



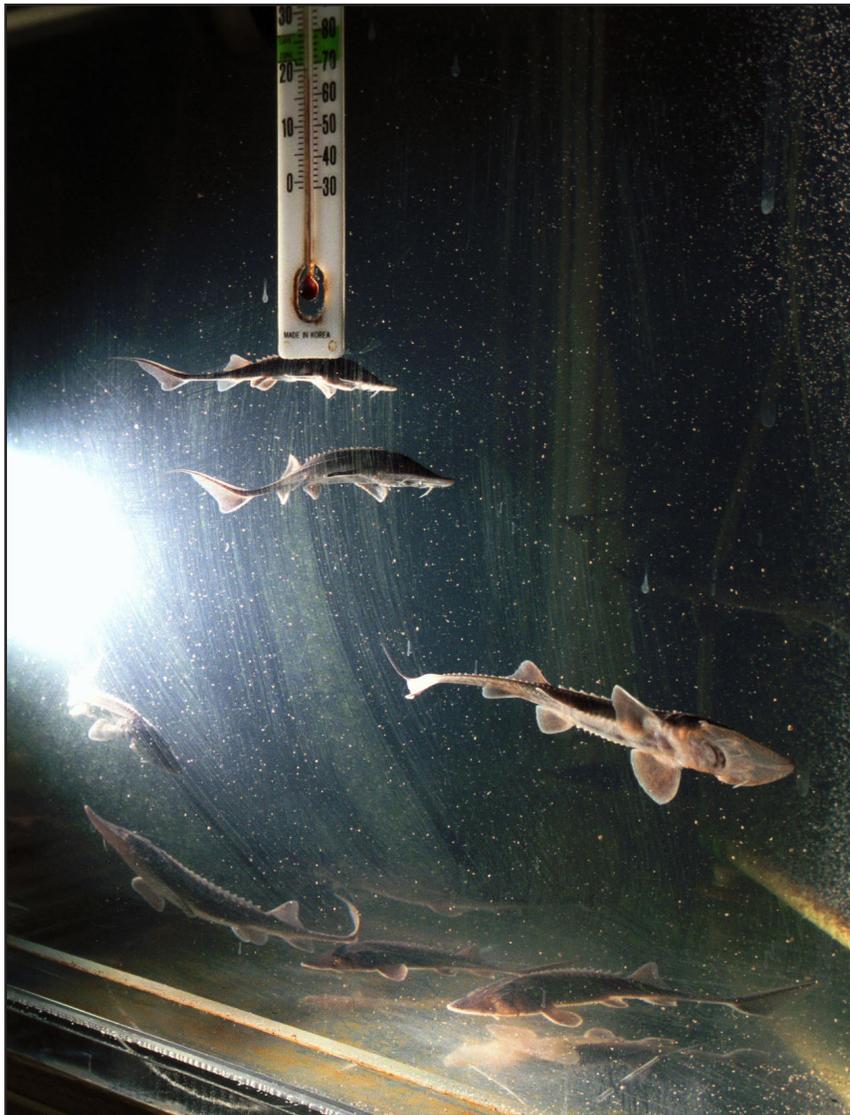
ST. LOUIS ARMY ENGINEER DISTRICT **ESPRIT**

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Endangered Pallid Sturgeon Benefits from St. Louis District Study



Two hundred endangered pallid sturgeon are subjects of intensive study at the St. Louis District's Service Base. Researchers there hope to learn about the pre-historic appearing fish's secretive habits.

The pallid sturgeon is an enigmatic, seldom-seen creature of Middle America's major waterways. A fish that has evolved little since dinosaurs roamed North America more than 70 million years ago, it is at the same time, ancient in appearance and totally modern in its impact on human activity on the rivers.

It is also the focus of an intensive study at the Applied River Engineering Center (AREC) at the St. Louis District's service base on the Mississippi River. There, more than 200 finger-sized pallid sturgeon, reared this year in captivity, and an equal number of closely-related, but smaller shovel-nosed sturgeon reside in a series of aquariums. Separately and together in various combinations they helping scientists to learn about their habits and habitats.

What do researchers hope to learn in this artificial environment?

"We don't know exactly what we are going to learn," says AREC director Rob Davinroy. "We haven't had a lot of luck finding pallid sturgeon in the river. Perhaps it is because they are rare. Or perhaps we just aren't very good at finding them," he notes.

Many past surveys - of which there are very few for the overall extent of Mid America's rivers - have consisted of efforts to analyze and measure specimens by shocking the fish. "But the tool reaches down only a few feet into the river and has a range of about 5 more feet," Davinroy points out.

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Commander's Perspective



COL Kevin Williams

As you all know, we have embarked on this year's Combined Federal Campaign. The CFC is an annual program to fund a broad list of charitable organizations that strive to meet a variety of needs from our local area to worldwide. It is one of the ways that we as individuals and as an organization can strengthen our connection with our communities.

Under the CFC, these organizations solicit our support once, and only once, a year. You may either target contributions or make them to the CFC for their distribution to appropriate organizations during the coming year. The ability to channel your contributions to a single charity or several organizations enables you to support groups that may have helped you, a loved one or friend in the past. It's also a nice way to make a memorial to someone who is no longer with you.

You can make a one-time contribution or elect to have a specified amount deducted each pay period throughout the year. The latter plan is what many people choose, because it allows them to consider what level of charity they will commit to on an annual basis and then to pay it relatively painlessly throughout the coming year.

However you choose to respond to the CFC - and it's absolutely your own personal decision - I want to make sure that every individual in the St. Louis District has the opportunity to make his or her own choice. If you have not been approached by a key worker and provided a booklet that lists and describes all of the CFC charities, along with a contribution form, see your supervisor. If that doesn't work or you don't know who to approach, call Angela Gorenz at 331-8664. She's heading up our district-wide effort this year and I know that she will be happy to get you on the right track.

Thank you, and Essayons!



Combined Federal Campaign 2002

Note: Contribution deadline is December 4th.

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US Army Corps of Engineers
St. Louis District®

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Pallid sturgeon cont. from page 1

“It’s unlikely to help us learn much of anything about fish on the bottom of the Mississippi’s average 25-foot depth.”

“We have had some remarkable results from better methods of surveying fish populations lately,” Davinroy says. “Maybe the kinds of raw data we are deriving from this controlled study will help us better locate and study pallid sturgeon in the environment.”

When the juvenile sturgeon are not resting or eating in their tanks, individuals and groups of like and dissimilar species are placed in a 5,000 gallon tank shaped like a race track, filled with filtered, running water. There, they are observed and records of their movements are recorded for later statistical analyses.



Corps biologist Terri Allen plots fish positions every 10 minutes

The tank’s bottom includes various materials, including gravel and sand, is flat and sloping, and depths range from a few inches to nearly three feet. Water velocity also can be controlled.

Lead Corps study biologist, Teri Allen says, “This is basic research. It frankly has no direct correlation to what is happening in nature, in the deeper, more turbid river. But we hope to learn things in the laboratory that we can then relate to our studies in the natural systems. Hopefully what we see and record will help us to develop hypotheses that can later be tested in the field. What we are observing may well help us to make

better observations in the rivers.”

Part of the pallid sturgeon’s allure is its apparent rareness in nature. Few people ever see one. Most are either unaware of it or consider it unimportant in the grand scheme. Others see its small numbers as being a “coal mine canary” portending the near-term demise of the river ecosystem.

Whatever the positions held on this fish and its future — and there are many — most people agree that one difficulty in assessing the pallid’s importance and the message we should be receiving, is the fact that we frankly don’t know a lot about them.

The pallid sturgeon was not identified as a distinct species until 1905. And very little data exists from commercial or other fishing records even in the last 50 years.

We know that adults can grow to be seven feet long and 100 pounds. We know they don’t breed for a long time after they are spawned - perhaps more than a decade. We don’t know how long they produce young, how often, what conditions they prefer, where they breed, where they spawn, or much else.

We don’t know if they are as rare as they appear to be, whether they are getting rarer, are stable or are increasing in numbers somewhere we can’t find them. And we want to know how changes to the environment influence their prospects.

In addition to environmental factors, illegal taking of even a small number of large fish can gain poachers thousands of dollars when the eggs are sold as expensive caviar. Perhaps a heightened awareness and knowledge of these fish can help reduce or end that practice.

As recently as a few years ago, some scientists thought that natural reproduction had ceased in one region due to aging of the entire population. Yet recently, several young-of-the-year juveniles were found in the area. Reproduction was obviously underway and perhaps had been all along.

Identifying the types of areas used for spawning and rearing would greatly aid in protecting the remaining critical natural habitats, and would enhance our ability to provide technical advice and environmental leadership on District projects such as ecosystem restoration.

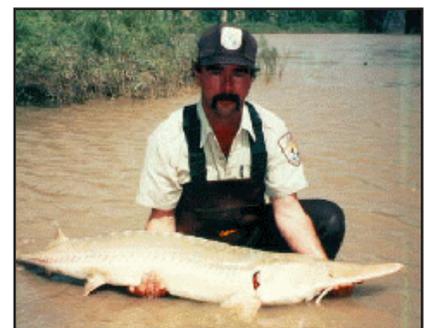


Plotted data is entered into a computer for later analysis.

It’s important we learn these and other facts. Nobody wants to cause this fascinating species’ extinction.

At the same time, the pallid sturgeon has assumed the near poster-child status as a species that can delay or halt development along the river, and it is important that we learn to identify areas where they are not likely to be found naturally, where development may go forward with little or no negative impact.

The study is a lot of effort on the Corps’ part. But clearly, this is a fish that we need to know a lot more about to assess its relative importance in nature, as an indicator of the rivers’ health and to help ensure that it endures into the future.



An adult pallid sturgeon can exceed seven feet and 100 pounds.



Chief of Engineers calls to support “Year of Clean Water”: We Answer!

Story and photos by Lattissua Tyler

Chief of Engineers Major General Bob Flowers recently issued a call to join in observing the 30th anniversary of the Clean Water Act. The St. Louis District answered that call with two full days of activities demonstrating how the Corps’ commitment to water resources has made a difference to our nation. The programs brought a wide range of students from elementary, jr.high and high schoolers from both Illinois and Missouri into close contact with the Corps and its daily work.

Weeks before the event, a Project Delivery Team was established to conduct the program. It included people from the District Engineering Division - Environmental Quality Section, the Rivers Project Office and the Public Affairs.

Team members met, researched, planned, coordinated and finalized a spectrum of activities that would capture and hold the interest of various age-groups.

October 16, 2002, was test time for all their efforts. The first activity was an all day workshop for 44 3rd graders, 18 parents and teachers, conducted at the District’s Service Base.

The students were divided into two groups, dubbed the Pathfinders and the Reservoirs, and given a brief explanation of their group names to help them make a firm Corps connection.

Corky - a remote-controlled mechanical boat that is used extensively throughout the District as a tool to teach young people about water safety and other Corps activities, “welcomed” the teams and prepared them for their day of fun and learning. The St. Louis District experience began with a tour of service base. Each stop of the tour included a presentation by a Corps employee working in that area.



Students learned quality tests enabling them to conduct similar research near their homes and schools. This information will become part of a national Clean Water data base.

In the Applied River Engineering Center the students learned the background and details of a current St. Louis District study on the habitat of the endangered pallid sturgeon. Their next stop was a trip to the Soils Lab, where they saw a demonstration on the stability of concrete and why we call the material underfoot soil, and not dirt.

The Floodwall presentation, which took them to the foot of the St. Louis Flood Wall at the Service Base, gave them an eye opening evidence of past of flood levels and the importance of floodwalls and levees.

Archeologists presented visiting students with a look back in history, including firsthand looks at ancient pottery and artifacts. A GIS/GPS demonstration showed them a real time view and map of their School District.

The last activity was a water quality testing presentation that incorporated an introduction to the USACE Environmental Operating Principles, a how-to water sampling demonstration, information on our “Year of Clean Water” efforts and a “Drink at your own risk” demonstration of water

pollutants.

Although the kids enjoyed all of the activities, “Drink at your own risk,” with simulated - although totally safely drinkable beverages - received a lot of praise from both students and parents.

After learning about a number of water pollutants, such as trash, oil spills and chemical spills, the display of simulated pollutants was revealed as tasty refreshments for the students. There was hesitance to drink “stuff” with bugs, snakes, trash and foam, but after they were assured that the drinks were Kool-aid, lemonade and frappe there was a rush to the front of the line.

Each class was given a water sampling kit and directions on how to serve as water sampling volunteers nearer to their school on October 18, 2002. The students also received the St. Louis District Corps badge, “Junior Water Experts”, for completion of all activities.

On October 18, 2002, members of the PDT headed out into a field classroom when the District provided an opportunity for a group of local High School students and their



Corps researchers educate students and teachers about the endangered pallid sturgeons being studied here in a 5,000 gallon tank at the Service Base.

teachers to join efforts to celebrate the “Year of Clean Water” at its West Alton, MO Rivers Project Office. Three groups of 12-18 high school students worked with St. Louis District water quality experts, Kevin Slattery and Mike Henry to sample ponds, lakes and the Mississippi River near the Rivers Project Office. These student volunteers were given a brief introduction to the Corps Mission.



Two area high school students compare their sample with a standard color chart to determine water quality

Next they received a message about our dedication to environmental sustainability, and learned told about the history and effect of the Clean Water Act. Finally, they learned and how we are celebrating the “Year of Clean Water” and what their individual roles would be.

Data collected near St. Louis District facilities will be input into the “Year of Clean Water” Database.

Teachers and students were also given a additional kits to take samples near their homes to enable them to provide additional data for the study.

“These sort of events are inevitably more time-consuming than anticipated, but they usually turn out more satisfying than anyone expects,” said Mel Baldus, Chief Engineering Department.

“I can see in the faces of the kids and participants, that this was a worth while effort,” said Claude Strauser, Chief Hydrology and Hydraulics Branch.

The two-day program opened the eyes of more than 80 St. Louis area students, teachers and parents, not only to the status of area water quality, but to the daily efforts of U.S. Army Corps of Engineers personnel to ensure that our nation’s water supply remains a sustainable resource.



“Yech!” Grade school students feign disgust at their first tastes of simulated polluted water — actually lemonade.

Employees of the Month



Lattissua Tyler



Cassandra Cooper

It is my pleasure to announce the selection of Ms. Lattissua Tyler and Ms. Cassandra Cooper as co-employees of the month.

They went above and beyond the call of duty by setting up and hosting events and festivities to celebrate the anniversary of the Clean Water Act...the “Year of Clean Water”.

On October 16, they - along with other staff - hosted 44 elementary students for a day of learning and fun in celebration of the event, with the topic of the day being “Clean Water”. As part of the celebration, they took it upon themselves to ensure this would be a day the children would never forget as each student got to sample some of their “home-made” contaminated water.

Thanks to the efforts of Lattissua and Cassandra, the District is still receiving positive comments from both the students that attended and their parents. It’s work such as this that helps us be recognized as “The Nation’s Engineers” within our own community.

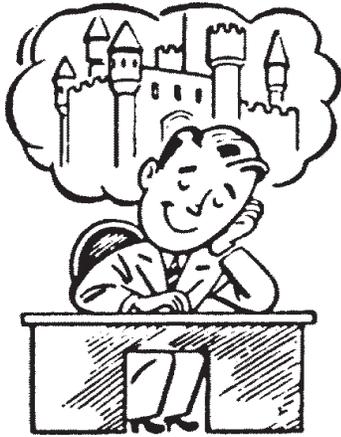
Additionally, thanks to their efforts, the St. Louis District was one of only three Districts nationwide that conducted programs in support of the “Year of Clean Water”.

Way to go, Ladies!!!





The Way I Remember It



The Way I Remember It

I was attending a meeting the other day when the Colonel walked into the room. I instinctively stood up without thinking - I guess I was reliving an event from my past. I looked around and I was the only one standing and, of course, some folks were staring at me.

When I began working for the Corps of Engineers in 1969, a formal code of behavior was immediately apparent. Each engineer was expected - more than that, it was demanded - to comply with the accepted standards of office dress and behavior. A white shirt and dark tie, accompanied by a suitable conservative looking sport coat was daily office dress. When you looked around the office, everyone was very similar.

I particularly enjoyed the meetings; each and every participant was a close replication of the others. Sharon McGee used to make fun of me during those times - in fact, she still makes fun of me. She said my white shirt and black tie made me look as if I were working at a Steak n Shake. She suggested I purchase another shirt, something different - so I bought a solid blue shirt - she was not impressed and said that I was hopeless. Different levels of rank/position were treated differently. Junior engineers



“Uniform of the Day.” Civil Engineering Section, Design Branch, Engineering Division circa 1970: White shirt, dress slacks and tie. (L) John Poullain, Sandor “Alex” Dombi, Bob McKinner, Lionel Payne, Charles “Bill” Crowe and Bill Jones.

were not expected to initiate conversations with senior engineers. The old adage - do not speak unless spoken to - was in force. If you were walking down the hallway and you passed a Branch Chief, your eyes should be focused elsewhere. If the Branch Chief stopped to talk with you, you were expected to exchange words - otherwise - just keep on walking. Meetings were very formal. In fact, there were two levels of formal meetings.

Let me explain how it worked. Mr. Milton Mindel was the Chief of the Engineering Division from the time I started work with the Corps until after the 1973 flood. During that time period I attended many of the staff meetings. We were expected to be in the conference room before the Chief entered the room. We could sit in our chair until Mr. Mindel entered the room. Then we immediately stood in front of our chair until he sat down. When he sat in his chair, then everyone else sat in his or her chair. When Mr. Mindel concluded the meeting, everyone stood again and remained standing until he left the room. I remember one instance when Mr. Mindel stood up to get a handkerchief

out of his hip pocket. Everyone stood up - he wiped his face with the handkerchief - then he sat down - then we all sat down.

A meeting with the District Engineer was even more formal. Everyone went into the conference room and remained standing. Just before the meeting, someone would come into the room and announce that the District Engineer would be arriving in a few minutes. The room would grow quiet; all conversations would come to an end. An eerie silence would fill the conference area.

Soon the District Engineer would enter and begin the meeting. When he chose to sit (at the head of the table, of course), then we would also take a chair and sit. Once again, when the meeting was concluded, the District Engineer would stand up, we would all stand up and remain at our chairs until he left the room.

I remember one event when Colonel Decker came into the conference room and he seemed upset. He did not sit down and we all remained standing. If my memory is correct, he wanted to make a decision on when to make closure on the new lake being built at Shelbyville. Apparently there



I have written a series of articles for the Esprit entitled, "The Way I Remember It". I enjoy thinking about past events and the people I used to know. It is even more fun to think about the present and appreciate things that are happening around us. We need to acknowledge and celebrate many interesting events and people.

I have decided to do a few articles on current events. Alan Dooley suggested I call this series of articles, "The Way It Is". This is my first attempt. I hope you find it interesting.

Many of us have been working with one another for years. We usually think of our co-workers in the context of the everyday setting where we work together. Occasionally we discover something about one of our co-workers that is new and exciting. I think most of us have "another life" outside the Corps of Engineers, other interests, additional skills, etc. I have recently discovered we have an entrepreneur among us.

The November/December 2002 *Issue of Inventors' Digest* contains an article about one of our co-workers. The website for this publication is www.inventorsdigest.com. The editor has a page called the "Editor's Voice" in which he wrote, "Darren Mulford started off as most inventors do. He identified a problem and then started working on a solution. One of the keys to his ultimate - and growing - success with the Extreme Shot Camera Mount is his professional approach as he worked on the product".

The issue also contained a two-page article on Darren's invention and an



(L) Darren Mulford and his brother-in-law Chad Vickrey with their hunter's imaging bracket being marketed by Mulford.

interesting story on how he became an inventor. The article had several great pictures and described Darren's road to marketing his idea. Let me share a portion of the article (with my edits).

Some people hunt for relaxation while others hunt for sport. Darren Mulford isn't a hunter. In fact, he hasn't spent much time in the woods since he was a child. How is it, then, that this marketing engineer and software developer could be part of the creation of a product that would sell well to hunters?

One night Darren's brother-in-law returned from hunting and shared wildlife videos he had taken that day. When Darren asked how he was able to get such clear footage, his brother in law showed him a crude mount he had created for his camera using electrical fittings and a dismantled tripod. Inspired by the videos and his brother in law's ingenuity, Darren was eager to see if it was marketable.

They spent several months improving the design. After conducting extensive market research, they finalized a prototype, located an importer for their panheads, and then entered into an agreement with a supplier for component parts.

Armed with a product, Darren was ready to hit the market. "From my past experience, I knew that visibility

equaled credibility, which equaled success," says Darren. With that philosophy in mind, Darren initiated an aggressive marketing campaign, sent out press releases, flyers and free product to influential people.

As I was looking through my latest edition of the Cabelas catalog, I saw Darren's product advertised prominently on one of the pages. It is exciting to see how successful his idea has become and it is exciting to think about all the obstacles that have been overcome in order to bring a new idea to the market place.

If you want to learn more about Darren's idea and how it is being marketed, visit the following website: www.extremeshot.com.

"We hear comments like, I wish I had thought of that. Many of our customers tried to make their own mounts similar to the way my brother-in-law had," laughs Darren. "Once they saw they could buy a much higher quality mount for less than it cost to piece together a crude mount in their garage, they bought one of ours!"

If you take the time to learn about your co-workers, you will find many fascinating stories. That is the way it is!



District Employees Garner Kudos in National Photo Contest

The HQUSACE National Operations Center for Water Safety sponsors a semi-annual photo contest each spring and summer, and then for fall and winter - and District employees have been garnering awards just as often recently.

The contest is open to all Corp employees and focuses primarily on photos promoting water safety practices, and/or showcase our water-based recreation facilities. All uniformed employees shown in the photos should be wearing the appropriate uniform for the activity they are engaged in. Photos will be judged for clarity, composition, originality, visual impact, and theme.

Photos are being accepted in the following categories:

- Commercial Boating
- Winter/Fall Recreation
- Spring/Summer Recreation
- Corps employees in action
- Scenic

They may be submitted in the following formats:

- 35mm slide or
- Digitized image: Quality 300dpi or better on CD ROM or zip disk

Each photographer may submit up to three photos per category. Submit contest entries to your Division Water Safety Committee Representative, Kevin Ewbank, up at Rock Island. All entries must be submitted through Kevin. Include photographer's name, park/project, district, date taken, and category.

The deadline is February 1, 2003. Submission attests that the submitter took the photo. Winners will be announced in April during the USACE session at the 2003 International Boating and Water Safety Summit (IBWSS) in Las Vegas.

Category winners will receive a plaque and one overall winner will have travel and registration expenses for the 2004 IBWSS paid by the committee.

Cont. next page



First Place-Corps Employees in Action: Park Ranger Jane Mifflin and Corkey the robotic boat share water safety ideas with grade-schoolers. Janet currently works at the Rivers Porject at West Alton, MO.

Photo by Dawn Kovarik, Rend Lake



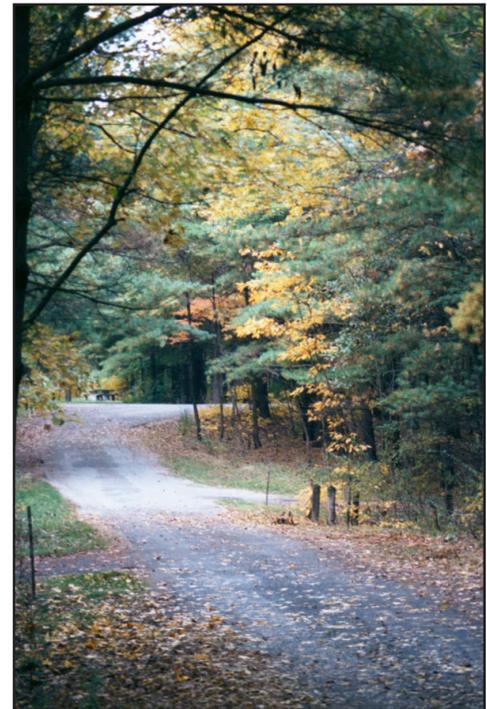
Second Place-Corps Employees in Action: Corps employees (F) Jim Fox, Donnie Lindsay, Justun Buchanan and Tim Middleton pour bentonite into Wappapello Lake, MO to seal leaks around the sluice gate during de-watering the dam there for its five-year inspection.

Photo by Valarie Gaines and Rosie Lemons, Wappapelo Lake



Second Place - Scenic: Colors on the trees continue to bring beauty to the park as they lay quietly on the forest floor at Rend Lake.

Photo by Tim Bischoff, Rend Lake.



Honorable Mention: Sunlight filters down through the turning leaves of fall on a trail at Rend Lake, IL.

Photo by Tim Bischoff, Rend Lake



Cont. from page 8

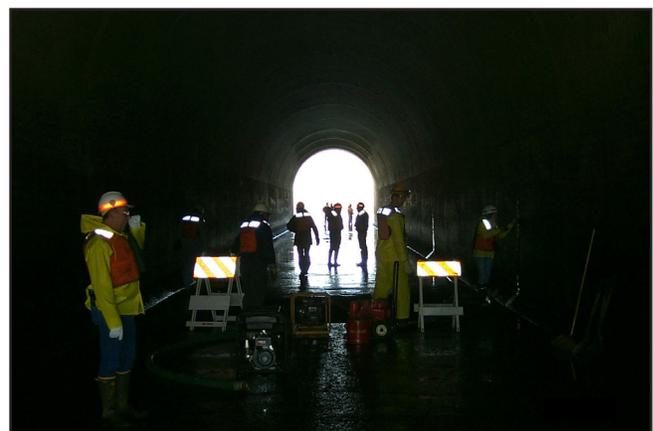
All photos become the property of the U.S. Army Corps of Engineers for use in publications, exhibits, and web pages.

For more information, contact your division water safety committee representative or visit our web site at <http://watersafety.usace.army.mil/>



Honorable Mention: Park Ranger Ray Zoanetti, is shielded against harsh winds and the potential danger from icy waters by a flotation survival suit, scans the waters of Rend Lake during a winter search for a drowning victim.

Photo by Dawn Kovarik, Rend Lake.



Honorable Mention: Corps Inspection personnel survey the condition of subterranean sections of the Wappapelo Lake, MO Dam during its five-year dewatering for inspection and maintenance.

Photo by Valerie Gaines & Rosie Lemons



Facelift for Northeast Missouri Vietnam Memorial at Mark Twain Lake

The Northeast Missouri Vietnam Veterans Memorial at Mark Twain Lake received a recent facelift. The work, consisting of removing old vegetation and landscaping and replacing it was carried out under the direction of Park Ranger Chris Coe, with volunteer assistance.

The Memorial is dedicated to all Vietnam Veterans and highlights the names of 45 area men who died in the Vietnam War.

The stark monument, located near the U.S. Army Corps of Engineers' M.W. Boudreau Visitor Center, consists of a central gnomon - or sundial pillar that casts a shadow - and 12 black markers that bear the names of the area dead.

As the sun passes east to west during the day, the shadow moves over the markers, emphasizing markers and the individual names.



A visitor to the Northeast Missouri Vietnam Memorial at Mark Twain Lake contemplates the names and lives of 35 area service members who made the ultimate sacrifice.

The continuous sweep signifies how each is connected to the other in their death. A cast aluminum M-16 rifle and Vietnam-era soldiers helmet, as

well as Army, Navy, Air Force and Marine service insignias round out the memorial.



Commercial and municipal electric power companies have once again bonded together to fund maintenance at the Corps-operated power plant at Mark Twain Lake, Missouri. This hydroelectric facility provides power to a six-state region.

Power Companies Pay For Clarence Cannon Power Plant Maintenance

The U.S. Army Corps of Engineers Clarence Cannon Power Plant at Mark Twain Lake generates hydroelectric

power for the Southwestern Power Administration (SWPA), an agency of the Department of Energy.

Power generated at the Corps facility is marketed through this arrangement to municipal, private and cooperative electrical sellers throughout a six state region.

Recently, working through the City Water and Light Plant of Jonesboro, AR, maintenance funding of \$550,000 was secured for the rehabilitation of draft tube gates and the gantry crane at the power plant. This work is being funded without need for allocations from Corps of Engineers Operations and Maintenance appropriations money.

According to assistant operations manager Dave Berti, "We are an extremely reliable source of power that meets peak demands region wide. It is in our power buyers' interests to ensure that our maintenance needs are met. They in turn recover these costs when they sell power to their retail customers."

This marks the fourth time maintenance items at the Cannon Power Plant have been carried out through this method at no cost to the government.



Winter Driving Safety Tips

We're quickly approaching that time of year when extreme cold, ice and snow can provide some challenging driving conditions for Missouri and Illinois drivers. It might arrive sooner than you may expect. Surely the people in the Northeast didn't expect their first winter storm so early.

The risk of having an automobile accident greatly increases during the winter months. Knowing what hazards are out there and how to deal with them will greatly reduce the chance that you'll become a "winter driving statistic". A few important things to remember during the next several months are:

- Allow yourself extra time; traffic may be slow; roads may be slippery.
- Buckle up! Safety belts DO save lives!
- Be alert! It's especially important to be "seen"...turn on headlights! Other drivers have reduced visibility and control too.
- Reduce speed. Your "stopping power" is greatly reduced in icy conditions. Be especially alert for pedestrians. If you skid, squeeze brakes gently. If your car is equipped with ABS brakes, don't pump the brakes; keep steady pressure on the brake pedal and let the ABS work for you. Steer in the direction of the skid.

Remaining calm will help to bring the situation under control. And remember, while four-wheel drive may help you go, but it doesn't help you stop.

- Keep your fuel tank full; your car uses more fuel in cold weather and you want to prevent condensation buildup.
- "Winterize" your car. Wipers and defroster should be in good condition; lights should be kept free of dirt, snow and salt; tires should have adequate tread; brakes should be checked and adjusted if necessary; exhaust system should be checked for dangerous leaks; battery and ignition systems should be



Limited visibility and reduced traction are but two concerns facing winter motorists on Missouri and Illinois highways and side roads.

in good condition for rugged winter starts.

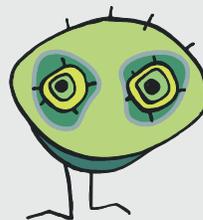
- Keep an emergency kit in your trunk. This should include a snow shovel, jumper cables, ice scraper, sand or salt, flashlight, flares, first aid kit, a blanket, extra clothing and a car tool kit.

No matter how many winters you've been through, driving on slick

winter roads never feels comfortable. For your safety, please take the time to become acquainted with winter driving safety rules. Three of the most important winter driving safety tips to remember are:

- Slow down
- Stay Alert
- Stay in Control !

Virus, not bacteria, responsible for sore throats



When adults complain about sore throat, doctors prescribe antibiotics, so says a recent study published in the Journal of the American Medical Association.

The study found that during a 10-year period doctors prescribed antibiotics for sore throat in 73 percent of the cases. Patients usually request antibiotics.

But here are the facts:

- A virus, not bacteria, most likely caused your sore throat. Antibiotics are ineffective against viruses, so they probably didn't cause your recovery.
- Taking antibiotics for viruses contributes to the development of antibiotic-resistant bacteria, a problem with potentially dire consequences to public health and your own health.
- Antibiotics are useful against strep throat, but the condition, which is easily identifiable, is responsible for only 5 to 17 percent of sore throats.



Paula Bell is Honored by St. Louis FEB Council

Paula L. Bell, of CEMVS-IM has been named for the 2002 Employee with a Disability Award by the St. Louis Federal Executive Board Council.

This award recognizes an employee with a disability who has inspired others by his or her outstanding job performance.

Paula started with the St. Louis District through the Work Force Recruitment Program and is now a full-time employee of the U.S. Army Corps of Engineers.

Paula has served in a variety of



Paul L. Bell St. Louis Federal Executive Board Council 2002 Employee with Disability

positions in the St. Louis headquarters, including stints in Equal Employment Opportunity (EEO), the Emergency Operations Center, and is currently an Information Technology Specialist in the District's Information Management Office (IMO).

Paula's disability has been lifelong, but what has never wavered has been her can-do attitude, professionalism and remarkable outlook on life. She is not only an inspiration to others with disabilities, but to everyone she encounters, both within the Corps family and outside.

Congratulations Paula Bell – You're a Winner!

Corps Lockman Comes to Aid of Injured Barge Tow Deckhand

Lock and Dam Operator Danny Lunsford recently came to the aid of an injured deckhand working on a barge tow being moved by MV Joe Pat Eckstein.

The incident occurred during the early evening hours of Halloween night, October 31, 2002, just before 7:00 p.m.

The first nine barges of the south-bound tow had just been extracted from the lock chamber and were being secured to enable the second cut of barges and the tow boat to lock through. The accident occurred while deckhands were securing barges to await the rest of the tow.

As Lunsford observed operations from the lock wall, he was paying special attention to the work of a deck hand working lines on the stern of the tow.

These lines can be subject to tremendous strains, reducing as much as 20% in diameter as they stretch under heavy loads. It is in that situation that they also can become very dangerous to all around them, because if they part - or break - they

do so with potentially devastating, even lethal force.

That's exactly what happened as Lunsford looked on helplessly. As the heavy nylon line snapped under the strain, it struck the barge deckhand a telling blow, knocking him to the deck where he writhed in pain.



Lockman Danny Lunsford (L) was called upon Halloween evening to aid a severely injured towboat deckhand.

Lunsford first called deck hands on the front end of the tow to tell them of the situation. Next, he leaped to the barge deck, properly securing the barge line before turning to the injured deckhand.

While the Lock Shift Chief Charles Marshall called 911 for emergency medical aid, Lunsford assessed the injured man's condition, comforting and calming him.

Emergency blankets were brought to the scene and the Lock's safety wire basket - a metal-framed stretcher - was also lowered into position. Emergency medical aid arrived shortly and the injured deckhand was gently lifted from the barge deck and transported to the hospital where he was diagnosed with a broken arm a contusions.

Lunsford, a veteran of four years of service in nuclear submarines, three years onboard the District Dredge POTTER and three years at Lock and Dam 24, brought all of his maritime experience to bear. First he passed the word to the towboat crew, then moved immediately to ensure that the situation didn't worsen, before finally providing initial first aid to the injured man.

The accident may have numerous potential causes - but the response of Lockman Danny Lunsford and the rest of the crew at Lock and Dam 24 was unquestionably on the money.

Good Job!



Eagle Scouts go to work at the Riverlands:

Recently two Eagle Scout projects were completed at the Riverlands Area. The first project was completed by Scout Tony Gambaro of Troop 942 in Florissant, MO. Mr. Gambaro's project consisted of the construction and installation of two bulletin boards, one at the EDA and one at the Illinois Esplanade.



Troup 942 scout Tony Cambaro constructed two bulletin boards to keep the public informed about Corps' Riverlands programs and opportunities.

Cont. from page 6 The Way I Remember It

were several different opinions about the date of this goal. Many back and forth reasons for the various different alternatives were discussed.

After about an hour of this, (sometimes heated discussion) the Colonel went to the blackboard, picked up a piece of chalk, wrote a date on the board and announced this was the date of closure and he intended for it to be met. The Colonel walked out of the room and the meeting was over. No one sat in his or her chair for that entire meeting!

There was no such thing as "flextime" when I began working for the Corps. We all started work at the same time and we all ended the day at the same time. During my short training session in the structural



Troop 16 Scouts of Florissant, MO helped spruce up the area at the St. Louis District's Riverlands area.

The second project was completed by Scout Jacob Allen of Troop 16 in Brighton, IL. Mr. Allen completed a shoreline cleanup at Calhoun Pt. and the Royal Landing Access Area he also repaired and replaced some area signs and removed graffiti from signs.

Both projects, that are beneficial to the public and wildlife, were completed in a very professional manner and helped in continuing to build our partnering relationship with the Boy Scouts of America.

section, I learned just how strictly the rules were enforced.

At the end of the day everyone was expected to clear off the top of his or her desk. Everything was to be put away in the desk drawers (yes, we had desks and drafting tables).

Anything left on the desktop was to be covered with a plastic like material (dust cover). Then each and every employee would line up at the door. The section head (they were later called section chiefs) would then visit every desk.

If he was not pleased with the condition of the desk, you were taken out of the line and asked to make the necessary improvements. Then you could get back in line - the end of the line. No one was to leave the room until every desk passed inspection. The section head then went to the

office door and stood there.

He looked at the clock on the wall (the official time) - when the minute and second hand arrived at the desired destination - he would open the door and everyone was allowed to leave the room.

We all headed to the elevators where the everyday traffic jam occurred as we all tried to cram into the elevators at the same time. I remember the elevator operators telling us - no one else can get in the elevator - the elevator is full - please wait for the next one!

I enjoy thinking about and remembering the old days, but I sure don't want to live them over again.

That is the way I remember it.

Claude



Retiree's Corner



The retirees had their monthly luncheon October 16th, at the Salad Bowl, on Lindell Blvd. There were the usual regulars plus some new faces.

We welcomed a representative of the District Office - Ms. Lattissua Tyler from the Public Affairs Office. She told she wanted to make a connection with the retirees and also invited all the retirees to the Veterans' Day celebration at the District. It will be on November 7th at 9:00 a.m. in the GSA conference room (second floor, RAY Building on Spruce).

She said that it is unfortunate that someone from the District Office doesn't come to the luncheons periodically and that she would spread that word back in the District.

Lattissua said that many District people have very full schedules, but raised our hopes that someone might be available to attend periodically and let the retirees know that they are still part of the District.

We told her that current employees are working from the foundation of accomplishments of the retirees and how pleased we were that someone at the District really cares about the retirees. Tisha's always welcome back at our monthly event and we hope she brings friends too.

Sandor Dombi was there with his trusty camera to document events. He reminded everyone to dress well to make sure they are always remembered in their best appearance.

He also mentioned the business about daylight saving. We retirees, at our age, have enough to do without having to go around changing all of our clocks. Besides, what do we do with the time we are "saving" for later? We decided it would be better to just change the starting time of various activities and leave the clocks alone.

Elsie Kalafatich was gracious enough to go after coffee, but was reluctant to pour. Seems that some time ago she impersonated a fast food server and accidentally spilled coffee in someone's lap. She doesn't want to repeat that again. Besides, since she went to get the coffee she thought some one else should pour it. (Nothing like sharing.)

Ron Bockhorst and Charlie Denzel discussed the election of officers to the NARFE. Seems that impropriety in elections has found its way into even this organization. Charlie also mentioned that he recently had lunch with John Jansen.

John is one of our more senior members. He still drives, but prefers to stay close to home. He has given up volunteering at the hospital and tennis. The volunteering is too taxing and he no longer has anyone his age for tennis. Remember, John was there when they built the first Lock and Dam 26 at Alton, or so he claims. (Oh, to be as spry as he is at his age.) Joe Bisher was present with his collection of old photos, trying to put names with faces. He said that is amazing how quickly we forget names and in some cases can't even remember all of the faces. He was successful in naming all but one of the individuals he was seeking to identify. (He is still looking for photos taken at the recent dedication of three vessels at the Service Base. The photographer PROMISED to send some to him, but you know about promises.) Joe also mentioned that he would be involved in the first annual Veterans' Day

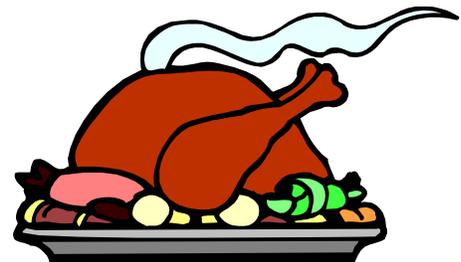
celebration at the District Office. Mike and Naoma Cullen were in from Tampa, FL. Charlie Denzel said he had arranged that, but Mike said that while that may have helped, they were in town for a wedding for one of their children. Mike is still an "executive" with the local Florida drug company—he tells customers where various products are located in the store.

Since this is very taxing, he limits himself to just a few days a week. He also does environmental work checking local lands for proper vegetation (roughs) and sand (traps). He said that he carries several "sticks," just in case, for protection. The Cullens look great and retirement is treating them well.

Mike talked about the various District Engineers and mentioned that only one ever gave him any grief: Colonel Ed Decker. (Colonel Decker was that way. If you told him what you had to and he didn't like it, he "threw" you out of his office... and then respected you for standing your ground.)

Larry McCarthy said he and his wife recently had lunch with a former District Employee Betty Lee (Hansen) and Don Goebels. The Goebels are planning to move to Florida. Larry said he hopes that Betty and Don will make one of the luncheons before they move south. They are both retired and living life to the fullest.

Mark your calendars for the retirees' luncheon on November 21st at the Salad Bowl. Hope to see you there.





Continued Corps Connection

By Lattissua Tyler

Have you ever thought about where you will be and what you'll be doing after you retiree?

Although that's about 30 years away for me, I think about it more often than one would imagine. My retirement dreams consist of my husband and me on a white sandy beach or us enjoying our grandchildren.

It overwhelms me with pride today, knowing I work for one of the world's premier engineering organizations. But until recently, not once had my retirement thoughts included a Continued Corps Connection. That really made me think! I know you're saying to yourself "dreams are just that, dreams."

But consider this for a minute. After years of working, nurturing and building something for the next generation of Corps personnel to enjoy and make better, I had no thought of a continued connection? To not have a connection would be like raising my kids for 18 years, sending them off to college, watching them graduate—but never visiting to share the joy of their families and career successes.

But men and women of our long time District Retiree group have already made this continued connection. After years of retirement from the St. Louis District, once a month they sit down together for lunch at a local restaurant under a sign that proudly bears the District logo and the words "St. Louis District Retiree Luncheon." If you're thinking this meeting was filled with "memory loss and denture grip" think again.

My initial intention was to make a connection with the retiree group and deliver a personal invitation to our first annual Veterans Day Ceremony. But in return I received much more



"I think that's Bob!" Retired members of the St. Louis District Corps Family try to agree on identities of co-workers in a decades-old photograph.

than I had gone to give to them.

We talked, we laughed and had a serious discussion about the future of our District and retiree gatherings. Each person had memories of how the district was way back then and their pride of how we—today's employees—have continued the push to make St. Louis District one of the best. They expressed their disappointment at having little connection with current employees. This began a discussion of relationship building between Corps personnel and retirees and ways we can work together to better the organization.

They are concerned with a recent downward spiral in attendance. Some think the problem comes from older members moving away or passing on and younger retirees not having the "Continued Corps Connection" to join.

Pete Puricelli says that newly retirees don't join the group because, "They feel they haven't reached the age to hang around with old fogies. So, many have their own social groups with fellow retired co-workers."

Whatever the reasoning for the decline, we need both groups of retirees. Now, if anyone needs a cost/benefit analysis for a collaborative continued connection, just think of our quest to become a Learning Organization.

What better teachers and resources are there to complement this effort than our retirees? They have sat at our desks, done our work and gained decades of experience and lessons learned.

Past, present and future retirees not only take their personal belongings, but with them goes years of corporate knowledge and wisdom we can hardly imagine, nor can we afford to lose. I received a lesson learned the day I visited the gang at the Salad Bowl.

No matter what our age or status, we all have a common connection: The U.S. Army Corps of Engineers. How proud will you be of the work you've done and of the Corps once you retiree? Will you have the Continued Corps Connection?

Your mission...Stay connected!



One for All, All for One. Thank You!

2002 Gateway Combined Federal Campaign...Caring Federal Community



The Corps Family is a special group. Historically, we not only meet our goal, but many times exceed it. No single person can make this happen. This year's contribution deadline is fast approaching. It's the Corps' goal to ensure that everyone has the opportunity to contribute. Together we can do anything!

