

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 3

March 1992

In this issue...

Workshops
... page 3

Rend Lake
... page 3

Marszalek
... page 3

Irish-Americans
... page 6

Military women
... page 8

Service museums
... page 9

Wings of Spring
... page 13

Women's History Month



March is National Women's History Month, a month intended to recognize the diverse contributions to American culture of women of all races, ages, ethnic groups and cultural backgrounds. It's not possible to say precisely what changes a human life, maybe partly due to the inspiration that comes from learning of the lives of other women, who have come before us. What is clear is that knowing about lives of other people, whether they've been like our own or totally different, can play a major part in altering prejudices. They can also provide a source of strength and inspiration as we go through our days and lives.

Each year the National Women's History Project chooses a theme and develops a poster to commemorate National Women's History Month in March. This year's theme: "A PATCHWORK OF MANY LIVES" was created to pay tribute to American Women who have contributed in their own way to American History - from Abigail Adams, "Remember the Ladies," to the present - women who
(Continued under FWP on page 5)



View from the top



COL James D. Craig

I challenge each of you to figure out what you can personally do to improve the District.

Spring is right around the corner! I'm sitting in my office this morning, on the 28th of February, the sun is out, it is 60 degrees, and everything is on the verge of blooming. A great time of the year!

On a more serious note, we are moving forward with our internal District re-structuring. I am more confident than ever that we will come out of this with a healthy, viable, vibrant District, well positioned for the future. I want to thank everyone who is doing something positive to help us do our work better and more efficiently. I am convinced that, in the long term, the viability of the District will be decided on the quality and timeliness of our products and services to our customers.

With Engineering Division in the lead, the District has completed, in a VERY short time, what I consider to be an outstanding major rehabilitation report on Lock and Dam 25. Thanks to all who were involved..the feedback I have received is that everyone pulled together!

You are the District...those in the District now and those who are now "retired". I obviously have an influence on the District; how we do business, how we treat our customers, what our image is, and how we treat each other. But so do each of you. You may think you don't, but you do. Do you smile and say good morning to the person who works on a different floor? Do you visit other parts of the District? If someone needs help with some portion of their work, do you offer assistance? Does your section, branch, office, or division get together socially for lunch or after work hours? All these little things can go a long way to making coming to work an experience you look forward to! I challenge each of you to figure out what you can personally do to improve the District.

Wally Feld has recently accepted the permanent position of Assistant Chief of Operations. Wally has done a great job for the District in the past, and we expect even greater things from him in the future. Terry Kelly, the new District Counsel, will be here by the time you receive this. Please take the time to welcome him to the District, and back to his home, St Louis.

On a final note, "Retirees" - I found out we have not invited you to come and see the District's new home. Well, we are going to change that! Jack Niemi is going to set up a date for us to show off our new home to you. PLEASE COME!



US Army Corps of Engineers
St. Louis District

ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

- District Commander.....James D. Craig
 - Chief, Public Affairs.....Chuck Franco
 - Editor, Design, Layout.....Ken Kruchowski
 - Assistant Editor.....Mary Lou Lawson
- Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.



Environmental Science Workshops & Clinics

Rend Lake will host a series of environmental science workshops and outdoors skills clinics this recreation season. The program will be kicked off April 15-16 with an IDOC Hunter Safety Course. Twelve workshops and clinics will follow through August 29.

Other topics include boating safety, wolves, raptors, poisonous snakes, antique waterfowl decoys and decoy carving, shorebird migration and archaeology of Rend Lake. All workshops and clinics will be held at the Rend Lake Visitor Center with many including field trips to various areas of the lake.

Following is a list of the workshops:

April 15-16 - IDOC Hunter Safety Course. June 10 - IDOC Boating Safety Course. June 13 - Wolf Program. June 20 - Raptor Program. June 27 - Wildlife art... Dave Gooden. July 11 - To Be Announced. July 18 Poisonous Snake Show, Scott Ballard, IDOC. July 25-26 - IDOC Hunter Safety Course. August 1 - TBA. August 8 (date tentative) - Antique Waterfowl Decoys and Decoy Carving.

August 15 - TBA. August 22 - Shorebird Migration, Todd Fink, IDOC. August 29 - Archaeology if Rend Lake, Illinois State Museum.

Rend Lake honored

The Corps of Engineers at Rend Lake was honored for its annual one-day Rend Lake Cleanup. The award came from the Take Pride in America program, which recognizes individuals, and public and private groups for outstanding stewardship projects or awareness efforts involving federal, state, local and Native American lands, waters and cultural resources.

More than 400 volunteers joined for the Fifth Annual Cleanup on Saturday, September 14, to collect glass, plastic, aluminum and non-recyclables from shorelines, roads, recreation areas, boat ramps and other areas of the lake. Recycled were: 160 pounds of aluminum cans, 50 pounds of tin cans, 768 pounds of glass and 84 pounds of mixed plastics.

Rend Lake is now eligible to compete for national recognition. The Take Pride in America program is administered at the state level by the IDOC and nationally by the U.S. Department of the Interior.

Maj. Marszalek

We've got a new major, if you haven't noticed. His name is Major Marc Marszalek. He works in Planning Division.

Maj. Marszalek is originally from Stevens Point, Wisconsin. He is married. He and wife Debbie have a little girl, Carlye, who is 5 1/2 months old.

As a civilian he has worked for the Corps in Lake Geneva, Wisconsin, in Chicago District and in Albation, Saudi Arabia.

Maj. Marszalek participated in Operation Desert Storm as an Arson Engineer in the 3rd Army.

Suggestion highlights

Today we want to recognize our unsung heroes - the evaluators - who spend a great deal of their time in reviewing your suggestions and researching and computing possible benefits, tangible and/or intangible.

During the first quarter FY92 there were several evaluators who, despite their regular workloads, were able to complete a number of evaluations well within the DA goal of 30 days. Added to the burden was the fall suggestion campaign during the month of October which brought in 101 proposals.

In recognition, the Management Analysis Branch sent the following employees a letter of appreciation with a complimentary captain's mug:

CELMS-LM-F - Judy Griffith, Kenny Rogers and Vivian Ratliff.
CELMS-LM-T - Jim Gerth.
CELMS-LM - Barb Collier.
CELMS-IM-S - Kathy Hayes.

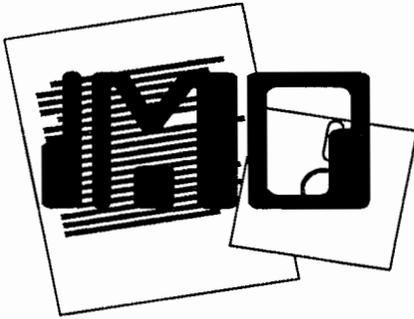
CELMS-IM-I - Ronny Singleton.
CELMS-SO - Gary Groenemann.

Again, our thanks to all of you.

We had a very busy first quarter. One hundred thirty suggestions were received, 87 of which were evaluated. The average processing time was just over 19 days.

Of the 14 adopted suggestions, seven reaped cash awards for Carolyn Clark, Rich Mills, John Gaal, Kathy Steinlage, Woodrow Sandlin, Teresa Montgomery and Stan Ebersohl. Congratulations.

Many of the suggestions we receive deal with safety. It's good to know so many of you are concerned with the safety and welfare of employees in the District. Your attitude is reflected in our improved accident rate. Keep up the good work!



Software standardization

The St. Louis District is going to further standardize microcomputer software usage. As requested at the November '91 Information Management Council (IMC) meeting, the Information Management Office (IMO) conducted a software utilization study for the purpose of determining the impact of software standardization. The results of the survey were presented at the February '92 IMC meeting. The survey results were discussed and the decision was made for the District to further standardize software usage.

The decision to further standardize was based on improving cost effectiveness and efficiency, reducing training and support requirements, and improving compatibility externally as well as internally.

During the meeting, it was

noted that future Army/Corps development strategies could mandate the use of different operating systems (UNIX, OS2, Windows) which could significantly change any decision made today. However, if a future change is needed, it would still be advantageous for the District to migrate from the same existing system. It was also noted that there are rare instances where a certain software package can provide a particular advantage for certain applications/offices. However, future exceptions to standards will have to be fully justified and will only be authorized if significant cost savings can be documented.

Standards for four application areas were established. **WORD PROCESSING:** WordPerfect. **PRESENTATION GRAPHICS:** Harvard Graphics (phasing our ShowPartner). **DATA BASE MANAGEMENT:** dBase and Q&A (Q&A to be phased out over time). **SPREADSHEETS:** LOTUS 1-2-3 & SuperCalc (While 85% of the District uses SuperCalc, it is envisioned that LOTUS will become the standard as compatibility with higher authority becomes more critical.)

In general, the District will not acquire new packages or upgrades of any software in these application areas other than the ones listed. All other packages in the four listed application areas

(e.g. WordStar, Q&A, etc.) will eventually be removed from all microcomputer network file servers. However, the standardization process will not occur overnight.

The first application which will be standardized will be word processing. Although the October 1, 1992, date was going to be used, a deadline date has not been set for the entire District. At present, 50% of the District already use WordPerfect as their word processing software. This percentage will be recalculated in October. At that time a conversion deadline date will be set by the Commander based in part on recommendations received from the IMC. The conversion deadline date will probably be sometime in FY 93. Those who can make the conversion to WordPerfect prior to October should do so.

District managers need to identify software training requirements for inclusion in future operating budgets.

The IMO does have WordPerfect training videos available for check out. Use of training videos can be a cost effective alternative to classroom training.

Questions concerning software standardization should be addressed to Jack Eckles, IM-R, 8655.

Effective telephone techniques

Even if it's a dreary morning, use friendly phrases like "Good morning" and "Thank you" when answering the telephone in a business setting. Remember also to...

* Jot down the caller's name as soon as he or she says it. Use the name whenever you can in

the conversation. People are impressed when you consider their name to be important.

* Speak naturally, as you would to someone who is in the room. Avoid mumbling or talking too loudly.

* Answer promptly, on the first or second ring. Prompt

answering conveys an impression of efficiency.

* Identify yourself. Answering the phone with "Hello," or "Yes," is confusing and discourteous.

* Take accurate messages including the caller's name and title, his or her telephone num-



Managing our assets

Play it again... Sam.

Recycling continues to recognize exciting opportunities to protect our environment.

Successful recycling affords a significant cost saving\$.
SAVE THAT TREE!

Competition of recycled copier paper has produced a 60 percent savings from the new product price, ONLY one year ago. Producing a savings of \$23 per case or \$16,520 per annum (720 cases), not withstanding hundreds of trees saved. This is only one of the many products that are being used by St. Louis District. **WE ALL WIN!**

Refilled copier and laser toner and developer cartridge programs at St. Louis District, has provided valuable knowledge that this concept CAN be used to renew 75 to 85 percent of all OEM supplies.

Already, GSA has identified more than 700 everyday items that are helping to save our environment and dollar\$\$\$.

Recycled furniture

LMO, reallocated 75 percent of the nearly 10,000 pieces of excess furnishings and equipment from 210 Tucker to other Corps and DoD agency offices. This accounted for thousands of dollars of replacement savings to other Corps districts and DoD agencies.

LMO can help you save \$

LMO manages an internal "WANTS" and "HAVES" list of property which we use daily to direct increasingly more valuable property assets to those having the need and authority to acquire.

REPORTING EXCESS PROPERTY:

Property items, excess to your needs, must be reported to the Property Disposal Officer (PDO) using ENG Form 4900 and LMS Form 758. Reporting MUST occur BEFORE any distribution action occurs (i.e., transfer to other Hand Receipt Holders or disposal). Final disposition of these items will be determined by the PDO.

This action helps us to determine and satisfy requirements and maintain accountability for the St. Louis District.

REQUESTING EXCESS PROPERTY:

Forward a "MEMO FOR" to CELMS-LM-F (Vivian Ratliff) indicating your requirements: Name of item, quantity, when, where, condition, hand receipt account #, etc. Requirements will be maintained for six months or until cancelled.



(Continued from page 1)

have faced discrimination and limited opportunities because of man-made barriers, laws, traditions, religion, social customs and prejudices which kept them in inferior positions throughout our history. Women's goal for today is not to focus on firsts, but on lasting contributions to woman-kind in the history of all Americans. The poster will be in the showcase on the fourth floor. Please stop by.

In celebration of National Women's History Month, the District's Federal Women's Program Committee has asked other agencies in the building to join us in our program. This year the Coast Guard, HUD, and SIMA's FWP Committees will be going in with us. Our program will be Tuesday, March 17, 0900 hours in the second floor auditorium. We will be addressing the theme in our program. First the Older Women's League (OWL) will delight us with a skit on Women throughout history; each lady represents a famous woman in history. This will be followed with our guest speaker, Ms. Elizabeth "B.J." McConnell, a well known consultant/lecturer in communities, industry and schools. She will be speaking on "Drugs: Issues For All For the 90s." She was consultant for the White House Conference on a "Drug Free America."

Please come join us!

Norma Hall
Federal Women's
Program Manager

ber, and the time and date. Deliver the message promptly.

* Hold callers courteously.

Don't just let the caller "hang." Check back every minute or so to

see if he or she wants to continue holding or wants to speak to someone else.



On the Soapbox

Telling the District's story this month were:

Around the District

Claude Strauser, Chief of Potomology Section, made a presentation to the "MAC Forum" of the Missouri Athletic Club. Claude discussed the environmental and engineering efforts that are being conducted on the Mississippi River by the St. Louis District for the group's monthly luncheon meeting.

Riverlands Office

Assistant Manager Dan Erickson gave a Riverlands Overview slide presentation to the U.S. Coast Guard Auxiliary. It interested the group in working with the Riverlands staff to set up future boater safety programs.

Park Ranger Julie Ziino presented an Adopt-A-Shoreline program to the Marquette High School Student Advisory Council. The students will be adopting an area in Riverlands to keep litter-free for the next two years.

Clarksville

Area Girl Scouts visited the Riverlands Clarksville Office and the overlook at L&D 24 with hopes of spotting bald eagles in the wild. Stay-in-School Michelle Carr presented a natural history program on the eagle and assisted the girls in spotting the birds along the river.

The average number of eagles spotted by lock and dam personnel at L&D 24 in December was 13 per day. In January the count had risen to an average of 18 per day.

Wappapello Lake

Park Ranger Diane Stratton was on the KJEZ Radio morning show "Outdoors With Dennis Keeney" to talk about the date change for Fish Shelter Day and to remind the public about agricultural leases.

Park Ranger Doug Nichols

talked to Tim Renken of the St. Louis Post-Dispatch about boating safety at low lake levels, fishing, Chaonia Landing Rehabilitation, ongoing projects and future plans for boat ramps.

Park Ranger Andrew Jefferson spoke to Paul Hampel of the St. Louis Post-Dispatch about trails at Wappapello Lake and the regulations governing them. He also taped an interview with Radio Station KJEZ promoting upcoming special events for 1992 and the upcoming recreation season to be used on

"This Week with Dennis Keeney."

Mark Twain Lake

Park Manager Dennis Foss spoke to 50 members of the Monroe City Bass Club. He gave an update on fishing regulations and prospects for what promises to be an excellent fishing season.

Irish-American Heritage Month



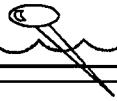
To the 40.7 million Americans of Irish descent and their friends, March 17 has always been Irish-American Heritage Day. The U.S. Senate and House of Repre-

sentatives last year gave them a whole month to celebrate. By joint resolution, Congress designated March as Irish-American Heritage Month.

President George Bush signed a proclamation last year marking March 1991 as the first Irish-American Heritage Month. Congress, 28 state governors and the majors of Boston, Chicago, St. Louis and Washington, D.C., joined him in urging Americans to take part in observances.

Senate sponsors of the legisla-

tion, Illinois Sen. Paul Simon, Florida Sen. Connie Mack and Arizona Sen. Dennis DeConcini, cited the accomplishments of Irish-born James Hoban, who designed the White House, and the valor of the Irish-born troops who fought in the Battle of Antietam in the Civil War. They also noted Irish Americans' contributions to "military and governmental service, science, education, art, agriculture, business, industry and athletics."



NEWS BRIEFS

Sport Show booth

Rangers from Carlyle Lake, Riverlands Area Office and the Natural Resource Management Branch staffed a booth at the St. Louis Boat and Sport Show. The show attracted 100,000 visitors February 11-16. Lake brochures and the new Park Information Guides were popular items. There were numerous inquiries about boat access, cabin leases and travel on the river.

Fish habitat

Members of the Carlyle Lake Area Community assisted lake staff to recycle about 750 Christmas trees this season. Sixty-five volunteers braved below zero temperatures in early February to place the trees in the lake to improve fish habitat.

Eagle nesting

Members of the biology department at Greenville College have volunteered to monitor the existing eagle nesting site and survey eagle population in the Carlyle Lake Wildlife Management Area in coordination with the Carlyle Lake staff and Illinois Department of Conservation.

Wood duck boxes

Members of the Carlyle Lake Ducks Unlimited assisted the resource staff in cleaning, monitoring and installing wood duck boxes to improve habitat at the lake.

New duck boxes

New duck housing became available in wetland areas along the Mark Twain Lake re-regulation pool, when Boy Scouts from Troop 232 in Monroe City placed a number of wood duck boxes in these areas near the end of February. Returning wood ducks will find 23 new homes in the wetland areas.

Eagle Days

Live birds from the Raptor Rehabilitation Program at the University of Missouri at Columbia helped visitors learn more about eagles and other raptors at the Third Annual Mark Twain Lake Eagle Days held the first weekend in February. About 1,600 visitors attended the program over the two day weekend which featured talks on eagles and other raptors, the showing of an eagle film and an eagle watch guided by Park Rangers from the Mark Twain Lake Visitor Center deck.

Wildlife program

Have a heart for wildlife was the theme of a "Valentines for Wildlife" program held at the Mark Twain Lake Visitor Center. Visitors learned how to help wildlife in the winter months by providing foods to supplement low winter supplies. Visitors took home suet with bird seeds to use in their yards.

Fish shelters

The 11th Annual Fish Habitat Christmas Tree Project was held at Lake Shelbyville on February 1st. More than 700 trees were placed in the lake by 54 volunteers under the direction of Park Rangers Mike Skinner and Ken Pierson. Cooperating partners in this project were the IDOC, Lithia Springs Marina and GW Prosser Asphalt.

Sports Show display

Rend Lake rangers manned an exhibit at the Spring Sports and Recreation Show at the SIU arena in Carbondale, Illinois. The display included wildlife mounts, photos, a video as well as literature about water safety and Rend Lake.

Fish shelter day

Wappapello Lake conducted its 11th Annual Fish Shelter Day on February 1st. Some 34 volunteers joined the event.

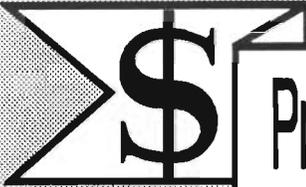
Duck boxes

Park Ranger Ron Fisher recruited the Ducks Unlimited Club as volunteers to place eleven wood duck boxes in the Ellis Bay area. Two of the boxes were built by Ducks Unlimited last year. The club will monitor the boxes for nesting and production activity. The Jersey Community High School Conservation Club donated six wood duck boxes to the Riverlands Resource Management Program. The boxes will be placed on Ellis Island.

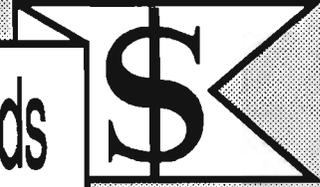
Eagle nest protection

The Riverlands Area Resource Management Staff, in cooperation with the U.S. Coast Guard, The

Continued on page 8



Promotions & Incentive Awards



EXCEPTIONAL PERFORMCE RATINGS:

Donald Ludwig, CD
 Jo Ann Moritz, CT
 Kathleen Souders, CT
 Jean Beausang, CT
 Steven Huskey, DC
 William Slabaugh, DC
 Joan Stemler, ED
 Jerry Hawkins, ED
 Michael Hamm, ED
 Sharon McGee, ED
 Thomas Niedernhofer, ED
 Patrick Conroy, ED
 Michael Sommars, ED
 Deborah Maynard, IM
 Marian Reitz, OD
 William Maxedon, OD
 John Stone, OD
 David Ruck, OD
 Ted Hayn, OD
 Jessie Bartz, OD
 Steven Jones, OD
 Leanne Crouch, OD
 James Beyatte, OD

Edward Chmela, OD
 Jeanette Wellen, OD
 Michael Kruckeberg, OD
 Merle Bockting, OD
 John Scanlon, OD
 Lewis Kent, OD
 Diane Stratton, OD
 Danny McClendon, PD
 Michael Trimble, PD
 Kathleen Steinlage, PD
 Suzanne Harris, PD
 David Gates, PD
 Daniel Ragland, PD
 Robert Bringer, PM
 Donna Kavanagh, PM
 David Harley, PO
 Keith McMullen, RD
 Betty Slabaugh, RD

PERFORMANCE AWARDS:

Barbara Schack, CASU
 Vick James, CD
 William Jones, CD
 Jean Beausang, CT
 Kathleen Souders, CT

Barbara Burgess, DC
 Steven Huskey, DC
 David Steger, DC
 Mary Ann Swip, DC
 David Debourge, DC
 Mark Alvey, ED
 Merle Bockting, OD
 Joan Heckstetter, OD
 Lewis Kent, OD
 Michael Kruckberg, OD
 Edward Chmela, OD
 Richard Howald, OD
 Charles Taylor, OD
 Phillip Skaggs, OD
 Edmond Rogers, OD
 David Harley, PO
 Mattie Bond, RE
 Gary Groenemann, SO

SPECIAL ACT AWARDS:

Charles Grojean, CD
 Zelma Scott, CD
 Paul Kornberger, OD
 Steven Dierker, OD
 Debra Williams, PM

NEWS BRIEFS

Continued

U.S. Fish and Wildlife Service, Missouri Department of Conservation, and with the assistance of Channel Maintenance and Captain Steve Jones and the crew of the Pathfinder, placed a buoyed protection zone around Slim Island on Pool 26. The island has become home to a rare and endangered Bald Eagle nest. The only other Bald Eagle nest known to be in this area is in Pool 24. A special thanks to Marge Robbins and the captain and crew of the Pathfinder for their support and hard work.

Military women write new page for women's history

By Master Sgt. Linda S. Lee, USA
 American Forces Information Service

American women have served in wars throughout the years, from nursing in the Civil War to clerical jobs in World War I. They could also be found at the battle-front in France in World War I as

telephone operators.

Women weren't meant to be a permanent part of the military services, though. Following the armistice on Nov. 11, 1918, the gradual phase-out of women in the military began. By the end of 1919, all were transferred to inactive status, then discharged.

Times changed. World War II came along with war fronts in



Europe and the Pacific. To free men for combat duty, the services allowed women to enlist.

Women served on all fronts in traditional areas such as clerical, supply and medical jobs. They also served in non-traditional jobs, driving vehicles, rigging parachutes, ferrying airplanes and doing intelligence work. They spent time as prisoners of war; they were killed in bombings; they did their jobs. These women, almost 265,000 of them, set the stage for women to get the chance to make the military a career.

The first permanent step for women in the military was taken with the passage of the Women's Armed Services Integration Act. Soon after the law went into effect, the services enlisted and commissioned women into their ranks.

Though the law gave women the opportunity to join the military, it limited their numbers to just two percent of the total military strength. It capped promotions for women officers to lieutenant colonel or commander. In 1967, a public law repealed the two percent ceiling, allowed promotions to flag rank, opened up more job opportunities and equalized promotions and retirement for women.

During the Korean and Vietnam wars, women primarily served as nurses on the battlefield. In the 1983 rescue mission of Americans from the Caribbean island of Grenada, military women served in aerial supply operations, security and various other combat-support missions.

More than 30,000 U.S. military women served in key positions in the Persian Gulf area during Operations Desert Shield and Desert Storm in 1990 and 1991. They flew and crewed helicopters and planes, directed artillery, handled security and

prisoner-of-war facilities and served in medical units. Two women were captured by Iraqis, and several were killed in action.

Today women make up about 11 percent of DoD's active force and seven percent of the Coast Guard. Currently, 52 percent of Army skills are open to women;

Marine Corps, 20 percent; Navy, 59 percent; Air Force, 97 percent; and Coast Guard, 100 percent.

The president will appoint a panel to study the question of women in combat. Its recommendations, due within the year, will write another page in the history of military women.

Service museums chronicle women's contributions

By Master Sgt. Linda Lee, USA
American Forces Information
Service

U.S. history would not be complete without recognizing the role military women have played.

World War II saw the first large-scale incorporation of women into the armed forces. The role women have played in American military history is interpreted at various service museums throughout the United States.

Tableaus in the museums range from uniforms of the day and occupational specialties to war memorabilia and service-specific events.

Among the primary museums of the armed forces with displays depicting the role of women in the military are the following:

* U.S. Marine Corps Museum, Washington Navy Yard, Bldg. 58, Washington, D.C.; Monday through Saturday, 10 a.m. to 4 p.m. and Sunday, noon to 5 p.m.; 1-202-433-3267.

* U.S. Navy Museum, Washington Navy Yard, Bldg. 76, Washington, D.C.; Monday through Friday, 9 a.m. to 4 p.m.

and weekends, 10 a.m. to 5 p.m.; 1-202-433-2651.

* U.S. Air Force Museum, Bldg. 489, Wright-Patterson Air Force Base, Ohio; Monday through Saturday, 10 a.m. to 4 p.m. and Sunday, noon to 5 p.m.; 1-513-255-3284.

* U.S. Coast Guard Museum, U.S. Coast Guard Academy, New London, Conn.; Monday through Friday, 9 a.m. to 4:30 p.m., Saturday, 10 a.m. to 5 p.m. and Sunday, noon to 5 p.m.; 1-203-444-8270.

* The Women's Army Corps Museum at Fort McClellan, Ala.; Monday through Friday, 8 a.m. to 4 p.m., and weekends by appointment; 1-205-238-3512.

The WAC museum is the only one devoted to telling the corps' story as a "separate, but equal" Army entity from its creation in 1942 until its deactivation in 1978. The museum features memorabilia from the 14th Army Band, nicknamed the "WAC Band," barracks life, uniforms and what life in the Women's Army Corps was like. Films of women in the Army through the years and oral history video tapes are available.



Recycling Corner

Yard waste was banned from landfills in Illinois on July 1 and in Missouri on January 1. This will cause major adjustments for most people who have lawns to mow, shrubbery to trim and trees to prune. There are a few options for dealing with the problem of yard waste disposal.

- * Start a compost pile.
- * Leave grass clippings on the lawn, or use them for mulch in the flower beds.
- * Pay the extra price to have your trash-hauling agency take the yard waste to the big compost pile it may have started because of the ban on putting the waste in the landfill.
- * The City of St. Louis will have dumpsters labeled for yard waste only. The yard waste will be taken to parks and composted. Residents will be able to use the compost in the compost in their yards free of charge.

* Your city may have their own composting program.

The idea is to save landfill space because landfills are filling up and it's getting harder and harder to get public approval for establishing new ones. Missouri's goal is to reduce trash put in landfills by 40 percent by 1998. Illinois' goal is 50 percent by the year 2000.

Why should I make compost?

- * Composting is a practical way to transform yard waste into a resource.
- * Compost enriches soil and improves plant growth.
- * If you have a garden, lawn, trees, shrubs or even planter boxes, you have use for compost.
- * By composting, you return organic matter to the soil in a usable form. Organic matter in soil improves plant growth by:
 - breaking heavy clay soils into a better texture,
 - adding water and nutrient holding capacity to sandy soils,
 - adding essential nutrients to any soil,
 - improving the health of your plants (Healthy plants help clean our air and conserve our soil.)

What can I compost?

* Non-woody yard waste (fallen leaves, grass clippings, weeds and the remains of garden plants)

- * Chipped wood scraps
- * Vegetable scraps from the kitchen (meat scraps, fatty foods, cheese, salad dressing and cooking oil should not be composted)

How to make a simple composting bin

MATERIALS (for two bins) (supplies should cost less than \$50)

- * Two lengths of galvanized steel welded wire fabric, 12 1/2' long by 4' high with about 2"x4" mesh
- * 6 1"x2" stakes 5' long
- * Two 4" diameter perforated drain pipes 4' 6" long

Select a site with good drainage. The compost pile should be in direct contact with bare ground so microorganisms and earthworms can find their way into the compost. With a length of wire fabric, form a cylinder and join the ends together by bending the wire nibs protruding from one end over the last vertical wire on the other end using pliers. Drive three stakes into the ground to anchor the cylinder. Put the pipe into the center when you put the first load of grass clippings and leaves inside the bin. Repeat these instructions for the second bin. This is one type of compost bin suggested by Roy Mathiesen. Bins are also available commercially for purchase. Instructions, provided by the Missouri Botanical Garden Center for Home Gardening, for a wood and wire bin you can make are available in the pamphlet racks in the kitchens next to the aluminum can collection containers.

Follow the diagram on the next page from the "Tree City USA Bulletin No. 16" to make compost in your bin.

When the pile is full, start filling the second wire bin. The compost should be ready to use in six months to a year. You know your compost is ready when it becomes a dark, granular mass that resembles peat moss and the individual ingredients are no longer recognizable.

Leaves, grass clippings, etc. form a high-nitrogen compost excellent for tomatoes. For other garden plants, sprinkling lime between layers will lower the pH making the compost less acidic.

You may encounter problems occasionally. The table on the next page should help.

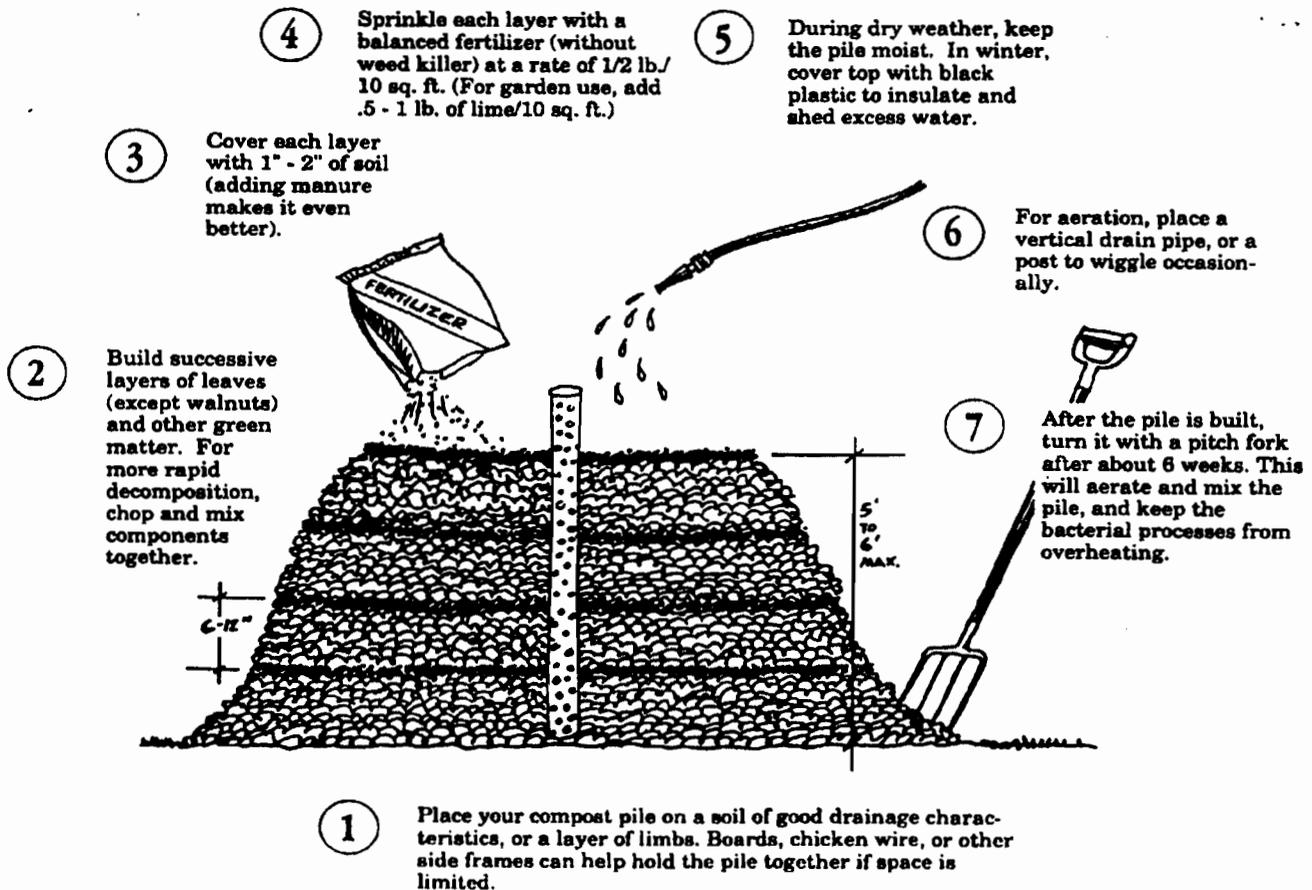


Troubleshooting

Symptom	Problem	Solution
The compost has a bad odor	Not enough air	Turn it
The center of the pile is dry	Not enough water	Moisten materials while turning the pile
The compost is damp and warm in the middle but nowhere else	Too small	Collect more material and mix the old ingredients into a new pile
The heap is damp and sweet-smelling but still will not heat up	Lack of nitrogen	Mix a nitrogen source like fresh manure, bloodmeal or ammonium sulfate

We understand Aunt Trashie's back in town and wants to chat next month about painting and spring cleaning. See you then.

How to Make a Compost Pile





Coming Events at the lakes

MARK TWAIN LAKE

- March 15** Fish, Fish and More Fish, Visitor Center
- April 4** Clarence Cannon Powerhouse exhibit opens
- April 25** Earth Day - lake cleanup
- April 26** Music in the Park, Visitor Center
- May 2-3** Antique Peddlers Show and Sale, Visitor Center
- May 9-30** Missouri State Museum Traveling Exhibit Program
The Faces of War: Missouri Soldiers As They Were,
Visitor Center

- May 16** Armed Forces Celebration, South Spillway
3rd Annual Best Dam Run in America, Visitor Center

- May 24** Music in the Park - Gospel Music, Visitor Center
- June 6** Country Music Jamboree, Visitor Center
- June 13-14** Craft Show and Sale, Visitor Center
- June 13** Storytelling Festival, Visitor Center
- June 27** Sandcastle Building Contest, Spalding Beach
- July 2,3 & 4** Fireworks and Rodeo, South Spillway
- July 19** Gospel Music Concert, Visitor Center
- July 25-26** Indian Artifacts Exhibit, Visitor Center
- Aug. 1** Mark Twain Photo Contest, Visitor Center
- Aug. 8-9** Indian Pow Wow, Visitor Center
- Aug. 15-16** Salt River Folklife Festival, Florida, Mo.
- Aug. 22-23** Rock and Mineral Show, Visitor Center
- Sept. 6** Gospel Music Concert, Visitor Center
- Sept. 26** Fall Festival, South Spillway

REND LAKE

- April 24** Earth Day, Visitor Center
- May 16** Armed Forces Day/Police Memorial Day, Visitor Center
- June 6-7** Summer Daze Festival, Visitor Center
- July 11-12** Rend Lake Arts & Crafts Fair, Wayne Fitzgerald
State Recreation Area
- Sept 12** Take Pride in America Lake Clean-up

**Rend Lake Live: Saturday Night programs May 30 to Sept. 5, 7:30 p.m.,
Visitor Center**

**Environmental Science Series Workshops and Outdoor Skills Clinics,
Saturdays 10 a.m. to 4 p.m., Visitor Center**

WAPPAPELLO LAKE

- April 4-5** Black Powder Rendezvous
- April 25** Spring Roadside Cleanup



- May 16-17 Silver Bullet National Crag Boat Race
- May 24 Water Fest '92"
- June 13 14th Annual Armed Forces Day
- Sept. 4 Dedication Historic Walk "Memory Lane"
- Sept. 19 2nd Annual Handicapped Fishing Day

CARLYLE LAKE

- June 7 Carlyle Lake Show, Shine & Cruise
- June 21 Great Kaskaskia Duck Race
- June 26 25th Anniversary Celebration of the lake
- July 4 Water Sports Festival/Fireworks Spectacular
- Sept. 26 National Hunting & Fishing Day

LAKE SHELBYVILLE

- April 25 Earth Day
- June 20 2nd Annual Lake Shelbyville Craft Show
- July 18-19 Lithia Springs Chautauqua Living History Tours
- July 24-26 Water Follies
- Aug. 15 6th Annual Okaw Indian Festival
- Sept. 1 Dove Hunt
- Oct. 1 16th Annual Eco-Meet
- Oct 24 (tent.) Lake Shelbyville Photography Contest
- Nov. 20-22 Physically Challenged Deer Hunt

RIVERLANDS

- March 15 Wings of Spring
- April 22 Earth Day

The Wings of Spring

It's time once again for "Wings of Spring: A Celebration of Birds on the Mississippi ." This is an event held at the Riverlands Area Office dedicated to public discovery and renewal of interest in our national environmental treasure - the Mississippi River and the migratory birds it attracts. It is a day to discover the Corps' commitment to stewardship of our public lands.

The Riverlands staff invites the St. Louis District employees and their families to attend the one day event, Sunday, March 15, from 10 a.m. to 4 p.m. at the Ellis Island Access Area.

Exhibitors from the U.S. Fish and Wildlife Service, Missouri Department of Conservation, The Nature Institute, St. Louis and Illinois Audubon Societies, Sierra Club, North American Blue Bird Society, Partners For Wetlands, Riverlands Association and the U.S. Army Corps of Engineers Riverlands Area Office will set up on Ellis Island. The program also includes raptor programs by The World Bird Sanctuary.

The public will be allowed to tour the Environmental Demonstration Area, use spotting scopes to locate birds and tour the Melvin Price Locks and Dam

(must be a minimum of 13 years of age to tour the dam).

Bird related merchandise and refreshments will be available for purchase.





To Your Health



A steady, healthy diet can make you thin for life

For permanent weight loss, you and your body need to get together instead of fighting each other.

Experts from the Georgetown University Diet Management and Eating Disorders Program tell why: Very low calorie diets that leave a person chronically hungry are doomed to fail. Signals from the body will drive a person to eat despite high levels of motivation and willpower.

The body's built-in survival mechanism rebels against strict dieting. It begins to build fat reserves so it can survive the next famine - the next diet. To get off the diet/binge pattern, here is what you can do:

* Don't ignore hunger. Instead, eat regular, healthy meals. If hunger comes between meals, eat then too, but make the snack consist of healthful food.

* Have a good breakfast. Eat real food and eat until you are satisfied, no more, no less. (If you aren't hungry in the morning, you probably ate too much in the evening. Try to change that pattern.)

* Eat only when you are hungry. That's the time to eat, not because it's dinner time, or because someone else is having coffee and donuts. Studies at Columbia University show that overweight people are more likely to eat in response to external cues than internal hunger signals.

* Limit your "pleasure" eating. Real food fuels the body. Pleasure food is high in fat and sugar and is just for taste satisfaction. If you are hungry between meals, for example, eat a sandwich instead of ice cream or cake. Keep pleasure foods out of your kitchen stock.

* Don't rely on the scale to tell you how you are doing. Rely instead on how you feel. The scale can be a depressing factor in your healthy diet plan.

In her book "How to Become Naturally Thin by Eating More," Jane Antonello says by eating at the right time, exaggerated hunger won't tempt you to overeat. Gradually, you will experience only normal hunger, which is a healthy feeling. When you eliminate over-hunger, you can eliminate overeating.

Listen to your heartbeat

There are plenty of reasons to start exercising. Like strengthening your heart, getting ready for spring and summer activities, or just because you want to look better.

Once a week won't do it. In fact, working out or playing your sport just once a week could be more harmful than helpful. Your heart isn't used to the sudden increase in stress activity. A three-times-weekly exercise session (at least 20 minutes) will help you get back into shape.

Don't make your heart pump too fast if you haven't exercised for a while. Start with a target of 70 percent of your maximum heart rate. At age 30, that would be about 136 beats per minute; at age 40, 128; at age 50, 119, at 60, 111; and at 65, 107.

After you have exercised for some weeks and feel comfortable with the 70 percent heart rate, you may begin to exercise more vigorously for a period in the middle of your program. In a half hour period, spend the first few minutes stretching and warming

up muscles, then exercise at 70 percent of maximum heart rate, going to 85 percent for a few minutes. Then return to the 70 percent level.

At age 30, 85 percent of maximum heart rate is 165 beats per minute; at age 40, 85 percent is 155; at age 50, 145; at age 60, 135; and at age 65, 130.

The American Heart Association recommends that exercise be tapered off during the last five to ten minutes and the heart rate returned to its normal level before the exercise period ends.



Retiree Review

From the Retiree's Correspondent

Forty people attended our monthly retirees' gathering on February 20. Jim Butery attended his first retirees lunch as a RETIRED District employee. That makes two meetings in a row for Jim. Loren and Dorothy Ligon were again present and that makes two in a row for them also. Hope they will keep on coming.

We were also graced with the presence of some we do not see regularly - Dan Flippen, Milt Walter, Dorothy Sheely, Norma Kosta, Jake and Edna Baker and Elmer and Estelle Huizenga. NOTE: Had to add Elmer's name, even though he is a regular because he complained that he was only mentioned twice in last month's report.

Joe Tadlock and his guest Betty were again with us. Joe has definitely taken over as the story teller for our group. Notice, I said "story teller" not "joke teller." Actually, Joe gave us three pretty good jokes. Those, coupled with a joke by Loren Ligon, which he whispered, but everyone laughed at even though they couldn't hear it, and one by Steve Williams that everyone heard, made for a good joke session.

Elmer had a problem getting the formal (believe me, it is very formal) part of the meeting started because no one seemed to pay attention to his pounding on a glass with his knife. Think he broke the glass. Elmer mentioned that all the retirees should be glad that we heard from the District twice in the last month. One letter that, as he said "was shooting blanks," and the other with a super fancy brochure.

Jack Niemi was present as the District representative and brought copies of the ESPRIT for the people who were at the meeting. Jack explained he had a slight problem in getting to the meeting. It seems there were no vehicles available. However, someone made arrangements for Jack to go with Fred Bader to our meeting. Jack said that was fine except when they got started he noticed Fred seemed to be going the opposite direction. When he

mentioned it to Fred, Fred said, "What retirees lunch? I'm going to an Engineers meeting." Well, Fred reversed directions, brought Jack to the Salad Bowl and, as Jack put it, "He just dumped me off and took off." So Jack was soliciting a ride to get back to the District office.

Mr. Niemi gave an excellent briefing on the many personnel changes and other happenings in the District. He went into detail explaining the award on river engineering, the status of the ongoing Corps reorganization and the purpose of the environmental brochure we all received. He said Chuck Franco is recovering nicely from his leg operation. We all appreciate the excellent briefing, Jack.

Elmer (that's four times already) mentioned that Jim Butery had said he had two goals in mind, one to retire and the other to get married. Now that he is retired we would all like to know how he is doing on the second goal. Jim reported he was working on his neighbor, a widow. He said she owns her own farm, she is one heck of a good cook and does fancy sewing. Jim said he thinks he is making some progress toward completing the second goal, but might not make it, since his neighbor is only 101 years old.

Elmer (5) also mentioned that he noticed Ray Rinkel had a new hearing aid and now that he could hear maybe it was time that he got his hair cut. Ray's answer was "Sorry, I didn't hear that. Had my hearing aid turned off."

Bill Haynes was the longest retired retiree present. Our other long-time retiree Howard Beinke was noticeable by his absence. Mr. Haynes brought along one of his creations "A Tax Shelter" and Kate Stiles spent all the time prior to lunch trying to explain it to some of the more dense people such as Homer Duff, Pete Puricelli, Dan Flippen and Mike Cullen.

That's it for the February 20 meeting. Everyone mark your calendar NOW for March 19 - Third Thursday - and let's have an even bigger turnout than the 40 at the February meeting. I am sure you will enjoy the lunch and the friendly conversation. The jokes... well...??

Retirees

Mr. Robert Lutz retired from the Civil Engineering Section of Design Branch on February 27 after more than 24 years of federal service. Bob has been with the St. Louis District more than 19 years.



LOST BATTLE STILL A STRATEGIC VICTORY, AND...

"LADY LEX" PROVES CARRIERS' WORTH

The sailors aboard in 1942 nicknamed her the "Lady Lex," but officially, it was the *USS Lexington*, the Navy's second aircraft carrier. In fact, its keel was put down as a heavy cruiser, but when arms agreements put limits on the number of cruisers allowed the United States, it was converted.

Regardless of name or class, traditionalist admirals still sneered at aircraft carriers and naval aviation in general. They said battleships won naval battles and that aircraft carriers were only good for launching scouting planes for the battleships.

This attitude lasted until 7:56 a.m., Dec. 7, 1941, when Japanese carrier-borne aircraft decimated the U.S. Pacific Fleet at Pearl Harbor, Hawaii.

Suddenly carriers became the most important ships in the fleet. Task forces — cruisers and destroyers centered around carriers — became the bulwark behind which the United States geared for war.

Raids on Japanese-held islands

gave the task forces needed experience. It paid off at the Battle of Coral Sea.

Japanese naval forces, it was learned, were aimed at Port Moresby on New Guinea. If they took this strategic harbor, Australia would be isolated from the United States and the cornerstone of U.S. strategy in the Southwest Pacific would crumble.

A carrier task force with the *Lexington* and the *USS Yorktown* rushed to head off the attack. On May 7, 1942, naval aviators from the two carriers attacked one of the Japanese fleets. They sank the light carrier *Shoho*. Jubilant pilots radioed back "Scratch one flattop!"

Unfortunately, there were other enemy flattops out there. On May 8, the Japanese found the American carriers. The *Lexington* was hit by two torpedoes and several bombs. A bomb also hit the *Yorktown*, but it was able to

continue operations.

After trying valiantly for five hours to save the *Lexington*, the order came to abandon ship. Scuttled by U.S. destroyers, it sank still upright, inspiring some of her crew to observe that "she sank like a true lady."

The battle was a tactical victory for the Japanese. They lost one small carrier and several lesser ships. But the Japanese turned back from Port Moresby, giving the United States the strategic victory.

Coral Sea was the first naval battle in which combatant ships did not even sight each other. The battleships that were the heart of U.S. naval strategy were in port, unable to keep up with the fast-moving task forces. Carriers had proven their worth.

American Forces Information Service

