



**ST. LOUIS ARMY ENGINEER DISTRICT**

# **ESPRIT**

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# Corbin's Comments by Col. James E. Corbin



Hi! It's me again. Hopefully, you are all keeping up to date on the various reorganization rumors. Actually, it would be best if you'd ignore them; but, I know that's worse than wishful thinking. Remember -- until there is an approved implementation plan being executed, you don't

have anything.

Most things are going well in most areas, and that's appreciated.

We don't seem to be able to close the gap between the Admin/Support side of the house and the Technical side in terms of our look at structure. Sooo -- I'm going to take care of putting that together myself, based on the recommendations received from the Division Chiefs and from the Position Management Council. Had hoped that if I put everyone through a "Team Building" effort and a missions/functions effort, we would all see how truly interdependent we are and how much we really need to work together. I know, "a true dreamer" -- but it has worked other places. We just have too much personal/institutional baggage built up to handle it well.

The next few months are probably going to be somewhat unsettling for some, particularly those from other districts who apparently (remember no decisions have been announced or implemented) are on the list to close or shrink. You need to be very careful to bite your tongue(s) and not get drawn into any silly confrontations. A lot of people who have done every bit as good a job as any of us are going to feel betrayed, hurt, frustrated and may lash out at some who appear to be in more fortunate circumstances. You can't blame them. They are not at fault as to the decline of the Corps workload. Also, remember we may still end up in their shoes. The final act(s) of this particular Corps melodrama have not yet been written.

Received another award as the St. Louis Chapter of the National Audubon Society's Conservationist of the Year. Told them it was nice, but that it really belonged to you folks. Have spoken to at least 20 groups in the last three or four months. While almost all of them (environmentalist/conservationist/developers) dislike the Corps intensely for a variety of reasons (our secretive unapproachability most, if I had to hazard a guess as to why), they all think the St. Louis District is doing a great job and that you are doing superlative work. I agree!! Keep it up!! Hang loose and Keep On Charg'n!!



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

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# Corbin in slammer



Colonel Corbin was arrested at his desk by two sheriffs and escorted to jail on April 3, 1991. He was charged with misappropriation of funds and attempting to bribe a Congressman.

Corbin entered pleas of not guilty to both charges. The judge ordered him to post \$150 bond. The bond was supplied by loyal St. Louis District employees and Corbin was set free.

It was later learned that the whole operation was a scam. The sheriffs were imposters and so was the judge. They snatched the Colonel just to get the money. The Colonel didn't object too strenuously since the \$161.75 collected was donated to the American Cancer Society.

We salute Colonel Corbin for being such a good sport and the people in the District who donated to such a worthy cause.

Corbin entered pleas of not guilty to both charges. The judge ordered him to post \$150 bond. The bond was supplied by loyal St. Louis District employees and Corbin was set free.

# Computer learning packages are here

Whether you are a beginner or an experienced PC user who wants to know more about computers, don't miss this opportunity!

The Information Management Office, in coordination with the Personnel Training Office, has some new video courses for you. The self-paced videos and "hands-on" exercises offer an effective and exciting learning approach.

The course materials include a videocassette, workbook and data diskette. You can work along with the VCR or view the tape first and then use the workbook to practice on your own.

For further information and check-out procedures, please contact the Customer Support Center at 331-8700.

The following computer learning packages are available for self-training:

1. WordPerfect 5.0
2. WordPerfect 5.0 Advanced Features
3. WordPerfect 5.1
4. Enable
  - Volume I : Word Processing
  - Volume II : Spreadsheet/Graphic
  - Volume III: Database
  - Volume IV : Telecommunications/Master Control
5. Windows 3.0
6. Windows Advanced Features
7. Lotus 1-2-3 Release 2.2 Advanced Features
8. Lotus 1-2-3 Release 3 Advanced Features
9. Lotus 1-2-3 Release 2.2 and 3.1 Dbase III Plus

# Ten principles for communicating

By Lt. Col. Richard St. Denis, communicative skills officer, Field Artillery School

### Before You Communicate:

- Determine your true purpose.*  
Pinpoint exactly why you're communicating.  
Let your audience know, too.
- Get your ideas straight.*  
Gather your thoughts and organize them.  
Think before you write or speak.
- Keep your audience in mind.*  
Tailor your message to their needs and abilities
- Check your message before you transmit it.*  
Double-check your data.  
Edit your written work.  
Practice and revise your briefings.

### As You Communicate:

- Communicate at the right time and place, and in the right mode.*  
Deliver your message at the best moment to have the desired impact.  
Speak face-to-face when possible.  
Don't write unless you have to.  
Use the phone instead.
- Get your message across quickly -- in 30 seconds or less.*  
Say right away what people need to know and why it's important.  
Remember that they're busy, under pressure and easily distracted.  
Don't waste their time. Lay out your ideas for quick understanding.

**(Continued on page 12)**

- 
11. Dbase IV
  12. Dbase IV Advanced Features
  13. Oracle
  14. Unix System



# Promotions & Incentive Awards

**PROMOTIONS:**

Melvin Baldus, ED  
Alan Berman, ED  
Gary Buckholtz, OD  
Daniel Camden, OD  
Linda Collins, OD  
William Groth, OD  
Rozann Heininger, OC  
Janice Hitchcock, ED  
Carl Huber, CT  
Randy Jones, OD  
Kenneth Koller, PM  
Vernell Malare, OD  
Audrey Mayfield, OD  
Deborah Maynard, IM  
Millie Meyer, OD  
Terry Miller, OD  
Teresa Montgomery, OD  
Lon Montgomery, OD  
Wilbur Moore, OD  
Ida Morris, PD  
Phyllis Murphy, PD  
Maureen Murrin, OD  
Melvin Papin, OD  
Raymond Portwood, OD  
Kathleen Queathem, OD  
Walter Russell, OD  
Angela Sanders, RE  
Billie Sanna, OD  
Kathleen Souders, CT  
Kathleen Steinlage, PD  
John Stone, OD  
Steven Wagner, OD  
Johnie Washington, OD  
Jeanette Wellen, OD  
Lawrence Williams, OD

Annette Wolf, OD  
Cindy Zimmerman, OD

**EXCEPTIONAL RATINGS:**

Timothy Brophy, PD  
Gary Campbell, OD  
Kenneth Christmas, CD  
Leo Fortman, OD  
David Harley, PO  
John Hipe, OD  
Harlan Lamb, OD  
Alvin Lookofsky, OD  
Robert Lutz, ED  
Sherman Mezo, OD  
William Nettles, RE  
Theodore Postol, ED  
John Poullam, ED  
Helen Schleipman, DC  
Richard Stubits, OD  
Stephen Summers, OD  
Raymond Zoanetti, OD

**PERFORMANCE AWARDS:**

Donna Adams, OD  
Marilyn Briggs, DC  
Patrick DiBello, PO  
Gary Groenemann, SO  
Harry Hamell, RE  
Michael Hamm, ED  
John Hickam, OD  
Margaret Hurst, DC  
Susan Janota-Summers, RE  
Diane Jones, RE  
Kenneth Koller, PM  
Robert Lutz, ED

Karon Marzec, RE  
Sherman Mezo, OD  
William Nettles, RE  
Douglas Nichols, OD  
Theodore Postol, ED  
Paul Rametta, OD  
Robert Rapp, ED  
Charles Rhoads, ED  
Cynthia Ward, CT  
Linda Wichlan, ED  
Mary Winston, RE  
Anne Woodrome, PO

**QUALITY STEP INCREASES:**

John Jobst, IM  
Gary Sults, OD

**SPECIAL ACT AWARDS:**

Kenneth Anderson, ED  
Charles Birdsong, OD  
Shirley Bledsoe, CD  
William Campbell, OD  
Warren Jones, IM  
David Kirkpatrick, ED  
Carol Kreutzer, ED  
Jean Lindhorst, DE  
William Meldrum, ED  
Maureen Murrin, OD  
John Naeger, ED  
Joe Rodenbaugh, OD  
Lucille Schulze, PO  
Maureen Wagner, LM  
Karon Webb, PO  
Gary Webb, CD  
Kathleen Weir, OD  
Anne Woodrome, PO



# On the Soapbox

Telling the District's story this month were:

## Around the District

Claude Strauser, ED-HP, spoke to 40 people aboard the M/V Mississippi during a tour of the Mississippi from St. Louis to Chester, Illinois. Claude discussed the history and development of the Middle Mississippi River. Claude also spoke to two foreign Army officers from a German reserve unit visiting St. Louis District as part of a professional development/partnership trip. He discussed the history of the Middle Mississippi and recent engineering efforts to provide a safe and dependable navigation channel.

Brian Kleber, PM-M, spoke to 80 members (students and faculty) of a student chapter of the American Society of Civil Engineers at the University of Missouri - Rolla about the history and methods of construction of Melvin Price Locks and Dam.

## Riverlands Office

The Riverlands Area Office staff led 100 members of the Olin Management Club on a tour of the Melvin Price Locks and Dam.

Monica Ellis, Brad Laaker, Kathy Weir and Ron Fisher recently staffed the Riverlands booth at the Environmental Expo, April 19-21, at Kiel Auditorium. Lawrence Williams and Kathy Weir, alias Woodsy the Owl and Riverlands Ranger appeared in the All Species Parade in Tower Grove Park for Earth Day St. Louis. A computer program designed by Riverlands Association Executive Director Ray

Breun was particularly successful at the event.

Special thanks to Riverlands Manager Pat McGinnis, Terry Norris and IPA Mark Hall for giving presentations at the Expo.

Pat McGinnis gave a special presentation at the annual St. Louis Audubon Society banquet. Col. Corbin was honored at the banquet. McGinnis also met with PRIDE, Inc., to discuss Adopt-A-Shoreline and other shoreline cleanup efforts. He also gave presentations to the Alton Motor Boat Club and the Missouri Native Plant Society.

## Rend Lake

Park Ranger Mark Roderick spoke to 12 students at Benton Middle School who were doing a special study unit on Ecology. Mark talked about how the Corps' Environmental Management Program aids wildlife. Mark also spoke to 150 students at Ina Public Schools about recreational opportunities at the lake. He gave a tour of recreation facilities to 12 students in the Recreation Program from SIU-Carbondale. Thirty students at Ina Public Schools learned about boating and water safety from him. Mark provided information on both seasonal and career employment opportunities with the Corps to students at Rend Lake College during their annual Career Day. And he spoke to eight members of Williamson County Emergency Services and Disaster Agency concerning search and rescue operations at the lake.

Park Ranger Ray Zoanetti did several interviews with radio and television stations about Earth

Day activities at Rend Lake. He was interviewed by WSIL-TV concerning the value of wetlands and the Corps' Environmental Management Program. Ray also appeared on Mt. Vernon's WMIX "Inquirer" program about spring waterfowl migration, fishing prospects and recreational opportunities at the lake.

Park Ranger Dave Smothers presented a program on native wildlife species to 35 residents of the Enfield Life Care Unit.

Park Ranger Dawn Kovarik spoke to 12 members of the Christopher Women's Club and 20 members of the Benton Women's Club about Wildlife Management Techniques at the lake.

Seventy attendees at the Sesser Chamber of Commerce Public Meeting listened to Park Manager Phil Jenkins explain the new programs and facilities the lake will offer this year.

## Lake Shelbyville

Park Manager Winston Campbell has recorded a series of safety messages at a local radio station which will be aired in Mattoon, Decatur and Shelbyville during the recreation season. The messages will pertain to boating, swimming and campground safety.

Park Ranger Terri Morris took 19 students from the Sacred Heart School in Pana, Illinois, on a tour of the dam.

Leanne Crouch from Lake Shelbyville and Shelly Howald from Mark Twain Lake promoted their projects at the Springfield, Illinois, All Sports Show over Easter weekend.

(Continued on page 12)



# NEWS BRIEFS

## Carlyle cleanup

Hundreds of people took part in the second annual Carlyle Lake Cleanup/Earth Day celebration held on April 21. The cleanup was coordinated by Park Ranger Joe Smothers.

Volunteers provided boats to take shoreline cleaners to points all along the lake shore.

Area Congressmen addressed attendees. Many exhibitors were on hand to answer questions about awareness and action that can help preserve our environment.

## Shafer award

Park Ranger Maria Shafer, from Lake Shelbyville, recently received a 10-year service award from the Illinois Department of Conservation. Maria has been a volunteer safety education instructor, which included hunting, snowmobiling and boating safety classes.

## Video production

The Lake Shelbyville Dam was used as a backdrop for a video produced by the Shelbyville High School Discussion Group. The video, which focused on environmental issues, is being exchanged with many U.S. high schools and international schools including Moscow and Panama.

## Tourist attraction

Lake Shelbyville has once again been named the number three tourist attraction in Illinois in total visitation. The top two attractions are the Lincoln Park Zoo and the Museum of Science and Industry in Chicago. Lake Shelbyville is Central Illinois' top attraction.

## Hunter safety

Park Rangers Dawn Kovarik, Mark Roderick, Ken Pierson, Gene Morgan and Dave Smothers, in cooperation with the Illinois Department of Conservation, taught a Hunter Safety Course to 30 Southern Illinois hunters at the Rend Lake Visitor Center. The students ranged in age from nine to adult. Studies included wildlife management practices, hunter ethics and firearm safety.

## Earth Day

Ninety-seven people braved the cold and rainy weather to participate in Earth Day activities at Rend Lake on April 20. The volunteers aided lake staff in planting trees, monitoring existing nesting structures and building new nesting structures for a wide range of species. The afternoon program focused on recycling bio-diversity and the value of wetlands.

## Marketing

Riverlands Manager Pat McGinnis was appointed to coordinate the marketing activities of the Partners in Wetlands organization.

## Litter pickup

The collection of 36 cubic yards of litter and debris by District volunteers and local school children on Earth Day 1991 provided a successful launching of the Riverland Adopt-A-Shoreline program. IPA Mark Hall led area 7th graders in a tree planting effort. Four hundred trees were planted at the EDA on Action Day, April 22, bringing the total of trees planted for the entire Earth Week to 4,000.

## Workshop

OD-RM in cooperation with the Riverlands Association and the Environmental Education Association of Illinois hosted the first Riverlands Regional Environmental Education Workshop at Pere Marquette Lodge in April. About 80 teachers participated in the event which included a variety of field trips and workshops focusing on the environmental education opportunities in the Riverlands Area Office. Tom Keevin, PD-A, Terry Norris, PD-A and Claude Strauser, ED-HP, gave informative presentations to the teachers aboard the Belle of Grafton. Anne Vieira coordinated the event.

## Seabees

The Reserve Naval Construction Force Support Unit Four, known as the Seabees, from Cape Girardeau, signed a volunteer agreement with Wappapello

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# The perils of plastic

(Edited from Health Magazine, June 1990 issue)

The three major constituents in landfills are paper, yard waste and plastics. This society's love for convenience and sanitation has promoted the proliferation of plastic in everyday life - bottles, food containers, household items and construction materials. Production of plastic wares in the U.S. has skyrocketed from three billion pounds in 1958 to 57 billion pounds in 1988, a whopping 228 pounds of plastic per person per year. Despite these startling statistics, plastic's contribution to the landfill problem has been exaggerated and the remedies oversimplified.

Plastic can affect the environment from the beginning of its production process. It is derived from petroleum and toxic chemicals are released into the atmosphere during its manufacture. A by-product of Styrofoam production has been identified as the leading contributor to the depletion of the earth's protective ozone layer.

Once used and discarded, plastic may again become a hazard. Packaging from tape cassettes, frozen microwave dinners, beverage containers and innumerable other goods is soon thrown straight into the trash.

Plastic may not break down for hundreds of years once deposited in a dump. And when it does, toxic substances may be released into the groundwater.

A simple trip to the beach can provide dramatic examples of 'discard mania' that has grown from overuse of plastic. In 1986, 122 miles of Texas coastline yielded 124 tons of debris. Two-thirds of it was plastic. A recent study by EPA found three-quarters of floating debris in U.S. harbors was made of plastic.

Plastic is also dangerous to marine life. Turtles have been found dead, their stomachs packed with plastic sheeting eaten because it resembled jelly fish. Marine animals and birds routinely get entangled in empty plastic rings from discarded beer and soda six-packs.

Plastics advertised as degradable are either photodegradable or biodegradable. That is, they are broken down through chemical action from sunlight or microorganisms in the soil. Unfortunately, neither interaction can occur to any significant degree in the tightly-packed strata of garbage.

Another misconception is that recycling is a realistic remedy to

the problem. Today, only one percent is recycled. Markets for large-scale recycled materials do not exist yet.

What can you do?

- \* Reuse plastic bags or donate to local food co-ops.

- \* Carry groceries in reusable baskets or string bags as the Europeans do.

- \* Buy reusable products, even if less convenient, i.e. instead of plastic disposal razors, try razors with replaceable blades.

- \* Buy products in the largest container available. Buy in concentrated form, when available.

- \* Buy food in bulk and/or fresh food to avoid plastic food wraps on fast/frozen food.

- \* Make recycling a daily routine. Most cities have some kind of recycling center.

- \* Write federal, state and local representatives to support recycling and responsible disposal of solid waste.

The best way for reducing the amount of plastics is to minimize their use. The less plastic we use, the less we have to burn, bury or pile onto trash mountains growing just over the horizon.

## Reorganization of the Corps

Over two years ago, we began to plan a reorganization of the Corps to better structure ourselves in line with present needs and our vision of the future.

What started as a Corps initiative was in essence endorsed conceptually by the Congress in the Fiscal Year 1991

appropriations process. We had devoted one year to criteria development and had nearly finished designing a reorganization process when, in October 1990, the Defense Base Closure and Realignment Act was passed to help the Department of Defense realign its CONUS basing.

We saw the new "BRAC" law as an opportunity to incorporate our reorganization effort into a broader departmental process. We accelerated our studies and assembled a recommendation in accordance with the BRAC process. We found that we could

**(Continued on page 10)**



# Asian-Pacific American Month



May is Asian-Pacific American Heritage Month which offers everyone an opportunity to reflect upon Americans whose origins lay in the Far East. The first observance and proclamation by the government was signed in October 1978. May was chosen as the time for the observance because May marks the anniversary of the arrival of the first Japanese immigrants to America. May also marks the anniversary of the driving of the Golden Spike, highlighting the contribution of Chinese-Americans to building this

country's transcontinental railroads.

Today over five million Americans trace their ancestry to the original people of Asia and the Pacific Islands. Their diverse culture and history have enriched this nation by making a significant impact on everyone's lives.

Asian-Pacific Americans make up about two percent of the nation's population, but the number is expected to rise sharply by the year 2,000. Their growing numbers will continue to contribute to our nation. They first began to work in significant numbers for the federal government during World War II. During the 1950s and 1960s their numbers in federal service increased significantly. They now occupy prestigious positions at the highest levels of the federal government.

Asian-Pacific Americans have served in virtually every war in United States history. They occupy important posts throughout the American military establishment.

Norma Hall  
EEO Specialist

# Memorial Day 1991



We can't say whether Memorial Day 1991 will be more important or memorable than Memorial Days of the past. We can say that the fresh memory of young men and women who gave their lives in Operation Desert Storm makes it more poignant right now.

Unlike wars like World War II, which had heavier losses, Desert Storm had, well, only a few.

What makes them so important is our new feeling of patriotism and humanity in this country. Now, the loss of even one life touches all. Now, the single service man and woman is viewed as a person instead of a part of an army or navy. Each is seen as an individual with personal hopes and dreams, with parents and children, brothers and sisters.

On Memorial Day we honor the memory of all who have fallen in the defense of our country and its standards. This year we particularly honor the precious sons and daughters who served so well and so recently.



U.S. SAVINGS BONDS





# Until they all come home Armed Forces Day: Bask in freedom's glory

By Carolyn Clark, PO-T.

The Yellow Ribbon is symbolic of the unity of America through our hearts and minds and a tribute to all those who have come back from Operation Desert Storm, those yet to come back and those who made the supreme sacrifice for their country.

We want to pay tribute to all the men and women of the Armed Forces and to the civilians who have sacrificed so this great country will remain the free nation that it is, representing all that it stands for.

Let us remember and pay tribute to all the veterans from all the wars and all those who gave their lives to keep us free. Operation Desert Storm and the homecoming of our troops has given new hope to other veterans as well. Now they see a pulling together of the country and a rekindled feeling of unity that they may not have known when they came home.

A young man in his early twenties was recently heard to say, "For the first time in my life I realize that everything in life is a privilege! A drink of water when you want it, a shower, even a floor to sleep on." We so often take for granted that which we have all the time.

Let us never forget the pride we feel for the men and women who have served our country and for the Armed Forces who continue to do so daily. These same men and women, whether in the United States or stationed half-way around the world, stand for what our freedom means. As President George Bush said, "God bless America." No one could

**(Continued on next page)**

By F. Peter Wigginton  
American Forces Information Service

On Saturday, May 18, America will honor members of its armed forces.

Major events across the country will take on increased significance this Armed Forces Day because many Desert Storm homecomings are expected around that time. The theme, "Eternal Vigilance: The Price of Liberty," heralds this year's events.

In Chicago, week-long activities will include military bands performing at several downtown locations. Dinners and luncheons will toast armed forces members. A formal military ball will feature the Air Force Academy show band for about 1,000 guests on Armed Forces Day. A rally in Daley Plaza will be held in lieu of a marching parade.

Hollywood, Calif., has scheduled a two-hour parade before an estimated one million citizens to welcome home Desert Storm troops and to honor Korean and Vietnam veterans. Bob Hope and Jimmy Stewart will serve as honorary chairmen.

Since it was first celebrated on May 20, 1950, Armed Forces Day has provided an opportunity to pay tribute to the men and women of the armed forces. Prior to 1949, each service conducted its own day of ceremonies at varying times of the year.

On July 26, 1947, Congress approved the National Security Act, which combined the executive departments of War and the Navy into the single Department of Defense, created a new cabinet post of secretary of defense and

consolidated the U.S. Army, Navy and Air Force into a single national military establishment.

Two years later, Defense Secretary Louis Johnson announced the creation of an Armed Forces Day to replace Army, Navy and Air Force days. The annual date was to be the third Saturday in May.

The first Armed Forces Day saw 10,000 troops of all branches parade past President Harry S. Truman in Washington, D.C., while in New York City, an estimated 33,000 participants celebrated under an air cover of 250 military planes. Mothballed World War II battleships -- USS Missouri, USS New Jersey, USS North Carolina and USS Iowa -- lowered their gangplanks for public inspection.

Since that time, parades, open houses, receptions, prayer services, air shows, special exhibitions and other events have commemorated Armed Forces Day.

As President George Bush stated, "Armed Forces Day provides a welcome occasion for all Americans to convey our heartfelt thanks to our brave men and women in uniform. Those of you who serve in the Nation's military have accepted a great responsibility -- one that entails personal risk and sacrifice.

"Our recent military action ... provides a poignant example of how members of the armed forces have ably defended both the lives of their fellow citizens and the universal cause of freedom. It was a tremendous demonstration of the courage and skill that have always been hallmarks of America's military personnel."

**Home cont.**

have said it better with any other phrase.

A few of the family members of those serving in Operation Desert Storm have gathered on Wednesdays for lunch, to share cards, letters and phone messages, and to let each other know they weren't out there by themselves. This has helped each of us. No one was ever too busy if someone needed to talk. This gave hope and brightened the days of many. The men and women serving in Operation Desert Storm were happy for the support for their Moms, Dads, Wives, Brothers, Sisters, Aunts, Cousins, etc., since they were worried about them.

We would like to take this opportunity to thank our Corps family for all your support and that of your families who asked about our loved ones and shared in our deep concern. We thank you for the cards, letters and packages, and for your smiles, comments of concern and, most of all, your prayers. All these things have helped so many get through some very trying times. It made everyone feel better to see such a joining of support in the ribbons, pins, posters and shirts. We say, "Thank You" to each of you for allowing us to honor our civilian and military families of those who have served our country and are still serving our country in Operation Desert Storm, and for joining us in that honor. May God richly bless each of you, for you truly have made the difference in each of our lives with your caring.

Let us keep the yellow ribbons in our hearts and minds "Until They All Come Home."

**Wanted**

Pool table and cartop carrier.  
Call Ben Hawickhorst at 331-8455.

**Reorganization cont.**

adapt the essentials of our previous efforts to BRAC, and we developed a solid proposal.

While fully agreeing with the need to reorganize the Corps, the Department elected not to include us in its BRAC-91 recommendation. This decision was based upon the belief that an alternative process would be more appropriate for the Corps with its combined military and civil missions. I totally support that decision.

Although we are not in BRAC-91, we will work to maintain momentum and develop a process specifically tailored to the Corps.

The BRAC process enabled us to move light-years ahead in our reorganization planning efforts. Using the disciplined BRAC methodology and prescribed criteria and weights, we created the framework for our recommendations. Now, outside of the BRAC process, we can revise the effort to better reflect our vision and the uniqueness of the Corps.

**Fund offers scholarships to federal families**

Application deadline is June 7 for Federal Employee Education and Assistance Fund college scholarships for the 1991-1992 school year.

The program, in its fifth year, is open to federal employees and their family members. The employee must have at least three years of federal service. Regional committees award the scholarships, which range from \$250 to \$1,500, on the basis of grades, test scores, an essay, a recommendation, awards and activities.

An applicant must have a grade point average of at least 3.0 on a 4.0 scale and plan to enroll

We will continue to use the Corps vision as the foundation upon which our reorganization and implementation plans are built. Among other things, that vision holds the promise of providing challenging, meaningful career opportunities for all Corps members. You and I, thus, have 40,000 reasons for committing our total energy to accomplish a reorganization capable of fulfilling that promise.

It will take a committed teamwork to achieve a lasting solution. It will also take understanding and flexibility. There will never be a solution that satisfies everyone in every way. As a team, we can design the Corps of the future while preserving our commitment to our vision and our people.

We must take advantage of this one-time opportunity to become more cost effective, more flexible and more competent. This will benefit our customers and partners, the Corps itself and the nation at large.

Lt. General Henry J. Hatch  
Commander

or be enrolled in a degree program in an accredited two or four-year college. Federal employees can be enrolled part time; family members must be full-time students.

Combined Federal Campaign donations and a Blue Cross/Blue Shield grant underwrite the fund, which also makes college loans of up to \$20,000.

For details and scholarship and loan applications, send a self-addressed, stamped envelope to:  
Federal Employee Education and Assistance Fund  
8441 W. Bowles Ave., Suite 200  
Littleton, CO 80123



# Suggestion highlights - Army Ideas For Excellence Program

Our thanks and congratulations to the following employees for their suggestions that earned cash awards recently:

Michael Hays, OD-RJ, earned a cash award of \$821 for recommending installation of the Sloan Water Watchman in the public use system at Mark Twain Lake, thereby reducing water usage, electricity on pumps and inflows at treatment plants. This idea will result in anticipated first-year benefits of \$8210 at Mark Twain Lake.

A suggestion that was declined in July 1990 was reevaluated, approved and implemented as a temporary and possible

backup measure when an emergency occurred at Melvin Price Locks and Dam. William Jones recommended installing slack cable switches on gate cables and counterweight cables, increasing operating safety at Melvin Price Locks and Dam. Mr. Jones has earned a cash award of \$100.

According to the regulations, the suggester has two years proprietary rights and if his/her idea is used within that time, the employee is entitled to recognition. The above case is a good example.

Even though your suggestion may be declined, there's always a

chance it may be used in the future when conditions change. That's why we encourage employees to resubmit their ideas after their two year proprietary rights expire.

In addition to these awards, we have forwarded checks to several employees for ideas that earned them \$25 to \$75. As a matter of fact, we have presented fourteen cash awards for the first two quarters of FY91.

Your name could appear in this column sometime in the future. Send your money-saving ideas to DC-M today!

## *A cronology*

# Corps part in rebuilding of Kuwait

On January 4, 1991, the Kuwaitis formally requested emergency assistance from the Corps of Engineers for the Ministries of Public Works, Electricity and Water and the National Guard. The request covered only the emergency phase, estimated to be 90 days from the date of entry into Kuwait.

On January 9, in response to the Kuwait request, the Defense Security Assistance Agency approved a foreign military sales (FMS) case for damage surveys and assessments of repairs, contracting for restoration planning and repair and restoration of basic infrastructure.

The Kuwaitis signed the \$46.35 million FMS case (\$45 million for assistance and \$1.35

million for the U.S. administrative costs) on January 14.

On January 16, the Corps of Engineers began detailed discussions with the Kuwaitis concerning details of the scope of work of the assistance.

On January 24, the Under Secretary of the Army assigned oversight responsibility for all Army actions associated with emergency and reconstruction assistance to Kuwait to the Assistant Secretary of the Army for Installations, Logistics and the Environment, in coordination with the Assistant Secretary of the Army for Civil Works and the Army General Counsel. Also on that date, the Director of the U.S. Trade and Development Program issued the Foreign Assistance Act,

Section 607(a) determination necessary for the provision of reimbursable services to Kuwait by U.S. government agencies. The Corps' Kuwait Emergency Recovery Office (KERO) advance party deployed to Dhahran, Saudi Arabia on January 30, and the KERO commander deployed on February 7.

During February 13-19, the Corps published notices in the "Commerce Business Daily" seeking firms or joint ventures interested in prequalifying for construction, architect-engineer services and life support services contracts for the emergency assistance to Kuwait.

On February 19, U.S. Ambassador Gnehm and Kuwait's

**(Continued on next page)**



## Kuwait cont.

Minister of State for Foreign Affairs concluded a Memorandum of Understanding concerning the reconstruction of infrastructure and restoration of basic services in Kuwait between the Government of the United States and the Government of the State of Kuwait.

On February 21, based on their assessment that the existing \$46 million foreign military sales (FMS) case would be inadequate for the emergency period, and to avoid an interruption of activities from a lack of funds, the Kuwaitis requested additional assistance from the Corps of Engineers up to a total of \$100 million, including the original FMS case. This request also expanded the ministries for which support would be provided to include the Ministry of Defense.

At the request of the Kuwait government, on February 25, the Corps of Engineers issued a request for proposals from contractors for contracts for the emergency services. The Corps has awarded nine contracts totalling \$28.2 million to eight firms. Five of these contracts were awarded to U.S. firms, two were to Saudi Arabian firms, one was to a Kuwaiti firm and one to a British firm.

With these contract actions and the Corps' operating expenses for damage assessments and contract administration, all of the \$45 million currently available from the foreign military sales case, except for \$2 million reserved for contingencies, has been committed. Approval of the additional Kuwaiti-funded assistance (about \$53.6 million) is awaiting the interagency coordination, negotiation and execution of a Department of Defense-Government of Kuwait memorandum of understanding.

The Corps has deployed 128 employees to the region to manage and execute the emergency recovery effort. We have other personnel on stand-by if they are needed.

The Corps of Engineers involvement in the rebuilding of Kuwait is extremely limited at this time. Presently, the United States has only agreed that the Corps of Engineers will manage \$45 million worth of such assistance. This may increase to \$100 million during the emergency recovery period, which is estimated to extend for 90 days.

The overwhelming majority of the effort to rebuild Kuwait has not been initiated, and the method the Government of Kuwait will use to implement the reconstruction effort has not been decided. The Government of Kuwait will decide the level of foreign participation in the rebuilding of Kuwait and which reconstruction projects will require foreign participation.

Most of the potential for U.S. business involvement, including small business involvement, will result from the long-term reconstruction effort beyond the 90-day emergency period. We do not know how this long-term effort will be implemented by the Government of Kuwait. The Department of the Army contracting program in support of the restoration of Kuwait will aggressively pursue all U.S. small business requirements to the extent they are consistent with the Kuwait/U.S. agreements.

The "Commerce Business Daily" announcements will be the way small businesses may learn about contracting or subcontracting opportunities for those contracts awarded by the Corps of Engineers under the Kuwait Emergency Recovery Program.

## Soapbox Continued

Park Rangers at Shelbyville have begun guest speaking on the "Talk of the Town" radio program on WSHY. Every two weeks rangers discuss such things as lake level, fishing reports and special events.

Park Ranger Larry Gutzler spoke to 87 members of the Effingham Cub Scout Pack 136 about snakes. He also presented "Invite Wildlife Into Your Backyard" to 26 members of the American Association of Retired Persons.

Tours of the dam were conducted by Park Rangers Dee Carlock, Toni Cyr and Terri Morris for the Pana, Illinois, Boy Scouts and the Mattoon YMCA.

Lake Shelbyville staffed a booth at the Mattoon Mall Trade and Travel Fair.

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## Communicating cont.

*Communicate to express your ideas, not to impress someone.*

Draw attention to your message, not yourself.

Come across as a sensible person who knows plain English is best.

*Be yourself. Write the way you speak, speak in everyday English.*

Be personal. Don't hide behind a bureaucratic mask.

Imagine your reader is in front of you. Talk to him.

When writing for someone else's signature, adopt his or her tone.

*Watch out for interference that confuses your message.*

Consider the underlying message in your words.

Be aware of outside messages that may disrupt yours.

### After You Communicate:

*Follow up.*

Check to see that your message got through.

Fight for feedback from your reader or listener.



## Public Service Week: Tribute to a noble profession

Since 1985, the president and Congress have paid tribute to federal, state and local government workers with Public Service Recognition Week, beginning on the first Monday in May.

A special emphasis of celebrations May 6-12 is to acquaint young people with public service. Some schools conduct special programs and field trips. About 35 cities sponsored events in shopping malls in 1990, and many are scheduled to do the same this year.

Government employees in more than 350 cities nationwide took part in last year's celebration with everything from award luncheons in New York to a golf tournament in California, and from a picnic in Birmingham, Ala., to a job fair in Chicago.

Radio stations aired public service announcements about local events, newspapers printed editorials on public service, and the Public Broadcasting System showed a film across the country. Parent-teacher groups, schoolchildren, television stars and corporations all took part.

The week's events were designed to thank employees for the hard work that often goes unrecognized and to provide an opportunity for the public to learn more about both government contributions to quality of life and career options in government.

# How to reduce air crash risk

Just when people have accepted air travel, safety experts say we should plan ahead for a crash during the landing or take-off.

A passenger can reduce the odds of death or serious injury, in spite of the popular idea that people don't stand a chance in an air crash. Between 1983 and 1990, 181 accidents involving major airlines resulted in fewer than 1,000 deaths, although 18,000 people were involved.

Crash-safety experts say there is plenty a passenger can do. Simple tips include avoiding clothes made of synthetic fibers, which can melt on the skin during a cabin fire; wearing low heels, staying awake and sober during the takeoff and landing, which are statistically most dangerous, and curling up your body into as tight a crash position as possible to lessen the chances of being hit by debris.

In the recent US Air crash at Los Angeles, 22 persons in the US Air plane lost their lives. Only one was still belted into the seat when found. Others were found by front exit doors that didn't open.

One of the most significant lessons of that crash: Don't automatically rush to the front of the aircraft. Check other exits to see where people are actually getting out.

The National Transportation Safety Board's survival-factors division is pushing for more passenger education. They want passengers to know more about opening a hatch, putting on the oxygen mask and life jacket.

Passengers who fly frequently should also pay close attention to the safety instructions given before take off. Escape plans for different aircraft vary widely. All aircraft must have escape plans that allow the cabin to be evacuated in 90 seconds. Tests, however, are done with able-bodied adults, rather than a general mix of all ages and physical conditions.

In the Los Angeles crash, some 18 people were found just a few feet from emergency exits. Some safety experts recommend that passengers count the rows to the nearest emergency exit. In a cabin fire, just as in a house fire, crawling through less-dense smoke near the floor is advised.

Air crash planning may seem inappropriate for your light-hearted vacation trip, but as with safety precautions in any situation, thinking ahead could make the difference in your being a victim or a survivor.

## Reduce fax costs

Fax costs add up fast. To reduce them, consider these steps:

- \* Fax when phone rates are lower. When after five p.m. is soon enough, send it then.
- \* Send fewer pages. If only one page of a 5-page report is needed right now, just fax that. Then drop a copy of the full report into the mail.
- \* Guard your fax number. Junk coming through the fax increases paper costs and ties up phone lines.
- \* Make sure faxing is the best way to send a message. If a brief phone conversation is cheaper, make the call. Use fax to send material with many details.



# Retiree Review

Attendance stayed above 40 at the April luncheon, but just barely, with 41 present.

Ruth Ziden, formerly with Admin Services, attended for the first time and Beulah Snider made her second appearance.

Those attending for the first time this year included Gordon Davis, Arnold Gihring and Ruth Pollaro. The latter just returned from her winter retreat in Texas.

Laurel Nelson has apparently decided that California is just a little too laid-back for her tastes and has returned to St. Louis to live.

Continuing their unbroken attendance records were Kate Stiles (34 months) and Roger Cuddeback (43). And Howard Beinke was, as usual, the Senior Retiree Present.

Elmer Huizenga resumed his emcee role, moving around much better on his new custom-fit knee joint.

Reports on friends included:

-- Ollie Hessler back in intensive care with complications of his lung trouble.

-- Al Wurst is up and down; his heart is weak.

-- Bill Douglas sent a note saying his health remains good, but he has eye problems and is not sure when he may be able to join us again.

-- Lou Chiodini had hoped to be home by the end of May, but recent developments in Iraq may keep him over there longer. (editor's note - Lou is back as of this writing)

Larry Jenneman dropped by for a few minutes, but couldn't stay long. He is seeking volunteers to help the CAC with the Annual Picnic in June.

Jack Niemi represented the District and accused this reporter of exaggeration for writing that he "spoke at length" last month.

So, let us say that Jack made very, very brief comments about the Corps having been removed from the Pentagon's Base Closure and Realignment Plan. "Insiders" (usually reliable sources) -- or was it a highly placed administration official? -- says that means there will be NO reorganization of the Corps during the remainder of this century. Mr. Niemi gave us a hand out on the subject (to avoid speaking at length?).

Come on out to the May luncheon and perhaps you will have a chance to judge for yourself.

As always, it will be the 3rd Thursday - May 15; at the Salad Bowl; gathering from 11 a.m. on; lunch around noon. Do come join us.

## Retirees

Kenneth Christmas, retired from the Greater St. Louis Area Office on May 3, 1991, after 30 years of federal service.

## Condolences

ESPRIT has learned that Roy C. Elliott, one of our original lockmasters, passed away some time ago.

Roy started with the Corps as a surveyman. He worked at Locks and Dam 26 during its construction and then at Lock and Dam 25 during its construction. He became the first lockmaster at L&D 25 upon its completion in 1939. He took over as lockmaster at L&D 26 in 1941.

He became the first lockmaster at Locks 27 in 1952 when it was nearing completion. He was lockmaster there until 1970, when he retired.

## NEWS BRIEFS continued

Lake. Their first project was to install a ceiling in a group picnic shelter.

## Job Corps at Wappapello

The staff at Wappapello Lake coordinated with carpenter/maintenance trainees in the Mingo Job Corps to construct and install bulletin boards and brochure boxes for the Ozark Trail.

## Displays for Wappapello

The Sears Youth Center has constructed four self-standing displays for the Corps at Wappapello Lake to be used for various promotional projects. The displays are being used to exhibit water safety information in elementary and high schools around the lake.



# To Your Health

## Learning to cope with your spring allergies

The hay fever season officially begins in August, but for many plant-allergy sufferers, spring is the sneeziest time of the year.

There's more to it than a sneeze. The Johns Hopkins Asthma and Allergy Center says victims of allergic rhinitis (the actual name for seasonal allergies) experience itchy eyes, sore throat, ear pain, fatigue, headache and irritability, and possible asthmatic reactions to grasses, trees and flowers of spring.

About one in 11 visits to physicians each year is allergy prompted. In spite of this surprising percentage, only one in ten sufferers follows up with a visit to an allergist to find out what the offending plant might be and what can be done to avoid suffering next year.

Actual symptoms are produced as the body produces IgE antibodies to protect itself. It further releases inflammation-causing mediators into the nasal passages, the best-known of which is histamine. The self-protection from the allergy continues with release of powerful bronchoconstrictors that close off bronchial passages.

An allergist can pinpoint the plant(s) you are allergic to with skin testing. When that is accomplished, desensitizing is performed by administering allergy shots in gradually increasing amounts.

Anyone who has allergies in spring or fall that seriously

disrupt life should see an allergist about desensitization.

For symptoms that are merely bothersome, try these tips that can make spring a little easier.

\* Pollen levels are highest between 5 a.m. and 10 a.m. Keep the windows of your home and car closed during these morning hours.

\* Wash your hands frequently, especially before touching your eyes. Shower and shampoo if you have been exposed to pollen, and wear sunglasses or goggles to protect your eyes from pollen while driving in the morning hours.

\* Wear a mask and goggles while mowing the lawn. Keep the grass short so it can't bloom.

\* Don't hang laundry outdoors, and vacuum your home frequently. Don't store anything under the bed where pollen can collect on it.

\* Avoid pets, especially if they go out in the yard. Restrict them to certain rooms, never the bedroom.

Remember that alcoholic drinks contribute to swelling of blood vessels and nasal passages. Avoid cigarette smoke. Plan vacations away in areas that are pollen-free.

For more information, contact the Johns Hopkins Asthma and Allergy Center at the Francis Scott Key Medical Center, Hopkins Bayview Research Campus, Baltimore, MD 21205.

## Save muscle, burn fat

Don't just diet to reduce fat. Modern medical thought says what you really need is a change in actual body composition. Accomplishing that will require a plan that will increase lean body mass and reduce fat at the same time.

Here's what your plan should include:

\* A sensible diet that reduces fat consumption and includes fruit, vegetables, whole grains and small portions of meat, fish or chicken.

\* A regular aerobic exercise program. Start out with something simple like walking. Then add strength training with weights.

What does adding weight training do for you? Several things. Muscle burns a greater number of calories per hour than body fat does. If you increase muscle size, you will lose fat more quickly. If you increase your calories slightly, you won't be as likely to regain weight.

Studies at Emory University in Atlanta, reported in "Prevention" magazine, show that, with dieters who exercise aerobically, 72 percent of each pound lost was fat. When they added 20 minutes of strength training three times a week to their program, 85 percent of every pound lost was fat.

When you want to save or increase muscle size while losing fat (and keeping it off), do diet, but do it right and include aerobic activities. To restructure your body even more effectively, add strength training.