

# WESTERNER

Omaha Works  
February 1986





# Contents

February 1986

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**4 Retirements  
set a record**

**6 Engineers Week  
starts Feb. 16**

**7 Service  
anniversaries**

## On the cover

Running shoes aren't on the recommended "dress for success" list of office attire, but they're a good idea if you plan to walk a mile or two. Employees Bob Nebe (from left), Pauline Smith, Judy Nebe, Fritz Donahoo and Kari Slosser Oehme are used to quizzical looks from lobby visitors who see them on their way to the basement of Building 20. They have taken up a lunch period pastime that's gaining increasing interest. See the story starting on this page.

## WESTERNER

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# Walking at noon gains momentum

**"H**ubba, hubba, hubba!  
C'mon, kids, let's pick it up!"

Those are the driving words of "Coach" in the lower level of Building 20 at lunchtime.

"Coach" is Charlie Rohman, plant security associate, who is offering words of encouragement to employees who use their lunch periods for something besides eating.

They walk . . . around and around the halls of the basement, most of them at a fairly brisk clip. Five times around is a mile, but many of the walkers strive for 10 laps. They can do 10 at a quickened pace within a half hour.

Walking is not a new lunchtime pastime among Works employees. Leisurely strolls in the courtyard are common in nice weather. And a few, like accounting employees Jim Healy and Dick Maxwell, take regular walks to office parking lots and along the frontage road no matter the season. "It helps to clear your mind" of job stresses, Healy said.

What's curious about the basement walkers, however, is they're after more than a mid-day break from their jobs. They conscientiously maintain brisk paces to pump up their cardiovascular systems and to burn excess calories. They say it helps them perform better on the job. And the numbers of these walkers — especially after the holidays — are steadily increasing.

### Two years ago

The interest seemed to develop about two years ago when a couple of public relations em-

ployees dedicated 15 minutes to brisk walking. One thing led to another — jogging shoes were found to be more comfortable, 15 minutes stretched to 20 and 25. Several other employees picked up on the idea, and by springtime a handful of employees walked outside at lunchtime.

Winter threatened to curtail outside walking activity until a couple of walkers discovered that the lower-level aisles are virtually abandoned at noontime. They passed the word and now workers remaining in the lower level look twice before stepping into an aisle.

"It works out pretty well" despite the growing numbers of walkers, noted one enthusiast. Today two dozen or so employees all walk in a clockwise direction. Slower walkers move over for those who walk at a quicker pace, or one can bypass others by using cross-connecting aisles.

### Tough on shoes

Larry Nelson, who works in the information systems department, said he wore out the heels and soles of a pair of shoes last summer when he walked outside. Nelson and three other co-workers in his department have been walking together for about two years.

He walks because "I feel like I'm sitting around getting sluggish," he said, and he also has found that walking keeps him in shape for his first golf game come spring.

Secretary Sue Tucker is a newcomer to the walkers. A year-round tennis player, she took up lunchtime walking at the



start of this year "first, for my health, and secondly, I think exercise generates energy," she said.

She brings fruit for lunch, and after walking a little over a mile, she feels refreshed for an afternoon of work.

Tucker noted that walking in the basement is convenient — no hills, no wind, no obstacles. Other walkers interviewed agree with her, but secretary Kary Slosser Oehme gave another advantage to noontime walking: "By the time I get home I just don't feel like exercising," especially with other responsibilities demanding her time.

As Nelson pointed out, the time he has for his lunch period "is mine and it's not allocated for something else."

Many of the walkers, like Fritz Donahoo — a bill of material results investigator — admit that noontime walking is their only regular exercise. Donahoo said she strives to improve circulation and boost her heart rate by walking to counter the effects of a sitting job. She said she has "a feeling of exhilaration afterward — and it makes me feel more alert."

Several walkers, however, are looking to shed a few unwanted pounds, and walking is just part of their exercise program. Among them are Bob Nebe of the information systems department and his wife, Judy, who works in the personnel department.

Both go to a fitness center three times a week and they're carefully watching their diets. Because both attend night classes or have homework when they're not at the fitness



**MAINTAINING MOMENTUM . . .** Other employees yield the right-of-way to walkers in the Building 20 basement. In front (from left) are Bobi Pombrio and Delores Sirian, and in back (left) are Reg Yates and Larry Nelson of the information systems department.

center, "we don't have much time at home to talk," Bob Nebe said. Walking together at noon makes up for it.

So far, they have been losing weight and they have made an encouraging discovery. Walking helps curb one's appetite. Sometimes, neither is hungry for the apples they bring for lunch.

### Better fit

"I've already gone down one size in clothes," said Pauline Smith, an invoice clerk in the payroll department. She eats a balanced meal in the cafeteria before heading downstairs to walk for the remainder of her lunch period.

Likewise, secretary Delores Sirian of information systems

has noticed some weight loss and improvements in muscle tone since she began walking about two years ago. She enjoys walking so much that occasionally she gets carried away and walks too fast for her walking partners. "They tell me to slow down," she said.

She complies with the request because, she said, "the enjoyment (of walking here at noon) is being able to walk with your friends. I don't like to walk by myself."

Sirian thinks that walking during one's lunch period is ideal. Besides, she added, she works in a department where sweet rolls frequently are available during coffee breaks. "Now I don't feel so guilty when I eat a doughnut."



# Retirements hit record number

Every autumn ducks and geese head south for warmer climes. Come springtime, their V-shaped formations dot the skies upon their return.

By February, a migration of another sort occurs, but this time involving people. Specifically, Omaha Works employees.

We're talking about retirements. Normally, the number of employees retiring from the Works is fairly steady throughout the year. In February, however, the number increases dramatically as it has in the last several years.

This February a total of 54 employees have retired (two featured on these pages are January retirees). That's the highest number during a given month in Works history.

The reason behind the phenomenon is simple.

"A lot of people have combined their 1985 and 1986 vacations," said Jim Williams, an employee interviewer in the personnel department.

By saving their 1985 vacation days until the end of the year and by taking their 1986 allotted days early in 1986, retiring

employees gain long stretches of time away from work while still being active employees. Many of the employees who retire this month were entitled to five weeks of vacation per year.

Holidays and floating holidays in December are a bonus, Williams said. This year several employees who are officially retired in February worked their last day on the job as early as Nov. 18, 1985.

These same employees — about a half dozen — gained in another way, too. When persons eligible for Social Security retire, they are issued Social Security checks for every full month in which they don't work — that is, physically report for work, Williams said. Those employees whose last days were in November received Social Security checks for December and January, even though technically they still were on the Works' roll.

Williams said that because of the maturity of the Omaha workforce, he anticipates that the average number of retirements will increase overall in the next few years.



John Hearitty  
44 years



Charlie Vessell  
40 years



Anne Faketty  
23 years



Charlie Lockhart  
27 years



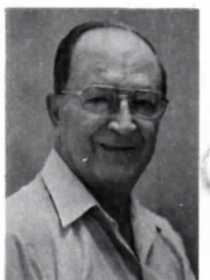
Al Combs  
27 years



Esther Ellefson  
20 years



Shirley Schroeder  
26 years



Eugene Schaecher  
20 years



Margaret Perry  
23 years



Al Albin  
27 years

## Not pictured:

Robert Walter — 27 years  
Edith Safford — 26 years  
Glen Ray — 26 years  
Shirley Mertz — 23 years  
Warren Shaw — 20 years  
Dean Schroeder — 30 years  
Marie Stehno — 20 years  
Errol Held — 26 years  
Vern Bishop — 28 years

Betty Coffman — 29 years  
Thad Udovic — 20 years  
Evelyn Sacco — 25 years  
Allan Edwards — 35 years  
Floyd Kriesel — 39 years  
Donna Brechbill — 20 years  
Howard DeSive — 27 years  
Pat Klippert — 38 years





*Max  
Zimmerman  
34 years*



*Erna  
Zimmerman  
29 years*



*Joe Schweigart  
29 years*



*Ellen Voss  
25 years*



*June Stefer  
23 years*



*Charlie Koukol  
43 years*



*Don Tatreau  
29 years*



*Lots Wagner  
25 years*



*Bernard  
Morton  
27 years*



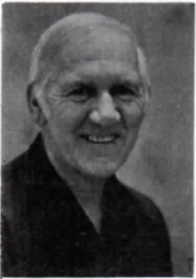
*Leslie Frye  
24 years*



*Dora Loewens  
20 years*



*Ken Frame  
34 years*



*John  
Schenkelberg  
26 years*



*Jean Shane  
26 years*



*Bernice  
Newton  
23 years*



*Stanley Bream  
20 years*



*Charles Couch  
38 years*



*Shirley Timm  
21 years*



*Nadeen Kingry  
27 years*



*Ralph  
Ellingson  
26 years*



*Dorothy Geiths  
29 years*



*John Peterson  
28 years*



*Nellie  
Longgear  
29 years*



*Chester  
Dziewa  
33 years*



*Ed Jones  
29 years*



*Marie Biga  
21 years*



*Tom Waples  
26 years*



*Edith Swaney  
29 years*



*Royal Johnson  
29 years*



# Speakers scheduled for E-Week

The planning committee for the Omaha Works' observation of National Engineers Week has announced the names of guest speakers and activities scheduled for the week of Feb. 16.

According to Jim Grabenbauer of Dept. 542, who chairs the committee, the theme for this year's observance is "Engineers: Turning Ideas Into Reality."

Technical-professional employees will gather in the auditorium for the opening session on Feb. 17. Guest speaker will be Reinhold Marxhausen, professor emeritus at Concordia College in Seward, Neb. The artist-lecturer, who has addressed groups across the country, will discuss problem-solving through changed perspectives.

Other speakers for the week are the following:

Feb. 19 — William Stritzler, AT&T corporate vice-president for New Venture Technologies.

Feb. 20 — Al Basey, vice-

president, manufacturing, Network Systems Media.

Feb. 21 — Maj. Larry Bailey of Strategic Air Command (SAC) Headquarters, who will discuss the strategic defense initiative.

In conjunction with the week-long observance, three Works engineers who received patents during 1985 will be honored — Dean Davis, Jack Slominski and Mike Szymanski.

Approximately 45 students from Millard North and South high schools will be guests of the Works on Feb. 21. Students who have demonstrated an interest in engineering or computer science have been invited to hear the guest speaker for the day and tour the plant, Grabenbauer said. Later in the day they will separate into subgroups and be assigned to tech-pros who will give them a more detailed look at specific career fields.

National Engineers Week traditionally is held during the

week in which the birthday of George Washington falls, to review accomplishments and establish new goals.

Among the accomplishments Works engineers can review this time are cost effectiveness programs for 1985. In engineering alone, cost reductions amounted to \$25.1 million, which was more than the \$20 million goal. Cost reduction cases included one involving Depts. 271 and 554 in which PVC plastic inventory carrying costs were reduced and a more efficient use of suppliers resulted in \$1.42 million in savings. Dept. 475 achieved \$460,000 in savings by redesigning the binding post block manufacturing area for better work flow.

Cost effectiveness programs also resulted in the following savings: NOVA (non-operating variation), \$10.9 million; cost avoidance, \$2.2 million; and inventory cost, \$100,000.

## Cremeens wins safety game

Three Works employees had reason to celebrate the plant's achieving 1 million hours without a disabling injury on Jan. 14. Barb Cremeens of Dept. 442, Dick Eastman of Dept. 072 and Sam Toscano of Dept. 544 were winners in the Safety Pays game when bonus numbers were pulled to mark the occasion.

Cremeens won \$800 for having the B, S, picture frame and full card configurations. The B and picture frame configurations earned Eastman \$300 and his perfect attendance doubled the winnings for a total of \$600. Toscano won \$150 for the picture frame configuration.

The million-hour milestone was accumulated over the period of Nov. 7, 1985, through Jan. 14. The Works previously had accumulated a million hours on Sept. 23 of last year.



*IT WAS IN THE CARDS . . . Barb Cremeens and Dick Eastman held winning Safety Pays cards that made them big winners shortly after the Works accumulated a million safe working hours.*



# Service anniversaries

## 40 years

Schnell, K. C. 2/4  
 Trouba, C. D. 2/13

## 30 years

McMorran, G. W. 2/6

## 25 years

Connolly, P. D. 2/23  
 Richey, J. A. 2/3  
 Urban, W. R. 2/6

## 20 years

Armbrust, J. H. 2/7  
 Block, C. T. 2/28  
 Cornwell, T. G. 2/7  
 Dardon, W. L. 2/1  
 Dinslage, R. D. 2/22  
 Eastman, R. T. 2/21  
 Gardner, G. W. 2/14  
 Heyduk, T. R. 2/1  
 Holt, C. E. 2/14  
 Huss, R. D. 2/7  
 Johnson, L. V. 2/15  
 Keaton, A. W. 2/7  
 Landmichael, G. J. Jr. 2/22

Luther, T. P. 2/1  
 Majeski, M. L. 2/2  
 Majeski, R. L. 2/1  
 McElroy, W. H. 2/21  
 Militti, A. J. 2/15  
 Miller, E. M. 2/17  
 Ohme, R. K. 2/2  
 Orosco, J. 2/10  
 Pagan, M. 2/3  
 Pickrel, P. B. 2/1  
 Pechar, J. J. 2/7  
 Reed, L. C. 2/24  
 Rue, C. G. 2/9  
 Ruff, W. W. Jr. 2/2  
 Smith, S. E. 2/18  
 Stefan, T. Z. 2/28  
 Strehle, D. L. 2/28  
 Stricklett, K. J. 2/21  
 Sullivan, B. A. 2/15  
 Swoboda, S. J. Jr. 2/7  
 Tatreau, D. T. 2/4  
 Teves, G. G. 2/14  
 Ward, I. Z. 2/28  
 Wilke, D. C. 2/9

## 15 years

Ambrose, R. R. 2/18  
 Bolinger, J. C. 2/25

Riester, E. C. 2/7  
 Rosencrans, T. L. 2/28  
 Saner, J. D. 2/26

## 10 years

Callaway, J. S. 2/28  
 Thomas, L. H. 2/3  
 Wagner, E. G. 2/18

## 5 years

Sears, C. M. 2/19

# 1986 holiday and vacation calendar

The Omaha Works has designated the following as holidays, standard vacation days and management personal days (MPD) or excused workdays (EWD) for 1986. The list includes the New Year holiday for 1987:

Jan. 1 — New Year's Day  
 Jan. 2 — Floating holiday  
 Jan. 3 — MPD or EWD  
 March 28 — Good Friday  
 May 26 — Memorial Day  
 July 4 — Independence Day  
 Sept. 1 — Labor Day  
 Nov. 27 — Thanksgiving Day  
 Nov. 28 — Day after

Thanksgiving  
 Dec. 24 — Day before Christmas  
 Dec. 25 — Christmas Day  
 Dec. 26, 29, 30 and 31 — Standard vacation days

Jan. 1 — 1987 New Year's Day  
 Jan. 2 — To be designated after 1986 bargaining

Personal days off without pay or remaining management personal days or excused workdays may not be substituted for standard vacation days. The balance of an employee's vacation eligibility shall be scheduled with the approval of one's supervisor and consistent with the needs of the business.

## Tirschman heads WEOMA Club

The Omaha Works WEOMA Club has installed its new officers for 1986 and has filled three directors' positions.

Fred Tirschman succeeds Jerry Sheil as president of the club, Rex Stewart is vice-president, Marcy Dergan is treasurer and Sharon Kluck is assistant treasurer.

Tom Olson continues as executive vice-president of the club, and Clara Hendricks is the club's new secretary.

Three directors have been appointed to three-year terms. They are Don Kadereit, indoor athletics; Dick Oglevie, Bloodmobile and toy drive; and Hank Wnuk, picnic, education and special assignments.

They join the other WEOMA directors who are completing their terms: Linda Johnson, associated clubs — hobbies; Ken Deman, outdoor athletics;

Marti Lenz, entertainment and tours; Jerry Berger, publicity; Sharon Swingholm, women's activities; Marlene Sedlacek, representatives.

WEOMA Club representatives are employees who have volunteered to help out with various duties. They distribute WEOMA newsletters, serve as ticket sellers for club functions and are general sources of information about activities.

The representatives and their departments are Gary Scott, Dept. 443; Miyeko Kotszewa and Kathy Hike, 444; Helen Kirk, 1113; Dee Kelly, 442; Darlene Miller, 284; Nikki Cattano, 447; Elaine Franklin, 281; Lois Wilkins, 425; Vickie Gundlach and Kathy Placzek, 429; Jim Saner, 541; Ken Deman and Larry Anderson, 546; Barb Giesing, 221; and Helen Saltzman, 424.



## Last frame

Gary Hacker (left) and Don Myhrberg can tell you anything you ever wanted to know about CBS.

No, they haven't become news correspondents for a television network. Rather, they work in the Works informations

systems department (Dept. 1722) where they maintain and develop the software for corporate AT&T's Cost Bulletin System (CBS).

Hacker and Myhrberg are part of a team of ISD employees who provide the software that allows the company to compile costs for the products we move.

In 1973 when the Cable and Wire Products Division wanted a uniform software system for its manufacturing locations, Omaha's system was selected as

the model. The Works developed enhancements and improvements as needed by the various locations and later the software was expanded to serve all divisions.

Yearly meetings are held in Omaha for corporate-wide users of the system. At the last meeting, which was held in the latter part of January, Works ISD employees met with users to present developments within the system and to review user needs.



**AT&T**  
Network Systems

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