

ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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## Lake Shelbyville Central Illinois showpiece

by Annette McMichael  
Shelby County Director of Tourism

As I sit in my office at the Shelby County Visitors Center and look out on Shelbyville's Main Street, I wonder what this community would be like without the lake. Shelbyville is a wonderful, charming town located just a half-mile from the dam. The downtown is pretty quiet now. It's the middle of March. But I know that with the first tingle of spring in the air, tourists will slowly begin to float in.

By Memorial Day, traffic will be heavy on Main Street. Owners of shops, restaurants and accommodations will be too busy to remember the slow pace of the off-season. Without Lake Shelbyville it would always be off-season. The community would be fighting to keep its hospital, worrying about the state of its declining school system and searching desperately for an industry to move in and pump up its sagging economy.

According to the U.S. Travel Data Center, Shelby County tourism generated county tax receipts of \$890,000 in 1994. This tourism revenue has helped diversify and stabilize our rural economy and attract additional industry by creating a larger business base. Not only has Lake Shelbyville been the catalyst for economic growth, but the tourism industry has enhanced our "sense of place" through festivals, historic attractions and other activities that help celebrate Shelby County's people and resources.

What would this area be like without Lake Shelbyville? Our Visitors Center and my office wouldn't exist. That's for sure. And neither would a lot of businesses. It's too depressing to think about on a sunny March morning. But it's a perfect morning to be grateful for the lake and all the people involved who maintain it. The impact is tremendous.

**Other articles on Lake Shelbyville and its activities start on page 6.**





# Commander's Perspective



COL Thomas C. Suermann

**... accountability is a reflection of the self-assessment that any highly effective person makes...**

In this month's newspaper you will see a copy of a Commander's Policy Memorandum which LTG Williams sent to me recently. I have included it in this publication to allow you, our readers, to see the Chief's emphasis on this subject without it being filtered or interpreted. Our chief is very serious about this subject and wants everyone in the Corps to know just how important accountability and integrity are to our core values. I encourage you to read the memorandum and to remind yourself of its implications in your daily work habits and your interactions with our customers, our project sponsors and our partners.

The Chief's memorandum is a more formal way of reminding us of the quality habits that we are already developing in our district. Many of you have now attended the Covey Seven Habits course taught by our District facilitators and several will attend the course later this year. If we are "proactive," if we "begin with the end in mind," if we "think win-win" and if we continually "sharpen our saw," then we will be highly effective in our interactions and personally, as well as professionally, accountable.

Accountability is not merely a negative management tool, unless you think "win-lose." If you operate with an abundance mentality and think "win-win," then accountability is a reflection of the self-assessment that any highly effective person makes on a continual basis. It also is the hallmark of interdependence and maturity.



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

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# News Briefs

## Mark Twain Lake:

### Boat shows

During February, lake park rangers attended three boat shows distributing information about the lake and its recreational opportunities. They attended shows in Columbia, Missouri, Quincy, Illinois, and St. Louis.

### Poster contest

"Boating Under the Influence - Drugs and Alcohol" is the theme of the annual water safety poster contest at Mark Twain Lake. Seventh and eighth grade students from area schools are asked to participate. The winning poster will be made into a billboard that includes the artist's name, age and school. The billboard is then displayed along major highways in the lake area.

As an introduction to the contest, a park ranger visits the classroom, presents a water safety program and explains details of the contest. To date, about 220 students have been contacted by lake park rangers.

### Ranger's programs

The interpretive park rangers at the lake have been continuing programs throughout February. Programs included on-site and off-site requests for programs on eagles, owls and general lake information. About 55 people were reached through February programs.

## Wappapello Lake:

### Inspection

The five-year periodic inspection of the water control struc-

tures at Wappapello Lake was completed at noon on March 6th. This inspection is done periodically in order to insure the integrity of the structures. The lake level reached its lowest point of 353.41 feet National Geodetic Vertical Datum (NGVD) on March 5th when the dewatering of the water control structures commenced.

The team effort of the staff in the face of the cold damp conditions was as much of a sight to behold as the structure itself. Comments such as, "This is a memorable occasion for us all. It was hard work, but it was so interesting that it was really exhilarating," summed up the day for many. The 55 year old concrete water control structure was in incredibly good shape because originally, in 1939-41 when the structure was built, they opted for extra strength when they engineered, placed the re-bar and poured the concrete on the water control structures.

The inspection revealed no discrepancies in the structure. The next scheduled inspection will be in the year 2001.



Corps staff inspect water control structures at Wappapello Lake.

### Visitors Center

The rehabilitation of the Wappapello Lake Visitors Center is nearly complete and a mid-June dedication is planned.

## Carlyle Lake:

### River otters

On Saturday, February 24, the Illinois Department of Natural Resources (IDNR) released 25 wild river otters into Carlyle Lake. The otters are part of a restoration project for the Kaskaskia and Wabash River basins. Seventy-four otters have been reintroduced over the last couple of years.

### Settler's Days

The Corps and the Village of Keyesport are inviting people with pioneer related skills to participate in Keyesport Settler's Days on May 11 at the old school grounds.

Many aspects of pioneer life will be presented along with stage performances and confederate groups.

Anyone interested in participating can call the project office at (618) 594-2484. This event replaces Armed Forces Day which was scheduled for June 29.

### Fishing prospects

According to the IDNR, the fishing prospects at Carlyle Lake are good, the only exception is crappie. Largemouth bass and white bass look the best, with bluegill and catfish close behind.

### Christmas trees

On Saturday, March 23, at 9 a.m., the annual IDNR and Corps Christmas tree project will take place at the Keyesport Boat Ramp. The project has been rescheduled twice because of icy conditions. Volunteers are needed to help place the trees into

**(Continued on next page)**



News Briefs (cont.)

the lake. The trees will be placed in the McNair Branch of the lake.

Lessee honored

Mineral Development, Inc., of Dallas, Texas, the lessee for the oil wells in the Coles Creek Recreation Area, was recently recognized for their cooperation, coordination, extra effort and maintenance of a professional, safe and environmentally sound operation by the U.S. Department of the Interior, Bureau of Land Management.

Coles Creek open

After being closed for most of the 1995 recreation season because of damages caused by flood control operations, Coles Creek Recreation Area is re-opening. Minimum repairs have been made. When plans and specs are complete in October and funding is available, additional repairs are planned. The beach will open in May after divers have cleared debris. The campground is opening on April 26 and reservations may be made on April 21 by calling (618) 594-2484. After this date, reservations may be made by calling the fee booth.

New retirees

The project office would like to congratulate two new retirees. Ben Von Hatten started as a laborer in 1967. Ben will retire on March 30.

Bill Howard retired February 7th. He started in 1987 as a Park Aid and became a Park Ranger in May 1988.

Rivers Project:

Dam tours

Tours of the Melvin Price Locks and Dam for the 1996 rec-

reation season began March 15 and will continue through November 15. Participants enjoy informative programs that convey the history of the Mississippi River, missions of the Corps of Engineers and construction of the locks and dam. Visitors should allow one to one and a half hours for the tour and must be 13 years of age or older. Tours are scheduled two weeks in advance and conducted on Monday, Wednesday and Friday at 10 a.m., 1 p.m. and 3 p.m. and on Saturdays at 1 p.m. Special arrangements can be made on Tuesday and Thursdays for group tours. Telephone the Rivers Project Office at (314)

355-6585 to make your reservation.

Water celebration

Students from throughout Illinois participated in the annual Clean Water Celebration held March 18, at the Peoria Civic Center. Public and private land and water related entities participate in the event through displays and activities. The St. Louis District was represented by the Rivers Project Office and presented what wetlands are, why they are important and the role the Corps plays in wetland protection.

Thanks from your CAC

The CAC would like to thank the following individuals for their efforts in making the CAC Book Sale a huge success:

Greg Bertoglio, Jean Conrad, Gene Degenhardt, Mary Ann Dostal, Phil Eydmann, Sharon Hornback, Mike Houser, Jackie Jones, Laurel Lane, Yulonda McCoy, Ida Morris, Mike Navin, Ken Porter, Suzi Reinkemeyer, Ed Riiff, Jesse Sanders, Carol Sandford, Janet Ulivi and Linda Wichlan.

And the following individuals for their hard work on the Nacho Sale:

Karen Bautsch, Greg Bertoglio, Vanester Duff, Al Foreman, Marla Hayes, Matt Hunn, Dave Kreighbaum, Cathy Mueller, Ray McCollum, Anne Regenstrief, Ed Riiff, Carol Sandford, Janet Ulivi and Linda Wichlan.

The CAC made a profit of \$368.13 for the book sale and

\$129.89 for the nacho sale.

Without the assistance of volunteers throughout the District, these type activities could not be provided. Your help is very much appreciated. Funds from these sales are used to reduce the costs to District employees for the annual picnic and dinner dance, and to help support other activities throughout the year.

Thanks for supporting your CAC.

\* \* \*

The CAC will be selling Six Flags tickets and season passes again this year. Earlybird tickets are now on sale for \$20. (They must be purchased by June 9th and used between April 5 and July 7, 1996). Contact Greg Bertoglio, ED-GE, 331-8411, for tickets.

\* \* \*

Don't forget the picnic at Creve Coeur Park, Thursday, June 13, 1996.



## ED-HG takes the lead in floodplain mapping

by Dennis Morgan/Danny McMurphy, ED-HG

**INTRODUCTION.** The Geodesy, Cartography & Photogrammetry Section (CELMS-ED-HG), better known in-house as surveys and mapping, has been a center of expertise for photogrammetric mapping for several years. Over the past 10 years, ED-HG, in conjunction with the Project Management Branch (PM-M), has provided photogrammetric mapping services and management through their indefinite delivery order contracts to more than 10 other government agencies and to more than 10 other Corps offices. In April 1995, ED-HG was designated by USACE as the Technical Center of Expertise (TCX) for Photogrammetric Mapping. The expertise of ED-HG along with the TCX designation has led to the floodplain mapping project described below.

The flood of '93, intensified by the flood of '95, brought about the creation of the Interagency Floodplain Management Task Force mandated to study the floodplain environment and to develop prospective management methods. Among the groups serving on the task force were USACE, the Soil Conservation Service (SCS), the U.S. Geological Survey (USGS) and the National Biological Service. Its report, forwarded to the White House, was put before an interagency subgroup titled the 'Scientific Assessment and Strategy Team' (SAST), headed by the USGS. Again, USACE, SCS and the USGS were among the agencies represented on the team. SAST proposed to manage the floodplain by following a strategy of mapping, monitoring and analysis and modeling. USACE turned to the St. Louis District, as the TCX for Photogrammetric Mapping, for help.

**MAPPING THE FLOODPLAIN.** SAST's first step was to compile a geographic information system (GIS) database for the area flooded in 1993 augmented by an extensive global positioning system (GPS)-based aerial survey project designed to update and confirm regional floodplain topography. A more accurate, additional mapping phase began in the spring of 1995 with the assistance of the TCX for Photogrammetric Mapping working in conjunction with the USGS in Rolla, Missouri. This mapping phase is scheduled for completion in July 1996 when digital elevation models (DEMs) using the aerial photography and GPS surveys are scheduled for completion. Delivery orders totaling over \$200K from existing indefinite delivery order type contracts for aerial photography and surveying were issued to firms under contract with the St. Louis District.

The aerial photography was taken in the Spring of 1995 before the flood of '95 arrived. The actual photogrammetric mapping project was issued as a lump sum contract for about \$3.8 million and is being managed by St. Louis District. The photogrammetric mapping and related surveying is being performed in seven non-contiguous areas along portions of the Mississippi, Missouri, Ohio and Illinois Rivers and within the states of Arkansas, Missouri, Mississippi, Illinois, Kansas, Tennessee and Nebraska. In all, about two million acres of floodplain are being photographed, surveyed and mapped at an accuracy of 1.25 meter contour interval producing about 1,000 plates. Future SAST mapping may also be around the corner.

**THE GPS REVOLUTION.** GPS is making an enormous difference to this important project.

Recent innovations have brought about a dramatic surge in efficiency due to the marriage of GPS with onboard aircraft navigation systems. This combination is able to supply precise, graphic flight-path guidance to the pilot, plus the automatic command of camera exposures. GPS has inspired revolutionary changes in operational photogrammetry techniques that serve to highlight the new possibilities in mission planning and execution for future projects.

## Spring golf tournament

Details for the annual St. Louis District Spring Golf Tournament have been finalized and the tournament committee is now accepting entries for participants.

The tournament will be held Friday, April 19, at Belk Park in Wood River, Illinois. Tee times will start at 10 a.m. (individual tee times TBA). The tournament is open to all SLD employees (past and present). Since March 15 cost is \$35 to cover greens fee, refreshments and prizes. Riding carts will be available at the course at a cost of \$10 per person.

The tournament will be a two-person scramble. Teams will be paired according to handicap and divided into three flights: Championship, A and B. Prizes will be awarded in each flight for first through third places, longest drive and closest-to-the-pin on two different holes. There will be an optional skin game in each flight.

For an entry form or additional information contact any of the following: Tracy Butler, 8592, Jay Fowler, 8134, Gary Jacobs, 8178 and Larry Wernle 8404.



# Lake Shelbyville

Rising up in the midst of Illinois' richest farmlands is an oasis of sparkling water and lush woodlands known as Lake Shelbyville. This 11,100 acre lake hosts a wealth of opportunities for boating, fishing, enjoying nature or taking in history.



Fishermen enjoy the fishing opportunities at the lake.

With an average depth of 19 feet and 172 miles of shoreline, Lake Shelbyville is an excellent habitat for largemouth bass, crappie, and walleye. Swimming and sunbathing are popular pastimes at the lake, with four public beaches perfect for "catching some rays" on a hot summer day.

The lake has six Corps campgrounds and two campgrounds managed by the Illinois Department of Natural Resources with a total of more than 1,200 campsites. Some of the facilities avail-

able at the campgrounds are hot and cold showers, laundry, playgrounds, paved sites, electric hookups, restrooms, trailer dump stations, and drinking water. Each campground also has campsites for people with disabilities. The campsites which are barrier

free, have wheelchair accessible picnic tables and grills and are located next to barrier free comfort stations with showers.

For boaters, there are three marinas located on Lake Shelbyville:

Lithia Springs, Findlay, and Sullivan Marinas. These marinas offer boat rentals, gas, and oil.

The Lake Shelbyville area is rich in history. The lake and the upper Kaskaskia River valley areas were home to prehistoric people

dating back to 5,000 B.C. This gave way to the more modern Indian cultures of the Illinois and the Kickapoo.

The Lithia Springs Chautauqua, a picturesque valley which is now part of the Lake Shelbyville Project, was a nationally known summer resort for many years. Founded in 1890, this chautauqua hosted speakers such as Carrie Nation, William Jennings Bryan, and Booker T. Washington. Park rangers now give living history tours every summer to help keep the memory alive.

One of the country's largest holiday light shows is located at Lake Shelbyville. The Festival of Lights features 437 displays and 800,000 colored lights for three miles in Eagle Creek State Park.

Lake Shelbyville celebrated its 25th birthday in 1995. The Corps of Engineers personnel at the lake are already working to make the next 25 years even better!



Dam West Beach on a hot summer's day.



Partners in progress

# State parks and wildlife management areas

The Corps of Engineers partnership with the State of Illinois at Lake Shelbyville began in 1968 with a long-term lease to the state of two areas on the lake. Eagle Creek and Wolf Creek State Parks were created to provide additional recreation facilities on the lake. Eagle Creek State Park, a 2,200 acre park on the west side of the lake, offers visitors many recreational opportunities. There are several fully developed picnic areas, 160 campsites, and three marked nature trails. A four-lane launching ramp provides access to prime fishing spots.

The Inn at Eagle Creek Resort and Conference Center is located in Eagle Creek State Park. It offers 138 luxurious rooms, including 10 executive suites with fireplaces. An indoor swimming pool, whirlpool, saunas and exercise room are available for year-round activity. Named a "Best Resort Course" by Golf Digest, the 18-hole golf course covers several hundred picturesque acres. This challenging 6,908-yard layout offers four sets of tees for a wide range of abilities. The course was the site of a 1995 Futures tournament.

Facing Eagle Creek across the central portion of the lake is Wolf Creek State Park. Large herds of

deer frequent this area, often grazing right beside the road. The area also offers 304 Class A campsites, family tent camping areas, an organized group camp and an equestrian campground. A developed swimming beach is open from the middle of May to the middle of September. Wolf Creek contains seven hiking trails, a 16 1/2 mile snowmobile trail and a scenic 15 mile equestrian trail. Visitors can rent a horse for an hour or an afternoon at stables, which are run by a



**Horsemen about to enter the equestrian trail.**

concessionaire on State property adjacent to the trail.

Wolf Creek was the site of the International Bowhunters Organization World Shoot in 1993 and since then has held qualifying tournaments each June. In 1996, Wolf Creek will host one leg of the

North American Bowhunters 3-D Archery Tournament. These tournaments are sponsored by corporations such as Cabela's, VISA and Pentax.

In addition to the state parks, the Illinois Department of Natural Resources also leases two areas at the north end of the lake as a wildlife management area. The Lake Shelbyville Fish and Wildlife Management Area is composed of two units, the Kaskaskia and the West Okaw Wildlife Units. These areas are managed to promote diverse habitats which attract a variety of wildlife. The emphasis here is on hunting and fishing, although several trails and other areas attract the day user. The unique, three-and-one-half acre Coneflower Hill Prairie Natural Area is located in the southeast corner of the Kaskaskia Unit. This relic prairie has been managed back to nearly its natural state. The area is known to harbor over fifty species of native plants.

The state parks and wildlife management areas provide recreation and management opportunities that complement Corps facilities. They are prime examples of the benefits of Federal and State cooperation.

## Park and Recreation Workshop

Remember the campsites of years ago? The ones on bare ground, no grass around, mud that was tracked into your tent or camper after the rains? How about the water that poured through your tent after a hard rain? And where on earth would you hang you lantern so you could enjoy the evening air? Perhaps

you cut a tree limb that was hanging over your trailer and tore the bark on the tree while cutting.

These kinds of problems have been experienced at Corps of Engineers campgrounds nationwide for many years. A well designed campsite makes the camper feel comfortable and doesn't show the

effects of intense occupation. Campers usually avoid poorly designed sites. Vandals like these sites because they are not attractive.

In the early 1980s, Lake Shelbyville Park Ranger Al Lookofsky began experimenting with campsite rehabilitation. He

**(Continued on next page)**



## Workshop (cont.)

sought out ideas to rejuvenate "tired" campsites and make them attractive to campers again. During his search, he met Richard Cottrell, a recreation and park consultant and coauthor of the book *Planning Parks for People*. Mr. Cottrell was an instructor in a course that taught campsite design to planners. He was also searching for a location for a course he was developing that would teach the concepts of designing recreation facilities for the public, not for the designer or builder. Al offered Lake Shelbyville as a site for the course and the Shelby County Office of Tourism sponsored the course.

The Office of Tourism, in cooperation with the Corps of Engineers, will host the eighth annual North American Park and Recreation Workshop October 27 - November 1, 1996. The workshop will be conducted by Mr. Cottrell. Shelbyville was chosen as the site for the workshop because of the proximity of Corps, state and private recreation facilities. According to Al, Cottrell presents a well-organized, hands-on workshop. Participants take field trips to the parks for a firsthand look at how planning, design and management affect the success of a facility.

This advanced training session addresses issues related to management, programming and maintenance of campgrounds, trails and day use facilities. The workshop's main goal is to reduce the number of mistakes that are repeated over and over again in state and federal parks, private resorts and municipal recreation areas. These mistakes waste dollars as well as encourage vandalism.

Team problem solving, field trips and group presentations in-

volve the students and challenge them to become better planners. The course attracts a cross section of federal, state and private managers from across the country. Shelbyville has hosted the workshop four of the last seven years.

## Partnership with state reaps benefits

The Corps of Engineers partnership with the State of Illinois at Lake Shelbyville began in 1968 with a long-term lease to the state of two areas on the lake. Eagle Creek and Wolf Creek State Parks were created to provide additional recreation facilities on the lake. Eagle Creek State Park, a 2,200 acre park on the west side of the lake, offers visitors many recreational opportunities. There are several fully developed picnic areas, 160 campsites, and three marked nature trails. A four-lane launching ramp provides access to prime fishing spots.

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# Challenges for the next century

Lake Shelbyville celebrated its silver anniversary in 1995. For 25 years the lake has been providing quality outdoor recreation opportunities to the public. The next 25 will produce as many challenges. Many facilities that were designed and built in the late 60's and early 70's have reached the end of their useful life. These aging facilities present challenges in providing quality recreation to the public.

As campers became more sophisticated, so did their camping equipment. When campgrounds were designed in the early 70's, the average camper spent his nights in a tent or pop-up camper. Electricity was a luxury. By the 80's, 30 foot motor homes with full kitchens and air conditioners were common. This presents a challenge in providing electrical service. Old 20 and 30 amp sites are not adequate anymore. Often during the hottest part of the summer, circuit breakers trip, leaving campers with no power. Lake Shelbyville is working with the Design Branch to upgrade electrical service in the campgrounds. New service will accommodate future camper needs.

Campers are also looking for more convenience in their site. Six campsites at Coon Creek are undergoing rehabilitation to provide full service hookups for equipment. Full service includes electricity, water, and sewer hookups.

In the past 25 years, the landscape around the water has changed tremendously. Because of the lake's flood control authority, the lake level fluctuates, sometimes dramatically. The lake's highest recorded level in June 1974 left behind dead trees

and the beginnings of severe shoreline erosion. Wave action and high water in subsequent years combined to erode the already vulnerable shoreline.

Several sites in Coon Creek were abandoned in the mid 1980's because of severe erosion. Bo Wood is also losing campsites because of a 50 foot eroding bluff behind most of the campground. Boat ramps are in danger of washing away. The Shoreline Erosion Plan, a comprehensive effort by Lake Shelbyville, Planning, Engineering, Regulatory, and other District elements, was developed to protect recreation areas. This is a major undertaking, requiring the cooperation of many District departments. There will be four phases of work. Each phase is expected to take several years to complete.

Phase I work is currently out for bids and will take close to a year to complete. Hundreds of thousands of tons of riprap will be used to protect the shoreline in Dam West, Dam East, Lithia Springs, Lone Point, and Eagle Creek. The riprap will protect boat ramps, campsites, picnic areas, and the Visitor Center area.

Because of the magnitude of erosion taking place at Bo Wood, the entire campground will be replaced across the main road in Phase II. Preliminary plans called for the closure of the area and moving all campsites to Whitley Creek. Public response was overwhelmingly in favor of keeping the campground in the Bo Wood area. The decision to move the campground was based on public support for the popular campground.

Protecting the resource will take on greater importance in the

coming years. As land closes to public access, places like Lake Shelbyville will become more important to visitors looking for an outdoor experience. How many people can the lake and its recreation areas withstand before the facilities are impacted? The challenge will come in providing a quality experience while maintaining the resource for future visitors. Sites must be designed and developed for minimum impact on the environment.

These are only a few of the challenges that we are faced with in the coming years.

## Lake Shelbyville ministries

The Lake Shelbyville Ministries, a nondenominational organization dedicated to providing family oriented entertainment to campers, is made up of sixty local churches. These churches are located in Shelbyville, Sullivan, Windsor, Findlay, Bethany, Lovington, Gays, and Arthur. Volunteers from the Ministry present interdenominational church services, children's bible adventures, hosts volleyball games, and shows movies in five of the six Corps campgrounds and in Wolf Creek State Park. Approximately seventy-five individuals, representing nine denominations, helped present programs last year. The Ministry has provided services to Lake Shelbyville visitors since 1970, the year the lake began operation.



# Lake Shelbyville

## 'Snowbirds' meet a lake

The following article is reprinted with permission of the Shelbyville Daily Union. It is an excerpt from the Union's August/September 1994 Laker.

Their voices permeated the Opossum Creek campground with old campfire songs and short stories. The dinner table, topped with a meal fit to feed an army (but tasting much better), stretched four picnic tables long and seated only a small portion of the entire group. The rest lined themselves up in lawn chairs and formed row after row, resembling an audience waiting for the next act to come on stage. Indeed it was entertainment to watch a group of 60 campers manage to fix, serve, eat and clean up after dinner during one August evening.

But they do much more than eat and camp together. This group of northern "snowbirds" heads south every winter for their homes in Haines City, Florida, about 30 miles from Orlando. They come from six states - Illinois, Indiana, Missouri, Ohio, Virginia and New York - and they enjoy each other's company so much in Florida that for the past three years they have met for a

few days in August at Lake Shelbyville.

The massive convergence got started about four years ago when a Geneseo couple came to Shelbyville to visit local resident Marge Knierim. "We came out and looked around the parks," said Betty Schmitz of Geneseo. "So many of us had campers, so it worked out great for us. It just kind of snowballed." When they went to Florida later that year, Betty and Ed Schmitz and Knierim told all their friends about Lake Shelbyville and the next year a group of them came up to camp. The Haines City camping clan has grown steadily for the past two years, and this year (1994) includes about 27 campers in 14 units with about five new couples.

The atmosphere around the campground is that of a summer camp for seniors, without the matching t-shirts, postcards to home and snakes in sleeping bags. They range in age from 47 to 79, but age is the least of their concerns. The most important? Having fun and enjoying the company of friends.

During the day everyone is on

their own as far as meals are concerned, mostly because the group is too large to serve. However, the entire group comes together for their evening meal. Dinner is more accurately dinner theater. "We divide into states to fix meals," stated Imogene Peoples of Sedalia, Missouri, who is the self-appointed camp leader. "We count off every night to see how many we have."

At one meal there were 60 present, and those from Virginia, New York and Illinois were responsible for getting dinner together. After the meal was finished, the group broke out in song and story-telling. Peoples, playing emcee, directed the mix of songs and stories and encourages a fellow camper in her 70s to join in with her two harmonicas. After about an hour of stories and songs, the group gathers around a fire. They enjoy some more fun before they break apart for the night and look forward to the next day.

On the last day the remaining campers will say goodbye, but only for a while as they will see each other again in Haines City in a few months.

### Ministries (cont.)

This organization is committed to Lake Shelbyville. Members recently purchased a portable VHS video projector so they could show more recent movies at the outdoor amphitheaters in the evenings. Funds were raised over a period of three and a half years.

They raised more than \$2,500 from bake sales, offerings, matching funds, and a recycling program in Wolf Creek State Park.

The Lake Ministries is an asset to Lake Shelbyville. Their activities complement the ones given by Corps of Engineers and State Park personnel. Visitors to

Lake Shelbyville appreciate the services and programs the Ministry provides. This partnership provides quality activities for visitors throughout the week during the recreation season.



## Lake outing can be good for your health

Did you ever wonder how much effect visiting Lake Shelbyville has on your happiness or health? According to a recent survey, the answer is a great deal. A Recreation Round Table/Roper Starch world-wide survey indicates that people who participate in outdoor recreation regularly are more likely to be satisfied with their lives than others. The Recreation Round Table is a group of 25 leading recreational executives that seeks to promote high-quality, readily available recreation opportunities in the United States.

In a door-to-door survey of 2,000 adults in April 1994, the survey revealed that two-thirds of Americans participate in outdoor recreation every year, and half do so at least every month. Survey participants stated the the main reason behind their outdoor activities was fun, followed by relaxation, health and exercise, family togetherness and stress reduction. They reported their top recreational activities as pleasure driving, swimming, fishing, camping and bicycling.

Gender differences also played a role in what activities a majority of people participated in. Among men, fishing was the overwhelming favorite, while swimming was the main preference of women. Regional differences also were evident. "The American public associates recreation with three great issues of the 1990's: family, the environment and health," commented Francis Pandolfi, vice-chairman of the Recreation Round Table. "We know that people who participate in recreation often - and those who are raised in families where recreation was an important ele-

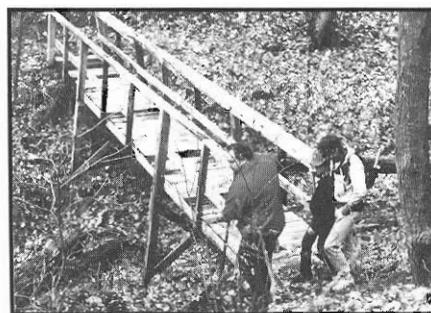
ment - are happier with their lives than the public at large."

The data also shows that outdoor recreation contributes significantly to a sound environment, strengthened family relationships and improved personal health. Fortunately, Lake Shelbyville offers many recreational opportunities that may lead to better overall health and happiness. On the lake itself, there is fishing, boating, water skiing, tubing and swimming. Around the lake there are opportunities for bicycling, camping, hiking, volleyball and hunting. Scenic Lake Shelbyville provides a view for walkers and motorists alike. The interpretive staff also gives tours of the dam and presents various nature programs for the public at campgrounds.

In cooperation with the Illinois Department of Natural Resources and the American Angling Association, the Corps manages the Fin and Feathers Nursery Pond which provides healthy young fish for the lake.

A hard-working trail crew also maintains six hiking trails around the lake. These trails range in length from one half mile to the eleven mile Illini Trail.

It's easy to see that Lake Shelbyville can be the key to every visitor's happiness.



Hikers enjoy one of the trails.

## Environmental Demonstration Area on fire

Orange and red flames dance an ancient dance. Dark clouds of blackish smoke slowly rise from the open fields. About 800 acres of native prairie grass in the Environmental Demonstration Area (EDA) were recently burned.

John Cannon, Lands Manager for the Riverlands West Alton Area Office, periodically burns portions of the EDA as a cost effective means to manage native prairie grass stands. Burning native prairie grass every few years recycles nutrients, reduces competition from exotic plant species and promotes growth and vitality.

About three quarters of the 1200 acres of restored native prairie was burned during a three day period in small sections to reduce the risk of wild fires and so that wildlife would have a chance to temporarily move to other areas of cover. Cannon said they managed to hit a good window of weather. Low humidity and mild wind speeds made for good burning conditions.

Native grasses evolved with fire. Prairies would burn regularly every few years as fires started by lightning swept over these open areas.

Prairies support a wide variety of important plants, insects and animals. The tall, deeply rooted plants are naturally drought resistant and provide excellent soil erosion protection. Many of the flowers favored by gardeners are species found in native prairies. Make a point to visit a native prairie near you this summer and enjoy their beauty.



**Did you know ?**

1. Construction Operations Readiness Division has vacancies for deckhand positions aboard the Dredge Potter? Pay is \$12.86 per hour for the first shift. A normal workweek consists of 40 hours regular time and 16 hours overtime. The dredge operates for about six months each dredging season. To be eligible for consideration, applicants must have at least six months of deckhand experience and be a current federal employee with status, or reinstatement eligible, or be eligible through non-appropriated fund (NAF) service, or be eligible for a Veterans Readjustment Appointment (VRA).

Eligibility for VRA appointment is as follows: (a) Vietnam era veterans (those who served between August 5, 1964, and May 7, 1975) are eligible ONLY if they were discharged during the last 10 years or have a 30 percent or more service-connected disability; (b) Post-Vietnam era veterans (those who first entered service after May 7, 1975) are eligible if they served on active duty for more than 180 days and have other than a dishonorable discharge.

If you know of someone who may qualify and be interested, applications may be sent to Larry McCarthy, HR-P, Room 4.202,

1222 Spruce Street, St. Louis, MO 63103. Mr. McCarthy can be reached by phone at (314) 331-8542.

2. The Human Resources Office has reorganized into two branches? They are Human Relations, Training and Services (HR-M), and Position Management, Classification and Staffing (HR-P). New organizational assignments of the HRO specialists within the two branches will be announced by E-mail. Employees and managers are also encouraged to use their organizational Administrative Points of Contact to obtain HR forms, find out about procedures or ask routine questions.

3. There is an Exit Interview Checklist to be followed when an employee leaves the District?

Any employee, including students and other temporary workers, should complete the CELMS Form 311 and the attached Exit Interview sheets on or about their last duty day. Field activities should keep a supply of forms and may clear telephonically if necessary. At a minimum, supervisors must ensure government IDs are returned to the Human Resources Office upon departure.

4. Other than three hours a week for the first 8-week period in the Fit-to-Win Program, all time spent in fitness activities is NON-duty time?

5. Selecting officials may choose to interview all, some or none of the candidates on a referral list?

6. The National Federation of Federal Employees (NFFE) Locals 405 and 24 are combined under Local 405. Local 405 previously represented only Lock and Dam bargaining unit employees, but now also includes the District Office.

**Native American workshop at Fort Sill, Oklahoma**

On March 6 and 7, Fort Sill, Oklahoma, hosted a groundbreaking workshop between Native peoples and Army cultural resource managers. This unique assembly of Native Americans, Native Alaskans, and Native Hawaiians addressed archaeological curation and consultation-issues that heretofore had not been addressed at a national level.

Reflecting the current proactive attitude of the U.S. Army on Native American consultation issues, the Army Environmental Center (AEC) convened a host of Indian tribes to discuss how to improve two-way communication between Native peoples and the Army. The central themes of the workshop, which was coordinated by the Curation and Archives Analysis Branch of the St. Louis District were to:

- (1) gain a wide spectrum of comment on the draft Army Native American consultation guidelines,
- (2) discuss how consultation is now being handled at the installation level, and
- (3) receive input from Native peoples on issues they feel are important but not covered in the guidelines.

In attendance were representatives from 14 different tribes, two Hawaiian organizations and one Hawaiian Island Burial Committee, as well as representative from the National Guard, the AEC, and the U.S. Army Corps of Engineers.

This workshop was beneficial to both Army personnel and native Americans. Army personnel learned more about how tribal

**(Continued on next page)**



## April is cancer month in U.S. and Canada

### Knowledge, testing, treatment save lives

governments function and what tribal leaders expect from consultation, and the Native Americans learned about Army structure-from Headquarters to the installation level- and Army policy. Both sides hope this will be the first step in a long walk.

"The Lessons Learned Workshop was a success, as it brought Native Americans, Native Alaskans, Native Hawaiians, and Army personnel together for the first time to work jointly on issues that concern both sides," said Roberta Hayworth, Cultural Anthropologist and team leader for this project. "Native Americans, Native Alaskans, Native Hawaiians, and Army personnel are looking forward to working together in the future."

#### **A birthday letter from the President**

Is your mother or father 80 years old or older? If so, you can arrange to have your parent receive a letter of congratulations from President Clinton next time a birthday comes around.

To receive the letter, write to the White House at least a month, but not sooner than two months, before the big day. Include your parent's name, age, birth date and address.

You are also asked to include your own phone number, but you can indicate that you want the letter to be a surprise.

Send your request to The Greetings Office, The White House, Room 39, Washington, DC 20500, or fax the information to the White House at (202) 395-1232.

The American Cancer Society's Cancer Facts and Figures 1996 gives 34 pages of information on all facets of the disease. Examining some of the highlights of the report gives us important new facts which each of us can examine to determine if they are areas of concern for us as individuals.

\* Prostate cancer: The number of new cases continues to increase. With widespread use of serum screening tests, these cancers are easier to diagnose. Every man aged 40 and over should have a digital exam as part of his regular annual physical checkup. Men aged 50 and over should have an annual prostate-specific antigen blood test. Incidence rates are 37 percent higher for black men than white men. The five-year survival rate for patients whose cancers are diagnosed while still localized is 98 percent.

\* Lung cancer: Lung cancer has now surpassed breast cancer as the major cause of cancer death in women. Smoking is the primary cause. The five-year survival rate is 47 percent for cases detected when the disease is still localized, but only 15 percent of lung cancers are discovered that early.

For all sexes, races and ethnic groups, lung cancer is the leading cause of cancer deaths.

\* Colon and rectum cancer: Second only to lung cancer in the number of deaths caused, risk factors include a family history of the disease, polyps and inflammatory bowel disease. Other risk factors include physical inactivity and a high-fat and/or low-fiber diet.

A digital rectal exam is recommended annually after age 40. The five-year survival rate for localized cancer is 91 percent. After it has spread to adjacent organs it drops to 63 percent. The rate with distant metastases is only seven percent.

\* Breast cancer: While more cases are being reported because of mammography and early detection, death rates are falling. Because fewer black women seek mammography, their death rates have not declined. Since there are so many risk factors, the best way to reduce mortality is through early detection.

The five-year survival rate for localized cases is 96 percent. If the cancer has spread regionally, the rate is 75 percent, and the rate for those with distant metastases falls to 20 percent.

\* Skin cancer: Almost one million cases of skin cancer will be diagnosed in North America this year, making it the most common form. Light skinned people are most susceptible. Symptoms: Any change on the skin, especially in the size or color of a mole, colored growth or spot, and the spread of coloring beyond the border of a mole, bump or nodule, or a change in sensation.

Risk factors include a fair complexion, exposure to ultraviolet radiation of the sun, and family history. Cure of basal cell cancer is highly likely if detected and treated early. Malignant melanoma can spread to other parts of the body quickly, but when detected in its early stages, it is highly curable with proper treatment.



# Accountability

COMMANDER'S POLICY MEMORANDUM #13  
SUBJECT: Accountability

1. Accountability embraces three fundamental concepts: (1) clearly defined responsibilities and standards, (2) sufficient authority to execute those responsibilities and (3) willingness to enforce these standards.

2. Accountability has been in our vocabulary for as long as the Corps has existed and, as with other core values, the concept requires reinforcement from time to time. For an organization to practice accountability it must first understand and adopt a common definition. For the U.S. Army Corps of Engineers, accountability is accepting responsibility for performance both on a personal and organizational level. Additionally, I see accountability having two vectors: "being accountable" and "holding accountable."

3. The first vector considers professional integrity and requires that we accept the consequences of our actions, both successes and failures. Maintaining the highest level of professional performance possible must remain our primary goal. We know how to take credit when the job goes well -- we must also be willing to take responsibility when a job does not meet the Corps' professional standards. This includes a willingness to blow the whistle on ourselves rather than delay inevitable disclosure until the customer complains or the congressperson corresponds.

4. The second vector deals with holding all managers, subordinates, and commanders accountable for their performance. It includes taking appropriate action to assure that similar successes are replicated and failures prevented. I believe we need to be more critical of ourselves in this latter category. We do an acceptable job rewarding success but have been very reluctant to sanction those who fail to achieve acceptable Corps' standards. Going back to (1) above, performance standards and responsibilities are absolutely key. Commander's and supervisor's expectations must be carefully crafted, clearly documented and communicated to individuals and work teams. Expectations must be quantifiable and attainable; evaluations must directly relate expected outcomes to the stated standards. Our military and civilian personnel performance systems provide the opportunity to judge and document performance against expectations but are too often executed in a casual manner. This is not to suggest that human judgement not be applied for mitigating factors that have prevented performing to expectations. We do this with our Architect-Engineer Responsibility program. However, while I will never demand absolute perfection, we must demand of ourselves the highest level of professional performance.

5. Too often we miss the opportunity to capture "lessons learned" to improve future Corps performance, reduce costs and provide constructive feedback (and in worst cases initiate adverse personnel actions). There are many triggers that should raise your antenna and activate a mandatory "self-assessment" process. These "red flags" include: reprogramming requests, program execution slippages, excessive cost growth during design/construction, reported construction defects, improper labor cost transfers and costing, poor property stewardship, negative customer feedback, etc. These are key indicators and may suggest less than acceptable performance. All too often we fail to aggressively perform the requisite post-mortem. This leads to another significant shortcoming: failure of some Corps' organizations to use lessons learned to institutionalize corrective actions. These are leadership failures, are inexcusable and will not be tolerated. Pending additional guidance from this Headquarters, I want each of you to review your organization's effectiveness in establishing clearly defined performance objectives and responsibilities, holding staff of all functional areas including technical, program/project management, contracting, legal, real estate, etc. accountable for performance and, finally, generating and implementing lessons learned in pursuit of continuous process improvement. As part of your review, look at your awards, recognition, assignment and promotion system -- is it consistent with demonstrated performance?



6. For my part I have instructed the Civil Works and Military Programs Directors to intensify their efforts to fully implement all aspects of accountability. In particular, special attention will be given to reprogramming requests, proper and accurate distribution of costs, customer feedback and all HQUSACE management oversight visit reports. I expect them to evaluate MSC performance in this regard and provide their assessments and recommendations to me periodically. In an environment of re-engineering and down-sizing we must maintain an even more aggressive accountability program to assure we are producing quality products and services. This will champion our right to future mission assignments.

7. In the past, installation commanders, customers and/or the Congress have been asked to pay for our mistakes. The money no longer exists, or at best, is hard to come by. Customers are correctly asking, "what action is the Corps taking -- where's your accountability?" While we should encourage and support innovation and new ways of doing business, there is a difference between trying a new idea and failing to meet a standard. I expect your support and solicit any thoughts that facilitate a renewed environment of "Corps' accountability."

Arthur E. Williams  
Lieutenant General, USA  
Commanding

**April is Listening Awareness Month**

**The most important skill**

In a culture where action is most rewarded, the not-so-simple act of listening can seem far less important.

"Don't believe it," says Michael P. Nichols, Ph.D. in his book *The Lost Art of Listening* (Guilford). Genuine listening is one of the most important feats in life.

Its value in the workplace is clear and undisputed. Not only is effective listening vital to getting instructions from the boss, our co-workers need this attention as well.

"We all need it to sustain a sense of being understood in order to feel real and worthwhile. When people don't get that need met, they have a sense of emptiness," says Nichols.

Real listening makes us defer our own agenda, which is one reason it's so difficult. But with a little practice it becomes easier to keep from interrupting and to

avoid interjecting our own ideas into what the other person has to say.

Hear what he or she has to say first. Listen to it and give it a fair chance in your mind. Don't gloss over it as you build a counterpoint.

You will see your work relationships improve as you show that you will listen. When a team member is distant, try reaching out and encouraging him or her to open up.

Try asking "What's going on with you (the project, or whatever)?" Then show that you are willing to listen. Hear him out before disagreeing.

Put emotions aside. Anger, frustration, jealousy, or just being too rushed to give attention will prevent the real message from coming through to you. Acknowledge the message by restating it: "Do I understand that you

feel we should...?" or "Are you saying that if we...?"

One of the most complimentary things you can say to a person who works with you, for you, or who you work for, is this: "I've been thinking about what you were saying."

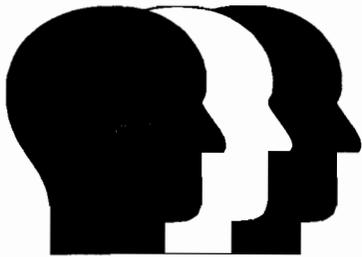
**The fastest states**

Here's an update on states allowing travel over 65 mph on some highways:

You can drive 70 mph on major roadways in California, Oklahoma, Texas and Missouri.

You can drive 75 on major roadways in Arizona, Nevada and Wyoming.

There is no speed limit during daylight hours on major highways in Montana.



By Jean Stephens, EEO Officer

# EEO matters

Claiborne's acceptance speech, said she will try to send me a videotape.

January 29, 1996 FOR IMMEDIATE RELEASE SPECIAL OLYMPICS ATHLETE LORETTA CLAIBORNE SELECTED FOR ASHE AWARD.

Loretta Claiborne, whose accomplishments as an athlete and whose dedication and commitment to the work of Special Olympics have been recognized worldwide, has been chosen as the recipient of the ESPY Award's fourth annual Arthur Ashe Award for Courage. "This award is named in honor of a man who possessed courage, conviction and belief in the goodness of others," said John A. Walsh, ESPN Executive Editor. "I can think of no one more deserving of this recognition than Loretta Claiborne. The ESPYs are proud to honor Loretta for her accomplishments on the field and off."

Claiborne, 42, was born with mental retardation, legally blind and unable to walk. Her mother, Rita, resisted doctors' advice and efforts to place her daughter in an institution

Several weeks ago as I was flipping through the channels trying to find something interesting to watch on TV I just happened to turn to the ESPY awards (given for Excellence in Sports Performance.) I am not really a die hard couch potato sports fan, but the program caught my attention because they were in the process of presenting the Arthur Ashe Award for Courage. I have always admired Ashe for his accomplishments and courage and wanted to see who was going to be named, so I continued to watch as the award was presented to a young Black female named Loretta Claiborne. I was so moved by what I saw and heard in the next several minutes I felt compelled to do everything I could to get a copy of Ms. Claiborne's acceptance speech and share it with all of you.

Jeff Gordon, a sports writer for the Post Dispatch, was nice enough to send me the following press release and from there I was able to contact Ms. Kathy Slavin of Pamela Giddon & Co. in New York who, although unable to provide a written copy of Ms.

and brought her home. At age four, she underwent surgery to restore her sight. A few years later she began running. Since that time, she has graduated from high school, earned a fourth-degree black belt in karate, competed in 25 marathons, become the first person with mental retardation to serve on the Board of Directors of Special Olympics International and received an honorary doctorate from Quinnipiac College in Hamden, Conn.

Claiborne's athletic accomplishments also include winning the gold medal in the half marathon in the 1991 Special Olympics World Games and being recognized in 1988 as the U.S. Olympic Committee's Group E Female Athlete of the Year. In 1989, she was named the Special Olympics International Athlete of the Year.

Claiborne, of York, PA, competes in Pennsylvania Special Olympics. She also enjoys giving of herself to help Special Olympics. Besides sitting on the Board of Directors, she has given many motivational speeches and is an active volunteer for Special Olympics. Last summer she was given the honor of introducing President Clinton at the opening of the World Games in New Haven, Conn.

Jim Valvano (1993), Steve Palermo (1994) and Howard Cosell (1995) are the three past winners of the Award.

If Ms. Slavin is able to dub and send me a videotape I will send an e-mail message so anyone wishing to view it may do so.

## Run for leukemia research

A group of St. Louisans have joined together to form a "Team In Training" to "Run For Research" in the "Mayor's Midnight Run Marathon" in Anchorage, Alaska, in June. The "Team In Training" is sponsored by the Leukemia Society and Runners World, which are in a concerted

effort to raise funds to fight and eventually cure leukemia by the year 2000.

Debra Miller, wife of our own Fred Miller, PD-R, is part of the "Team In Training." Their daughter, Erika, age 10, has leukemia. If you would like to support this worthy cause, contact Fred at 331-8792.

## LMVD Golf Tournament

The 15th Annual LMVD Essayons Classic Golf Tournament is scheduled for June 20-21, 1996, at Forest Hill Golf Course in Millington, Tennessee. Details will be provided in the May ESPRIT. Jay Fowler and Mel Baldus will be the St. Louis District contacts.



# Coming Events at the lakes

## Carlyle Lake

- May 10-12 Keyesport Settler Days
- June 15 Kaskaskia Duck Race
- June 29 Firworks Spectacular/Armed Forces Day
- Sept. 21 Conservation Day
- Oct. 18-19 Haunted Trail
- Dec. 6 Visitor Center Lighting (Christmas Town USA)

## Lake Shelbyville

- April 27 Earth Day
- May 11 Raptor Awareness
- June 1-2 National Trails Weekend
- June 8 Fishing Tournament for Kids
- June 15 6th Annual Craft Show
- June 21-22 Fire Prevention Weekend
- July 4 Fireworks Extravaganza
- July 5-6 Aqua-fest
- July 13 Dog-O-Rama
- July 20-21 Lithia Springs Chautauqua Living History Tours
- Aug. 2-3 Environmental Awareness Weekend
- Aug. 17 Okaw Indian Festival
- Sept. ? National Hunting & Fishing Weekend
- Oct. 3 Eco-Meet
- Oct. 26 Lithia Trail of Terror
- Nov. 17-19 Deer Hunt for People with Disabilities

## Rend Lake

- April 19 Earth Day Celebration
- May 17-18 Festival of Arts and Crafts
- TBA Boat Races
- Aug. 3 Summer Beach Blast '96
- Sept. 14 Rend Lake Cleanup

- Oct. 5-6 Pioneer Life Festival
- TBA Children's Arts Festival

## Wappapello Lake

- April 13-14 Old Greenville Blackpowder Rendezvous
- April 18-19 Earthday activities
- May 18-19 Silver Bullet National Drag Boat Race
- June 9 6th Annual Disabled Persons Fishing Day
- July 6-7 Waterfest '96
- Sept. 28-29 5th Annual Old Greenville Days
- Nov. 23 4th Annual Festival of Lights Auto Tour (through Dec. 22)

## Mark Twain Lake

- April 20 Earth Day
- May 18 An American Celebration
- June 8 Kids Fishing Day
- June 23 Mark Twain Lake Waterfest
- July 5-7 Mark Twain Lake Rodeo
- July 13-14 Primitive Artifact Weekend
- July 26-28 4th Annual Oral and Moral Storytelling Conference/Festival, Retreat and Book Fair
- Aug. 10-11 16th Annual Salt River Folklife Festival
- Sept. 14 An Adventure in Astronomy
- Sept. 20 Environmental Education Fair
- Oct. 5-6 Missouri Mule Days

## Rivers Project Office

- April 14 Wings of Spring
- April 22 Earth Day
- June 10-16 National Fishing Week
- July 22-Aug. 2 Careers in Science
- Sept. 21-22 Big River Days





# To your health



## Testing easy for ulcer

For many years people blamed their high-stress jobs or high-spice diets for their cases of ulcers. Today, we know that most ulcers are caused by *H. pylori* bacteria.

Treatment for the great majority of all ulcers involves antibiotics which kill the bacteria, allowing the ulcer to heal and never return.

If you suspect that you have an ulcer, getting proper treatment is important. An ulcer can become perforated, a situation in which it breaks through the lining of the stomach or the intestine. The result can be life-threatening shock and inflammation.

Testing for an ulcer requires only a simple blood test. When *H.*

*pylori* is present in the GI tract, the body's defense mechanisms respond by producing antibodies specifically aimed at the bacteria. These antibodies can be detected in the blood.

The doctor may want to investigate further. An endoscopy test involves a tube with a light on the end. It is passed through the patient's mouth and into the stomach. The endoscopic tube allows the physician to view and photograph the interior of the stomach or intestine.

For more information on ulcers, call the American Digestive Health Foundation at (800) NO-ULCER.

## Help for sinus pain

Obstructed sinuses will give you nothing but grief until your nose opens up and you can breathe freely. Over-the-counter decongestant sprays and drops usually bring relief. But if used for more than four or five days in a row, the drugs may cause a rebound effect in which congestion gets worse.

You may then require a prescription nasal spray containing a steroid to calm inflamed nasal passages and reduce swelling. Any sinus blocked long enough will get infected, according to the University of Texas Medical School. For pressure and pain in the cheeks and forehead, home remedies alone won't usually help. Doctors usually prescribe antibiotics.

## Skip beta carotene

The National Cancer Institute has released the results of two large studies testing the benefits of beta carotene supplements. Their finding: Not only did beta carotene produce no measurable health benefits, but smokers were asked to stop taking the supplement because it seemed to be making the rate of death from cancer and heart disease worse.

Previous studies showed that people who ate vegetables containing beta carotene had lower susceptibility to cancer and heart disease. Now scientists say other natural ingredients in vegetables work with beta carotene to produce the beneficial effect. They conclude the safest and cheapest form of prevention is simply eating a lot of vegetables.

## Try this for heartburn

The fellow whose "doctor said Mylanta" might have saved himself the trouble of that visit if he had tried chewing sugarless gum. In a study at the University of Alabama in Birmingham, chewing gum helped seven out of ten heartburn sufferers.

The gum increases saliva production, which in turn washes away the gastric juices that can back up into the esophagus and cause heartburn.

## White wine better than red

A glass of wine with dinner has been shown to have heart-health benefits. But now a study by Kenneth Jordan Heart Foundation & Research Center in Montclair, New Jersey, shows that white wine is twice as effective as red in preventing oxidation of cholesterol, the process that makes it harmful to arteries.

White wine has higher concentrations of more powerful phenols, the antioxidants found in wine.

## Exercise helps you think

Studies reported in the Tufts University Diet and Nutrition Letter show that physically active people are significantly faster at processing information than their sedentary counterparts. The link was most pronounced among those over age 50, but regular exercise also had a positive mental effect on people as young as age 30.

Scientists think physical activity increases the flow of oxygen-rich blood to the brain. Exercise also improved mood and increased assertiveness and emotional stability.





# Retiree Review

by the Retiree Correspondent

On March 21, seventeen retirees assembled at the Salad Bowl for our monthly luncheon.

We were honored by two charming ladies representing the District - Sandra Clawson, Public Affairs Officer, and Cecily Jones, the Historian. Cecily is really a "newcomer." She's only been at the District three weeks. Each gave us some words of wisdom about the District. We appreciate their attendance and hope they can come back soon. Cecily, being a historian, wants information from "way back." I'm certain many of us "old timers" can give her some "tall tales" of what we knew and remember. She's interested in pictures, stories, anything we can offer. Sounds great to me. I've always said I should write a book of my experiences, but I'm still wanting to live?

Kate's rheumatoid arthritis has been acting up. She's back on gold shots, but it takes a while for them to "kick in." She made a SOS call to Richard Sovar for a ride. Elsie and John agreed to pick her up next month. Nice to have good friends, isn't it?

I just bought a new word processor. Haven't learned how to turn it on yet. Oh, well. These modern inventions! Guess I was born 30+ years too soon for these modern gadgets. Will learn and next month my minutes should be readable.

Ron Bockhorst was our earliest 93 retiree - September 1993 - and a regular attendee. Glad to have him and his lovely wife attend.

Lois Bockhorst was our March Birthday girl present. Many, many more, Lois.

Marie Puricelli, Laurel Nelson and Ron Bockhorst were the lucky winners of our Pot-O-Gold. Congratulations.

Condolences are extended to the family of Edna Baker - Mrs. Raymond H. (Jake) - who passed away February 20. They had 63 years of married bliss. Kate talked to Jake. He's doing OK - keeping house, cleaning, cooking, washing, ironing. In fact he said he had just finished making a pie. He does

have some trouble walking, but sounded like the Jake I worked with about 40 years ago. We reminisced about those good days and mutual friends. Nice to hear from people like him.

Lew Scheurmann is recuperating beautifully from the heart problem. The back problem was sciatic nerve acting up. A chiropractor has corrected that problem. Good luck, Lew. We miss you at our meetings. I'm sure you will be back golfing real soon. Just take it easy.

George Clapp and Pete Puricelli were our story tellers.

Where are all our regulars? Guess the golf course has called. But keep this one day a month for this.

L.B. Kugler was back with us after playing hooky last month. He was back in the hospital with a little flare up. Seems to be under control. Let's hope so.

Hope we build our attendance back up. It gets a little discouraging when the crowd is so slim. We miss the Gordon Davis's, Bob Lutz, Mike Cullen, Charlie Denzel, Jim Butary, the Trautes, Kathryn Crossley, Lorene Stiffel, John Jansen, Elmer Huizanga, Leon Weber, Joe Bisher and many other good friends. Come join us so we won't talk about you, but to you. Let's have at least 50 at our April meeting. Bring someone with you.

Don't forget to mark your calendar for April 18 - third Thursday - about 11 at the Salad Bowl. See you there.

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Congratulations to Daniel B Courtney. Mr. Courtney will be celebrating his 85th birthday on April 24th. He will also be celebrating 30 years of retirement on August 6th.

Mr. Courtney began his career with the Corps of Engineers in December 1932. He retired in August 1966 as a Supervisory Electronic Technician (Radio) of the Operations Division, Plant Branch, Electronics Section.

## Kneel to save your back

Chores that require bending may overtax your back. Instead of bending at the waist to garden, vacuum or make your bed, kneel with one knee on a cushion or knee pad and use long-handled tools.

## Quote of the month

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

Newt Gingrich

**Earth Day: April 22, 1996**

## **Celebrate Earth Day**



### **Do it 'R' way**

The three Rs of education have traditionally been "reading, 'riting and 'rithmetic." But the observance of Earth Day brings out another important set of Rs.

Reduce, Reuse and Recycle are the three Rs of environmental protection.

Doing business the "R Way" is wise and earth-friendly.

When designing and imple-

menting a waste reducing program, one of the key factors is the involvement of people. Decision makers must support the program.

Everyone must know what they as individuals can do. Here are some things to consider:

\* Reduce waste at the source. Coffee mugs, for example, are reusable. Styrofoam cups are not. If everyone discarded several disposable cups each day, they would soon be as high as a mountain.

\* Reuse paper. Photocopy on both sides of a sheet. Route one copy instead of copying for everyone. And use voice mail instead of sending memos. According to the recycling newsletter One Man's Trash, North Americans throw away enough office and writing paper each year to build a wall twelve feet high from Los Angeles to New York.

\* Recycle corrugated boxes. Corrugated containers carry about 95 percent of all goods shipped in North America. As far back as 1960, over 30 percent of all corrugated was used more than once. Today that figure is twice as high. Think about how you could reuse a box instead of

taking a new one out of stock. You could pack records in reused cartons, or reuse a carton for shipping.

Protecting the earth includes:

\* Saving resources. Simple steps like turning off lights when not needed saves money and resources.

\* Not littering. "Litterbug" campaigns have reminded us to save wrappers and bags until we come to a proper receptacle, but there's still more effort needed in many areas.

\* Dumping properly. Landfills are coping with discarded appliances, tires, furniture, demolition debris and household trash. Improper dumping creates even more serious problems. Never leave trash anywhere but in a designated landfill.

Appliances can be recycled and furniture can be donated to charity. Tires can be recycled when new tires are purchased.

\* Save the animals. Create a habitat for small creatures; avoid disturbing nesting places and dens in the wild.

**April 24, 1996**

## **Professional Secretaries Day**



On April 24th, we pause to recognize those who serve as secretaries on our District team.

Their contributions are as many and varied as they are. There is no way to describe exactly what a secretary does because they fill so many different roles. What we can say with accuracy is that we couldn't do without them.

They have our thanks for another year of excellent service.