

Retiree passes away

SPRWS group wins healthy eating contest

Our mission is to provide reliable, quality water and services at a reasonable cost.

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The Pipeline Express

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City cookout date is Aug. 16; volunteers sought for event

Free food, free entertainment, and free adult beverages await city employees at the annual employee cookout.

This year the event is set for Tuesday, August 16.

Volunteers are sought for set up, clean up, registration, the beer wagon, food service, and more.

Contact Nancy Denkinger at nancy.denkinger@ci.stpaul.mn.us or at 228-6206 if you can volunteer an hour of your time on the day of the picnic.

Saint Paul police, fire, and public works will have staff doing demonstrations. Police will have SWAT teams, mounted patrol, and the bomb squad while fire will have fire trucks onsite. Various vehicles used by public works and the forestry departments will also be available at the event.

The K-9 unit will be on hand and the fire department will have a kitchen fire safety demonstration.

This year there will also be a MART fire rescue helicopter landing onsite.

There will be a jump castle, face painting, climbing wall, massages, Bingo, kickball tournament and both Brodini the Magician and Bill the Juggler to entertain you.

You can get more information from agencies such as Health Partners, Healthy Saint Paul, and various city departments.

The annual employee cookout will take place from 4:30 p.m. to 8:30 p.m. on Tuesday, Aug. 16, in the East Pavilions at Como Park. Registration begins at 4 p.m.

Adults must provide ID and register for an armband to take part in adult beverages.

If you are interested in competing on a utility kickball team, contact Steve Nystrom at 266-6882 or e-mail him at Steven.Nystrom@ci.stpaul.mn.us.

At least two women are needed on the field at all times.

Tower open house tops 2,000



Dennis Rosemark, executive assistant, left, and Larry Petrie, water utility tech. answer questions about the water utility at the annual summer open house at Highland Park water tower. More than 2,000 people visited the tower over the weekend of July 16 - 17.

Two water plant worker positions open up at utility

The utility is looking to hire two water plant workers. Applicants must have one year experience performing entry level water plant labor, waste water physical plant duties, water utility worker I duties or equivalent, or the completion of a vocational school program in water treatment/operations.

Applicants must obtain a class D water operator certificate from the Minnesota Department of Health within 18 months of appointment. Must possess and maintain a class D driver's license. Will need a drug test and background check as conditions of employment.

A water plant worker performs entry-level labor tasks in the operations, maintenance and repair of the water treatment pumping and lime recovery plants.

For more information, you can contact Sandy Kimbrough in human resources at 651-266-6510 or at jobs@stpaul.gov. You can also apply online at www.stpaul.gov/jobs.

The job closes at 4:30 p.m. on Aug. 9.

SPRWS groups wins Healthy St. Paul challenge



Amanda Marquis, Jackie Carey, Brent Marsolek, Graeme Chaple, Bill Tschida, and Dave Wagner recently won gift certificates to the farmers market after taking first place in fruit and veggie challenge set forth by Healthy Saint Paul.

Employees of SPRWS were recently featured as the Healthy Saint Paul employee story of the month for winning Fruit and Veggie Challenge. Calling themselves the Vitameatavegamins, this team was made up of Dave Wagner, Amanda Marquis, Bill Tschida, Jacquelynn Carey, Graeme Chaple, and Brent Marsolek.

The challenge was to encourage the consumption of the most amount of servings of fruits and vegetables per person on average in the group from April 18 – May 29. While the recommended minimum servings of fruits and vegetables is five, this team was out to win the challenge. The Vitameatavegamins averaged eight servings per day for the eight-week challenge.

Healthy Saint Paul asked what motivated the team to join the challenge. It was obvious this was a competitive group so the competition itself was part of the motivation. The gift card to the Farmers Market was motivation for Amanda, though she and Dave both said they had been looking for more ways to incorpo-

rate new vegetables into their diets, and this seemed like it could be a fun way to do it. They all admitted they were not eating this way before the challenge, and it was somewhat harder than they expected it would be (though remember, they were out to win the challenge and exceeded the minimum daily recommendation). They made sure to include fruit or veggies with each meal. Dave and Amanda got creative in adding vegetables to their breakfasts.

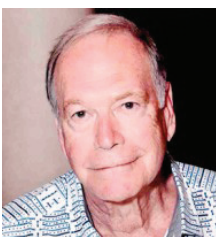
A fruit smoothie was a more obvious choice for breakfast though Amanda found out that adding spinach and carrots to a frozen berry and banana smoothie was quite tasty. Lunch for all of them became a big veggie salad. Pretzels, crackers and cheese were replaced with apples, carrots or celery for snacks. Amanda's dinner plate looked totally different than usual as she replaced some meat or other carbs with vegetables.

Healthy Saint Paul asked them for tips to eating more fruits and veggies. Planning ahead was important to avoid settling for whatever was easy to grab. They would think about what fruits and veggies they would be adding to each meal.

Amanda tried some new vegetable side dishes she will continue to make. Dave recommended stocking up the fridge and Bill suggests adding fruit whenever you can.

They all admitted that since the challenge ended, they are not eating as many servings of fruits and veggies. However, they do find themselves continuing to include more fruits and veggies than prior to the challenge. If Healthy Saint Paul offers it again, they would recommend it to other employees and are glad they participated.

Former SPRWS blacksmith Lance Peters passes away



Retiree Lance Peters

Lance Peters, retiree, passed away recently. He was 75.

He worked for the water utility for 34 years. He started his career as a filter plant operator in 1963. He was promoted to maintenance man in 1970. In 1981, he became a blacksmith, retiring from that position in 1997.

He served in the Marines and the National Guard. Lance is survived by loving wife, Mary Alyce, family and friends.

There was a celebration of life on July 21. He was buried at Fort Snelling National Cemetery. To honor Lance, show a kindness to others.

Our condolences to his friends and family.