

## SPRWS earns fluoridation award from US CDC

The water utility earned the Water Fluoridation Quality Award from the US Centers for Disease Control and Prevention for 2016.

Fluoridation is the adjustment of fluoride in the drinking water to a level that is effective for preventing tooth decay. Fluoridation has been hailed by the CDC as one of the 10 great public health achievements in the 20<sup>th</sup> century.

The water utility was recently awarded the commendation recognizing those water communities that achieved excellence in community water fluoridation by maintaining a consistent level of fluoride in drinking water throughout 2016.

In Minnesota, about 104 out of a possible 603 water utilities received these awards. Our staff must keep the fluoride levels in the optimal range for 12 consecutive months in the calendar year to achieve the award

“Minnesota can be proud of its commitment to community water fluoridation,” said Prasida Khanal, Minnesota state oral health program director.

## Utility holds yoga classes weekly, has free work out areas

If you are feeling the effects of having eaten too much over the holidays, or not getting enough exercise during the winter months, the water utility has ways to help you lose weight and get in shape.

Did you know that we have free workout areas and locker rooms with showers onsite for use by all employees? Or free yoga classes?

The main exercise room in the treatment plant has free weights, treadmills, rowing machines, elliptical trainers and both LeMond RevMaster racing-style and upright exercise bikes. It's floor-ing was redone to make it more conducive to

## Crews fix 30 main breaks in 13 days during subzero temps



*Jim Duffy, HEO, and Eric Turner, water system worker, start clearing out the hole to get the road back in service on Margaret at White Bear Ave. after a 24-inch main broke. Curt Wolf's crew also included Brain Galloway, Jorden Reeves, and Mike Alt. The break was one of 30 in 13 days over the holidays that saw temps dip down to 16 below with wind chills hovering in the 36-below range. From Dec. 21 to Jan. 3, the 30 main breaks were repaired by numerous crews and supervisors who braved the cold temps to put water back in service for our customers. Management extends a big thank you to the crews for being responsive and salvaging holiday cheer for affected customers.*

exercising.

A treadmill, recumbent exercise bike, and elliptical trainer are located on the main floor of the administration building, along with a scale to weigh yourself to track your progress.

### **Free yoga classes offered**

There are also yoga classes in the main exercise room in the treatment plant every Monday and Wednesday at 12:00 p.m. Bring a yoga mat and proper workout attire if you want to participate on your lunch hour. The yoga classes are gentle.

## Curt Willier and Bill Tschida retire



*Curt Willier celebrates his retirement by holding his 30-year service plaque up in victory at his retirement celebration Dec. 27.*

Curt Willier and Bill Tschida retired in the last week in December after a combined 76 years with the city.

Curt Willier retired Dec. 27, 2017 after 30 years with the city.

He started in 1987 as a park aide and came to the water utility in 1992 as a water utility worker I.

He became a water plant aide in 1997, and a water plant worker in 2003. That is the position from which he retired.

Bill Tschida started his public service career with public works as



*Steve Schneider with Bill Tschida, who holds a resolution from the Board of Water Commissioners honoring his 46 years of service.*

an engineering aide II in 1971. He came to water in 1977, and became a water department tech. I in 1978. He became a water dept. tech. II in 1981. In 1991, he became a water utility technician II. He was promoted to a water utility tech. III in 1994.

He became an engineering tech supervisor in 1998, the position from which he retired on Dec. 29, 2017, after 46 years with the utility.

Best wishes to Curt and Bill on their retirements.

## Bob Cihlar, retiree, passes away

Bob Cihlar, retiree, passed away on Dec. 19, 2017. He worked at the water utility for 35 years, from 1958 to 1993.



*Bob Cihlar*

He was 83 years old.

He started his career with the utility as a junior engineer draftsman in 1958. By the end of 1960, he was a senior engineer draftsman. He picked up a second title in 1963, working as a senior water department tech. In 1964, he became an engineer draftsman II and a water department tech. III. In 1990, he became an engineering tech. supervisor, the title from which he retired in 1993.

His funeral was Dec. 26, 2017. In lieu of flowers, memorials preferred.

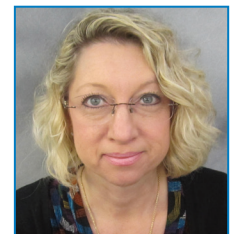
Our condolences to Bob's friends, family, and former co-workers.

## Bobbi Isaacson joins meter-ops

Bobbi Isaacson started work in the meter operations office as an office assistant II on January 2.

She reports to Gayle Moser.

Please welcome Bobbi to the water utility.



*Bobbi Isaacson*

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*Bill Tschida, far right, playing saxophone for the holidays with his quartet in 2011.*



*Bill Tschida, early in his career at the water utility, working out in the field.*