



US Army Corps
of Engineers®
Little Rock District

LRDispatch

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...Keeping the troops in our thoughts 'til they all come home...

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New Corps software modernizes district water managing methods

by **Jamie Oliver**
LRDispatch Staff

Little Rock District is testing new software that will help modernize methods used by water managers Corps-wide to help better deal with the challenges of managing our water resources.

Hydraulic Engineer Mike Black said water managers must deal with issues like hydropower, water quality, navigation, ecosystem management and flood control.

This requires a wide diversity of skills in areas such as data base management and administration, programming, hydrologic forecasting, meteorology, modeling and news reporting.

"This mission was accomplished in the past by each of the 40 or so Corps offices that had a water control center developing and supporting the necessary programs, scripts and software to accomplish the work in their office," Black said.

In the mid to late 1990s, water control managers from around the Corps met on numerous occasions to define the requirements, and subsequently design, a new system, he said.

The Corps Water Management System is software developed by the Corps' Hydrologic Engineering Center in Davis, Calif., that will standardize and modernize the methods used by water managers in the Corps.

"CWMS is a watershed management tool that can be used to gather, clean, store and display real-time data," Black said. "The hydrologic

modeling programs incorporated into the CWMS suite can then be used to forecast basin response to rainfall events."

The idea behind the development of CWMS was to create a software suite that could be used Corps wide to assist water managers in data acquisition, transformation, verification, storage, display, modeling, analysis and presentation in support of the Corps real-time water control mission.

Chief of Reservoir Control Branch Jan Jones said much of the process the district currently uses is a series of computer processes that are unconnected events to make the data accessible and generate reports.

Real-time data includes hydrologic information such as river stages and reservoir elevation, meteorological information like observed and forecasted precipitation, and other water quality and hydropower information.

This data provides a picture of the current status of the watershed that can be used with watershed modeling programs to forecast runoff, reservoir response and operations, river stage, inundated area and downstream impacts.

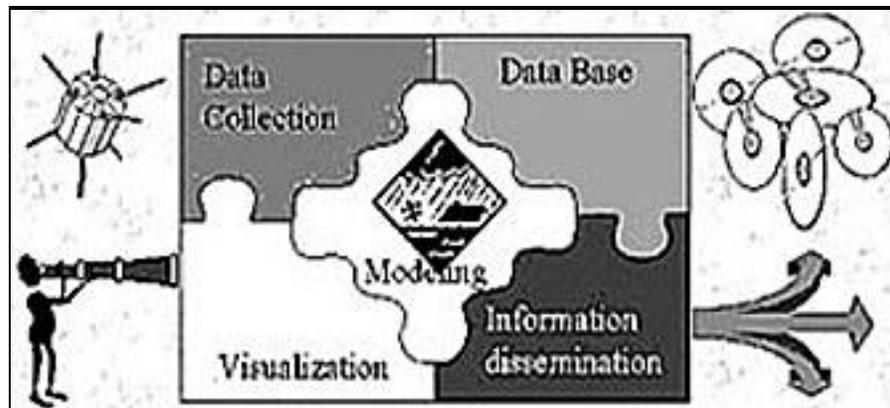
A number of possible future scenarios can also be evaluated with CWMS by adding estimated future rainfall to the model to help decide the best approach to use in operation of the reservoirs, he said.

The software is now functional and has been installed or made available to all current Corps water control offices.

Although the HEC began developing the software about six years ago, Southwestern Division is was the last Corps division to deploy the system.

Early in

(See "CWMS" on page 8.)



Colonel calls for troop support in war with Iraq

WAR!

It is now upon us. We all know someone or know of someone over there. I ask for your support and your prayers for our personnel. Champion our personnel that are in harm's way, and those that are supporting them.

Pray for our leaders who are making critical decisions, and pray for those who must carry out those decisions. Most of all, appeal to our Creator that our nation will do that which is right.

We have personnel that have been called to active duty in response to our nation's needs. We also have personnel that are working as part of USACE to provide engineering expertise. Our Deputy Commander was the latest to go. They are doing a very important job, and they deserve our support in every way we can.

Our USACE personnel will be rotated on assignments of 120-180 days. They will need to be replaced when their tour is completed. We have numerous positions that need to be filled. If you would like to support your nation in a very exciting and fulfilling job, please call Charlie Tobin at ext. 5695. I thank you for your selfless service.

Last fall, I asked you to fill out a survey so that I could get a better understanding of how you felt about things here in Little Rock District. The results are now in. About 1/3 of our employees, 268 of you, filled out the form and returned it. I appreciate your interest in helping improve the district.

The survey showed that overall, we are doing well, but we do need to improve in some areas. On the positive side, 57 percent of the results were favorable and 78 percent of the questions showed improvement over last year's survey.

Of the 53 questions asked, Little Rock District met or exceeded the Corps average 55 percent of the time.

Results show that employees generally have positive feelings toward their immediate supervisors and know what is expected of them. Eighty percent said they have a sense of pride and accomplishment in their products, and 74 percent said they are proud to be a part of the organization.

On the less-than-encouraging side, senior raters were not seen in as positive light as the immediate raters. But even there, more than 50 percent of employees who responded gave them positive ratings.

Human Resources questions all earned less than 50 percent positive response. Timely personnel actions were rated "fair" with only 30 percent respondents pleased, while equitable promotions received a 37 percent positive response. Also of note is that 43 percent of you who felt that I have an effective system to receive feedback and 49 percent feel you could visit me without fear of reprisal.

From where I sit

by Col. Benjamin Butler
District Engineer



Data is only valuable if it is used. When the results of the survey were received, I met with my staff to discuss it and to see what changes we should make. I need my senior raters to communicate with their employees more, especially in an informal manner.

This does not mean calling employees to the office, but would entail senior raters going to the employees' place of duty. They need to know each other better, not just once a year at rating time.

In the HR area, we will continue to work on issues. Officially, there are no HR personnel in the district. They are all at higher echelons with CPAC in Ft. Worth and CPOC at Ft. Riley.

However, we do have personnel here who are knowledgeable in how to get HR issues resolved and who to talk with. See your supervisor if you have questions, and I will work to ensure your supervisor knows who to raise issues with.

We must all work HR items hard, because the support we had in years past has been cut. The system in place does work, but the answers are not as easy as when the experts were down the hall.

The issue of equitable promotions is of concern to me. We have a system in place that is designed to give everyone an equitable chance at being promoted. The system looks at many things in an attempt to determine the best candidate.

In most cases, there are several very highly qualified candidates. But only one candidate can be promoted. I understand that personnel may feel overlooked because they know they were more than fully qualified, yet were not promoted. However, this does not mean the promotion system is not fair. If the person selected is not one of the very highly qualified candidates, then the system is unfair.

It is difficult to determine from the survey which of these is closer to the truth. If you that feel the system is unfair and can provide me more information on this, I will be better able to work on it. I welcome feedback, either through e-mail, my

(See "Colonel" on page 9.)

LRDispatch

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Robert G. Faletti *Public Affairs Officer*
Valerie Buckingham . . . *Command Information Officer*
Jamie Oliver *Issue Editor*
Dorothy Seals *Writer*

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Family News

Congratulations

Win **Hargis** and **Laurie Driver** were selected to participate in the Emerging Leaders Program. Because of their selection, Hargis and Driver will participate in Little Rock District's and Southwestern Division's Emerging Leaders Program. They will also compete to participate in the USACE Emerging Leaders Program. Driver was also selected as one of SWD's participants to the Leaders/Emerging Leaders Conference.

Hargis is a study manager in Planning, Environmental and Regulatory Division, Planning Section. Driver is a public affairs specialist in Public Affairs Office.

New Faces

Michael Collis is a new economist in Planning, Environmental and Regulatory Division, Planning Section.

Hyacinth Smith is the new administrative support assistant in Engineering and Construction Division.

Malcolm Fortson is a returning summer park ranger at Table Rock Lake Project Office.

(See "Family News" on page 11.)

Customer Care Corner

Two district employees earn praise for hard work

Dear **John Bridgeman**,

On behalf of the students, faculty and staff of the Department of Parks, Recreation and Hospitality Administration, I would like to thank you for your participation in the Career

Opportunities Day on Feb. 20 at the Young Center Ballroom.

All of us were pleased with the turnout of students and agencies. I hope you were pleased with attendance and had an opportunity to visit with potential employees. Again, we appreciate your support of our programs.

I hope you found your time well spent. We look forward to seeing you again next year on Feb. 19, 2004.

Sincerely,
Theresa Herrick, associate professor and

department head, Arkansas Tech University.

Dear **Joel Epperson**,

The "Cans for Ashley" program raised \$677.75 to support the United Mitochondrial Disease Foundation mission for year 2002.

The cans collected from your park brought in \$107.75. Thank you so much for participating in the Anderson family's fundraiser. We have gratefully acknowledged this contribution "In Honor of The Cans for Ashley Program."

Because of this gift, medical research towards finding a cure for Mitochondrial Diseases will be increased and the lives of many loved ones throughout the world will ultimately be saved.

Should you need anything from our office, please do not hesitate to contact our office.

Sincerely,
Charles A. Mohan, Jr., Chairman, UMDF Board of Trustees

Simply outstanding



Submitted photo

Chief of Programs Management Branch **Jorge Gutierrez** speaks to members of the 412th Engineer Regiment after accepting his bronze De Fleury Medal for 28 years of exemplary service. For more on Gutierrez, please see story on page 5.

Tell us what you think

Editor's note: The LRDispatch staff welcomes your opinions. Letters must be signed. If you choose to have your name withheld from publication, we will honor your request.

Comments and Family News submissions must be received by April 15 for publication in the next issue. Send your comments to valerie.d.buckingham@usace.army.mil or mail them to Public Affairs Office at P.O. Box 867, Little Rock, AR 72203-0867. We reserve the right to refuse publication of any letter that is deemed libelous.

Remember to keep the criticism constructive and the questions coming.

Got graduates?

LRDispatch will be accepting graduation notices for publication in the May issue. You may recognize family or SWL employees.

Watch your e-mail for information and congratulations!

3 agencies' cooperative efforts result in refuge

by Jamie Oliver
LRDispatch Staff

Little Rock District combined efforts with the Arkansas Game and Fish Commission and Ducks Unlimited to create a waterfowl rest area in memory of a dedicated duck hunter from Ft. Smith, Ark.

The Robert A. Young IV Waterfowl Refuge was dedicated Feb. 7 in memory of an avid duck hunter who died unexpectedly about two years ago.

Russellville Project Office Park Manager Miles Johnson, said although the waterfowl benefit from a project like this, the public also gains.

"It's a good cooperative effort between the agencies involved," Johnson said.

Chief of Natural Resources Management Section Dale Leggett called the clear, crisp day a "duck-hunter's day."

Representatives from all agencies involved, along with the Young family attended the dedication ceremony during which a monument and a sign with the logos of each participating agency was unveiled on the site.

Young's family and friends approached the Corps shortly after his death about possibly establishing an area where waterfowl could rest that would allow the public to view a variety of waterfowl in the area, Leggett said.

Russellville Park Ranger Jeff McCarty said SWL then began work with the Arkansas Game and Fish Commission to map out possible sites for the refuge.

Ducks Unlimited provided most of the financial support for this project along with AGFC and Young's family and friends, McCarty said. The Corps provided the land.

"The rest area is entirely on Russellville Project Office land," McCarty said. "After the site was selected by us and AGFC, the project office reviewed and approved the plan."

The site is an old agriculture site surrounded by low levees in Logan County near Paris, Ark., McCarty said, and is a backwater area of the Arkansas River. AGFC built a retaining wall around the pond and will pump water into the pond until it fills to a level established by the commission.

"Once it fills to that level, we'll come back and plant some hardwood trees around the pond," McCarty said. Hardwoods not only provide shade and cover, but acorns as well, which, McCarty said, is food for the waterfowl.

Although other agencies donated the money for the area, SWL required Ducks Unlimited and AGFC to provide a continual management plan to show how they plan to manage the site for future benefit, McCarty said.

Leggett and Dana Needham-Kirby, a biologist in Planning Section, traveled to Russellville where they were joined by Johnson and Joel Epperson of the

Russellville Project Office to attend the dedication.

Johnson said that the Corps is planning to do some additional work on the land.

"So far, we've had youth hunting days other there which is just an indication of continued cooperation between the Corps and the game and fish commission," Johnson said.

Leggett described it as a very proper tribute to this young man.

"It felt good being there with about 50 other conservationists who are dedicated to preserving wildlife habitat," Leggett said.

"People came in trucks, dressed in duck hunting clothes. Some brought their dogs with them; some brought small children or even their babies out. It was a very happy, fitting occasion for this memorial dedication."

Ducks in the area wasted no time utilizing the site, Leggett said. When the group arrived on site, he said there were already ducks resting on the pond.

Later during the dedication, "five or six ducks started coming right down onto the pond behind the podium. It was like someone released them at the right time.

"Several geese flew in right before the ceremony ended. It

(See "Ducks" on page 6.)

Celebrating Women



David Virden

Former Arkansas State Treasurer Jimmy Lou Fisher speaks March 24 to district employees as part of a women's history month program.

New programs chief awarded de Fleury medal

by Dorothy Seals
LRDispatch Staff

During his retirement ceremony on March 15, Lt. Col. Jorge Gutierrez was presented the Bronze Order of the de Fleury Medal for 28 years of exemplary service to the Army Engineer Regiment by Maj. Gen. Richard Coleman, com-

mander of the 412th Engineer Command. Named after Francois Louis Tesseidre de Fleury, a French engineer who served the American army during the Revolutionary War, the medal is the most prestigious award given by the engineer regiment.

It is an honor given to both civilian and military engineers for service to the United States and to Army engineering.

"I have always dreamed of getting two deFleury awards, one in uniform and one in civilian clothes," Gutierrez, chief of Programs Management Branch, said. "It just took me 28 years, but I am half way there."

He said that while he is honored to receive the award, it was very much unexpected.

"I wasn't expecting to get this award because my unit was in the middle of deploying," Gutierrez said.

"Those that I worked with and even those who worked for me pushed for me to get this award while going through the hardship of being deployed. This means a lot to me."

One of Gutierrez's co-work-

ers, Henry Himstedt, chief of Hydrology and Hydraulics section and a part of the 412th Engineer Command, was one who recommended Gutierrez for this award.

"Personally, the greatest award any person can receive is that of your peers recognizing your contributions," Himstedt said. "I was proud to recommend Jorge. He truly earned the de Fleury Medal."

Gutierrez said it was difficult for him when his friend Himstedt and the rest of their unit deployed in February.

"It was hard to watch him and the others go because I feel I should be with them," Gutierrez said. "It just isn't right that they are in war, and I am here. I should be with him, with all of them."

Himstedt said not everyone can understand the feelings expressed by Gutierrez.

"We need Jorge on this mission," Himstedt said. "Very few can understand how Jorge feels by not being deployed. While no one wants to deploy, no soldier wants to be left behind when his or her unit leaves. I wish Jorge were here."

This kind spirit and dedication shown by Gutierrez not only brought him recognition from the Army, but from Little Rock District as well.

Since beginning his career with the Corps in 1985 as a project engineer at

(See "Medal" on page 6.)



Submitted photo

Gutierrez shakes hands with Maj. Gen. Richard Coleman of the 412th Engineer Regiment after being awarded the de Fleury medal.

101st Airborne soliders stake claim in Kuwait

by Pfc. James Matise
ARNews Service

The soldiers of the 101st Airborne Division, Air Assault, claimed their piece of the ground in Kuwait last week by raising their brigade banner, and they are now learning how to operate in the arid climate.

As soon as the 1st Brigade, 101st Abn. Div., left the cold of Fort Campbell, Ky., and claimed residence at Camp Pennsylvania, the soliders began battling the heat.

Due to the dry nature of Kuwait, scorched by long hours of sunlight and radiating heat, soldiers need to protect themselves from dehydration and heat sickness by drinking more water than they normally would, said Maj. Blain A.

Reeves, 1st Battalion, 327th Infantry Regiment.

"Forced hydration is the key to help getting them acclimatized," he said.

Soldiers are being told to increase their daily water intake up to eight quarts or more to remain healthy, and are also told to eat salt and other electrolytes to replace those lost through sweating, said Sgt. 1st Class Dwight Sparks, Headquarters and Headquarters Company, 1st Bde.

"I've definitely increased my water intake, and I always add a little salt to my meal," Sparks said.

Brigade officials said there have been no severe cases of dehydration or heat sickness reported in the camp.

Becoming acclimatized is one way soliders are regaining their strength after being jet lagged.

"Jet lag is the number one thing they

had to recover from, so we took it easy the first day," Reeves said.

"They've been training all day to get used to the terrain: doing some night training to get used to moving at night."

Soldiers are conducting squad movements, practicing chemical attack drills, and working with what they have to keep their combat capabilities up to standard, said Col. Frederick B. Hodges, commander, 1st Bde.

It took until March 2 for all of the units to depart Fort Campbell.

Elements of the brigade began rolling into the camp March 3, setting up in the area previously occupied by the 3rd Infantry Division from Fort Stewart, Ga.

Due to the influx of troops coming in to Kuwait, transportation was not immediately available to bring them to their

(See "Kuwait" on page 11.)

USACE recognizes EOP team for leadership

by Dorothy Seals
LRDispatch Staff

In 2002, Chief of Engineers Lt. Gen Robert Flowers established a set of Environmental Operating Principles to guide all Army Corps of Engineers public works missions.

Following these principles is something that Little Rock District has been doing well, proven by the district receiving the Lt. Gen. Frederick J. Clarke Honorable Mention Award for Leadership in Environment Sustainability from USACE Headquarters in January.

This award was given to the district for successfully completing an implementation plan for the Environmental Operating Principles. The feat was pulled off by the district's EOP team, a group encompassing members from all district offices and even Table Rock Project Office.

"We all came together and decided what we would have to do to meet these principles," said Tricia Anslow, chief of Environmental Section and EOP team leader. "We listed our goals and objectives and decided how to measure our success and communicate our mission. We work as a team to accomplish our objectives."

According to Anslow, because several principles overlapped, the team developed an objective matrix to accomplish each goal. The EOP plan includes 21 objectives as well as plans to achieve them and measure progress.

One goal of the award-winning team is to encourage a district-wide recycling program.

"All offices have some form of a recycling program already in place," said Sue

Buring, property disposal officer in Supply Branch and EOP team member.

"The team will be working to get the word out on what we are doing as a district now and how to revitalize the program in the future."

Some of the recycled items include computer paper, newspapers, cardboard and aluminum cans.

"I think the recycling program is important to the district because it shows that we are good stewards of the land, water and environment within our care," Buring said. "Although recycling is a small portion of the environmental picture, I think it still holds an active role in the overall outcome of a healthy environment, which is one of the seven EOP principles."

While Anslow said she is proud of the team's accomplishments, she added that this is not a new idea for the district.

"It is a new thing, but it is not," Anslow said. "These are ideas that the district has been embodying for a long time. This is our chance to take credit for things that we have already done."

The award was intended to only be given to one person, but Anslow said "they felt ours was so good that we needed to be recognized, too."

Buring said that she is excited that the team received an award and glad that she was a part of it.

"I feel good about the team receiving the award because everyone is committed to the EOP plan and integrating it within the district," Buring said.

"I think our support, team effort and commitment to EOP show in receiving this award. I also enjoy being on the team because I care about our environ-

ment and feel it is important that we respect and maintain our natural resources."

EOP team members

**Trish Anslow, Sue Buring,
Judy Barker, Randy Becker,
Pat Bennett, Valerie
Buckingham, P.J. Spaul,
Laura Cameron, James
Cullum, Jennifer Dalton,
Cathy Funkhouser, Clyde
Gates, David Howell,
Margaret Morehead, Bradley
Myers, William Penn, Allen
Oller, Jane Smith and Gil
Wooten.**

Ducks

(Continued from Page 4.)

made the hair stand up on my arms, but it was all very uplifting and appropriate," he said.

Leggett said the family thanked the Corps during their speeches for the work done making this project happen.

Young's mother told how, every year before the season began, her son would go out early with his dog to scout out the best sites to build his duck blind.

"She said that now, anytime she wants to be close to her son in spirit, she knows exactly where to go to find him," he said. "She knows that every fall and winter, he'll be right here watching the ducks."

Medal

(Continued from Page 5.)

Pine Bluff Arsenal, he has worked through the ranks of cost engineering to become chief of Cost Engineering Section.

In January, he was named Chief of Programs Management Branch. During this time, he has been awarded an Achievement Medal for Civilian Service and two Commander's Awards.

Gutierrez describes this new position as "very humbling."

"I still feel like I have a lot to learn," he said. "But thanks to the wonderful people that work with me, the work does get done. They are all so patient in teaching me the many things that I need to know."

Gutierrez's duties include preparing the operating budget for the district, which includes expectations for three fiscal years. He is also on the district's team for developing the Corps' new P2 system.

"I am proud of all that I have done," Gutierrez said. "I have always worked with very dedicated people that have assisted me with each job that I have had. I pray that along the way maybe I have helped someone just as much as people have helped me."

According to Himstedt, he has.

District trainee program sees first three grads

by **Glenn Proffitt**
Special to LRDispatch Staff

Three Little Rock District employees became the first graduates of the district's new power plant training program.

Lonnie Jarman, Rick Duck and Robert Morman are the first of eight SWL employees to finish the course. Jarman is a mechanic at Ozark Power Plant and Morman is a mechanic at Greers Ferry Power Plant.

Ozark Power Plant Superintendent Rosalie Colley complimented Jarman's success with the program.

"Lonnie enjoys his work at Ozark and maintains a positive attitude even though the work is non-stop and complicated," Colley said. "He's hardworking, dependable and fun to work with."

Duck previously graduated as a mechanic from the old program and cross-trained as an operator in the new training program.

Dardanelle Power Plant Interim Superintendent Jim Nearn said Duck's attention to detail makes the power plant lucky to have him on board.

"Rick is a hard worker, dependable and a stickler for details," Nearn said. "He has a superb understanding of the mechanic and operator duties of the power plant."

The power plant training program has helped fill operator, electrician and mechanic positions in Little Rock District's seven power plants since the 1960s.

The original program was four-years-long, consisting of about 30 International Correspondence School courses and informal on-the-job training obtained by working directly with power plant personnel.

In 1996, a new engineer regulation was published requiring more structured on-the-job training and additional testing.

A Total Army Quality process action team consisting of power plant superintendents and craft employees was formed to develop a new program patterned after a program used by Seattle District.

The new training program consists of a series of video and textbook self-

study courses, which the trainee does on the job, and qualification cards covering the various tasks that a fully trained employee would be required to perform.

College students in the Student Career Experience Program can also participate in the program.

Currently, the training program has seven trainees and one SCEP participant. Each trainee is assigned a duty station,

(See "Trainees" on page 11.)



Submitted photo

Eldon Cooper makes sure the gages are working properly during a routine inspection at Bull Shoals Power Plant.

Family News

(Continued from Page 3.)

Speaker's Bureau

Eugene Archer and **Tiffany Isham** presented a cold-related illness program to 22 residents at the Dierks Senior Citizen Center. Archer is a park ranger and Isham is a student park ranger at Dierks Field Office.

District Archeologist **Christopher Davies** spoke to 130 professional archeologists, historians and Caddo Tribal members Feb. 21 at the 45th Annual Caddo Conference in Arkadelphia, Ark.

He also presented a program on Little Rock District and its cultural resources to Arkansas School for Math and Sciences on March 11 as part of Arkansas Archeology Month.

Leslie Falgout, Tony Batey, Tom Clements and **Wayne Lewis** served March 5 as judges for Williams Magnet School's Bridge Building Contest. Teams from five Little Rock Independent School District grade schools built Lego bridges

based upon certain guidelines that were then loaded until they failed. Lewis is Assistant Chief of Engineering and Construction Division; Falgout is an engineering intern in E&C; Batey is Chief of Geotech and Civil Section in Design Branch and Clements is Chief of Architecture and Facility Design Section in Design Branch.

John Bridgeman, a park ranger at Lake Dardanelle, manned a water safety booth at Arkansas Tech University on March 12.

Deaths

Allagean Lorince died March 3. She retired from the district's Human Resource Office.

Billie Crownover's mother, Mary Veazey, died March 4. Crownover is an electrical engineer in Engineering and Construction Division, Construction Branch.

Participants weigh-in during last journal entries

(Editor's Note: Little Rock District began an exercise program for all employees in January. Each employee was allowed up to three hours a week for no more than eight weeks to implement an exercise program into their schedules. Over 80 employees are taking advantage of this program.

Employees utilized this time in different ways. A group of about 15 employees participated in a Weight Watchers program; the group had lost 98 pounds total at the time of this writing.

This is the final compilation entries in the series. Journal entries were compiled by LRDispatch staff writer Jamie Oliver.)

Mike Biggs



Feb. 20: Well, I still weigh 239 pounds. Given the trend of no weight loss, then a large drop, I'm not too disappointed.

Feb. 27: Since the snow and ice closed War Memorial Fitness Center, no workouts for me, unless you count the hike into work today.

The Weight Watchers Lady didn't make it in today because of the poor road conditions, so no weigh-in. If I had to guess, I would say I have lost maybe 2 lbs this week.

This afternoon I'm leaving for a ski trip, I will be curious to see if skiing encourages weight loss.

March 4: I gave blood today and my blood pressure was 120/70 with a pulse of 60. When I weighed 285 pounds, my blood pressure was 138/90. I am very encouraged.

March 6: Skiing may encourage weight loss, but bratwurst and chicken wings sure don't. My Weight Watchers points were huge.

Since returning to Little Rock, I have returned to healthy eating habits, and my work out routine has returned to normal with the spring thaw.

I weigh 237 pounds today — how low can you go?

I am going to buy some (size) 38 jeans from Old Navy, even if Johnny McLean still thinks they don't have clothes that will fit a Sasquatch.

Jennifer Hoban



Feb. 25: This week was very busy. The weather was not cooperating and I had many activities to get through that week. Park Attendant Orientation was probably the biggest. That kept me running around if nothing else.

March 4: This week whenever I had a spare moment I would talk a short walk

around the park.

Saturday was not going so well for me, it seemed like I had computer problems everywhere.

It helped to take a step back and walk off some of the stress. This helps a lot to clear your mind and focus on what is important and get your job done.

Allison Smedley



March Madness has begun! Exercising has been a definite challenge the past few weeks. I have battled snow, ice and the stomach flu.

Once I finally conquered these obstacles, I noticed a difference in my energy level.

I'm really glad that I was able to work out last month because I would probably be at home on bed rest if I hadn't pushed myself to get out there and exercise.

Being eight months pregnant does pose some challenges, but they've not stopped me from keeping on the go.

I am hoping that these next few weeks my "get-up-and-go" won't get up and leave!

I have had lots of fun this week running from school to school giving water safety programs to the area 3rd grade classes. I've seen about 900 kids and have decided that teachers must have more energy than the rest of us!

They are on a permanent work-out program if you ask me.

The games, skits and other activities that the children and I work on during our hour long water safety programs really make me work up a good sweat.

It's not every job that you can work out, have fun and get paid for it. I'm pretty lucky!

CWMS

Continued from page 1.

December, HEC assisted with the installation of the software on the server and users' workstations in Little Rock District's Reservoir Control Branch.

At that time, only data for the Clearwater Basin, one of SWL's smaller flood control projects, was entered in the CWMS system.

"Little Rock District has gotten to the point of installing the software and we are starting to make the site adaptations for use specifically for our projects," Jones said.

Work is continuing toward implementing CWMS for all Little Rock District basins, however. Once that work is complete and the CWMS database and hydrologic models have been developed and tested, Reservoir Control Branch will begin moving away from the current methods of water management to the new system. But Jones said there's still work to be done.

"There's a lot of work to be done to make it fully functional for us, such as betterments to include hydropower, water quality considerations and navigation," Jones said.

Safety around water imperative during summer

When the weather turns warm, we want to be in or around the water. And let's face it: spending time at one of our beautiful Corps of Engineers lakes on a hot day is a great way to beat the heat.

But sometimes, people forget how important it is to think about safety.

Sometimes they are focused on the fun they are having and throw caution to the wind.

They give little thought to managing or eliminating risks of water related accidents and statistics show it.

In 2002, Southwestern Division suffered 61 water recreation fatalities.

This means 61 people who came to our lakes with the intent of enjoying themselves did not return home.

What began as a carefree outing ended in a nightmare.

Although the statistics may seem grim, most water-related fatalities or accidents can be avoided by following a few simple guidelines.

Swimming Safety

Do not swim by yourself. Swimming alone, whether in a pool or lake, is not a good idea. Even the most experienced swimmer can be plagued by a cramp and

have difficulty getting out of the water.

Having a friend nearby may save your life. Also, wearing a life jacket is recommended anytime you are in or around water.

Know your limitations and how well you can swim. If you are a poor swimmer or are just learning to swim, wear a personal flotation device that fits snugly.

Stay out of deep water.

If you are the good swimmer in the group and your friends aren't, look out for them and set an example. Wear your fitted life jacket and insist they wear one as well.

When you are swimming, avoid what the American Red Cross calls the "dangerous too's:" too tired, too far from friends or safety, too cold or too much sun.



Boating Safety

Before taking the boat to the lake for the first time in the season, check the required personal protective equipment. Excessive exposure to nature's elements may compromise the condition of life jackets, paddles and other necessary throwable devices.

You also need to check the fire extinguishers and refurbish the first aid kit with sunscreen, flashlight batteries and flares.

When checking the overall general maintenance of your boat, check the boat trailer tires, brakes and hitch. You want to ensure the overall safety of your boat.

Again, learn to swim.

The best thing anyone can do to stay safe in and around the water is to learn how to swim and wear a PFD, including anyone participating in any boating or water-related activity.

Facts show that the majority of recreational boating fatalities involve individuals who fall overboard that did not plan to be in the water, were not wearing a life jacket, were a poor or non-swimmer or were drinking alcohol.

(See "Safety" on page 12.)

Outlook options allow for better e-mail previewing



by John Abdullah

Customer Assistance & Applications Section

Microsoft Outlook has two options for previewing messages: Preview Pane and AutoPreview. These options allow you to preview the contents of a message.

AutoPreview allows you to view the first three lines of a message in the main Outlook window.

Preview Pane allows you to read the contents of an item, open attachments or click on a link in the e-mail.

Both features can be run simultaneously. To do this, pull down the *view* menu and select either AutoPreview or Preview Pane.

Have you been using Preview Pane and heard, "I saw you read the e-mail I sent you, but why haven't you replied?" You know you have not read the message, so here is what's happening.

The sender's Outlook message tracking shows you read the message because of a setting in Preview Pane options. In the Inbox, a new message is displayed in bold font.

If you select the message by single-clicking on it, the text of the message displays in the preview pane. Once you move your mouse off the message, the font will change to normal text to indicate it has been read. The sender's message tracking will now show that the message has been read. You can change the

settings in Preview Pane to prevent this from happening. Click on *Tools* menu then select *Options*. Now select the *Other* tab and click on *Preview Pane*. In the Preview Pane dialogue box, uncheck *mark messages as read in preview window* and *mark item as read when selection changes*. Now select *OK* twice.

Colonel

Continued from page 2

"mailbox" outside the conference room, at my brown bag sessions, or when I visit. I also want you to feel comfortable in using my open door policy.

There is no requirement to go through your chain of command before seeing me. Apparently that word has not gotten out.

I do ask, however, that you allow your chain of command to solve a problem before you ask me to solve it. If your chain of command is the problem or if they fail to respond, then come see me. If you do not use your chain of command, you can still see me on the open door policy without fear of reprisal.

If you ever feel that you are the object of reprisal, let me or the Equal Employment Office know so that we can take appropriate steps.

Have a great month and remember our personnel who are deployed.

Toastmasters helps conquer speaking fears

It's hard to believe half a year has passed since the PPEP class of 2003 attended our first meeting in the DE Conference Room.

During that first day, we were called upon to stand before the group and introduce another member of the class whose biography we had randomly selected.

Speaking before a room full of people was a traumatic experience for several of us. In fact, the fear of public speaking is listed in *The Book of Lists* as the number one fear among most adults. The PPEP program is geared toward helping team members overcome this fear.

Group participation is mandatory, and it doesn't take long to realize if you want your ideas to be heard in a team meeting, you must speak up.

It is required that each PPEP participant complete 40 hours of formal training in public speaking or communication prior to graduation.

Most choose to meet this requirement by joining the Federal Employees Toastmasters Club, which meets weekly in the Federal Office Building.

You learn in Toastmasters that while it is normal to have butterflies when speaking before a group, you can train the butterflies to fly in a formation. The meetings provide a friendly, encouraging environment to learn and develop public speaking skills.

In order to become a Competent Toastmaster, members prepare and deliver 10 speeches at club meetings. Each speech is

designed to hone skills like speaking with sincerity, using gestures, verbal variety or working with words.

So what does a Toastmasters meeting look like?

We begin each meeting with an invocation and the Pledge of Allegiance.

Each week, one member is designated as Toastmaster for the day. By serving in this capacity, we learn to lead a meeting by introducing speakers, interjecting meaningful comments and keeping things moving according to the program.

The next order of business is to break the ice and loosen up the audience with some humor delivered by that day's Jokemaster.

We've heard some good jokes and some not-so-good ones, but the laid-back atmosphere helps all of us laugh at ourself and not take things too seriously.

The Toastmaster then introduces two or three people who deliver speeches to the club.

I have heard some really terrific speeches at meetings. It is amazing what you learn from other people if they are given a few minutes to share what's in their hearts.

Another club member evaluates each speech in front of the group. These evaluations are a combination of praise for things that were done well and helpful suggestions on how to improve.

Learning how to give a meaningful evaluation of someone else's speech can be just as difficult as giving a speech.

Toastmasters also helps develop skills for thinking on your feet. During the table topics portion of the meeting, a club member is chosen as the table topics master.

It is this member's job to prepare three or four questions and randomly select meeting participants to stand and give an answer for something they may never have thought about or something they are familiar with.

But the objective is to stand and speak intelligently for two minutes.

This skill can be vital on the job when you are put on the spot to give an answer during a meeting or when interviewing for a promotion.

Toastmasters try to avoid using fillers like "ahh" or "uh" when giving speeches. That day's Grammarian helps by flashing a light every time participants slip and use one.

We close by voting for that meeting's best speaker, best table topic response and best evaluator. Trophies are awarded to the winners, and they get to keep them for a week.

Toastmasters is fun. Without exception, I have seen the confidence levels and speaking abilities of the whole team increase.

But you don't have to be a member of the PPEP team to join Toastmasters. Why don't you come to a meeting and give it a try?

Meetings are held every Tuesday at noon in the DE Conference Room. We are always looking for new members.



PPEP 2003
High Performance
Leadership
by Al Rein

Trainee program graduate



Submitted photo

Lonnie Jarman, mechanic A, does work at Ozark Powerhouse. Jarman was one of the first graduates of a new district program for power plant trainees.

Safety, fly-fishing selections added to library

New Safety Videos Available

Four new safety shorts have been added to the district collection. "Driving in the Rain" (TL152.5 .D7 2003) emphasizes basic safety tips for dealing with decreased visibility and slippery roads.

"The First Line of Defense: Fire Extinguishers" (TH9362 .F57 2002) discusses the proper use of portable fire extinguishers.

"Working Around Flammables and Combustibles: Hazards" (TH9446.I47 .W6.H3 2003) identifies dangers before problems develop and "Working Around Flammables and Combustibles: Safe Handling and Use" (TH9446.I47 .W6.S2 2003) demonstrates basic safety principles.

From The Training Network, two more videos address driving hazards. These videos run about 16-18 minutes.

"Distracted Driving" (TL152.5 .D57 2002) illustrates the dangers of not concentrating while at the wheel and "Driving Safety" (TL152.5 .D74 1995) reinforces the basics of road safety.

New Recommendation from PPEPers

"Getting Things Done: The Art of Stress-free Productivity" (BF 637 .T5 A45 2001) presents techniques for a "whole



life organizing" system. The author stresses the importance of efficiency while still maintaining some relaxation in life. The author says that "our productivity is directly proportional to our ability to relax.

MEANS are here

The TRC has added a set of the new 2003 MEANS construction cost data books.

Subjects include electrical, mechanical; building construction, site work, heavy construction, repair and remodeling, and square foot. Cost Engineering Branch utilizes an electronic version of MEANS as well as the book format.

Additions to the Engineering Collection

Published by the National Fire Protection Association, the "Fire

Protection Manual" (TH9145 .F5 2003) stands as a two volume work of over 3,200 pages devoted to systems to prevent fires.

The work addresses six major strategies: prevention of ignition, design to slow early fire growth, detection and alarm, suppression, confinement of fire and evacuation of occupants.

For the Fishermen

The "Ozark Blue-Ribbon Fly-fishing Guide" (SH687 .H52 2002) covers the outstanding trout fishing streams in Oklahoma, Arkansas, Missouri as well as a special section on the Ozarks.

The work includes color photographs as well as color shots of flies and streamers. Of course, many Corps projects are included.

Hot Web Site of the Month

<http://dsc.discovery.com/antology/spotlight/bioterror/bioterro.html>

Bioterrorism Information Site

Kuwait

Continued from page 5.

camp, and many of them had to endure a long stay at Camp Wolf, the small reception facility just off the airstrip.

The 7,000-mile trip and mild shock of the sudden reversal of climates taxed the troops' stamina, so the unit's leadership is initially focusing on recovery and familiarizing the soldiers with their new environment, Reeves said.

The Kuwaiti desert has very little plant life to keep the sand locked in to the ground, and winds gusting up to 60 miles per hour across the land pick up loose soil and turns small grains of sand in to potentially harmful projectiles.

Severe dust storms are almost a daily occurrence, and several soldiers in the camp reported windburn and eye injuries.

For now, the brigade is working and training amidst the high winds and dust storms.

But should the weather get too severe, soldiers will be able to protect themselves by seeking shelter in the relatively sturdy tents set up in the camp.

"I was actually impressed with the tents," Butler said.

Although the climate is different than what the soldiers are

used to, they are confident that they will have success in Kuwait, Sparks said.

Trainees

Continued from page 7.

craft and year in the training program.

Joe Long is currently in his third year of training as an electrician at Dardanelle Power Plant. Ozark Power Plant has both Paul Strack and Scot King working in the program. Strack is a second year mechanic and King is a first year mechanic.

At Table Rock Power Plant, Mickey Bevill is a mechanic in his fourth year of training, and Bob Millard is a SCEP in his first year.

Joey Miller, Eldon Cooper and Joe Rains duty stations is at Bull Shoals Power Plant. Miller is a mechanic in his fourth year of the program, Cooper is an electrician in his third year and Rains is a mechanic in his second year of work with the program.

Safety

Continued from page 9.

Wear a PFD no matter what your swimming abilities are. Be sure to look for the "Coast Guard Approved" label.

The law requires you to keep enough life jackets on board for each passenger on board. The law also requires children ages 12 years and younger to wear a life jacket while riding in or fishing from a boat.

To avoid dehydration, drink water. Drinking alcohol and boating do not mix. Alcohol impairs your judgment, balance and coordination.

Almost 90 percent of drownings result from boating accidents involving alcohol. For the same reasons it is dangerous to operate an automobile while under the influence of alcohol, people should not operate a boat while drinking alcohol.

Anytime you take your boat out, give a responsible person details about where you will be and how long you plan to be gone.

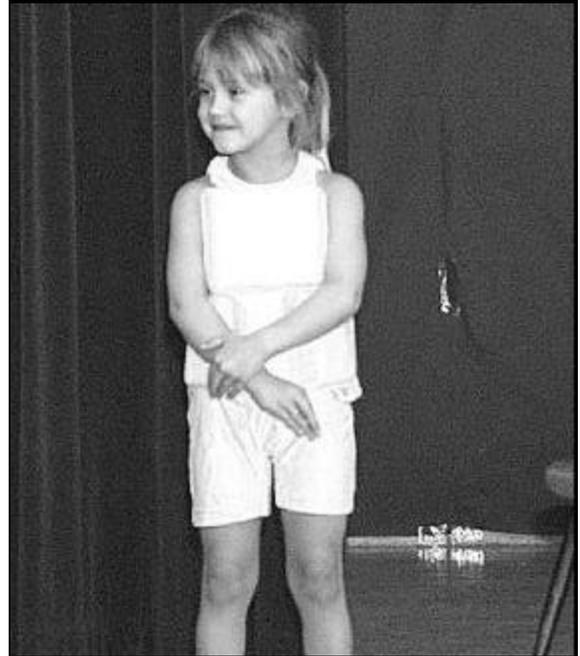
In case the boat is delayed because of an emergency, you become lost or you encounter other problems, you want help to be able to find you.

If your boat is not equipped with a built-in radio, bring a battery operated one from home to monitor the weather.

Keep track of local weather conditions and prepare for storms. Head for shore as soon as you see or hear a storm.

By following common sense swimming and boating safety rules, chances are great that you, your friends and loved ones will experience a safe holiday at your choice of any of the beautiful Arkansas or Missouri Corps lakes.

Ready for summer



Robin Parks

She may be ready for summer fun, but are you? To make sure you and your loved ones are ready for a safe summer, check out the water safety special issue of LRDispatch, coming in May.

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