

ST. LOUIS ARMY ENGINEER DIST
ESPRI

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GATEWAY TO EXCELLENCE

December 1999

In this issue...

Rec Workshop
... page 5

Nav Study
... page 6

Dam Safety
... page 8

Habitat builders
... page 9

James in Bosnia
... page 10

MDNR office
... page 11

Life savers
... page 13

Flu meds
... page 14

The Year of the Eagle

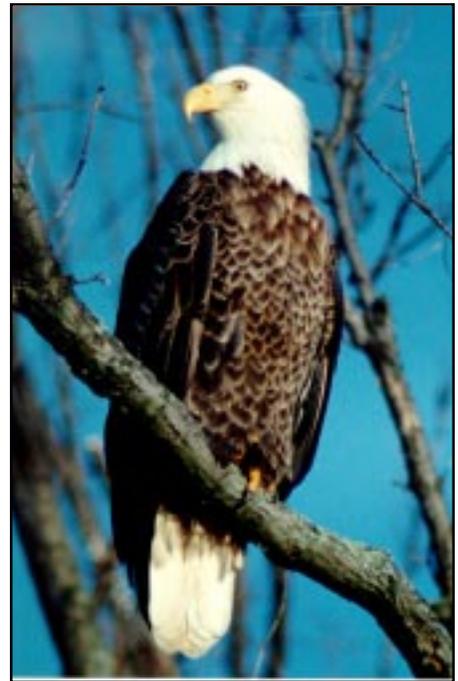
By Erin Connett, Rivers Project

The Rivers Project spotted their first Bald Eagles of the season on October 22. Bald Eagles are not normally spotted around the Riverlands Areas until the first weeks of December and they generally stay through February and leave around the first weeks of March. This extremely early discovery may be due to a few factors. Either the Bald Eagles have made a magnificent comeback from the brink of extinction with successful breeding over the past five seasons, or the Midwest is going to have a harsh winter this year.

This year the Bald Eagle was taken off the Federal Endangered Species List and downlisted to Threatened in every state. The Rivers Project will celebrate the eagles' success and arrival to the area with several special events.

The Masters of the Sky Program is a wonderful program for children as well as adults. The World Bird Sanctuary will bring in several birds of prey, including a live Bald Eagle, and give the natural history and some interesting facts on each of the birds in this free-flight demonstration. Yes, I said free flight! Some of the birds will fly just inches over the top of the audience!

This program will be held in downtown Clarksville on January 22 and 23, 2000 and in Alton at the National Great Rivers Museum on February 5 and 6, 2000. The times for both events are 10:00 a.m., 12:00 p.m., 2:00 p.m., and 4:00 p.m. The admission for each program is \$2.00 for adults and \$1.00 for children 12 and under. Children under 3 are free. All proceeds are donated to the World Bird Sanctuary for ongoing hacking and education programs at their new facilities.



Eagle Days, hosted by the Missouri Department of Conservation, in coopera-

(Continued on page 5)



Commander's Perspective



Col. Michael R. Morrow

"During this holiday season take pause to think about the true reason for the celebrations."

The holiday season is here with all of its rush and glitter. This is the time of year that we look forward to with frantic anticipation. The advertisements for buying gifts and decorations seem to start earlier each year. The stores are decorated for their sales even before Thanksgiving! We are bombarded with the latest toy sensations that we never heard of before, who ever heard of Pokey Man? We look forward to visiting with relatives and friends and feasting on those big holiday dinners. We are caught up in the expectations of the season.

During this holiday season take pause to think about the true reason for the celebrations. This is a time of joyous hope for many faiths the world around. This is a time of renewal, a time of giving, and a time for reflection. This is also a time when we are more aware of our fellow mans sufferings. There are many families who are not as well off as we are and this time of the year only heightens their plight. There are many people who have recently lost loved ones or are going through a crisis. Depression and despair are very common during the holiday season. There are many organizations that help the poor during this time of year. Churches have special donations and collections of food and clothing for those less fortunate. Please take a moment to think about the suffering and help out your favorite charity or religious organization. Our Combined Federal Campaign (CFC) is coming to a close. Your donations will make a difference in the lives of those who need help.

I want to wish you all a very joyous holiday season. I also want to end by reminding you to drive safely. Many of you will travel to be with family or have family coming to visit you. Take the time to be safe. Enjoy the holidays, be safe and we'll all be here to usher in the new millennium.

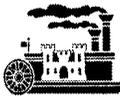


US Army Corps of Engineers
St. Louis District

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News Briefs

Mark Twain Lake:

Wildfires

Mark Twain Lake personnel have logged over 150 hours suppressing 15 wildfires since September. Additional assistance has been provided by the Perry Rural Fire Department. The freshly fallen leaves and the seasonal winds that accompany autumn provide conditions conducive for fires. The risk is significantly greater this year because of the lack of precipitation in Northeast Missouri.

Concern for public safety, risk to adjacent private properties and the protection of the natural resources surrounding the lake have prompted a ban on all open fires in recreation areas. Corps News Releases have cautioned outdoor enthusiasts to be extremely careful and exercise caution with fire and cigarettes when visiting public lands.

Wappapello Lake:

Christmas trees

Wappapello Lake is accepting Christmas trees from December 26th through January 9th to be used for fish shelters. New trees are added to select sites each year to maintain usefulness as cover. Trees will be accepted at Chaonia Landing and Redman Creek boat ramps. Each location will have an area designated as a drop off site. Volunteers are encouraged to collect trees in other communities and drop them off at one of the established collection points.

Rend Lake:

Adopt-a-shoreline

Rend Lake is making headway toward a cleaner shoreline and healthier water conditions with the Adopt-A-Shoreline program. Various schools and clubs have taken

the initiative to clean up the 162 miles of shoreline, aided by low water levels this fall. The total number of volunteers is now 225. They have adopted about 15 miles of shoreline. Truckloads of trash have been picked up throughout the fall.

Commander awards

Colonel Morrow presented two rangers at Rend Lake with Commanders Awards for Civilian Service for their rescue efforts this summer. Student rangers Kyle Bacon and Jonathan Edwards rescued a swimmer who was in danger of drowning.



(Continued on page 4)



St. Louis District Employee of the Month

The District's Employee of the Month for December is Marge Robbins, CO-TO.

Although the Dredge Potter stood down two months early this year, Marge teamed with HR and project managers to place 31 dredge employees in positions at lakes and locks and dams that will carry them through the normal term of employment. These individuals would otherwise have faced furloughs because of the shortened dredge season. In addition to benefiting these employees, Marge's efforts will benefit the projects, helping to get needed work done.

Congratulations to Marge Robbins, Employee of the Month for December.



News Briefs (cont.)

Deer hunt

Rend Lake celebrated the 21st anniversary of the Deer Hunt for Persons with Disabilities. The hunt was first organized in 1979 by Dale Miller of the Rend Lake staff. The first weekend of the 21st hunt concluded with 10 of the 25 hunters checking in deer. About 50 volunteers from the Sesser-Valier High School Outdoorsman Club and several local adult volunteers helped with the hunt.

Murrays honored

During the Rend Lake Deer Hunt for Persons with Disabilities banquet, the St. Louis District honored Mr. and Mrs. Bill Murry, of Sesser, Illinois, for their contribution to the education of the youth of Illinois.



Colonel Morrow presented the Corps of Engineers Certificate of Appreciation to Mr. and Mrs. Murry. The Murry's, founders of the Illinois Wildlife Endowment Youth Camp, have given of their time and energy to share their love of the outdoors with Illinois youth. The camp, held each year in Rend Lake's Dale Miller Youth Area, exposes young campers to a variety of

outdoor activities and skills during the weeklong outing. The Murry's have coordinated the camp since its inception and have kept the quality of education at an outstanding level.

Safety agreement

The Corps, the Franklin Count Sheriff's Department and the Jefferson County Sheriff's Department have entered into a Memorandum of Understanding to promote public safety and public safety education. This agreement will support the Corps' water safety campaign and promote community service and involvement.

Lake Shelbyville:

Deer hunt

The 10th Annual Lake Shelbyville Deer Hunt for People with Disabilities was held November 19-21. Thirty-two hunters participated this year. Individuals donate about 1,000 hours transporting



hunters to and from their blinds, carrying gear, field dressing and transporting deer and performing many other tasks. This hunt proves to be an excellent outdoor experience for these hunters who would not normally be able to participate in a physically demanding sport like deer hunting.

In addition to the many local partners, the Friends of the NRA underwrote the cost of all catered meals during the hunt.

District headquarters:

In Memory

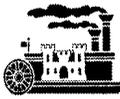


Terry M. Laws passed away September 15th. Terry served as Chief of the Contracting Division since coming to the District in August 1983. Before that he worked for the Corps in Little Rock, Omaha and New Orleans. He served 29 1/2 years in the contracting field with the Corps and also served from 1963 to 1967 in the U.S. Navy. He is missed by all those who knew him.

Middleton given Lifetime Award

Bentley Systems, Inc., producer of MicroStation, has presented Ed Middleton with its Lifetime Achievement Award. Ed, who is now Chief of the Engineering Division in the Jacksonville District, began his engineering career in the St. Louis District, where he worked for 20 years.

The Lifetime Achievement Award is given to a member of the engineering community whose achievements over the course of his or her career have impacted the entire engineering industry.



News Briefs (cont.) Eagles (cont.) New RBI record



Eric Meriwether, son of Harry (RE) and Brenda Hammel (CO-M), set a new record for RBIs in the St. Louis Amateur Baseball Association (SLABA) Varsity League this past season. He led the league with 42 RBIs and was third in homers.

Eric, a senior at Hazelwood Central High School, received several honors during his high school career, including Freshman Offensive Player of the Year and Sophomore Defensive Player of the Year.

As a SLABA player, Eric made the All-Star team for two seasons. He was one of two juniors this past baseball season visited by pro and college scouts during the annual Kiwanis Tournament in Kenosha, Wisconsin.

Test sentence

On the basis of those meetings, the consultant made a recommendation on ways that led to a reduction in employee complaints and gave us the results we were hopeful of seeing.

Analysis on page 13

tion with the Rivers Project, is held each January in Clarksville, Missouri. This year the dates are January 29 and 30, 2000. Live eagle programs are held each hour from 9 a.m. to 5 p.m. at the Apple Shed at the entrance to downtown Clarksville. Viewing opportunities are available at the Lock and Dam Overlook, and within Riverfront Park.



The Rivers Project in both West Alton and Clarksville are the best places within the St. Louis Metropolitan Area to view eagles in their natural habitat. Forced south by freezing waters and insufficient food supplies, the eagles, soar around the locks and dams hunting the open waters for stunned fish that float through the gates. Rangers will be available throughout eagle season for eagle programs and viewing opportunities.

Please call the National Great Rivers Museum for any questions, information, or reservations at (618) 462-6979. Come help us celebrate the American Bald Eagle and its tremendous success in rehabilitation and recovery efforts.

Campground and recreation workshop

The 11th Annual North American Park, Campground and Recreation Workshop was held at Lake Shelbyville from October 31 through November 5, 1999. This was the seventh year that it has been held at Lake Shelbyville.

Dick Cottrell and Dr. John Hultsman conducted the workshop. Dick Cottrell has performed training and consulting work for the U.S. Army Corps of Engineers (COE) and has spent 25 years in outdoor recreation with the USDA Forest Service and TVA at Land Between the Lakes. Dr. Hultsman is a professor of Recreation and Tourism Management at Arizona State University West. He has worked as a recreation planner for the TVA at Land Between the Lakes.

Topics covered during the workshop included: the universal campsite, landscaping, trail systems, playgrounds, screening, recreation programming, playground safety and design psychology. The workshop also included team and one-on-one field and classroom problems, field trips to COE campgrounds and day use areas, Eagle Creek State Park facilities and networking with professionals from across the country.

Thirty recreation professionals from California to Pennsylvania and Wisconsin to Texas representing the COE, USDA Forest Service, Indiana DNR, Illinois and Indiana County Conservation Districts and private campground owners completed the workshop.

(Continued on page 11)



Upper Mississippi River - Illinois Waterway System Navigation Study



By Rich Astrack, PM-N

Why a study?

The Corps, as stewards of a significant national resource, the navigation system on the Upper Mississippi and Illinois Rivers, decided to study the systems' importance and need for expansion with a recon report completed in the late 1980's. That initial look at the navigation system, indicated a need for further detailed study and Congress agreed by appropriating funds for the study.

Where, what is it?

The study addresses the need for navigation improvements on the Upper Mississippi River and the Illinois Waterway System. The study area includes 854 miles of the Upper Mississippi River, with 29 locks and dams, between Minneapolis-St. Paul and the mouth of the Ohio River, and 348 miles of the Illinois Waterway, with 8 locks and dams, that connect the city of Chicago and the Great Lakes with the Mis-

issippi River just upstream of the Melvin Price Locks and Dam. The study area lies within portions of Illinois, Iowa, Minnesota, Missouri, and Wisconsin.

The system's principle problem is delays to commercial navigation traffic due to limited lockage capacity and increasing traffic. The reconnaissance studies completed for the UMR and IWW identified several locks in the study area with some of the highest average delays to commercial tows in the country. These delays continue to increase with traffic growth. Built in the 1930s, the navigation system was designed to accommodate 600-foot-long tows (except at Locks 19, Mel Price, and 27). Today, with tows routinely 1,200 feet long, double-lockages are necessary which take more time and result in higher costs. Looking into the future, there is potential for significant traffic delays on the Upper Mississippi River and Illinois Waterway Navi-

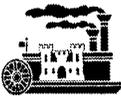
gation system within the next 50 years, resulting in substantial economic losses to the nation.

The Feasibility Phase Study.

The feasibility phase of the study began in April 1993. The Rock Island, St. Louis, and St. Paul Districts are investigating the feasibility of navigation improvements on the Upper Mississippi River and Illinois Waterway. The study will formulate, evaluate and compare various alternative plans comprised of small and large-scale measures. Several examples of small scale measures at lock sites include: adjacent mooring facilities, helper boats, switchboats, and congestion tolls. Examples of large-scale measures include various innovative lock designs for the construction of 600- or 1200-foot locks at various locations at existing lock and dam sites. The alternative plans will be evaluated in consideration of completeness, effectiveness, efficiency, and acceptability. The final three measures being used to develop alternative plans include adjacent mooring buoys/cells, guidewall extensions and 1,200 foot locks as an extension of the existing lock.

This is the first Corps system navigation study. Previously, each lock and dam was studied one at a time, which significantly overestimated their worth and value. The system approach clearly demonstrates that one must improve, not one, but at least five of the lower locks on the Mississippi River, Locks 20 to 25 to be able to justify the cost of improvements. (There is no Lock No. 23, so Locks 20 to 25 is only five locks)

The current fully funded cost estimate of the study is \$55.0 million, with completion scheduled for December 2000.



In simpler terms, what does this mean? Sixty+ years ago when most the 37 locks and dams were built, the largest expected tow was 600 feet long. Since then with increased navigation traffic, improvements in technology and towboat horsepower, typically tows now total 15 or 16 barges and are just about 1,200 feet long. Being 1,200 feet long means that the tows must double lock. A double lockage takes about 105 minutes, much longer than a single lockage. Presently, the major constraint to faster navigation is locking through at the dam. Faster navigation time means less transportation cost, which translates into the U.S. being more competitive in the world grain marketplace. The more grain sold means more income for our farmers.

Major work areas for the feasibility phase have included engineering, economics and environmental.

Engineering has worked to reduce the construction cost of new locks. A 1,200 foot Mel Price type lock would cost about \$380 million. Due to cost cutting, innovative design and construction techniques, spearheaded by the engineers at the Rock Island and St. Louis Districts, a new 1,200 foot lock can be built for about half the cost, less than \$200 million. This lock wouldn't look as nice or as solid, but it would do its job for at least 50 years.

The economists developed new tools to evaluate the proposed improvements. Future navigation traffic forecasts are used to determine the value of any proposed improvements by comparing the time savings with and without a proposed improvement in place. At this time, it appears that at least five 1,200

foot locks, built as a 600 foot extension to the existing lock, one each at Locks 20 to 25, are economically justified and will be part of the recommended plan.

Over \$20 million of study funds have been used to identify, and very importantly, quantify, the impacts of increased navigation traffic on the environment. Major study areas include navigation effects on fish, mussels, plants and backwaters.

* How many fish may be damaged or killed by towboats? (Lots, thousands and thousands of many different fish types)

* Are any mussels damaged or killed? (No, no harm to mussels unless we find mussels located immediately in the path of towboats during detailed engineering.)

* How about aquatic plants? (In some upper pools, aquatic plants grow on the edge of the river in shallow water. Generally, waves from tows aren't strong enough to seriously damage plants, but increased sediment in the water, stirred up by passing tows and their propellers may reduce plant growth a little.)

* Other areas of concern include backwaters and side channels filling up with sediment and bank erosion. Methods to reduce and eliminate the effects of increased tow traffic are being developed as part of the recommended plan.

Questions and Answers

Q. Why are you not looking at tows over 1,200 feet in length?

A. Sixty years ago our predecessors only could see 600 foot long tows, not the 1,200 foot long tows today. Why don't we look at 1,800 or 2,400 foot long tows? With 1,200 foot long tows, the existing 600 foot long locks are the main constraint to faster navigation traf-

fic transit through the Upper Mississippi and Illinois Rivers (below Locks 27 at Granite City, tows can be wider and longer as they don't have to go through any locks to reach New Orleans). When tows longer than 1,200 feet long are considered, then the locks and the navigation channel in the pools between the locks both become a constraint to the longer and wider tows. One would have to not only increase the lock size but would also have to enlarge many miles of navigation channel, greatly increasing the cost of any proposed improvement.

Q. I heard that you have started lock design?

A. This year Congress provided over \$6 million to start engineering design of locks, about a year before the feasibility phase study will be finalized. So St. Louis and Rock Island Districts are taking initial steps to design 600 foot lock extensions at Locks 22 and 25.

Q. Why an extension to the existing lock, a totally new 1,200 foot lock makes more sense?

A. We know at this time that a lock extension is economically justified and will most likely be a part of the NED plan. However, we are continuing to address a new 1,200 foot lock adjacent to the existing 600 foot lock. Our goal is to develop a plan whereby the new lock achieves a BC ratio of at least 1:1 making it possible that a new lock could become part of the recommended plan or a plan that Congress could authorize for construction.

As everyone can image, this project represents a significant workload for the St. Louis District for the next 10 years.



Dam Safety Exhibit

By Jim Brown, ED-GE

The St. Louis District recently got the opportunity for national and international exposure by being an exhibitor at the Association of State Dam Safety Officials (ASDSO) national convention at the Hyatt Hotel, Union Station, October 10 - 13. The HQUSACE requested our dam safety office, ED-GE, to represent the Corps of Engineers at the conference.

It was quite appropriate for ED-GE to be chosen for this responsibility. That office serves as the Center of Expertise for Automated Performance Monitoring of Dams (APMD), it is the central point of contact for the administration of WinIDP, the Corps standard for instrumentation data management, and ED-GE personnel have served in leadership roles in the areas of reliability analysis and risk assessment for the condition and performance of dams. Work in these areas has provided a broad perspective of the state of practice of not only the Corps of Engineers, but also of many other large dam organizations, public and private, that are active in dam safety.

At first, the task seemed daunting. How one exhibit could represent Corps-wide dam safety as well as include two initiatives that HQUSACE had developed that are integral to all dam safety programs, public and private. One is the National Inventory of Dams interactive database, and the other is the Dam Safety Program Performance Measures, both of which have been adopted by the highest levels of all public and private dam safety organizations. In addition, HQUSACE

was very interested in the exhibit being "interactive", to assure attracting and holding the attention of visitors.

After a little brainstorming by the ED-GE staff, it became clear that many of the Corps initiatives in the last few years have a common objective: to help assure that the necessary attention is given to the high and significant hazard water resource structures in spite of the declining resources and expertise. From the Corps perspective, not all districts have adopted the new mea-



asures, and from the public perspective, the Corps dam safety is considered iconic. Any organization that has not had the need or the opportunity to adopt these new measures will eventually do so. Therefore, it would be beneficial for them to see the value of those measures and their availability for their future use. Also, many of these dam safety measures are complementary to each other. Perhaps each of the significant aspects of dam

safety could be linked together and portrayed as a comprehensive process.

The exhibit showed the dam safety process beginning with MONITOR and continuing in succession with PROCESS, INSPECT, EVALUATE, REACT, OVERSIGHT, and the NATIONAL INVENTORY OF DAMS. Listed under each heading were the key aspects that are critical for success.

The basic concept was to begin assuring the safety of dams by obtaining instrument data, processing

the raw information with computers and adding the results of periodic inspections and investigations to enable engineers to determine if the physical condition and structural performance is satisfactory. The results of this determination would be used to make improvements and modifications to correct problems or to invoke the flood emergency plan as necessary.

The next effort is to look at the overall dam safety program execu-



tion by measuring changes in the areas that are most significant to an effective program, including budget, staffing, and the ability to accomplish work.

Finally, the National Inventory of Dams is updated with a variety of information that describes the current status of each dam.

The "interactivity" of the exhibit was accomplished with a demonstration of how a dam engineer can acquire instrument data, process it, and put the new information into a context that would enable the determination of satisfactory performance in near real time. The dem-

onstration used a scale model of a dam with real transducers and datalogger connected to the WinIDP data management software that presented the actual data as compared to historical values and predicted levels of satisfactory performance. The hydrologic conditions on the dam were manually altered and the changing pressures were sensed on a ten second frequency and transmitted immediately. The demonstration, which was not a simulation but an actual dam failure, took only 4 minutes to perform.

Ample brochures offering the District services for Automated

Performance Monitoring of Dams, Data Processing and Management, and Reliability Analyses accompanied the exhibit and demonstration.

The exhibit was a huge success. It was completely accomplished in-house with the talents of several individuals. The primary developers were Jim Brown (design and layout), Travis Tutka (demonstration) and Russ Elliott (computer graphics), supported by Bob Bringer and Warren Jones (last minute heroics resolving plotter protocols), Lora Conrad and Ken Koller (construction) and Ed Demsky, Ken Koller and Omekia Copeland (exhibitors).

Habitat builders at Carlyle Lake

By Joe Smothers, CO-A

The summer of 1999 was a busy time for rangers and work crews at Carlyle Lake. Visitors to the lake should benefit from habitat improvements around the lake.

Stable lake levels in the spring and dry conditions during the summer provided excellent conditions for work to be accomplished in the Boulder Flats Area, Saddle Dam III and the James Hawn Access Area. The dry weather made it possible to repair low level berms and to construct potholes to provide wetland habitat for migratory wildlife, both game and nongame.

In the summer of 1997, work started on low level berms and potholes in the Whitetail and North Fork units of Boulder Flats. Work in the area was not completed, but some smaller functioning areas were established. Because of high water conditions in the summer of 1998, no work was possible in the Whitetail area, therefore all wetland restoration work was undertaken in North Fork. This work improved about 10 acres of wetland habitat.

An increase of habitat from 12 acres of moist soil habitat to more than 90 acres in the Whitetail Area was made possible by \$23,300 of Illinois Department of Natural Resources Duck Stamp Funds. The North Fork Area gained about 50 acres.



Another \$20,000 of IDNR Duck Stamp Funds provided for a well and pump at Saddle Dam III. The well is needed to create wetland habitat by allowing flooding of moist soil plants during dry weather. Drilling for the well was completed

in June and installation of the pump was completed later this past summer.

In September, work was started in the North Fork-West area to improve wetland characteristics in this 300-acre tract. In the drier areas, 80 acres were disked and planted in winter wheat to improve soil conditions and promote moist soil growth next season. Potholes were deepened and low level berms were constructed to catch rainfall and provide feeding and resting areas for migratory wildlife. More work will be completed with a C-2000 grant of \$17,500 from IDNR next summer. Also, an IDNR C-2000 grant of \$15,000 will be used to plant 18.5 acres of bottomland hardwood trees next year in the Boulder Flats area.

Norma Hall attended the fourth annual Ecosystems C-2000 Conference, which was held at Lake Shelbyville's Eagle Creek Resort in November to learn about new ways to protect and enhance the natural resources in the watersheds throughout Illinois.



Kirk James part of Task Force Eagle in Bosnia-Herzegovina

By Chuck Camillo, PA

Kirk James, a Quality Assurance Specialist, Ammunition Surveillance (QASAS) with the St. Louis District's Ordnance and Technical Services Branch, recently was assigned to a six-month detail in Bosnia-Herzegovina. The QASAS program is the oldest civilian career field in the Army. All members of QASAS must sign a mandatory mobility agreement as a tenet of employment.

Kirk is the only QASAS assigned to the American portion of the Multinational Division (North) and Task Force Eagle -- one of the most powerful formations ever fielded. Ever since NATO imposed the cease-fire ending the destructive four-year Balkan Conflict, Task Force Eagle has enforced the cease fire, supervised the marking of boundaries and the zones of separation between warring factions, en-

forced movement of heavy weapons to designated storage areas, supported efforts to administer Bosnia-Herzegovina's democratic elections.

Today Task Force Eagle continues to support the peaceful rebuilding of the nation.

Kirk is located at the Eagle Base Camp, on an old Yugoslavian airbase near the small town of Tuzla in central Bosnia-

Herzegovina. The Eagle Base Camp is the main base camp of the region and supports numerous smaller base camps and outposts.

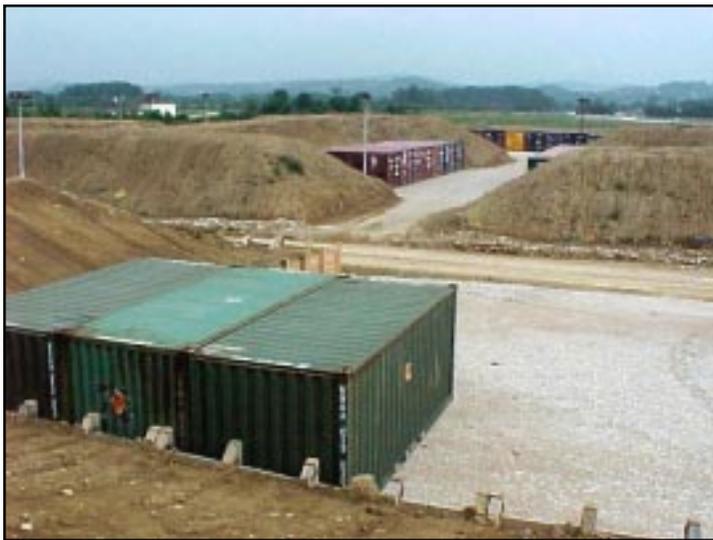
As a QASAS

working 12 hours a day, seven days a week, Kirk's duties are split between staff work and ammunition surveillance duties. Although there are several groups that he works with in-depth, his primary staff function is to serve as a member of the Base Camp Assessment Team (BCAT). Specialists, ranging from ammunition surveillance to environmental and safety, comprise the BCAT, which conducts monthly evaluations of all camps and outposts in the region.

In regard to ammunition surveillance, Kirk is confronted with a number of problems. The inspection of captured and confiscated ammunition represents an extreme test of his knowledge of explosive ordnance. The captured and confiscated items range from World War II vintage to current issue, and most were manufactured by foreign

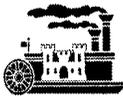


Road outside Eagle Base Camp in Bosnian countryside.



View of Eagle Base Camp.

(Continued on page 12)



Students get chance to see what rangers do

By Bob Melvin, Education to Careers participant

The beginning of the 1999-2000 school year brought a new program to the curriculum of the Sesser-Valier High School. The "Education to Careers" program is designed to place selected senior class members in a work environment which is closely related to the career goals of each student. The ten students who chose to be involved with the program have made a 27-week commitment to the program. Monday through Thursday, from October to June, the students spend 2 hours each day at their respective work sites in hopes of getting some insight into their potential career field.

A variety of career fields are being represented in the program. Businesses such as lawyers, den-

tists, doctors, rehabilitation services, hospitals, Secretary of State, local construction firms and the Corps of Engineers were among the areas from which students had to choose.

Three of the ten students from the program requested to be involved with some type of outdoor environmental programs such as being a Park Ranger. Education to Careers sponsor, Erin Basso, contacted Rend Lake Park Ranger Dawn Kovarik with the request for placement. Knowing that this is an excellent means of investing in the future of our youth, Ranger Kovarik agreed to accommodate the three students for the duration of the school year. In an effort to give the students a well-rounded view of what it means to work for the Corps of Engineers at Rend Lake, a rotation schedule was devised

where each student will spend 7 weeks in each of the four shops - Interpretation, Recreation, Resource and Visitor Assistance. Prior to the end of the school year the students will have been exposed to the operation of each of the four management areas. Hopefully, this will provide a full picture of the workings of the Rend Lake Project Office.

While some of the students involved in the program have a negative interest, the majority of the students are enjoying their experiences and think this program does serve a good purpose. By interning at each work site, the students hope to be able to broaden their career options through hands-on experience and direction gained by mentoring professionals.

New field office for MDNR

Colonel Morrow and Sharon Cotner were among the speakers at the opening ceremonies for the Missouri Department of Natural Resources (MDNR) new field office in St. Louis. The new office will accommodate MDNR's Federal Facilities Section staff who oversee the USACE's cleanup activities on the Formerly Utilized Sites Remedial Action Program (FUSRAP) in St. Louis.

The opening ceremony was held in St. Ferdinand Park, about a block from the office. Participants were welcomed by Stephen Mahfood, Director of MDNR and



Sharon Cotner, Col. Morrow, Stephen Mahfood, Sen. Anita Yeckel and Rep. Lana Stokan attended the MDNR field office opening ceremonies.

Cindy Kemper, Director of the Hazardous Waste Program. About 30 people attended the opening ceremony.

The new field office is located at 917 North Highway 67, Suite 104 in Florissant.

Workshop (cont.)

Participants gained invaluable insight into campground design through classroom and field projects. These projects were critiqued by other members of the workshop which permitted the participants to learn from one another.

"We are very fortunate to have this workshop held in Shelbyville," commented Lake Shelbyville Operations Manager, Winston Campbell. "The presence of this workshop in Shelbyville makes attendance for federal, state, and private campgrounds managers from central Illinois very affordable. As a result, there is probably no other place in the nation with as many highly trained professionals as can be found here."



Our new employees



Robert Crighton is a new electrician on the Dredge Potter. Robert comes to us from "up north." Northwest really - Delta Junction Alaska. He is originally from Pennsylvania.

James Hinton is a new electrician on the Dredge Potter. Like Robert Crighton, he's also from Alaska by way of Fort Rich, Arkansas, where he spent 25 years. He was previously a power plant electrician.



Mark Mendenhall is a student trainee civil engineer in the Geospatial Engineering Branch. He comes to us from the civil engineering program at the University of Missouri-St. Louis, where he played soccer for four years. He is a member of the National Honor Society.

James (continued)

countries. The varieties and quantities involved lead to difficulties in the classification of ordnance items for storage and transportation purposes.

Ammunition stored on the smaller base camps surrounding Eagle Base Camp present quantity-distance problems for Kirk. Work-

ing with the Task force Eagle Safety Office, he is part of a team responsible for generating licenses for explosives and waivers for ammunition storage areas. This is a continual process as the Task Force Eagle mission evolves and facilities are upgraded.

Year 2000: Events mark turn of the century

Great Jubilee/Holy Year 2000

More than 13 million people are expected to travel to Rome from Dec. 24, 1999, to Jan. 6, 2001, to celebrate the Great Jubilee of the Incarnation of Christ.

Events throughout the year are planned. For information write to Holy Year 2000, Vatican City 00120. Or go to the website http://www.vatican.va/jubilee_2000/index.html.

World's Fair:

*Hannover, Germany
June 1 - Oct. 31, 2000*

More than 180 countries will exhibit at this first major festival of the new century. The theme is "Mankind, Nature and Technology."

Subthemes include Health and Nutrition; Life and Work; Environment and Development; Leisure and Mobility; Education and Culture.

For information: Expo2000 Hannover GmbH-30510, Hannover, Germany. Web address: <http://www.expo2000.de>.

XXVII Summer Olympics

Sept. 15 - Oct. 1, 2000

The 2000 Summer Olympics will be held in Sydney, Australia. More than 10,000 athletes from 198 countries will compete in 29 different sports. Each sport will have various types of competitions.

It is estimated that the television audience will include two-thirds of the world's population.

The modern Olympics began in 1896 when the Games were revived and made international. Held in Athens, Greece, some 500 athletes



The legends of the Christmas tree

Many legends have been told about the origin of the Christmas tree, the decorated evergreen that finds its cherished place in so many homes during the yule season.

The little fir tree

One story has it that all of the trees in the forest had gifts of nuts and fruits and fine woods for the infant King. But one tiny fir tree had no worthy gift.

The angels, in compassion, be-decked the fir tree with stars. Not only was the little tree beautiful, but it had the most splendid gift of all.



St. Winfred and the Teutons

An old, old story tells about St. Winfred, a missionary to the heathen Teutonic tribes in the dark Northern forest. Winfred was shocked when he came upon a tribe about to sacrifice a young maiden beneath an oak tree they thought to be sacred. In righteous indignation, Winfred felled the giant tree with just a few blows.

The natives were impressed by his strength, but angered about what he had done to their sacred tree. They were gathering for an attack when suddenly, there sprang up before their very eyes a beautiful evergreen in place of the fallen oak.

Winfred shouted, "Not death, but life. Not the oak, but the evergreen, the tree of everlasting life and love. She will be your sacred tree, and you will become followers of the Young King of Life, Jesus the Christ." And they did. Thereafter, they trimmed an evergreen in His memory for each Christmas season.

Martin Luther's tree

A beautiful story is often told of Martin Luther walking home through the snow on Christmas Eve. Stars were bright and the trees were laden with white.

To make the picture completely beautiful, Luther could see stars shining brightly through the branches of an evergreen.

He was so impressed that he found a tree and took it home to his family. To re-create the scene, he placed lighted candles on the tree.

Sentence analysis

Based on those meetings, the consultant recommended ways to reduce employee complaints and gave us the results we hoped to see. *Traps avoided: On the basis of, made a recommendation, led to a reduction and hopeful.*

These tips can be life savers

The business world and Mother Nature are sometimes at odds. It's especially true if you are caught in a snowstorm on the way back from an important meeting.

If you absolutely, positively have to travel in bad weather, Amoco Corporation recommends keeping a survival kit in your car. Most of the contents will fit in a 2 or 3 pound coffee can. As recommended by the Illinois State Police, the kit includes:

- * Three long strips of bright cloth to tie to the antenna as a danger signal and three resealable plastic bags for use as instant containers.
- * Several packets of instant soup, tea, bouillon cubes, a package of peanuts and some fruit-flavored candy. If you get stuck, mix the soup with snow in one of the bags and melt it next to your body.
- * Athletic socks, glove liners, a stocking cap, and two large, dark plastic bags to cover you and help retain body heat. Include a first-aid kit, a pocket knife, two books of matches, a flashlight and plumber's candles to light in the can for heat.

Quote of the month

Giving is a secret of a healthy life. Not necessarily money, but whatever a man has of encouragement and sympathy and understanding.

John D. Rockefeller, Jr.



To your health

Flu predictions, new medication

The Centers for Disease Control and Prevention predicts a normal to serious flu season. Beijing A & B and the more serious Sydney strains will be most prevalent.

If you should get the flu, remember that new prescription drugs taken on the first day are most effective and by the third day much less so.

The new inhaled prescription drug was introduced in October. It is nearly 80 percent effective in keeping family members from getting the flu bug once a relative brings it home, according to a new study.

Relenza by Glaxo Wellcome Inc., is a powder spray inhaled through the mouth. It has already been proven to reduce the duration of a bout of flu by a day or two. The new study shows that it cuts the chances of catching the flu from an ill relative by 79 percent.

Dr. Frederick Hayden of the University of Virginia in Charlottesville says this is the first of a new class of anti-viral drugs known as neuraminidase inhibitors. The new drugs are effective against the major strains of influenza A and B.

Between 25 and 50 million Americans typically get the flu each winter. Those who failed to get flu shots could get some help from the new medicines.

Third of Americans physically inactive

Physical inactivity is prevalent in all areas of the U.S., according to the U.S. Department of Health and Human Services. Last year it was disclosed that the overall level of physical inactivity among adults 18 years and older was about 30 percent. That's almost twice the Department's year 2000 health objective of 15 percent.

Moderate physical activity can help to reduce chronic conditions such as heart disease, diabetes, high blood pressure and colon cancer. The percentage of physically inactive men reported in the study was higher than for women, about 25 to 37 percent respectively.

More burn from your walk

Walking can be more of a workout when you use walking poles, devices similar to ski poles that have rubber tips. In one study, walkers burned 20 to 25 percent more calories when they used poles. Plus, they decreased the amount of strain on their legs and feet. Walking with weights also burns more calories, but check with your doctor first.

Go nuts

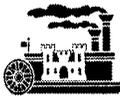
Although nuts are high in fat, doctors at Johns Hopkins Medical Centers say eating a few nuts could do you good. Most fat in them is unsaturated, which tends to have a beneficial effect on the heart and blood vessels by improving the cholesterol profile. Data from the Nurses Health Study shows that women who ate more than five ounces of nuts per week had significantly fewer heart attacks and less coronary disease after 14 years than those who did not. The study, however, shows only an association, not a cause and effect.

Drink the milk in your cereal bowls

Doctors at Tufts University in Boston say you are making a mistake if you discard leftover milk from your breakfast cereal. Some vitamins from fortified cereals are dissolved into the milk. If you don't take in all of the milk, you will miss some of the nutrients.

FDA Info line

Dial 1-888-SAFEFOOD for information on food safety, and the safety of cosmetics, food additives, and dietary supplements. The line has more than 200 hours of recorded information you can access. You can speak to a person from 10 a.m. to 4 p.m. EST.



Retiree Review

By the Retiree Correspondent

November 18th was another beautiful day for the retirees luncheon. Seems that Mother Nature (or whoever schedules the weather) was thinking of all the more mature citizens that may consider attending, and just made it easy for them to get around.

Many of the regulars were there and a few not so regulars also. Charlie Denzel said that last month a group of the people who were deeply involved in the Mel Price project attended a little gathering at the project to celebrate the 21st anniversary of its authorization. To those not so familiar with the situation, President Carter signed a bill authorizing the game of Bingo in one of the states and an amendment to that bill was the authorization for the replacement of L&D 26. Therefore, that is why the Mel Price project has been referred to as having been authorized by the "Bingo Bill." Charlie said that there were about 8 to 10 in attendance and that after a short tour of the project, they went to a restaurant in the Alton area and had lunch. Charlie also reported that John Jansen is slowing down. They had lunch together the other day and John said that he was cutting back on his volunteering at the hospital. Charlie said that John looks great even though he is slowing down.

Lew Scheuermann said that he spoke with Elmer Huizenga "the other day" and that they are still planning to attend the December luncheon. (This is fair notice to all who want to see Elmer and want to say whatever you have been holding back.) Lew said that they sound like they are in good spirits and good health. Lew also said that there may be a retiree returning to the area. He played golf recently with Lee Robinson, and Lee said they are moving back to the Oakville area now

that he is retired. (Great! We look forward to seeing you Lee.)

Ron Bockhorst and Charlie Denzel discussed a pending bill in the Missouri State Legislature that will impact the state income tax for all federal retirees in Missouri. They were at a recent NARFE meeting and there was considerable discussion on the matter. Ron and Charlie said they will try to bring more information to the retirees luncheon as it develops.

It was again mentioned that the December luncheon, although it may have a greater attendance because of the holiday season, will be like other luncheons. Everyone will go through the cafeteria line, rather than having an in-room buffet. It will be less trouble and may even be less expensive.

Charlie Denzel was recognized for having a birthday on the day of the luncheon. Everyone avoided asking him his age, but his wife, Jane, did indicate that he was a mature citizen. Charlie did provide some enjoyable stories for the group, keeping with the more mature theme.

Larry McCarthy said he recently was in the District Office and heard that while the Dredge was working in the area downstream of St. Louis they apparently found a Mastodon bone lodged in the head of the dredge. Larry said he understands that the District Office sent someone to investigate, but he has heard nothing since. (Maybe someone in the District Office can provide some information on the matter for the ESPRIT.)

Let's all mark the calendar for the December luncheon on the 16th at the Salad Bowl, at about 11 a.m. Hope to see more of the group there.

Infection/mental illness connection

In the search for the causes of mental illnesses, the focus has been on genes as one cause. Faulty DNA is thought to be at least partly responsible for such problems as anxiety disorders, schizophrenia, manic depression and other problems. While genetics and damaged DNA play a role, one key to the full cause has been missing.

Now some scientists say bacteria and viruses may be the final piece in this puzzle. Some think ailments such as heart disease, cancer and ulcers had an infectious origin in some cases. Researchers at the University of California at Irvine and elsewhere think the same could be true of some mental illnesses.

A joyous holiday season to you all

This was written by a marine stationed in Okinawa, Japan.

"Twas the night before Christmas,
He lived all alone,
In a one bedroom house
Made of plaster and stone.

I had come down the chimney
With presents to give,
And to see just who
In this home did live.

I looked all about,
A strange sight did I see,
No tinsel, no presents,
Not even a tree.

No stocking my mantle,
Just boots filled with sand,
On the wall hung pictures
Of far distant lands.

With medals and badges,
Awards of all kinds,
A sober thought
Came through my mind.

For this house was different,
It was dark and dreary,
I found the home of a soldier,
Once I could see clearly.

The soldier lay sleeping,
S i l e n t , alone,
Curled up on the floor
In this one bedroom home.

The face was so gentle,
The room in such disorder,
Not how I pictured
A United States soldier.

Was this the hero
Of whom I'd just read?
Curled up on a poncho,
The floor for a bed?

I realized the families
That I saw this night
Owed their lives to these soldiers
Who were willing to fight.

Soon round the world,
The children would play,
And grownups would celebrate
A bright Christmas Day.

They all enjoyed freedom
Each month of the year,
Because of the soldiers,
Like the one lying here.

I couldn't help wonder
How many lay alone,
On a cold Christmas Eve
In a land far from home.

The very thought
Brought a tear to my eye,
I dropped to my knees
And started to cry.

The soldier awakened
And I heard a rough voice,
"Santa don't cry,
This life is my choice.

I fight for freedom,
I don't ask for more,
My life is my god,
My country, my corps."

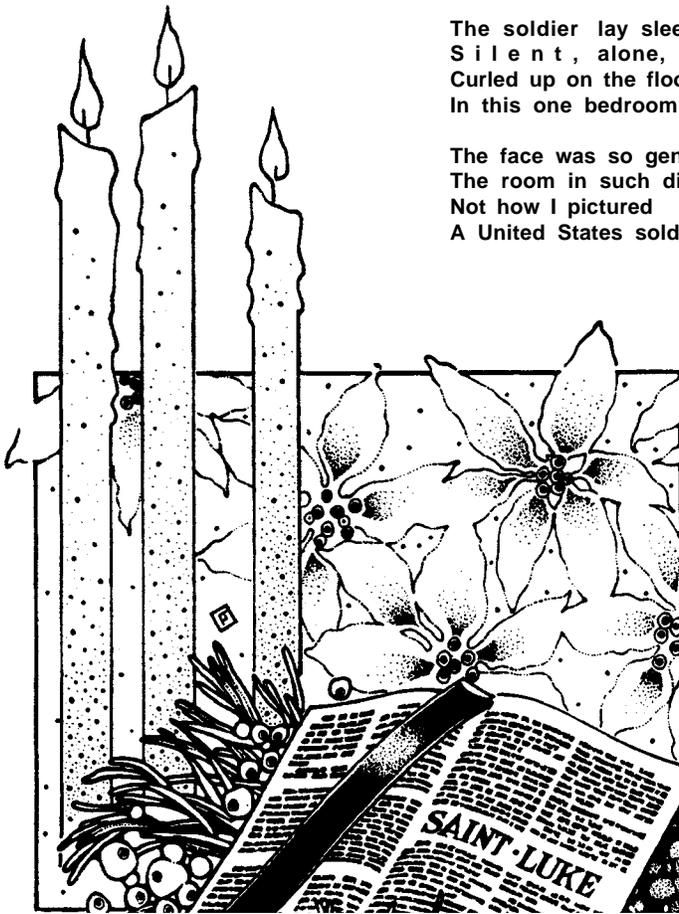
The soldier rolled over
And drifted to sleep,
I couldn't control it,
I continued to weep.

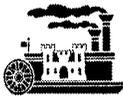
I kept watch for hours,
So silent and still,
And we both shivered
From the cold night's chill.

I didn't want to leave
On that cold, dark night,
This guardian of honor
So willing to fight.

Then the soldier rolled over,
With a voice soft and pure,
Whispered, "Carry on Santa,
It's Christmas Day, all is secure."

One look at my watch,
And I knew he was right.
"Merry Christmas my friend,
And to all a good night."





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