

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 28 No. 12

December 1991

Merry Christmas
to you and yours

from

ESPRIT





View from the top



COL James D. Craig

**All of you,
regardless of
your job, were
critical to the
District's success**

So quickly, the holiday season is upon us. It is a wondrous time filled with the closeness of family and the spirit of fellowship and giving. It is a time to renew ourselves and enjoy all that each and everyone of us has worked to accomplish.

This year has been a difficult one for the District. However, we should not dwell on the negative, but look for positive things we can do. One of the ideas that was brought up in one of our brown bag lunches was the concept of "spend a day with...". That is to say, go and spend a day with an office you don't know much about, but think you should. What, for example, does the contracting division do, who do they coordinate with, what causes them problems, what could be done to improve their support to you, etc. This is potentially a very effective program that I encourage all to support. It is, however, not one that can be managed at a central location. It is one that is most effective as a grass roots effort.

Each of you should take the time to reflect - another year has gone. With it has come achievements as well as problems, satisfaction as well as frustration. Although it was marked by unsettling events, you have continued to perform as you always have, as the best of the best. In my short time here I have seen the character of the St. Louis District, and I am proud to be a part of it.

My personal thanks to each of you for the job you have done in 1991. All of you, regardless of your job, were critical to the District's success.

May joy, happiness, and good fortune be with you and your family during this season and the New Year. From my family to yours, BE SAFE, Merry Christmas, Happy Hanukkah, and Happy New Year!



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

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Norma Hall picked as Handicapped Employee of Year

By Lawrence Hamilton
Chairperson, Handicapped
Individuals Program Committee

Most people don't know that Norma Hall has a disability. She certainly doesn't let it slow her down. But, in fact, Norma does have a serious disability that meets the definition of a handicap. To some people, having a handicap merely presents a challenge. So it is with Norma Hall, the St. Louis District's Handicapped Employee of the Year for 1991.

In January 1976, while hunting with her husband, Norma was accidentally shot in the left arm with a shotgun. Damage to the arm between the wrist and elbow was severe. She was left with little use of the arm. Subsequent attempts at reconstruction have been of little help (she has spent a total of about 37 months with her arm in a cast). Norma hasn't let her problem get her down. She knows she still has plenty of what's important in life.

She has a husband, three children and three grandchildren. She is a full-time Corps employee. She is a small business entrepreneur, a part-time teacher and a volunteer worker.

Norma has worked for the Corps for nearly five years. She started as a temporary employee in the Equal Employment Office. Now she is an Equal Employment Specialist/Federal Women's Program Manager. During her short career with the Corps, she has received two promotions, one exceptional performance ap-

praisal, two sustained superior performance appraisals and twelve special act awards.

As a member of the Metropolitan Federal Women's Council she has served two years as vice-president and two years as awards chairperson. She received the Federal Women's Program Manager of the Year Award in 1991.

Norma has nine employees in her Tri Chem (home cleaning products) business. She is a part-time instructor at SIU-Edwardsville in Social Science. She is a volunteer for the Madison County Department of Aging, for which she works in many capacities. She is an active member of the Coalition of Citizens with Disabilities. She ran support groups for families of people who served in Operation Desert Shield/Storm, and for Vietnam veterans' families. She is an active member and past vice-president of the American Anthropological Society and a member of the Sociologists for Women in Society.

Norma received the Young Woman of the Year award while a student at Indiana University. She has attended Purdue University and Southern Illinois University. She even has a pilot's license.

Some people have disabilities. Some people are handicapped. They are not necessarily the same. Norma has a disability that would sideline many of us. But she hasn't allowed it to become a handicap. That is the reason she is our Handicapped Employee of the Year for 1991.

Hamell/Pickett win Extra Mile Award

Congratulations to Ms. Brenda Hamell and Ms. Dixie Pickett who have been named the recipients of the first quarterly PO Extra Mile Awards.

More than 50 nominations were received during the fourth quarter, FY91, primarily from PO customers who received service that went above and beyond the call of duty. The recipients were chosen by a team of PO staff members based on having gone far beyond basic job expectations, e.g. "that extra mile" in providing quality service.

Ms. Hamell's winning nomination was based on a program of automation training she instituted on her own initiative for members of the EEO staff. Ms. Pickett's nomination was based on the voluntary, unsolicited help she has provided in several other functions of the PO during recent weeks to ensure that service was maintained at the highest possible level.

Nominations for the quarterly awards program are accepted at all times. If you are provided, or observe a member of the PO staff giving service that goes the "extra mile," feel free to complete a brief nomination form and turn it in to any member of the PO staff. Forms are posted in several prominent locations with the PO.

Kathy J. Tober, Chief,
Personnel Office



More recognition for Bendway Weirs Project

The St. Louis District's Construction of Bendway Weirs on the Mississippi River was recently recognized by the St. Louis Section of the American Society of Civil Engineers (ASCE).

The Section presented its Outstanding Civil Engineering Achievement Award to the Bendway Weirs Project at its annual meeting in September. The award was accepted by Jack Niemi and Rob Davinroy on behalf of the District. Mr. Davinroy also gave a slide presentation on the project for the benefit of the over 150 people in attendance.

The award is presented annually to "an engineering project that demonstrates the greatest engineering skills, and represents the greatest contribution to civil engineering progress and mankind."

Awards, consisting of a beautiful plaque, are presented to the owner, the construction contractor, and the engineer. In this case, the District received recognition as both the owner and the engineer. The award for the contractor was presented to two contractors, Luhr Brothers, Inc. and Patton Tully Transportation Co.

Bendway weirs are essentially a series of completely submerged weirs constructed of stone. They are constructed in the river to alleviate siltation on the inside of river bends while simultaneously causing deposition of materials on the outside of the bend. This is exactly contrary to the natural tendencies of a river. The design intent is to substantially reduce the amount of dredging required to maintain the channel while at the same time improving navigation.

The prototype construction project for which the award was received was on the Mississippi River between river miles 24 and 22. This innovative solution to a perplexing problem was so successful that additional projects are currently being designed as part of the Regulating Works Project.

The District is currently preparing a nomination to submit the Bendway Weirs Project for the National ASCE Outstanding Civil Engineering Achievement Award. This nomination will be submitted in December and the winner will be announced next summer.

Drug warning for parents

We are used to hearing about the sale of drugs such as cocaine and heroin. They come in the form of little bags of powder. Most people know what they are. But there are other drugs out there and the means of distribution can be insidious.

Watch out for the following: Small sheets of paper containing BLUE STARS the size of pencil erasers. Each star is soaked with LSD. The drug can be absorbed through the skin by simply handling the paper.

Bright colored paper tabs resembling postage stamps that have pictures of Bart Simpson, clowns, butterflies, Superman, Mickey Mouse and other Disney characters. A stamp called Red Pyramid, along with microdots in various colors. A window pane which has a grid that can be cutout.

If your child gets hold of any of the above, DO NOT HANDLE THEM. They are known to react quickly. Some are even laced with strychnine.

The symptoms of these hallucinogens are: sudden mood changes, hallucinations, uncontrolled laughter, sever vomiting, sudden changes in body temperature.

Festival of Lights at Lake Shelbyville

Anyone traveling to Lake Shelbyville this holiday season who spends the night can take advantage of Illinois' newest tourist attraction, Lake Shelbyville's award-winning Festival of Lights.

More than 250,000 lights now sparkle for visitors as they tour through the festival's three miles

of spectacular light displays in Eagle Creek State Park.

The Festival is open every night through February 2, 1992, from dusk until 9 p.m. during the week, and until 10 p.m. on Fridays and Saturdays.

Last year the Festival drew nearly 100,000 visitors and won the Governor's Award for best new tourism event in Illinois.

"The only way to improve it was to make it bigger," says Ed Forester, president of the Lake Shelbyville Visitors Association which sponsors the event.

If you're scheduled for a trip to Lake Shelbyville, call the management office for more information or for a brochure on the Festival. You'll be glad you did.



On the Soapbox

Telling the District's story this month were:

Around the District

Dr. Neal Lopinot, PD-AE, an IPA employee affiliated with the Center for Archaeological Investigations, SIU-Carbondale, talked about archaeology to two 6th grade classes at Brown Elementary School in Florissant.

Dave Gates, PD-F, gave a slide presentation on the District's Environmental Management Program at the annual meeting of the Upper Mississippi River Coordination Committee in Wisconsin.

Claude Strauser, Chief, Environmental and Recreational Resources Branch, briefed the Chief of Engineers Environmental Advisory Board aboard the M/V Blankinship. Claude spoke on the topic of Environmental River Engineering. Capt. Dave O'Connell, ED-HP, and Capt. Carl Okenfuss, ED-HG, provided commentary during the river inspection aboard the Blankinship.

Riverlands Office

The staff of Riverlands hosted a large number of visitors along with attending speaking engagements in the region in November.

The Riverlands staff conducted a tour of Melvin Price Locks and Dam and the Environmental Demonstration Area for the visiting members of the Chief of Engineers Environmental Advisory Board, who were in St. Louis for their 50th meeting.

Also touring Melvin Price and the EDA were Colonel Miguel Monteverde, Chief of Public Affairs, HQUSACE, and Donna

Willett, Chief of Public Affairs, LMVD.

Earlier in the month MG Pat Stevens, Commander of LMVD, visited Melvin Price.

Park Ranger Julie Ziino and Assistant Manager Dan Erickson spoke to members of Alton's Nature Institute who later toured Melvin Price and the EDA. Ziino also discussed the Riverlands project with the Alton/Godfrey and Jennings, Missouri, Kiwanis Clubs.

Clarksville

Park Rangers Anne Vieira and Julie Ziino presented the video "Opening the Waterways" and discussed the work being done along the Mississippi within the St. Louis District with the Illinois River Carriers Association.

Wappapello Lake

Park Ranger Andrew Jefferson promoted hunting safety and gave hunting tips for those hunting at Wappapello Lake on radio station KZIM in Cape Girardeau, Missouri.

Park Ranger Angela Smith presented the "Life and Times of Greenville" slide show along with slides of the rehabilitation of Memory Lane Historical Walk at Old Greenville to 40 Mingo Job Corps students. Mingo Job Corps volunteered several hours toward maintenance of Memory Lane.

Park Rangers Andrew Jefferson and Tim Bischoff did a live radio interview on the "Breakfast Show" on radio station KBOA at Kennett, Missouri.

They discussed upcoming special events and promoted hunter safety. They will do a monthly radio show beginning in December.

Rend Lake

Park Manager Phil Jenkins spoke to the Chief of Engineers Environmental Advisory Board on the challenges faced by today's public land managers.

Park Rangers Gene Morgan and Gary Campbell were interviewed by radio stations WPSD and WSIL about the 11th Annual Handicapped Deer Hunt.

Lake Shelbyville

Park Manager Winston Campbell spoke about winter recreation and water control during the Mobile WDZQ radio program at Guy's Steak House in Shelbyville.

Park Ranger Maria Shafer conducted a tour of the Visitor Center for 45 senior citizens on a bus trip from Naperville, Illinois.

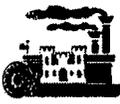
The interpretive staff presented five programs (with a total attendance of 121) during the past month to various school and civic groups.

Carlyle Lake

Park Rangers Andrea Pickard and Kim Mayhew made a presentation of upcoming special events and year-round outdoor opportunities at the lake to a Regional Tourism Council at Rend Lake College.

Andrea Pickard was interviewed for an article on the lake

Continued on page 7



NEWS BRIEFS

Safety awards

Wappapello Lake Park Manager Michael McClendon presented awards to Ron Sells and Missy Ashley for promoting water safety. Mr. Sells is the owner of McDonalds in Dexter and Poplar Bluff, Missouri. Ms. Ashley provided the material layout for tray liners used at McDonalds in support of water safety throughout southeast Missouri.

Lake eco-work

Park Ranger Diane Stratton, along with a wildlife biologist, Charley Shaiffer, conducted an on-site discussion of proposed environmental work on a part of the land around Wappapello Lake. The main topics of discussion were ideas for timber harvest, slough restoration, the routing of the Ozark Trail and habitat suitability for woodducks.

Photo workshops

The Riverlands Association will host two photography workshops/natural history programs on eagles and other raptors. The workshops will feature noted Missouri photographer Frank Oberle and Mike Cook of the Raptor Rehabilitation and Propagation Program, along with some of his feathered friends. The workshops are scheduled for Saturday, January 4th at Winfield High School, and Satur-

day, January 25th at the Clarksville Community Center. For more information, call Anne at 242-3724.

Rescue training

Seven members of the Rend Lake staff completed the PADI-certified search and recovery diver class. Mark Roderick, Jerry Schutte, Jackie Brachear, Trissie Coppens, Diane Fritschle, Jerry Saurwein and David Smothers now join the other members of the Rend Lake Search and Rescue Dive Team.

Handicapped hunt

Rend Lake held its 11th annual Handicapped Deer Hunt. Twenty-six handicapped hunters took ten deer this year. Kudos to the Sesser-Valier Outdoorsman Club and Park Ranger Gene Morgan who did a great job of coordinating the event. More than 100 people attended the banquet honoring the event. Dale Miller, former Assistant Park Manager who founded the event, was inducted into the Handicapped Deer Hung Hall of Fame.

Baby Nussel

Congratulations to Park Ranger Crystal Nussel of Rend Lake on the birth of her daughter, Arielle Nicole Nussel.

Goose blind

Thanks to the volunteer efforts of the Big Muddy Chapter of Waterfowl USA, Rend Lake has a new handicapped accessible goose blind.

Workshop

Lake Shelbyville was the host for the North American Park and Recreation Workshop held from October 20 to 25. More than 50 park professionals from across the country attended. Tours were conducted of several recreation facilities at the lake. Many positive comments were received from workshop participants. This proved once again that the St. Louis District team works.

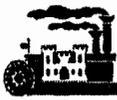
Mow contract

Terry Laws, Joan Schick, Mike Dace and Walter Ohar have been working with Lake Shelbyville to prepare a contract that will allow for the use of government furnished mowers. This will result in the implementation of a previously approved suggestion that has the potential for significant cost savings.

Waste treatment

Construction has begun on a new Waste Water Land Treatment System to serve the Lithia Springs Recreation Area at Lake Shelbyville. This new system is state of the art. Quality control inspection will be performed by lake employee Mark McLean under a cooperative agreement with Construction Division. Completion of the land treatment system is scheduled for late summer 1992.

Continued on page 9




Promotions & Incentive Awards

PROMOTIONS:

James Soehngen, ED
 Edgar Falkner, ED
 Alice Lovett, ED
 Vanester Duff, ED
 Betty Jo Yuncker, OC
 Larry Gutzler, OD
 Kimberly Mayhew, OD
 Norman Carlile, OD
 Diane Stratton, OD
 Cevero Boyer, OD
 Charles Frerker, OD
 Sherman Mezo, OD
 Daniel Ragland, PD
 Betty Slabaugh, RD

EXCEPTIONAL PERFORMANCE RATING

Arlyn McCormick, CD
 Joan Schick, CT
 Kathleen Rice, CT
 Rosemary Puricelli, DC
 James Soehngen, ED
 Calvin Mooney, ED
 Ronald Dieckmann, ED
 Laurie Busse, ED
 Dario Franzi, ED
 James Keim, ED

Rochelle Ross, ED
 Carol Kreutzer, ED
 Obbie Thompson, ED
 Janet Ulivi, ED
 William Levins, OC
 Walter Ohar, OC
 Roger Groner, OD
 Wanda Steen, OD
 Michael Barfield, OD
 Paul Nottmeier, OD
 Brenda Choisser, OD
 Thomas Miller, OD
 Alton Jenkins, OD
 Joan Heckstetter, OD
 Rober Eifert, OD
 Nicholas Miller, OD
 Lucien Bailey, OD
 Peter Coleman, OD
 Bruce Grau, OD
 Robert Painter, OD
 Larry Baltzell, OD
 Darrell Laplante, OD
 Ted Hayn, OD
 Richard Ullman, OD
 Linda Collins, OD
 James Hill, PD
 Richard Astrack, PD
 Richard Mankus, PD
 Francis Walton, PD
 Lois King, PM

Oleva Robinson, PO
 Karon Webb, PO
 Gary Camp, RE
 Sharlene Caulley, RE
 Frank Catalano, RE

PERFORMANCE AWARDS:

John Rabbitt, CASU
 Robin Killen, CASU
 Randy Stewart, OD
 Robert Painter, OD
 James Lynch, OD
 Lowell Summers, OD
 David Berti, OD
 Brenda Choisser, OD
 Oleva Robinson, PO
 Renee Nix, RE

SPECIAL ACT AWARDS:

Frank Humphrey, CD
 Kathleen Souders, CT
 Rosemary Puricelli, DC
 Thomas Furdek, ED
 Janine Hegger, OD
 Brad Laaker, OD
 Juliet Morrow, PD
 Sandra Cotton, PO
 Carolyn Clark, PO

Soapbox Continued

in the "Great Lakes Sailor" magazine.

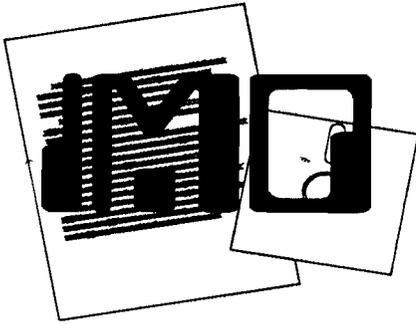
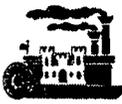
Park Rangers Angela Hasenfuss and Michelle Obermeier conducted a program on winter botany for 84 youths from Carlyle. The program included methods of identification used in winter to identify native

tree species in the area.

Angela and Michelle also presented a waste management/Environmental program to 240 youths from Collinsville, Illinois. The program included a discussion on the importance of recycling. The program introduced new and innovative ways to reduce waste, such as making paper from discarded trash.

Sale

Golf clubs - Complete set, four woods, nine irons, putter and bag. Excellent condition. Call Bill Sutton at 331-8031.



Fax facts

By Ginny Mueller, IM-R

We're in a rush! It must get there now! We need this information immediately!
SO FAX IT!

Information output and input is facilitated by the number of District facsimile machines throughout the District offices.

Just a few reminders when sending fax documents. All documents brought to the IMO to be faxed or sent from any District office must be on 8 1/2" x 11" white bond paper. All fax documents should use LMV Form 646-R Dec. 90 "Facsimile Header Sheet" which must include the recipient's fax number, name, office symbol, and telephone number. (LMVD or HQUSACE for Fax No. just won't do! Also, they have more than one fax machine, and many offices at these locations have their own number.) Please complete the sender information with fax number, name, office symbol and telephone number with the date, number of pages, precedence and any remarks. This information will expedite the sending of your documents.

If you are receiving a fax, please tell the sender to include your name, office symbol and phone number. This will save time in getting the fax to you. You (or someone in your office)

are called when a fax is received in Information Management for you. If the fax is not picked up within a day, then the fax is forwarded to you via the mail system.

Just a reminder, these fax facts will expedite your information.

Software and all that stuff

By Ginny Mueller, IM-R

Believe it or not, on an average of once a day the infamous DA Form 3953 is routed through the IM office with a purchase request for software - sometimes for upgrades, sometimes for the latest version of a software package, sometimes it's to try a new package, sometimes it's... just because.

Off the shelf software packages, without a doubt, can be an invaluable tool in saving developmental time and money. However, newer is not always needed. Software packages fill the shelves of all Divisions never having been opened or used. In our networking environment, most of the "really used software" resides on the file servers.

On the recommendation of the Information Management Council and the Executive Office, in order to standardize on a minimal number of software packages, a survey has been distributed to all supervisors on the use of software packages in each office. Often stovepipe systems, unique applications, Division/HQUSACE requirements dictate a specific software application be used. So when the "EXISTING SOFTWARE USAGE SURVEY" comes your way, provide your input with any and all implications or impact this may have on your organization.

Electronic mail - read, heed, move

By Ginny Mueller, IM-R

Just a typical morning; up at the crack of dawn, cruise Highway 70 to work, and anxiously arrive at the RAY Building and my home away from home - 4-A07-1. Feeling alert and in the know - KMOX provided the local and world news during my drive time; but the REAL Corps news and information is only found on the District's Electronic Mail System - RIGHT HAND MAN.

Through electronic mail (Right Hand Man - known by closest friends as RHM) I can review my daily calender of appointments; schedule days, weeks, and months ahead; check the schedules of all the important people; chat about business (why play phone tag?); manage files, calculate travel money, and, most importantly, send information and disseminate it quickly. I can always gage the day by how many messages I receive about meetings, new assignments, questions, and those important messages on OTHER CORPS ACITIVITIES. How have we ever lived without electronic mail.

Given electronic access to documents, memorandums, information relevant to the Corps, and daily business, we no longer have to look at the stacks of paper on our desks - only to be read in minutes and then tossed into the recycling box. Like instant coffee, e-mail is instant access; and we save a tree in the process. We no longer have to wait for a memo to be written, printed, and
Continued on next page



distributed in paper copy through the mail; a message can be composed in WordPerfect, spell checked, and sent to District personnel in minutes. Just the time savings alone is great! The REPLY feature also has its advantages - no mistakes about what's written; e-mail is very legible!

The capability of read, heed and move will save our file cabinets, office space, and in-boxes! The MOVE AND DELETE keys are equivalent to File 13 for the ole paper memos; no sense accumulating all that information in your mailbox. Just keep important messages for future reference by creating numerous mailboxes; why clutter a files cabinet (what few there are). Even electronic nagging is there to keep you from hiding that overdue Congressional under the pile.

Making information flow throughout the organization faster and easier is just one of the objectives and taskings of the District's Imaging team. By reducing the amount of paper everyone ultimately benefits. Electronic mail (Right Hand Man) allows the sending and receiving of information quickly - to get the right information, to the right people, at the right time.

Check RHM every morning and afternoon. Who knows when you might receive an important message from a very important person! We encourage everyone to use electronic mail for memorandums, messages, announcements, reminders, etc., for both official correspondence and unofficial (business related) correspondence.

The Information Management Office conducts training in the use of RHM. Just give them a call if you need instructions and training. If you need access to a terminal or have forgotten your

Right Hand Man user code, the IM office will be happy to help you.

TO BE INFORMED, START USING RIGHT HAND MAN AS YOUR EVERYDAY BUSINESS PARTNER - IT WORKS!

NEWS BRIEFS Continued

Disabled hunt

Lake Shelbyville held its 3rd Annual Physically-Challenged Deer Hunt. Eight of the 12 hunters harvested deer. A total of 20 volunteers along with Corps employees insured the hunters had a safe and successful hunt. Rangers David Allen and Mike Skinner organized the event.

Archaeology book

Dr. Neal Lopinot, PD-AE, an IPA employee affiliated with the Center for Archaeological Investigations, SIU-Carbondale, was primary author of a multiauthored monograph titled "The Archaeology of the Cahokia Mounds: Biological Remains" published by the Illinois Historic Preservation Agency. The volume is a 268 page contribution on plant remains from this World Heritage archaeological site, by far the largest prehistoric settlement north of Mexico.

CAC gives candy

About 150 bags of candy were donated to the New Life Evangelical Center for use during their Thanksgiving Day meal by your Civilian Activities Council. The candy was that left over from Halloween candy sales.

Top sailing lake

The "Great Lakes Sailor" magazine, which has been searching for choice sailing spots in the Midwest, recently named Carlyle Lake as one of the top ten sailing lakes in the Midwest. Sailing at Carlyle Lake will be highlighted in a feature article in the February/March issue of the magazine.

Deer hunt

The 4th Annual Mark Twain Lake Deer Hunt for the Disabled, sponsored by the Monroe City Lions Club, was held November 23 & 24. The hunt provided an opportunity for those hunters who need a little assistance to enjoy the outdoors, as well as allowing them a chance to "shoot the big buck."

Resource mtg.

The Natural Resource Managers Meeting was held at Degray Lake, Arkansas, November 5-7. Opening remarks at the meeting were made by LMVD Commander BG Stevens. District engineers shared their environmental perspectives. The St. Louis District presentation was made by Major Brontoli, filling in for Colonel Craig, who was hosting the 50th meeting of the Chief of Engineers Environmental Advisory Board in St. Louis. All the St. Louis District lakes sent representatives as well as some of the District offices in the RAY Building.

Flexible bosses

A survey by "Working Mother" magazine shows that women who work for "flexible bosses" are seven times less likely to want to quit their jobs.

They were less stressed both at work and at home than were women who worked for less-accommodating bosses.



Upcoming event

The Federal Women's Program Committee will sponsor their Annual Women's Recognition Day on January 23, 1992. This special event recognizes women in the St. Louis District who received promotions during the fiscal year.

The Committee thanks everyone for their support and attendance at our FWP programs this year. We wish everyone a Merry Christmas and a safe and Happy New Year.

Norma J. Hall, FWP Manager

Managing stress through self-management

By Carol Pitzer, IMO

We all have problems. We all are victims. We all take ourselves too seriously. I personally think the "ultimate" action of taking ourselves too seriously is suicide. People don't commit suicide in the office, even though many threaten murder or suicide because of a coworker, boss or deadline.

Before we define ourselves as a victim, let's stand back and look at ourselves for a moment. As we race through each day and put ourselves under excessive stress, try to bring a little bit of humor in

to each day. Not this type of humor: "Did you hear the one about the" Jokes do not bring joy into your work. I mean the type of humor that celebrates the positive influences in your life.

Today's work place used to have a crisis at the end of the week, end of each month, or each quarter. With today's global competition, new technology that advances faster than you can familiarize yourself with it, and our self induced longer work days with less vacation time, no wonder we think our world is going to pieces. Instead of a weekly crisis, we now have a dozen daily "pressure problems."

The latin root of the word humor is 'umor', which means fluid. When we allow ourselves to be pressured, we become rigid in our thoughts, less creative and inflexible in our thinking. If we would look at the whole situation and see the absurdity of the pressure we contribute to the problems in our lives, we could relax and find solutions a lot faster. Now, when someone tells you to flow, you will understand the meaning.

Flow with a problem can help in the solving of that problem. A pressure situation will not kill you, unless you add to the stress. Look at yourself, the situation, and find the positive view of what is happening to you. If you can see all facets of a situation, you can conquer it. Realize the absurdity of making a work problem a matter of life and death. If you can see the absurdity of your fears, you can solve the problem, come up with the creative solutions and compete.

C.W. Metcalf, an organizational consultant, recommends some simple exercises that relieve stress. Take a 30 second vacation by looking at a postcard of a vacation spot you have visited or an exotic locale you want to visit.

This vacation will get your mind off the current problem and bring you joy from the past. Another method is "plus conversations." Talk about the positive things at work or home for 10 minutes. These conversations will help you to remember the good things that occur in your life. A 10 minute conversation and a 30 second vacation is not goofing off if it changes your attitude and allows you to make good decisions.

So there are many things in your life you can't control, but, by managing your stress through self management, you can improve your outlook of the world. You don't have the power to eliminate stress, but you do have the power to choose how you view your situation.

One last recommendation from Mr. Metcalf on stress relief. When you leave your office at the end of the day, put your papers away, walk to the exit of your area, turn around and say to your problems, like they were your dog, "Stay!" And then have a nice evening with your personal time. While you have a moment, "Did you hear the one about...."

Rend Lake's prairie forb project

The Prairie Forbs Plot at Rend Lake has reached the end of its flowering season. Most of the forba have seeded out. Resource volunteers have contributed more than 150 hours toward continued maintenance of the forb plot, as well as landscape maintenance at the visitor center and the composting project.

Lake staff will gather some of the seeds from the prairie forbs and replant them in hopes of seeing them sprout next spring. They will also save some of the seed for use at the projected Wildlife Demonstration Habitat north of the visitor center.



Recycling Corner

Some of you may have noticed the article in the Saturday, September 14, 1991, edition of the St. Louis Post-Dispatch headlined: "Horn Criticizes Federal Agencies for Failing to Recycle." In this article, Ms. Horn "trashed" the federal government for its wasteful policies on recycling. She cited a report by GAO that found most federal civilian agencies do not have wastepaper recovery programs. She also stated that the GSA "has virtually no recycling policy." Federal officials estimate that each federal worker throws away an average of four pounds of paper per week, or more than 200 pounds of paper per year. Using that figure, the estimated 28,000 federal workers in St. Louis and St. Louis County waste 5.6 million pounds of paper per year.

While we applaud Ms. Horn's desire to reduce federal waste through the establishment of recycling programs, she obviously is not completely informed about the St. Louis District's efforts. The Recycling Committee has decided to rectify this situation by writing a letter to Ms. Horn for Major Brontoli's signature as the Head of the RAY Building Tenant Council. The letter summarizes recent efforts by the Corps of Engineers as well as the other federal agencies within the RAY Building. We thought you might be interested in a similar review and have taken this opportunity to paraphrase portions of the letter below.

There is a successful aluminum can recycling program that has been in place since November 1990. The proceeds go to help the

St. Louis Abused Women's Center. Our agency has adapted an electronic mail system for the instantaneous distribution of information that once would have used tremendous supplies of paper. In preparation for our District's move to the RAY Building, the Corps alone recycled over 15 tons of paper. After settling into the new RAY Building offices, the Corps was instrumental in initiating a building-wide paper recycling program. Al-



though the program has only been in place about two months, data for October 1991 shows we have recycled 18 tons of white paper for that month. This equates to savings of 303 trees, 6,775 gallons of oil, 53 cubic yards of landfill space, 71,320 kilowatts of energy and 124,810 gallons of water! In addition, all old telephone books were collected and recycled in October for the entire building.

Using the numbers cited in the Post article of 200 pounds of paper per year per employee, this equals 17 pounds per employee per month. There are about 2,700 participating employees in the RAY Building. This projects to 45,000 pounds per month for

building participants. We are recycling 80 percent of this amount (about 18 tons, or 36,000 pounds) per month. We're proud to be the exception to Ms. Horn's statement that "Federal agencies are lagging, not leading, the recycling movement."

We don't consider ourselves unique, or even unusual, federal employees. The aluminum can recycling program going on throughout the building was started in DCMAO, which has been recycling paper for over one year prior to the current program. The VA Canteen also had a recycling program in action. Many other agencies in the area are now and have been recycling for some time. Among them are: Scott Air Force Base, NARA and the VA Hospital. These agencies simply recognize, as I believe the majority of federal workers do, the need to recycle is critical and immediate. We feel that this issue is NOT being ignored in government, but rather is getting increased attention.

If you have an issue or question you would like to see discussed in ESPRIT, please contact any of your Recycling Committee members, or write to Aunt Trashie, c/o ED-R. We would like to know what you do with used motor oil, batteries, old appliances - anything that could be recycled rather than put in our landfills. Please! Share your good ideas with us.

We wish you a safe and happy holiday season. Please make one of your New Year's Resolutions to start recycling, if you haven't already. And recycle even more items if you already do recycle.



To Your Health

Aneurysm: Significant risk for men

An aneurysm is a balloon-like dilation of an artery wall, most commonly in the abdomen. Once this bulge appears, it grows gradually and eventually ruptures. Even if the victim gets to the hospital before dying, chances of recovery are only 50 percent.

Aneurysm is the 10th leading cause of death in men over age 55. It produces no symptoms and has the same risk factors as hardening of the arteries: age,

smoking, hypertension, vascular problems. Professors at the University of Washington School of Medicine say an aneurysm is your most significant risk, no matter what other health condition you may have.

An aneurysm is repairable if found in time. Ultrasound tests can spot it. Surgery can correct it, and it won't come back.

Who should have an ultrasound test? Males over 50 who have a history of smoking, high

blood pressure or other vascular problems, and those with a close relative who has had an aneurysm. The more risk factors a person has, the greater the importance of making the ultrasound test a part of his or her routine physical exam.

It has been calculated that such tests might save up to 30 times more lives than mammograms do for women at risk for breast cancer.

How to really burn off fat

Amid the general din of fat-loss sense and nonsense, Trainer Phil Dunphy has some simple good advice: Spend 45 minutes three or four times a week in continuous exercise and you'll lose a pound of fat a week.

Assuming your eating habits are even the least bit rational, exercising CONTINUOUSLY is a quick way to burn actual fat and not just work up a sweat burning up sugar.

Dunphy says that the first 20 minutes of exercise is "set-up

time" and any time after that is actually "fat burning time." Plan on at least 30 minutes of exercise to burn fat, but add another 15 minutes for real fat burning power.

Don't assume that longer is better, however. On the contrary, Dunphy cautions that more than 45 minutes in continuous exercise exposes the average person to injury. For best result increase the frequency of your 45-minute exercise periods. Four times a

week will do the trick.

More frequent exercise raises the metabolism rate and makes your body burn fat more efficiently.

Phil Dunphy, "the man who trained Bruce Springsteen," is an exercise physiologist, the head of HEAR (Health through Exercise and Rehabilitation), and a regular columnist in "Men's Health Newsletter," 33 E. Minor St., Emmanus, PA 18098.

Diet may be factor in cataracts

Studies at Brigham and Women's Hospital in Boston, and elsewhere, show that people who regularly consume larger amounts of vitamins A, C, E and the B Group are less likely to develop cataracts. Experts suspect the anti-oxidants counter-

act damaging effects of oxygen on the eyes.

The message of the studies, says the head of the Laboratory for Nutrition and Vision Research at the U.S. Department of Agriculture Nutrition Research Center, is that, while they do not necessarily recommend vitamin

supplements, a moderate daily supplement is "not a bad idea."

Worldwide, about 50 million people are blind because of cataracts. Surgery is the only treatment. In the U.S. doctors perform more than 540,000 cataract surgeries each year.



Retiree Review

By Kate Stiles

The retirees convened on November 19 at the Salad Bowl with 49 in attendance. Elmer Huizenga was the usual Emcee in his inimitable style.

We had two representatives from the District - Pat Fraley Hasford and Marcia Gerdes. Pat had tickets for the Annual Dinner Dance. Several purchased tickets. So nice to see them.

We were happy to see some new faces and those we hadn't seen for a while. George Clapp was back and looked very well. Betty is on night dialysis. Jim Petersen attended the first time as a retiree. Joe Tadlock, a former assistant Lockmaster at L&D 24, attended for the first time. He retired in 1964. It was great to greet those who had been away for a time. Keep on coming. We miss you when you're absent.

Roger Cuddeback will have 50 consecutive months in attendance in December and yours truly is trailing with 42 months. Come on "Ye Old Faithful." Do likewise.

Our Christmas meeting was discussed at length. Elmer asked all to sign with intentions to either attend or not, with telephone numbers so we can call you if the weather is bad. If the weather forbids, you will be notified of cancellation. Heaven forbid. Surely the weather will cooperate as we all look forward to seeing everyone at this festive meeting. Don't forget to call the reps regarding your intentions so we can give a nose count. We want to have food for all. We have to notify the restaurant in advance.

I reported that Lonnie Stalder has sold her lake home and moved to Salem with her sister. They left the day of the meeting for Florida for two months. They will return to Salem early in January. Lonnie will leave immediately for a Caribbean cruise, then back for knee replacements for both knees. Good luck, Lonnie. They plan to visit Al and Gen Wurst while in Florida. Al and Gen seem to be "status quo." Good luck to this lovely couple.

Virginia Herald had quadruple bypass surgery recently - reportedly doing well. Keep it up Virginia.

Carl Barron is still using two canes. Those old knees!

Carroll Blackwell, former District employee, recently had a light stroke, but is rapidly recuperating at home. Keep it up!

It was reported (by printed page) that Gordon Cordes, LMVD, who is in Kuwait repairing roads, somehow wandered into Iraq and was picked up. As of this report he was on his way to Bagdad! I thought he got lost on the Illinois River on flood duty, but Kuwait? Great going, Gordon.

Bill Haynes, 1962, was again our "Senior Retiree," with Joe Tadlock, 1964, second and then Howard Beinke, 1965. Howard says he is the "senior" agewise.

Our sympathy is extended to the Delwin Spesh family. Mrs. Spesh passed away in late October.

Don't forget - the Salad Bowl on Lindell on Thursday, December 19, about 11. See you all there.

Editor's note: As of Thursday, November 21, Gordon Cordes was in the hands of the International Red Cross and was returning to Kuwait. He had spoken with his family and all was well.

Retiree

Richard Binder retired November 16th from the Mechanical/Electrical Section of Design Branch. He had six years of federal service, all with the St. Louis District.

40 million grandmas

The sheer numbers of grandparents in the U.S. has made retailers stand up and take notice. "Grandma's Shops," mail order catalogs, and entire lines of quality toys are now available with grandparents in mind. The Little Tikes Co. has introduced a Grandma's house (doll house) complete with child and grandparent figures.

A Christmas quote

How intangible and indescribable is the spirit of Christmas! It is something far deeper than mere gift-giving and all the spontaneous joy and gaiety that goes with the season. It expresses itself in the very spirit with which it draws people together. It weaves itself into a golden cord that binds us all into a spirit that has been called for centuries "goodwill toward men." The story of the Babe in the manger, the star of Bethlehem, the three Wise Men, is old but ever new. One cannot think of it without being struck with the rare beauty and simplicity of it all.

J.C. Penney



Is Santa a square?

You'd think by now that the fat man in the funny red suit would realize that he no longer fits with today's world. By modern standards, he's just... passe.

In this jet age, he still runs around in an antiquated sleigh. And that "Ho, ho, ho! Merry Christmas!" is the same old corny greeting he has used for centuries.

The thing that's difficult to understand is: Why do so many millions still love him? It could be that he remains a symbol of people with all the evil removed... to adults, a nostalgic memory of childhood, and to children, someone who loves them as much as they love him.

Santa has other virtues seldom compressed into one individual: He's a happy soul who likes to make others happy. You just can't picture Santa with a frown.

He loves his work, and he's openly enthusiastic about it. Wherever he goes, he spreads this happiness and



enthusiasm. Santa gives, but never takes. He is childlike in his simplicity, yet he can, and does, do miraculous things. In spite of these miracles, however, he never boasts.

He is forgiving. Some chil-

dren may be bad in the eyes of grownups, but never in the eyes of Santa. He truly loves them, faults and all.

He is always gentle, kind, understanding. Many adults will not listen to children, but Santa will.

He's dependable. As sure as stars twinkle and the seasons change, so children know that Santa will come at Christmas as he always has.

There are some who will say Santa Claus isn't real. But what is reality? Is it something you must be able to touch? If this is so, then love, faith, hope, and happiness are also unreal. We know that isn't true.

Sometimes such things as Santa Claus are the only real, permanent things in a confusing, ever-changing world, more enduring than steel or stone. This is because they are loved, and that which is truly loved will always be.

From Liverpool to San Francisco with love

In his youth, Salvation Army Captain Joseph McFee was a sailor. During his leave in Liverpool, England, McFee contributed to "Simpson's pot," a caldron where charitable donations were tossed and later distributed to the poor.

Fate carried the young sailor to many places and a new calling in life. By December of 1891, he was the Salvation Army Captain in San Francisco. There were many poor and homeless persons in his neighborhood. McFee resolved to serve 1,000 Christmas dinners to them free of charge.

Where to get money for the food was a big problem that wouldn't be easy to solve. Then one day he remembered the Simpson's pot.

The next day, he received permission to place a similar pot at the Oakland ferry landing, at the foot of Market Street, and in two other locations. Captain McFee launched a tradition that spread throughout the U.S. and to many other countries.

By 1895, the kettle was used in 30 Salvation Army Corps locations on the West Coast. When two of McFee's officers

were transferred to the East, they took the idea with them.

In 1901, kettle contributions in New York City provided funds for the first mammoth sit-down dinner in Madison Square Garden, a custom that continued for many years.

Today, many families are given grocery checks so they can have dinners in their own homes. The homeless are still invited to share dinner at Salvation Army centers.

The Salvation Army annually aids more than 3,000,000 people during the holiday season.



Pearl Harbor

The attack - 50 years ago

The flutter of the Stars and Stripes, flying atop the mast of the sunken battleship U.S.S. Arizona, is among the few sounds you can hear in the spacious, blue skies above Pearl Harbor now.

Fifty years ago it was different. Fifty years ago, on the sleepy Sunday morning of December 7, 1941, those same Hawaiian skies were filled with enemy war planes.

The enemy attack didn't defeat us. Instead, the unprovoked aggression against us at Pearl Harbor became the common fabric that knitted Americans together and focused us on the solemn tasks that lay ahead. We rallied behind the cry "Remember Pearl Harbor!" as our soldiers marched off to defeat our aggressors.

Today, we pay tribute to those brave souls who faced the first onslaught at Pearl Harbor. Now begins the Army's commemoration of the 50th Anniversary of World War II. This five-year commemoration will pay tribute to the determination and dedication of a nation and its soldiers who defeated the tyranny that threatened the lives of a previous generation of Americans and the lifestyle we know today.

Our soldiers won more than battles in World War II. Their victory preserved our precious Liberty. Their victory ushered in the Atomic Age. Their victory 50 years ago

enabled our victory last year in Operation DESERT STORM.

We've followed the example that the soldiers of World War II, active and reserve, set for us as they responded to the threat and defeated it. And whether it was maintaining our vigilance during 34 years of the Cold War or in 100 hours of combat during Operation DESERT STORM, we have maintained the guard that our World War II veterans taught us was so important.

Veterans of World War II can be proud of our soldiers today. They have all volunteered to serve in the military. They recognize the contributions of those who went before them. They emulate the same pride in being in uniform. They identify with the need to always remain on guard.

As we move forward into the five-year commemoration of World War II, we must remember the sacrifices of those who faced the threat and defeated it. We must pay homage to those who gave their lives so that we may live free.

And when you see the American flag, stand tall. Remember that the same flag flies over the memorial atop the battleship Arizona in Pearl Harbor. The same flag flutters over the men who are buried aboard that ship, the men who will live on like the day of infamy.



Please recycle this issue of ESPRIT