

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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A large, stylized black and white illustration of a sailboat. The boat is shown from a side profile, sailing on a sea represented by a scalloped border at the bottom. The sailboat has a tall mast with a complex rigging system. The sails are filled with various patterns: a solid black sail on the left, a white sail with vertical lines on the right, and a white sail with a grid pattern on the far right. The background features a striped awning at the top corners and a scalloped border at the bottom.

For
Summer
Safety
Health,
Fun

pages 8 & 9



Civilian plan can beef up retirement dollars

By Evelyn D. Harris
American Forces Information Service

If you're covered by the old Civil Service Retirement System, you may be able to contribute extra dollars to your pension plan that will beef up your retirement annuity.

Two out of three federal employees are eligible. You're not eligible if you're covered by the new Federal Employees Retirement System or if you owe a deposit or redeposit for civilian service. Also, if you've received a refund on voluntary contributions, you cannot make them again unless you've had a break in service of more than three calendar days after getting the refund.

The voluntary contribution option has been available for years but has recently become more attractive due to a higher interest rate -- 9.125 percent in 1989. The Treasury Department determines the interest rate each calendar year. The interest earned on the contributions is not taxable until you retire and begin collecting an annuity or until you withdraw your contribution.

Making voluntary contributions does not conflict with the tax-deferred Thrift Savings Plan. The voluntary contribution option is most attractive to those who have already participated

in the Thrift Savings Plan to the maximum allowable extent.

If you keep the voluntary contributions in the retirement system, each \$100 (including the interest earned) will increase your annuity by \$7 a year. This annuity increases by 20 cents for each full year you are over 55 when you retire. Thus, if you retire at 60, each \$100 will purchase \$8 a year of additional annuity. Because you can contribute up to 10 percent of your basic civilian salary received since August 1, 1920, this can add considerably to your pension.

You can withdraw all (not just some) voluntary contributions with interest at any time before receiving an additional annuity based on these contributions. (But remember, withdrawing closes your account and you can't contribute again unless you have a subsequent break in service.) Any interest earned on the account would be taxable in the year you made the withdrawal.

Should you die before receiving an annuity, the voluntary contributions account, plus interest, will be paid to your designated survivor(s) as a lump-sum payment.

You can contribute only in multiples of \$25 (\$25, \$50, \$75, etc.) -- and you cannot use payroll deduction. First you must file a Standard Form 2804

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US Army Corps of Engineers
St. Louis District

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Corbin's Comments

by Col. James E. Corbin



Hi! Think I missed the deadline for ESPRIT! If I have, this may reach you as an independent piece of paper as opposed to a part of ESPRIT.

Believe it's time for me to lay a few cards on the table for you to review. This first year I've tried to

get back into the "Civil Works" frame of mind, and do a "gut" check on how we do business. In the process I wanted to accomplish or start some of the following:

- * Wanted to heighten your concern for the future without causing panic.

We do have a "workload valley" that could cause some significant belt tightening if not properly addressed. Believe this has been accomplished. Final solution isn't in sight, yet, but we are aggressively working the problem as opposed to passively awaiting help from elsewhere. The real solutions require a restructuring of how the Corps, not just St. Louis District, does business. More on this in the next six months.

- * Wanted to get some "people programs" cranking.

In the day of commercialization and A-76 efforts, as well as deficit reduction, morale suffers and you and I become very frustrated. Believe our "Fit to Win" program, aggressive Awards Program (Realize some are perplexed or frustrated here. Will discuss at Info Mtgs. this month), Information Meetings, Alternate Work Schedule Program and others are examples of steps in the right direction. Hope you agree! If you don't you need to let me know.

- * Wanted to get a sense of urgency in terms of cost/time/priority and wise use of resources, most importantly our

talent (you!). That's beginning to show some progress. Creating of the Deputy for Project Management and the Project Management Division, and examination of how we do business -- processes and dovetailing of our disparate priorities into a central thrust that we all understand -- are ongoing. Both successes, failures and frustrations here, but progress is underway.

- * Needed to change our image and thought process in terms of environmental activities. Believe we've largely done that although it will take a lot of effort to prevent us from slipping back behind our "comfortable confrontational wall" in this area.

- * Wanted the District to regain control of the Mel Price Project from the litigation/confrontation process to one of cooperation/teamwork and proactive -- solve the problems early together (Corps and contractor). Believe we've had some success here.

- * Wanted to get us back into the mainstream of Missouri and Illinois efforts and consciousness. Believe we are on our way there, but only a first step.

Bottom line is that I've really been gathering a sense of the District, trying to get you to get together as a "whole District Team," to get you to address the future, to heighten your sensitivity to and interest in each other, and ensure that you realize we are embarking on a very bumpy road with a lot of boulders on it.

In the meantime I was buying some time to see if the Corps could come to grips with a modern way to get work done with the talent on board, wherever it is, as opposed to hiding behind the facade of the bouncing ball budget process.

The Corps is still struggling with the past as we attempt to move into the future. Ultimately the Corps will get there. We have too many good people not to succeed. However, we in the St. Louis District are out of time. We can

(Continued on back of page)

no longer wait for the rest of the Corps to decide in the future. Next year is critical to us!

In next month's article I'll lay out for you where I believe the St. Louis District must go next year, and share with you the hard issues that we must resolve.

In the article following next month's we'll look at the future beyond next year.

The world has dramatically changed and we must get in front of the change, not be dragged down the road behind that change.



Dutt top planner

Owen Dutt, Chief of Environmental Analysis Branch, has been singled out for a professional achievement award by the Lower Mississippi Valley Division.

Dutt is the Division's "Planner of The Year." Dutt headed the Melvin Price Locks and Dam Environmental Impact Statement study team which won the Corps of Engineers Outstanding Planning Achievement Award for 1988.

Dutt's branch was assigned the responsibility of organizing a team to produce an Environmental Impact Statement (EIS) regarding the construction of the second lock of the Melvin Price Locks and Dam Project. The EIS had to encompass all the

complexities associated with addressing system-wide navigation impacts; it had to be coordinated with a large and diverse group of federal, state and public representatives; and it had to be completed in time to avoid disrupting the sequence of scheduled construction of the locks and dam project.

The Final Environmental Impact Statement, which Dutt's team accomplished, has proven to be the vehicle for developing the collective agreements which will allow for uncontested construction of a second lock. It has also identified tangible environmental work to be done by the Corps throughout the Upper Mississippi River System.

EIS Team Corps' best

A group of our folks has received a national award for planning achievement.

The Melvin Price Locks and Dam Environmental Impact Statement Study Team is the winner of the Corps of Engineers Outstanding Planning Achievement Award for 1988. The team is one of nine picked to compete Corps-wide for this award.

The team was recognized for expeditiously completing an Environmental Impact Statement (EIS) which identified tangible environmental work to be done by the Corps throughout the Upper Mississippi Valley and allowed for uncontested construction of a second lock as part of the Melvin Price Locks and Dam Project, a nationally significant navigation project.

The team had to coordinate the EIS with other federal agencies, local interests, five Upper Mississippi River states and other Corps districts.

The team was an interdisciplinary group of a dozen professionals. They were: John Brady (formerly PD-A), Dave Gates (PD-A), Tom Keevin (PD-A), Dick Mankus (PD-E), Ken Porter (PD-A), Dan Ragland (PD-A), Don Sweeney (PD-E), Terry Norris (PD-A), Rich Rodakowski (PD-A), Bob Barkau (ED-HD), Ken Koller (DP-AA) and, the study coordinator, Owen Dutt, Chief, Environmental Analysis Branch.

Pathfinder to the rescue

At 0650 hours on April 25 Captain Steve Jones was returning to work aboard the MV Pathfinder at Cape Girardeau. He heard a towboat whistle blow five times. It was the disaster signal for river vessels.

The crew got underway while the captain got on the radio. He learned that the MV Bill Carneal, with one empty and 23 loaded barges had lost its generator and with it the ability to steer.

The Pathfinder sped to the head of the tow and began pushing. This kept the tow away from the

shore. The Pathfinder was joined by the MV Curtis Moore. Together they were able to stop the tow and maneuver it to a smooth landing.

The Pathfinder was able to provide a hook-up to the towboat's compressed air supply enabling it to restart its generator.

The quick action by the Pathfinder crew (Captain Jones, Chief Engineer Bob Dye, Deckhands Howard Fields, Terry Helming and Melvin Zerwig) kept the tow from striking shore or the Cape Girardeau highway bridge, where it would have broken up and sunk.



EEO Corner

You told us

There were more than 800 EEO Questionnaires disseminated among employees. Two hundred ninety-nine of you responded.

We are grateful that you took the time to let us know how we are doing. The majority of you responded positively to most of the questions, but there are two areas of concern. They are Incentive Awards and the Individual Development Plan.

In order to "shed more light" on these two subjects, we will address them in the next two issues of ESPRIT.

Thank you again. It was good hearing from you.

Outreach program

Park Rangers Lawrence Williams and Andrea Pickard, along with Computer Specialist Christy

Cone, were role models at the Sixth Annual St. Louis Public Schools Career Awareness Fair held at the Cervantes Convention Center May 17 and 18.

They were on hand to explain careers in the Corps of Engineers. About 1500 students out of 6,000 attending the fair stopped by the booth for information concerning careers with the Corps.

Training program

On 24 May 23 Service Base employees gathered to become more familiar with Equal Employment Opportunity. The theme of the meeting was Equal Employment Opportunity - ME.

The training was favorably received. The film "Prejudice" by Bill Cosby was shown.

Thanks from your CAC

The members of the Civilian Activities Council (CAC) would like to thank the employees of the Corps of Engineers for their participation and contributions to the various sales that have been held by the Council.

The sales were a success because everyone chose to make a difference by participating and/or contributing. The

volunteers who participated in the Subway Sandwich Sale, the Secretary's Day Rose Sale and the Geranium Sale have made a significant contribution of their time. Without their help the sales would not have been so successful.

The Council would also like to thank all the employees who have volunteered to help at the Corps Annual Picnic.

Copyright issue, again

From time to time, we are requested to reprint articles from other publications in ESPRIT. Unless the article contains explicit permission for reprints, to do so would be a violation of copyright law.

If ESPRIT is to reprint published material, the material must be accompanied by written permission to do so from the copyright owner (who is not necessarily the author). The only exceptions are materials originally published by the federal government, which are public domain.

St. Louis Lakes support clean-up

Volunteer clean-up efforts at Mark Twain and Wappapello Lakes attracted more than 300 workers to gather nearly 400 bags of trash around the two lakes, in April.

In cooperation with the Missouri Beautification Association, the Corps sponsored events cleaned up 31 miles of roadside, six miles of hiking trails and five miles of shoreline. A wide variety of local groups and organizations lent support, as did area business interests.

Picnic lunches, games and prizes were featured in the "after-action" relaxation period for the mostly school-age volunteers.



Drought prospects are an arid view

Those of you who have not been paying attention to the St. Louis gauge readings may be surprised to hear that it looks like another tough battle is coming up, this summer.

The St. Louis river gauge, thus far in 1989, has been running about 3 to 4 feet below the same dates in 1988. On May 19, this year, the stage was only 6 six inches above the all-time record low for that date. Stages at St. Louis have been declining, generally, since early April and are (as of May 24) about 13 to 14 feet below normal for this time of year.

If this trend continues, we could be back into setting new all-time record lows even earlier than last year, and it could last longer.

Missouri River Division has already announced a curtailed traffic season on the Missouri this year -- in terms of both duration and the amount of water to be released from the upstream reservoirs.

National Weather Service's long-range forecast calls for less than normal precipitation and higher than normal temperatures.

In the aftermath of last year's drought in the areas to our north and west, reservoir levels are down,

Supply update

The following list of key personnel is provided to improve our service to you:

Accountable Property	John Pickett Bill Moore Vivian Ratliff	5975
Lost/Damaged Property and Vehicle/Equip Accidents	John Pickett Ona Lewis	5975 5975/5658
Requisition Tracking	Veronica Bentley Bill Moore Vivian Ratliff	5975
Furniture & Equipment needs	Vivian Ratliff Bill Moore	5975
Property Disposal	Judy Griffith Ona Lewis	4037 5975
Receiving/Shipping	Barry Lloyd	4226
Supplies	Judy Griffith Shirley Harvey	4037
Problems or Assistance	Ona Lewis	5975/5658

water tables are down and the ground is dry. Considerably more than "normal" precipitation is needed to make any significant improvement in river stages.

All-in-all, it looks to be another long, hot summer in the offing for the Channel Maintenance crew and those who assist and support them.





Promotions and Incentive Awards



PROMOTIONS:

John Cannon, OD
William Nettles, RE
Sherman Mezo, OD
Cynthia Morales, LM
Nancy Conner, PMO
Maria Shafer, OD
Anne Woodrome, PO
Billy Finley, CD
Deann Chambers, DC

Stephen Redington, ED
Harlan Lamb, OD
Richard Sovar, ED
Michael Skinner, OD
William Wadkins, OD

EXCEPTIONAL PERFORMANCE RATINGS:

John Mabrey, OD
Robert Lutz, ED
Dawayne Sanders, ED
Margaret Hurst, CD
JoAnn Moritz, CT
Ivis Adams, OD
John Hipes, OD
Donna Kavanagh, DC
Evelyn Roland, OD
Leonard Alfeld, DC
Leona Florek, ED
Gary Jones, ED
Kenneth Koller, ED
Mary Winston, RE
Cynthia Gan, RE
Norris Davis, BC
Jane Collins, BC
William Ross, OD
Roger Hayes, OD
Kenneth Porter, PD
David Leake, PD
Michael Klosterman, ED
Dolores Ebert, DD
Susan Janota-Summers, OD
William Remmert, PD
Ben Venturella, OD
Richard Mills, ED
Robert Holt, ED
Charles Rhoads, ED
Helen Schleipman, DC

SPECIAL ACT/SERVICE AWARDS:

Harold Duggins, OD
James Sandberg, OD
Deborah Kuhlmann, IM
Ronald Bockhorst, IM
Gerald Gray, IM
Russell Elliott, IM
Wilbur Moore, IM
Lee Ross, IM
Leonard Alfeld, DC
Jimmy Bissell, CD
John Stone, OD
Lawrence Strunk, CD
Dolores Ebert, DD

QUALITY STEP INCREASE:

Dolores Ebert, DD
Susan Janota-Summers, OD
Harlan Lamb, OD

PERFORMANCE AWARDS:

Jean Conrad, OD
Donna Kavanagh, DC
Michael Skinner, OD
John Mabrey, OD
John Poullain, ED
Evelyn Roland, OD
Michael Klosterman, ED
Kathleen Steinlage, PD
Phyllis Reese, PD
Barbara Collier, LM
Phillip Eydmann, ED
Paul Roberts, ED
John Helfrich, ED

New resort in District

The new Clarion Inn resort at Eagle Creek State Park on Lake Shelbyville recently opened its doors. The complex features 138 rooms, an 18-hole championship golf course, indoor pool, swimming beach, tennis courts, restaurants, a health club, courtesy boat docks and a conference pod.

With an investment of almost \$18 million, this private development represents a joint effort by the Corps of Engineers, the State of Illinois and local government bodies. Chicago-area developer Edward Forester was the contractor for the project.

Eagle Creek can accommodate meetings for groups up to 600. The 1989 Lower Mississippi Valley Division Lake Managers meeting is scheduled for November 1 & 2 at the resort.

Other features include an auditorium/theater which has 56 tiered seats, closed circuit TV, fireplaces and a grand ballroom. Local artisans have provided special furnishings and quilts. Decorative pieces are the work of the nearby Amish.

Costs for rooms, golfing and the conference pod, along with other information may be obtained from PA.

OD-RS has a video tape for those who wish to see what the resort is like. Or call Eagle Creek at (217)756-3456.



Volleyball team does well

The St. Louis District had sufficient interest for two volleyball teams this past spring in a Federal Agency Volleyball League. With 18 teams, the league was separated into two divisions.

The Real Estate Division, which fielded a team of just RE employees, placed seventh out of eight teams in Division I.

The other District team placed fourth out of ten teams in Division II. This division turned into a two-way race, three veteran volleyball teams competing for first place and four

teams competing for fourth. Not only did the District's team win the race for fourth, but also knocked the league leading team into second place.

The District players were:

Division I

- Joe Przada
- Mark Wunsch
- Georgia Przada
- Angela Sanders
- Woodrow Sandlin
- Pan Ripperda
- Jennifer McCracke
- Mary Matecki
- Paul Young

- Tim Nelson
- Harry Hamell
- Gary Jacobs

Division II

- Andrea Pickard
- Vanester Duff
- Col. James Corbin
- Pat DiBello
- Jack Stewart
- Walter Ohar
- Wally Feld
- Marge Robbins
- Dennis Fenske
- Joy Bode
- Regina Schaffner
- Rosann Heiningner
- Joan Brickey

News Briefs

Handicap hunt

The first Mark Twain Lake Handicap Turkey Hunt was conducted in the Indian Creek Recreation Area on the first weekend of the spring turkey season, April 29 and 30.

The Corps coordinated the hunt with members of the Paris and Monroe City Lions Clubs. Six hunters participated in the hunt.

The Paris Lions Club members scouted the area, established blinds and provided callers for the hunters. The Monroe City

Lions Club established camp and prepared the meals. The Monroe City Jaycees provided a fishing trip on Saturday afternoon. Local businesses donated food and fishing tackle for the participants.

The Corps is now planning the Second Annual Mark Twain Lake Handicap Deer Hunt for November 18 and 19.

Baby boy

On 24 April 1989, Daniel Anthony Werner, 7 lbs., 2

oz., was born to Frank and Linda Werner. Linda is a procurement clerk at Lake Shelbyville. Linda returned to work on 22 May.

Trail dedication

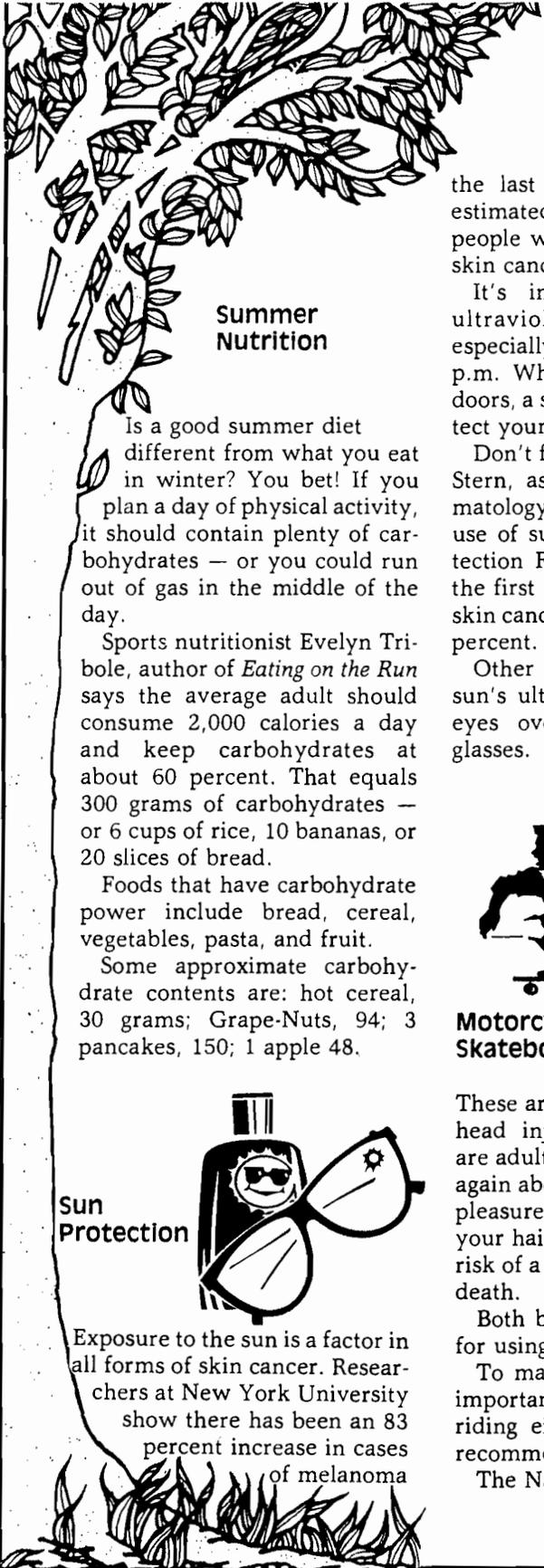
On 6 May the Chief Illini Trail was officially dedicated at Lone Point Campground. This hiking trail winds 12 miles along the shore of Lake Shelbyville. Maintenance is performed voluntarily by Woapink Lodge 167, Order of the Arrow, Boy Scouts of America from Decatur, Illinois.

The dedication ceremony was held in conjunction with a Boy Scout Camporee.

(Continued on page 10)



How to have a super,



Summer Nutrition

Is a good summer diet different from what you eat in winter? You bet! If you plan a day of physical activity, it should contain plenty of carbohydrates — or you could run out of gas in the middle of the day.

Sports nutritionist Evelyn Tribole, author of *Eating on the Run* says the average adult should consume 2,000 calories a day and keep carbohydrates at about 60 percent. That equals 300 grams of carbohydrates — or 6 cups of rice, 10 bananas, or 20 slices of bread.

Foods that have carbohydrate power include bread, cereal, vegetables, pasta, and fruit.

Some approximate carbohydrate contents are: hot cereal, 30 grams; Grape-Nuts, 94; 3 pancakes, 150; 1 apple 48.

Sun Protection



Exposure to the sun is a factor in all forms of skin cancer. Researchers at New York University show there has been an 83 percent increase in cases of melanoma

the last decade. This year it is estimated that one in every 135 people will develop some form of skin cancer during their lifetimes.

It's important to avoid the ultraviolet rays of the sun, especially between 10 a.m. and 2 p.m. Whenever you will be outdoors, a sunscreen will help to protect your skin.

Don't forget the kids. Dr. Robert Stern, associate professor of dermatology at Harvard, says regular use of sunscreen with a Sun Protection Factor (SPF) of 15 during the first 18 years of life would cut skin cancer risk in adulthood by 78 percent.

Other studies show that the sun's ultraviolet rays damage the eyes over time. So wear sunglasses.



Motorcycles, Bikes Skateboards

These are the big three of summer head injuries. Motorcycle riders are adults, but many need to think again about wearing a helmet. The pleasure of feeling the wind in your hair doesn't balance with the risk of a devastating head injury or death.

Both bikes and skateboards call for using a helmet.

To maintain proper balance it's important to keep hands free when riding either one. Knapsacks are recommended.

The National Head Injury Foun-

ation estimates that one million children sustain head injuries each year. Half are caused by traffic accidents, but 21 percent are caused by falls, many from bikes and skateboards.



Sports Injuries

The American Academy of Podiatric Sports Medicine notes that there is a high incidence of strains and injuries that occurs in the first six to eight weeks of starting a new sports activity.

Whether it's recreational sports or a summer exercise program, the key to avoiding injury is to start slowly and build up the time you play or exercise. Don't add more than 10 percent a week to the duration or intensity of a workout. Listen to your body. If it hurts, slow down or stop.

Stretching and weightlifting help. Try ten minutes of stretching and light exercise before you work.

An injury that doesn't respond to self-treatment in seven to ten days should be seen by a doctor.

On the Water

Checking the weather prediction—and developing patience—may be the two biggest factors in boating safety. If there's bad weather coming, you need the



safe, and healthy summer

patience to wait for a later time, or a different day.

Here are other important tips for small-boat captains.

★All passengers must have life jackets, but they must also fit well and be in good condition.

★Keep a sunscreen in your first-aid kit and offer it to all passengers coming aboard.

★Secure ice chest lids, minnow bucket tops, and anything else that could be dislodged by wind or rough water. They could injure someone or distract the driver.

★Always have an operable fire extinguisher handy and make sure someone other than the driver knows how to use it.

★If you're fishing at night, use a stern light. Approaching boats might not see you without one.

★Allow no one to ride the bow or gunwale of a boat that has a motor. Accidental falls put that person in line with the propellers.



★ Always assign someone to watch your water skier. The captain can't drive and watch the skier at the same time.

★ Tell a trusted person where you are going and when you expect to be back. If you don't return as scheduled, someone should look for you.

Heat Exhaustion, Stroke

Heat exhaustion is a malfunction of the body's temperature-control system. It usually affects healthy people who work or play too hard when the weather is hot. They sweat excessively, and the dehydration causes fatigue, sudden weakness, and sometimes headache and nausea.

Treatment includes getting the victim into a cool place. Loosen clothing, elevate feet, and give lots of water, but only in sips if the victim is nauseated. If recovery is not a very short time in coming, call a physician.

To prevent heat exhaustion, pace yourself during very hot weather, and don't allow yourself to become overheated. Drink plenty of water.

Heat stroke is a life-threatening condition. It more frequently strikes the very young or very old, or people who are ill, overweight, or alcoholic. In heat stroke the body is unable to sweat, so the victim's temperature goes up. There is high fever, dizziness, nausea, headache, rapid pulse and loss of consciousness.

Have someone call paramedics while you try to cool the victim with water on the skin. Turn on a fan or air conditioner. Give water in sips if the victim is conscious.

Picnic Time

Everybody loves a picnic, but take care. It's a prime setting for several types of long-named food poisoning.

Whatever the type, the causes are similar, but avoiding them can be boiled down to a few words of wisdom:

- ★Keep hot foods hot.
- ★Keep cold foods cold.
- ★Wash hands often — particularly before touching food, and between handling different kinds of foods.

Mayonnaise in salads is not a major cause of food poisoning as once was thought. Rather, the frequent handling of ingredients with hands that are not washed immediately before touching food, introduces the offending bacteria.

If you can't refrigerate foods

until just before eating, take foods that are dry, acid, or otherwise protected from contamination.



tion. These include: fruits and vegetables, hard cheese, canned fish, canned baked beans, hard-boiled eggs in their shells (not cracked), bread, cookies, and soft drinks.

Safe high-acid picnic dishes can be made with tomatoes, vinegar, citrus fruits, pickles and cranberries. The acid inhibits growth of bacteria.

Always cook chicken, red meat, and eggs completely before eating.

Summer allergies

Allergies affect one in six of us and are one of the biggest causes of lost work time. Surprisingly, an allergy often mimics the cold or flu and may go undiagnosed for some time.

Life-long hay fever sufferers know they are allergic, but an allergy can begin at any time of life. If a nagging summer "cold" hangs on for weeks, it could be sensitivity to something in the environment of your home or the outdoor environment.





News Briefs cont

Safety Day

Park Manager Winston Campbell and Park Ranger Jim Sandberg stressed the importance of safety during Lake Shelbyville's Safety Awareness Day on 24 May. Besides other pertinent safety topics, seat belt use was stressed as employees viewed "Room to Live."

Fish tournament

On 3 & 4 June the Illinois B.A.S.S. Chapter State Federation held a qualifying fishing tournament on Lake Shelbyville. The top eight boats out of 150 entered will represent Illinois in the Northern Region qualifier for the B.A.S.S. Masters National Classic.

Disabled anglers

On 16, 17 & 18 June, Fishing Abilities '89, presented by Disabled Outdoors Foundation, will be held at Lake Shelbyville. This fishing event for disabled anglers has the goal to make outdoor recreation accessible for all. This non-profit event will be the first of its kind in the State of Illinois.

Park Manager Winston Campbell, along with Park Rangers Steve Summers and Leanne Crouch, have been working with the Disabled Outdoors Foundation in coordinating this

nationally advertised event. For more information call (312)284-2206.

Blood drive

The Lake Shelbyville Management Office was the official sponsor of the May blood drive for the American Red Cross. Volunteers from the Corps telephoned potential donors, made an appeal on the local radio station, wrote news releases and assisted Red Cross personnel load their equipment after the drive.

The efforts paid off. The goal for pints of blood donated was exceeded by about 10 percent.

Philippines duty

Park Ranger Leanne Crouch and Maintenance Laborer Carolyn Morris of Lake Shelbyville recently returned from the Philippines. They completed two weeks active duty with the U.S. Naval Reserves at Subic Naval Base. This was their second detail to the Philippines.

Lake clean-up

Volunteers picked up 180 bags of trash from 11 1/2 miles of roadway during the Missouri Beautification Cleanup at Wappapello Lake. The lake staff coordinated the cleanup and arranged a picnic for the 110 volunteers.

Outstanding geographer

The Illinois Geographical Society in affiliation with the National Council for Geographic Education selected Bob Mesko (ED-HS) to receive special recognition as outstanding senior student in Illinois College geography. This recognition was presented for Bob's particular academic achievement and contribution to the discipline.

Dyhouse named

HQUSACE recently named Gary Dyhouse to the Corps' new national Committee on Hydrology. He is one of only four District members on the committee, which consists of District, Division, Headquarters and Lab personnel. The committee will address topics in the areas of hydrologic engineering; such as, rainfall runoff modeling, flood routing, urbanization, flow frequency and design floods. The committee will also act as a board of consultants to requesting Corps district offices for complex hydrologic studies.

Armed Forces Day

The Eleventh Annual Armed Forces Day celebration at Wappapello Lake was a huge success. The event was held on 13 May at the Redman Creek Recreation Area and the Management Office. This year F-4 flyovers were provided by the Illinois



Air Guard from Springfield, Illinois. A security dog team and the Flying Rifles Drill Team gave demonstrations. There were also helicopters and static displays. The estimated attendance (6,500) was up 18% from last year (5,500).

Two television stations covered the event, KFVS-12 from Cape Girardeau, Missouri and KPOB-3 from Poplar Bluff, Missouri.

Armed Forces Day

The 1989 Armed Forces Day was held on 13 May at Rend Lake. The highlight of the event was the U.S. Marine Corps Band, 2nd Division, Camp Le Juene, North Carolina. Five thousand people listened to the performances and viewed displays and demonstrations ranging from heliborne assaults to fire/rescue re-enactments.

Sea Bees

The Naval Sea Bee Reserve Unit conducted their annual two week training session at Mark Twain Lake in April. Park Rangers Kevin Curran, Lonnie Forrest and Brad Stamp worked with the Sea Bees to install playground equipment and bulletin boards in recreation areas.

MTL clean-up

The Fifth Annual Mark Twain Lake Clean-up Day was April 15th. Litter was removed from about 20 miles of public roadway, 5 miles of shoreline, 6 miles of hiking trails and many other locations by 204

volunteers, including Park Manager Dennis Foss and family.

Woodsy the Owl (Park Rangers Vanessa Peters and JoAnn Harlow) made several appearances throughout the day to applaud the work. Park Rangers Wayne Williams, Diane Hellhake, Chuck Crocker, Secretary Susie Mayfield and Maintenance Worker Joe Rodenbaugh coordinated the days activities.

MTL AFD

May 13 was the Third Annual Mark Twain Lake Armed Forces Celebration. This year's event was attended by 4,500 people and featured a Tri-State Vietnam Veterans Welcome Home Picnic on Saturday and Sunday. Military aircraft fly-overs and vintage aircraft from the Confederate Air Force were highlights throughout the day.

A demonstration by the Scott Air Force Base attack dog team was also a crowd pleaser. National Guard Units from Missouri provided field artillery pieces, a shooting van and camouflage painting of youngsters. An Illinois National Guard unit proved to be the most popular by making cinnamon rolls and bread throughout the day with their field bakery.

Black Child Workshop

A Workshop on National Black Child Development was held May 20th at the Central Baptist Church in downtown St. Louis. Park Ranger Andrew Jefferson

from Wappapello Lake presented a program on Water Safety to participating adults and children. In addition, District Park Ranger Andrea Pickard escorted Woodsy-the-Owl (Antoinette Fort, OD-R) and Smokey-the-Bear (Greg Molchan OD-F) around to all the children passing out coloring books and balloons while discussing pollution and fire prevention.

Dollars (cont. from page 2)

(Application to Make Voluntary Contributions) with the Office of Personnel Management. After the application is approved, the Office of Personnel Management will assign an account number and send instructions for making contributions.

Do not send money with the application. Contributions will not be accepted until the application is approved.

More details are available at your personnel office in OPM Retirement Counselor Letter No. 89-104, dated March 15, 1989. This benefit is expected to be popular, so it may take some time for OPM to process the applications.



On the Soapbox

Telling the District's story last month were:

Around the District

On 27 April computer science students from Lutheran High School South visited the District to tour our computer facilities. Ed Riiff gave a demo and overview of the District's CADD system. Rochelle Ross showed how engineers use the Apollo engineering workstation system for structural analysis. Dario Franzi showed how the results of that analysis is shown graphically on a PC-based system.

LTC Brown spoke at the dedication ceremony for Chief Illini Trail, a 12-mile hiking trail starting in Lone Point Campground at Lake Shelbyville.

Joe Bisher, John Clark and John Gaal participated in the Greater St. Louis Small Business Opportunity Workshop conducted by the Small Business Administration and the Small and Disadvantaged Business Opportunity Committee of the Federal Executive Board at the Clarion Hotel.

Joe Bisher also represented the District at the 1989 Army Small and Disadvantaged Business Utilization Training Workshop conducted in Atlanta, Georgia.

The SLD played host to a Corps-wide Chiefs of Division Hydrology/Hydraulics Conference in April. Col. Corbin opened the conference and welcomed the attendees to St. Louis. Dave O'Connell and Carl Okenfuss impressed the attendees with a trip aboard the MV Blankinship. Clause Strauser briefed the conference on the continuing navigation problems on the Mississippi River because of the drought. Gary Dyhouse handled the conference administrative details and arranged a site visit to Mel Price Locks and Dam and a river trip back downtown.

Mark Twain Lake

Park Ranger Chuck Crocker discussed the duties of the Corps of Engineers park ranger during a Career Awareness Program at the Community R-6 High School in Laddonia, Missouri.

Park Rangers Diane Hellhake and Jo Ann Harlow developed and staffed the Mark Twain Lake display

during the "Quincy Fun Fest" at the Quincy Mall.

Park Ranger Diane Hellhake presented a Visitor Center Tour and nature hike with the Palmyra Head Start and the 3rd and 4th Graders of the Novelty Elementary School. Diane also developed and staffed the Mark Twain Lake display during the festive "April in Paris" day in Paris, Missouri.

Park Rangers Chuck Crocker, from Mark Twain Lake and Bill Howard, from Carlyle Lake, participated in the Northstar District Boy Scout Conservation Camporee at the Beaumont Scout Reservation in Eureka, Missouri. About 600 Boy Scouts and 100 Webelos attended the camporee. Bill discussed and demonstrated the conservation and filtration of water. Chuck discussed the benefits of trees and demonstrated how to age a tree.

Eight school groups have taken field trips to the lake and have gotten acquainted to the area by visitor center tours, power plant tours and nature hikes given by interpretation staff members, Park Rangers Chuck Crocker, Diane Hellhake, Jo Ann Harlow and Vanessa Peters.

"Woodsey the Owl" (Park Ranger Jo Ann Harlow) appeared in the Quincy, Illinois, Dogwood Festival



Parade with the help of Park Ranger Diane Hellhake.

Carlyle Lake

Park Ranger Roger Hayes talked to 475 students and teachers at the two-day Clinton County Natural Resources Day held at the McNair day-use area. His topic was bird songs. Roger also gave a talk about wildlife habitat and a tour to nine cub scouts at the Visitor Center.

Park Rangers Angie Waller and Greg Pett gave a dam tour to 52 adults and children.

Park Rangers Greg Pett and Debbie Rahm gave a dam tour and nature hike to 30 5th and 6th graders from St. Augustine School from Belleville, Illinois. Greg was joined by Park Ranger Julie Ratermann to give a dam tour and nature hike to 30 2nd graders from St. Rose Grade School.

Park Rangers Brad Laaker and Angie Waller gave a dam tour and a tour of the Visitor Center to 170 students from Summerfield Grade School.

Park Rangers Debbie Rahm, Angie Waller and Shanon Wagner gave a dam tour and nature hike to 40 3rd graders from St. Dominic's School of Breese, Illinois.

Park Rangers Greg Pett, Debbie Rahm and Shanon Wagner gave a dam tour and nature hike to 45 grade schoolers from Jefferson School.

Park Rangers Julie Ratermann and Angie Waller gave a dam tour and a nature hike to 60 students from Sandoval Grade School.

Park Rangers Debbie Rahm and Shanon Wagner presented a nature hike and a dam tour to 20 students from Beckemeyer 4-H Branch.

Lake Shelbyville

Park Ranger Larry Gutzler conducted "Reptiles of Illinois" sessions at the Conservation Field Day for Mattoon Grade School students at Lincoln Log Cabin State Park.

Park Ranger James Lindley presented water safety programs to several area grade schools at the Conservation Field Day at Hidden Springs State Park.

Park Manager Winston Campbell and Park Rangers Maria Shafer, Al Lookofsky and James Lindley celebrated Arbor Day with the Brownie Troop of Shelbyville. A red maple tree was planted in front of the administration building.

Park Manager Winston Campbell appeared on the local cable TV network to support the American Heart Association. Volunteers netted over \$1,100 during the annual "Cardiac Arrest Fund Drive."

Wappapello Lake

Park Ranger Andrew Jefferson attended a symposium on caring for our land and serving the people. Andrew spoke on behalf of the District on the Corps' mission.

Forestry students from Southeastern Illinois visited three hours with Park Rangers Jim Lynch, Andrew Jefferson and Sue

Mueller as they discovered the Recreation and Resource Management practices at Wappapello.

Sue Mueller also gave a lake construction program to 70 senior citizens. She also attended Solar Day and presented information about the Corps of Engineers and Wappapello Lake to 89 sixth graders.

Stay-In-School Becky Hays showed the usages of PFD s to 100 kindergarten through third graders. Some took part in the boat skit she gave.

Stay-In-School Rhonda Goodman presented two wildlife conservation and endangered species programs to Cub Scout groups totaling 330 scouts.

Rend Lake

Park Aid Jackie Brachear and park Ranger Ray Zoanetti talked to over 600 5th graders about boating safety at the Franklin County Conservation Day held at the 4-H Camp on West Frankfort Lake.

Park Ranger Mark Roderick was interviewed by WMIX-Radio, Mt. Vernon, Illinois, about Armed Forces Day.

Park Ranger Lowell Summers talked to the Rotary Club about recreation at Rend Lake.

Smokey the Bear and Park Aids Kara Kovarik and Gene Gulley appeared in the Rend Lake Water Festival Parade on 13 May in Benton. Smokey later appeared at Armed Forces Day to greet the children.

Park Aid Jackie Brachear and Smokey the Bear greeted
(Continued on page 15)



Retiree Review

The May luncheon was, we sincerely hope, the last "off-schedule" monthly gathering. The group again numbered 36. Perhaps getting back to the normal Third Thursday, in June, will also get attendance back into the forties.

Bill Douglas and Bob Miles both put in their first appearance for the year.

Lyle Forth also showed up after an even longer absence (about four years)!

The First Timer for May was Gordon Davis. We hope that, having broken the ice, El Gordo will become a regular.

Virginia Herald was among the missing, due to illness. The group signed a card for her (initiated by Evelyn Grote).

Bob Maxwell was away, serving as treasurer for a group he belongs to.

Also missing, wonder of wonders, was Homer Duff (off attending a funeral). That is twice in a row, unheard of for Homer.

Ulas Wilson out-lagged Ed Stika, for once, and arrived so late he almost didn't get counted.

Dan Flippen joined us again but that will be his last visit for a while. The Third-Thursday clashes with his obligation to S.A.M.E.

Howard Beinke was back to claim his slot as Senior Retiree present and Roger Cuddeback is now in undisputed possession of the longest unbroken string of attendance. That is now 20 in a row (we miscounted last month). The record is 23, by Homer.

So, you never know who may show up -- come on and join us and see who pops out of the woodwork in June. That's June 15 (back on the Third-Thursday) in the Princess Anne Room of the Salad Bowl,

3949 Lindell. The bar opens at 11 a.m. and we hit the cafeteria line about noon.

Retirements...

Don Hall, Chief of Construction Division retired after 21 years of federal service. Don was a nomad, working for five Corps Districts.

Don Huston, Chief of Channel Maintenance Section, retired after 30 years of federal service. Don has 24 1/2 years with the St. Louis District. He has been Chief of Channel Maintenance since September 1974.

Condolences

Our sympathy to John and Mary Jansen, whose son, Thomas, died May 23. Thomas was fatally burned in a fire at his home near Lake of the Ozarks.

John is one of our most active retirees, formerly of Operations Division.

Cancer Info Center

Cancer. You can't pick up a magazine or a newspaper without seeing an article about this disease. Because cancer touches all people, either directly or indirectly, everyone should know the facts about the disease.

The Cancer Information Center (CIC) at Washington University Medical Center, 510 South Kingshighway, is a free-of-charge resource for cancer information. Established in 1978, the CIC was the first centralized cancer resource facility of its kind and has served as the prototype for similar centers throughout the United States and in Brazil and Taiwan.

Sponsored by the Radiation Oncology Center of Mallinckrodt Institute of

(Continued on page 15)



(Soapbox from page 13) travellers at the I-57 Rest Stop Welcome Center as part of National Tourism Week on 19 May.

Park Ranger Ray Zoanetti and Park Aid Jackie Brachear talked to shoppers at West City Wal-Mart about boating safety.

Park Ranger Rachel Garren gave a presentation on Rend Lake Wildlife and snakes to 80 third graders from Mt. Vernon.

Riverland Office

Park Manager Pat McGinnis and Outdoor Recreation Planner Anne Vieira (OD-R) represented the Corps at the "Taste for Tourism" special event held at the Alton Holiday Inn. The event was sponsored by the Greater Alton Twin Rivers Convention and Visitors Bureau and attracted more than 800 persons.

Pat and Anne staffed a booth highlighting the Melvin Price Locks and Dam Project, the future visitor center there and the environmental demonstration area on the Mississippi River.

Melvin Price L&D

Ed Berghoff gave a tour to students of the West Middle School, the Senior Citizens of Black Jack, and the Members of the Brothers in Retirement of the Emmanuel Congressional Church. He conducted a slide presentation to a group of Senior Citizens from Spanish Lake. He also gave a tour of the Illinois

Overlook to the Christian County Lady Landowners of a Taylorville, Illinois.

Jimmy Bissell and Jim Keen conducted a tour to the Greenwood Manor Nursing Home employees.

Jack Vizer gave a tour to the Alton Area Pastor's Association.

Ed Berghoff and Milton Walter conducted a tour for 30 members of the Lakeland College Architectural students.

Jimmy Bissell gave a tour to the members of St. Stevens Men's Group, and Engineering Division's Secretaries.

Jimmy Bissell, Ed Berghoff and Milton Walter conducted radio interviews and gave a tour to the Illinois News Association.

Bill Brown gave a tour of the Illinois Overlook to the students of the Fieldon Elementary School.

Jim Dorsey and Sig Groetsch conducted a tour to the top of the dam to the 1st Assembly of God Church Group from Jerseyville, Illinois.

Dave Buatte conducted a tour to the 12th Street Presbyterian Mariner's Group.

Sig Groetsch gave a tour to the Industrial Safety Class of Lewis and Clark College.

Robert Wasitis gave a tour to the Co-op Extension Service U of I.

Cancer (cont. from page 14)

Radiology and by the Barnard Free Skin and Cancer Hospital, the CIC houses an extensive library of printed and electronic educational materials for the lay person or the healthcare professional.

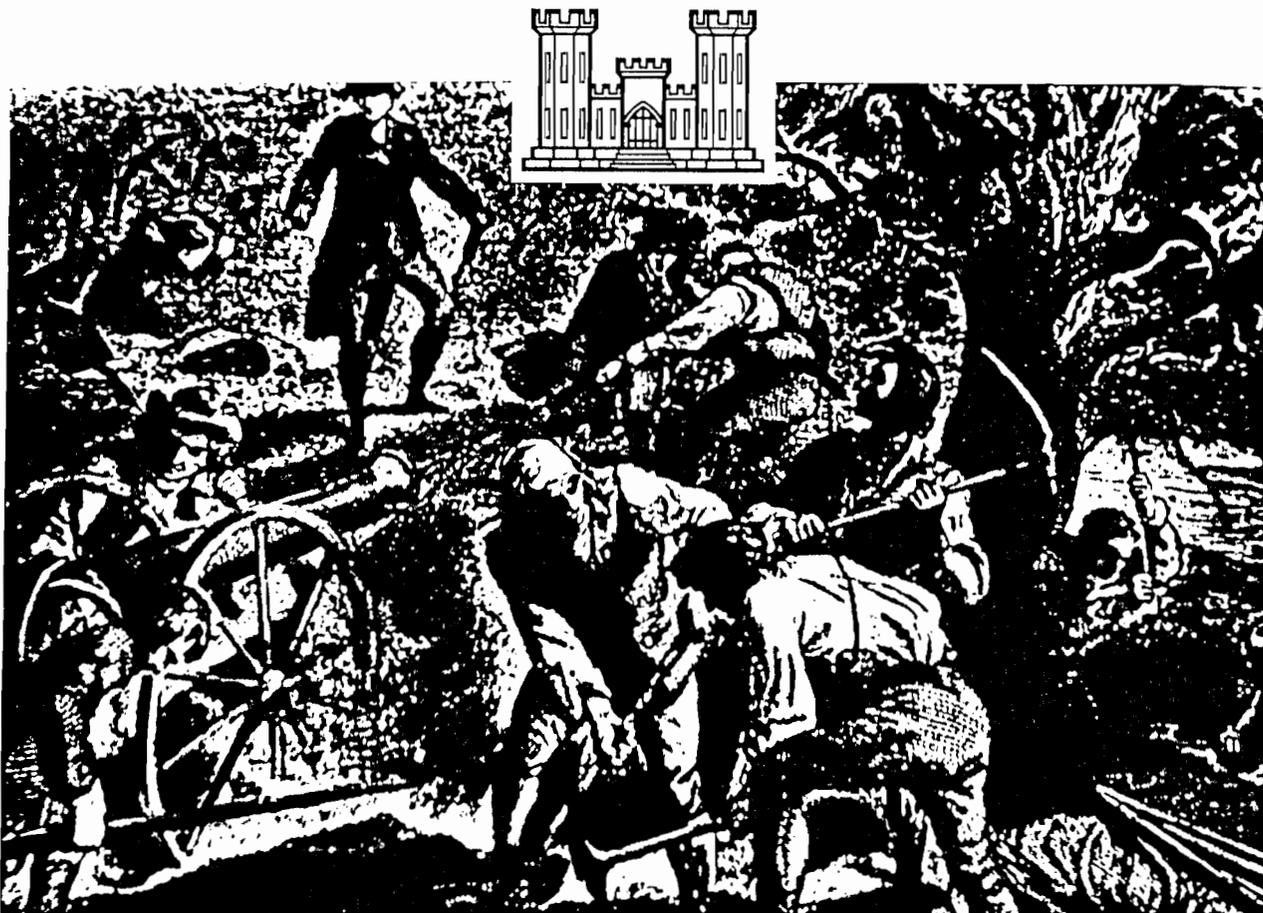
The Center also provides free-of-charge wigs and breast prostheses for patients undergoing cancer treatment. Group sessions designed for either patients or their families offer guidance and emotional support as well as an outlet for the questions and concerns that arise while coping with cancer.

CIC volunteers, many of whom are cancer survivors, and the staff of healthcare professionals are available Monday through Friday from 9 a.m. to 4 p.m. For more information, call 362-7844.

-information provided by Mallinckrodt Institute of Radiology



U.S. Army Corps of Engineers



June 16, 1775 -

On 16 June 1775, a year before the Declaration of Independence was signed, the Second Continental Congress authorized the commission of one chief engineer and two assistants. Richard Gridley was appointed Colonel and Chief Engineer by General George Washington.

Despite the shortage of experienced engineers, the Army's engineering capability laid the foundation for the American victory.

In 1794, the threat of war prompted Congress to authorize the establishment of the Corps of Artillerists and Engineers to be garrisoned at West Point -- a key Revolutionary War fortress.

The Corps of Engineers was reinstated by an Act of Congress in 1802. A key provision of the act was that the Corps

should "constitute a military academy". In establishing the United States Military Academy at West Point, President Jefferson and Congress created an engineering resource for the nation. From the ranks of the first cadets and their successors came the Army engineers that explored the West, defended the young nation and helped to supply the transportation needs of an emerging economy.

Members of the U.S. Army Corps of Engineers have provided the technical expertise necessary to support military preparedness and a major civil works program in water resource development. The two missions -- military and civil works engineering -- continue to complement each other.