



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Winner 1992 Army Communities of Excellence Award

June 1996

In this issue...

Kaskaskia
... page 4

OLE Group
... page 4

Logistics
... pages 5-10

Federal Awards
... page 10

BIG philosophy
... page 12

Healthy tan
... page 14

Construction
review
... page 16

Logistics Management



Have you ever wondered how to get rid of an old file cabinet; how to have a package shipped to another district; if an invoice has been paid; what travel procedures you need to follow to go TDY; how to get a change in your work station or just how to get some pencils? These and many more questions can be answered by your Logistics Management Office.

The Logistics Management Organization was formed as a result of findings of a 1986 EIG Corps-wide Supply Management and Property Accountability Inspection. LM is considered one of the Administrative organizations of the District. Keeping this in mind, it is important to remember that it consists of some very technical positions within the organization. The programs that Logistics is responsible for, for example, Maintenance, Property, Supply, are actually the Commander's programs with LM being the organization designated to manage them.

Presently the organization consists of 13 full-time Corps employees, three contract employees and two STEPS. Customer Service is what Logistics Management is all about. However, it is also the responsibility of LM to make sure the District stays in compliance with a variety of regulations dealing with supply, property, maintenance, travel and space.

In this issue of ESPRIT we are giving some enlightening information that we hope you will find beneficial.

Articles on Logistics Management continue on page 5.



Judy Griffith, Chief Logistics Management Office



Commander's Perspective



Jerry Barnes, DP

There's lots more heros around here.

"Heros"

Memorial and Independence Day festivities always remind me of how many true heros we have in the good ole USA. The laying of a wreath at the Tomb of the Unknown Soldier, flags flying gently at the graves of fallen patriots, the faces of many veterans of past wars; these are all simple but powerful reminders of what sacrificial service to one's country, and heros are made of.

I've attended many gatherings where heros were present. You have too; genuine heros like those recognized by General Flowers at the town hall meeting recently. Heros in our midst, like Ida Morris, Leonard Koopmann, Gerri Shanklin and Dennis Dunn. You know something? There's lots more heros around here.

How about the lock crews who work in all kinds of weather and in dangerous conditions so the economy of this great country can keep humming? How about the staff at each of the lakes who make sure that our visits to these national resources are enjoyable, educational and safe? You're heros! O yeah. Those of you who support them, in the field or in the District office, are also high on my list of who's important.

Many of our people are unsung, but they're heros just the same. People who come to work and give 100 percent each and every day, people who volunteer in their churches and communities, people who raise their families and pay their bills and would never think about "cutting corners" to "just get by." People who work two and three jobs so kids can go to college and make a better life. These people (you know them) are all around us and are heros!

It's hard to reflect in a serious manner about federal service and not dwell on the concept of heros. You see, service is just that. People who have dedicated their lives to be of service to their country. Like you, I've seen and heard from those who look upon government employment as some sort of cushy job where people somehow get more than they give. Well, perhaps they never met Cindy Zimmerman up at Lock and Dam 24, or Dave Busse in Engineering Division, or Kathy Kornberger in Project Management, or Nancy Conner in Contracting, or Patricia Wohlschlaeger in Finance and Accounting, or Gary Stilts at Wappapello Lake. I could go on and on.



US Army Corps of Engineers
St. Louis District

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News Briefs

Carlyle Lake:

Eaglets lost

A new set of eaglets, born at Carlyle Lake in April, have been lost because of severe weather in the lake area. Apparently the eaglets were blown from the nest by high winds and lost by natural circumstances. The adult eagles are expected to return to their nest in the Tamalco area next year.

Hydro plant

The Carlyle City Council has voted to spend \$17,000 to \$30,000 on research and planning for a hydroelectric plant at the Carlyle Lake Dam. Southwestern Electric Cooperative would hand over ownership of the plant to the city for cost savings once the license is obtained. The \$10 million plant is expected to provide electricity at long-term stable rates and reduce city residents' rates.

Settler's Days

About 1500 people turned out for Keyesport Settler's Days in May, a folklife festival jointly sponsored by the Corps of Engineers and the Village of Keyesport.

Facilities open

Most facilities remain open at Carlyle Lake despite high water. Some campsites and boat launching ramps are unusable because of rain water stored that is expected to bring the lake level about seven feet above normal. Rainfall for April was 9.37 inches. Normal is 3.85 inches. Heavy rains continued into May.

Awards

Park Ranger Jackie Brachear and Maintenance Worker Leonard Koopman received Commander's Awards for Civilian Service for accomplishments during the flooding of the lake in 1995. During last year's record pool level, Ms. Brachear served as the project's Flood Plan Coordinator. Mr. Koopman was responsible for monitoring and closing facilities as the pool elevation increased. Mr. Koopman also received the Federal Executive Board's 1996 Outstanding Trades and Crafts Employee of the Year award.

Rend Lake:

Facilities okay

There has been no damage to any of the lake's recreational facilities during the recent high water. The lake crested April 30 at 412.82 msl, almost a foot below the record of 413.8 msl reached in Spring 1995.

Project Manager Phil Jenkins was interviewed on radio and TV and explained that the extensive flood damage in West Frankfort and other areas of Franklin County were because of flash flooding and not because the Rend Lake dam had failed. Phil explained that the dam was operating as it was designed to operate.

Summer help

During May, Rend Lake welcomed 13 new summer employees and said good-bye to three old friends. Amy Spitler and Ean Jones, both STEP employees, are moving on to other areas - the World Bird Sanctuary at Busch Gardens in Williamsburg, Vir-

ginia, and the Corps staff at Lake Okeechobee, Florida, respectively. Jerry Sauerwein, a SCEP employee, has completed his Masters Degree in Forestry at SIU-Carbondale and is leaving after five years at the lake.

Earth Day

Despite 40 mph winds and a threat of rain, 1,500 area school children and their teachers participated in the 6th Annual Earth Day Celebration at the lake. The largest crowd ever to attend the lake's Earth Day Celebration was treated to activities and programs in 22 subject areas. The topics ranged from Illinois Wild Weather to Endangered Animals. The event was hosted by the Corps and co-sponsored by the Illinois Department of Natural Resources, the Rend Lake Conservancy District and the Rend Lake College.



Rosie Kavanagh tells youngsters all about trees.

Mark Twain Lake:

Bald eagle nest

A pair of mature bald eagles have decided to raise a family at Mark Twain Lake. The nesting activities, coordinated with the Missouri Department of Conservation, are being monitored by

(Continued on page 4)



Kaskaskia Lock and Dam still hangin' in there

by Robert Lockhart, CO-NK

The floods of 1993 and 1995 had devastating affects throughout the Midwest. Within the St. Louis District, the Kaskaskia Lock and Dam is still feeling those affects from these two major flooding events. Using experience from the 1993 flood event certainly made the 1995 flood easier to cope with.

Luckily, Kaskaskia Lock and Dam has been blessed with a number of willing hands in the form of job training volunteers, summer aids, as well as Corps personnel from the Dredge, District Office and lake personnel.

These folks assisted during the flood and again for the clean up.

The job of clean up is an ongoing process at Kaskaskia. The greatest amount includes the removal of debris in the lock chamber as well as removal of trees on the handrails and within fencing. Currently, flooring is being replaced within the office complex of the Kaskaskia facility.

Visitation to the facility has remained constant and public inquiries for tours have continued. The staff at Kaskaskia Lock and dam look forward to getting back to normal and hope this year's high water treats them better than in the past.

News Briefs (cont.)

lake staff and MDC conservation agents.

On May 13th eaglets were observed. The nest is the first successful attempt for the bald eagle at the lake. About a quarter mile zone has been marked around the nesting site.

Contest winner

Matthew Paschal of Hannibal Middle School is the first place winner of the Annual Water Safety Poster Contest at Mark Twain Lake. His poster on the theme "Boating Under the Influence - Drugs and Alcohol" will be displayed on billboards along major highways in the lake area. The top three posters will be displayed inside the M.W. Boudreaux Visitor Center this summer. All other posters will be displayed on bulletin boards at the lake during the 1996 recreation season.

The contest is for seventh and eighth grade students and is held by the Corps in cooperation with Kenison Advertising. About 650 students participated.

Programs for kids

Once again Interpretive Park Rangers at the lake have been presenting programs to school age children in the area. Tours of the M.W. Boudreaux Visitor Center and the Clarence Cannon Dam Powerhouse have attracted many groups. As of May 15, about 500 children have visited the lake area.

Thank you

To all the generous people in the St. Louis District who donated annual leave to me during my recent surgery and recuperation... THANKS!

Lois J. King

OLE group adopts cleanup and bears

by Paul Schmidt, CO-C

Nineteen U.S. Army executives from all over the country, including Paul Schmidt, CO-C, and Jim Hawn, Carlyle Lake, were brought together for two weeks to attend the Army's Organizational Leadership for Executives (OLE) course in Kansas City, Missouri.

The OLE course is designed to examine in depth the process of leadership, as opposed to the mechanical content of management. Because it is an in-residence course, the students developed a strong sense of identity with each other and the group. That identity and pride led to the participants "adopting" both a cleanup project and a "Bears on Patrol" donation.

(Continued on page 11)



Our Deputy Commander, LTC Jones, who is on his way to Bosnia for a short tour of duty, holds the farewell cake presented to him by the District staff at the May 15th staff meeting.



Logistics Management

The right product at the right place at the right price

The RIGHT PRODUCT at the RIGHT PLACE at the RIGHT PRICE

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Contact CELMS-LM-S (Bill Moore) for additional information (314) 331-8023.

Property accountability

by Gerri Shanklin

Property Accountability/Responsibility has reached an all-time high within the St. Louis District. We are not faced with the difficulties that occurred last year. For instance, there are no delinquent accounts and hand receipt holder's are more aware of their responsibility and accountability, Report of Surveys are down 20 percent, inventory reconciliations are not as cumbersome and finally faith in the system and procedures that govern property accountability have been restored.

I would like to take this opportunity to thank all of you who have worked with me to reach this point. I would like to extend a special thanks to all my Survey Officers who gave what little time they had to help; Bob Muffler, Dales Holmes and Mark Wunsch for a better understanding of "proximate cause;" David Berti (Penny & Tonette) for always asking as opposed to assuming;

Claude Strauser (Mike Barfield) for the greatest comeback since Mike Tyson; Thomas Bloor for making it perfectly clear that we are in this together; Mike McClendon (Lou and crew) for always smiling; Dick Conner (Jeanette and the guys) for roughing the hot weather with me; Jerry Stroud and Chris Morgan for always updating and keeping me aware of what's there; Ron Singleton, Chuck Franco and Lawrence Williams for always displaying class and composure; Steve Jones for the 10 extra pounds; and finally Carole Pitzer for those "COOL" words of encouragement.

The property arena is one that is clearly defined through several regulations that govern our day-to-day operation. Some of you feel that this is a cumbersome process and more energy is spent trying to buck the system or completely ignore the procedures than working on them. Unfortunately, all this does is create additional problems for all of us. Keep in mind that no system is perfect, but through guidance, discipline and team work we will be able to accomplish the overall goal of protecting our Commander (it is his Property Book) and taxpayer dollars (it is our money that you spend).



Gerri Shanklin, Property Book Officer.



Automated equipment donation program

In 1990, the National Educational Goals were adopted to foster educational reform. Mathematics and science education play a significant role in the reform because it is central to the education process, and because science and technology have such a profound affect on the nation's economic competitiveness.

The Department of Defense (DoD) Educational Institutions Program (EIP) was established in furtherance of Presidential Executive Order 12677, Historically Black Colleges and Universities (HBCU) and Presidential Executive Order 12821, Improving Mathematics and Science Education in Support of the National Education Goals.

Executive Order 12821 requires that preference be given to elementary and secondary schools



in the transfer or donation of education-related federal equipment.

The EIP enables DoD to donate and transfer Automation Resources (AR) to HBCU and to public/private elementary and secondary schools. The types of AR available for use within the program include mainframes, minicomputers, microcomputers, modems, disk drives, printers, commercial off-the-shelf software and other peripheral devices that are appropriate for use in science

curriculum in elementary and secondary schools.

It is the responsibility of the school:

1. To ensure that the equipment will be used in the mathematics and science curriculum.
2. That the equipment will be used for the purpose specified in the paragraph above for a period of at least one year before any further disposition of usable equipment is made.

To be eligible for this, all that is required is that the school be recognized by the U.S. Department of Education and will use the equipment in the math and science curriculum.

For more information contact Arthur Abrams, Property Disposal Officer at (314) 263-4226/4227.

Check the status of your requisition

The REQUISITION TRACKING SYSTEM (REQTRK) is available to all who have access to the LESTAT network. This enables the user(s) to verify that their requisition documents for Goods and Supplies were received and forwarded by CELMS-LM-S, by using "User Friendly" network menu selections.

Having the requisition number issued by PROTRK enables the requisitioner to electronically query REQTRK to view the data record.

Requisitions for services are NOT tracked within the system.

RECEIVED requisitions having necessary prior approvals, signatures and financial data are processed to CELMS-RM-F within two (2) working days. Most are

processed, forwarded and entered the date of receipt to CELMS-LM-S.

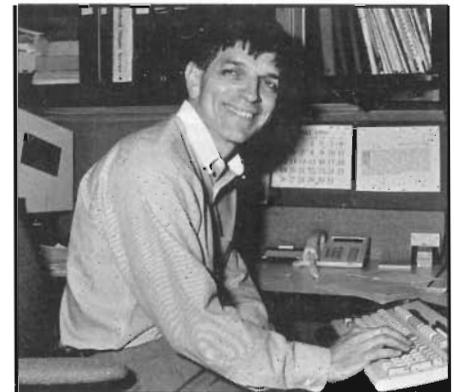
Only GOODS AND SUPPLIES requisitions that have been processed and approved by CELMS-LM-S are entered into the system. Requisitions are then "Hand Carried" to CELMS-RM-F for further processing.

- Select Network Menu item "D" (District Database)
- Select Network Menu item "S" (Requisition Tracking System)
- Enter your Requisition number in the data query "window"
- View the record
- Date "In" and "Out" of LM-S
- View the requisition item data
- "Do you want to view another requisition?"

ESCape to return to Main Menu

IT'S THAT EASY!

Point of contact for this action is Bill Moore (314) 331-8023.



Bill Moore can help you with requisition tracking.



Take care of our vehicles

Administrative Vehicle Operational Record

The vehicles the St. Louis District owns or those we lease from the General Services Administration (GSA) are an integral part of how we conduct business in the District. There are multiple ways we can take care to ensure that these vehicles last longer and are more productive for all members of the District.

One of the most important ways is to refill the gas tank upon completion of a mission so the next driver has enough fuel to start his mission for the day. In no case is a vehicle to be left with less than 1/4 tank of gas. After all, there are stations convenient to all offices within the District. If you return too late at night to refill the tank, arrangements should be made the following morning to fill the tank. If the vehicle is dirty, choose a station that has a car wash.

Another way to help other employees in the conduct of their mission is to make sure all professional equipment and TRASH, including any cigarette remains left in the ash tray, have been removed from the vehicle before making the vehicle available for dispatch to other employees.

Finally, take care to report any and all maintenance concerns before these problems develop into more serious problems or safety issues for our fellow employees.

After all, would you want to get into a vehicle only to discover that it has no fuel, is filled with debris or unnecessary property, whether personal or professional, or is not mechanically operative enough to complete your trip?

The Administrative Vehicle Operational Record, CELMS Form 680, is an important document used to determine an individual vehicle's use. It is completed on a monthly basis and is to be submitted to LM-T no later than five (5) working days after the end of the calendar month. It is important that "trip tickets" be completed neatly and thoroughly.

The proper use rate cannot be figured if an entry is not made on the trip ticket for every trip made with the vehicle. In order for an entry to be complete, it must have the date, organization code, name of driver, destination, time the vehicle left and returned to the unit (based on a 24-hour clock or "military" time), odometer reading upon return, number of passengers carried in the vehicle, project number the vehicle was used for, and the quantity (not cost) of any fuel and/or oil added to the vehicle. Once the information has been entered, the driver should then total the number of

miles the vehicle was driven and the number of hours the vehicle was away from its station.

When completing the LMS 680, it is not necessary to make an entry for each day of the calendar month, only for those days the vehicle is actually driven. However, an entry should be made for the first through the last day a vehicle is not used due to maintenance to prevent those days counting against the use rate.

Without all of the above information, it is very difficult, if not impossible, to determine whether a vehicle has been properly used during a reporting period. Use rates are one factor used by Headquarters, U.S. Army Corps of Engineers, as well as the Logistics Management Office, to determine whether we keep the vehicle we have. Our vehicles are a vital tool in the conduct of our jobs, therefore, it behooves us all to take the extra minute to make a neat concise entry for each trip made in our vehicles.

Army Oil Analysis Program

With its first oil sampling conducted on January 5, 1996, the District added a potent new weapon system to its cost reduction campaign, namely the Army Oil Analysis Program (AOAP). The AOAP program has been in use throughout the Department of Defense for many years, resulting in billions of dollars saved in oil, oil filters and repair costs avoided. In its initial trials within the Army automotive fleet, it resulted in \$4,332,900 savings from the 2 1/2 ton fleet in oil changes the first year.

The key to the entire process is a small oil sample taken from an engine or transmission. This oil sample is analysed in a laboratory and the results determine the action to be taken. This analysis can tell if an engine has a clogged filter, a fuel leak or internal parts wear. In most cases, based on the metals in the oil, the system can even pinpoint the component of the engine which is ready to fail. It can also determine if the oil needs changing by the amount of contaminants

(Continued on next page)



Fleet to convert to GSA vehicles

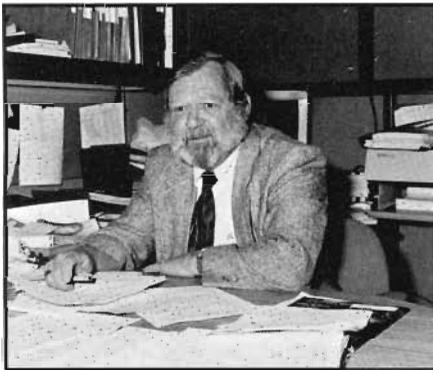
The next time you check out a vehicle from the District pool, don't be surprised if the license plate is a GSA plate. Over the next three years, the District will be converting to a mainly GSA fleet except for special purpose type vehicles. Most of the field sites are currently using GSA vehicles to meet their passenger carrying needs and the District has decided to follow their lead.

The advantages of this are that the District receives a vehicle for a fixed mileage and rental fee just like a commercial vehicle lease. The GSA pays all of

the expenses for the vehicle, such as repairs, services and fuel, from their funds. Another advantage is that the GSA will provide a new replacement vehicle every five years, resulting in a complete fleet turnover by 2003.

Aha! You exclaim. I knew there was a catch. That means I won't be able to get the type of vehicle I need; only what the GSA wants to give me. Or I won't be able to get the options I need, like four-wheel drive, a tow package, or a winch. Actually, you will and at a cheaper cost to the District because with a GSA vehicle, the GSA pays for the purchase and installation of those options.

The only change you may notice is that the vehicle you are dispatched may be an alternative fuel vehicle using either methanol or ethanol as fuel. This doesn't mean you cannot use regular gasoline, just that the engine is setup to use either methanol or ethanol as the preferred fuel. This is mandated by the Clean Air Act and would also apply to any new Corps owned vehicles procured in the future.



Jim Gerth is Chief of Transportation Branch.

Analysis (cont.)

found in the analysis, resulting in fewer oil changes as the oil is only changed when needed.

What this means to the District is increased savings from a reduction in oil changes, lower costs due to early detection of component failure and fewer major repairs to Corps equipment.

While this may seem insignificant, to change the oil in one derrick crane's hydraulic system uses 30 gallons of oil at about \$1.35 a quart, with a total cost for one oil change of \$150 just for oil. When you add on labor, the total costs can exceed \$200 an oil change and oil may be changed two or three times in one year resulting in costs in excess of \$600 a year with no repairs done. Multiply this cost over the entire District and it very quickly adds up to major dollars.



Cleanup yields forgotten treasures

A recent cleanup of the storage area downstairs resulted in a major find from the St. Louis District's past. In one of the boxes scheduled for disposal as trash was the personal library and military orders file of Major John C. Gotwals, the District Commander from May 5, 1924 to July 19, 1930. Major Gotwals' personal library reveals an intense interest in national defense

and several extremely interesting assignments during his career before becoming the District Commander.

Major Gotwals' personal orders file reveals a career rich in color and frequently working in areas where history was being made. He was originally commissioned a probationary second lieutenant in 1913 and was assigned to the Texas border just

in time to participate in the campaign against Pancho Villa.

Lieutenant Gotwals was promoted to captain in 1916 and by September 1917 was a lieutenant colonel in the American Expeditionary Force (AEF) under General Pershing in France. He held several important posts in the AEF and was retained in France after the end of World War I, returning to the U.S. aboard the SS



George Washington in late 1919.

LTC Gotwals was appointed the department engineer for the eastern seaboard upon his return and stationed at Ft. Hamilton in New York City. From New York he was detailed to Alaska as a member of the Road Commission for the territory, responsible for planning the road network under construction. But a shrinking Army did not need as many officers and men, resulting in his reduction to Captain in June 1920. However, he was repromoted in October 1920, to major, continuing his assignment as road commissioner.

Major Gotwals' tenure as District Engineer was highlighted by his service during the Mississippi Valley flood of 1927 where he played a major role in the relief effort. During the months of March and April 1927, the Mississippi went on a major rampage destroying 145 levees and covering 26,000 square miles. This flood was worse than the 1993 flood we all experienced because of the limited communications and transportation.

The relief effort was spearheaded by ex-Presidents Herbert Hoover and Calvin Coolidge with the help of the Armed Forces. Major Gotwals spearheaded the rescue efforts as one of the principal assistants to Col. George Spaulding, who was in charge of the rescue boats and aircraft for the effort. Major Gotwals coordinated the massive fleet of rescue boats (more than 826 vessels) so effectively that only 10 lives were lost in rescuing 250,000 people.

With such a distinguished career, Major Gotwals must have continued on to bigger and better things after his assignment to the District. Maybe one of the older retiree's from the Corps knows what happened to him. If so, we would appreciate any information about his later career.

Mart Building... to Young Building

by Cindy Morales

in 1931, the Terminal Railroad Association built one of the first merchandise marts in St. Louis. A merchandise mart is a showroom and warehouse space for building products, vehicles and all manner of products displayed for the "convenience of buyers and small town merchants." Hence the name Mart Building. The building was designed by Preston J. Bradshaw. It was a welcome project during some economically hard times. The building was conceived as state-of-the-art design.

Original plans of the building consisted of a structure with a tower only sixteen stories in height. The construction of the building employed more than 1000 men and cost \$5,000,000 from start to finish. When the building was completed it was

eight stories in height, with a 21 story tower.

The first unit of the building contained about 25 acres of floor space - more than one million square feet. Private railroad sidings adjoined the building on Poplar Street. This permitted the spotting of 25 freight cars at one time and accommodated 100 carloads inbound and 100 carloads outbound a day. The automobile docks on Thirteenth Street could accommodate fifty trucks at one time. Eleven high-speed elevators with capacities from 10,000 to 18,000 pounds were distributed around the building. The largest elevator allowed a large truck to be driven onto it and carried to any floor for loading or unloading.

The entire eighteenth and nineteenth floors were devoted to the Mart Club, which was operated for the benefits of the tenants. The club contained a spa-



This is what the old Mart Building looked like in 1935. The view is southeast from Spruce and 13th Street.



Mart Building (cont.)

scious dining room, also private dining rooms, lounge, card rooms, shower baths and locker rooms. There was also a large open terrace immediately adjoining the dining room and overlooking Memorial Plaza.

In 1941, the Department of the Army acquired the property. Defense agencies continued to be prime tenants in the building even after its transfer to GSA control in 1961. By 1987, the tenants in the building occupied only 20 percent of the property.

In the early 1980s, GSA began to plan for consolidation of tenants from leased space to federally owned buildings. A significant amount of space was available in the Mart Building, but its condition was far below that of private office space in St. Louis. Major renovation was necessary to provide comparable space for federal agencies moving from leased buildings.

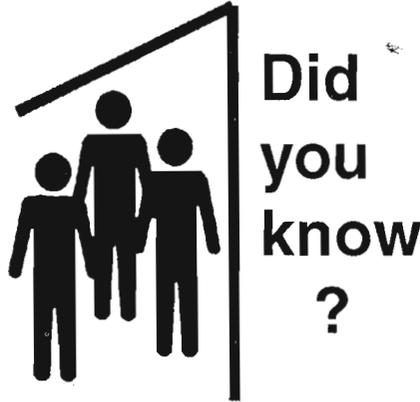
As part of its "Advanced Technologies Buildings Program," the GSA designated this renovation project as one of its "Demonstration Buildings," where a number of state-of-the-art systems have been used. Construction began in December 1987 and was completed in December 1990. The total cost of renovation was \$53,706,268. Occupiable area in square feet is 810,414.

In the fall of 1990, the building was renamed the Robert A. Young Federal Building, after Senator Young, who had pushed for funding of the renovation, and the Corps of Engineers moved to their new home. And, as they say, the rest is history....

Quote of the month

Wherever you see a successful business, someone once made a courageous decision.

Peter Drucker



1996 Federal Employee Awards

The 1996 Federal Employee Awards Ceremony, sponsored by the Federal Executive Board (FEB) of St. Louis was held May 8. The St. Louis District was honored by having four winners from four separate categories (based on large agency level).

We congratulate our winners: Kathy Tober, HR, Dr. Michael (Sonny) Trimble, PD-C, Don Coleman, ED-HPW, and Leonard Koopman, CO-A. We also congratulate Karen Blum, Director of the CASU, who won in yet another category (based on small agency level).

Kathy Tober, Human Resources Officer, won as OUTSTANDING MANAGER. Kathy



is a visionary, innovative manager, known for her total commitment to customer service. Under her leadership, the Human Resources Office has implemented many business process improvements and cost savings. Kathy's accomplishments include coordinating District-wide preparation for the regionalization of the Human Resources Office, development of

plans for future cost savings, proactive recruiting and development of recommendations and plans to achieve various mandated higher headquarters management goals, and many others.

Sonny Trimble, Planning Division, Chief, Curation and Archives, Analysis Branch, won as OUTSTANDING SUPERVISOR.

Sonny began his St. Louis District career as a temporary one-man shop. His mission was to locate, assess and care for the District's archaeological collections. His development of the District's cultural resource management and archaeological curation and collections management programs led to the appointment to two highly visible task forces through which he became nationally recognized as the federal expert in Congressionally mandated



curation-needs assessment and collections management. Under Sonny's leadership, this program has grown to a multidisciplinary 30-member Mandatory Center of Expertise (MCX) for Curation and Management of Archaeological Collections, setting the DoD-wide standards and maintaining state-of-the-art technical expertise in collections curation and management, special purpose designs and construction requirements of curation facilities and development of sophisticated collections management data bases.

The MCX's services also extend to deployment of archaeologists in support of the Army Central Identification Laboratory, Hawaii in recovery of remains of MIAs in Southeast Asia and support of the Native American Graves Protection and Repatriation Act.



Don Coleman, Engineering Division, Hydrologic and Hydraulics Branch, Chief, Water Control Management, won as **OUTSTANDING PROFESSIONAL/SCIENTIFIC EMPLOYEE**. Under Don's leadership, the Water Control staff provides seven days a week protection to the entire Middle Mississippi Valley during extreme high water events through the regulation and operation of the District's five multi-purpose reservoirs and the five locks and dams on the main stem Mississippi and Kaskaskia Rivers. (Damages prevented by the St. Louis District water control reservoirs during the 1995 flood exceeded \$1.5 billion.)



Don empowers his employees and encourages innovation and creativity for which the St. Louis District Water Control Unit is known Corps-wide. He actively supported his staff in the development of highly sophisticated data systems which include NEXRAD (Next generation radar system) now being used nation-wide, WETRAD (integration of weather radar imagery) which contributes near real-time hydrologic information to the reservoir operation decision-making process and enhances knowledge of the spatial distribution of storms. Currently under development is the integration of terrain-based, air-breathing and on-orbit sensing technologies which will produce a national asset for emergency response to unusual and extreme hydrologic events. Don serves as guest lecturer in the University of Missouri at Rolla Rivers and Harbors program.

Leonard Koopman, Construction-Operations Readiness Division, Carlyle Lake Project Office, won as **OUTSTANDING TRADES & CRAFTS EMPLOYEE**. Leonard, a maintenance worker, led the effort to close all inundated facilities when Carlyle Lake's pool elevation rapidly rose during the 1995 flood, including shutting off electricity, securing lift stations, comfort stations and shower buildings, plugging sewer lines and adjusting buoys. Working tirelessly to secure facilities, many hours beyond his normal schedule, Leonard's efforts prevented these facilities from sustaining severe damage. While two of the lake's pump stations were placed on 24 hour emergency operations, Leonard conducted daily inspection of the pumps, maintaining them throughout the flood. He assisted with electrical repairs to a critical gate at the main dam. He also initiated an energy conservation plan on the main dam by adding a motion detector lighting system. When the water began to recede, he worked to quickly reopen the facilities resulting in lessened negative impact to Carlyle's customers. A true professional, Leonard serves as a mentor to the younger members of the Carlyle staff and leads by example through his enthusiasm and work ethic.



Karen Blum, Director, Cooperative Administrative Support Unit (CASU), won as **OUTSTANDING EXECUTIVE** (small agency). Karen has served as the Director of the CASU since its inception in 1990. Under her leadership, the CASU has expanded

its mission from five services to its current 16 services and the customer base has grown from five agencies to more than 80 customers, expanding to six additional cities, adding customers from both state and local governments. As an example of Karen's leadership, expansion continued even though the CASU experienced a 75 percent reduction in force. There was no loss of service to customers and all affected employees were placed. Karen has twice been recognized as National CASU Director of the Year. In addition, the CASU has received Quality and Productivity Improvement awards from the Federal Executive Board.

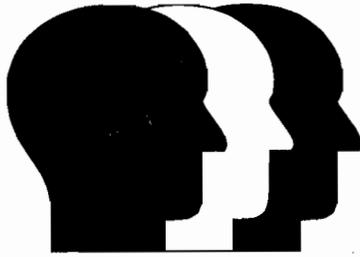


OLE (continued)

The area around the hotel was isolated and prone to dumping. During an initial jogging run, it was impossible not to notice the heaps of trash, tires, demolition remnants and litter piled high. After getting over 100 huge heavy-duty trash bags from the Missouri Highway and Transportation Department, the students cleared the eyesores from the landscape. The collected pile of trashbags and tires was more than eight feet high and covered a circle 20 feet in diameter.

We found out about a Platte County Sheriff's Department program called "Bears on Patrol" used to mitigate the anxiety kids feel during traumatic police interventions (traffic accidents, domestic violence cases, etc.). The police carry donated teddy bears in

(Continued on next page)



EEO matters

Blacks in Government (BIG), Inc. philosophy

By Angela Sanders

BLACKS IN GOVERNMENT was conceived by DHEW Black Federal Employees at the Parklawn Building in Rockville, Maryland. The organization was viewed as essential to the Black civil service employee, based on a wide assortment of racially motivated problems faced by the HEW Black employees in Rockville. Initially, it was thought that the umbrella organization would address only the problems at the Federal level. However, it was soon determined that State, County, and Municipal Black employees were faced with the same general type of employment problems.

When coupled with the fact that no single civil rights organization has as its sole objective the preservation and enhancement of Black civil servants, it became apparent that Black civil servants had to unite and protect themselves. To some, this meant jeopardizing their careers. To others, it meant duplicating some of the efforts of other organizations. To still others, it meant very little, they felt (as some Blacks do not) that it would be a wasted effort.

Nonetheless, **BLACKS IN GOVERNMENT**, was organized in 1975 and incorporated as a non-profit organization under the

District of Columbia jurisdiction of 1976. BIG functions as a knowledgeable, problem identifying and solving organization for the Black civil servants. It is dedicated to: (1) establishing and operating socio-economic, political, and cultural programs which enhance the life, liberty, and pursuit of happiness for Blacks; (2) eradicating all vestiges of unlawful treatment toward Blacks; (3) eliminating institutionalized racism which oppresses Blacks and violates barriers to full and equal citizenship for Blacks; (4) encouraging pride and motivation in Blacks so as to promote achievement of full potential and recognition of societal contributions; (5) sponsoring a national effort to promote the well-being, education, and professional development of Blacks; (6) acting as advocate for equal employment opportunities and conditions which affect Blacks. This shall include, but not be limited to, those administrative and personnel selections, recruitments, placements, promotions, upward mobilities, and other similar areas.

The National Organization of Blacks in Government (BIG) will convene its Eighteenth Annual National Training Conference August 26-30, 1996, in Atlanta, Georgia. This year's theme is "Strengthening Partnership". The conference mirrors BIG's commitment to directing its re-

sources toward creating a higher standard of public service.

This year's conference is designed to aid government employees in developing professional skills and acquiring the knowledge needed to strengthen partnerships and productivity in government. Plenary sessions, forums and workshops will examine concepts around issues related to team building, time management, total quality management, stress management, career development, communications, computer applications, diversity and related community issues. The conference will bring together an array of experts and perspectives on the most pressing questions of the day, problems that impact both the workplace and the community.

I will be attending the conference and will share my learning experiences in a follow up article.

OLE (continued)

their patrol cars to distract and comfort those children. Our class donated 30 teddy bears to the program, leaving our names and agencies on the small notecards around their necks so the kids realize there are people they will never see in federal service who care about them just because they are kids who need help.

The fairwell luncheon for Col. Suermann, originally scheduled to be held at the Royal Orleans, has been moved to Bevo Mill. The date, July 22nd, is still the same.



Coming Events at the lakes

Carlyle Lake

- 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

- 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. 9-10 Environmental Awareness Weekend
- Aug. 17 Okaw Indian Festival
- Sept. 21 National Hunting & Fishing Weekend
- Oct. 3 Eco-Meet
- Oct. 26 Lithia Trail of Terror
- Nov. 22-24 Deer Hunt for People with Disabilities

Rend Lake

- 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

- 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

- 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

- June 10-16 National Fishing Week
- July 22-Aug. 2 Careers in Science
- Sept. 21-22 Big River Days

Experience with nicotine addiction

by Shirley Harvey, LM-S

Smoking is a very difficult habit to break, and trying to quit produces much anxiety. During the first week of my cessation program, I felt tense and worn out. At certain times and places I was tempted to relapse. I found these were the toughest times not to smoke. It was helpful to avoid being around other smokers. Support from others was es-

sential. Gentle encouragement, patience and reassurance really helped me to manage through this time of major lifestyle change.

I used a prescribed nicotine replacement to ease withdrawal symptoms and reduce nicotine "cravings," making it a lot easier for me to quit. The patch was easy to use and I experienced little side effects.

By quitting I have reduced the risk of lung disease, a heart attack and cancer. I am glad to get rid of cigarette stains on my fingers, hacking coughs and the smell of stale cigarette smoke on my breath and clothing. The most pleasing "side affect" is that my sense of smell and taste has improved.



To your health

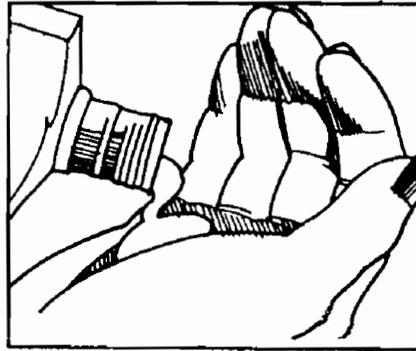
For a really healthy tan: Fake it

Pool parties and beach bathing are part of summer fun. You will want to look good, but you don't have to spend hours in the sun to get a tan. And you don't have to risk getting skin cancer either. You can fake it.

Self-tanning lotions today give such natural-looking color you'll find it hard to tell the fake from the real thing. The products are made with a chemical that reacts with the outer layer of the skin. The amount of color is controlled by frequency of use.

The best time to apply it is when your body is damp but not dripping, like after a shower or bath. Before applying the self-tanner, exfoliate the area with a loofa or gentle scrubbing product. Flakes of skin and rough areas may result in an uneven color.

Don't apply moisturizer first. It can cause streaking. Women should close-shave their legs before tanning.



Apply a generous amount of tanner, using vertical strokes first, then circular strokes.

Put less on areas where the skin is thicker, like knees, ankles and elbows. Be sure to wash it off the palms of your hands and fingernail cuticles when you are finished.

For a perfect tan, apply one coat. Wait three hours. During that time don't do anything that will make you perspire. Then reapply.

When the tan is set, you can

apply sunscreen without damaging the look. To keep the tan going, apply it again every two to four days, say the editors of *Self* magazine.

To protect yourself from the ultraviolet rays of the sun, plan events after 2 p.m. The UV rays are strongest between 10 a.m. and 2 p.m.

Wear sunglasses that protect your eyes against UV rays and a wide-brimmed hat (at least three to five inches all around) to shade your face.

For picnics and other outdoor activities, choose dark colors that block more rays. An ordinary T-shirt fabric is equivalent to SPF 5 to 9 sunblock, and even less when it's wet.

Protect kids with a sunscreen rated SPF15 applied each morning of the summer and applied again in the afternoon if they will be outdoors.

Tips on helping your child breath easier

by Donna Wiggins, LM-S

Having a child with allergies can cause many problems for you and the child, but here are a few very important tips on relieving some of the tension.

1. Drinking plenty of fluids will reduce respiratory discomfort for a child with the flu or a cold. Increased body temperature and rapid breathing often accompany such illnesses, and leads to fluid loss, or dehydration. Dehydration tends to make respiratory secretions thicker, drier and, therefore, much more difficult to expel. Fluids will keep the secretions thinner and easier to cough up.

2. To keep energy levels up during bouts with colds and flu, make sure your child continues to get proper nourishment.

3. Allergies are quite common in children. Exposure to allergens, antigens or irritants can cause the muscles of the respiratory system to contract, narrowing the airways. Breathing through these narrowed airways can produce a wheezing sound. Other forms the allergy may take are sneezing, a runny nose and watery, itchy eyes.

Air conditioners with special filters can cut down on some allergies. Other common irritants

can be eliminated from the child's home environment altogether. These include dust, shag carpeting, fur, feathers, pets and non-hypoallergenic stuffed animals for highly allergic children.

4. Tobacco smoke from other family members can have a serious effect on the respiratory health of youngsters. One study shows that children up to two years old whose parents smoke suffer twice the rate of bronchitis and pneumonia as children of nonsmokers.

5. Flu shots may help certain children avoid problems.



Retiree Review

by the Retiree Correspondent

May 16, 1996, was the first day of summer, or so it seemed, and 25 retirees ventured out to the monthly luncheon. There were several "new" faces in attendance.

Stan and Marlene Wiseman were in town. They just happened to be in the neighborhood. They were up for a wedding and to visit a great-grandchild in Chicago, Illinois, area. Stan stated that he hadn't seen the sun for the last 13 days, nothing but clouds and rain. He sported the typical southwestern tan, but stated that the last 13 days faded it a bit.

John Jansen said that his wife was holding her own, no progress. He also stated that he is considering giving up tennis for the summer and taking up golf. His back is giving him some trouble. Watch out guys. I think I see a hustle in the making.

Lyle Forth was back. He had some "great adventures" on his drive to Florida, recently. Seems he encountered an ice storm, and the experience was enough for a lifetime.

John Clark was a returnee. We didn't get to talk much to him about his "adventures" during his little absence, but undoubtedly he was very busy doing whatever retirees do.

Larry Jenneman was a new face. He said that since he recently started a diet, he had to get out and get some real food. Welcome back anytime, Larry. We will help you with your diet.

Charlie Denzel had recent prostate "work" done. He says he feels great and is limited to light duty for about a month. With two daughters getting married in the next month, his only strain will be writing checks.

Kate Stiles was absent, but sent her apologies. She is down with pneumonia. Get well soon.

Seems that the correspondent misstated that the Huizengas had bought a condo in Cape Girardeau, so they could live near Elmer's daughter. We real-

ized that Elmer could do many things, but it still takes two to have a daughter. Sorry Estelle, you were and are a very important part of that process. As for the condo... Well, Elmer thought he was still buying land for the government and they didn't accept his offer. The item did get him some phone calls. Howard Beinke called him from La Jolla, California, to wish him well in his move to Cape. He also received a call from Bill Douglas looking forward to having him for a "neighbor." Sorry. The Huizengas are staying in the St. Louis area.

Lyle Forth was the senior retiree for the 80s. Gee, you must have retired very young.

During the month of May the Huizengas celebrated their 50th wedding anniversary. Estelle, there should be some kind of award for spending that many years with Elmer. Congratulations to the both of you. There were also some birthdays during the month - Ron Bockhorst, Kate Stiles, Lou Scheuermann, Don Wampler and Mary Ann Jansen. Happy Birthday to all of you.

Charlie Denzel asked the retirees to consider writing their elected officials in Washington to ask them to support COLA equity in all federally administered programs. Everyone receives their inflation adjustment in January except the federal retirees. We have to wait until April. Why should we be handled differently. He had sample letters for those wanting to write.

Our story tellers were in prime form. Elmer, George and Charlie had some well received stories. There were no chicken stories.

John Clark, Helen Scheuermann and Lee Briece were the Pot-O-Gold winners. Congratulations.

Lets mark your calendars for the 3rd Thursday of June, the 20th, at the Salad Bowl, about 11 a.m. Some of you will be at the golf tournament, but we'll be thinking of you.

Chronic fatigue syndrome

The effects of CFS range from being very fatigued for six months or more but still able to function, to being too weak to do much of anything.

Doctors at Johns Hopkins University find that most sufferers have a condition that affects regulation of blood pressure and heart rate. When given drugs to boost the amount of blood in their bodies and put on a high-salt diet, many patients reported

fatigue was gone. Others improved.

Researchers recommend that sufferers not restrict intake of sodium or fluids, and that they should use antidepressants with caution because some lower blood pressure. (Prozac, an exception, is sometimes helpful.)

For serious CFS, they suggest drugs to increase sodium retention and regulate blood pressure.

Construction's Goal: Quality first!

Once a year, Paul Schmidt, Chief of Construction Branch, St. Louis District, assembles all the construction personnel from throughout the District for collective review of their programs, processes and safety. This year's host, the Lower Mississippi Resident Office in Cape Girardeau, Missouri, helped provide a learning environment that included field site visits and a construction Safety Day program.

The training began on May 14 by visiting several field sites of

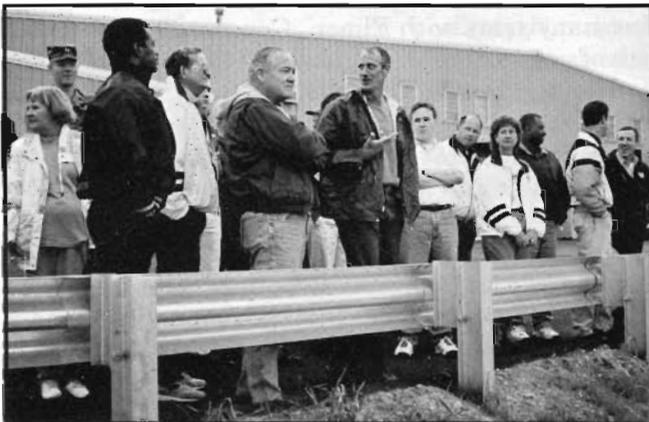
The topics included a variety of current issues and trends of both the St. Louis District's Construction Branch and Corps' construction worldwide. The main theme focused on the construction family working together to provide the best quality product to all customers, both internal and external. Working in a demanding environment with fewer resources made it imperative for the Construction Branch staff to discuss their vision for the branch and the future of projects within the Dis-

trict. During the awards luncheon, Mr. Larry Strunk, Assistant Chief of Construction-Operations Readiness Division, presented the following awards for outstanding construction service: Hardhat of the year - Gary Hendrix, Lower Mississippi Resident Office.

safety harnesses to preclude injury from falls.

The final day included a Safety Day visit to the Tower Rock Quarry in Ste. Genevieve, Missouri. The Lower Mississippi Resident Office is responsible for quality assurance of gradation testing for stone materials supplied to many Corps of Engineer districts, including St. Louis, Memphis, Vicksburg, New Orleans, Mobile and Galveston. Our construction representatives provide assurance to the using district that the stone is graded within the design criteria. Mr. Ronny Inman, Quarry Manager, and his staff reviewed and demonstrated the procedures for testing, overviewed quarry safety operations and conducted a tour of the huge facility, including observing one of the daily blasting operations.

This Construction Branch meeting provided an excellent opportunity for the construction family to share their knowledge and experiences from across the District. The goal of "QUALITY FIRST" is alive and well!



Dean Surface (center with open jacket) explains the Cape Girardeau project to a rapt audience of Construction Branch staffers.

the Cape Lacroix and Walker Branch Channel Improvement Projects. Led by Gary Hendrix and Dean Surface of the Lower Mississippi Resident Office, the staff explored the four phases of the \$20 million project. By controlling the stormwater flow through the city with this quality project, the Corps has greatly enhanced the quality of life in the Cape Girardeau region.

The second day consisted of meetings and discussions at the Drury Lodge Convention Center.

Construction Representative Award - Christine Leffeler, Upper Mississippi Resident Office. Construction Management Excellence Award - Dennis Seibel, Contract Administration Section.

As safety is always major focus for Construction, Mr. Gary Groeneman conducted a briefing on the use of personal



Tower Rock Quarry's Manager, Ronny Inman, (2nd from left) directs Corps staff during Safety Day inspection.