



TOWER TIMES

Rock Island District's News Magazine

May 2014



*District Trains
Flood Fight Engineers*



**US Army Corps
of Engineers**®
Rock Island District

TOWER TIMES

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May 2014

On the Cover



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Photo by Samantha Heilig

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Tower Times

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A message from....

Colonel Mark Deschenes, District Commander



Changing Weather Means Safety Concerns Both On and Off Duty

It may not seem possible but the long, arduous winter of 2013-2014 seems to be in the rear view mirror. As I write this, there are still lingering cold temperatures but signs of spring have finally arrived. The environment is turning green and trees are budding. But some of the bad signs of spring have also raised their ugly heads – outdoor safety mishaps and even tragedies.

To some, beating the safety drum may seem like old news but the well being of the Rock Island District workforce is my top priority. As your commander, it is my responsibility to ensure you are able to do your job in an environment that has been mitigated for risk. A change in the weather brings a new set of safety concerns and that applies to off duty time as well. I want all of you to be safe on the job but I am also concerned about your safety when you are at play now that the weather is encouraging outdoor activities. My concern for off duty safety was triggered recently when I read about some tragic events on our local waterways.

There have been a few drownings and several close calls on our rivers in the first few weeks of spring. The tragedies were not what we officially describe as “recordable events” for the Rock Island District because the drownings didn’t take place on our property. But, people losing their lives recreating on the river should not only be a wakeup call for our water safety campaign but also our internal pledge to ensure our teammates are being safe when they are recreating.

The fact is many of us have been holed up in our homes waiting for the weather to turn so that we can get out and enjoy nature. Whether it is fishing, boating or swimming, our area provides for a multitude of water related activities that so many of us enjoy during the spring and summer months. Our excitement to finally have the opportunity to get out on the water may cloud our perspective and make us forget the risks that water recreation present.

Like you, I will be out with my family taking advantage of what this area provides recreationally. I am not, by any means, discouraging off duty leisure activities. But, I hope that all of you are considering risks and taking the appropriate precautions. Be sure to remember the simple

precautions like personal flotation devices and responsible alcohol consumption. Just don’t take unnecessary risks.

Of course, all of the same safety thoughts we should exercise while at play are just as important, if not more important, when we are at work. Much of the work force outdoor safety concerns may seem to fall into the project-specific category. It’s easy to believe that the only Rock Island District teammates who should concern themselves are those working at our recreation sites or lock and dam projects. Those are the folks doing the bulk of our outdoor work. The men and women working daily at those sites are more or less subject matter experts when it comes to risk mitigation and safety precautions. They know the dangers. But, for those who spend a great deal of time indoors, in the Clocktower and elsewhere, the opportunity to get out to our projects may very well arise. Be sure you’re considering any and all risks that might be involved in taking your work outside. Talk to our safety professionals for any refresher information you may need.

I’ve written in this space and talked with others at length about the opportunities we have as a result of the influx of funding provided by the recent congressional appropriations. This District has a lot of work to do in the coming months and we have to deliver. After years of fiscal uncertainty across all areas of government any funding needs to be seen as a level of trust. We, as a District work force, need to carry out the projects and programs that have been entrusted to us in a safe and effective manner.

I know we are up to the task because I know the professionalism that is rampant throughout the work force. I want us all focused on delivery but don’t ever put your safety or well being at risk. Many of you may feel an increased workload and I want everyone to be cognizant of that increase and maintain a balance. Work hard, be safe, but be sure it is not affecting you outside of work. We need you here but never at the price of well-deserved time with family and loved ones. Stay safe as you venture outdoors and always remember how important each of you are to this work force. Thanks for all you do and **CONTINUE BUILDING STRONG.** 

NATURAL PLAYScape BUILDS PARTNERSHIPS AND CREATIVITY AT LAKE RED ROCK

(Editor's note: Article compiled and contributed by Lake Red Rock staff)

In November 2013, the Rock Island District's Lake Red Rock Project located in Pella, Iowa, coordinated the development of a recreational feature known as a Natural Playscape. This newly designed space offers a unique experience to its users and is the first of its kind at the lake.

A playscape is a reinvention of an old idea that involves creating a playground using natural features such as topography, native plants and other elements shaped from or mimicking a natural environment. The playscape creates interactive facilities for children to play with while exploring and learning about their surroundings.

Components of a natural playscape may include boulders and other rock structures, logs, native vegetation to create mazes or pathways and other artistic elements.



The new Lake Red Rock playscape incorporates features such as logs to create a playground that encourages children to explore their surroundings.

Photo courtesy of Lake Red Rock staff

Lake Red Rock's playscape, located along the paved Volksweg Trail west of the North Overlook Campground, provides its users with creative playtime as well as educational opportunities that encourage environmental stewardship, connecting with nature and getting kids outdoors. The close proximity to the bike trail allows for visitors to reach the playscape by biking or hiking from surrounding housing developments and recreation areas around the lake.

The playscape was developed through a partnership with Vermeer Corporation, Central College and the Red Rock Lake Association. Approximately 80 Vermeer employees with their families participated in creating features such as a living willow tunnel, life-size eagle nest, an amphitheater, balance course, nature trail, sundial and play archeological dig. The playscape concept and design was initiated by Central College's Environmental Studies students. Red Rock staff mentored the students through the design process and helped coordinate materials, supplies and manpower for the event. The Red Rock maintenance crew assisted with hauling logs, rocks and mulch; cutting logs to length; mowing work areas; and minor earth shaping.

A student volunteer from Central College is currently in the process of developing interpretive programming for

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Volunteers from Vermeer Corporation, along with their families, helped to build this life-size eagle nest.

Photo courtesy of Lake Red Rock staff

school groups and for the public. A wide range of activities will be offered at the playscape this summer including geocaching, night hikes, plant and animal identification and many others.

A workshop for area kindergarten through 8th grade teachers is being planned in June that will focus on Science, Technology, Engineering and Mathematics (STEM) topics. The workshop will be offered in partnership with Central College's Education Department and 3M.

Last fall, 3M awarded an eco-grant to the Red Rock Lake Association, Red Rock's cooperating organization, providing funds for programming supplies, teacher curricula and construction materials for additional features.

Another phase of development is planned this year and many of the designs featuring natural acoustics and a community area are taking shape. 3M engineers are assisting with some design features of the area and employees will be invited to help construct them during a 3M Volunteer Day this fall. Students, faculty and staff in the curricular and extracurricular domains of Central College also continue to be involved.

The playscape will offer a unique destination for families and other groups to discover for many years to come. 



This hollow log is an example of how simple items can be used to create a natural playscape. *Photo courtesy of Lake Red Rock staff*

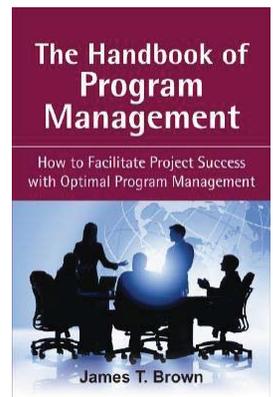
LIBRARY UPDATE

The Rock Island District Library offers a variety of services and sources to support the operations of the District as well as preserve the documented history of the District and its operations.

Digital resources include professional standards, Army Regulations, USACE publications, maps, congressional documents, e-journals and e-books. Printed collections include technical reports, professional journals, conference proceedings, USACE publications and books as well as archival materials unique to the Rock Island District including historic maps, charts, film and photos.

Recently the District Library acquired the following titles which were added to the printed materials collection.

- Practice Standard for Project Risk Management by Project Management Institute
- Program Management (Fundamentals of Project Management) by Michel Thiry
- The Handbook of Program Management: How to Facilitate Project Success with Optimal Program Management by James T. Brown
- Implementing Program Management: Templates and Forms Aligned with the Standard for Program Management, Third Edition (2013) and Other Best Practices by Ginger Levin PMP
- PgMP® Exam Practice Test and Study Guide, Fourth Edition by Ginger Levin PMP
- PgMP® Exam Challenge! by Ginger Levin PMP
- The Standard for Portfolio Management by Project Management Institute
- Organizational Project Management Maturity Model (OPM3) by Project Management Institute



For more information contact the Rock Island District Library at 309-794-5576 

EMPLOYEES RECEIVE VALUABLE RETIREMENT BENEFITS TRAINING

By Samantha Heilig, Editor

Rock Island District employees had the opportunity to prepare for the future during retirement benefits training sessions April 8-10.

Marla Kline, a benefits counselor with the Army Benefit Center – Civilian (ABC-C) office in Fort Riley, Kan., presented the training which was geared toward employees who are between five and 10 years from retirement. In the past, retirement sessions have been offered in the District but with a hefty cost to individual offices for tuition and travel expenses paid to an outside contractor. In response to this, Sara Paxson, professional development specialist and training officer for the District, contacted the ABC-C to see what they could offer. By using the ABC-C and having Kline provide the training, the Rock Island District was able to save a significant amount of money and provide the training to a larger number of employees while hosting in three different locations.

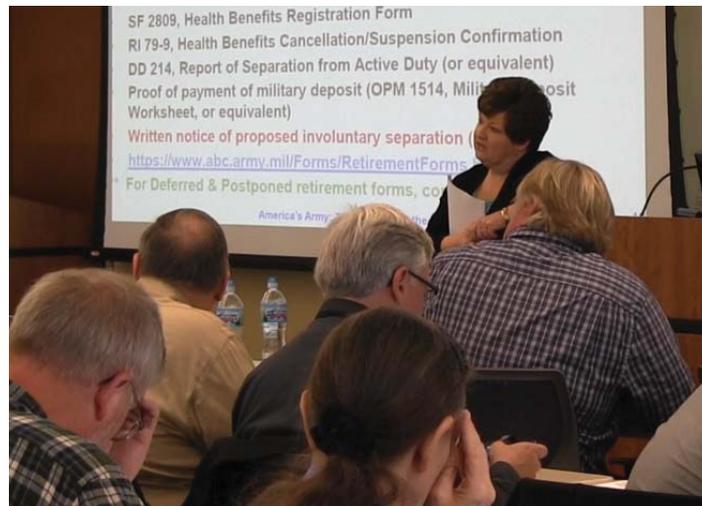
“This is the first time the District has used the Army Benefits Center for training and the first time we were able to offer the class to so many employees in the field,” said Paxson. The classes were offered in Moline, Ill., LeClaire, Iowa, and Peoria, Ill., to minimize travel cost and the need for TDY for employees in the field.

The one-day training session offered information on a variety of retirement subjects including how to use the Employee Benefits Information System (EBIS), retirement planning, types of retirements offered and the ABC-C retirement process.

“There were many important facts mentioned in the training that surprised a lot of employees,” said Paxson. “One example was if you wanted to be eligible for health benefits after you retire you need to be enrolled in the Federal Health Benefits Program for five consecutive years prior to your retirement.” Paxson said this type of information can be essential to employees who are considering or are close to retirement from federal service.

Employees who were unable to attend the retirement training but would like to gain insight to the valuable information provided will still have the chance as the entire course was recorded. Videos will be distributed to all the offices in the coming weeks for anyone to review. Another

place to find retirement and other benefits information is the Army Benefits Center website:
<https://www.abc.army.mil/>



Marla Kline from the Army Benefits Center provided retirement training to employees across the District.
Photo by Joe Nobiling

Training Tidbits

Did you know... the Rock Island District will be hosting Lean Six Sigma Green Belt Training late in the summer of 2014? If interested contact your supervisor or office training coordinator for more details.

Did you know... FY15 training planning period will begin in early May 2014. Employees should take initiative to discuss FY15 training requirements with their supervisor and office training coordinator before the end of May.

Did you know... FY15 PROSPECT Survey and Course Schedule (purple book) will be announced around May 1. Please work with your office training coordinator and supervisor to determine if PROSPECT training is appropriate to meet your educational needs for FY15.

MISSISSIPPI RIVER VISITOR CENTER HOSTS OPEN HOUSE

By Samantha Heilig, Editor

This past January the staff from the Mississippi River Project hosted an open house event to showcase the changes that were made to the Mississippi River Visitor Center in the past several years.

The Visitor Center, located at Locks and Dam 15 in Rock Island, Ill., was originally opened by the Rock Island District in 1980. Since that time it has built a reputation of being a great place for visitors exploring the mighty Mississippi River. The facility is managed by the Mississippi River Project and serves people in the local community as well as visitors from around the world. Many guests comment that the Visitor Center is a place that can be visited again and again because the view is always changing. This has always been the case for the outside view but recently the inside has also been seeing some changes.

Improvements to the facility were made possible by a cooperative agreement between the U.S. Army Corps of Engineers and the Quad City Convention and Visitors Bureau. Donations of materials from local families and businesses also assisted in making the project a success.

The open house drew visitors from around the Quad City area who were excited to see the new and improved facility. Some were sad that original displays like the bathtub flood model were gone but most people agreed it was worth it to make room for the new interactive displays.

Lou Ann McCracken, lead ranger at the Mississippi River Visitor Center said, "It has been a lot of work to get to where we are but it is all worth it in the end when you get to see the results."

Although the facility has seen many changes over the years, the recent improvements made since 2011 have had the largest impact on the overall look of the building. As you step into the lobby, you will begin your path on the Follow Us Along the River display which showcases a satellite image of the entire Mississippi River Project that has been laid into the floor. This map showcases all of the Project's recreation areas and includes informational signs with details about each individual area.

As you turn the corner and head up the stairs you will see the next display created by students from the Benton, Pa., chapter of the National FFA Organization.



Guests at the Mississippi River Visitor Center explore the newly renovated displays.
Photo by Samantha Heilig

These talented students created rustic hand-painted carvings of native species of fish from the Mississippi River that were then donated and mounted on drift wood for display.

When you reach the top of the stairs you will spot an American Bald Eagle. This beautiful, mounted bird has been on display for many years at the Visitor Center but was always enclosed in a glass case in a back corner of the exhibit area. The eagle now sits high on a tree branch overlooking all who enter the facility.

Once you pass the eagle you will enter the main exhibit area. Here you will see the most recent changes which took place in the fall. New exhibits that focus on river recreation, forest management, shoreline management and river dredging history have all been added to the space. New interactive displays that focus on river navigation and transportation make learning about the river easy and fun.

Although the view of the river and the locks and dam remain the same the renovated displays provide a new visiting experience. The Visitor Center, located just across the street from the Rock Island District office is open seven days a week. Park Rangers are on duty 9 a.m. – 5 p.m. to provide information about the Mississippi River and the new exhibits located inside the facility. 

John Knoble, supervisory ranger for the Project, discusses the new locking though exhibit.

Photo by Samantha Heilig



DISTRICT TRAINS ASSISTANT FLOOD AREA ENGINEERS



By Samantha Heilig, Editor

To build up the Rock Island District's emergency response team, a two-day training event was facilitated for more than 50 District employees interested in assisting during flood events. The training, which was held on Arsenal Island April 2-3, was hosted by the District's Emergency Management Division with the primary purpose of developing Assistant Flood Area Engineers (AFAE).

Rodney Delp, chief of the Emergency Management Division, said the need to strengthen the emergency response team stems mainly from naturally occurring work force attrition.

"A lot of our flood area engineers have either retired or moved on to other careers," Delp said. "We try to host this training every four or five years to keep a trained team of employees ready to assist in the event of a flood."

Employees who completed the training will be assigned to a District flood team and may be called on to support during future flood events.

The two-day training involved both classroom and hands-on field site training and was open to everyone in the District with supervisor approval. Participants spent the first day learning about everything from proper flood fight techniques to water control, as well as safety concerns and communication. They even had a training session on how to fill out timesheets when providing assistance to the Emergency Management Division.

Several employees from around the District who have

been long-time flood fighters helped the trainees understand what it takes to be an AFAE. Roger Less, Engineering and Construction Division, has been assisting with flood fighting efforts since he began working for the Rock Island District in 1984. He pointed out six important steps to becoming an AFAE.

"You need to develop a passion for the work, be able to build relationships with people you are helping, know how and where to gain knowledge about the flood area, be aware of the situation, be prepared for the unexpected and know your limits," Less said.

Less explained that being part of a flood team was like being in a leadership development program for him. "I gained many skills including networking, communication and time management that can all be used in my everyday job. When you become an AFAE one lesson that is hard to learn is to support the flood efforts with your strong mind rather than with your strong back," said Less. "Flood engineers can end up working long hours and long weeks. Poor sleeping and eating habits during these assignments can really wear on a person. It is important to not throw too many sandbags."

The second day of training involved a half day of classroom instruction where participants reviewed flood conditions and had open discussions on what actions would be required for each situation. The other half of the day was spent outside learning hands-on skills. Participants had the chance to see how flood fighting equipment can be used in

the field to battle various conditions.

One piece of equipment demonstrated during the class was The Sandbagger which is a large sandbag-filling system that allows four people to fill sandbags at the same time. According to the manufacture's website, The Sandbagger has the capability to fill 1,600 bags per hour and is portable enough to be moved in the back of a truck.

The trainees used The Sandbagger to fill sandbags and create a temporary levee using techniques they had learned in the classroom. Once the levee was built, the class watched a flood pump demonstration where water from the river was pumped onto the land to fill the area behind the sandbag levee. This demonstration was designed to show how and where the sandbag levee could fail if not properly constructed.

After the levee and pump demonstration, participants learned how to control a boil. A boil is a condition that occurs when water moves through a weak point in a levee and is often caused by burrowing animals or tree roots. These boils can erode the material that makes up the levee and eventually lead to a breach if not controlled properly. The new AFAEs had to learn what issues to look for in a boil and how to adjust to and control those issues.

Following the boil demonstration Delp explained the proper use of HESCO barriers. These portable devices can be used to quickly and efficiently protect a large area with minimal labor involved. They have been used by many communities in flood fights along the Mississippi and Illinois rivers. The Rock Island District's Emergency Operations Center not only provides Expedient Flood Fight Products like the HESCO barriers to local communities but is the Program Manager for the National Expedient Flood



New Assistant Flood Area Engineers learn to control a simulated levee boil to prevent a breach.

Photo by Samantha Heilig

Fight Product program.

The Rock Island District provides policy guidance, contract support and inventory management for five Regional Flood Fight Materiel Centers located in the Sacramento, Seattle, Omaha, Rock Island and Philadelphia Districts. It is the District's responsibility to ensure the regional warehouses maintain adequate stockpiles of Expedient Flood Fight Products like HESCO, Port-A-Dam and Rapid Deployment Flood Walls to support impacted districts throughout the rest of the country.

"Although these devices can be used to quickly protect an area, they are not always the best choice," Delp explained. "These barriers are best when used on flat, level surfaces."

Trainees at the class received guidance on how to properly place and fill the HESCO barriers which consist of a three-foot-by-three-foot metal basket with fabric lining the interior of the basket. These baskets can then be placed one next to the other and filled with sand to create a temporary levee. Another benefit to using HESCO barriers is that they are friendlier to the environment than sandbags. These large-scale barriers can be cleaned and reused after a flood whereas sandbags must be land-filled due to contamination issues.

The last demonstration for the day was the use of a Port-A-Dam flood protection system. This large metal framework used to build temporary coffer dams can be assembled quickly to build a wall five feet tall. Once constructed, the framework is then wrapped in a heavy waterproof membrane to prevent water from passing through. The benefit to this style of flood wall is that it can curve at any angle necessary and easily follow the winding river banks.



Trainees watched as their temporary levee system was pushed to the limits by a heavy flow of water.

Photo by Samantha Heilig

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Spotlight on the District

MIKE LORAH **ACTING SECURITY CHIEF**

By Samantha Heilig, Editor



For some people balancing a civilian career with the U.S. Army Corps of Engineers and holding the rank of Master Chief with the U.S. Coast Guard might sound like a lot to handle. But for Mike Lorah, acting security chief of the Rock Island District, it's just another day on the job.

Lorah, a native of Moline, Ill., has been working for the security office at the Rock Island District since January 2010. He provides physical security inspections of all District facilities and coordinates employee security needs including providing Common Access Cards, granting needed clearances and offering training.

Long before his time with the Corps, Lorah had an interest in providing security to our nation. In 1985 he joined the U.S. Coast Guard and spent four years on active duty serving on the Coast Guard Cutter Mallet and was stationed at Airstation Corpus Christi, Texas. After a four year tour, he decided to leave the military and attend the University of Iowa until he graduated in 1991. After graduation he spent many years working in the private sector. When the events of Sept. 11, 2001 occurred, Lorah knew he wanted to do his part and contribute to the safety and security of the country. Lorah said, "my favorite quote has always been: 'Eternal vigilance is the price of freedom.'"

In November 2002, he joined the Coast Guard Reserve and was immediately called to active duty in March 2003 in support of Operation Iraqi Freedom. Lorah reported to his unit in St. Louis, where he assisted in mobilizing hundreds of Coast Guard reservists for worldwide assignments. Later that year he transferred to Washington, D.C., and became a member of the Maritime Transportation Security Act Team.

After more than two years on the MTSA team, Lorah was inspired by what he had learned and decided at that point that a career in the security field was for him. He moved on to serve at the Inland River Vessel Movement Center in Washington, D.C., where he was involved with tracking barges containing dangerous cargo on all the inland river systems including the Mississippi River.

In 2007 Lorah was asked to become a senior watchstander at the National Capital Region Air Defense Facility in Washington, D.C., and had the honor of being part of the first watch and scrambled the first aircraft at this facility.

"One thing many people might not know about the Coast Guard is that they are responsible for protecting and intercepting aircraft that illegally enter into Washington, D.C., airspace," said Lorah. "When most people think of the Coast Guard they think of boats, but they are actually part of the Department of Homeland Security and deal with all forms of transportation security."

In early 2009 Lorah decided to continue his security career as a civilian and began applying for positions outside the military. He demobilized and left active duty to accept a position with the Rock Island District, Security and Law Enforcement Office in January 2010.

Although he now works as an Army civilian with the District, he continues to serve the USCG as a reservist at Base Detachment St. Louis. There he is a senior leader and essential advisor for all Coast Guard members in his chain of command. Recently, on Jan. 1, Lorah was promoted to the top of the enlisted ranks with the USCG when he was promoted to master chief petty officer.

"Security is an ever-changing environment and provides new challenges and opportunities every day," said Lorah. "You can never overstate how important security and safety is to our people and country."

He considers it a privilege to wear the uniform of the U.S. Coast Guard and get the opportunity to serve with the great people at the U.S. Army Corps of Engineers, Rock Island District. 

Flood Area Engineers Training

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At the end of the training, a new team of AFAE's were prepared and ready to take on the challenge that the next flood may bring. Natural Resource Specialist Brent Groesch, Mississippi River Project, Quincy Office, was one of the many who completed the class and was glad to have the chance to receive some valuable training. Groesch assisted in the 2013 flood fight in the Quincy, Ill., area due to the fact that he was very familiar with the area having worked there as a park ranger.

Quincy is no stranger to flooding and during the five years that Groesch has worked in that location the river has reached major flood stages several times. He knew that training to become an AFAE was important to keeping the Quincy area prepared and ready for the next flood event.

"In 2013 when I was activated to handle flood fight materials, I was pretty ignorant of what needed to be done," said Groesch. "This training shed new light on the entire process and better explained the certain events that lead up to a true flood fight event."

Groesch felt that the guidance and instruction of the other AFAEs, who helped him during the 2013 flood, allowed him to get the job done. However, after completing the training he said, "I now feel like my duty to public service has been elevated to a higher degree. I now know how to better handle a flood situation and how to best be of assistance to the community."



Natural Resource Specialist Brent Groesch, discusses controlling a levee boil with Flood Area Engineer John Quick.
Photo by Samantha Heilig



Can you name where this is? If so, send your answer to Samantha.A.Heilig@usace.army.mil. The first correct answer will receive a special prize and be recognized in the next Tower Times.

BRAVING THE COLD TO GET THE JOB DONE

By Samantha Heilig, Editor

The winter of 2013-2014 may go down in many people's minds as one of the worst winters on record. Employees like Nathan Klein, shown here looking like Jack Frost, often have to brave the cold temperatures and less than ideal working conditions to get their jobs done. Lock and dam operators like Klein must use a process called steaming to de-ice the gates of the navigational dams to keep them operational.

On Jan. 28 in the middle of an extremely cold weather event known as a polar vortex, Klien was tasked with steaming the ice off the Tainter gates at Dresden Island Lock and Dam in Morris, Ill. The process is tedious and can take an entire eight-hour shift to complete.

Klien achieved this look after only one hour of steaming on the gates. His job involved placing hoses, which carry steam from the boiler, along the seals of the gates to cut through the ice. He then used a device called a T-wand that dispersed the steam. This allows for a 10-foot section of gate to be de-iced at one time. The combination of the cold air and steam blowing in Klien's direction caused the mist to freeze to his outerwear and facial hair creating this frosted look.

Steaming the gates is a necessary task which must be done so operators can mechanically move the gates and maintain the nine-foot navigation channel. Although it may look like this job could freeze you to the bone, lock operators like Klein work in all types of weather and safety is always the number one priority. Breaks are taken often to warm up and they wear a great deal of protective gear to ensure that they will not be harmed. 



SAFETY CORNER

STRESS OVERLOAD AND YOUR SAFETY

By Troy Larson, Safety Officer

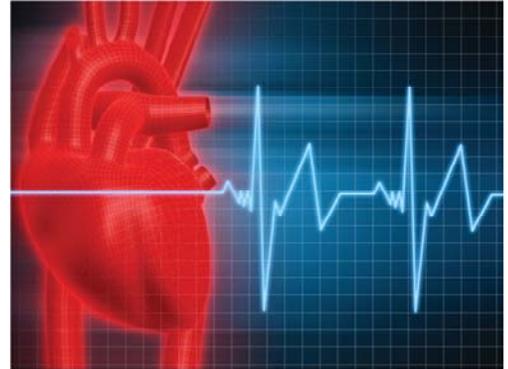
Everyone has stress and it isn't all bad. But when stress becomes an overload it can affect our health and even our ability to work safely. A reasonable amount of stress can motivate us to work better and faster. But excessive stress can cause problems such as health difficulties and it can keep us from concentrating on working safely.

Here are some symptoms of too much stress:

- Sleeping difficulties
- Feelings of anxiety and of being overwhelmed
- Being short-tempered and uptight
- Physical sensations such as tense muscles, headache or upset stomach
- Abuse of substances such as food, cigarettes, alcohol or drugs

Suggestions for how to cope with stress:

- Maintain general good health by eating well, getting adequate rest, and exercising regularly. Foods which are high in fat, salt and sugar should be kept to a minimum. Exercising regularly will also help you to stay strong and able to cope.
- Avoid the use of drugs. When our bodies are under stress, it is tempting to look for a quick sense of relief. The abuse of drugs such as alcohol, caffeine, nicotine, prescription drugs, over-the-counter remedies and street drugs will eventually just add to your problems.
- Special relaxation techniques may prove to be helpful. Information about these methods can be found in books and tapes which are widely available. Information can also be found in community programs, self-help groups and through professional therapists.
- Find someone to talk to. Problems become more manageable when you discuss them with a friend, a family member, a clergy person or a counselor. For information on employee assistance program services within the District call 309-794-5313.
- Give some thought to your priorities. You cannot do everything and you cannot be responsible for everything. Decide what is really important in your life and focus on that.
- Some problems can be ignored. Many things we worry about are beyond our control or never actually affect us.
- Learn to relax on your time off from work and other responsibilities, even if it is very short. Every day do something you enjoy.
- Learn to set realistic goals. If you are working toward specific goals, day-to-day difficulties are easier to handle.
- Learn to manage yourself to make the most of the time which you have each day. You might find it useful to get up a little earlier each day or leave for work a little earlier so that you don't feel rushed. 



National Safe Boating Week - May 17-23

Boating safety partners across the United States will be teaming up to promote safe and responsible boating, including consistent life jacket wear each and every time on the water. The North American Safe Boating Campaign (Wear It!), is a yearlong effort across the U.S. and Canada to promote safe and responsible boating and voluntary wear of life jackets. Drowning remains the primary cause of death in recreational boating accidents. Statistics released by the U.S. Coast Guard indicate that 85 percent of boaters who drowned in 2012 were not wearing their life jackets. Keep you and your family safe this summer season by always remembering to wear your life jacket.

Around the District

New Visitor Control Procedures

April 25 the Rock Island District Security and Law Enforcement office began locking the interior door at the main entrance of the Clocktower for enhanced visitor control. Visiting hours will be from 7:30 a.m. - 4 p.m., Monday through Friday.

Employees should use the electronic visitor log located on the District intranet prior to a visitor arriving to notify Security and Law Enforcement of the visit. This will help to verify access to the complex and provide better customer service.

The employee who is meeting the visitor should make every effort to be at the front desk when a visitor is scheduled to arrive. The visitor will need to sign in on a paper visitor log and will be issued a visitor badge. Visitors should be escorted during their visit to the complex. Once the visitor is ready to depart, they must sign out and return the visitor badge at the front desk. For more information call 309-794-5747. 

Retirements ...

Mike Murtha, lock and dam equipment mechanic for the Dresden Island Lock and Dam on the Illinois River, retired Nov. 23 after dedicating more than 41 years of service to the federal government.

William Paulsen, lock and dam operator for Lock and Dam 20 on the Mississippi River, retired April 12, after dedicating 28 years of service to the federal government.

Sympathy ...

Micheal Serapin, 58, of Chicago, IL, passed away April 5.

Serapin worked as the assistant lockmaster at the T.J. Obrien Lock and Dam on the Illinois River.



Participants dashed across the lawn at the first Rock Island District Easter Egg Hunt sponsored by the Rock Island District Welfare Association. Prizes included Corps T-shirts, gift cards, River Bandits tickets, and a Kindle Fire, won by Beth Crutcher pictured to right with LTC Todd Reed, deputy commander. *Photos by Samantha Heilig*

SUPPORT & SACRIFICE

FOR THE CORPS



Civilian employees are vital to the success of this mission.

The Corps' objective is to ensure that qualified civilian employees are available in adequate numbers, with the skills to meet worldwide mission requirements during periods of national emergency, mobilization, war, military crisis, or other contingencies.



*Paul Holcomb,
Kabul Area Engineer*



*Stephanie Dupey,
Realty Specialist*



*Eric Aubrey,
Project Manager*



*Trent Robertson,
Electrical Engineer*



*Matthew Schneider,
Electrical Engineer*



*Chris DePooter,
Engineering Technician*

Photo Not
Available

*Sandra Berens,
General Supply Specialist*

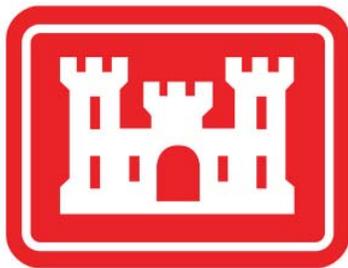
Photo Not
Available

*Holly Hintzke,
Property Book Clerk/
General Supply Specialist*

Thanks to all who are deployed to the Transatlantic District - Afghanistan (TAA)!

DEPARTMENT OF THE ARMY
U.S. ARMY ENGINEER DISTRICT, ROCK ISLAND
CLOCK TOWER BLDG. - P.O. BOX 2004
ROCK ISLAND, IL 61204-2004

SAVE THE DATE...



Corps Day

*Thursday, June 12 - - 10 a.m. - 3 p.m.
Memorial Field, Rock Island Arsenal*

AWARDS Team members will be recognized for their great contributions to the District. Ceremony starts at 10:30 a.m.



FOOD Hamburgers, brats, hotdogs, veggie burgers, chips, fruit, veggies, cookies, drinks.

FUN Volleyball, bean bag toss tournament, kids crafts, hobby vehicle show, horseshoes, bingo, Euchre, Engineer Olympics.



*Corps Day is brought to you by the Rock Island District Welfare Association and the Corps Day Committee.
Fundraisers are held throughout the year to fund the event. Additional donations are always welcome.*