

Vol. 35

No. 5

**ST. LOUIS ARMY ENGINEER DISTRICT**  
**ESPRIT**

**GATEWAY TO EXCELLENCE**

May 1998

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## Army Diving Team clears Rend Lake beaches

The U.S. Army Deep Sea Diving Team was at the Rend Lake beaches in April. The dive team performed an underwater inspection of the three beaches. This inspection is completed annually before opening the beaches for the recreation season.

In prior years the work had been done by contract dive teams. The work by contract was sometimes costly and time consuming. The cooperative effort with the Army Deep Sea Diving Team has proved to be an excellent money saving effort for the Corps. The work was completed quickly and efficiently and provided an excellent training mission for the dive team.

The Army divers, stationed in Virginia, travel extensively working on a myriad of projects. One member of the team recently returned from a diving assignment in Alaska. He reported that the weather in Southern Illinois was much more conducive to diving.

The dive team has completed dam inspections and worked on projects that required them to blow up wrecks. A recent assignment required them to raise a sunken boat and sink it again in a new location as part of an artificial reef. These tasks are all training for their military mission.

During wartime, the Army divers are responsible for clearing harbors, protecting docking facilities and clearing obstructions in navigation lanes. Rend Lake feels very fortunate to have had the opportunity to work with the dive team in this endeavor.



The diving team checks out the beach at South Sandusky.



**Internationsl Volunteer Week: June 1-7, 1998**

# **Volunteering helps others and helps you**

Volunteering is a practice that is often overlooked when considering self-improvement.

The National Institute for Fitness and Sports says devoting time to volunteer work does not take a radical restructuring in our lives, but it does require a change in perspective.

Volunteering causes us to step away from the "me" perspective and allows us to focus on others.

It serves the dual role of making us feel good about ourselves, as well as positively impacting the lives of others. Here are some of the benefits you can expect to reap by virtue of volunteering:

- \* Enhanced immune system activity.
- \* Increased positive emotions; such as optimism and joy, which are vital to maintaining good health.
- \* A calming effect that provides an avenue to help reduce daily stressors.
- \* Improved self-esteem. Helping others makes you proud of yourself.
- \* Improved perception of health, which can positively affect your actual health.
- \* Increased feelings of self-worth acquired as your importance to programs becomes evident.
- \* Decreased feelings of loneliness and depression.

Further, the Institute's studies show that 95 percent of regular volunteers experience a "helper's high." This physical reaction begins with a burst of energy and feelings of physical exhilaration, followed by a longer-lasting, heightened sense of calm and well-being.

There are many opportunities to do volunteer work through organizations and churches.

As you set your plans and goals, think beyond individual self-improvement. Consider the health-enhancing and personal-growth benefits you can gain through improving the quality of life for others.

**Consider the health-enhancing and personal-growth benefits you can gain through improving the quality of life for others.**

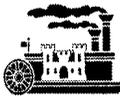


**US Army Corps of Engineers**  
St. Louis District

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District Commander.....**Thomas J. Hodgini**  
Chief, Public Affairs.....**Sandra Clawson**  
Editor, Design, Layout.....**Ken Kruchowski**

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.



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# News Briefs

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## Mark Twain Lake:

### Earth Day

Campers, families, and scouts participated in Earth Day activities at Mark Twain Lake on Saturday, April 18. The participants took part in two environmental education programs and toured the M.W. Boudreaux Memorial Visitor Center. The scouts earned a volunteer service work badge by collecting litter and maintaining the Visitor Center flowerbeds.



### Tree planting

Nineteen employees from The Hannibal Pillsbury Corporation assisted Park Ranger Chris Coe in planting over 1000 trees near the M.W. Boudreaux Memorial Visitor Center on March 28. The trees were berry-producing species that were planted in an old borrow area.



These trees will form corridors that provide food and cover to area wildlife.

### Wildlife Day

Park Rangers participated in Columbia's Day With Wildlife. This event is sponsored by the Missouri Department of Conservation and attracts over 2500 individuals. Rangers presented information on what the Corps is doing to enhance wildlife's ability to survive and what recreation opportunities we offer to nature enthusiasts, hunters, and the general public.



### Allen's a dad

Park Ranger Allen Mehrer and his wife Doris are the proud parents of a seven pound ten ounce baby girl. Born on March 28, Adrian Marie Mehrer is already the joy of her parent's life. We wish them all good fortune and many years of happiness.

## Carlyle Lake:

### Inmate labor

The Carlyle Lake Project began to use federal civilian inmate labor to complete unfunded work at the project on March 16. Currently, six inmates from the Greenville Federal Correctional Institution are working

Monday through Friday to complete cleanup of the recreation facilities in preparation for opening those areas. The inmates will work year round to complete unfunded work at the project.

### Okaw meeting

More than 150 downstream landowners and members of interest groups attended the Okaw River Basin Coalition Annual Meeting on March 16. Dennis Fenske and Rob Davinroy presented information about the cost share study, which is being implemented to identify the ten worst sites of riverbank erosion and propose a solution for the erosion control on the river below the Carlyle Dam. Dennis also explained the American Rivers Heritage Program to the group.

### Marina closed

The Keyesport Marina has been temporarily closed. The marina closure is a result of safety inspections performed by Corps personnel before the marina was to open for the spring. During the inspections, many safety violations were found. To protect the public's health and safety the marina has been temporarily closed until repairs can be made. The Corps is working with the marina lessor to correct the problems and to get the marina open as soon as possible.

### Shimkus tour

Congressman Shimkus toured the lake on April 7 to review work that was completed last fiscal year

(Continued on page 5)



# Canadian Hydrographic Conference '98

## A significant international event

The Canadian Hydrographic Conference '98 (CHS '8) held March 10-12 in Victoria, British Columbia may have had the word "Canadian" in its title, but it turned out to be a significant international gathering. Hosted by the Canadian Hydrographic Service, the Canadian Hydrographic Association, the Canadian Coast Guard and the Canadian Institute of Geomatics, the conference attracted more than 600 delegates and more than 50 exhibitors from approximately 20 countries.

Mr. Bob Mesko (ED-HG) of the St. Louis District coauthored three of the four papers sponsored by the U.S. Corps of Engineers along with William Bergen (CECW-EP-S). These were:

(1) U.S. Army Corps of Engineers Expansion of Differential GPS Coverage Throughout The Mississippi, Ohio, and Missouri River Navigation Systems

(2) Contracting Hydrographic

Surveys in the U.S. Army Corps of Engineers,

(3) Corps of Engineers Standards and Specifications for Performing High-Accuracy Hydrographic Surveys for Dredging Measurement, Payment, and Contract Acceptance, along with a fourth paper from the Corps authored by Dr. Bob Mann (USATEC) on the status of multi-beam hydrographic surveying in the Corps of Engineers.

The technical sessions covered all bases of the hydrographic world, from data gathering, to data interpretations, to data display. But it was much larger than that, for it also provided a forum for data users to show how information is power, and how that power can lead to increased safety and reduced costs. For example, in the middle of a session dealing with ways that hydrographers have found for working with the private sector to reduce costs or improve services and efficiency,

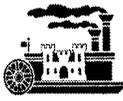
was a presentation by the harbor master for Nanaimo, B.C. He showed how having real-time tide information gave ship captains greater confidence in being able to use the harbor, and saved considerable sums that might otherwise have been spent on dredging.

Several papers featured approaches used by government agencies to continue delivering hydrographic services despite budget cutbacks. For example, the Canadian Hydrographic Service (CHS) has had good success turning over the marketing and distribution of maps to the private sector. Meanwhile the US Army corps of Engineers reported that its long-standing practice of contracting hydrographic services to the private sector has been so successful and cost effective it will be expanded.

As examples of new services, the provision of on-the-fly GPS service in real time is being used to supplant tidal gauges, and tidestaffs along one section of the St. Lawrence River, while navigation, dredging operations and hydrographic surveys are being aided in the USA by Differential GPS stations being installed by the U.S. Army Corps of Engineers. The Canadian Coast Guard is implementing a program for installing a Differential GPS network that will provide coverage to most waters in southern Canada. In both instances, these new services will aid mariners and reduce costs.



Offshore science research and hydrographic survey vessel the CCGS John P. Tully on display during the conference at Victoria, British Columbia.



## News Briefs (cont.)

and to review projects tentatively scheduled for completion in FY98 and FY99. St. Louis District staff, Carlyle Project staff, along with upstream and downstream interest group representatives and IDNR staff joined the Congressman on the tour.

## Career Day

On April 1st, Park Ranger Kim Hammel participated in the first annual Jr. High Career Day at Carlyle Jr. High. She spoke to about 150 students about employment with the Corps of Engineers.

## Wappapello Lake:

## Car show

On June 6, the Rod and Kustom Car Club of Poplar Bluff will partner with the Corps to provide a car show at the Bill Emerson Memorial Visitor Center. This will provide a chance for today's youth to see how the automobile industry has evolved over the last 70 years. The event will run from 9 a.m. to 5 p.m.

## Indian village

On June 6 and 7, an Intertribal Living Indian Village will be held at the Greenville Campground. Come walk through a living Indian village, see hand made arts and crafts and witness live dancing and craft demonstrations.

## Disabled fishing

On June 7, the Corps, working in partnership with the Missouri De-

partment of Conservation and the Wappapello Lion's Club, will conduct the 7th Annual Disabled Persons Fishing Day. This event will provide an opportunity for people with mental and/or physical challenges to enjoy on of the greatest leisure activities. It will take place at the Redman Creek Boat Ramp starting at 8 a.m. Pontoon boats, PFDs, bait, and tackle will be provided. A hot lunch, courtesy of the Wappapello Lion's Club, will also be provided.

Note: June 6 and 7 are Free Fishing Days in Missouri. No state fishing permit is required.

## Staff departures

Park Rangers Angela Smith and Angie Charles have left to start new careers. Angela Smith has taken a position with the National Park Service as a Historian in Van Buren, Missouri. Angie Charles will work in Okeechobee, Florida, after graduating from Southeast Missouri State University with a masters degree in Marine Biology.

Ms. Rosie Cavanaugh has filled the vacant GS-7 position.

## Activity books

The first Willie B. Safe Activity Books have been published, 5,100 of them via a Challenge Cost-Share with the Poplar Bluff Chamber of Commerce, and distributed to local partners. More books will be printed throughout the spring and summer.

## Mike's turkey

Spring turkey season opened in Missouri on April 20 and will close on May 10. Operations Manager Mike McClendon, an avid turkey

hunter and president of the local chapter of the National Wild Turkey Federation, has had a successful season so far by tagging a 21 pound bird with a 10 1/2 inch beard and one inch spurs early the first morning of the season.



## Rend Lake:

## White Pelicans

As many as 50 migrating American White Pelicans have been seen around the northern reaches of Rend Lake. They are migrating from their wintering grounds on the Gulf of Mexico to their nesting grounds in Canada and the northern U.S. The pelican flock works together as a unit by herding small fish and insects into shallow water where they can easily feed on them. Because of the use of pesticides, human disturbance and wetland draining, the numbers of pelicans has dropped drastically in recent decades.

(Continued on page 6)



## News Briefs (cont.)

### Earth Day

The Corps, with the assistance of more than 60 volunteer presenters, played host to 4,000 area school



children representing 26 schools for the 9th annual Earth Day celebration held April 16 and 17. The celebration served as a means of encouraging children to become good stewards of the planet. Resource personnel from 28 local, state and federal agencies, as well as concerned citizens, provided programs which covered a wide range of environmental topics. Children learned, through hands-on experiments and educational "games," that they can influence the health of the environment by adopting positive attitudes and life-styles.

### Camp reservations

Four Corps campgrounds opened April 1 at the lake. Lines began to form at the fee booths at 11 p.m. on April 4 in anticipation of the first day to make campsite reservations. The first campsite reservation was taken on April 5th at 1 p.m. All reserveable campsites for the Memorial Day weekend were booked prior to the closing of the fee booth the same day.

Results from questionnaires rating our performance and quality of

facilities during the first month of camping show campers feel they are receiving a fair return on their recreation dollars spent at the lake and that the facilities are excellent.

Campgrounds are receiving top marks and are in good condition thanks, in part, to a new mowing team provided by crew members of the Dredge Potter. Kudos for the fine work they are providing for the customers at Rend Lake.

### Beehive

A newly installed display at the Visitor Center has things buzzing. A demonstration bee hive appears as a double sided window with bees building a honeycomb between the panes of glass. Visitors marvel as the 6,000 busy inhabitants build the comb, fill it with honey and care for their queen as she is busy laying eggs. With assistance from the local chapter of the Southern Illinois Beekeepers Association, the hive has become a focal point of the Visitor Center.



## Great job TEAM!

Major kudos are in order for the following District team members who worked together collectively to successfully complete the project to install a lock dewatering system and repair damaged embedded metals in the main lock chamber of Lock and Dam 25 AHEAD OF SCHEDULE.

Because of this team's effective coordination and communication skills, willingness to cooperate and do whatever was necessary to complete this work ahead of schedule, they REVOLUTIONIZED EFFECTIVENESS by opening the lock a full seven days ahead of schedule, significantly reducing navigation delays on the Upper Mississippi River and SATISFYING THE CUSTOMER. These team members have been recognized with a cash award.

Joan Schick, JoAnn Moritz, Michael Quinn, Russel Feltmeyer, Carolyn Garrison, Robert Gibson, Ricky Godfrey, Roger Groner, William Dinwiddie, Thomas Regan, Tommy Fox, Richard Smith, Teresa Montgomery, Michael Kruckeberg, Thomas Johnson, Kenneth Allensworth, John Robinson, Larry Green, John Zimmerman, Jerry Stroud, Paul Boyd, Michael Feldmann, Gerald Allen and Dennis Seibel.

Great job team!



# Career Enhancement Opportunity Program Town Hall Meeting

March 17th



By Ginny Mueller, CEOP Committee Member

St. Louis District employees were met by a friendly leprechaun dressed in green from head to toe, and the



Isn't Larry McCarthy big for a leprechaun?

CEOP committee members distributing CEOP brochures at the Townhall Meeting on St. Pat's Day. Army green and Kelly green were the colors of the day! Colonel Hodgini began the townhall by calling on Major Wood and Tom Quigley (another Irishman clad in green) to answer questions on the Strategic Vision, the

three goals and substrategies. Both were mentally and physically fit at the end of that endeavor.

Reinforcing the commitment to CEOP were Gerald Barnes, Kathy Tober, Mel Baldus, and Ken Allensworth.

As Gerald Barnes stated, there are people who make things happen, people who watch things happen, and people who wonder what happened. Mr. Barnes, championing the CEOP program, he reiterated General Flowers comment that this opportunity is for everyone to develop his or her careers. It is an opportunity to invest in yourself. However, CEOP offers no guarantees. He also remembered that someone in his career encouraged him to do other things above and beyond his own expectations. Leading him to this District.

Mel Baldus said that CEOP is a special program, similar to other programs that District has initiated in the past; and it is a formalized program. The District is committed to making it work. It makes for a stronger workforce, increases experience and understand and better win/win solutions. So Mr. Baldus appeals to your





sense of adventure, friendship, to enhance trust. He highly recommends this program.

Kathy Tober talked about her experiences from Ft. Leonard Wood to Korea, saying there is always a price to pay. But overall it was the best thing she had ever



Mary Fillmore (left), mentor trainer, and Ginny Lares, EEO from Huntington District were a great help.

done for herself! With challenges faced, it makes you a better employee because you have a different perspective of the organization, and your career. CEOP is about doing something different, being flexible, adaptable, and diversifying your background. And Kathy certainly did that in her career!

Ken Allensworth representing the Union stated that CEOP is a good opportunity to encourage everyone to sign up.

In all instances they seized the opportunities provided (which weren't always easy) and have benefited greatly both personally and professionally from their experiences. Leading them to the careers they have today.

The nationally recognized motivational and dynamic speaker of the day was Kathy Passanisi. PT, CSP, of New Perspectives. Her focus was on "Managing Change by Changing Your Tune!" Funny, creative, and insightful, Kathy gave us plenty to think about.

Just a few highlights of her presentation:

**CHANGE:** The very thought is enough to make us weak in the knees. All of us have to deal with it. Most of us dread it. Many of us fight it. And almost none of us have ever been taught to handle it, let alone embrace

it. We are living in a time of unprecedented change. Understand change and how to make the most of it will be key to both personal and professional well being.

We are who we are. Change is like standing on a tightrope; and we don't like to feel uncomfortable; it moves us out of our comfort zone. But in your mind, if you can substitute "CHANGE" for "GROWTH" it goes down so much easier. Adapting is stressful. Change for us is the wind against your sail.

Sometimes you need some push or you get bored. Turn stress into motivation with an end in mind.

Stress can also make you sick with a large percentage of illnesses being stress related. Some people feel stress mentally, physically; they're depressed and out of control. It's those gut responders - the ones that replay the day, worry years into the future. We went from controlling the earth to controlling the future. There are people in life that have a clear vision, and painted a clear vision for others. People who envisioned man on the moon, or showed us the future and made it interesting.

Today we experience change faster and with much shorter time to prepare. Key in the future to manage change is to be flexible and move.

According to Kathy there are four stages of changes (recognize them for what they are - normal & temporary):

**Denial** - It's a way of coping; minimize it!

**Resist** - You feel out of control, uncomfortable, and



are highly stressed. This is where you have a tendency to blame and criticize others, and you worry all the time.

**Explore** - Now you feel more positive. Your energy increases. You make an effort. You plan, are creative, and are aware. Caution ..... don't jump too soon, take time to clarify your goals.



**MAKE A COMMITMENT** - Once you let go of the past, accept what it is, and growth takes place.

You can't jump over them. Perception will determine how you react. But always know that change is change. How you see things is what picture you see in your head.

Serendipity is a happy accident; example the invention of Post-It Notes by 3M. Looking at things and seeing it in another way. Don't be closed-minded. The best things happen to us by chance.



**Kathy Passanisi does her thing at the Town Hall.**

We don't resist change ..... we resist loss! Ask yourself — **WHAT AM I AFRAID OF? LOSING? LOSING ANONYMITY? WHAT DO YOU VALUE? WHAT IS YOUR COMFORT ZONE?**

Practice small changes before it becomes a big deal. We use excuses to be stagnant, and stay in one spot. Be a risk taker! **AND EVERYONE IS A RISK TAKER!** We take calculated risks daily: driving, eating in a restaurant.

**Just DO IT! MAKE A DECISION!**

Kathy's quote: "If you always do what you did, you'll always get what you always got!" If you want tomorrow to be different, then do something different today.

**GET PSYCHED!**

Everyone is 100% motivated !00% of the time!

Know what motivates you ..... Is it pain or pleasure?

Imagine something bigger and better!

Know where you want to go!

The Corps has a vision statement .... Do you?

What do you see yourself doing five-ten years from now?

Picture in your mind what you want; and then couple it with your mental music.

Talk to yourself and motivate yourself. **YOUR LIFE IS YOURS!**

In less than an hour, Kathy Passanisi gave us the concepts to:

Assess our current beliefs and feelings about change and risk

Recognize the predictable stages of change and the role they play in stress management

Develop an awareness of our style of self-talk - the mental music we play

Appreciate the power of perception and learn to use it effectively

Understand the two most powerful motivators and choose those that release rather than reduce energy

Harness the power of vision to create the changes we want

And rewrite our mental music to get the most out of life.

Ending with "GET ON YOUR FEET.....AND MAKE IT HAPPEN", Ms. Passanisi had everyone dancing in their seats.

And it did happen. The townhall turn out was great! Most importantly, the CEOP committee received hundreds of inquiries about the Career Enhancement Opportunity Program (CEOP). The committee invites your interest, questions, and enthusiasm.

As a follow-up, brochures and information were sent to all interested participants. Videotapes, pamphlets, and brochures were sent to all field sites for anyone who did not attend the Townhall on March 17th. If you are still interested, information can be obtained from any CEOP committee member: Jim Brown (EDGE) 331-8410; Pat DiBello (HR-M) 331-8545; Dennis Fenske (PD-I) 331-8480; Cindy Morales (LM-T) 331-8025; Ginny Mueller (IM-I) 331-8679; and Lawrence Williams (RE-M) 331-8805.



**US Army Corps  
of Engineers**  
St. Louis District

Career Enhancement Opportunity Program

**Registration Form**



I wish to apply for the St. Louis District Career Enhancement Opportunity Program. I understand that the program may require off-duty commitment and will not excuse me from my current job responsibilities. I understand that this is a volunteer program that focuses on self-development and in no way promises me a promotion. I have obtained my supervisor's approval and am requesting enrollment in the CEOP.

Name \_\_\_\_\_

Position/ Title \_\_\_\_\_ Grade/Series \_\_\_\_\_

Organization \_\_\_\_\_

Mailing Address (Or Office Symbol) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Application Package must include:

- Registration Form
- Resume
- Current SF 171
- OF 612 or DA Form 2302-R

Applicant's Signature \_\_\_\_\_

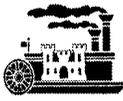
\_\_\_\_\_ Date

Division/Office Chief \_\_\_\_\_

Signature

Title

\_\_\_\_\_ Date



## Three Carlyle Resorts possible

The possibility of resort development at Carlyle Lake looks promising. Three different developers are interested in developing resorts at the lake.

On March 12, representatives from the Corps and the U.S. Fish and Wildlife Service met with developers to discuss the proposed phased resort complex to be located north of Keyesport in Bond County on private property adjacent to the shoreline of the lake. Developers have expressed interest in future partnering efforts with the Corps.

On March 26, representatives from the Corps and the City of Carlyle met with developers who propose to build a resort complex on

40 acres of Corps property which is leased to the Illinois Department of Natural Resources (IDNR) and sub-leased to the city. The city has given the Carlyle Lake Development Corporation exclusive rights to resort development until April 30, at which time a study will be completed.

On April 10, IDNR director, Brent Manning, announced that the IDNR is soliciting proposals to develop and operate a resort facility at South Shore State Park. It is intended that the resort facility be developed with private financing with the availability of State participation of up to one million dollars for site infrastructure and construction cost.



They've been known as the bedrock of society, the strength of a nation, and the foundation of the family.

While all of this is true, mothers today deserve still another accolade: Defender of the Economy. They contribute to the well-being of their families and the wealth of the nation in ways their own mothers and grandmothers did not.

They add depth to the family circle through their work away from home, their jobs. They are as devoted to their children as mothers of previous generations were, but their careers increase the likelihood that their children will have higher education. And because of their high exposure to the world outside of their homes, they enrich family life with their knowledge and experience.

The nation which was strengthened by its mothers and grandmothers now benefits more than it did in previous generations. Our working mothers contribute mightily to the needs of the economy and the nation. Business would be in a sorry state without them.

In May, particularly because it's the month of Mother's Day, we thank our working mothers (and grandmothers) for their contributions to our organization and our country.

Again, thanks, Mom. We know it's not always easy to manage a home and a career, but your contributions are appreciated.

## Rend staff helps students with lake monitoring grant projects

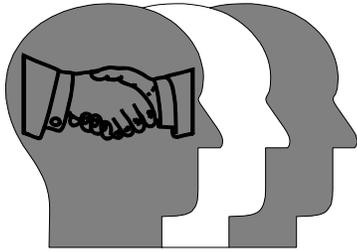
Rend Lake rangers have entered into a partnering effort with the Ewing-Northern Grade School to fulfill the requirements of a recently awarded grant. The grant is called the Technology Literacy Challenge Grant. The purpose is to get the students out of their regular classroom and into the "outdoor" classroom. Other agencies joining in the project include the Illinois Environmental Protection Agency and Rend Lake College.

The school has designed the project so the sixth grade class performs research on the streams and tributaries that feed Rend Lake and the effects on water quality. The seventh grade is testing the main lake's water quality. Testing includes pH, conductivity, amount of nitrates and clarity of the water.

The eighth grade is studying the soil and the effects of erosion on lake.

The lake interpretive staff has been active in assisting the students with their research. Assistance has included making visits to the school to do experiments showing the positive effects of a wetland on water quality at the lake, demonstrating the ways that Rend lake's subimpoundments assist in cleaning the water and taking the students out on the main lake by boat to test water quality.

During the next five years, Ewing-Northern School will collect and compile data. At the end of the five year program, a final summary of the findings will be published and a copy presented to the lake project office.



# EE O matters

## Asian/Pacific Islander The people

We have been made aware that Asian Americans are made up of physically and culturally diverse groups with different languages, religions, customs and values. Hopefully, this brief outline will provide additional insight about "The People".

### CHINA

The Chinese nod or bow when greeting another person. A handshake is also acceptable especially in formal situations or to show respect. A person is either addressed by their full name or the family name and by a title.

The Chinese are known for good manners, hospitality and control. The elderly are respected. Guanxi binds friends in committing a friend to do what he can for another when needed. To violate Guanxi is to "lose face" or honor. Keeping face means to avoid embarrassment, failure, defeat, or contradictions.

### INDIA

The namaste is the traditional greeting used in India. One's palms are pressed together

(fingers up) below the chin and the term namaste (in the south, namaskaram) is spoken. For superiors or to show respect, a slight bow is added. Indians do not shake hands with or touch women in formal or informal gatherings. This is a sign of respect for women's privacy. Indian men will, however, shake hands with Westerners, and edu-

cated women may do so as a courtesy.

Indian people are religious, family oriented, and philosophical. Fatalism is widespread in the country, as it is a component of the major religions of India. This causes a person to accept his lot in life as the will of God or fate. Indians are proud of a rich heritage that has produced numerous architectural and artistic masterpieces. They are equally proud of being the world's most populous democracy-where free elections have determined leadership since 1947, despite great cultural diversities.

### JAPAN

A bow is the traditional greeting between Japanese. Persons wishing to show respect or humility bow lower than the other person does. While some appreciate it when Westerners bow, others do not, especially when the two people are not acquainted. Therefore, a handshake is most appropriate for foreign visitors.

Practicality, hard work, and devotion characterize the modern Japanese. Society is group oriented and people identify strongly with their group (business, club, etc.). Loyalty to the group and one's superiors is essential and takes precedence over personal feelings.

### PHILIPPINES

Initial greetings are friendly and informal. The common greeting is a handshake for both men and women. Young people are taught to show respect to adults when greet-

ing them by addressing them by a proper title. In greeting a family, the eldest is greeted first.

Filipinos have been influenced by the Chinese, Malayan, Spanish, and United States cultures. The different aspects are demonstrated in the Filipino society. Although Filipinos are sensitive people; insincerity is easily detected and can ruin a relationship. A family member will often sacrifice their goals and desires to help the family or another family member. Accepting a favor obliges a Filipino to repay with greater favor, although never with money. Success may also be credited to fate rather than ability or effort.

### SOUTH KOREA

How one is greeted depends on one's age and social standing relative to the greeter. A bow is the traditional greeting, but it is accompanied with a handshake between men. Professionals meeting for the first time, business cards are exchanged and accepted after a handshake. A common greeting is Annyong haseyo, which means "are you at peace". Younger persons bow or nod in greeting older persons.

Hard work and devotion to family are valued. Koreans often use extreme modesty when speaking about themselves. Success depends greatly on social contacts. Koreans are quick to make friends and friendships are highly valued. Out of respect for other Koreans they may withhold bad news or opinions or express them in an indirect way.

### VIETNAM

The Vietnamese generally shake hands when greeting and saying good-bye and they use both hands to show respect for the individual. Bowing the head slightly while shaking hands also shows respect. A basic greeting, combined with the given name and title is xin



# Coming Lake Events

## **Carlyle Lake**

June 6 - Arts & Ecology Education Series begins - held on Saturdays at Visitor Center  
 June 27 - Kaskaskia Duck Race  
 June 27 - Fireworks Spectacular  
 Sept. 12 - Conservation Day  
 Oct. 23-24 - Haunted Trail  
 Dec. 4 - Christmas Town USA Visitor Center Lighting

## **Lake Shelbyville**

June 6 - Kids Fishing Tournament  
 June 20 - Arts & Crafts Show  
 June 27 - Aqua-Fest Water Safety Carnival  
 July 3 - Dog-O-Rama Dog Show  
 July 4 - Fireworks Extravaganza  
 Aug. 8 - Lithia Springs Chautauqua Living History Tours  
 Aug. 15 - Okaw Indian Festival  
 Oct. 1 - ECO Meet  
 Oct. 31 - Lithia Springs Trail of Terror

## **Rend Lake**

May 16 - Boating Safety Class  
 May 16- 17 - Arts & Crafts Show  
 May 23 - Educational Science Series (E.S.S.) - World Bird Sanctuary  
 May 30 - E.S.S. - Nocturnal Mammals  
 June 6-7 - Antique Car Show  
 June 13 - E.S.S. Southern Ill. Beekeepers  
 June 13 - Kiwanis Fun Day  
 July 3-4 - Taste of Freedom Festival  
 July 18 - E.S.S. Reptiles  
 July 25-26 - Hunter Safety Class  
 Aug. 1 - Beach Blast

## **Mark Twain Lake**

June 1-27 - Outdoor Writers Photo Exhibit  
 June 7 - Kids Fishing Day  
 June 27 - WaterFest  
 July 3-4 - Rodeo  
 July 4 - Fireworks  
 July 11-12 - Primitive Artifacts Weekend  
 Aug. 8-9 - Salt River Folklife Festival  
 Sept. 5-6 - Bullriding Assoc. World Championship Finals  
 Sept. 19 - An Adventure in Astronomy  
 Sept. 25 - Environmental Education Fair  
 Oct. 3-4 - Missouri Mule Days

## **Wappapello Lake**

May 16-17 - Silver Bullet National Drag Boat Races  
 June 6 - Poplar Bluff Rod & Kustom Classic Car Show  
 June 6-7 - Intertribal Living Indian Village  
 June 7 - 8th Annual Disabled Persons Fishing Day  
 July 4 - Fireworks Festival  
 July 4-5 - Waterfest '98  
 Aug. 1 - Safety Awareness Day  
 Sept. 19-20 - 7th Annual Old Greenville Days  
 Nov. 27-Dec. 26 - 6th Annual Festival of Lights Auto Tour  
  
 Rivers Project  
  
 May 25-Sept. 7 - Mississippi River Celebration  
 June 12 - EDA Dedication and Environmental Fair  
 July 3 - Fireworks on the Mississippi  
 July 27-Aug. 7 - Careers in Science Program

chao. This greeting can have six different meanings, only one of which is "hello". The Vietnamese are delighted if an international guest can say xin chao. In formal meet-

ings, people might exchange business cards while greeting.

There is a deep sense of national pride among the Vietnamese. They focus on the future rather than the past. The family unit is tradition-

ally extended, with parents, their unmarried children, sons and their families all living in the same household. Families maintain strong ties and provide each other with assistance and support as needed.

(Continued on page 15)



## To your health

# Here comes the sun

In 1935, a typical American's risk of getting melanoma was 1 in 1,500. Now it's 1 in 84. That's an 1,800 percent increase.

Though rarer than highly curable basal and squamous cell cancers, new cases of melanoma are increasing each year. In 1998, more than 40,000 Americans are expected to be diagnosed with melanoma, and 7,300 will die from it.

By now you know that you can reduce your chances of developing skin cancer by using sunscreen before spending time outdoors.

Recent research, however, shows that sunscreen alone is not enough to protect very fair-skinned people. They must not only use sunscreen, but must reduce their exposure to direct sunlight when it is strongest. Even if the sky is overcast, they should shun sunlight between 10 a.m. and 3 p.m. when rays are at peak intensity.

One reason for the increase in skin cancer is probably because people are spending more time outdoors than they used to. The message about skin cancer is especially

important for golfers, swimmers and gardeners.

Doctors at Harvard Medical School advise that, as the ozone layer of the earth's upper atmosphere thins, more damaging UV wavelengths reach the earth each year.

Staying out of the sun during its most intense hours, and applying sunscreen routinely, should be a lifetime habit.

# Music calms the troubled heart

"Music has charms to soothe a savage breast, to soften rocks, or bend a knotted oak."

Congreve

The sounds of David's harp soothed King Saul that his madness subsided.

Could it be that this Biblical story hints at something greater than the psalmist's facility with his instrument, grand though it was?

Researchers think so. According to *New Choices in Natural Healing*, edited by Bill Gottlieb (Rodale Press, 1995), sound has been recognized throughout the ages as a source of healing and serenity. The Greek mathematician Pythagoras prescribed music for his students to help them work, relax, sleep and wake up. That was 2,500 years ago.

More recently, people have made a variety of claims about the healing effects of music. One Boston dentist

*Coping with stress:*



claims that soothing music actually reduced the pain of dental work and, he says some patients are able to avoid anesthesia altogether.

A study from Indiana University at Pennsylvania, Indiana, found that 60 patients with Alzheimer's disease had improved memory after listening to big band music.

Well-publicized research done at the University of California at Irvine

found that college students who listened to Mozart for 10 minutes scored higher on intelligence tests than they did after listening to relaxation tapes or sitting in silence.

Researchers showed that heart rates were lowered after young adults listened to easy-listening music during exercise sessions, allowing them to train for longer periods. Rock music in the Louisiana State University study had the opposite effect.

Steven Halpern, Ph.D., author and researcher, suggests that if you want to use sound for relaxation, focus on mood and start with music.

Choose something you like. Violins may be relaxing to some but annoying to others.

Don't assume that all classical music is relaxing. Easy-listening music from any era will serve you well.



# Retiree Review

By the Retiree Correspondent

April 16th was a dreary day, both as the weather goes as well as the time of the year - tax time. Undoubtedly, many of the regulars were still suffering from making those last minute tax payments, last night. Those who did attend the monthly luncheon probably are receiving refunds or made very small payments. In any event, eleven were in attendance.

Farrell Burnett, accompanied by his bride and grandson, said he just returned from three weeks in Florida. He spent the entire time there fishing and had originally intended to stay four weeks. However, the fishing was so good that he just got tired of baiting the hook and decided to call it quits after just three weeks. Those of you who know Farrell can draw your own conclusions about this fish story. Farrell was also recognized as having a birthday this month. Probably still lying about his age. Congratulations.

Bob Lutz and his bride just returned from a European trip. They must have just returned in time to complete his tax return. He did provide an interesting story about "an IRS agent squeezing the last drop of juice from a lemon."

Bob Maxwell and Don Wampler provided some eye witness accounts of the storm damage in the North St. Louis area. Seems that they both come through that

area to come to the luncheon, and said they were glad they were not there when it happened.

Lyle Forth informed the group that Paul Trauth is on "sick leave." Paul's wife called Lyle and said that Paul was in the hospital. Let's hope that it is nothing more than "too much Easter candy." In any event, Paul, let's hope for a speedy recovery. Incidentally, Lyle was declared the "Senior Retiree of the 80s."

It was reported that Mr. Edward Siebert recently passed away. He was a long time employee of the Design Branch. Our condolences to his family.

The retirees were well represented - legally that is. Bob Muffler provided some insight into the oldest profession, no not that one, the legal profession. Did you know the chaos that confronted the Lord when He was contemplating the universe was the result of lawyers, according to Muffler.

Some of the old timers also mentioned the golf tournament on Friday. Everyone said they were going to show up. How they would play was another question. Good luck in any event. Maybe the May luncheon will be the stage for some great golf stories.

How about marking your calendars for the third Thursday of May, the 21st, at about 11 a.m. at the Salad Bowl. Let's see if we can increase the turnout.

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## Asian/Pacific Islander (cont.)

### PACIFIC ISLANDERS

The settings for these frames of reference are one of the two well-known groups of islands, The Hawaiian Islands and those of French Polynesia. The cultures, which comprise the "Pacific Islander" category, stem from a much larger and more diversified origin. Each culture shares in a common geopolitical, demographic, and socioeconomic reference. They are all predominantly aquatic rather than agrarian based. The Pacific region represents a geographic area of approximately 30 million square kilometers. Less than two percent of this area is actually land. This major fact has significant influence on the similarities and differences between each nation, state, kingdom or commonwealth which make up the Pacific region.

The actual origins of many "Asian Pacific Islanders" stem from two geographic categories - the Pacific Rim

and the Pacific Basin. Per the State Department, there are over 20 recognized countries, republics, commonwealths or kingdoms. The segment of the population is extremely rich, diverse and multi-cultural with influences stemming from almost as many European countries.

## Paper from plants

Some paper makers are turning to agricultural products to make pulp for paper instead of using wood. The African plant, kenaf, grows from seed to 14 feet in just five months, accumulating biomass faster than the paper industry's favorite southern pine. The U.S. Dept. of Agriculture says kenaf produces great paper fiber and an easy crop for field rotation or marginal soils. It also requires less energy and fewer harmful chemicals to prepare it for paper making.

**May 25, 1998**

*Memorial  
Day  
1998*



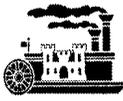
The tradition of honoring our country's fallen defenders began as a springtime custom following the Civil War. Originally, called Decoration Day, it was a time to remember those whose valor knew no bounds.

To the list of those who died at Gettysburg and Bull Run, we have added names from San Juan Hill, Verdun, Corregidor, Inchon, Khe Sanh, the deserts of the Middle East, and a thousand other places touched by war.

For most of the year, these brave souls lie in anonymity, but on Memorial Day we bring them back to life with our thanks for their great sacrifice.

It is not really a time of sadness. Rather it should be an affirmation that these men and women did not lose their lives in vain.

This special day is a time of tribute to those who fell and to a country that plunged onward in pursuit of justice and democracy. We mourn our dead, but we rejoice in their memory and in the democracy they defended.



**ESPRIT**