



District observes 34th annual cleanup

by Raini Wright
LRDispatch Staff

Little Rock District Corps of Engineers and several community organizations sponsored the Greers Ferry Lake and Little Red River Cleanup Saturday, Sept. 6.

The cleanup lasted three hours, on the lake grounds, covering 276 miles of shoreline, 40 miles of river, and 60 miles of road. One thousand five hundred volunteers participated from neighboring communities, collecting 4,800 pounds of litter and 509 pounds of aluminum.

The idea for a cleanup originated in 1970, the brainchild of Carl Garner, former Greers Ferry resident engineer. For six years Greers Ferry Lake had been littered during recreation seasons.

"I would come to work many mornings, and the park would be covered with trash," Garner said. "People seemed to have little respect for public property."

The project office had limited funds to support a lake cleanup, so Garner contacted community and state leaders as well as

corporate sponsors for their support.

The first cleanup was held in November 1970. Almost 100 people volunteered. The cleanup lasted two days because of inclement weather.

The event's original objectives were to clean the lake area, educate participants, initiate high public involvement, create a model program for other project offices to follow, instill a sense of pride and ownership of public lands, and encourage recycling.

Since 1970, the number of volunteers has reached as high as 3,500. The majority of the volunteers are from the Boy and Girl Scouts, but volunteers from Coca-Cola of Arkansas, Keep Arkansas Beautiful Commission, National Fish Hatchery of Greers Ferry, Little Rock Corps of Engineers, and Greers Ferry

Lake and Little Red River Tourism Association participate as well. These organizations also co-sponsor the campaign. Additionally, more than 300 businesses, 20 local clubs, two county and four city governments, three area schools, two colleges, and five state organizations have participated in the campaign.

This year's cleanup was the 34th in the event's history. Volunteers gathered at the marinas along the lake where they were given their choice of areas to clean. After selections were made, groups were ferried across the lake on barges to cleanup sites.

"Typically each group is assigned about one mile of shoreline," Garner said. "The larger groups are assigned two or three miles."

(See *Greers Ferry* on page 4.)

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[www.swl.usace.
army.mil/thewire](http://www.swl.usace.army.mil/thewire)



David Virden

Janelle Stanton, wife of Thad Stanton, greets Dale Lassiter after boarding the Motor Vessel Shorty Baird Sept. 9 for the District's annual Retiree Day. More than 100 retirees attended. For more photos of Retiree Day, see pages 6-7.

Everyone can make valuable contributions

A contributing member of society -- that is what my father instilled in me and what I hope that my sons will become. There are many ways to achieve this end, but giving of one's self, one's time and one's money for the greater good is the best way that I know to do so.

In September our district supported the Great Arkansas Cleanup and National Public Lands Day. We continued to send volunteers to Iraq to help restore the oil flow upon which the entire world depends. So far we have been lucky enough to not be tasked to provide people for hurricane assistance, but if we are, there are those who are prepared to go on a moment's notice.

In October we will kick-off our annual Combined Federal Campaign. Our district is full of employees who are contributing members of society. The Pulaski County United Way is the contractor selected to run the central Arkansas CFC campaign. This organization recognizes the federal workforce as the largest contributor to the United Way.

The Great Arkansas Cleanup was again a great success. At Greers Ferry Lake the number of participants in this year's event was estimated at about 1,500. In that lake alone we collected over 40 cubic yards of discarded refuse that was despoiling our natural environment and 509 pounds of aluminum cans. (That is enough trash to fill five dump trucks and about 615 cases of empty aluminum cans.) The five-person group I was in found, among other things, an old sleeping bag and the insides of a discarded washing machine. Oh, and a can of unopened beer.

The cleanup was also at Nimrod, Blue Mountain, Beaver Lake, Pine Bluff and Russellville Project Offices along the Arkansas River, and Millwood Lake.

Some of the lakes participated in the National Public Lands Day instead. The intent was the same, to encourage the public to come to our publicly owned lands and contribute. Across the state for both events, we had over 3,000 people use their time and energy to help make our country a better place to live and recreate. Many of these people were from outside the state, helping here because they like what we have to offer.

Many people help their country by volunteering to work in other countries, helping those citizens help themselves. On Sept. 21 we had the latest two of our many volunteers, who have suspended their lives here in America to help a needy people in a foreign place rebuild what they once had, depart for training before heading over to Iraq.

Our personnel are working with BG Crear, Southwestern Division Commander, as he establishes a program that will get Iraq's oil flowing to the world again. This is important on many levels. The money coming in from the oil sales will help the Iraqi

From where I sit

by Col. Benjamin Butler
District Engineer



people to get their standard of living back up from well below the poverty level. The oil itself will reduce shortages around the world, ensuring there is enough fuel to keep our economy going without prohibitive energy prices. If energy prices go too high, there is a ripple effect that increases the cost of almost all goods that can induce a high rate of inflation or restrict commerce to the extent that a depression occurs. Our Corps quickly restoring this oil flow can avert these potential catastrophes.

Our Combined Federal Campaign will start shortly. This is an opportunity for all to be better contributing members of society. CFC is a one stop shopping of worthy causes to which one can contribute through almost painless payroll deduction. There are on the order of 1,500 organizations to which your money can be sent. Some are local and some are national. Some are religious; many are secular. Some help the old; others work to guide our young. Many research methods to provide better health; others work to improve our environment.

CFC contributions can be by cash, check, or the easiest, payroll deduction. The payroll deduction will begin in January after your next pay raise and last through the calendar year. Remember, you can donate a portion of that raise to your favorite charities and never notice the difference. Depending upon how much you choose to give, you can give a sizable proportion of your pay and your raise will still provide you a larger paycheck in January.

I am very proud of the fine, contributing members of society who work for our District. Many give their time on weekends and evenings working in the community to help America be a better place to live. Others take part in fund raising events to help deserving organizations get the resources they need to meet their mission. Some selflessly take time out of their lives to go to foreign countries to do what needs to be done to make this world a better place. In support of CFC, our district exceeds its goal every year, and I'm sure it will continue to do so.

I thank you all for your support, not just in the office, but also with your lives and your money - and America thanks you.

LRDispatch

Col. Benjamin Butler . . . *District Engineer*
Bob Faletti *Public Affairs Officer*
Valerie Buckingham . . . *Command Information Officer*
Raini Wright *Writer*

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Reflections from the field

by Nola Conway
LRDispatch Staff

The heat of August in Iraq is not the best time to visit. Temperatures can be more than 120 degrees. For Bobby Smith, an easy going southern gentleman from Arkansas, it was no big thing.

"It's hot over here, but I understand it will start cooling off soon, and I am looking forward to it," Smith said after arriving Aug. 3.

When the U.S. Army Corps of Engineers sent out the call for volunteers, Smith, a facility maintenance operator at Nimrod Lake, was one of the first to put his name on the list.

"They needed me, and when people ask for my help, I am there for them," he said.

He had spent six years in the Army National Guard, but hadn't been out of the state of Arkansas, except to Texas, "If you count that," he said. He had no idea what to expect with this assignment.

"I have already have experienced quite a bit in the short time that I have been here that makes this very worthwhile," Smith said.

"We stopped in London on the way over here and got to see some of the sites. And living in Iraq is more than I could have hoped for, while working for the Corps," he said.

Smith also said his experience in civil works was a good match for the work he is doing here.

"I volunteered to serve on the Southwestern Division's Forward Engineering Support Team mission to restore Iraqi Oil. The only oil I knew about was the hydraulics I work with at the dam and what I put in my car," Smith said.

"It's not much different here than our work at home. We're putting up security fencing, fixing up buildings and offices so the workers can have offices again. They were heavily looted during the war."

Bringing his maintenance background with him, he serves as quality assurance inspector in the Team-RIO Northern Area Office, checking to see that the work of contractors meets with government specifications.

"I like it because it is work I am familiar with, I get out to dif-

ferent worksites, work with the local nationals and contractors, and I like to be busy," Smith said. And he does like to keep fully occupied. He also volunteers to cook, rising before sunrise each morning, for the team members who appreciate his American breakfasts.

Smith grew up in Plainview, Arkansas, where he lives with his wife and their four sons. At home, he has served as fire chief for the past 27 years, served on the school board for the past 15 years, and throws benefit barbecues.

In his spare time he is building his dream home in the forest.

In Iraq, he rises at 4 a.m. to participate in school board meetings by telephone, nine time zones away. He also keeps in contact by e-mail with the principal.

"I like to stay involved. I've got kids in school, and it's important to me that all of our children have the best education we can give them," Smith said.

Smith said the Iraqis are friendly and eager to meet Americans, but for the majority of the population life is not good. He said he's glad to be helping them, but can't stay in Iraq.

"I've got a family at home that needs me and I'll be home by Christmas. But I'll do what I can while I am here."

(Nola Conway is a public affairs specialist from Walla Walla District, and is currently deployed to Kirkuk, Iraq, as part of Task Force RIO Public Affairs.)

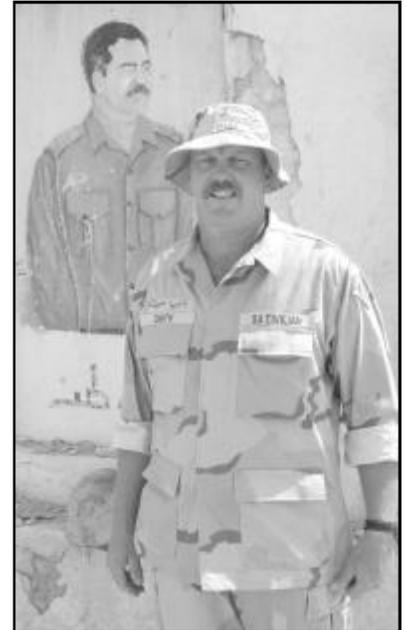


Photo courtesy of task Force RIO

Bobby Smith poses next to a mural of Saddam Hussein at a military outpost at Northern Oil Company, Kirkuk, Iraq.



Do you want to:
Send a child to camp?
Help disaster victims?
Provide care for the elderly?
Save the environment?

Whatever your interests, you can find an agency to support it, in the 2003 Combined Federal Campaign Resource Guide. Through the CFC, you can choose from over 1,500 agencies that need your help. The annual fundraiser is Oct. 6 - Nov. 14. To make a donation, contact your office CFC keyworker or call (501) 324-5551.

The Jacket of Life



It may not be fashionable,
It may not be cute,
But your life is much more
important,
Than any bathing suit.

Wear your life jacket!

Greers Ferry

(Continued from Page 1.)

In addition to check-ins at marinas, litter collection trucks were stationed at various locations. Volunteers were provided plastic bags for trash and recyclable materials, zone maps, and shoulder patches. Each volunteer was accounted for with a master map provided at each check-in. Portable two-way communications were used between zone headquarters.

After the cleanup, all volunteers were invited to attend a celebration at the lake's Narrows Park. The event is free. Unlimited food and drink were provided as well as entertainment from local bands, Harding University Concert Choir and Lyon College Pipes and Drums.

"The campaign creates a cleaner environment and creates awareness and appreciation of natural resources primarily among the youth," Chris Roark, Greers Ferry park ranger and campaign coordinator, said. "The cleanup instills a pride in these youth that will follow them to adulthood."

The campaign has also affected adult volunteers.

"People who are involved in the cleanup consider the lake their own and not the government's," Garner said. "They become more aware of the regulations and are more likely to report any violations they see."

Effects of the cleanup can be seen on lake grounds throughout the year. The campaign has substantially reduced litter.

"When I visit the lake recreation areas on any given day, I never leave with more than two handfuls of trash," Garner said.

The annual cleanup is the culmination of a year-round environmental protection education program. Greers Ferry Project Office also organizes cultural resource demonstrations, wildlife management programs, workshops, reforestation, and water and hunting safety programs. Coca-Cola recycles the aluminum cans collected on the day of cleanup.

Organization of the event begins several months in advance. The Greers Ferry Lake Association Cleanup Committee



Photo courtesy of Greers Ferry Project Office

Volunteers sign in at a check-ins for their cleanup assignments at this year's cleanup, Sept. 6. Check-ins were stationed along the marinas to accommodate the number of participants.

meets with representatives from Greers Ferry Project Office. Together these groups discuss the best ways to obtain news coverage, recruit volunteers, solicit support from outside organizations, the target areas for cleanup, and the day's cookout and entertainment.

"The primary ways we attract attention are by word of mouth, news releases and letters to various organizations," said Ross Moore, executive director of the Greers Ferry Lake and Little Red River Tourism Association.

The Public Lands Foundation asked Greers Ferry Project Office to estimate a monetary value for volunteers who participated in the cleanup campaign.

"We estimated the value of contributions to be worth at least \$30,000," Roark said.

The success of the cleanup led to the establishment of The Great Arkansas Cleanup, a statewide cleanup effort that at times has involved as many as 16 Corps

of Engineers lakes and rivers in Arkansas. The cleanup program also served as a model for the nationwide Public Lands Stewardship Program and National Public Lands Day started in 1984 by Keep America Beautiful, Inc. In 1985, the campaign again became the basis for the passage of the Federal Lands Cleanup Act. The name was later amended in 1996, and the act is now called Carl Garner Federal Lands Cleanup Day. This law requires federal land managers to organize, coordinate and participate with volunteers and community organizations to keep the nation's public lands clean and beautiful.

Greers Ferry has won many accolades, local and national, for its cleanup program including Take Pride in America's Hall of Fame Award, the Keep America Beautiful Award, and the Iron Eyes Cody Award.

"The cleanup is one of my most rewarding accomplishments," Garner said. "Some of the best work we do is as volunteers."

Essayons!: *It's not just a word*

I've worked for the corps for almost two years, and I have seen this word on numerous memos and on the ends of e-mails, but had only played with the idea of finding out what it meant. Usually something "more important" would come up, and I would put that question aside to deal with more pressing issues.

In preparation for my Personal and Professional Enhancement Program Class-04 interview, I reviewed Corps Path, PMBP, and the Corps of Engineers' history. I ran across the word "ESSAYONS" and discovered that it is French for "Let Us Try." It has been our motto since the early 1800's and maybe earlier. There is also an Essayon's Button which only the Corps of Engineers is privileged to use. The basic design of the Engineer's Button has not changed since the war of 1812. The actual date of adoption and designing of the Essayons Button is thought to have been lost in a fire that destroyed many of the early Corps of Military Academy records at West Point in 1838.

After some more digging, I also discovered, to my surprise, that the U.S. Army Corps of Engineers had a Branch Song: "Essayons". I was quite delighted in my find, and I thought it was pretty cool that we had a motto, our own engineer's button and even a branch song. However, it wasn't until my first two PPEP meetings that I really started appreciating our motto.

At our first meeting, we were a bunch of strangers sitting in the DE's Conference Room looking at each other and just wondering how we were going to make it through

the year. Are we going to get along? Will we be a smooth running team or not? We were all a little nervous, and then Shirley Bruce and Wayne Lewis started informing us of everything we had to complete in the next year to graduate from PPEP. Now the real anxiety started. It was overwhelming, and I started to wonder what I had gotten

myself into because it was me who wanted into PPEP.

Wills collided, and we argued over priorities in our second meeting. We couldn't even decide what method to use to determine who was in charge of each monthly meeting. Draw names. Draw months. Take volunteers. It was chaotic and frustrating, especially since I thought my method was the best one.

Then gradually, things started to run a little more smoothly. We were getting excited about what we were going to accomplish at our next meetings, where the meetings were going to take place, and who we wanted as speakers. We threw in a couple of ideas on group projects, and everyone was receptive and encouraging. By the end of the second meeting, I was feeling really good about my group. Since our second meeting I've been thinking more and more about our motto, Essayons, and it has taken on substance and meaning in my life. It's not just a motto, or a button, or a branch song.

Everyone in my PPEP class exhibited the qualities of our Essayons motto. "Let us Try" and try and try until we achieve our goal. I will remember our motto and apply it at work, at home, and during our PPEP meetings that do not run so smoothly.



PPEP 2003
High Performance
Leadership

by Cathy Funkhouser

Essayons Song

Essayons, sound out the battle cry
Essayons, we'll win or we'll die
Essayons, there's nothing we
won't try

We're the U.S. Army Corps of
Engineers

Pin the castle on my collar
I've done my training for the team
You can call me an engineer sol-
dier

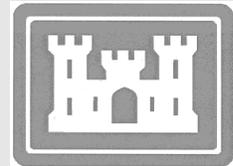
The warrior spir-
it has been my
dream

We are builders,
we are fighters

We are destroy-
ers just as well

There've been doubters who met
with the sappers

1-We know our sappers will never
fail



OR

2-And then we blew them all
straight to hell

Our brothers fighting on the battle-
field

Look to us to point the way
We get there first and then we
take the risks

To build the roads and the air
strips

And bridge the mighty river
streams

We don't care who gets the glory
We're sure of one thing, this we
know

Somewhere out there an engineer
soldier

Designed the plan for the whole
darn show

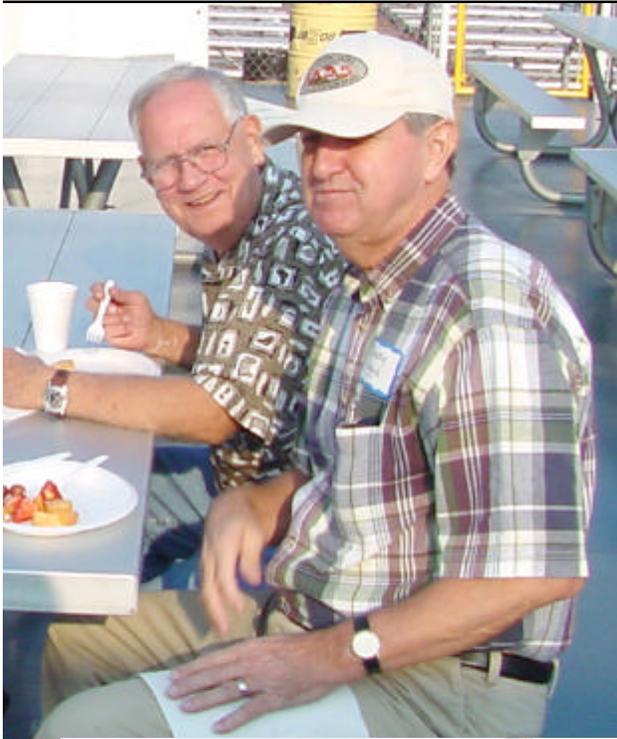
Essayons whether in war or peace
We will bear our red and our white



photos by David Virden

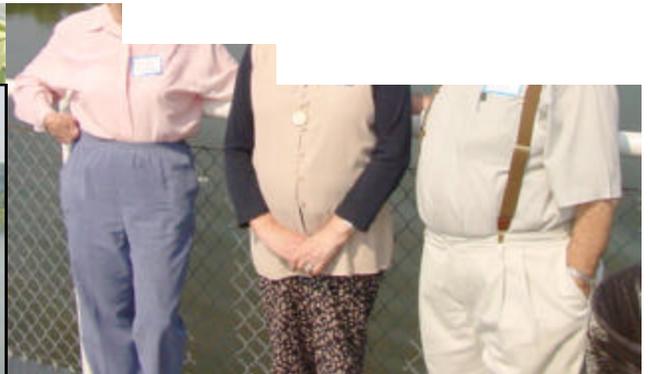
More than 100 Corps retirees attended the district's annual Retiree Day Sept. 9. The day's festivities included a trip up the Arkansas River on the Motor Vessel Shorty Baird and presentations from SWL FEST members who deployed to Iraq. A few employees volunteered to help with the day's events.





RETIREE
DAY

2003



District loses Distinguished Gallery member

by Raini Wright
LRDispatch Staff

He dedicated 37 years of valuable service to Little Rock District Corps of



Engineers. Delbert Schmand died Sept. 9 of a heart attack at his Little Rock home.

Schmand began his career with the Corps of Engineers in the late 1930's. He was a sub-surveyor on two survey crews and was

later promoted to an assistant civil engineer aid. Later in his career, Schmand served as a variety of department chiefs, ending his career as chief of Construction-Operations.

As chief of Operations, he supervised the operation and maintenance of three flood control dams with powerhouses and 12 locks and dams on the Arkansas River.

"He was here when many of our navigation projects started," Ken Carter, chief of Planning, environmental and Regulatory and Schmand's son-in-law, said.

As chief of Design Branch, Schmand supervised the design of locks and dams on the McClellan-Kerr Arkansas River

Navigation System. He also helped construct a miniature replica of Greers Ferry Dam, which was displayed at New York's World's Fair in 1964.

Schmand was inducted into the University of Arkansas College of Engineering Hall of Fame in 1973. Additionally, he was appointed as a charter member of the Advisory Council to the College.

He was awarded the Meritorious Civilian Service Medal. This is the highest honor a civilian employee can receive, and he was inducted into the Gallery of Distinguished of civilian employees.

After his retirement from the Corps in 1974, he became the director of the Little Rock Port Authority. Schmand was the director for four years. While serving as director, he also was elected president of the National Society for Professional Engineers, an organization of which he had been a local member since 1950. He also served as regional vice-president. In previous years, Schmand had served as

the local organization's president and treasurer.

"He was a real people person. Engineers are usually more concerned with concepts," Tommy Popageorge, chief of structures and dam safety, said. "Del was a rare engineer. He dealt with people at all levels and made them feel important."

"Del was a rare engineer. He dealt with people at all levels and made them feel important."

--Tommy Popageorge, chief of structures and dam safety

Schmand was an avid duck hunter and had been active in scouting for more than 25 years. He was also an expert swimmer, having swam the equivalent length of Arkansas River and the English Channel at the YWC. As a

member of the Arkansas Masters Swim Club he held several records. At age 70, he broke a national record for 1,500 meters in his age division.

Schmand is survived by his wife of 63 years, two sons, two son-in-laws, two daughters, two daughter-in-laws, and six grandchildren.

"He had many interests and affiliations," Carter said, "But he was always most proud of his service in the Corps."

Family News

Births

Jenna Kylee Gillespie was born Aug. 21 to Scott and Robin Gillespie. Jenna has a big brother, Jared. **Ron Gillespie**, Facility Manager Greers Ferry, is the grandfather.

Deaths

Lee Morris Epperson died Aug. 30. He was the father of **Joel Epperson**, Park manager, Russellville Project Office.

Ruth Lindsey, died Sept. 6. Lindsey is the mother of **David Lindsey**, Dardanelle Marine Terminal.

Mitchell Nearn died Sept. 5. He is the brother of James Nearn, Dardanelle Powerhouse.

Ray Wilson died Sept. 7. He is the grandfather of **Lisa King**, secretary, Executive Office.

Congratulations

In August, **Jonathan Long**, civil engineer, and **Dana Needham-Kirby**, biologist, both from Planning and Environmental Section were the first District employees to complete all seven Planning Core Curriculum training courses.

Mitch Eggburn, resident engineer at Montgomery Point Lock and Dam, and Sarah Usdrowski, engineer intern, gave a presentation on the Corps of Engineer's mission and construction of MPLD Sept. 4 to an American Society of Civil Engineers student group at the University of Arkansas.

Michael Spraggins was promoted to Major in the 39th Infantry Brigade, Arkansas National Guard. He is the son of **Jerry Spraggins**, Greers Ferry Project Office.

Make preparations for winter safety

We know it's coming. Even though we are having warm weather now, we know that soon real bone-chilling winter weather will pay us a visit for at least a month or two.

We could pretend that winter will

pass us by or be mild, but just in case winter does come to visit awhile, we need to prepare our homes and our vehicles.

We can plan ahead. There are steps we can take to provide greater wintertime safety in our homes and vehicles.

Emergency supplies are much easier to gather in advance than when we have several feet of snow and ice on the ground. It's a good idea to stock up on the following list of emergency supplies:

- ✍ Alternate heating materials for your home if a power failure occurs.
- ✍ Blankets
- ✍ Matches
- ✍ Bottled water
- ✍ Multipurpose fire extinguisher
- ✍ First aid kit
- ✍ Flashlight with batteries
- ✍ Candles
- ✍ Battery-powered radio
- ✍ Battery-powered clock
- ✍ Mechanical can opener
- ✍ Extra batteries
- ✍ Snow shovel
- ✍ Rock salt
- ✍ Special need items (medicine, diapers, etc.)

You can prepare your home a little ahead of time. Listen to local weather forecasts. They will advise you when a period of adverse weather is expected. You will have gathered your winter emergency supplies, but double check. Have you forgotten something? The supplies should last for a period of five days or more.

If you plan to use a fireplace or wood stove for emergency heating, the flue or chimney must be inspected prior to use. If you don't know a chimney-cleaning inspector call the local fire department or

**SAFETY
FIRST**

*Little Rock District
Safety Office
by Peggy Paulsen*

detector and a battery-operated carbon monoxide detector near the area to be heated. Check detectors monthly and replace the batteries every six months.

Your ability to feel a change in temperature may decrease with age, and as we age we become more susceptible to health problems caused by cold. If you are 65 or older, place an easy to read thermometer in an indoor location where you will see it frequently, and check the temperature of your home during the winter months.

Insulate water lines that run along exterior walls so that your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weather stripping, insulation, insulated doors and storm windows, or thermal pane windows.

Keep several days' supply of these items on hand:

- ✍ Food's that needs no cooking or refrigeration, such as peanut butter, bread, crackers, cereal, canned foods, and dried fruits.
- ✍ Purchase water in 5-gallon containers. Have 5-gallons of water per person available in case water pipes freeze and rupture.
- ✍ Medicine a family member may need.

P.S. If you live in an isolated area, or an area that is difficult to maneuver in ice or snow, you will want to stock additional

check the yellow pages of the telephone directory.

An important thing to remember if using a fireplace, wood stove or kerosene heater, install a battery-operated smoke

amounts of food, water, or medicine.

Just as you prepare your home for winter weather, prepare your vehicle. To better prepare your vehicle, take it to a reputable automotive shop. It's important to prepare your vehicle for the winter months. Have the radiator system serviced; add antifreeze. Visually inspect the antifreeze coolant level as well as its color to check for dirt or rust. Check the belts and hoses for cracking or wearing. Check the battery. Batteries will lose power in cold weather. When the temperature falls, the battery could lose as much as 15 percent of its starting power. Inspect each tire to make sure it is properly inflated and that the treads are at last ¼ of an inch deep. And pack emergency supplies in the trunk of your vehicle in case you are stranded on the road. The winter survival kit may consist of water, heavy blankets, snacks, jumper cables, flares, a first aid kit, flashlight, a small shovel, an ice scraper, a small bag of sand or kitty litter for traction, and a cell phone fully charged.

Remember, if you get stranded on the side of the road, don't leave your vehicle unless you know exactly where you are and the distance to possible help.

Pro-action is the best defense against having to deal with cold weather conditions. By preparing you home and vehicle in advance for winter emergencies and by observing safety precautions during times of extreme cold weather, you will reduce the risk of weather related health problems.

OOPS

**Missed an issue of the
LRDispatch?
You can view past editions
on our web site
<http://www.swl.usace.army.mil/thewire>.**

District mourns loss of Dardanelle employee

by Raini Wright
LRDispatch Staff

James Robinson, better known as "Robbie," died September 18 while recuperating from surgery.

Robinson dedicated 26 years of service to Little Rock District Corps of Engineers. He began his career with the Corps in 1977 as a laborer with the Dardanelle Marine Terminal. Prior to that, he worked with the Geotechnical Branch Core Drilling Team.

He was promoted to heavy equipment mechanic, responsible for ensuring that equipment was kept in good working condition. Robinson also maintained equipment records using a system that he created.

"His record keeping system is still used today," Ethel Evans, administrative assistant at Russellville Project Office, said.

Other duties Robinson performed were in his management of

the marine terminal's Dewater Trailer used to store tools and equipment required during lock dewaterings. He also performed collateral dive tending duties with the Russellville Dive Team.

One of Robinson's greatest accomplishments was his solution to make contact blocks on miter gates. Robinson suggested using Pam cooking spray as the release agent on forms used to mold and set material for making contact blocks.

"We had tried several products made for this application throughout the years and have not found any to be as reliable as Pam," Leon Phillips, Dardanelle Marine Terminal facility manager, said. "This idea earned Robbie a suggestion award, and deservedly so, as we still purchase Pam cooking spray by the case!

"I think I speak for all of us at the Dardanelle Marine Terminal and the Russellville Project Office when I say that Robbie will be missed professionally and even more so personally," Phillips said.

Robinson served almost 30 years with the Arkansas National Guard.

What's on the bookshelf

New Videos for Employees

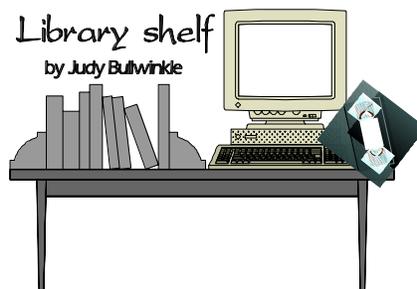
The TRC has added several new Communication Briefings videos useful to employees and managers. "Managing Stress Before It Manages You" (HF 5548.85 .M36 2000) identifies the three major sources of workplace stress and offers techniques to balance work life and home life.

"Don't Shoot the Messenger; Common Workplace Courtesies that Reduce Tension and Lower Stress" (HF 5549.5 .E42 E65 2001) teaches viewers how to "arrest" bad workplace behavior such as verbal assault, stealing co-workers' supplies, "kidnapping" co-workers' time and mismanaging meetings.

"You Are the Organization; Every Employee's Public Relations Role" (HD59 .Y69 2001) outlines the basics of professional business behavior in the areas of body language, dressing for success, and creation of a positive image through voice and e-mail contact.

"Conducting High-Impact, Low Stress Performance Reviews" (HF5549.5 .R3 C65 2001) addresses what preparation should be done, how to address goal setting, and what traps could occur to make a good review go bad.

"Interviewing Techniques that Help You Hire the Best" (HF5549.5 .I6 I57 2000) illustrates how to evaluate candidates fairly and completely, how to rate



technical skills and work habits, and how to uncover crucial clues to make the hiring decision easier.

Help for Facilitators

Recent additions to the collection will interest District facilitators. "The Complete Facilitator's Handbook" (HM751 .H47) provides a thorough, analytical review of the facilitator functions as well as a discussion of the three forms of decision making.

"The Facilitator's Fieldbook" (HD66 .J87 1999) offers practical advice for both novice and experienced facilitators. Highlights of the book include checklist, templates, guidelines, and samples. Arranged by four major phases of meetings, the work provides many resources and tools.

"The Big Book of Humorous Training Games" (HF 5549.5 .T7 2000) contains dozens of games to liven up CO2 training and other meetings. Capitalizing on the

new research that the best learning occurs while workers have fun, the book divides exercises into categories such as emotional intelligence, change, and negativity.

"Great Session Openers, Closers and Energizers; Quick Activities for Warming Up Your Audience and Ending on a High Note" (HF5549.5 .T7 C298513 1998) gives complete instructions for 30 activities most of which are short, but fun.

Aids for Speakers

"Speaker's Sourcebook II; Quotes and Anecdotes for Every Occasion" (PN6081 .V36 1994) offers a collection of material to enhance speeches. Alphabetically arranged by topic, the work includes stories and quotes on ability, courage, determination, leadership, risk taking, servanthood and more.

"Toastmasters International Guide to Successful Speaking" (PN4121 .S488 1997) provides tools to increase speaking proficiency. Outlining the Toastmaster's program, the work can be used by both Toastmaster participants and self-study individuals.

Hot Web Site of the Month

<http://medlineplus>

Consumer Health Information

Give blood: It saves lives

by Raini Wright
LRDispatch Staff

I was scared to death. Terrified. I had visions of unsanitary conditions with blood and needles everywhere or embarrassing myself by passing out from the loss of so much blood.



Wright

The truth is the actual procedure only lasted about 15 minutes, and after drinking some water and taking a nap, I felt fine. The employees wore gloves, consistently used clean needles, safely disposed of the dirty needles, and ensured that the only place blood traveled was from the donors' arms into storage bags.

The first time I gave blood was in July for the blood drive held here in the district office. Sure there had been past opportunities for me to give blood. When I was in college, the Red Cross visited the campus

at least once a year. But my fears always prevented me from ever donating.

However, I decided this year would be different. Why not? I am young, healthy, and felt it was extremely selfish to withhold the gift of life from someone else. Most people with two sandwiches seeing a homeless, hungry person would give that person the second sandwich. Why not give blood? Sure buying or making a sandwich is less painful than being stuck by a needle, but the satisfaction of knowing that you saved a life outweighs a two-second needle stick.

The Red Cross reports, a pint of blood is taken each time you donate. That single pint can save as many as three lives. Still the need for blood never ends. Every two seconds, someone in the United States needs blood. Sadly, only 3.8 percent of the population regularly donates blood.

A healthy adult can donate blood every 56 days. After donating, blood is taken to Red Cross labs where it is separated into its components and tested for safety. Once separated and tested, components are typed, stored and distributed to hospitals. As soon as 24 hours after donating, blood

can be ready to help recipients.

Five hundred and thirty-two donors are needed each day in this region alone. With the need for blood donations being so great, why not give blood?

Federal regulations state that employees are given 4 hours of administrative leave after donating blood. That's plenty of time to recuperate.

To prevent fainting or fatigue, the Red Cross suggests eating a good meal, drinking plenty of water, and eating something sweet before donating. Snacks and beverages are even provided on the day of donations in case extra nourishment is needed.

I got a call from a Red Cross representative last night. It seems there is a critical need for my blood type. At one time or another, all blood types are needed. If you are healthy and able, why not give blood?

The next blood drive at the district office is Oct. 22. Knowing what you know after reading this article, I hope to see you there.

We can all be heroes at some point in our lives. This is your opportunity. Give blood. Save lives.

Tips for quicker, easier Microsoft Word access



Lissa Simpson

Customer Assistance &
Applications Section

Here are several quick tips for MS Word users.

Document Header or Footer

Sometimes it is helpful to have the directory path and filename printed on a document for reference purposes.

--Choose the View menu.

--Choose Header and Footer Option.

The Header and Footer Toolbar will appear.

--The Header is selected by default. Use the Switch Between Header and Footer icon to switch to the Footer.

--Choose Insert AutoText. A Drop-down box with pre-formatted options will appear.

--Choose Filename and Path. The path and filename of the document will display in the footer area and print when the document is printed.

Using Synonyms and the Thesaurus

Can't find the right word? Word 200 has a simple way to find synonyms. You can also use this feature for phrases by highlighting the phrase and following the steps as listed.

--Place your cursor on the word you want to change and right-click.

--Choose Synonyms from the menu.

--Select the word or phrase you want to use.

--If none of those words are acceptable, select Thesaurus to perform a manual search.

Using AutoCorrect Feature

The AutoCorrect feature in MS Word will detect and correct typos, misspelled words, grammatical errors and incorrect capitalizations.

--Choose the Tools menu.

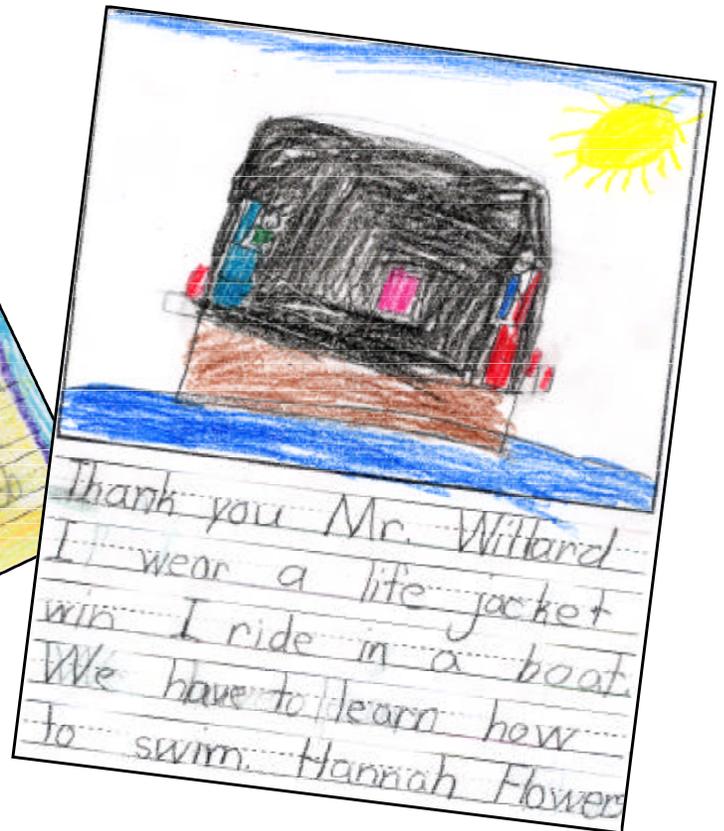
--Choose AutoCorrect.

--Select the options you need. You can choose capitalization options, including Correct Two Initial Capitals, capitalize first letter of sentences, capitalize names of days and correct accidental usage of Caps Lock key. You can also choose to replace text as you type. This list includes frequently mistyped words, such as "teh" for "the" and symbols. You can add and delete words and symbols to and from this list.

If you have any questions or need assistance with Microsoft Word, please call the Help Desk at ext. 6824 or 1-877-885-6675.

Letters from the school bus

Western Yell County Elementary School First graders sent the following two thank you letters to Hoover Willard, a park manager at Blue Mountain Lake, after he gave a water safety presentation to the class in May.



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