



# INTEGRAL

Internal Circulation

January-2018

## News



Issue# 147

ICF OFFICIAL MONTHLY NEWS BULLETIN

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Metal Sculpture Patio was inaugurated by **Shri. K. Anbu**, Sr. Tech/Shop-48, in the presence of ICF's Team of Officers and Staff at Shell Factory on 19.12.2017. ICF (Shell division) employees made their models/sculptures using scrap/waste materials. They delivered amazing skills on it...

Model of locomotive engine by **Shri. K.Loganathan**, SSE 22 & team won the 1<sup>st</sup> Prize.

Renaissance made by **Shri. P.N.Ravindran**, SSE 45 & team won the 2<sup>nd</sup> prize.



भारत सरकार, रेल मंत्रालय  
सवाई डिब्बा कारखाना  
चेन्नई - 600 038  
Govt. of India, Min. of Railways  
Integral Coach Factory  
Chennai - 600 038

Date: 02.01.2018

My heartfelt wishes are due to the Integral News team for their efforts in bringing out "Integral News", official monthly news magazine of ICF, in elegant format, covering useful railway information with special emphasis on ICF.

I am glad to note that ICF has been breaking its own records every year by producing coaches more than the targets fixed and I am confident that Team ICF will continue its diligent efforts to surpass the targets fixed for this year also.

I wish all the members of ICF family a happy and prosperous New Year 2018.

(S.Mani)  
General Manager

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Members of Confederation of Indian Industry visited ICF on 01.12.2017



Central Trainees Activity Committee meeting was held on 06.12.2017 at Chintan Sabha Grah.



Site Support Office was inaugurated on 04.12.2017 by **Shri. J.Ebenezer Udhayakumar**, Sr.Tech/Shop-30, in the presence of ICF's Team of Officers and Staff.



Solar power plant of 50 KWp ON-Grid rooftop was commissioned at AWTI 07.12.2017 by **Smt. D.Jamuna**, Tech-II/Shop-45, in the presence of ICF's Team of Officers and Staff.



Mahaparinirwan Divas was observed on 06.12.2017. The bust of the departed leader **Dr. B.R. Ambedkar** was garlanded by **Shri. L.C. Trivedi**, PCME/ICF. Senior Officers and Staff paid their respects.



Solar power plant of 50 KWp ON-Grid rooftop was commissioned at Furnishing Admin Building on 08.12.2017 by **Shri. M.Jayaraj**, Sr.Tech/Shop-28, in the presence of ICF's Team of Officers and Staff.



An open house meeting was conducted on 06.12.2017 at Chintan Sabha Grah. GM/ICF hosted the meeting. Senior Officers and Staff reviewed the implementation of suggestions already received and discussed the new innovative suggestions presented.



Renovated primary school was inaugurated on 09.12.2017 by **Smt. Chinnammal**, CHI Staff, in the presence of ICF's Team of Officers and Staff.



Static Weigh Bridge (Rail-120Ton) was inaugurated on 09.12.2017 by **Shri. B.Chandran**, Sr.Tech/Shop-30, in the presence of ICF's Team of Officers and Staff.



OLIC meeting was held on 13.12.2017



Shed for Light Works was inaugurated at LHB shed on 13.12.2017 by **Shri. S.Malaichamy**, Helper/Shop-19, in the presence of ICF's Team of Officers and Staff.



Ward-35, Switch Board Cabinet Shed was inaugurated at Furnishing on 13.12.2017 by **Shri. S.Balaraman**, Tech-II/54, in the presence of ICF's Team of Officers & Staff.



Pension Adalat was conducted on 15.12.2017 at AWTI Auditorium.



Drawing competition for ICFSJ Nursery school was conducted on 16.12.2017, in connection with National Energy Conservation. The program was organized by VOC Scout Group. **Shri. S.Meyyappan**, DYCE (DC/Scout), distributed prizes to the winners.



Improvements to volleyball court was inaugurated by **Shri. R. Manoharan**, International Volleyball Player & Indian Team Coach in the presence of ICF's Team of Officers and Staff at ICF Stadium on 17.12.2017.



Cummins Site Support Office was inaugurated at Furnishing on 19.12.2017 by **Shri. P. Sivaprakash Rao**, Sr.Tech/Shop-30, in the presence of ICF's Team of Officers and Staff.



Futsal ground was inaugurated by **Shri. C. Rajasekar**, Progressman/Shell in the presence of ICF's Team of Officers and Staff on 19.12.2017 near East Colony.



Complete Switch Over to LED Lighting in Furnishing Factory was dedicated on 19.12.2017 by **Shri. V. C. Thirupathiah**, Sr.Tech/Shop-39, in the presence of ICF's Team of Officers and Staff.



Vendor meeting was held on 19.12.2017



Makeover of Shop-18 was inaugurated by **Shri. K. DilliRao**, Sr.Tech, in the presence of ICF's Team of Officers and Staff on 21.12.2017 at Shell Factory.



New Bay Shop-33 was inaugurated by **Shri. P.S. Venkatesan**, Sr.Tech/Shop-33, in the presence of ICF's Team of Officers and Staff on 21.12.2017.



Weekend Rail Nights, Amphitheatre and Museum Shop at CRM was inaugurated on 23.12.2017 by **Dr. Ashrafi S. Bhagat**, Art Historian & Art Critic, Prof. Janardhanan, A Principal, Rukmini Devi College of Fine Arts, Kalakshetra Foundation and **Shri. P. Gopinath**, Honorary Secretary, Cholamandal Artists' Village, in the presence of ICF's Team of Officers and Staff. **Shri. John Vijay**, Tamil Film Actor, also graced the occasion. **From 23.12.2017, CRM is open till 9PM on Saturdays and Sundays.**



Improved East Gate Area was inaugurated on 23.12.2017 by **Shri. Sabbu Penchalaiah**, Sr.Tech/Shop-23, in the presence of ICF's Team of Officers and Staff.



Amudhasurabi at Mahakavi Bharathi Institute (Junior Institute) was inaugurated on 31.12.2017 by **Shri. S. Varadarajulu**, Technician in the presence of ICF's Team of Officers and Staff.



Atya Patya Arena was inaugurated by **Shri. I. Thirunavakkarasu**, SSE in the presence of ICF's Team of Officers and Staff on 31.12.2017 at North Colony.



Senthamizh Cholai at Mahakavi Bharathi Institute (Junior Institute) was inaugurated on 31.12.2017 by **Shri. D. Nagarajan**, Chief Staff & Welfare Inspector, Personnel Department in the presence of ICF's Team of Officers and Staff.



Silambam ground and Taekwondo Court was inaugurated on 31.12.2017 by **Shri. R. V. Sampath Kumar**, Helper in the presence of ICF's Team of Officers and Staff at North Colony.



Renovated swimming pool, AC Hall and Dining Hall at Integral Club was inaugurated by **Shri V. Subramanyam**, Retd. COS / ICF & S.Rly in the presence of ICF's team of Officers and Staff on 31.12.2017.



**Selvi. S. Kiruthiga**, D/o. **G. Sukumaran**, Sr.Tech/Shop-36, represented ICF in the Inter Railway Cultural Competition (Music) held at Lucknow on 03.12.2017 and won consolation prize.

**PERSON OF THE MONTH - NOVEMBER 2017**



**Shri. K. Narasimhan**, Sr.Tech/Shop-40/Shell



**Shri. A. Mohan Raj**, JE/PCO/Fur

OFFICIAL POSTINGS		
Name Shri/Smt	Previous	Present
K.Venugopal Rao	SCR	CMM/General
H.Narayanan	DyCMM/P/F	RWF
Arindam Lai	DyCMM/DC	DyCMM/P/F
P.Sivalingam	S.Rly	DyCMM/DC
K.M.Alexander	SME/Plg/S	WM/A1/S
K.T.Dominic	SME/Plg/Genl	SME/Plg/S
N.Kamaraj	AWM/A2/S	WM/A/Fur
R.Rajagopalan	SSE/Shop-41	APE/PR2/S

## Quiz Corner

- Who is the occupier of Furnishing Factory?
- What is the present rate of Children Education Allowance ?
- Expand IRSEE.
- Which is the fastest train in India?
- As per OL rules, Chennai is categorized under which region?

Answer in next edition

### Previous issue Quiz answers.

- Savings Fund and Risk Fund
- Service rendered below 18 years is known as Boys service
- 20<sup>th</sup> September
- Directorate General of Supplies and Disposal
- 14<sup>th</sup> September

### We deeply mourn the sudden demise of the following staff

SI. No.	Name Shri/Smt	Designation	Pay Unit Shop / Office
1	Nandakumar.S	Tech-I/FMW	Shop-40
2	Raviraj.G	Tech-II/Painter	Shop-25
3	Sairam.V	Tech-I/ECDR	Shop-23
4	Peter	Sr.Tech/FGL	Shop-18

### Last Date for submission of application:

- 18.11.2018** : Jr Steno 16 posts against general selection from serving employees quota.

## ICF CIRCULARS

### ACC 19/2017:

List of holidays for the year 2018.

### PB/LW/322/MHC/Vol-II dt 14.12.2017:

The master health checkup is again extended to the employees who have not availed this benefit during May-Oct 2017. They may please contact:

Shell: 47555/47556. Fur: 46555/46556. Cell Nos: 9003149 252/ 261/262 or 9003103731.

### PB/LW/Safety Comm/Vol-I dt 15.12.2017:

Safety committees of Shell and Furnishing divisions are constituted as follow:

Safety Committee/Shell				
Si. No.	Administrative Side Shri		Worker Side Shri, Emp No., Unit/Shop	
1.	A. Anbalaghan CSO (SME / M&P)	Chairman	S. Karunakaran 639710, SSE/21A	Member
2.	T. Raghu, SO/Shell, 798331, Unit-50B	Secretary	C. Loganathan, 697151, Sr. Tech, 10/0114	Member
3.	Sanjay Angothu, WM/A-II/Shell	Member	E. Sandilyan, 828684, Tech Gr.I, 22/6323	Member
4.	V. Lakshmikanthan XEN/II	Member	K. Loganathan 803639, SSE, 22/A	Member
5.	VM. Govindarajan, SEE/M	Member	C. Lakshmi Narasimhan 665547, Sr.Tech 40/0170	Member
6.	V. Mahadevan AMM/MRVC/SD	Member	C. Muthuraj, 781450, Sr.Tech, 23/0158	Member

Safety Committee/Furnishing				
Si. No.	Administrative Side Shri		Worker Side Shri, Emp No., Unit/Shop	
1.	S. Narendran CSO, (WM/Plant/Fur)	Chairman	K. Suresh, 718901, SSE/30A	Member
2.	M. Ravi Kumar, SO/F, 807306, Unit-99B	Secretary	P. Sathyanarayanan 689282, SSE/34A	Member
3.	Dr. K. SatyaBabu Addl. CMS	Member	D. Bhaskar, 679308, Sr.Tech, 54/0163	Member
4.	K. Ravi AEN/Fur.	Member	M. Selvamani, 607224, Sr.Tech, 28/0171	Member
5.	R. Rajendran WM/A-II/Fur.	Member	L. Ramesh, 783586, Sr.Tech, 37/0122	Member
6.	E. Harikumar AWM/Elec-II	Member	G. Suresh, 775295, Tech Gr.I, 80/6002	Member

### PB/CON/46/OBC/Vol-III dt 01.12.2017:

The tenure of office bearers of ICFOBC Employees Welfare Association has been extended for three years instead of two years.

### PB/LW/268/KM/Vol.IV dt 07.12.2017:

The tariffs of the three ICF Marriage Halls are revised with effect from 07/12/2017, as under:-

Name of the Mandapam		Serving employees of ICF ( )	Retired employees of ICF ( )	Serving/ Retired employees other than ICF ( )	Outsider ( )
Thiruvalluvar Marriage Hall (Diamond Jubilee Community Hall)	Rent	10,000	10,000	10,000	1,00,000
	Cleaning Charges	6,000	6,000	6,000	6,000
	Maintenance	5,000	5,000	5,000	10,000
	Security Deposit	50,000	1,25,000	1,50,000	2,00,000
	GST @ 18%	12,780	26,280	30,780	56,880
	Total	83,780	1,72,280	2,01,780	3,72,880
Kambar & Tholkappiar Marriage Halls (Golden Jubilee Kalyana Mandapam & New Kalyana Mandapam)	Rent	5,000	5,000	5,000	45,000
	Cleaning Charges	5,000	5,000	5,000	5,000
	Maintenance	5,000	5,000	5,000	10,000
	Security Deposit	50,000	1,00,000	1,25,000	1,50,000
	GST @ 18%	11,700	20,700	25,200	37,800
	Total	76,700	1,35,700	1,65,200	2,47,800

The revised tariff includes rent, cleaning charges, maintenance, security deposit and GST @ 18% on the entire tariff.

On completion of function, GST will be levied on the actual usage charges and security deposit and balance GST will be refunded to the Marriage Hall users. All allottees who henceforth book the three marriage halls will be required to pay the marriage hall charges as detailed above.

### PB/CBS/CEA dt 13.12.2017:

Children Education Allowance for the year 2017-18.

### PB/LW/323/AEBAS dt 21.12.2017:

Biometric attendance system for workshops. Date and venue for capturing finger print template of employees.

## RAILWAY BOARD CIRCULARS

• **RBE 153/2017:**

Central government employees' group Insurance Scheme 1980 – Tables of benefits for the Savings fund for the period from 01.07.2017 to 30.09.2017.

• **RBE 160/2017:**

Recruitment of sportspersons against Sports Quota through Talent Scouting and Open Advertisement on the Railways- Videography of field trials.

• **RBE 161/2017:**

Adoption of clarification issued by ministry of finance regarding modifications of level-13 of pay matrix.

• **RBE 166/2017:**

Revision of rates of nursing allowance to the nursing personnel.

• **RBE 168/2017:**

Recognition of Basic Training Centre at Kollam/Trivandrum.

• **RBE 169/2017:**

Rate of Dearness Allowance applicable w.e.f. 01.01.2017 & 01.07.2017 to Railway employees continuing to draw their pay in the pre-revised pay scale / grade pay as per 6th Central Pay Commission.

• **RBE 170/2017:**

Ad-hoc promotion to senior scale in Chemical & Metallurgical, Psycho-tech and Printing & Stationery departments.

• **RBE 171/2017:**

Fixation of pension of medical officers retired during 01.01.2016 to 30.06.2017.

• **RBE 175/2017:**

Grant of Overtime Allowance (OTA) to Railway employees consequent upon revision of pay scales and allowances.

• **RBE 177/2017:**

Marks given by the trial committee in sports recruitment.

• **RBE 179/2017:**

Special benefits in case of death and disability in service- revision of disability pension/ family pension under CGS (EOP) rules of pre-2016 disability pensioners/ family pensioners.

• **RBE 180/2017:**

State Railway Provident Fund – Rate of interest during the year 201-18 (Oct' 17 to Dec' 17).

• **RBE 181/2017:**

Revision of rates of tenure allowance to organized Group 'A' railway services posted as Dy directors/ Jt Directors/ Directors and Group 'B' officers when posted against senior scale post in RDSO.

• **RBE 182/2017:**

Revision of the rates of Railway Board Tenure Allowance applicable to the officers of Organized Group 'A' Railway Services on their appointment as Deputy Directors/ Joint Directors/ Directors in Railway Board's office.

• **RBE 183/2017:**

Amendment to rules on House Building Advance to Railway Servants.

• **RBE 189/2017:**

Recruitment against Sports Quota.

• **RBE 190/2017:**

Implementation of decision relating to Special Allowance for child care for women with disabilities.

• **RBE 191/2017:**

Recording of higher academic/ educational qualification in the service record of employees recruited through RRBs.

• **RBE 192/2017:**

Minimum educational qualification for recruitment of staff from open market in level-1 of the pay matrix of 7th CPC.

• **RBE 193/2017:**

Re-engagement of retired employees in exigencies of services-

Maximum age limit enhanced to 65 years.

• **RBE 195/2017:**

Minimum educational qualification for appointment in Level-I of the pay matrix of 7th CPC on compassionate grounds.

• **RBE 200/2017:**

The training modules of promotee JE-Electrical has been reduced to 13 weeks from existing training period of 52 weeks.

• **RB- E(P&A)II-2017/HRA-4 dt 05.12.2017**

Admissibility of House Rent Allowance during Study Leave.

• **RB- Office order 101 of 2017 dt 20.12.2017**

Correct expansion for MR & MoSR

MR = Minister of Railways

MoSR = Minister of state for Railways

**Do You Know?**

- Booking and allotment of Dr. Ambedkar Arangam is done at Labour Welfare Section of Personnel Branch
- A Library containing Technical books is available at Technical Training Centre

EMPLOYEES RETIRING on 31 <sup>st</sup> January 2018			
Sl. No.	Name Shri/Smt	Designation	Pay Unit Shop / Office
1	Jabbarulakhkhan.J	Sr.Tech	12
2	Sivakumar.N	Tech-I	13
3	Khadhar Sherif.A	Tech-I	13
4	Sureshkumar.G	Sr.Tech	14
5	Dilli Rao.K	Sr.Tech	18
6	Raju.M	Sr.Tech	18
7	Prakash.V	Sr.Tech	20
8	Kumaraswamy.T	Sr.Tech	23
9	Sukumar.S	Tech-I	23
10	Damodaran.G	SSE	42
11	Mahadevan.TM	Sr.Tech	45
12	Rajendran.M	Chief O.S	Civil Engg
13	Ravikumar.S	Ch.Pharmacist	Hospital
14	Anandan.T	Tech-I	30
15	Bhaskaran.P	Sr.Tech	30
16	Vasudevan.J	Sr.Tech	32
17	Venkatesan.PS	Sr Tech	33
18	Ramadoss.A	Sr Tech	35
19	Mohan.S	Sr Tech	36
20	Nethaji .K	Tech-1	54
21	Vasudevan.K	Tech-1	54
22	Palanirajan.PM	Sr Tech	80

*We wish them A Happy & Peaceful Retired Life!*



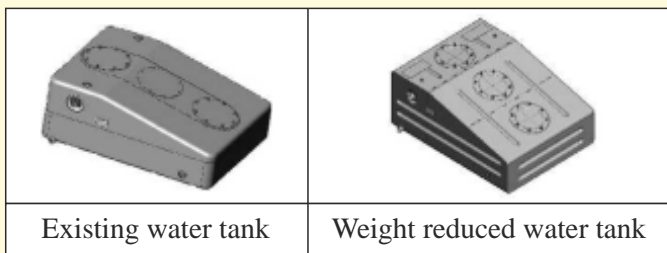
## RECENT IMPROVEMENTS in ICF COACHES

### Improved Acoustic insulation for DEMU Power Car

Trial has been done with noise suppressing foam pads (Nitrile Butadiene Rubber) inside the walls and ceiling of engine room and Radiator room on DPC No.98. Measurements of noise level have been taken in coaches with regular rock-wool insulation and the improved insulation which resulted in considerable reduction in sound level by 6.3 dB, 3.6dB & 8.9 dB in the Engine room (Existing 123 dB), Drivers cabin (Existing 103 dB) and outside (Existing 111 dB) the coach respectively. It will be implemented on a regular basis after getting feedback from user Railway.

### Weight Reduction in Stainless Steel Water Tank

To reduce the weight of Stainless Steel tank, design has been revised by introducing corrugation on all sides of the tank and removing stiffening angles. The weight of water tank is brought down from 120 kg to 94 kg. Drawing has been issued for procurement.



### Exhaust Fan at End wall of LHB Coaches

Toilets in LHB AC coaches have exhaust fan for ventilation centrally for one end for two toilets. Complaints have been received from user Railways that there is too much foul smell inside the lavatory and the present exhaust system is ineffective. To address this issue, individual exhaust fan has been provided on end wall (below washbasin level) for effective ventilation. Revised Drawing has been issued for implementation for both AC and non-AC LHB coaches.





## PHYSIO PAGE



**MOVE... TO REMOVE...!**  
**Physio. Kumaravel. M**  
 Sr. Physiotherapist, RH/ICF  
 physiokumaravel.m@gmail.com, 9003149269

## JOINT PAIN

**Vanakkam Readers,**

Thank you all for your overwhelming support while writing about Low Back Pain in the same page. Since then a lot of suggestions have been received from many readers to enlighten on other pains and hence now I have started to write about joint pain which is a

more prevalent condition, hoping for your continued patronage please.

Joint pain, referred as arthralgia, is a very common problem in modern society. There are many reasons for joint pain whether it may be pathological or mechanical causes. It can be caused by an injury or a disease to the joint or/and their supportive structures or adjacent parts.

Hence, knowing relevant anatomy about joints is essential before going into joint pain. Here are a few lines about joint...

#### About joint...

A joint or articulation is the union of two or more bone ends with or without movement.

#### Functions of joints:

**Mobility:** Prime responsibility is the movement of the limbs and locomotion.

**Stability:** Support and stabilises the body structures.

**Flexibility:** Help to perform work by flexible movements.

**Frame:** Joints hold the skeleton together and give shape to the body.

**Protection:** Protect the internal organs.

**Posture:** Responsible for proper posture.

**Weight bearing:** Bear the weight of the body.

**Bone growth:** Make bone growth possible.

Let us discuss about classification of joints, structure and function of synovial joints, its pains and remedies in forthcoming issues.

Wishing you a healthy, happy and pain-free New Year 2018

Wait for further steps to move...

### An Epoch Memory



View of the TTC, Water Tank, Stadium and  
Employees' Quarters - 1995

### HAPPY WINTER FOR ICF SPORTS

#### 4 in a row- ICF clinch All India Inter Railway Volleyball Championship



The 63<sup>rd</sup> All India Inter Railway Volleyball Championship was conducted by ICF from 11.12.2017 to 17.12.2017. The host lifted the cup in the newly constructed volleyball court at ICF stadium on the concluding day. ICF defeated Southern Railway in a 4 set final under the lights in front of the home crowd. The road for reaching the finals for the host was not easy, as they fought a very tough quarterfinal and semifinal against SCR and NFR respectively. ICF learnt from their past mistakes and overcame the hurdles in the finals. They won the first two sets with ease. Southern Railway came back strongly with aggressive play and won the 3<sup>rd</sup> set and made the game attention-grabbing. When the crowd thought it would be another nail biting finish, the match went the other way in favor of the home team. ICF won the 4<sup>th</sup> set and clinched the title for the 4<sup>th</sup> consecutive year in the Inter Railway championship.

GM/ICF distributed the trophy and medals to the winners and runners-up. Earlier the new volleyball court was inaugurated by a senior employee of ICF in the presence of ICF Team of Officers, Staff and Players.

**ICF encourages FUTSAL  
(exciting, quick pace football)**

A futsal ground on the rear side of East Colony near New Avadi Road was inaugurated by a senior employee of ICF, in the presence of ICF team of officers and staff on 19.12.2017. Futsal is five-a-side, exciting, quick pace football game played for 15 + 15 minutes. The game is very popular in the western part of the world and it has started gaining fame in other countries including India.

In Chennai there are very few futsal grounds. ICF known for developing multiple sports activities in various disciplines, decided to encourage this sport and constructed a ground for playing futsal. An artificial green turf has been laid and the ground is completely fenced with green colour net to prevent the ball from going out. The all green ground looks very attractive and it is needless to mention that this ground will benefit the futsal players in and around ICF area and encourage more youngsters to take up this game.

**-M.G. Shanker, PRO**

<b>LEAVE CALENDAR 2018</b>												
Name: _____ CL= 8 Days, LAP = _____+15+15 Days, LHAP = _____+10+10 Days												
Jan	Feb	Mar	Apr	May	Jun	1	Jul	Aug	Sep	Oct	Nov	Dec
1PH				7PH		1						
						2				13PH		
						3						
						4						
						5						
						6					16PH	
						7						
						8						
						9						
						10						
						11						
						12						
						13			12UP			
			6PH			14						
2PH					8PH	15		9PH				
3UP						16						
						17						
						18				14UP		
						19				15UP		
						20						
						21						
						22		10UP				
						23						
						24						
						25		11UP				
4PH						26						17PH
						27						18PH
						28						19PH
						29						20PH
						30						21PH
		5UP				31						22PH

1. PH- New Year's Day 2. PH- Thiruvalluvar Day 3. UP- Uzhavar Thirunal 4. PH- Republic Day 5. UP- Good Friday	6. PH- Dr Ambedkar's Birth Day, Tamil New Year's Day 7. PH- May Day 8. PH- Ramzan 9. PH- Independence Day	10. UP- Bakrid 11. UP- Onam 12. UP- Vinayaga Chaturthi 13. PH- Gandhi Jayanthi 14. UP- Ayudha Pooja	15. UP- Vijayadasami 16. PH- Deepavali 17. PH - Christmas 18 to 22 PH-Factory Holidays	For outdoor staff: 1,2,4,5,6,7,8,9,12, 13,16,17 only. All paid holidays.
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