



US Army Corps  
of Engineers ®

# TOWER TIMES

Rock Island District's News Magazine

March / April 2016



## Crews Dewater Locks for Winter Maintenance Projects



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

# TOWER TIMES

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**March / April 2016**

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Maintenance crews dewatered the lock chamber at Lock and Dam 13 on the Mississippi River for two months to perform winter maintenance on areas of the lock normally found underwater.

*Photo by Samantha Heilig*

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## *Tower Times*

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*A message from....*

## Colonel Craig Baumgartner, District Commander



### *A New Vision for a New Year*

No matter the organization, whether it is a private business or a governmental organization, the most successful are those which consistently review their practices and are ready to adapt. In that spirit, a team from the Rock Island District gathered to engage in an introspective look into how we do business and what makes up the essence of our organization.

During a two-day off site meeting at the District's Mississippi River Project Office in early January, senior leaders as well as members of the emerging leaders and leadership development programs, met to brainstorm and share ideas. Our discussions focused on a review of our District Operations Plan (OPLAN) and the development of new Values, Vision Statement and Mission Statement. Just as important, this event allowed all participants to learn from each other and served as a valuable team building exercise.

The District values were the first thing the team tackled as a group. No one can argue that the Army Values -- Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage -- aren't special and as a Soldier, I hold them dearly. The Army values will always be part of our organizational culture. But the group felt we should also develop values that are directly representative of the Rock Island District.

In order to formulate the new values, the group embarked upon an exercise to identify terms and phrases that represent a wide variety of values. We broke up into teams with each team placing four to five values on cards. Once each team had their cards filled out, those values were placed on a board for further discussion amongst the entire group. From those dozens of values identified, a top six emerged:

#### **People First - Professionalism - Technical Excellence Innovation - Public Service - Stewardship**

These six values were selected after extensive discussion but I would argue that these values fully represent what we at the Rock Island District should be striving for on a daily basis.

After identifying our District's new Values, the group's next endeavor was to iron out a new vision statement and mission statement. These statements are critical tools

for any organization committed to growth and success. These statements help us all understand the direction in which we are headed as a District, assist in shaping strategy and facilitate well-resourced, synchronized and focused execution.


After hours of discussion, the group selected a top five for both the vision and mission statements. Those top five were later brought before the District's Corporate Board for final review. The board voted and selected the following:

**Vision Statement -- A premier public service, engineering organization of trusted, talented professionals delivering innovative and sustainable solutions to the region and Nation.**

**Mission Statement -- Deliver vital engineering and water resource solutions in collaboration with our partners to secure our Nation, reduce disaster risk and enhance quality of life, providing value to the region and Nation.**

These new Values and the new Vision and Mission Statements encompass the way ahead for the Rock Island District. I was proud to be part of the team and I was amazed by the amount of thought and energy brought to the discussions by all of those who were involved.

I hope everyone within the District will appreciate and embrace the Values, Vision and Mission. I believe it is very important that all of our employees and leadership have buy-in and that was why we gathered a rather large, diverse group at the two-day offsite meeting. Buying in is represented by each employee carrying out their individual tasks with a mindset that adheres to our Values and everyone should understand how they personally fit into our organization's Vision and Mission.

Thank you to all who participated in the off-site and helped develop the Values, Vision and Mission. Your efforts were outstanding and representative of the Rock Island District professionalism that is well known throughout the U.S. Army Corps of Engineers. I ask everyone to learn the new Values as well as the Vision and Mission statements. Thanks for all that you do and continue BUILDING STRONG®. 

# NEW ROCK ISLAND DISTRICT MOBILE APPLICATION NOW AVAILABLE


By Samantha Heilig, Editor

The Rock Island District recently released a free mobile application titled “USACE Rock Island” for use on internet-capable devices such as cell phones and tablets.

The new app provides users with easy access to information about the Rock Island District including river levels, web cameras, contracting and permitting information, recreation reservation links, employment opportunities and emergency operations details. The app also gives users a one-stop shop for staying current on District happenings with up-to-date news and social media feeds.

Initially the app was created as a useful resource for the public but it has become helpful for employees as well who are working in the field and need quick access to Corps information. The new app, which can be downloaded to any mobile Android or Apple device, serves as a simple solution for anyone looking for Rock Island District information in the palm of their hand.

To download the USACE Rock Island app visit the Google Play or Apple App Store on your mobile device and search for USACE Rock Island. A preview of the app can also be viewed from within any internet browser by visiting <http://usacerockisland.mobapp.at/landing/Desktop>.

For more information or for instructions on how to use the new District app on BlackBerry devices contact (309) 794-5730 or email [Samantha.A.Heilig@usace.army.mil](mailto:Samantha.A.Heilig@usace.army.mil). 




## Training Tidbits

By Sara Paxson, District Training Officer

**Be prepared...**the planning season for FY17 training is just around the corner. Research training needs in advance so when supervisors ask for input, you can be ready.

Several Army training websites have recently been experiencing problems including the Army Training Requirements and Resources System, Army Learning Management System, Defense Acquisition University and the Civilian Human Resources Training Application System. If any Army site is giving you problems, contact the appropriate help desk for the site you are using. When in doubt, contact the Army Training Help Desk (ATHD) at 877-251-0730 for further guidance and assistance.

**Are you interested in Retirement Training?** Stay tuned for an announcement of upcoming courses being held in the Quad Cities area! 

# DISTRICT TESTS EMERGENCY OPERATIONS

By Captain Ben Ritzema, Emergency Management Battle Captain

Preparing for events such as natural disasters, accidents and technological or attack-related emergencies is something government agencies take very seriously. In January the Rock Island District took the opportunity to test preparedness and evaluate ways to improve on relocating essential functions in the event of an emergency.

During a two-day exercise, the District activated its Continuity of Operations Plan (COOP) which outlines what needs to happen in the event the District headquarters building becomes inaccessible. The plan also provides detailed information on who goes where and establishes essential functions that will allow the District to continue to operate.

The COOP is made up of four phases: Phase I, Planning, the period before a catastrophic event; Phase II, Activation and Re-location, notification to all employees and movement of the Crisis Management Team (CMT) to an Emergency Relocation Facility (ERF); Phase III, Emergency Relocation Facility, CMT becomes more operational at the ERF; Phase IV, Reconstitution, the CMT is in steady state operations and eventually return to normal operations.

The District is required to test the COOP every three years to ensure the plan is still viable and is ready for use if needed.

This year's COOP exercise used a scenario in which a tornado ripped through the Rock Island Arsenal causing extensive damage to the District headquarters building and the surrounding area. Following the simulated disaster, the District activated its accountability and notification procedures which applied to all employees working in the Clock Tower and Annex buildings. Notifications were sent out around 5 p.m. on Monday evening and all offices were required to report back to the District Emergency Operations Center with their accountability status.


The next day, the District's CMT, made up of the District Commander, Deputy Commander, Deputy Program Manager, Executive Assistant and senior leaders from each



**Emergency Management Chief, Rodney Delp, meets with the District Crisis Management Team at the Mississippi River Project Office in Pleasant Valley, Iowa, during a simulated emergency used to test the District's Continuity of Operations Plan. Photo by Allen Marshall**

of the offices within the District, relocated to the primary ERF at the Mississippi River Project Office in Pleasant Valley, Iowa. Once established at the ERF, members of the CMT briefed on who their mission essential employees were, the chain of succession and mission essential tasks related to each of the four phases of the plan. They also discussed how each office was interconnected and how that affects the plan during an extreme situation.

Overall, this year's Rock Island District COOP exercise was a success. While some issues were identified, the CMT did validate that the current District COOP is a functioning plan that would allow the District to meet its mission essential functions. The COOP exercise also served as a tool to remind members of the CMT just how detailed the COOP process is and gave everyone a little more to think about when it comes to planning for emergency situations.

Going forward, the District plans to continue improving the exercise by adding more complexity and increasing the realism to simulate a real-life event. Every employee should be asking themselves, "Who do I contact and where do I go if a disaster or emergency occurs?" If answers to these questions have not been discussed in your office, talk with your supervisor to find out how you can be better prepared. 

# ORDNANCE AND EXPLOSIVES SECTION FINDS NEW ROLE IN MILITARY MUNITIONS SUPPORT

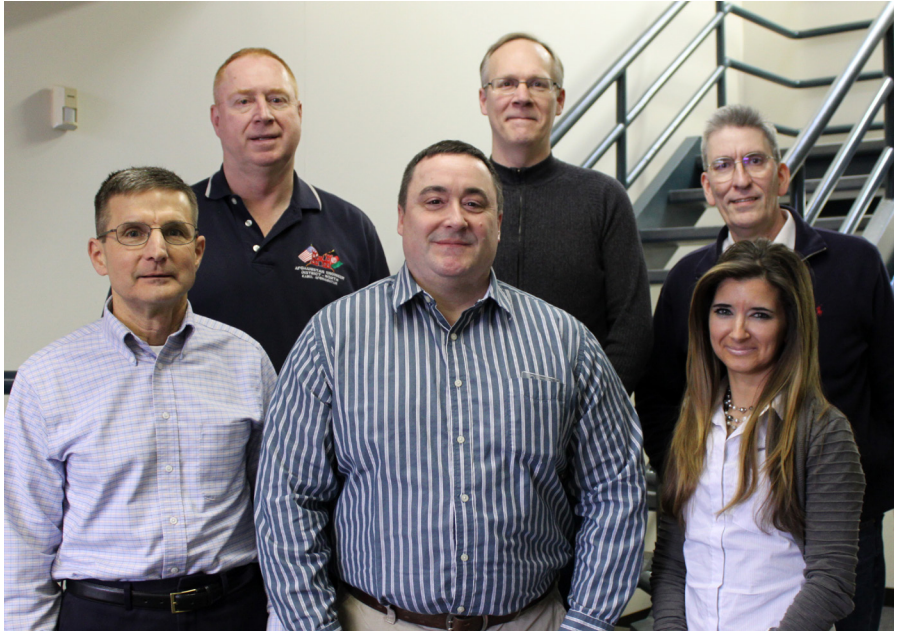
By Lynnann Smith, Environmental Protection Specialist

On Dec. 10, 2015, the Ordnance and Explosives Engineering Section (EC-TO) of Rock Island District's Engineering and Construction Division was officially renamed the Military Munitions Support Section (EC-TM). The section currently employs seven people including Chris Churney, supervisory chemical engineer; John Fitzgerald, certified archivist; Eric Aubrey and Ron Plante, military history program specialists; Tim Lux and Lynnann Smith, environmental protection specialists; and Jason Jones, engineering technician.

EC-TM's primary mission involves performing archival research for the Department of Defense's Recovered Chemical Warfare Material Program (RCWM-P). The Section also provides analysis of historical documentation, prepares fact sheets for installations and chemical warfare material sites within installations, and prepares technical reports on recovered chemical warfare material historical summaries and analysis. In addition to performing archival research and document analysis, EC-TM provides administrative oversight of the RCWM-P digital library which is an electronic repository of all documents discovered while performing archival research for the RCWM-P.

The development of EC-TM started in early 1992 when the District began hiring to support a burgeoning program within the Corps known as the Defense Environmental Restoration Program (DERP) for Formerly Used Defense Sites (FUDS). Later that year, the Environmental Engineering Section was established to support the District's DERP FUDS mission, along with other environmental programs. As workload increased the Ordnance and Explosives Engineering Section was eventually formed at the Rock Island District in 1995 to manage and execute support of the DERP FUDS mission.

From 1992 to 2010, the section's primary task within DERP FUDS was to prepare Archives Search Reports (ASR) and Preliminary Assessments (PA) for military installations that were closed prior to 1984 and had



**Members of Rock Island District's newly renamed Military Munitions Support Section include from left: (Back) Eric Aubrey, John Fitzgerald, Tim Lux. (Front ) Ron Plante, Chris Churney, Lynnann Smith. (Not pictured) Jason Jones. Photo by Samantha Heilig**

a known or potential ordnance presence. The section completed approximately 500 ASRs/PAs for the U.S. Army Engineering and Support Center, Huntsville (CEHNC) that were then used to prioritize environmental remediation projects.

Other DERP FUDS work performed by the section during that time included providing safety support to contractors during ordnance remediation projects, and developing, managing and maintaining the Project Information Retrieval System, a database of all DERP FUDS project documentation. The section's work required travel to locations throughout the Continental United States and supported all 22 military works Corps Districts. At its peak, the section maintained a staff of up to 27 consisting of engineers, engineering technicians, quality assurance specialist ammunition surveillance, safety and occupational health specialists, and student aides.

By 2010, the DERP FUDS program had decentralized down to only the military works Districts, and the ASR/PA work was nearly complete. This left the Ordnance and

Explosives Engineering Section with little work.


Facing the possibility of disbandment, due to lack of current and future workload, the section went looking for other work to remain viable. It was later that year that members of the section partnered with the U.S. Army Research, Development and Engineering Command (RDECOM) to form a Historical Research Team to conduct archival research at the National Archives and Records Administration as well as other repositories for historical documents in support of RCWM-P.

The RCWM-P was established in 2007 by the Under Secretary of Defense for Acquisition, Technology and Logistics in response to a directive for the development of a strategy to recover and destroy chemical warfare materiel (CWM) at active, closed and closing Department of Defense installations. Military munitions addressed under the RCWM-P include munitions encountered in the public domain, expended during live-fire training or testing, or disposed of by burial at known or suspected munitions response sites (CWM sites) or other locations such as operational ranges.

Although the RCWM-P is managed by the Army Chemical Materials Activity (CMA), the Rock Island District supports the military program by providing archival research expertise with the newly renamed EC-TM and its partnership with RDECOM. The archival research performed by this team is used by the CMA to coordinate

and prioritize RCWM remediation and destruction efforts with USACE Headquarters, Corps military works Districts, CEHNC, and other Department of Defense entities.

The RCWM-P, which began as a four-year program, has now grown and is considered steady state with an anticipated end date of 2039. Although EC-TM has been performing archival research for the RCWM-P for several years, no written agreement had been made to formalize the partnership until now. In September 2015, a Memorandum of Agreement (MOA) between the RCWM-P-Integrating Office at CMA and the Rock Island District was developed to formalize the existing working relationships and specify continued support roles and responsibilities. This MOA provides stability and certainty of continued work and funding for EC-TM as long as the RCWM-P continues to exist. Rock Island District Commander, Col. Craig Baumgartner, signed the MOA on Dec. 10, 2015, and the MOA is now awaiting a signature from the Army Chemical Materials Activity Director, Col. Nathaniel Farmer.

In addition to partnering with the CMA, EC-TM has also worked with St. Louis District's Engineering and Construction, Environmental and Munitions Branch to form a regional team that provides support to one another for various ordnance and CWM projects. The team has been meeting on a regular basis for several years and continues to collaborate on ways to support military works Districts across the Corps. 



**Can you name where this photo was taken?**

**If so, send your answer to [samantha.a.heilig@usace.army.mil](mailto:samantha.a.heilig@usace.army.mil). People answering correctly will be entered to receive a prize and be recognized in the next Tower Times.**

**December/January Answer:**  
Old Lock at Lockport

**Winner:** Austin Unertl



# CREWS DEWATER LOCKS FOR WINTER MAINTENANCE PROJECTS



**Mississippi River Maintenance Crews removed roughly 10 million gallons of water from the lock chamber at Lock and Dam 13 for a winter dewatering and maintenance project. Photo by James Maher**

By Samantha Heilig, Editor

Keeping navigation possible on the Upper Mississippi and Illinois rivers is one of the primary missions of the Rock Island District. For more than 80 years, crews have been performing routine maintenance and repairs to keep the aging lock and dam system operational. Major maintenance projects have also become a necessary part of the maintenance process and are typically scheduled during winter months to reduce impacts to the river transportation industry.

This winter the Rock Island District performed winter maintenance at Locks 13, 14, 17 and 21 on the Mississippi River. Two of these locations, Locks 13 and 21, required removing the water from inside the lock chamber in a process known as dewatering.

According to Aaron Dunlop, operations manager for the Mississippi River Project, the lock dewatering process has become routine for many of the crew members working on the river system. First, bulkheads are installed at each end of the lock which serve as temporary walls to keep the river out when the lock chamber is emptied. Then large pumps are lowered into the chamber and crews begin removing the water by pumping it to the main river channel. Removing

the water took about 24 hours and depends on the water level of the river at the time of the dewatering. When all the water is out, stair towers are installed along the sides of the lock to give workers access to areas that may not have been seen in decades.

“Dewatering is an essential part of keeping the lock and dam system repaired and maintained,” said Dunlop. “It gives us a chance to evaluate the condition of the lock, make needed repairs and visually inspect areas that are normally underwater.”

This year while crews were dewatering Lock 13 near Fulton, Illinois, they ran into a unique situation that prevented the lock from being completely dewatered. While pumping the water out of the chamber crews found excessive amounts of water seeping through the floor. Small holes in the concrete allowed the unwanted water into the space.

“The holes, known as weep holes were originally added to the the lock to decrease pressure on the concrete,” said Dunlop. “Not every lock is like Lock 13; only the ones without a bedrock base have a need for the concrete floor.”

To address the issue of the unwanted water, which was



also carrying eroded soil from beneath the lock, crews installed plastic tubes called stand-pipes in the weep holes to balance the pressure. These stand-pipes did not stop the water from coming through the floor but reduced the overall volume and prevented most of the soil from entering the lock. Water that did make its way through the stand-pipes was continually removed from the chamber with 12-inch pumps.

“The crews did a great job of coming up with a solution in a timely manner,” said Matt Thurman, chief of the Mississippi River Project’s Maintenance Section. “Once the water level was managed, crews were able to stay on task and completed the maintenance work as scheduled.”


Work completed during the Lock 13 dewatering included installation of a bulkhead sill beam which is necessary for future dewatering projects, replacement of filling valve cables and grease lines and repair of a bubbler system that keeps lock gates free of ice and debris. Crews also evaluated the lock floor system and made needed repairs to damaged weep holes. Something that was not anticipated but was found during inspections of the underwater lock features was a damaged mounting point on one of the filling valves. Because the lock was not in use, crews were able to pull the valve from the transfer tunnel, make needed repairs and replace it in time for the main navigation season to begin.



**Civil Engineer, Stefan Flynn, inspects the stand-pipes that were installed in the floor of Lock and Dam 13 during the winter dewatering project. These pipes reduced the flow of water and eroded soil entering the chamber through weep holes in the concrete floor. Photo by James Maher**

Much of the same type of work performed by the maintenance crews at Lock 13 was also completed at Lock 21 in Quincy, Illinois, during this past winter. Several members of St. Paul District’s maintenance team traveled to Rock Island to support the regional effort of getting the river back open for navigation.

“It was nice to have additional people helping with the maintenance efforts,” said Thurman “These projects are a lot of work and the more skilled people we have on the job, the more efficient we are at getting it finished.”

By the first week of March all the locks and dams on the Mississippi River in the Rock Island District had been reopened and commercial tows began passing through the locks. 

**A damaged filling valve was pulled from a transfer tunnel at Lock 13 during the winter dewatering project. Due to the lock being dewatered, the damage was detected and the valve was repaired without impact to river navigation. Photo by Samantha Heilig**





# ***Spotlight on the District***

## **DENNIS HAMILTON DEPUTY FOR PROGRAMS AND PROJECT MANAGEMENT**

By Samantha Heilig, Editor

**O**n March 1, Dennis W. Hamilton became the new Rock Island District Deputy for Programs and Project Management (DPM). As DPM Hamilton is responsible for integration of the District's technical elements and management of all District programs and projects. His duties include serving as the District's senior civilian to provide continuity of corporate leadership, coordination with customers and sponsors, advising the District Commander, and representing the District at meetings and briefings.

"I am looking forward to being involved with the District's wide range of exciting missions," said Hamilton. "It is humbling and inspiring to see the great work being done in the Rock Island District, and to see the support we provide to other Districts and agencies."

On a day-to-day basis, Hamilton will work with Programs and Project Management Division staff, establish District program and project management goals, and seek to execute goals to provide quality projects on time at a reasonable cost.

"One of the best things about working at the Rock Island District is helping the people who live, work and play along the rivers that we manage," said Hamilton. "As DPM I am looking forward to working with this large group of customers, sponsors and stakeholders who are impacted by our waterways."

Hamilton, born in Cedar Rapids, Iowa, has more than 30 years of experience with planning, designing, constructing and managing civil works projects. He earned his Bachelor of Science degree in Civil Engineering from Iowa State University in 1981 and is a registered Professional Engineer in Colorado and Iowa.

Prior to working for Rock Island District, Hamilton was employed by the U.S. Bureau of Reclamation designing and constructing federal water resource projects in Colorado and New Mexico. He also worked for a time with a private engineering firm in Des Moines, Iowa. In 1998 Hamilton joined the Rock Island District and started working for the District's Planning Division.

"My wife and I were looking to live closer to our families in eastern Iowa and I wanted to continue working




**Dennis Hamilton is Rock Island District's new Deputy for Programs and Project Management.**

*Photo by Samantha Heilig*

on federal water resource projects," said Hamilton. "This led me to the Rock Island District."

His experience at Rock Island District includes eight years as a project manager for flood risk management projects, two years as a regional project manager for New Orleans area hurricane and storm damage risk reduction projects, and eight years as the Chief of the Project Management Branch. Hamilton was also certified as a Project Management Professional in 2012.

In his free time Hamilton says he enjoys outdoor activities such as canoeing, fishing, hunting and gardening, and spends time caring for and maintaining 50 fruit-trees in his small orchard. He also is an active member of several professional societies including the American Society of Civil Engineers, the Society of American Military Engineers and the Project Management Institute. 

# DISTRICT HOSTS PILOT TRAINING PROGRAM

By Samantha Heilig, Editor

In late 2015, the U.S. Army Corps of Engineers was selected by the Department of the Army to participate in a pilot program for Lean Six Sigma (LSS) Greenbelt training. The Rock Island District was then chosen by USACE Headquarters to serve as the location where the pilot would take place. The eight-week pilot program was designed by the Department of the Army as a way to find the best fit for Lean Six Sigma training. Current LSS training requirements can be costly for organizations to participate in and the goal of the pilot was to look at alternative options that would give the same, if not better results.

A total of six Rock Island District employees participated in LSS Greenbelt training that began in late 2015. During the eight weeks, program participants completed weekly online training modules and virtual classroom sessions. The online training modules included a diverse range of topics that outlined the five phases of process improvement: define, measure, analyze, improve and control. These training modules provided valuable information that was then used by the participants during the virtual classroom sessions as well as their certification project.


Previously trained and Blackbelt certified District Process Improvement Specialist, Nicole Lynch, assisted in organizing the efforts of the training pilot program. To aid

in the testing process, she also participated in the training and provided additional information to the Department of the Army about the pros and cons of the new training layout versus the way she was initially trained.

“The virtual classroom sessions were really neat,” said Lynch. “The host could break the online classroom up into separate working groups and then bring the class back together for discussion.”

Lynch also liked the way the host’s screen would show work from both working groups at the same time.

“This allowed the participants the opportunity to compare how the other group solved a problem,” said Lynch. “It was very effective in giving a classroom feel even though we were sitting in our separate offices.”

A three-day capstone event was held at the end of the training at the District office in late January. During the final event, the six participants completed on-site training and took an exam. Representatives from the Department of the Army, USACE Headquarters and an online classroom contractor, The Quality Group, were present for the capstone event. Upon completion of the program the Rock Island District gained five new Greenbelt trained employees and is now providing feedback to the Department of the Army to be used to develop the best quality product for Lean Six Sigma training in the future. 



In January, six Rock Island District employees gathered with representatives from the Department of the Army, U.S. Army Corps of Engineers Headquarters and an online classroom contractor, The Quality Group, for a three-day capstone class as part of a pilot Lean Six Sigma Greenbelt training program. Attendees included: (from left) Patrick Forth, Department of the Army; Kevin Fuqua, USACE HQ; Jim Trail, Missy Yerington, Sara Paxson and Heather Schroeder, Rock Island District; Joel Ehle, The Quality Group; Nicole Lynch and Matt Zehr, Rock Island District; Steve Ford and John Best, The Quality Group. *Photo by Samantha Heilig*

# CELEBRATING NATIONAL ENGINEERS WEEK

By Samantha Heilig, Editor

During the week of February 22-26, staff from Engineering and Construction Division (EC) hosted on-site activities and participated in volunteer outreach events around the community in recognition of National Engineers Week.

John Behrens, serving as Acting Assistant Chief of EC, visited local high schools and spoke with Science, Technology, Engineering and Mathematics (STEM) program students about Corps of Engineers STEM careers. Another group of engineering staff participated in an Introduce a Girl to Engineering event, hosted by a local university, which gave preschool through seventh grade girls the chance to see engineering at work.

At the District office, staff participated in fun and informative engineering activities such as a “What’s This” contest where employees were invited to try to identify various items related to Corps engineering projects. Participants submitted guesses throughout the week and the winners Mike Cummings and Kalvin Kalafut were congratulated for their correct answers. There was also a team-building exercise hosted by EC’s Design Branch which involved teams of staff working together to build structures out of raw spaghetti and marshmallows. A team from the Environmental Engineering Section including LaShell Harper, Heather Anderson, Emily Johnson, Cyrus Yaghobi and Kim Pinkston won the challenge.

The final event held for the week was a recognition ceremony hosted by EC Chief, Roger Perk. During the ceremony members of EC, who had completed a new

## New Rock Island District Engineering & Construction Division

### Professional Registrations

#### PROFESSIONAL ENGINEER (P.E.)

Michael Ballard

#### ENGINEER IN TRAINING (E.I.T.)

Kevin Buis  
Kaileigh Calhoun  
Jordan Doddek  
Kyle Nerad  
Daniel Smith  
Anton Stork  
Austin Unertl  
Cyrus Yaghobi

#### LAND SURVEYOR

Brent Skidmore

#### CERTIFIED FLOODPLAIN MANAGER


Heather Bishop  
Joshua Cackley  
Thomas Gambucci  
Anthony Heddlesten  
Toby Hunemuller

#### CERTIFIED PROJECT MANAGEMENT PROFESSIONAL (PMP)

LySanias Broyles

#### LEVEL II FACILITIES ENGINEER (FE)

Charles Bauer

professional registration over the course of the year, were recognized for their accomplishments. A newly updated Professional Registration Board with names of all the people in EC who currently have a professional registration was also unveiled during the event. 



Engineers, Kalvin Kalafut (left) and Michael Cummings (right) were congratulated by Geotechnical Branch Chief, Matt Stewart, for being winners of the Engineering Week “What’s This” Challenge. Photos by Eric Hackbarth

# SAFETY CORNER

## HEALTHY CHOICES FOR A HEALTHY BODY

By Patti Behr, Chief, Occupational Health Program Manger

**H**ealthy eating and routine exercise are needed all year round; but many of us need a friendly reminder this time of year to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart health choices for a healthier body.

It is appropriate and fitting that March is National Nutrition Month, since it falls between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain.

Healthy choices can fuel physical activities at every stage of life. Well-nourished and active children and teens are able to grow, develop and learn better. As we go through life, healthful eating and active living can help people of all ages feel their best, work productively and lower their risk for a variety of health conditions.

### Food and Physical Activity are a Personal Choice

Food is what nourishes our bodies. In order to get enough of the nutrients to have optimal health and overall well being you need to determine the right portion of foods. The greater the variety of foods, the more it adds pleasure to eating. Practice eating a variety of foods and learn how to include your favorites in an overall healthy eating style. Learn what is right for you.




Fitness can provide a higher quality of life and perhaps a longer one.

### When you are fit, you:

- Improve your mood, reduce your stress, and increase your energy.
- Reduce your risk for heart disease, cancer and diabetes.
- Can look and feel your best.
- Have the physical strength and endurance to do the things you want to do.

### Food for thought:

- Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness.
- Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients -- and lower in calories.
- Look at the big picture: No single food or meal makes or breaks a healthful diet. Your total diet is the most important focus for healthful eating.
- Prepare, handle and store food properly to keep you and your family safe from food-borne illness.
- Don't fall prey to food myths and misinformation that may harm rather than benefit your health.
- Read Nutrition Facts labels to get information that can help you make smart food choices quickly and easily. Pay attention to how many servings a package says it includes.
- Find the healthful fats when making food choices. By choosing polyunsaturated or monounsaturated fats, you can keep your saturated fats, trans fats and cholesterol low.

The National Nutrition Month® is a nutrition education campaign sponsored annually by the American Dietetic Association (ADA) and its Foundation. To get more information on nutrition or to locate a registered dietitian for personalized nutrition counseling, visit the ADA at [www.eatright.org](http://www.eatright.org). 

# Around the District

## Retirements ...

**William Gauley**, Lock Operator at Lock and Dam 11 in Dubuque, Iowa, retired Dec. 31, after dedicating more than 35 years of service to the federal government.

**Richard Campbell**, Lock Operator at LaGrange Lock and Dam in Versailles, Illinois, retired Dec. 31, after dedicating more than 38 years of service to the federal government.

**Harry Hill**, Lock Operator at Lock and Dam 21 in Quincy, Illinois, retired Dec. 31, after dedicating more than 26 years of service to the federal government.

**Marlyn Schafer**, Regulatory Project Manager with the Rock Island District Operations Division, retired Jan. 1, after dedicating more than 44 years of service to the federal government.

**Olive Luckritz**, Budget Analyst for the Rock Island District, retired Jan. 2, after dedicating more than 33 years of service to the federal government.

**Mary Bartemeyer**, Financial Technician and Time and Attendance Customer Service Representative for the Rock Island District, retired Jan. 2, after dedicating more than 37 years of service to the federal government.

**James Kankel**, Heavy Mobile Equipment Mechanic with the Mississippi River Project Maintenance Section, retired Feb. 1, after dedicating more than 33 years of service to the federal government.

**Gary Meden**, Deputy of Programs and Project Management for the Rock Island District, retired Feb. 29, after dedicating more than 41 years of service to the federal government.

## Sympathy ...



**Greg Patridge**, 55, of Creve Coeur, Illinois, passed away February 23.

Patridge was employed as Lockmaster at the Peoria Lock and Dam and had more than 35 years of service working for the Rock Island District.



**Stuart Jackson**, 64, of Moline, Illinois, passed away March 1.

Jackson worked at the Rock Island District as Chief of the Regional Real Estate Division North until his retirement on February 29. He had previously worked for St. Paul District and had more than 17 years of federal service. Jackson also served in the U.S. Air Force.




**James Blanchar**, 77, of Peachtree City, Georgia, passed away March 15.

Blanchar retired from the Rock Island District in 2002 as Chief of Operations Division with 42 years of federal service. Prior to working for the Corps, Blanchar served in the U.S. Navy and retired as a Captain.

## COMMANDER'S LUNCH

Rock Island District Commander, Col. Craig Baumgartner, invites all District employees to join him for a monthly lunch get together to become acquainted and talk about work-related successes, opportunities, challenges and/or concerns. Each month the date of the lunch will be announced by email and will include time and location information. Lunches will be in an informal setting and are open to all staff including members from the field who may be visiting the District office and are interested in visiting with the commander during their lunch break.

Employees who are unable to join the Commander for lunch or who would rather submit work-related questions, comments or concerns in an anonymous fashion can do so using the [Feedback Link](#) on the District's intranet. Messages received via this link are reviewed by the Deputy Commander and are anonymous unless contact information is provided. 



# EQUAL EMPLOYMENT OPPORTUNITY OFFICE HOSTS WINTER OPEN HOUSE

By Samantha Heilig, Editor

On March 9, the Equal Employment Opportunity (EEO) office, along with the Special Emphasis Program Committee (SEPC), hosted a Winter Open House to celebrate Dr. Martin Luther King, Jr. as well as African American and Women's History months.

The event kicked off with a scavenger hunt that lead employees to the ABC Conference Room where the Open House was held. Once at the event, employees explored a variety of informative displays and talked with SEPC members about the months being recognized.

District Commander, Col. Craig Baumgartner, then provided opening remarks and introduced guest speaker Wayne Cole who spoke about how to reach, engage and motivate minority students to become interested in Science, Technology, Engineering and Mathematics (STEM) occupations. Cole, an academic/career advisor from Scott Community College, also spoke about awareness of the Quad Cities area's Hallowed Ground of African American Memories and encouraged employees to get involved in the community.


After the presentation by Cole, employees were invited to stay for two short video presentations including "Why Gender Equality is Good for Everyone,



**District Commander, Col. Craig Baumgartner, presents guest speaker, Wayne Cole, with a certificate of appreciation for his participation in the EEO Winter Open House. Photo by Samantha Heilig**

including Men," by Michael Kimmel and the "I have a Dream Speech," by Dr. Martin Luther King Jr. The event

wrapped up with a thank you from the EEO office and SEPC members and a drawing was held for door prizes for all employees who attended.

Anyone who missed the Winter Open House but would like to see the presentations given during the event can view the video files on the shared drive at: <S:\EE\Winter Open House 2016>. 



**District employees, (from left) Sara Paxson, Joyce Duffy, Shelle Iwinski and Chris Thennes complete a scavenger hunt by visiting with SEPC member, Vicky Terronez, and checking out the displays during the EEO Winter Open House. Photo by Samantha Heilig**

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