



US Army Corps
of Engineers
St. Paul District

Crosscurrents

Vol. 6

No. 4

December 1982

District Commander's holiday message

This is the first of what I believe will be three opportunities to wish all the employees of the St. Paul District the best possible holiday season.

It is certainly time to pause from our mutual labors, take a deep breath, and while we relax, inventory such positive things in our lives as the respect and high regard of our fellow workers.

For me, six months is not a long time to look back, but some things stand out clearly in mind since my coming to St. Paul in June.

Among them, a dedicated work force, some real accomplishments in new areas, old challenges that have been around longer than most of us and your unflagging willingness and energy to turn out quality and timely products that benefit the people and the nation.

As you can tell from these remarks, it is nice being back home in Minnesota.

I have good feelings about where we are going and a definite conviction that we are going to get there together as a cohesive, skilled group of professional planners and builders.

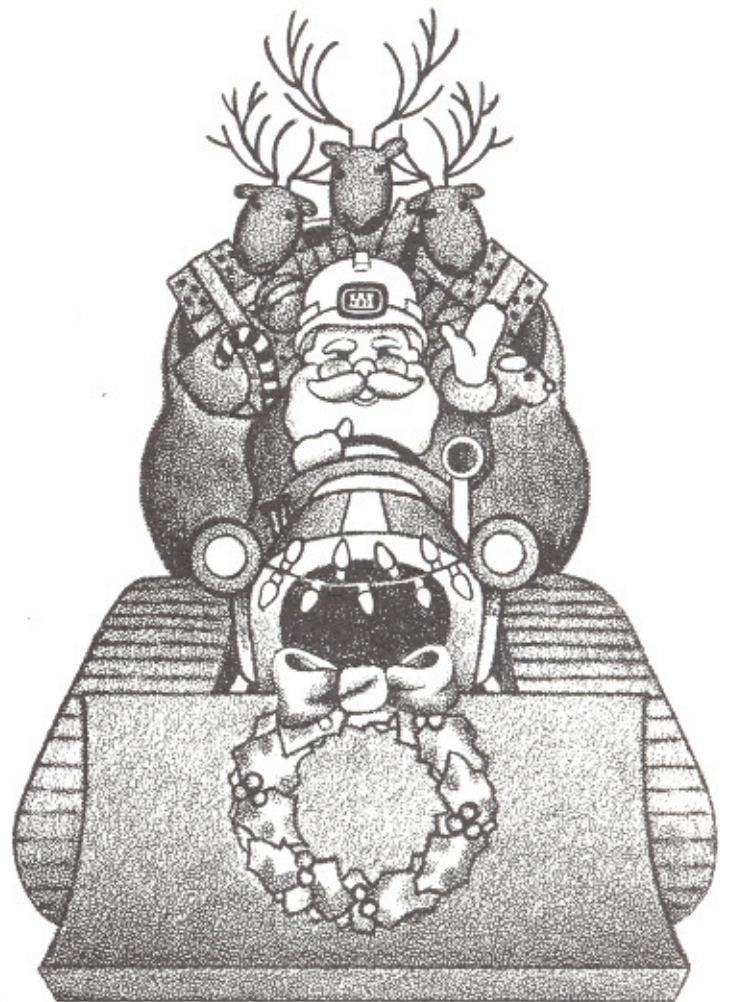
Now for the important message.

The holidays are a time for sharing, for families and for religious celebrations of choice.

You should set your priorities on renewing family ties and old friendships. Use the liberal leave policy.

Trudy joins me in wishing you all a safe, rewarding and joyous holiday season.

May the new year bring you the great gifts of peace and the satisfaction of personal accomplishment.



*Illustration courtesy of the
Office of the Chief of Engineers*

EDWARD G. RAPP
Colonel, Corps of Engineers

MOBEX 83 tests new district mobilization plan

by James E. Braatz, PA

St. Paul District mobilization planning has made giant strides since an unusual and unannounced meeting of key staffers was called in the early morning hours of last Aug. 25.

At a hideaway on the shores of Lake Minnetonka, division, office and branch chiefs, broken down into task groups assigned specific problem areas associated with mobilization planning and later to reassemble into one large review body, finally saw the light: this might have been an old game they were playing but it had not been played very well or seriously in the district in recent years.

The effort that came out of that surprise get-together was directed at development of the Mobilization Table of Distribution and Allowances (MOBTDA) and a St. Paul District Mobilization Plan (NCS MOBPLAN), formal ways of saying the district got its head together and identified what it would need to do in a national mobilization emergency and what kind of people would be required to do it.

Each major district element since has had to develop an annex which outlined mobilization responsibilities and which included the MOBTDA for that element.

This was the heart of the district's MOBPLAN and was no easy task in such a short time frame.

The MOBPLAN was published Sept. 30, 1982, and its effectiveness was immediately tested in the mobilization exercise (MOBEX 83) that took place Oct. 15 through Nov. 5 this year.

According to emergency management chief Ben Wopat and national emergency planner Dave DePoint, MOBEX 83, which served as a mobilization training vehicle for about 80 district employees, proved the general soundness of the district MOBPLAN as well as

pointed to areas needing changes, additions and improvements.

For MOBEX 83, duty assignments were made considering experience of individuals and the roles they play in the course of their normal duties.

In some cases, the lack of experience in mobilization determined assignments, and employees who normally function at relatively high levels within the organization found themselves at the bottom of the exercise chain of command.

But no matter; it was the training and exposure that counted, according to Wopat and DePoint.

The exercise that tested our new MOBPLAN was a no-fault exercise and was based on hypothetical world and national situations.

But that didn't mean that the participants didn't take the situations and problems related to the "play" seriously.

MOBEX 83 provided realistic situations which required extensive involvement of various district functions.

According to DePoint, who expressed appreciation for the dedicated work of the exercise participants, MOBEX 83 proved to be a greater learning experience than any other previously held exercise that he has been involved with.

"We hope this experience will sensitize us all to the importance of our mobilization planning effort for the district, other Department of Defense agencies, such non-DOD agencies as the Federal Emergency Management Agency and for the nation's mobilization efforts," said DePoint.

Some of the Army-wide shortcomings of MOBEX 83 will be released soon in unclassified form, and Crosscurrents will summarize them.

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The holidays: a time for taking stock

by Lt. Gen. J.K. Bratton,
Chief of Engineers

Each year at this time, most Americans welcome the holiday season with a blend of special activities, personal memories and family gatherings.

The ending of the old year brings anticipation of the new and for most some retrospection of events and achievements of the past months.

Our hopes for the year beginning are often based on our successes in the year just ending.

It is a time for stock-taking.

Simplistically, most of us view the Christmas season as a happy time, as indeed we should when we recall the meaning of the first Christmas.

Unfortunately, world events often unfold without regard for the Christmas spirit.

Even in God-blessed America, we see the stress and sadness of a world touched by war, social and economic struggle and unfulfilled expectations.

My own holiday spirit this year has been tempered by the Vietnam veterans activities held here in Washington last month.

The war in Vietnam touched many of our lives very deeply during a decade of Christmas seasons only a few years ago, but has now faded from many memories even as it remains a forever-poignant experience for others.

As I listened to the last few of the 58,000 names being read by candlelight in the Washington Cathedral at midnight on Veteran's Day, and as I visited the stark, subdued memorial on the mall with those same names etched in black granite, I was moved by the curious blending of sorrow and joy expressed by so many in recognition of the millions who served and the thousands who died serving their nation in a widely misunderstood and unpopular war.

The Vietnam veterans remind us again that annual holiday seasons do not bring universal freedom from poverty, war and the threat of war.

To those of us in the engineer family, however remote from the battlefield our daily work might seem, there is a burden of responsibility to the nation we serve.

We have a direct role in contributing to the military and economic strengths which are our deterrents to those who would destroy our freedom, our well-being and our hope for the future.

All of us in the Corps certainly have a personal concern in keeping our nation at peace, as do all Americans; but more than most others, we have a professional responsibility as employees and members of the U.S. Army that allows us to contribute directly in working for peace.

This responsibility is the essential source of the pride and professionalism, for each of us individually as well as collectively as an organization, which are hallmarks of the Corps.

I congratulate each of you for your achievements during the past year.

For 1983, the nation faces the grave challenges of strengthening its national security posture while furthering arms control, providing for the socioeconomic needs of its people and restoring national economic strength and the associated prosperity of individuals and businesses.

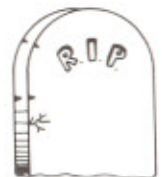
Our worth as an organization will be judged on how well we contribute to meeting these challenges.

For you and your families, I extend my warm wishes for a most enjoyable holiday season and for a personally and professionally rewarding new year ahead.

This Christmas season marks the birth of the "Prince of Peace," and we can all share in the spirit of peace on earth, good will to humankind, now and all through the year to come.

God bless you all in your daily lives and in the fulfillment of your hopes and aspirations.

**The best reasons for
using seatbelts are
always getting buried**



Europe Division seeks engineers

From "Engineer Update," Vol. 6, No. 10, October 1982; Office of the Chief of Engineers, Washington, D.C.

The Corps of Engineers' Europe Division (EUD) is looking for qualified engineers to handle an expanding workload.

The division is based in Frankfurt, West Germany, and has offices throughout central Europe and in Turkey.

AN OVERSEAS TOUR

An overseas tour is usually three years, but people often extend up to five years or longer.

Senior project manager Rod Markuten has been with EUD for four years.

"I love living in Germany because of its cleanliness and lifestyle, and I enjoy my job," he said.

"Dealing with people from different countries has definitely been a satisfying experience."

OVERSEAS BENEFITS

Department of Defense (DoD) civilians working abroad have the opportunity to vacation in famous places and receive financial benefits for being overseas:

- * Non-taxable living quarters allowance to defray housing costs.

- * Temporary living allowance to defray hotel costs while house-hunting for up to 90 days.

- * Government-paid shipment and/or storage of household goods (11,000 pounds for families; 7,500 pounds for single employees).

- * Air shipment of 350 pounds hold baggage for each adult and 175 pounds for each child.

- * Government-paid shipment of one vehicle.

- * DoD-operated American-style schools for kindergarten through 12th grade.

- * Resident courses for U.S. colleges.

- * Medical care at U.S. government facilities (paid by employee; extended medical provided in conjunction with stateside, nationwide medical plan).

LIVING OVERSEAS

Because the first few weeks in a foreign country are a little confusing, EUD assigns a sponsor to each new employee to make necessary arrival arrangement.

Lucy Hykes, an assistant trial counsel for EUD, decided to work for the Corps overseas because, she says, "I wanted to live in Germany again.

"I was a student for a year at the University of Freiburg and I have visited Germany every year since.

"I do enjoy the work here; it's challenging and interesting and I'm already learning a lot," Hykes said.

"I'm learning to deal with certain aspects of law that I don't see in the United States."

OVERSEAS JOB OPPORTUNITIES

Jobs are often available for family members overseas.

The EUD not only hires professionals, but makes extensive use of locally hired clerical and administrative employees.

Other DoD agencies in Europe also hire U.S. family members.

Job opportunities are normally in the clerical fields, but professional positions are sometimes available.

A recent executive order offers returning family members of military and DoD civilian employees the opportunity for non-competitive appointment to a federal position in the United States.

"I wanted to come to Europe and work to save money for the children's college," said Marty Lynch.

"Our sponsor advised us before we arrived that family members were often able to get jobs."

Lynch is now the secretary to the EUD equal employment opportunity officer.

OVERSEAS ASSIGNMENTS

Another family member hired overseas is 24-year-old Nike Rovero, an engineer who came to Europe with her husband, 1st Lt. John Rovero of the 130th Engineer Brigade.

(See page five)

Europe Division

(From page four)

Nike Rovero was quickly hired by EUD to fill one of its many engineer vacancies.

After spending two years in Germany, the Roveros have accepted positions with the Corps in Turkey.

"Our work in Turkey basically involves the improvement of living conditions for our soldiers at remote sites," Nike said.

"Turkey is a progressive nation and it is becoming very westernized," she added.

"The Air Force is currently building a new sewer system and housing for airmen.

"An elementary school is also scheduled."

After work, the military communities offer recreational opportunities for adults and children.

After completing an overseas assignment, career or career-conditional employees in competitive service of the Department of the Army and other DoD agencies are guaranteed reemployment rights to their former activity, if it was an DoD activity, at the grade held before accepting the overseas assignment.

Engineers interested in positions at the GS-13 level or below may send an SF 171 and current appraisal to: Office of the Chief of Engineers, ATTN: DAEN-PEC-SC (Rennie/Damico), Washington, DC 20314.

Season's greetings

*by Gen. E.C. Meyer, Chief of Staff
and John O. Marsh Jr., Secretary
of the Army*

To the men and women of the U.S. Army, we send our warmest good wishes for a joyous holiday season.

As the most holy time of Christmas and Hanukkah approaches, we express our deep appreciation for your selfless service and devotion to duty which has sustained this nation at peace.

Our service's role as peacekeeper provides a source of continued hope for all humankind.

We take pride in your commitment, sacrifice and dedication.

May you and your families have a blessed holiday and a new year filled with happiness.

Corps visits refuge

by Rosemarie Braatz, CO-A

St. Paul District Commander Col. Edward Rapp and Construction-Operations Division Office Chief William Goetz flew down the Mississippi River on Oct. 29 with U.S. Fish and Wildlife Service (USFWS) Regional Director Harvey Nelson.

They viewed the USFWS refuge, particularly regarding its value as a resting and feeding place for canvasback ducks.

The canvasback, which has severely declined in population, is attracted to pool numbers seven, eight and nine, where it feeds on the root of wild celery.

Because so many other resting and feeding places for the migrating ducks have been wiped out, the food supply in this area is critical.

The ducks are further threatened by disturbance from boaters, which hinders their gaining strength for the remainder of their migration to the east coast, where they winter in Chesapeake Bay.

The survival of this species of duck will be considered in the river management plan in which the USFWS is cooperating with the Corps, according to Valorie Burlingame, Natural Resources Management Section.

Public meetings will be held in January to discuss the final draft plan.

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Savings Bonds undergo biggest change in 40 years

compiled by Lt. Frank Grass, CO-RF

On Oct. 27, President Reagan announced the most significant change in the U.S. Savings Bonds Program in 40 years.

The existing structure of Savings Bonds (series E and EE) remains unchanged except for the way interest rates are calculated.

Effective Nov. 1, new series EE bonds held at least five years will earn 85 percent of the average market yield on outstanding Treasury marketable securities with approximately five years remaining to their maturity.

Old bonds, issued after October 1947, will also earn this interest rate if held five more years from the first semiannual interest accrual date on or after Nov. 1, 1982.

The average market yield will be calculated every six months, establishing the interest rate for the next six months, based on 85 percent of the market average during the previous half year.

The market-based interest rate for the six-month period beginning Nov. 1, 1982 and ending April 30, 1983, will be 11.09 percent and will change every six months as of May 1, 1983.

Prior to Nov. 1, 1987, and every six months thereafter, the market-based rates for the preceding 10 or more six-month periods will be averaged, compounded semiannually, and will be rounded to the nearest one-quarter of a percentage point.

Redemption tables will be issued as usual, showing the exact value of each bond.

Series E and EE bonds, old or new issues, held less than five years after Nov. 1, 1982 will earn their fixed and guaranteed interest rates based on their respective yield curve.

There is no upper limit on how much bonds will be able to earn, but should market rates decline over a long period, there is a guaranteed minimum yield of 7.5 percent on new bonds and a higher previously established minimum for outstanding bonds, if they are held for five years or more under the new rate structure.

U.S. Savings Bonds will still enjoy the familiar advantages of safety, convenient purchase and redemption, exemption from state and local income taxes and federal income tax deferral on interest, etc.

I encourage all employees of the St. Paul District, to give strong consideration to the new highly competitive interest rates when making changes to your savings portfolio.

This new interest rate determination makes saving bonds an excellent investment as well as help to support the federal government.

If you have any question about the new interest rates or would like to start or increase an allotment, please contact me, Lt. Frank Grass, at 725-7772.

Co-worker accepts highly esteemed award



St. Paul District equal employment opportunity officer Sharon K. Brown accepted the annual Department of the Army Equal Employment Opportunity Achievement Award on Nov. 5 in Washington, D.C.

Presenting the award were (from left to right) Deputy Chief of Engineers Maj. Gen. E. R. Heiberg III, Army Chief of Staff Gen. E.C. Meyer and Secretary of the Army John O. Marsh Jr. *(Photo courtesy of the Office of the Chief of Engineers)*

Get unstrung: try different strokes

From the "American Forces Press Service," No. 2097, Nov. 1, 1982; Department of Defense, Washington, D.C.

You just finished the monthly report. You are taut, nervous, tense.

Or maybe it was a three-day exercise or a command inspection. You're bushed but still on edge.

The boss says, "Go home and unwind. We'll hit it again tomorrow with a fresh start."

You're ready for something, but you don't know what. You, like many people, have a tough time relaxing.

Here are some tips from the National Mental Health Association on learning to unwind and master the art of relaxation:

TRY SOMETHING NEW

Relax by trying something new and different. Whether it's needlepoint or handball, don't be afraid to try just because it is new.

Take a night course at a community college. Learn to dance. Swim, jog, play golf.

Become a gourmet cook. Shoot some hoops. Go for walks. Try yoga. Take a bubble bath.

EVERY DAY

Do something every day.

Once you've hit on your favorite relaxation activities, give at least a half hour of your day to enjoying them.

Set goals and live by them. Your mind and body can use a break--regularly.

A PERSONAL COMMITMENT

Whatever you choose to do for relaxation, give it everything you've got--don't hold back mentally or physically.

Your own enthusiasm makes the activity even more satisfying.

The secret to the art of relaxing is finding those activities which give you pleasure, and, when pursuing them, committing all your energies to total mental and physical well-being.

White Paper guides Corps

by Lt. Gen. J.K. Bratton,
Chief of Engineers

The 15-page publication, "Chief of Engineers White Paper 1982: Challenges For the 1980s in Serving the Army and the Nation," is available in the St. Paul District Public Affairs Office, Room 1217, 725-7505.

Since its publication in early 1980, the Army Chief of Staff's "White Paper" has been a valuable benchmark in setting the direction for the Army of the 80s.

This month, the Corps of Engineers is publishing a companion White Paper which will be our own statement of "first principles" as we look to the future.

It is a guide to understanding our philosophy, our objectives and the challenges we face.

Although it is designed primarily for members of the Corps, it is intended to be useful for others.

These are not times for "business as usual."

It is imperative that the Corps be in the vanguard of organizations that can adjust rapidly to the demands of new political and fiscal policies, evolving socio-economic developments and rapidly changing technologies.

The Corps is a unique national asset, for it has the capacity to provide essential high-quality planning, engineering and construction support to the Army, other Department of Defense elements and to the nation.

We, the professionals of the Corps, accept the challenge to commit ourselves to making sure that the assets of the nation are used wisely and with manifest professionalism and integrity.

The White Paper will not produce all the answers or solve all the challenges; it does, however, lay out the objectives of our organization so that members of the Corps can better understand our important role in achieving our goals.

For people inside and outside the Corps, it will put into perspective what we are trying to do: to serve the Army, the other armed forces and the people of the United States.

The times are critical and events challenging; by working together, we will surely find an opportunity for significant, purposeful achievement.

People

A WARM HELLO goes to former co-worker Merlin Berg, resident of Minneapolis, Minn. He was an engineer with the St. Paul District from 1934 to 1960 and from 1970 until his retirement in 1976. He worked on the Upper St. Anthony Falls Harbor project. Berg recently received a certificate of appreciation from the City of Minneapolis for his work on the Heritage Preservation Commission, on St. Anthony Falls riverfront issues. Berg is a founder of the annual, local festival, River Ramble. Not only has Berg been active on many other committees and organizations concerning riverfront issues, he was also active in local Republican Party politics. Berg and his wife, Olga, are enjoying their second home on Lake Superior.

GET-WELL WISHES go to Lavern Horstman, L&D 8, who is recuperating from eye surgery on Nov. 2.

SINCERE SYMPATHY is extended to Delmer Backhaus, L&D 8, whose wife, Marcella, died on Oct. 12.

SINCERE SYMPATHY is extended to Jerome Lyngdal, L&D 4, whose father died on Oct. 11.

CONGRATULATIONS go to Laurie and Tim Bertschi of the Mississippi River Project Office, on the birth of son Zachary John on Oct. 7 at 8 lb., 2 oz.

CONGRATULATIONS go to Roy (Jake) Shetka, CO-PO, for receiving the Air Force Commendation Medal. He was awarded for his efforts in the Air National Guard during a rescue of several persons adrift in a sailboat off the coast of Ecuador in January 1981.

CONGRATULATIONS go to Vera Golenzer, DC-M, and Pat Westfall, ED-D, for receiving the Federal Women's Program Appreciation Award, on Oct. 27. They were awarded for their contributions to the St. Paul District's Federal Women's Program and for their support to the Twin Cities Federal Executive Board.

GET-WELL wishes go to Delores Sudeith, AS, who was home with an extended illness.

SINCERE SYMPATHY is extended to Fred Whebbe, ED-D, whose brother, Joseph, died.

SINCERE SYMPATHY is extended to Steve Larson, ED-D, whose father died.

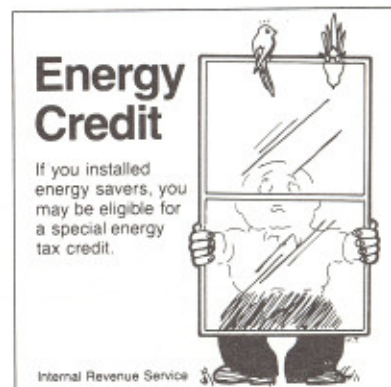
SINCERE SYMPATHY is extended to Roger Just, ED-M, whose mother died.

FOND FAREWELL and best wishes go to the following who recently left the Corps: Lynn E. Cuyler, EM (transferred to the Defense Contracts Administration Services in the Twin Cities); Joanne A. Catherman, SP-C (transferred to the White Sands Missile Base, N.M.); Karen L. Losem, Leech Lake; Judy L. Eggena and Dwayne L. Hughes, Pine River Dam; Timothy T. Tierney and Eric W. Mickelson, Sandy Lake; Joseph G. Schladweiler and Douglas E. Blegen, Eau Galle River Lake; Robert H. Eickstadt, Frederick W. Delker, Martin J. Mandvich, Terry L. Hanson, Anthony D. Grave and Terry L. Bishop, Hired Labor Forces; and Robert C. Etter and John W. Boller, St. Anthony Falls Locks and Dam.

Around the district

BRIG. GEN. SCOTT B. SMITH, commander of North Central Division, visited the St. Paul District on Nov. 4, to observe the district's activities and operations in MOBEX 83, an Army-wide exercise to test the readiness of mobilization plans.

AT THE UNIVERSITY OF Wisconsin in Madison, William Spychalla, PD-PF, spoke to about 250 freshman engineering students on civil engineering careers, on Nov. 4.



Around the Corps

AT HEPPNER, Ore., the Willow Creek project, the Corps' first roller compacted concrete structure was completed in late September. This flood control structure is 169 feet high and 1,780 feet long. The \$14.1 million contract was awarded in November 1981.

THE CORPS' \$4 MILLION shallow solar pond project at Fort Benning, Ga., contracted to a private firm in September 1981, is scheduled to be completed by April 28, 1983. The work consists of constructing 80 pond modules covering approximately 11 acres, a 500,000-gallon storage tank, a 500,000-gallon sump tank and 3.6 miles of underground pipes. The hot water will be used by the fort's 26 barracks and laundry. The U.S. Army will save \$8-10 million over the 25-year life of the project and will save about 11,300 barrels of oil each year.

A NORTHBOUND COAL BARGE ran into a retaining wall at Lock and Dam 11 on the Mississippi River in Dubuque, Iowa, on Oct. 6. The barge's hull split and it sank near the river bank.

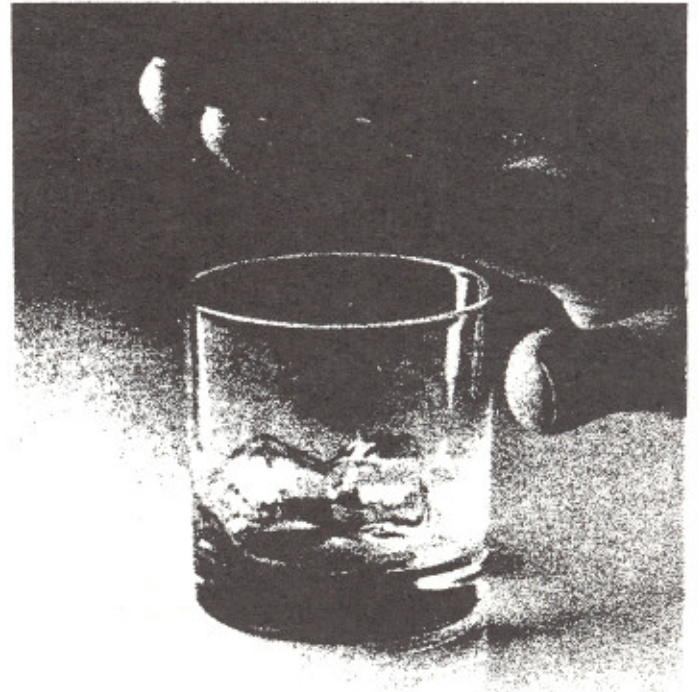
A NEW 100-TON RIVER WORKBOAT sank in the sea, west of Fippennies Ledge in the Gulf of Maine, in October, when the U.S. Coast Guard fired 800 rounds of 50-millimeter cannon shot into the vessel. The \$27,000-boat was being delivered to join the Pittsburgh District's fleet, when it ran into trouble in rough seas and it partially sank. The Coast Guard, the manufacturing company and the insurance company all agreed to sink the 50-foot steel boat to prevent a hazard to navigation, after deciding that pumping out the water or towing the boat would be too dangerous.

SAVANNAH DISTRICT employees Harold Parsons and William Collins pulled an unconscious man from the Savannah River near Augusta, Ga., on Oct. 9. Parsons and Collins, who were in a Corps boat monitoring a salvage operation, applied mouth-to-mouth resuscitation on the victim until an ambulance arrived. The victim, Roger Gay of Augusta, recovered from the near-drowning incident.

INFORMATION about vessel transit conditions and closing of the current shipping season on the St. Lawrence Seaway can be obtained

by contacting the Closing Information Center of the St. Lawrence Seaway Development Corp. in Messena, N.Y., on Mondays through Fridays, 10:30 a.m. to noon and 3 to 4:30 p.m., at (315) 764-3231.

"No thanks. I'm driving."



Four words
that may save your life
or someone else's

Wellness: what's in it for me

by James Holleran, PD-ES

IMPROVING YOUR HEALTH

What is all this wellness stuff and what does it have to do with me?

The answer to this question has a lot to do with your interest in the following:

- * Reducing your risk of cardiovascular disease.
- * Developing a more positive work attitude.
- * Having less stress and tension.
- * Improving work performance.
- * Enjoying better nutrition.
- * Increasing physical activity.
- * Getting more adequate sleep and rest.

These are only some of the many benefits associated with developing an awareness of and a commitment to personal wellness.

THE CONCEPT OF WELLNESS

The concept of wellness involves assuming greater responsibility for one's own well being and taking a more active part in one's health care decisions.

Improving self care through proper nutrition, exercise and freedom from unhealthy chemicals also has its practical side in helping to curb the upward spiral in the nation's health care costs.

Everybody needs regular exercise to develop his or her optimal level of health, performance and appearance.

Exercise can also provide an outlet for job-related tension or mental fatigue, aid in weight control or reduction, improve posture and generally increase vitality and enjoyment of life.

For example, medical research continues to demonstrate that more-active individuals have fewer heart attacks and that up to 70 percent of low back pain is due to poor muscle tone and inflexibility.

We've all read articles or seen television shows that have talked about these benefits.

Yet, many of us who are overweight, out-of-shape or who drink or smoke to excess are still waiting for a health crisis before deciding to endure the discomfort associated with changing our lifestyle.

Here are a few ideas for those of you who are interested in taking some active steps to improve your personal health:


- * Get informed. Read health/wellness books available at the library.
- * Take a personal health evaluation. Ask yourself, "How healthy am I?"
- * Replace that sweet roll with a bran muffin.
- * Make a list of all the reasons you don't exercise. Study it.
- * Use the stairs instead of the elevator.



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SAME highlights

COL. EDWARD RAPP spoke at the Rock Island District Society of American Military Engineers (SAME) meeting on Nov. 24. He presented a discussion on mobilization and how the government and private engineers would fit in during national emergencies.

THE JANUARY MEETING of the local SAME chapter will be held on Jan. 20, at the St. Paul Athletic Club. The luncheon meeting will feature a presentation on the foundations for the Arrowhead Bridge in Duluth, Minn., Superior, Wis. Marty Romano of Edwards & Kelcey, will speak on the company's work in designing the bridge foundations.

A TOUR OF THE new underground Civil/Mineral Engineering Building on the Minneapolis University of Minnesota campus is scheduled for Feb. 17, in the evening. The tour will be guided by people involved in the design of the new building. A dinner is planned following the tour.

FOR THOSE INTERESTED in joining SAME, contact George Fortune at 725-5836.

SAME tour provides insight

by David Christenson, PD-ES

Approximately 50 Society of American Military Engineers (SAME) members were recently provided insight into the new complex and multi-faceted sludge processing facility.

Ed De La Forest, engineering manager for the facility construction, guided the tour through the Metropolitan Wastewater Treatment Facility on Nov. 18.

THE WASTE TREATMENT PROCESS

The tour included the sludge dewatering facility where water is removed from the sludge.

After dewatering, the sludge content usually is about 30 to 35 percent solids, which is the level required for incineration.

The dewatered sludge is transported to incinerators where it is burned at temperatures from 1500 F to 1800 F.

The burning process is controlled by varying the rate of incoming sludge and the rate of flow through the incinerator.

Ash is collected at the bottom of the incinerator and transported to disposal sites.

THE TOUR

SAME members saw the inside of the incinerators, viewing the multi-hearth system.

The hour and a half-long tour concluded with a look at the exhaust gas system.

This system includes waste heat boilers and heat wheels, coolers, noise silencers and air cleaners.

The recovered heat is used for sludge drying and other processes within the plant.

Following the tour, a dinner was held at the St. Paul Ramada Inn, where De La Forest answered questions on the facility.

The next SAME meeting will be on Jan. 20 at the St. Paul Athletic Club at noon.



NEW YEAR!

Saved sick leave may increase retired pay

From "American Forces Press Service," No. 2099, Nov. 15, 1982; Department of Defense, Washington, D.C.

As your civilian career in the federal service progresses, your accumulated sick leave can mean a sizable increase in your retirement annuity.

Unlike annual leave, sick leave can be accumulated indefinitely and any amount not used by time of retirement is added to your length of service for purposes of computing retirement pay.

SICK LEAVE

Sick leave is earned at the rate of four hours per two-week pay period, or 104 hours per year.

Normally, this rate of accumulation more than covers time lost due to routine illnesses, and over a period of time permits a "cushion" of sick leave to build up--for you to fall back on in the event of prolonged illness or disability.

If you are fortunate enough to not have to use all your sick leave during your career, that "cushion" will add to your retirement pay.

AN EXAMPLE

In this example, a government employee intends to retire Dec. 31, 1983.

His service computation date ("starting" date) is July 10, 1952 (your personnel office can tell you yours if you don't already know it), and he will have 2,288 hours of sick leave accrued, the equivalent of one year plus 208 hours.

Hours of accumulated sick leave are converted to months and days by means of a chart like the one on the next page.

The chart shows only amounts of hours that convert to an even number of days; odd hours are rounded off the next full day.

For example, 208 hours convert to one month and six days; hours from 209 through 214 convert to one month and seven days. 2080 hours equal one year.

PLAN AHEAD

It's important to plan ahead when setting your retirement date.

In the above example, this person could add another full month toward his total creditable time by working three additional days (any fraction of a month--less than 30 days--is dropped).

If the employee in this example had a "high-3" average pay of \$24,000 per year at the time of retirement, his basic yearly annuity, based only on his actual years of service, would be \$14,180.

With the one year, one month and six days of accumulated sick leave added in, his retirement income would be increased by \$520 or \$43.33 per month.

If his salary had been more, or less, the effect produced by his accumulated sick leave would vary accordingly.

REMEMBER

Remember, sick leave is credited in the computation of annuities only.

It cannot be counted toward length of service for the purposes of meeting retirement eligibility.

For further information regarding unused sick leave and other aspects of retirement, contact your personnel office.

<i>Date of Retirement</i>	<i>Year</i>	<i>Month</i>	<i>Day</i>
	83	12	31
<i>Service Computation Date (-)</i>	52	07	10
<i>Actual Years of Service</i>	31	05	21
<i>Converted Sick Leave (+)</i> <i>(using chart below)</i>	1	01	06
<i>Total Creditable Time</i>	32	06	27
<i>Total used in computing annuity: 32 years and six months.</i>			

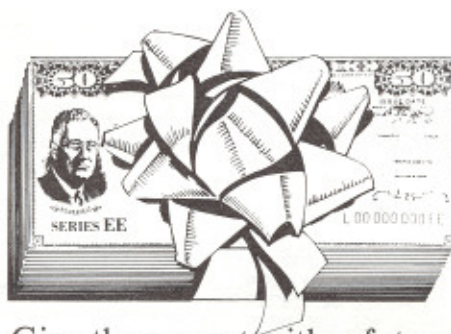
(See page 13)

Sick leave

(From page 12)

CHART FOR CONVERTING HOURS OF UNUSED SICK LEAVE TO DAYS AND MONTHS FOR ANNUITY COMPUTATION (2080 hours = ONE YEAR)

DAYS	MONTHS											
	0	1	2	3	4	5	6	7	8	9	10	11
0	—	173	347	520	693	867	1040	1213	1387	1560	1733	1907
1	6	179	352	526	699	872	1046	1219	1392	1566	1739	1912
2	12	185	358	532	705	878	1052	1225	1398	1572	1745	1918
3	17	191	364	537	711	884	1057	1231	1404	1577	1751	1924
4	23	196	370	543	716	890	1063	1236	1410	1583	1756	1930
5	29	202	376	549	722	896	1069	1242	1416	1589	1762	1936
6	35	208	382	555	728	901	1075	1248	1421	1595	1768	1941
7	40	214	387	560	734	907	1080	1254	1427	1600	1774	1947
8	46	220	393	566	740	913	1086	1260	1433	1606	1780	1953
9	52	225	399	572	745	919	1092	1265	1439	1612	1785	1959
10	58	231	404	578	751	924	1098	1271	1444	1618	1791	1964
11	64	237	410	584	757	930	1104	1277	1450	1624	1797	1970
12	69	243	416	589	763	936	1109	1283	1456	1629	1803	1976
13	75	248	422	595	768	942	1115	1288	1462	1635	1808	1982
14	81	254	428	601	774	948	1121	1294	1468	1641	1814	1988
15	87	260	433	607	780	953	1127	1300	1473	1647	1820	1993
16	92	266	439	612	786	959	1132	1306	1479	1652	1826	1999
17	98	272	445	618	792	965	1138	1312	1485	1658	1832	2005
18	104	277	451	624	797	971	1144	1317	1491	1664	1837	2011
19	110	283	456	630	803	976	1150	1323	1496	1670	1843	2016
20	116	289	462	636	809	982	1156	1329	1502	1676	1849	2022
21	121	295	468	641	815	988	1161	1335	1508	1681	1855	2028
22	127	300	474	647	820	994	1167	1340	1514	1687	1860	2034
23	133	306	480	653	826	1000	1173	1346	1520	1693	1866	2040
24	139	312	485	659	832	1005	1179	1352	1525	1699	1872	2045
25	144	318	491	664	838	1011	1184	1358	1531	1704	1878	2051
26	150	324	497	670	844	1017	1190	1364	1537	1710	1884	2057
27	156	329	503	676	849	1023	1196	1369	1543	1716	1889	2063
28	162	335	508	682	855	1029	1202	1375	1548	1722	1895	2068
29	168	341	514	688	861	1034	1208	1381	1554	1728	1901	2074



Give the present with a future.

Toastmasters Club highlights

by John Blackstone, ED-GH

The speaker at the workshop for the Toastmasters District Six Executive Committee meeting held Nov. 20 was Tine Thevinen.

Thevinen placed second in the Toastmasters International Speech Contest held last summer in Philadelphia, Pa.

She is a very good speaker.

After her presentation, she answered questions from the audience.

One of the questions asked, surprised me. "What do you do about an accent?"

I didn't understand at first, then I did.

The speaker was born in Holland and when I listened very carefully, I could hear faint traces of her Dutch accent.

I have been privileged to know many people in Toastmasters; a few are accomplished speakers.

Some of those speakers have handicaps, such as an accent or stuttering.

I don't know much about stuttering, but I couldn't imagine myself getting up in front of a group of people if I did stutter.

Then, I recalled that the Toastmaster who stutters is bright, pleasant, humorous, accomplished and is an excellent speaker.

I wondered why someone with such difficulty speaking would want to belong to Toastmasters.

I suppose it is the same reason I want to improve the way I express myself.

Fortunately, Toastmasters is a place that gently urges me to do the best I can by



Toastmasters Club Area 11 Governor John Blackstone (left) recently presented a plaque to club president Leonard Gloeb (right) for the club's participation in the Toastmasters Region IV Convention in June 1982.

allowing me to grow at my own pace.

I have heard that many times, speech therapists will suggest that their clients become involved in Toastmasters.

If you would like to learn more about communicating and have a good time at it, please join us next Thursday noon in the sixth-floor PEDC rooms.

DID YOU KNOW?

ENGINEERING

ELECTRONICS

MEDICAL TRAINING

THE ARMY RESERVE

LEARN SELECTED SKILLS IN SUCH FIELDS AS MEDICINE, ENGINEERING, AND ELECTRONICS EITHER A \$2000 CASH BONUS OR \$4000 IN EDUCATIONAL ASSISTANCE. THAT'S ON TOP OF PAY EARNED FOR BEING A SOLDIER.

THAT THE ARMY RESERVE PAYS RESERVISTS EAGER TO EARN SOME EXTRA MONEY, THE RESERVE WILL PAY THOSE WHO CHOOSE TO

Feeling the rush of the holidays

by Paul French, PD-RC

You can't believe that we are face to face with the end of the year already.

Internal Revenue Service is geared up for John Q. Taxpayer and you. You're already squirming.

Your boss is unbearable this month. It is the end of the year and he wants you to produce like it's the end of the world.

He says, "You have to get it out," and you're thinking, "I wish I could get out."

It's almost Christmas and your wife is on her madcap shopping spree.

She asks you for some more money to shop. Hoping it will all be over soon, you get your wallet out.

You hand her \$50 and a Visa card; she grabs your wallet and leaves.

Your son is on the way home from college for the holidays and also for next semester's tuition.

You are just getting over Thanksgiving dinner at your mother's house.

Your wife was uncomfortable the whole trip because she still doesn't think your mother likes her after all of these years.

Now, you're serving Christmas dinner and her mother is coming.

You like your mother-in-law but you just can't stand her. To complicate matters, her feelings for you are reverse.

She can stand you but she doesn't like you.

Thank heaven for little girls. My daughter just wants the necessities--stereo headphones, television, telephone and Calvin Klein jeans.

And you're not so happy with yourself, either.

This was supposed to be the year you quit smoking, eating so much and easing your alcohol consumption.

But you're up to two packs a day, you've gained 20 pounds and (for an excuse) it's the holiday season and the fridge could pass for a storage cooler at G. Heilman Brewing Company.

But don't get shook; there is still hope you will keep your sanity.

The beginning of the year is just as close as the end. So, now you have a whole year to iron out all the bugs.

Merry Christmas and happy new year.

Handicapped employees honored

From "American Forces Press Service," No. 2098, Nov. 8, 1982; Department of Defense, Washington, D.C.

Two Department of Defense employees were among 10 handicapped federal workers receiving the 1982 Presidential Outstanding Handicapped Federal Employee Award in a Washington, D.C., ceremony in October.

Humbert R. Yglesias, Defense Logistics Agency, Corpus Christi, Texas, and Sam Stallworth, a Navy Department employee working in Pensacola, Fla., were selected from employees nominated by 32 federal agencies worldwide.

Sponsored by the Office of Personnel Management (OPM) in Washington, the awards recognized versatility, value and job duties performed by physically disabled civilian employees.

The awards were presented by OPM Director Donald J. Devine and Department of Health and Human Services Secretary Richard S. Schweiker.

Speaking at the ceremony, Devine noted that federal employees are challenged to recognize and utilize the capabilities of disabled persons, including disabled veterans.

He said the federal government's goal must be to see that "all artificial barriers to their employment, advancement or retention, should they become disabled while on the job, are removed."

Yglesias is a property marketing specialist at the Defense Property Disposal Office.

A double leg amputation, as a result of complications of diabetes, could have retired him.

He returned to work in a wheelchair, however, and has striven energetically to increase the efficiency of his office.

Blind since childhood as the result of glaucoma, Stallworth processes X-ray film at the Naval Aerospace and Regional Medical Center, where he has developed an improved method for processing film.

Overcoming poverty and a limited education to become a valued government employee at age 46, neither the quality nor quantity of Stallworth's work is equated by other personnel in his office.

Save your shopping dollars

From "DA Scene," Dec. 1, 1982; Department of the Army, Washington, D.C.

You spend a lot of money on a boatload of items over the years. Are you spending your money wisely?

As a consumer, you can choose what, where and when to buy. You can also choose how much to spend and save, and how to pay for your purchases.

Along with these rights, you have the responsibility of meeting personal and family needs within the limits of your income.

This responsibility can be divided into three parts:

PART ONE: VALUES & GOALS

Define your values and set goals to direct your spending.

Values are the things that are important to you, such as self-improvement and satisfying family living.

Goals are the aims and objectives that grow out of values. As goals come into focus, spending becomes easier to control.

PART TWO: PLANNING

Plan the use of your income to achieve these goals.

First, consider your resources. Resources include time, energy, knowledge, ability and equipment, as well as money.

For instance, you can save money by comparing prices in different stores before buying.

Next, know your requirements. Consider how the item will be used, how long it must last and what features are most important.

For some products, you may want the best quality you can afford. For others, lower quality will do.

Finally, prepare a shopping list. It will save you time, money and energy when you shop by listing the goods and services you really need.

PART THREE: SHOPPING SKILLS

Develop shopping skills to stretch your dollars.

These skills should include dealing only with reliable sellers and business organizations.

It's also important to read and keep labels, seals and instruction booklets for information on the performance, use and care of the items you buy.

Fill out and send in warranty cards promptly, and file your copies where you can find them.

SHOPPING TIPS FOR FOOD

Plan weekly menus around nutritional needs and family food preferences.

Make up and follow a shopping list.

Read ads for information on specials.

Buy fresh food only in amounts you can eat or preserve before it spoils.

Figure and compare costs per serving.

Shop, if possible, when stores are well-stocked and least crowded.

SHOPPING TIPS FOR CLOTHING

Set up and follow a basic wardrobe plan. Look for clothes that are becoming and suited to occasions for which they will be worn.

Consider color, style, fit and fabric.

Take to the store the items to be coordinated with new purchases and check colors in the daylight.

Find out how to care for garments.

SHOPPING TIPS FOR HOME FURNISHINGS

Select furnishings that will be attractive in your home and with furniture you have.

Use fabric and color samples to coordinate new purchases with things you have and check colors in the daylight.

Inspect merchandise--try doors, drawers and all movable parts; sit on sofas and chairs; check inside, underneath and backside for construction details; and rock furniture to test sturdiness.

Find out if any finishes have been applied to wood or fabric, and if so, for what purposes.

Compare the size of new furniture against available space.



SANTA ANONYMOUS



ONLY YOU CAN MAKE SANTA ANONYMOUS HAPPEN! Wednesday, December 1, 1982, marks the "kickoff" of the SANTA ANONYMOUS PROGRAM. This program, founded by George Grimm of the Mpls. Star & Tribune, provides Christmas toys for children who otherwise would not receive them.



How does a child know it's Christmas? Loving gifts, a Christmas tree, a stocking full of goodies. These things are Christmas to most youngsters. But all over this big city are thousands of kids who will only dream of what could be. Broken homes, economic hardships, orphaned children, and unemployment are some of the reasons many of our children cannot know a real Christmas.

SANTA ANONYMOUS has brought more happiness than you can imagine to thousands of Twin Cities youngsters. ALL money and gifts donated go directly to the needy kids.

Again at this Christmas Season we are coming to you - asking that you open your heart and your pockets - to make these children happy. Your gift will be returned many times over in knowing the happiness and cheer you have made possible.

HERE'S WHAT YOU CAN DO TO HELP

Buy a toy for a boy or girl, infant to age 14. Spend whatever you wish, but remember, this could be the only toy the youngster may receive.

If possible, gift wrap the toy, but no fancy wrapping that will be crushed in handling. Tag each gift "boy" or "girl" and indicate the proper age and a one or two-word description of what's inside - game, doll, baseball mitt or whatever. If it needs batteries, please include them.

If you prefer to give money, rather than a gift, please make your check out to Santa Anonymous Fund and mail to the Federal Executive Board, Room 510, Bishop Henry Whipple Building, Federal Bldg., Fort Snelling, Twin Cities, MN 55111. All gifts are tax deductible.

The deadline for delivery of all gifts to SANTA ANONYMOUS is Monday December 20, 1982.



CONTRIBUTE A TOY SPREAD CHRISTMAS CHEER !

STATUS REPORT: ST. PAUL

AS OF

DISTRICT FISHERMAN RANKINGS

NAME	POINTS
1 D. Kohler	95 1/2
2 D. Haumersen	70 1/2
3 B. Norton	58 1/2
4 R. Blackman	44 1/2
5 M. O'Keefe	36 1/2

CATEGORY

GAME FISH

NAME	PTS.	BR.
1 D. Kohler	31	CO-RF
2 W. Koerner	25 1/2	PD-PF
3 F. Whebbe	25	ED-D
4 B. Norton	23 1/2	CO-RF
5 R. Blackman	21	PD-ER

PANFISH

NAME	PTS.	BR.
1 D. Haumersen	37 1/2	PD-PF
2 G. Palesh	21	PD-ER
3 D. Tschida	20	DC-FA
4 R. Blackman	19 1/2	PD-ER
5 K. Willis	17	ED-GH

SPECIES

NAME SIZE PTS. BR.

Muskellunge

1 M. Wright	42	15	CO-CT
2 S. Kumpula	33	6	ED-GH
3 R. Blackman	33	6	PD-ER
4			
5			

NAME SIZE PTS. BR.

Crappie

1 M. Reilly	14	15	AS
2 D. Haumersen	13 1/4	7	PD-PF
3 B. Norton	12 1/2	3	CO-RF
4 D. Beatty	12 1/2	3	PD-ER
5 G. Palesh	12 1/2	3	PD-ER

NAME SIZE PTS. BR.

Northern Pike

1 F. Whebbe	39 1/2	15	ED-D
2 M. Weburg	33 1/2	12	CO-RF
3 S. Kumpula	33	9	ED-GH
4 D. Kohler	33	9	CO-RF
5 B. Ballman	32 1/2	1	CO-RF

NAME SIZE PTS. BR.

Bluegill

1 D. Tschida	10 5/8	20	DC-FA
2 K. Willis	10 1/4	17	ED-GH
3 M. Weburg	9 5/16	5	CO-RF
4 G. Palesh	9 1/2	3	PD-ER
5 A. Johnson / R. Blackman	8 3/4	1/2	CO-RF

NAME SIZE PTS. BR.

Walleye

1 D. Haumersen	28	15	PD-PF
2 R. Blackman	24	7	PD-ER
3 J. Murphy	23	5	ED-GH
4 H. Ecklund	22 1/4	3	CO-RF
5 B. Flesche	21 1/2	1	DC-M

NAME SIZE PTS. BR.

White Bass

1 D. Haumersen	15 1/4	15	PD-PF
2 D. Kohler	15 1/8	7	CO-RF
3 M. Weburg	14 1/2	5	CO-RF
4 T. Engel	14 1/4	3	PD-FS
5 D. Powell	14	1	PD-PF

NAME SIZE PTS. BR.

Sauger

1 D. Kohler	19 1/2	15	CO-RF
2 W. Koerner	19 1/8	12	PD-PF
3 T. Engel	16 1/2	5	PD-FS
4 J. Niehaus	16	3	CO-RF
5 R. Blackman	15 1/2	1	PD-ER

NAME SIZE PTS. BR.

Yellow Perch

1 G. Palesh	12 1/8	15	PD-ER
2 R. Blackman	11 1/2	7	PD-ER
3 E. McNally	10 1/2	4	PD-ES
4 S. Kumpula	10 1/2	4	ED-GH
5 N. Hildrum	9	1	PD-ES

NAME SIZE PTS. BR.

Large Mouth Bass

1 B. Norton	18 1/2	10	CO-RF
2 J. Schmidt	16 3/4	7	AS
3 M. O'Keefe	16 1/4	5	PD-ER
4 D. Haumersen	16	3	PD-PF
5 S. Kumpula	15	1	ED-GH

NAME SIZE PTS. BR.

Rock Bass

1 M. O'Keefe	11	13 1/2	PD-ER
2 D. Haumersen	11	8 1/2	PD-PF
3 R. Post	10 3/4	5	PD
4 R. Blackman	10 1/4	2	PD-ER
5 M. McCleery	10 1/4	2	PD-PF

NAME SIZE PTS. BR.

Small Mouth Bass

1 B. Norton	19	13 1/2	CO-RF
2 W. Koerner	19	13 1/2	PD-PF
3 F. Whebbe	17 3/8	10	ED-D
4 R. Blackman	17 1/4	7	PD-ER
5 D. Kohler	17 1/4	7	CO-RF

NAME SIZE PTS. BR.

Pumpkinseed

1 R. Blackman	8 1/4	10	PD-ER
2 D. Haumersen	8	7	PD-PF
3 B. Norton	7 3/4	5	CO-RF
4 M. O'Keefe	7	3	PD-ER
5			

DISTRICT FISHING CONTEST

22 Nov. 1982

BRANCH RANKINGS

BRANCH	POINTS
1 CO-RE	244 1/2
2 PD-PF	153 1/2
3 PD-ER	105
4 ED-GH	54
5 ED-D	25

LEADERS

TROUT

NAME	PTS.	BR.
1 B. Norton	27	CO-RE
2 M. McCleery	25	PD-PF
3 D. Kohler	20 1/2	CO-RE
4 J. Niehaus	17	CO-RE
5 M. O'Keefe	15	PD-ER

OTHER

NAME	PTS.	BR.
1 D. Kohler	37	CO-RE
2 B. Flesche	15	DC-M
3 D. Haumersen	15	PD-PF
4 J. Diver	15	CO-RE
5 K. Pederson	12	ED-GH

RANKING

NAME	SIZE	PTS.	BR.
Rainbow Trout			
1 D. Kohler	19	20	CO-RE
2 J. Niehaus	18 1/4	12	CO-RE
3 M. O'Keefe	8 1/2	5	PD-ER
4			
5			

NAME	SIZE	PTS.	BR.
Bullhead			
1 E. McNally	13 7/8	10	PD-ES
2 M. McCleery	12 1/8	7	PD-PF
3			
4			
5			

NAME	SIZE	PTS.	BR.
Brown Trout			
1 B. Norton	20	15	CO-RE
2 M. Doherty	18 1/4	12	CO-RE
3 D. Ballman	17 1/2	5	CO-RE
4			
5			

NAME	SIZE	PTS.	BR.
Catfish			
1 J. Diver	23	15	CO-RE
2 D. Kohler	22 1/4	17	CO-RE
3 K. Pederson	19	5	ED-GH
4 T. Engel	16 1/2	3	PD-FS
5 R. Blackman	15 1/2	1	PD-ER

NAME	SIZE	PTS.	BR.
Brook Trout			
1 M. O'Keefe	14 7/8	10	PD-ER
2 B. Norton	12 1/2	7	CO-RE
3			
4			
5			

NAME	SIZE	PTS.	BR.
Carp			
1 B. Flesche	31 1/2	15	DC-M
2 D. Kohler	25 1/4	7	CO-RE
3 D. Powell	20 3/4	5	PD-PF
4 W. Koerner	19	3	PD-PF
5			

NAME	SIZE	PTS.	BR.
Salmon			
1 M. McCleery	42	15	PD-PF
2 E. McNally	38	7	PD-ES
3 J. Niehaus	37	5	CO-RE
4 S. Kummer	36 1/2	3	PD-PF
5 W. Spychalla / D. Kohler	33	1/2	PD-PF CO-RE

NAME	SIZE	PTS.	BR.
Freshwater Drum			
1 D. Kohler	18 3/4	10	CO-RE
2 K. Pederson	16	7	ED-GH
3 D. Haumersen	15 1/2	5	PD-PF
4 R. Blackman	15	3	PD-ER
5 W. Koerner	14 1/2	1	PD-PF

NAME	SIZE	PTS.	BR.
Great Lakes Trout			
1 M. McCleery	30	10	PD-PF
2 D. Ballman	26	7	CO-RE
3 B. Norton	25 1/2	5	CO-RE
4 C. Stephan	23 1/2	3	PD-PF
5 T. Engel	23	1	PD-FS

NAME	SIZE	PTS.	BR.
Other			
1 D. Haumersen (Gar)	42 1/2	10	PD-PF
2 W. Koerner (Gar)	25 1/2	7	PD-PF
3 J. Niehaus (Sucker)	22 1/2	5	CO-RE
4 D. Kohler (BM. Ruffalo)	22	3	CO-RE
5 T. Engel (Mooneye)	12 1/4	1	PD-FS

IT DOESN'T GET ANY BETTER THAN THIS!!!

Friday December 17th

Holiday Party 82

THE INN
EXPO CENTER
190 N. Smith
St. Paul, Mn



Tickets go on sale December 1st

Purchase tickets by 12:00 noon, December 15th

TICKET PRICES

Meal Ticket - \$6.50

Beverage Ticket - \$1.50*

Limit of one beverage ticket per meal ticket purchased.

*All current employee EBF members may purchase one drink ticket discounted 50¢ with the purchase of a meal.

AGENDA

Socializing - 12:00

Buffet Dinner - 12:45

Short Program - 2:00

MENU

Roast Round of Choice Beef

Whipped Potatoes - Gravy

Glazed Carrots

Relishes

Sweet Cole Slaw with Pineapple

Italian Salad

Holiday Dessert

Retirees and people outside the District Office may call Sue Johnson for ticket reservations or any additional information at 725-7592.