincoln was asked one day about his enemies, he said, "Madam, I have no enemies. I have destroyed them all by making them my friends through forgiveness."



WHAT'S SO SPECIAL ABOUT

F•E•B•R•U•A•R•Y•?

• **Groundhog Day:** Tuesday, February 2, 1993. Legend calls for the hibernating hog to emerge from his burrow to check out the weather. If he sees his shadow, he'll scurry back inside, and we'll have six more weeks of winter. If not, it'll be an early spring. The most famous groundhog of all is Pennsylvania's Punxsutawney Phil.

• **80th Anniversary of the Income Tax:** On February 3, 1913, the 16th Amendment to the Constitution was ratified, granting Congress authority to levy income taxes.

• **Midwinter's Day:** February 6, 1993. For those who hate winter, a day of celebration that the coldest, darkest season is halfway over.

• **Boy Scouts of America Anniversary Week:** February 7-13 celebrates the founding of the organization in 1910. Info from: Boy Scouts of America, Blake Lewis, National Spokesperson, 3131 Turtle Creek Boulevard, Suite 500, Dallas TX 75219 (214) 520-6782.

• **National Crime Prevention Week:** February 7-13, 1993. In addition to the growing menace, crime is a costly problem for American society. You can learn more about year-round crime prevention activities by writing to the National Exchange Club, 3050 Central Avenue, Toledo, OH 43606-1700.

• **Valentine's Day:** February 14, 1993. An old tale says that birds choose their mates on Valentine's Day. It is now one of the most widely observed unofficial holidays for humans, an occasion to exchange cards, books, flowers, sweets or other gifts and to declare love and affection.

• **President's Day:** February 15, 1993. A federal holiday and official observance of the birthdays of two famous leaders: George Washington (Feb. 22) and Abraham Lincoln (Feb. 12). The third Monday in February now honors all former U.S. Presidents.

• **Ash Wednesday:** February 24 marks the beginning of Lent. Forty days remain until Easter Sunday. Named for use of ashes in ceremonial penance.

• **Afro-American History Month:** Recognizing the achievements and contributions by Afro-Americans, this observance dates from February 1926. The 1993 theme is "Afro-American Scholars: Leaders, Activists and Writers."

• **American Heart Month:** The 1993 campaign, involving volunteers canvassing neighborhoods and providing information, will focus on the early warning signs of stroke. Sponsor: American Heart Association.

This newsletter is the monthly publication of ALL Champion/Bonner Operations employees and their families. Your suggestions and articles are welcomed and encouraged.

The Tamarack Editorial Committee

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