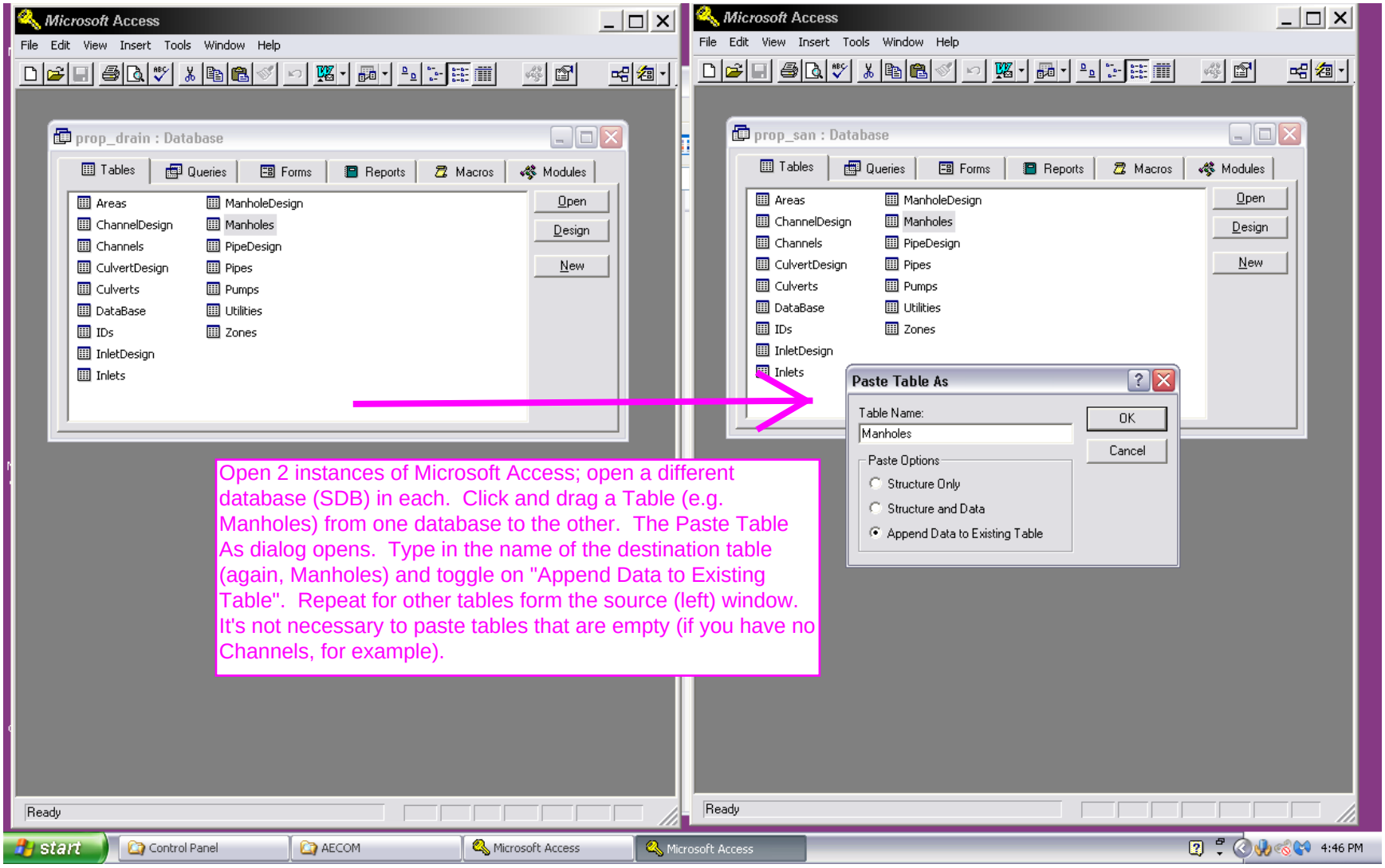

Open 2 instances of Microsoft Access; open a different database (SDB) in each. Click and drag a Table (e.g. Manholes) from one database to the other. The Paste Table As dialog opens. Type in the name of the destination table (again, Manholes) and toggle on "Append Data to Existing Table". Repeat for other tables form the source (left) window. It's not necessary to paste tables that are empty (if you have no Channels, for example).