

# Shop Talk

Published weekly by the Public Relations Department  
of The Washington Post Editor Anne Simpson X-6803

Vol. 9, No.41

November 15, 1984

## Vintage Vets

"Wanted for murder: Adolph Hitler." "Avenge December 7." "Remember Bataan—Buy War Bonds." These were the messages of several posters hung in the ninth floor community room last week. On them, faces of soldiers stared out intently, compelling citizens to heed their cries to aid the war effort. Their stares were met by many Post employees who had given years of their lives to the armed forces.

The event was a Veterans' Day breakfast, organized by Advertising's **PETE MILLER**, who was clad in his fluorescent-orange Navy flight suit. Miller convened his fellow veterans with a rousing "Reveille," then thanked everyone for appearing in their long-tucked-away military attire.

Ad Art's **GEORGE CHEKAN**, chaplain for the event, called Miller "a walking museum...and a warmonger," and congratulated his persuasiveness, which brought everyone in at zero eight hundred hours. Chekan then recognized Lt. Cdr. **NICHOLAS CANNISTRARO**, and Lt. **NEAL SHELBY**, who were seated at the officers' table.

Miller announced that special guests, "through the help of Bob Hope," were able to make an appearance. In marched the Andrews Sisters, played by **SUE OREMLAND**, **SCOTTE MANN**s and **CHRIS SWERDA**. They gave a hearty rendition of "Boogie Woogie Bugle Boy" that had the soldiers jumping



**SCOTTE MANN**s, **CHRIS SWERDA** and **SUE OREMLAND** belt out "Boogie Woogie Bugle Boy."



**NEAL SHELBY** welcomes his long lost wife and son, played by **CATHY WINSOR** and **TONY COSTANTINO**.

to their feet and whistling.

After the excitement cooled, Miller pointed to the rear of the room where **BILL SCHWARTZ** and **ROYSTON DESOUZA** were spooning out enormous chunks of breakfast, fondly called "S. O.S." by the veterans. Someone cried "officers first," but sailor **TOM CAMARDA** already had tray in hand. The group sat down to grub, accompanied by a tape of time-honored favorites

such as "Columbia, the Gem of the Ocean," and "Anchors Aweigh." Miller also had a slide show, with photos of recognizable faces from the war years. Franklin Roosevelt, Winston Churchill and General Patton appeared, as did **LEE HORTON**, **BUS PAPAJOHN**, **BOB MOE**, **FRANK SATTLER**, Miller, Camarda, Cannistraro and Shelby.

After Schwartz called out for seconds  
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**BILL SCHWARTZ** and **ROYSTON DESOUZA** prepare the goodies.....and **BOB MARTIN**, **LEE BLOUNT** and **DICK WARNER** savor them.



# Anticipating Emergency

A green light flashes. Air has reached the lungs. A yellow light—blood pumps from the heart. Red! Stop! The rescuer's hands are in the wrong position, and pushing them could seriously injure the victim's internal organs.

The lights flash on a monitor attached to Annie. Annie is a manikin, a doll used for instruction in mouth-to-mouth breathing, treatment of choking, and cardiopulmonary resuscitation (CPR). There was once a living girl named Annie. She drowned, and no one near her knew how to clear her lungs and start her breathing. Her father sponsored the development of the doll, so that others could learn the lifesaving techniques that weren't applied to his daughter.

This week, Post tourguides **JAN CAMPBELL**, **BEEP FRIEDLANDER**, **GLORIA GILBERT**, **CINDY LINDSEY** and **JOYCE MELOCIK** received certification in lifesaving techniques from **ANN GRIFFIN**, a nurse at the Springfield Health Center. Griffin held two four-hour sessions, using the Red Cross guide for Respiratory and Circulatory Emergencies. It covered basic



**ANN GRIFFIN** administers an abdominal thrust to **JAN CAMPBELL**.

problems: reviving breathing; one-rescuer CPR; two-rescuer CPR; care for a choking victim who is conscious; care for a choking victim who is unconscious; respiratory emergencies for babies and children; and CPR for babies and children.

Griffin is a 27-year veteran of nursing, who has been instructing emergency response classes for the past year. She has had her own first-hand experiences. Once, she found her two-year-old daughter had stopped breathing in her crib. She had always wondered if, upon finding her child in a grave situation, she would be more nurse or mother. Luckily, "nurse took precedence." She revived her child, and stopped, then realized the child had stopped breathing again. Again, she

tried to give her breath, and this time, the daughter maintained her own breathing. Throughout the ordeal, Griffin said, she was very calm. But when she realized the baby was out of danger, "I completely fell apart."



Griffin (center) helps **JOYCE MELOCIK** and **GLORIA GILBERT** locate a pulse.

She also saved a man in a restaurant who ordered a steak the first day he wore new dentures. Griffin heard a choking sound from his table, and went to his aid. He was already turning blue. She gave him an abdominal thrust that "sent the steak flying," Griffin said. The man was fine, except for a rather disheveled ego.

Plans for training the tourguides in these methods came about through conversations between vice president/Communications **VINCE REED** and the nurses that staff The Post's three plants. "Because of the large number of people that our tourguides deal with, we thought they should be prepared for emergencies," Reed said. In her years as a tourguide, Campbell has seen several tourists get weak and glassy-eyed. Last month, a teenaged boy fainted in the Newsroom, and had to be revived with the help of the nurse on duty.

No one can know when an emergency will arise. Respiratory failure can occur from causes as diverse as stroke, severe electric shock, heart disease, drowning, heavy bleeding, overdoses of drugs or poisons, toxic gases, smoke inhalation, suffocation or strangulation. Choking is common, and cardiac arrest is a leading killer in this country.

Mouth-to-mouth breathing sends the rescuer's exhaled air into the lungs of the victim. CPR is used when a victim is discovered with no heartbeat and no breathing. It requires compressions onto the chest, combined with mouth-to-mouth breathing. Administering the compressions is "very strenuous," as Griffin said, so a two-rescuer method can be more effective.

There are separate methods of care for choking victims, depending on whether or not they have lost consciousness. And babies and children must be handled differently than adults, or they can die from the rescue efforts. Methods of emergency treatment are so precise that they should be learned only through actual instruction from trained professionals. Procedures are easily forgotten, so retraining every six to twelve months is recommended.

Along with Griffin, The Post has two other nurses, **NANCY RIDOLFO** and **PHYLLIS WASLO**, who are certified to teach these lifesaving techniques. Health Center manager **CINDY DUNBAR** invites any departments that would like to arrange for instruction to call her at x7192.

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**TOM CAMARDA** sits down for chow.

from the mess line, Miller directed attention to the screen, where shone a slide of Shelby, standing with other pilots in front of a war plane. Miller explained that Shelby had had some misfortune with planes, and dropped six during training flights. "Five!" Shelby cried loudly.

Miller then told the audience a well-kept secret, that Shelby had been married as a soldier. A striking woman, played by **CATHY WINSOR**, and an adorable little boy, looking much like **TONY COSTANTINO**, then appeared. For being a good sport, Shelby also received a plaque, adorned with a crushed model airplane. Miller then said

that when the Japanese Embassy had heard of their spoof, they wanted to send their thanks, because Shelby had destroyed more American planes than any Japanese fighters did. **BART BARTOLOME**, dressed as a kamikaze, arrived to shake hands with Shelby.

Though the morning was lighthearted, it had a serious undertone. Miller played the song "Green Beret," in memory of veterans of the Vietnam era. Then the group stood, with heads bowed, as Chekan read a closing prayer for friends and comrades who have died while fighting for the country. "May they truly rest in peace," he said. When he finished, "Taps" played mournfully.



**RON CASTNER** models his German S.S. hat, in the company of **AL HELM**, **BUZ CARTER** and **PETE ARGES**.



**LOU BROWN** and **PETE MILLER** discuss clean-up tactics.

## Inquiring Photographer

*What will you be thankful for this Thanksgiving?*



**JAMES WRIGHT**  
Composing

"To have all my family home to have a nice dinner together."



**RHONDA TURNER**  
Classified

"My new baby, Courtney."



**SAVANAH HARVEY**  
Advertising and Customer Services

"Life and love."



**JOHN BENNETT**  
Mailroom

"Thankful for my kids."



**CHRIS BROWN**  
Pressroom

"For doing well—financially, mentally and emotionally."



**JOHN YOUNG**  
Printing Services

"Living."

## Post Scripts

**TIME FLIES**—A momentous mark in the passage of years was made easier for Accounting's **SYDNEYA DACRES**. Friendly coworkers surprised her by decorating her desk with encouraging signs such as "I'm here out of respect for the elderly," "Old age and treachery will overcome youth and skill," and "Kiss 39 goodbye."

Actually, the devious scheme was planned by a coworker who suffered a similar fate at Dacres' hands three years ago when she hit the four-decade milestone. "Revenge," she said, staring at the cake and banners.

When it was time for Dacres to blow out the candles, assembled colleagues encouraged her to make a wish. She didn't hesitate with her fervent reply: "I wish that the day ends soon."



**SYDNEYA DACRES** laughs at the notion of being over the hill.

**HELLO SNOW BUGGIES**—The Post hopes to assemble a fleet of four-wheel drive vehicles to be used during the next horrendous snow storm. Any employees who could help by volunteering their vehicles would be tremendously appreciated. Contact **RICK FLOYD**, x7894 (Northwest); **MATT JONES**, x6067 (Southeast); or **HUGO WESTHIEDEN**, x6578 (Springfield).

**GOOD LOOKS**—The Post recently won five awards for excellence from the Society of Newspaper Design. The SND, which has members in North and South America, Europe and Asia, cited The Washington Post Magazine, TV Magazine, and The Post's "Holocaust" book. The National Weekly took two awards, one for overall design and one for its table of contents.

**NO TURKEY TALK**—In keeping with a holiday tradition, Shop Talk will not appear on Thursday, November 22. Happy Thanksgiving.



## Marketplace

**HOUSEPAINTING**—Interior and exterior. Done on weekends. Call Roy Jackson, evenings at 232-2640, or days at 827-9661 or 827-9670.

**BAND EQUIPMENT**—8 Channel PV mixer plus 100 FT snack, excellent condition, \$350. Pair of LP congos and stand, \$275. Set of Temple Blocks, \$125. Call x7863 or 630-7076. Ask for Leonard.

**PRINTING**—High quality, personalized service at discount prices. Wedding invitations, business cards and stationery. NCR forms, newsletters, resumes, fast copy service, brochures, raffle books. For prices and information, call Erwin Sessler, expert printer, daily at 262-9430 or M-F, 7-8 p.m. at x6911.

**1973 BMW 2002ii**—Excellent condition mechanically, minor rust. AM/FM cassette. \$3200. Call Peter, 244-1237, evenings and weekends.

**FRESH FLORIDA CITRUS**—4/5 bushel of navel oranges, \$20. 4/5 bushel of pink grapefruits, \$12. We deliver to office. Proceeds to benefit Freedom Church Day Care Program for handicapped children. Call Whitaker, x7389.

**FOR RENT**—Furnished two-bedroom cottage with view of West River, located in Shady Side, Md. Electric heat, fireplace and enclosed porch. \$550 per month plus deposit. (301) 798-0760.

**DARKROOM EQUIPMENT**—Complete. \$250. Call after 3 p.m., x7798, or 589-1764. Ask for Oskar.

**CHRISTMAS GIFTS**—Give a gift that will last a lifetime! 14k gold jewelry from Italy. Some sterling silver also available. Unbelievable prices!! Call Barbara at 946-0249 evenings and weekends to arrange an appointment.

**CHINCOTEAGUE**—Fall rentals! Lovely beach house next to wildlife reserve. 3 bdms, 2 baths, all amenities. 2 night minimum. Call 536-3346, evenings.

**FOR RENT**—Key West, Florida. Luxury condo, 2 bdms, 2 baths. Gulf front, balcony. Available Dec. 15-22. Call (703) 765-2622.

**FOR SALE**—1980 9' fiberglass boat, w/25 horsepower Evinrude motor, trailer, gas tank, steering wheel, electric start and choke. Carpet and cover. \$1500/offer. Call Lam Quan, x6522.

**LEND ME YOUR YOUR EARS!**—And wrists and necks. Let's adorn them with absolutely gorgeous jewelry, all at discount prices. Custom designed, 30-70 percent off retail prices for fresh water pearls, semi-precious stones, 14k gold. Perfect for holiday gift giving. Contact Gloria, W. F., x7969, or 460-9341.

**FRESH PECAN HALVES**—\$4.00 per lb. Easy to freeze. We deliver to office. This is the fifth year of the sale. All proceeds to Lions Club work with the blind. Call Gloria, x7740, to place order.

**FOR SALE**—Kenmore sewing machine w/cabinet, \$350. Kenmore portable sewing machine, brand new, \$200. Singer sewing machine w/cabinet, \$175. Call Kay, x7100, or 829-9248, after 6 p.m.

**MARKETPLACE DEADLINE: Noon on Friday prior to publication date. Please include your name, extension and home telephone number. Send ads to Shop Talk, seventh floor, or call x6803. Ads will run two weeks unless otherwise requested. One ad per employee, please!**