

Staff



JULY-AUGUST 1987

news



PICNIC MARKS START OF SUMMER AND THE LAST OF THE CICADAS

The last contingent of Brood X cicadas bumbled and buzzed in the warm heavy air, their rapidly dwindling numbers and languid lifestyle no match for the laughing, splashing, food-gobbling swarm that invaded Bretton Woods on June 23. This crowd clustered around the pools and dotted the playing fields. They engaged in tennis and soccer games; swam and danced; and

above all relaxed. Before the evening came they had also managed to devour 1600 plates of barbecued chicken and 800 of barbecued beef sandwiches, not to mention 18 kegs of beer, 3,200 hot dogs, and 16 varieties of ice cream (over 6,000 cones and popsicles in all). Ah, the Fund's Annual Picnic!

"There are more children this year, don't you think?" a young

Fund wife asked, as she tended to one of her own who had just fallen asleep in her lap. Kids did hold a clear majority. They filled the pools, giggling and shouting, as they exchanged huge sopping wet sweat-shirts for a relay race, paddled furiously in (and tumbled out of) inner tubes, and scrambled to get their wet arms around a slippery-slick watermelon. On the field below they exu-



berantly tested their skills on the Moon Bounce and the Ball Crawl.

Around the wading pool, parents kept a proud, if sometimes bemused, watch over the younger offspring. "There's a teenager trapped inside that body, struggling to get out," Jim McEuen (EXR) observed as his 6-year old son, Jonathan, darted and twirled and plopped in the water with great abandon. A fierce inflated grey fish glided by with another child happily aboard. Jonathan eyed it for a long silent moment and then grimaced. "Mom, you should have brought my Killer Whale!" he said in a distinctly accusatory tone. "Oh," his father sighed, sinking back into his seat, "the guilt starts early."

Town Clowns furnished an agile stiltwalker, whose long stalky figure

was an instant hit with both children and adults. They also provided Face Painting for the children. Bernadette Richardson (ADM) and Narinder Keith, a retiree, lent their talents to what was a very popular part of the day's activities. Even after 7 p.m., when the official activities ended, the kids lingered on, decorating each other's faces.

The Town Clowns also supervised the organized game area, a new and enthusiastically received feature this year that helped ease the disappointment some children felt over the absence of the ponies. Last year there had been several complaints about lax supervision and children being bitten by the ponies, and this had led to a decision to do without them this year.

Whether or not to have the ponies was only one of a multitude of questions that the Picnic's organizers had to fret over. The logistics of entertaining and feeding some 3,000 people, overseeing 9 vendors, and arranging for 6 buses, 2 trollies, 1 steel band, 1 nurse's station, and 1 ambulance were pretty daunting. Kathy DeBoe (Support Services) and Elena Polyak (Staff Relations) shared overall responsibility for organizing the details of the event. This year they had the use of a golf cart, which made the physical supervision of the various activities at Bretton Woods a bit easier.

Picnic preparations are always complex and demanding, but both Kathy and Elena emphasize that the process is a flexible one. They are constantly looking for something



new. Last year Kathy DeBoe arranged for the steel band; this year Elena Polyak hired the Town Clowns and made certain the stilt-walker could swim—just in case he slipped and fell into one of the pools.

He didn't, but the afternoon was not without its assorted scrapes, bruises, and insect bites. The nurses station, which was moved this year to the front of the pool area, was busier than ever. "We are constantly learning from our experience," Kathy DeBoe noted. "This year we ran out of beer and ice cream at the very end, even though we had ordered more of each this year. We'll have to order more next year!"

While Kathy DeBoe kept an eye on beer and ice cream supplies, among other concerns, and several volunteers helped the Staff Relations staff collect tickets for the barbecue, most of the Fund staff were

elsewhere, and thoroughly intent on enjoying the afternoon. On the basketball court teenagers played a fast, fluid game that any D.C.-area playground, and perhaps the LA Lakers, would have been envious of. The game was breathtakingly quick. More senior players, such as Charles Sisson (FAD), waited on the edges of the asphalt for a little playing time and had to settle for an odd shot while the action was, very briefly, at the other end. Eventually the court veterans got their time, and eschewing flash and drive, settled for the subtler joys of the game: a soft shooting touch and an occasional reverse lay up.

Just beside the basketball court, the volleyball court bustled with the same high quality of pick-up game. One of the most impressive groups was a delegation from the Chinese Executive Director's office.



They must initially have seemed an unimposing opponent: arrayed in office slacks and skirts, dress shoes, and short heels. They looked no match for the shorts-and-sneaker group opposite them. But the Chinese group featured impressive team coordination. Amidst a good



deal of laughter, cajoling, and teasing, they set up and returned, set up and returned. At one point, Dai Qianding, the Executive Director, leapt to return a shot and dropped the contents of his wallet on the court. Mrs. Dai dashed to the rescue, scooping up the scattered coins and bills, and retreating to the sidelines with the billfold now safely in her purse. More laughter and teasing, and another point scored.

Frank Hogan (ADM) watched appreciatively on the sidelines. "That Ji Weiwei is really quite a player. She's a whiz," he marveled, finding special praise for the Assistant to the ED who seemed a particularly spirited member of a lively and engaging team. The Chinese team retired; other teams quickly formed and the game continued.

The evening turned to 7, maybe 7:30, and the cicadas grew silent. Maybe that was the point at which they vanished. Fund staff didn't seem to notice. There was easy banter, tired smiles, long happy waves good-bye, and more than one hot dog for the road. All was well. Summer had just begun.

YOU WILL NOT HAVE FAR TO GO TO FIND FITNESS AT THE FUND

The Fund's Fitness Center has a flaw, Amr Moustapha feels. "There are no aerobics classes on the weekends," the 41-year old economist in the Treasurer's Department notes mournfully. "In the winter especially, when it is too cold to jog, I have no place to exercise on Saturdays."

The Fitness Center opened in April 1986 in space originally designed as a garage. Although it was open only six hours a day, five days a week, it represented a giant step forward in providing facilities for and encouraging regular exercise by Fund staff members.

Before the Fitness Center opened, the only officially sponsored exercise program in the Fund was a cardiovascular class that was operated by personnel from George Washington University. A less formal aerobics class was taught on a voluntary basis by Carol Wilkinson, a research officer in the Treasurer's Department, with the assistance of a Jane Fonda tape. Arrangements were makeshift at best, with the aerobics class competing for space with a group of table tennis enthusiasts and with locker room assignments alternating daily between men and women (a system that led to more than a few embarrassing surprises).



The Fitness Center is now open for squash and racquetball every day, 24 hours a day, except for periods when the facilities are closed for cleaning. The Exercise Room is open from 7:30 am to 7:30 pm, Monday through Friday, and staff members can participate in any of 18 classes taught each week in a room equipped with mirrors and an "aerobafloor"—a floor specially designed for aerobic exercise. In addition, staff members can receive fitness evaluations, and personally tailored training programs, or take part in cardiovascular fitness programs.

The Fitness Center is popular. The criticism it receives tends to be directed at its locker rooms (too small), its classes (too crowded), and its availability (too limited for exercise addicts like Amr Moustapha). It's hard to imagine, given its popularity, that the Fitness Center began life as an afterthought, a fortuitous accident.

The Fitness Center came into existence largely because of an adverse ruling by the District of Columbia Zoning Commission. When the Fund submitted its architectural plans for Phase II of the Headquarters building, the Zoning Commission refused permission for the incorporation of garage space in the new wing.

In light of the Zoning Commission's ruling, the Administration Department had to reconsider how to use the space effectively. One possible use was an expansion of the Fund's physical fitness facilities. To determine staff interest, the Department circulated a questionnaire to staff, requesting ideas for the use of the area. An overwhelming majority favored a swimming pool, recalls Patsy Coffey of the Staff Benefits Division. But the foundation for the building had already been laid and the architect's blueprints showed clearly that the supporting pillars precluded construction of a swimming pool of any reasonable size. The Administration Department turned instead to the second most popular choice—squash and handball/racquetball courts.

By the time the commitment was made in the Fund to convert the unallocated space to a fitness facility, construction on the building was already well under way. As a result, there was no opportunity to redesign the space for specific use as a fitness center, although provision was made for the squash and handball/racquetball courts. The Administration Department was aware from the beginning, Patsy Coffey noted, that the facilities, especially the locker rooms, would be inadequate. But since space in the Fund was so extraordinarily limited, even with the new wing, they "tried to make the best of the space available," she said.

The Administration Department also felt that that the facility should be operated by professionals. They signed a contract with Employee Fitness Associates



(EFA), a private partnership operated by James L. Breen, a professor of sports medicine at George Washington University, and Donald C. Paup, an exercise physiologist, also at George Washington University.

Five EFA employees staff the Fitness Center (box, page 8) and are responsible for all aspects of the facility. Elena Polyak in Staff Benefits acts as the liaison between EFA and the Fund. A user representative group—which will include Elena Polyak, Heidi Fuller (Director of the Fitness Center), and members of the Fitness Center—is now being formed (box, page 7). It will ensure that the programs and administration of the Fitness Center reflect the views, and meet the needs of, its members.

The Fitness Center is clearly a popular place. A visit to the facility at lunchtime reveals runners stretching muscles before heading outdoors (forewarned of weather conditions by information posted daily on the temperature, humidity, and wind velocity), the competitive thumping of a squash or racquetball match in progress, the hum of an exercise bicycle, and the body-moving beat of music from an exercise class, accompanied by encouraging sounds from the instructor—"let's get that blood flowing and burn off that fat!"

In the Fitness Center everyone is equal; there are no Division Chiefs and there are no pressing deadlines. "You get to know people through the Fitness Center that you wouldn't meet otherwise," says Carol Wilkinson, who continues to teach aerobics at 1:00 pm, three times a week. "I've been surprised when I've had to call people for information and it turns out to be someone I know from my aerobics class," she says. "It makes dealing with them professionally much more satisfying and friendly."

According to Heidi Fuller, the Fitness Center now has approximately 600 members, with up to 100 members using the facility during the lunch hours. About half of the lunch-hour crowd participates in classes, approximately 20 play either squash or racquetball, and the remainder use the equipment in the exercise room (stationary bicycles, treadmills, rowing machines, universal weights, and free weights).

Use of the facility is greatest during winter and spring, according to Heidi Fuller, especially the first week in January "when everyone comes in to work off the extra pounds put on over the holidays." Use of the facility tapers off during the summer as many members are on vacation or participate in outdoor sports.



Despite the tight quarters, staff members are enthusiastic about the programs and facilities available to them at the Fitness Center. Amr Mustapha, who hadn't exercised for 20 years before starting to jog 4 years ago, likes the facility because "it's right there, there's no excuse for not going."

For staff with home and family obligations, exercise at lunchtime may be their only option. Sanaa Elaroussi, of the Graphics Section of the Administration Department, is a regular participant in the lunch hour classes. "With a one-year-old baby, I have no time to exercise at home," she says. And for two novice racquetball players, the convenience of the court initially provided the impetus to play. Now they love the game and don't know how they lived without it.

The convenience offered by the in-house facilities encouraged many Fund staff members to start exercising on a regular basis. One dedicated member said that he had never done any form of regular exercise before joining the Fitness Center, where he now works out for 45 minutes three times a week. Since starting his program (when the Fitness Center first opened), he has lost 15 pounds, lowered his blood pressure, and has not had to take any sick leave.

A regular squash player says he used to belong to a "very expensive" private health club. While the quality of the court in the Fund is not perfect, he says, "it's a lot more convenient and a lot easier to get court time" than at his other club, which he has since quit.

Increased energy levels are a benefit attested to by many Fitness Center devotees. "It's like a second wind in the afternoon," says a woman who attends classes three times a week and rides the exercise bike and lifts weights on the other days. Although she hasn't lost any weight, "I have lost inches!" she states proudly.



Heidi Fuller emphasizes that the Fitness Center is a professionally operated facility that offers much more than the opportunity for exercise. In addition to fitness programs, EFA offers fitness evaluations and ongoing personal exercise prescriptions. It can also provide the latest fitness information and, of special interest in the Fund, it can design exercise programs for staff who are traveling.

"You don't have to be an athlete to join the Fitness Center," reminds Donald Paup. One of the goals of EFA in working with the Fund is to establish a facility that encourages the overall fitness and health of all Fund staff members by creating an environment for "fitness with fun." He notes that initial projections for use of the facility were for 300 members within a year. With over double that now signed up, EFA is concentrating on expanding its program to meet the demand. Who knows, maybe they'll even start offering a Saturday class. Otherwise, Amr Moustapha says, "I may have to join a private health club for weekends."

Pamela Bradley

JOIN THE USER GROUP!

A staff group is now being formed to ensure that the Fitness Center's facilities and programs reflect the interests and needs of those who use it. The group, composed of Fitness Center members, will work with Elena Polyak and Heidi Fuller to review current programs and suggest new activities for the facility. Staff who would like to participate in this group are urged to contact Heidi Fuller at X 6558.



THE FITNESS CENTER STAFF

The Fitness Center's staff are serious professionals who also believe maintaining fitness should be fun. They are (left to right):

Beth Nash started attending aerobics classes to get into shape. She enjoyed it so much that in August 1986 she became certified as an instructor. She just completed her third year at George Washington University, where she majors in biology and psychology, with a pre-med option. She teaches the morning slimnastics classes and the noon low-impact aerobics classes on Tuesdays and Thursdays. Beth believes that "our health is the most important thing we have, and aerobics is a part of that."

Kurt Lee, a philosophy major starting his fourth year at George Washington University, teaches the Body Works classes on Tuesday, Thursday, and Friday evenings, and the 1:00 pm aerobics class on Tuesdays and Thursdays. A certified aerobics instructor, he believes "fitness is a personal commitment to health and overall wellness." The key to a successful exercise program, he says, is to "start with an attainable goal and keep pursuing it."

Barry Feil is the administrative assistant in the Fitness Center office. He provides information for users of the facility and processes membership applications. Barry also handles the reservations for the squash and racquetball courts. He has recently completed his third year at George Washington University, where he is majoring in physical education.

Kim Winner graduated from Pennsylvania State University in 1985 with a bachelor's degree in exercise science. Physically active all her life, she pursued her degree in order to learn more about the physiology of exercise. Kim is Assistant to the Director and the coordinator of the aerobics classes. In addition, she teaches the noon Stretch and Tone classes on Mondays, Wednesdays, and Fridays, and the Body Works class with Kurt on Tuesday and Thursday evenings. "Fitness is mental as well as physical," Kim believes. "You must have the right attitude, you have to want to do it to succeed at it."

Heidi Fuller, as Director of the Fitness Center, has overall responsibility for the operation of the facility. She hires its staff, conducts fitness evaluations, schedules classes, and responds to questions and complaints from members. Heidi has a masters degree in exercise science from George Washington University, and has worked at the Fitness Center since November 1985 (before the facility officially opened in April 1986). An exercise program, she feels, should make people feel good: "the cosmetics come later." "It is not the purpose of Fitness Center employees to bully people into exercising, so people really shouldn't feel guilty when they miss a few days." She emphasizes that "fitness should be a lifetime goal."

SERIOUS HOBBIES

AN INTERVIEW WITH ERNEST KLIMONDA

In some ways it seems a contradiction in terms to take a hobby seriously. But Ernest Klimonda, a Transportation Officer with ADM who will retire at the end of the year, wouldn't have it any other way. "If I see a mountain," he confesses, "I have to reach the top, otherwise I don't start climbing." Long years of experience have honed his skills in gliding. And while he only recently joined the International Camera Club, he has obviously been able to translate a passionate interest in photography into a rapid mastery of the medium. In June he captured the club's most coveted honor--Photographer of the Year. His 112 points in competition have set a club record.

Here Ernest Klimonda talks about two subjects that are close to his heart.

I started both photography and flying at age 14, when I began to realize that the world was more than just obeying your parents and learning the alphabet. We had summer camps in Czechoslovakia where you had a choice of learning a variety of skills. I signed up for gliding. At that time the sport of gliding was still in its "baby shoes." We had very rudimentary gliders—really not much more than a piece of wood with wings on it. You would be strapped to this beam and your very first

flight would be a solo flight. There was no room for an instructor.

How were you trained then?

You first learned to use your controls, your joy stick, to keep the wings level. Once you mastered this, you were allowed to take off from a point one third up the hill. Three or four boys held the glider and three or four others pulled the bungee cord on each side. On a signal



Waiting to be launched. Ernest Klimonda, at the helm of his Schweizer 1-34 sailplane, waits on runway 22 at Warrenton Air Park, for a tow plane to take him skyward. Since this photo was taken, he has acquired a new sailplane, an ASW-19B.

the guys in the back let go, and you were pushed forward like a paper plane thrown into the air. The flight probably never went higher than three feet off the ground and it lasted 10, 20, maybe 30 seconds.

Gradually you progressed to two thirds, and then maybe all the way up the hill. Once the plane was down the hill, though, we had to drag it back up. Sometimes we did this all day for one 20-second flight. Sometimes just before your turn came, someone would crack the glider and then you had to wait another day. It was hard work, but thinking back now, it was fun too.

Once you had flown down the hill, you could sign up for another camp, where they towed you up with a winch. A real airport now, and more sophisticated gliders. We could reach an altitude of about 800 to 1,000 feet, and circle the airport several times before landing. And after we'd done this 20 or 30 times, we could stay up if we wanted, if we could catch a thermal (the rising airs that hawks and birds of prey use to stay up without flapping their wings).

I got my license in 1941, at the age of 15, but then the war intervened and I did no more gliding until after I came to the United States in 1958. Now I do both power flying and gliding, and also instruct. My real hobby, though, is gliding. When you glide, essentially you go down, but when you soar, you take advantage of up-drafts and thermals and then hop from one thermal to the other. My personal record is 18,000 feet in altitude and 8 hours duration.

In the winter we have "wave camps," in the Shenandoah Mountain, where the strong winds create waves. Once you get into one of those waves, you can climb up very very high. The FAA "opens a window" maybe five or ten miles square and up to 24-28,000 feet high, and reroutes air traffic around it. The altitude record in gliders is over 40,000 feet, set in Bishop, California. The right spot to be, really, is in the upwind side of the Rocky Mountains, but the Blue Ridge Mountains in this area are also exceptional. Pilots can fly along that mountain range when there are westerly winds. They can fly all the way down to Tennessee and back—about 1,000 miles and 8 to 10 hours flying time. It's very tricky flying because you're never very high above the ridge, perhaps 500 feet above trees for 10 hours. You have to have a strong disposition and know what you're doing.

How dangerous is gliding?

There is some danger involved in any vehicle that moves, but you can land a glider in any farmer's field. You can come to a full stop in 400 feet. Also a glider carries no gasoline; if you crash, you can't explode. It is much safer than people think. People say, "I wouldn't go on a plane that has no engine." Well, you can have engine failure.

But we do try to stay away from thunderstorms, because thunderstorms are generally accompanied by very strong winds and alternating up- and down-drafts.

These drafts can tear a glider apart. Those who have survived say they found up-drafts of about 2,000 or 3,000 feet a minute (normally in a good thermal we climb at 400, 600, or 800 feet a minute—600 is very good rate of climb and 800 very rare). Then perhaps 50 yards apart from this up-draft is a very strong down-draft. It's just too unstable to fly.

How does power flying compare with gliding?

You can have two gliders in the same thermal. One will climb very fast and very high; the other will scratch and never gain any altitude. The finesse and know-how of the pilot are important factors in gliding. In a power plane, you just put on the throttle and there you go. Power flying—flying by your instruments, for instance, can be a challenge, too, but gliding is more of an art. You can be a safe pilot, yet wonder why you go up and down in 20 minutes while other pilots stay up 4 or 5 hours. A bit of know-how. Other pilots, most of them only teenagers, come up to me and say, "Ernie how come you stayed up and I couldn't?" I hate to tell them. If you do it for 40 years....

Is gliding growing in popularity?

Gliding has been much more popular in Europe but it is catching on now in the United States. When I joined the Soaring Society of America in 1965 there were 2,000 members; now there are over 100,000. The best conditions in the United States are in California and New Mexico, where there is lots of sunshine and the air is rather dry. Power pilots hate unstable air because of the bumpiness, but glider flyers just love it. It means the up-drafts are there.

Does anyone else in your family fly?

No one else. My family may come with me, but for them flying in a small plane is just like driving in the car. It's just transportation. My wife comes with me and if the flight lasts longer than an hour she falls asleep.

What draws you to gliding?

The silence. There is no noise at all. If you open the window, there is a little bit of wind. And you have to concentrate all the time. If you are going down, you'd better look for a field. If you catch an up-draft, you watch for other gliders who will join you. Or you try to join hawks or eagles, because where they are, the thermals are. When you concentrate for four or five hours like that, you forget all your earthly problems.

How did your interest in photography come about?

I was given a Brownie box camera for my twelfth or thirteenth birthday. People were amazed when they saw my pictures. I didn't cut off their feet or heads and they didn't look like ants! A year or so later I was asked by neighbors if I could use a 35 mm Kodak Retina and

Two of the numerous photographs that have won prizes for Ernest Klimonda this year in the International Camera Club's monthly competitions:

Right: A Barbadian fisherman casts his net near Sandy Lane beach, Barbados. **Below:** A close-up of an aged Moroccan water-vendor. The shot was taken in Marrakech at Djemaa El Fna Square.



photograph a funeral. While the neighbors attended the funeral, I ran around the church and the cemetery taking pictures. Everybody, even the corpse, looked good, my neighbors said. I was encouraged by this and I got a Kodak Retina that Christmas from my parents.

It was lost during the war and I did not have another until I was in Indochina (Viet Nam) with the French Foreign Legion. There I got hold of an old Japanese camera and outdated Japanese film and took some interesting snapshots. I still have these; one day I might make slides of them.

After five years in the French Foreign Legion, I settled down in Morocco. For a few years I used a 16mm movie camera, went into movies, and joined the Cine Club in Casablanca. I still have a film I shot during a trip to the United States if you'd like to see how Washington looked in 1953!

I sold my camera when they opened the borders to Czechoslovakia. It financed my trip. Later, of course, I took about 12 albums of snapshots of my children from birth through high school graduation. I then forgot about photography again until my brothers visited recently from Czechoslovakia and we drove to Niagara Falls and Disney World. They all had 35 mm cameras and were interested in photography. I wondered why I didn't have a camera. So I bought myself a camera that Christmas, a year and a half ago, and joined the International Camera Club.

What themes or subjects interest you?

I like close-ups. I like the human aspect: Faces, interesting faces, mostly of children or older people. The most difficult subjects, I think, are teenagers or young adults. I've tried everything, except perhaps insects. Maybe I'll shoot cicadas in 17 more years!



Will you get back to filmmaking or stay with still photography?

Probably still photography. Film, I think, is going to be phased out now with video. And video editing is still very difficult, very costly. We are all so spoiled by watching TV and high-technology cinematography. An amateur effort, although you've spent many hours and done your very best, seems very poor compared to what your eye is used to seeing.

Do you have plans for new hobbies, or expanded versions of current ones, after you retire?

No, but then three years ago I didn't know that I would be so seriously involved with photography. Although I did know a little bit about depth of field, I had done mostly snapshots, without thinking or composing. The first pictures I entered in competition were all thrown out. I said, how does this judge dare throw out my five slides which I thought were very good? I must find out what I'm doing wrong. I started reading, asking questions, and looking at other photographs and magazines—not to copy them but just to gain new ideas and a frame of reference. Within six months I got a four-year college education; I really immersed myself in photography.

What satisfaction does photography provide?

The same satisfaction I assume a painter would have.

But you can't manipulate the medium to nearly the same degree...

Actually I have found a way of doing and redoing a photograph until I have something I like very much. I shot slides, color slides, and I always felt that black and white or color print photographers had a great advantage over those taking slides. They could crop their negatives and change colors or hues. Why, I thought, must we slide photographers give our film to the laboratory and not be able to manipulate the results? I read a lot of books and ultimately bought myself a slide duplicator, which also serves as a slide cropper. With this you can rephotograph your slide and (like a zoom lens) focus

on a particular spot of your slide and blow it up to the size of a regular slide. By using a number of filters and by re-photographing it, you can darken or lighten your slide, increase the exposure, and change the colors slightly.

This Fall I will be giving a workshop called "Don't throw away your bad slides." You can make great slides from bad ones. If one part is good, get rid of the rest by using this very simple device which costs less than \$100!

FOR MORE INFORMATION...

Gliding. The nearest gliderport in the Washington area is the Warrenton Soaring Center (on Route 616, off of Route 29). The Center offers instruction and demonstration rides (rides cost \$40-50 for 15-20 minute rides with FAA-certified pilots). Ernest Klimonda advises that the gliderport is an excellent spot for photographer as well as fliers, with some 50 take-offs and 100 landings a day. For additional details, please call the Soaring Center at (703) 347-0054.

International Camera Club. The Fund-Bank International Camera Club offers monthly slide presentations and competitions (September through May) as well as workshops from time to time. Membership is \$10 annually. For more details about the Club, contact its Secretary, Mila Tuason, at X4632, or Ernest Klimonda, who is in charge of the Club's workshops, at X8903.

WHEN ONE HOBBY MEETS ANOTHER...

Recently I was "crewing," which means that if your partner lands off field, you pick him up with a car and a trailer, disassemble the glider (in about 20 minutes), and put it in the trailer. You don't need any tools for this—everything comes off.

Since this was Memorial Day weekend, though, I got caught up in a parade and was delayed some 45 minutes. When I finally reached the rural Pennsylvania field where he had landed, I found him surrounded by about 50 Amish people.

"Ernie what took you so long? Let's get the glider together," he said. I explained about the parade, but I said, 'wait a minute! Fifty Amish people...I have my camera with me, no way I'm going to touch the glider.'

So I took half a roll of the faces of these Amish kids. Most of them are blond and have those big green and blue eyes and the black hat and the white shirt. It happened to be a Sunday, so they were all dressed up for service I guess.



FACTS YOU WON'T FIND IN IFS

Statistics, projections....We seem to amass a great deal of data on our member countries and yet know surprisingly little about ourselves. We hope this occasional series will help to remedy that. This first effort examines our eating habits.. The editor welcomes suggestions for future topics.

If We Are What We Eat...

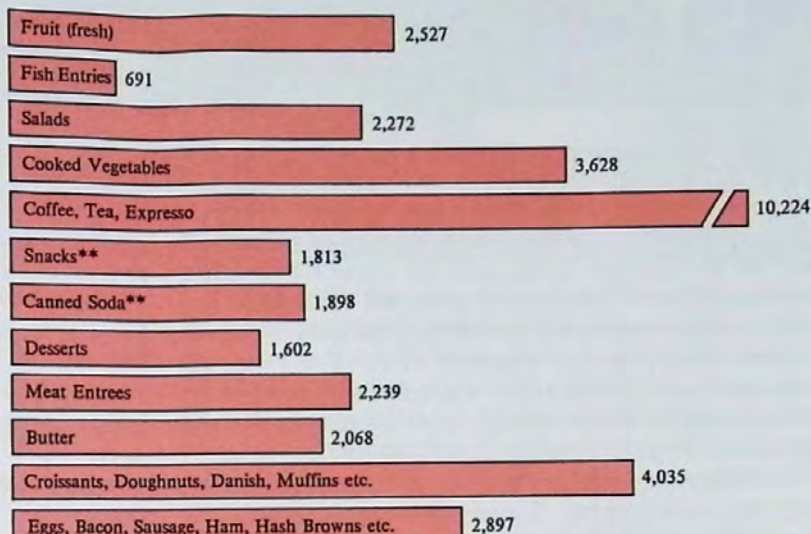
In spite of pervasive publicity on what a healthy diet is and the good it does, figures from the cafeteria on weekly servings show that Fund staff express a clear preference, in aggregate, for high cholesterol, high sugar, and high caffeine food and drinks (see Charts 1 and 2). Assuming that eggs, bacon, croissants, doughnuts, butter, and meat entrees are high in cholesterol; that desserts, canned soda, and snacks are high in sugar; and that coffee, tea, and espresso are high in caffeine, only 25 percent of our intake seems to be what the doctor might order (Chart 2). (Coffee and tea sales, of course, include decaffeinated coffee and herb teas, but it is not clear that decaffeinated coffee is any healthier than the normal variety, and even excluding tea, we lean strongly toward an unhealthy intake.)

The disaggregated figures make us look a bit better, however. Although our favorite food is sweet buns (croissants, doughnuts, etc.) followed by cooked vegetables, with eggs, bacon, and sausages in third place, fresh fruit is a close fourth, and we eat more salads than meat entrees.

Separate figures from vending machines (Chart 3) demonstrate another surprising fact: 1,832 people in the main Fund building buy 337 packs of cigarettes a week, while only 237 staff in International Square buy 126 packs a week. Do cigarette smokers choose to work in offices in International Square, or does work in International Square encourage smoking?

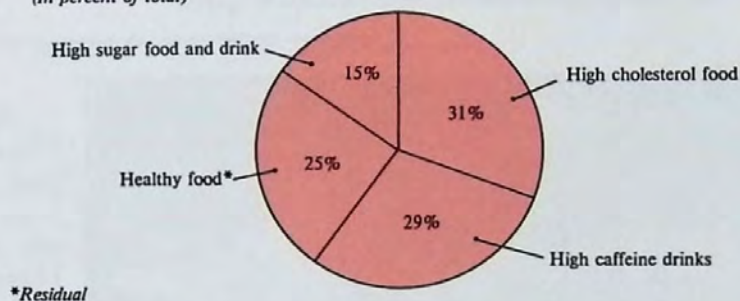
Prepared by Joslin Landell-Mills and Hordur Karlsson from data collected by cafeteria staff for the second week of June, 1987.

1. What the Fund Eats (In weekly servings)*



*In order of nutritional value, from top.
**From vending machines.

2. Nutritional Value of Food Eaten (In percent of total)

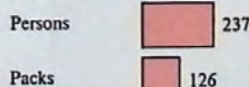


3. Cigarette Sales

HEADQUARTERS



INTERNATIONAL SQUARE





At the opening reception (from left to right): Michel Camdessus, Frank E. Loy, President, German Marshall Fund of the United States; Helmut Schäfer, State Minister in the Foreign Office of the Federal Republic of Germany; and Günther van Well, Ambassador of the Federal Republic of Germany to the United States.

RECEPTION OPENS MARSHALL PLAN EXHIBIT

Some 250 guests, including officials from the Federal Republic of Germany, members of the German Marshall Fund of the United States, and the Fund's Managing Director, Michel Camdessus, gathered for a June 3rd reception opening an exhibition that honored the fortieth anniversary of the Marshall Plan. The event attracted major figures from the television and print media in addition to a sizable representation from the diplomatic corps, including Ambassador Paul Nitze.

The reception marked the formal opening of an exhibit of photographs, documents, and memorabilia from the Marshall Plan—the innovative program commonly credited with providing the impetus for the reconstruction of Europe following the devastation and economic dislocation of World War II. It was fitting, many of the participants in the evening's events felt, that

a program whose goals included the promotion of economic and financial assistance and international cooperation be held at the IMF Visitors' Center.

The exhibition, "The Marshall Plan: Cooperating to Rebuild Europe," ran until June 19. It is now in West Berlin for an inaugural exhibit there. It will travel thereafter to history museums and presidential libraries in the United States under the auspices of the U.S. National Archives.

June 3 also saw the Visitors' Center celebrate its first anniversary. In its initial year of operations the Center has provided 182 events open to the public (including seminars, films, and exhibits) and hosted several official gatherings. An estimated 19,000 people have visited the Center in the course of the past year.



ALDO ZANZI HONORED

Aldo Zanzi, formerly of the External Relations Department, earlier this year received an honor from President Francesco Cossiga of Italy, on recommendation of the then-Prime Minister, Bettino Craxi. Aldo Zanzi was ordained a Knight of the Order of Merit of the Republic of Italy. Before coming to the International Monetary Fund, Aldo Zanzi worked with the governments of the Republic of Korea and Morocco, as well as with the U.S. Treasury, the OECD, UNCTAD, the Food and Agriculture Organization, the U.S. Federal Reserve Bank of New York, and the U.S. Bureau of Labor Statistics.

Since his retirement from the Fund in 1982, he has been writing, under a pseudonym, articles on economic and political conditions in Italy.

IN THE MOOD FOR SUMMER...

The atmosphere was established as soon as you entered the cafeteria. The July 4th weekend hadn't quite begun yet but the mini-beach and stuffed animals in shades and straw hats and lounging on beach chairs managed to capture all the easygoing delights of a summer holiday.

Peggy Duffy, Manager of the Fund's cafeteria, had designed the display in conjunction with a special holiday menu and had spent several hours the previous night setting it up. All the essentials of a summer vacation were there: sand, seashells, barbecue grills, coolers, transistor radios.... It could have been Bethany, or even a more distant seaside spot.



Most engaging, perhaps, was the rather large, decidedly cheerful, family of teddy bears. All Peggy Duffy's? "Oh, no," she protested, "I put up a notice here on our bulletin board and asked the cafeteria staff to bring in stuffed animals, sand pails, and what not. Most of the display was done with what they contributed."

"The hardest part," Peggy Duffy admitted, "was the sand. Those bags of sand are heavy! I bought three bags of sand at K-Mart, then had to wrestle with those bags to get them into my car and then into the Fund. Once the sand was down, the problem was cleaning up! I had put plastic liners underneath, but the sand was so heavy all the liners broke! What a mess!"

Peggy Duffy has been with Marriott for 17 years and managed the Fund's cafeteria for over six years. For her the holiday specials, both the menus and the displays, are extra work, but especially rewarding. "The cooks have the hardest job. A special menu requires at least two days of preparations," she observes. "But the cafeteria staff here really care. They are very enthusiastic. They really get into it."

For the displays, Peggy Duffy relies in part on her retailing background. "I like to shop and I like to organize the displays. We have great flexibility here; the Fund lets us experiment with our menus and our displays. They've been wonderful to work with!"

STAFF NOTES

(As of June 30, 1987)

THIRTY YEAR STAFF

Hordur Karlsson of ADM
Patricia M. Sullivan of LEG

TWENTY YEAR STAFF

Timothy Cole of ADM
Willard A. Hawxhurst of BCS
Nadia Khattak of ETR
Robert E. Newcombe of TRE

RETIREES

Anne Marie Al-Samarrie
Charles E. Ball
C. David Finch
Walter O. Habermeier
Regina Ieva
Ching-Yuan Lin
Christine B. McCaskie
Alison K. Mitchell

RETIREES (Continued)

Marion Simpson
Olav C. A. Snellingen
Patricia Sullivan
Ciro Tognetti

RESIGNATIONS

Paul R. Fenton
Liliana Fidel Hamilton
Tyrone Bernard Harris
Abdel Rehman Ismael
Robert W. Ley
Marcello Mentini
Rachid Msadek
Ahmad H. Mustafa
Oystein Pettersen
Jeffrey W. Robinson
Virginia C. Slocum

MARRIAGES

Dorothy Lafferty (EXR) to
Paul J. Thibodeau on June 13.
Michelle R. Fernandez (TRE)
to Jose L. Espada on May 30.

DEATHS (RETIREES)

Tatiana Berseneff, died
July 7, 1987; retired from BUR
November 3, 1978

BIRTHS

To Emily L. and William J.
Walker (OUSED and BCS), a
daughter, Sarah Jane, on July 6,
1987.

STAFF NOTES

TRANSFERS

Akira Ariyoshi to Exchange and Trade Relations from Asian Department

Chungsuk Cha to Support Group, Resident Representative (Philippines), from Asian Department

Umberto Dell'Anno to Support Group, Resident Representative (Somalia), from European Department

Jacob A. Gons to Western Hemisphere from Treasurer's

Jeannette J. Grimes to IMF Institute from Bureau of Statistics

Manuel Guitián to European Department from Exchange and Trade Relations

Richard Hemming to the Asian Department from Fiscal Affairs

Ernesto Hernández-Cáta to Research from Western Hemisphere

Peter C. Hole to External Relations from European Department

Helen B. Junz to Exchange and Trade Relations from European Department

Rosalinda K. Kahoonei to Office of Executive Director from Treasurer's

John R. Karlik, to Western Hemisphere from Support Group, Resident Representative (Philippines)

Malcolm D. Knight to Middle Eastern Department from Research

Duncan M. Ripley to European Department from Asian Department

Richard T. Stillson to Middle Eastern Department from African Department

Reinold H. van Til to African Department from Support Group, Resident Representative (Nepal)

Delano Villanueva to Research Department from Asian Department

L. A. Whittome to Exchange and Trade Relations from European

NEW STAFF



Mohamed Ali Hammoudi from Algeria, is an Assistant, OED. He has previously held positions with Algeria's Ministry of Finance. He holds degrees in public law and finance, and enjoys soccer and running.



Flor Isabel Rolando Peruvian, is a clerk-typist with the Western Hemisphere Department. She worked previously with the Pan American Health Organization.

Photo credits: Denio Zara and Padraic Hughes-Reid, pages 1-4; Denio Zara, pages 5-8, 12, and 14-15; Ernest Klimonda, pages 9-11, and Robert Townsend, page 16.

Staff
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