

# SAINT LOUIS ENGINEER DISTRICT TRIAL RUN\*

VOL. 24 NO. 12

DECEMBER 1987

### Seasons Greetings!

Another year is almost finished, a year with its challenges and its achievements, both large and small.

Our accomplishments for the year were many; from our skillful handling of the many visitors from the People's Republic of China, to the sale of 12,000 acres of Meramec River Basin land; from the passing of near record tonnages through our locks, to the massive job of building the new one at Alton; from the tremendous job of planning for potential future projects, to the superb care offered our customers, the public, at our lakes; and the myriad of smaller, critical tasks performed almost routinely throughout the year by our dedicated people.

We can all take pride in being part of an organization that consistently achieves excellence. I thank each of you for exemplifying the Corps' values of integrity, professionalism, quality, and esprit de corps. You daily demonstrate that we, in the St. Louis District, are leaders in customer care.

Now comes the time when we step away from daily cares for a few days and celebrate the season. Betty and I extend our best wishes to you and your loved ones for a joyous holiday and a wonderful New Year.

*Daniel M. Wilson*  
DANIEL M. WILSON  
COL, CE  
Commanding



\*INTERIM NAME FOR BULLETIN UNTIL SELECTION OF NEW NAME

*Best Since '82*

# Old Newsboys Day A Rousing Success

Nine volunteers from St. Louis District collected \$323 in donations for children's charities during the Old Newsboys Day fund raiser on November 19. This is the highest total for the District since 1982.

Working in overlapping shifts, from 6 to 8:30 a.m., the nine volunteers "sold" more than 400 newspapers on the chilly, breezy sidewalk in front of 210 North Tucker.

The nine included: Shirley Bledsoe - IM; Mike Cullen - OD; Gary Groenemann - SO;

Debbie Kuhlmann - IM; Vivian Ratliff - LM; Kathy Rice - ED; Joan Schick - CT; Joe Strini - PO; and Clyde Wilkes - PA (7 from support elements; 2 from technical divisions).

Old Newsboys Day is a St. Louis tradition, going back some 30 years, for raising funds to support children's activities ranging from playground equipment, through educational materials, to therapy tools. The program is quite unusual in that every cent collected goes to the children's agencies; all costs are absorbed by the program's sponsors.



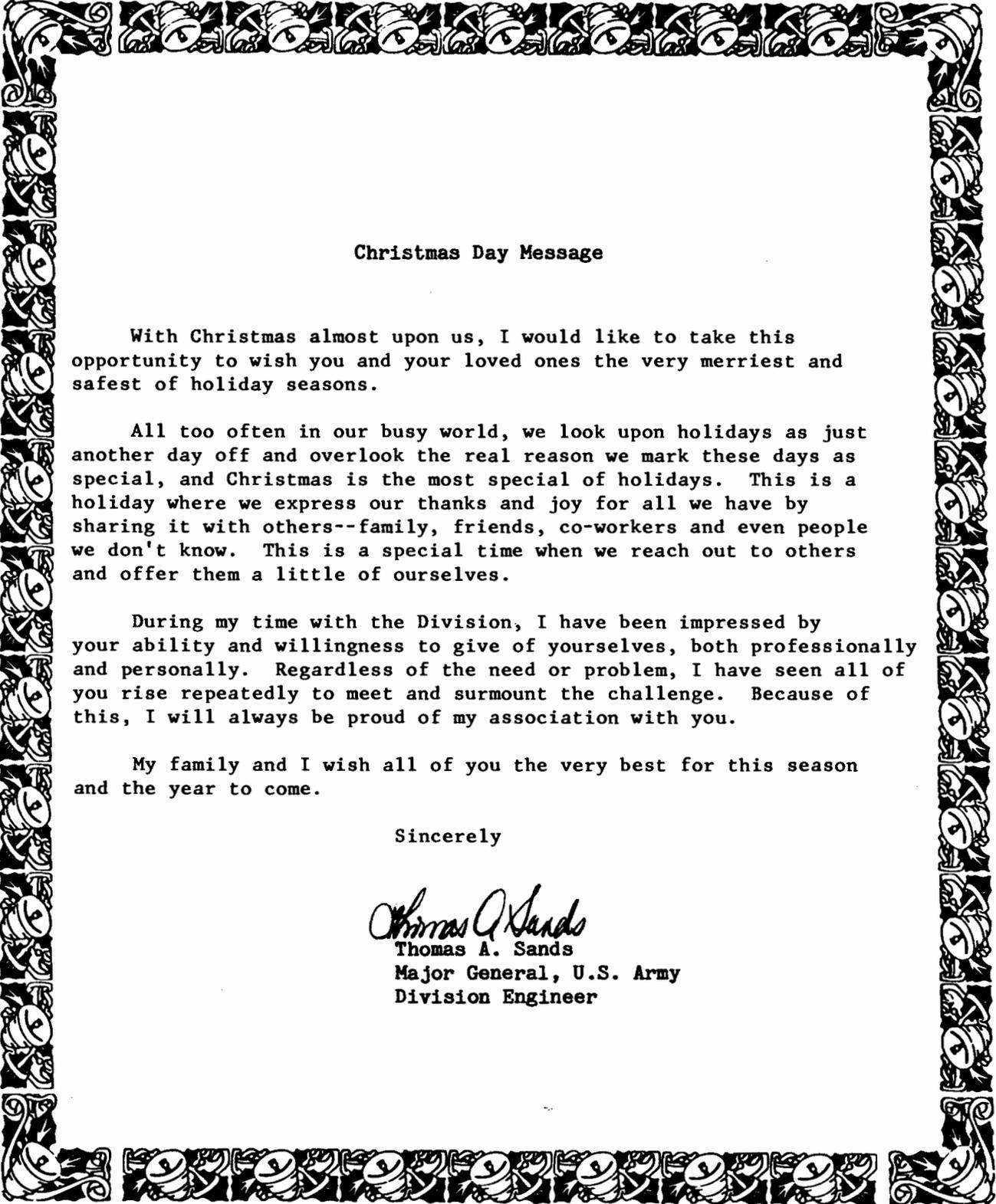
**US Army Corps  
of Engineers**  
St. Louis District

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Christmas Day Message

With Christmas almost upon us, I would like to take this opportunity to wish you and your loved ones the very merriest and safest of holiday seasons.

All too often in our busy world, we look upon holidays as just another day off and overlook the real reason we mark these days as special, and Christmas is the most special of holidays. This is a holiday where we express our thanks and joy for all we have by sharing it with others--family, friends, co-workers and even people we don't know. This is a special time when we reach out to others and offer them a little of ourselves.

During my time with the Division, I have been impressed by your ability and willingness to give of yourselves, both professionally and personally. Regardless of the need or problem, I have seen all of you rise repeatedly to meet and surmount the challenge. Because of this, I will always be proud of my association with you.

My family and I wish all of you the very best for this season and the year to come.

Sincerely



Thomas A. Sands  
Major General, U.S. Army  
Division Engineer

# FERS Transfer Deadline

Defense employees covered by the Civil Service Retirement System should remember that the deadline for making a decision to transfer to the new Federal Employees Retirement System, or FERS, is Dec. 31, 1987.

The open season, July 1 through Dec. 31, 1987, was set up to give employees hired before January 1, 1984, time to determine whether they would rather stay under the old system or transfer to FERS. Employees hired after Dec. 31, 1983, are automatically covered by the new system.

Your decision is impor-

tant and should be considered carefully, say defense personnel officials, since it is a decision that cannot be changed.

Both are good retirement systems, but some of the major differences are:

■ FERS employees are covered under Social Security plus a basic benefit plan; retirement annuities under the Civil Service Retirement System come entirely from the Civil Service Retirement and Disability Fund.

■ Unused sick leave may be credited toward length of service for retirement pur-

poses under the Civil Service Retirement System, but not under FERS.

■ Both systems allow you to participate in a savings plan, but there are more options under FERS.

To date more than 500 District employees have not returned the Election Form. If you have lost it, misplaced it or thrown it away, you may obtain a new form in PO-S, Room 946, or by calling ext. 5538. We will appreciate your cooperation in our effort to complete this decision-making process.

# You Could Save a Life

By Evelyn D. Harris  
American Forces Information Service

Every year, between 75 and 80 DoD patients receive new kidneys. Their operations are performed at Walter Reed Army Medical Center in Washington, D.C., and the Air Force's Wilford Hall Medical Center in San Antonio, Texas.

But at any time, 40 to 50 patients are waiting for an organ they need to save their lives.

Their chances of getting the organs will improve if more people fill out wallet-size uniform donor cards, which are legal documents under the Uniform Anatomical Gift Act.

DoD beneficiaries can fill out donor cards upon arrival at their first duty station, during regular physical examinations, at military unit meetings, at medical facilities and when they receive or renew their ID cards.

Civilians can get donor cards from a hospital or an organ donor center. And many state driver's licenses have a section where you can specify your wishes.

Your family members should know your decision, since they will be asked for permission to use the organs. No organs will be removed against their wishes.

By law, organs can only be removed after the donor is "brain dead," meaning there is irreversible brain damage and the person is being kept alive by support systems. Usually, the donor is an accident victim with irreversible brain damage, but whose blood is still circulating and keeping the body alive.

If a donor dies before organs can be removed, parts can be salvaged, such as tissue and bone.



## On The Soap Box

### Telling The District's Story Last Month Were:

#### Around the District

Clyde Wilkes, Chief, Public Affairs, spoke to the Missouri Chapter of the project. Clyde gave an overview of the District to the West St. Charles County Kiwanis. The Alton Kiwanis were also favored by Clyde at a dinner meeting with a presentation on Locks and Dam 26 Replacement.

Gary Dyhouse, ED-HE, was interviewed by the Construction News Record for an article on the October 1986 flood in the St. Louis area.

Charlie Denzel, ED-HD, addressed a University of Missouri at Rolla graduate engineering class on design of river canalization projects.

Claude Strauser, ED-HP, gave a performance before a University of Missouri at Rolla graduate engineering class on the changes to the Mississippi River caused by Corps river stabilization pro-

grams. He also described river engineering work in Mainland China.

Joe Bisher, CT, represented the District in the "Procurement Opportunities '88" program of the Procurement Assistance Centers of Illinois in Mt. Vernon. Joe also attended the Army Small and Disadvantaged Business Utilization conference in Williamsburg, Virginia.

#### L & D 26 Replacement

Cherrie Kimbrough spoke at SIU-E to the St. Louis Public Schools Role Model Experiences Monitoring Program about the project.

Milt Walter gave a tour of the project to the Pacific, Missouri, Lions Club.

Jack Vizer gave a talk and tour of the project for a group of nine people.

Lenn Martin, Ed Berghoff, Jack Vizer and Sig Groetsch gave a talk and tour to a group of 75 from the Leisure Friends of Alton.

Jack Vizer gave a talk and tour of the project to Cub Scout Pack No. 749. He also addressed a group from the Quercus, Illinois, Rural Club on the project.

#### Carlyle Lake

Park Ranger Roger Hayes participated in "Story Hour", a program for pre-school children in the Carlyle area, sponsored by the Carlyle Junior Women's Club. The program consisted of slides and a discussion about birds.

#### Lake Shelbyville

Park Ranger Diana Williams presented a program about the history of the Corps of Engineers to a class of 80 college seniors at Eastern Illinois University.

#### Rend Lake

On November 24, 1987, Park Ranger Raymond Zoanetti talked to the DuQuoin Rotary Club at Siefert's Restaurant on "What's new in recreation at Rend Lake".

#### Mark Twain Lake

Park Ranger Chuck Crocker presented the "America" slide program to 250 first through fifth grade students at Shelbina Elementary School. The program corresponds with "Citizenship Week" at the school. Chuck also gave a

(continued on next page)

(continued from page 5)

program to Shelbina's Home Ecomomists.

Park Ranger Marvin Morris presented a program of updated Lake information to the Shelbyville Christian Church. Assistant Lake Manager Dave Berti addressed the Monroe City Chapter of Kiwanis International with an outlook of the 1988 recreation season.

### Wappapello Lake

Public workshops on the proposed Traditional Access Plan have been held in St. Louis, Cape Girardeau, Poplar Bluff, Greenville and Wappapello. These workshops invite the public to voice thir opinions to keep or close certain access areas. These meetings have been widely covered by all facets of the media. Assistant Park Manager Gary Stilts and Park Ranger Dan Couture were interviewed by KFVS -12 television station (Cape Girardeau), and appeared on the six o'clock news on 12 November. They were also interviewed by radio station KTJJ of Farmington and the Wayne County Journal Banner, a local newspaper.

Park Manager Michael McClendon and Park Ranger Jude Harrington briefed the local business people on current construction projects around the lake, including Redman Creek Camp-ground East, the Dam South project and road rehabilitation. Following the meeting Mike and Jude took them on a tour to give them a first-hand look at the construc-

(Wappapello)

tion that will increase visitation and provide more recreational opportunities, which will ultimately affect their businesses.




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## News Briefs

Congratulations to Park Rangers Dan Erickson, Dan Couture and Jim Lynch. Dan Erickson is now the Recreation Ranger, filling the vacancy left by Jude Harrington (now at Tablerock). Dan Couture has been upgraded to a GS-5/7/9 in the Boundary Section. Jim Lynch is now filling the GS-5/7/9 position in the Wildlife Management Section vacated by Dan Erickson.

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The Carlyle Lake Open House in October attracted 135 people. Booths, with exhibits and handouts covering lake management topics, were staffed by the Carlyle staff, Illinois Department of Conservation personnel and marina operators.

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The 11th annual Eco-Meet, sponsored by Lake Shelbyville was held at Camp Camfield on 1 October 1987. A record number 26 teams participated. The event was the most successful Eco-Meet to date, and is considered to be a very effective public relations tool for the Corps of Engineers.

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Park Rangers Mary Ann Crawforth, Larry Gutzler and Bret Streckwald attended the National Interpreters Workshop in St. Louis in November. More than 900 professionals from the Interpretive field were present.

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The 8th Annual Handicapped Deer Hunt was held during the first half of the Illinois shotgun deer season at Rend Lake on November 20-22, 1987. Twenty-six handicapped hunters took part in the hunt, bagging twelve deer, including some very impressive 8-point bucks. The Sesser-Valier (Consolidated District School) Outdoorsmen's Club provided help with the food, getting hunters into the field and preparing the harvested deer. On the evening before the first day of the hunt, a banquet was held for all the participants and volunteers at the Rend Lake Conservancy District Golf Course Restaurant.

**(Briefs continued)**

The construction of a new four-lane boat ramp and attendant facilities at the John F. Spalding Recreation was completed in November. The newly developed recreation area features a comfort station, fish cleaning tables and a large parking area.

Nine newly constructed hunter/fisherman access areas were recently given final approval. An additional 14 of these accesses are currently under construction and are expected to be opened by the 1988 recreation season.

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Park Rangers Maureen Murrin and Jon

Graznak attended the National Interpreters Conference held in St. Louis from 1 November - 5 November. Nearly 1,000 interpreters from across the nation took part, including 43 Corps employees.

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St. Louis District Operations people participated in an Oil and Hazardous Material Exercise on 8 and 9 December. The purpose was to familiarize lock personnel with such dangers as chemical releases and to test the Oil and Hazardous Materials Incident Response Contingency Plan.

## Retiree Review

The tables in Pietro's basement were crowded, again in November, as 43 of the faithful gathered for the monthly luncheon.

The senior (longest retired) retiree present was Howard Beinke, Class of '66.

The only newby attending in November was Lee Miesner, formerly of our vehicle maintenance and support section.

Elmer Huizenga, our unofficial emcee, is in danger of losing his charisma (I'll explain it to you, Elmer). Two months in a row he has shown up in ordinary jackets; surely he won't at Christmas.

Homer Duff just goes on compiling his record. In November he hit lucky 13 (in-a-row), having not missed a single luncheon since his retirement in '86. Guess he is not satisfied with the active-duty record; now he is shooting for one as a retiree.

Roger Cuddeback is trying to restore his credibility -- even bringing Linda with him in November, which certainly helps.

Rusty Williams was with us, again. It is beginning to appear that he is never going back to Florida, which is Florida's loss.

Word was received that Jim Creech, recently retired from the vehicle section, has had a stroke but is recovering well.

The snowbirds are getting restless. Jim and Celeste Bake reportedly left for California the day of the luncheon. The Paleros and the Wisemans are heading Texas way and the Huizengas will seek warmer climes a little later on.

Zona Moore asked for volunteers to come a little early next month and help with decorations -- which leads us to:

THE BIG CHRISTMAS LUNCHEON - REUNION - GET TOGETHER on December 17. Everyone PLEASE make a special effort to attend and pass the word to any retiree whom you may suspect does not receive this newsletter; encourage them to attend. That's Thursday, December 17, 11:30 a.m., at Pietro's (downstairs), 3801 Watson Road.

# EEO Spotlight

## HOW CAN THE EEO COUNSELOR HELP YOU?

The Counselor will:

- a. Listen sympathetically and help you specifically identify problems.
- b. Study your case impartially and objectively, advising you of your rights.
- c. Answer your questions honestly.
- d. Discuss your problem with supervisors or associates when it is advisable and if it is agreeable with you to do so.
- e. Attempt to resolve your problem informally.

## KNOW YOUR EEO COUNSELORS

Daniel Flowers - Class Action Complaints	ED-DA	5523
Margaret Robbins	OD-N	5063
Cherrie Kimbrough	RO-L	899-0650
Robert Johnson	ED-DG	5161
Harry Ward	ED-GF	5532
Dawn Kovarik	OD-RP	241-4672
James Gregory	DC-F	5563
Arnold Washington	OD-PB	4111
Gerald Allen	CD-CC	5046
Ernest (Bud) Stamps	ED-HD	5851

Welcome to our new Counselor, Ernest (Bud) Stamps.

# Holiday Stress Workshop

As the holidays approach, are you experiencing:

1. Irritability
2. Problems in concentrating
3. Frequent crying spells
4. Changes in appetite
5. Weight changes
6. Feelings of being overwhelmed

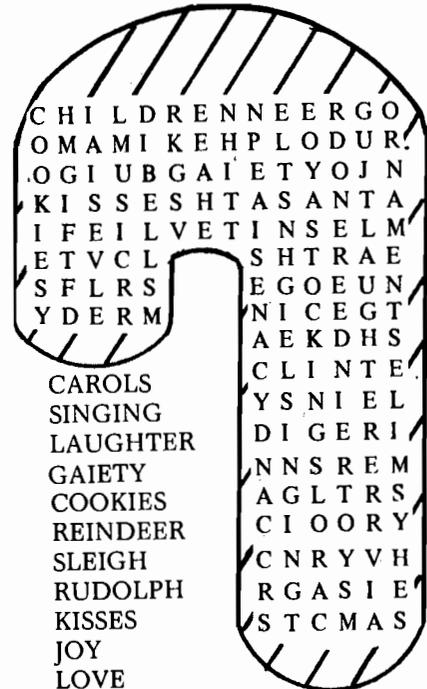
If so, you may find some assistance by attending the "Holiday Stress Workshop" sponsored by the Psychiatric Institute of Lutheran Medical Center.

The workshop will be held in Room 1040 at 10 a.m. on 22 December. All federal employees are welcome.

For additional information call the Health Unit at 425-4117.

# Candy Cane Word Search

After you have located all of the words below in the puzzle, take the remaining, unused letters and they will reveal what all of these words help you do at Holiday time.



- CAROLS
- SINGING
- LAUGHTER
- GAIETY
- COOKIES
- REINDEER
- SLEIGH
- RUDOLPH
- KISSES
- JOY
- LOVE
- TOYS
- MUSIC
- BELLS
- SANTA
- ELVES
- CANDY CANES
- RED
- GREEN

- STOCKINGS
- GIFT
- TINSEL
- LIGHTS
- ORNAMENTS
- SMILES
- CHILDREN



# DoD Wants to Hire More Handicapped

By Sgt. Maj. Rudi Williams,  
USA  
American Forces Information  
Service

Deputy Secretary of De-  
fense William H. Taft IV is



qualified person with some type of disability," Taft told the audience during recent ceremonies at the Pentagon honoring employees with disabilities. "I know this because handicapped persons are working and succeeding in virtually every occupation in the DoD civilian workforce. Their wheelchairs, canes and crutches -- their needs for readers, interpreters and personal assistants -- in no way interfere."

DoD hires more of America's 13 million disabled persons than any other federal agency. As of March 31, 1987, there were 11,896 severely disabled employees in the DoD workforce. This repre-

sents 1.2 percent of some 988,049 employees on the defense payroll. Taft wants to increase that figure to more than 2 percent by 1992.

There are nine disabilities targeted by the Equal Opportunity Commission for emphasis in affirmative action programs: blindness, deafness, partial and com-

plete paralysis, mental illness, mental retardation, missing extremities, deterioration of limbs or spine and epilepsy.

"Everyone should have equal opportunities to contribute if able, regardless of handicap, gender, race or any other non-merit factor," said Taft. "To achieve that, we still need changes in attitudes. The sad fact is that there has been discrimination in the work place against persons with mental and physical handicaps.

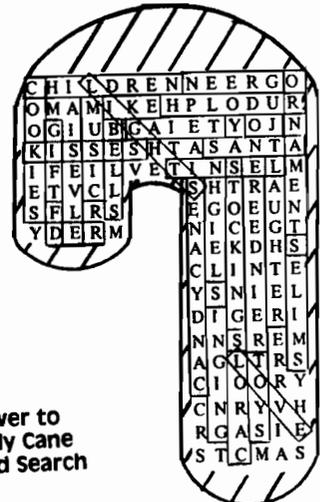
"But fortunately, we are seeing persons with very severe disabilities succeeding in positions at all levels in government and in the private sector. We are determined to encourage this trend and to accelerate progress on behalf of handicapped individuals in the years ahead.

"We want our programs, activities and accomplishments on behalf of handicapped individuals to stand out as models for other agencies to emulate," said Taft.

pushing to increase the number of handicapped employees in the Department of Defense by nearly 100 percent by 1992. That date signifies the end of the United Nation's-designated "Decade of Disabled Persons."

"There probably is no civilian job that cannot be performed superbly by a

# Happy New Year 1988



Answer to  
Candy Cane  
Word Search

Message: Make it a very Merry Christmas.

# America Responds to Aids

By Evelyn D. Harris  
American Forces Information Service

If it seems like you've been seeing and hearing more about AIDS lately than ever before, it's not your imagination. With the theme "America Responds to AIDS," a major public information campaign on AIDS is under way this fall and will continue until the end of the summer of 1988. The theme was chosen to get across the idea that everyone -- parent, teacher, student, minister, community professional -- has a contribution to make and a role to play in preventing AIDS.

The campaign's goal is to reduce the incidence of HIV infection in the United States through changes in social norms and behaviors.

The Public Health Service's Center for Disease Control is coordinating the effort and has awarded a \$4.6 million contract to the Ogilvy and Mather advertising agency to help spread the word. The Department of Defense is joining with other federal, state and local government agencies, businesses and non-profit organizations in the campaign.

Military distribution centers have more than 1.8 million copies of "What You Should Know About AIDS," a Center for Disease Control pamphlet produced for the America Responds campaign.

Overseas military TV audiences will see public service spots produced as part of the campaign. These spots are the same as those distributed to 1,000 TV and 7,000 radio stations in the



United States - except that the overseas spots will not feature the toll-free number, 1-800-342-AIDS. For persons calling from within the United States, the number reaches a four-minute recording. The recording ends with a number for a counselor in case the caller wants more information.

In addition to taking part in the America Responds campaign, DoD is continuing its own extensive education efforts. These include spots made for military radio and television, films, print material and articles in DoD publications.

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## Combating Holiday Diet Busters

Christmas and New Year's can be disastrous for dieters still recouping from Thanksgiving. Serious dieters need a strategy for combating those holiday temptations.

Here are a few suggestions:

- Eat fruit for dessert.
- Skip the bread and gravy.
- Use low-calorie salad dressing.
- Count calories and eat smaller portions.
- If dining out: Avoid buffets and "all you can eat" meal deals.
- Order a la carte instead of a complete meal.

## Caring for Colds and Flu

By Evelyn Harris  
American Forces Information Service

How you take care of yourself for winter miseries depends on which problem you have and how severe it is.

For people who suffer from congestion, Army Dr. (LTC) William J. Meinert recommends a cool mist vaporizer. Meinert heads the Department of Family Practices at the Uniformed Services University of the Health Sciences.

Some doctors prefer warm mist because molds can grow in a cool vaporizer, but Meinert said this shouldn't be a problem if you buy a unit that can be cleaned. "Cool vaporizers are safer for children, and cool mist water particles can get deeper into the passages to break up congestion. If you can afford it, an ultrasonic cool mist vaporizer is best," he said. He doesn't recommend a humidifier attached to your furnace.

If over-the-counter medications make you more comfortable, go ahead and use them. "As long as you read and heed warnings on the package, they shouldn't do you any harm," he said. Parents are warned against giving drugs containing aspirin to children or teenagers with flu symptoms. Reye's syndrome, a very serious illness, is linked to children with flu taking aspirin.

If you have the flu, don't try to resume normal activity until you've recov-

ered to avoid a relapse.

Cold and flu sufferers should drink plenty of fluids. They help the body expel the virus more quickly and prevent dehydration.

## Hear the one About the Impaired.....?

Some safety officials would like to change the name of "National Drunk and Drugged Driving Awareness Week" (the week of 13 December) to "National Impaired Driving Awareness Week." The reason: You don't have to be drunk on alcohol or bombed on an illegal substance to be an impaired driver. Medications for pain relief, allergies and colds, as well as illegal drugs and controlled substances such as barbiturates and narcotics, can act on the same areas as alcohol. And the impairing effects of many drugs combined with alcohol can multiply.

Ask your doctor or pharmacist if it is safe to drive after taking a particular prescribed or over-the-counter drug.

Also ask your doctor if it's safe to drink while using a prescribed medication, and follow the advice.

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## For Sale

Four year old registered Palomino quarter horse - \$500. Call Burnett at 899-0650

## Designated Drivers, Alternative Drinks

Who says drinks for designated drivers have to be dull? Mock margaritas and "bloodless" Marys are two popular non-alcoholic alternatives.

These drinks contain basically the same ingredients as the originals, minus alcohol. And you can still walk a chalk line and touch your nose blindfolded when you're done.

### Mock Margarita

2 cups bitter lemon or lime soda  
2 tablespoons sugar  
Juice of 1/2 lime  
Salt  
Crushed ice

Freeze soda in a ice cube tray; blend lime juice, sugar and frozen soda thoroughly. Rub lime around rim of glass, dip in salt. Pour mixture over crushed ice in salted glasses. Makes two servings.

### Bloodless Mary

6-oz. can tomato or mixed vegetable juice  
1/4 cup club soda  
1/2 teaspoon lime juice  
Dash worcestershire sauce  
Dash hot pepper sauce

Shake or stir to blend ingredients. Add ice, garnish with celery stalk. Makes one serving.



\*U.S. Government Printing Office:1987-554-056/60048