



Tower Times

Volume 32

No. 7

April 2010

US Army Corps
of Engineers®
Rock Island District



CHECKING BACKWATER HEALTH

Late winter water quality monitoring



Tower Times

April 2010

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**U.S. Army Corps of Engineers
Rock Island District
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On the Cover
Clint Beckert (left) and Dave Bierl, Engineering and Construction Division, take late winter water quality readings in Adalusia Slough. (See story about Water Quality Monitoring on page 8)

Photo by Hilary Markin, Editor

Freshening Up

Please send feedback on the Tower Times to Hilary.R.Markin@usace.army.mil.

An updated design is still in the works and we are still accepting your input on the idea of a name change - should it stay or should it go?



Asian Carp Issue Creates Challenges but District is Fully Engaged



By Col. Shawn McGinley, District Commander

Asian Carp -- The issue of this invasive species has been a hot button topic. There are very few days when Asian Carp and the Corps of Engineers are not in the news together. And, some of the stories are not overly positive.

I have been very proud of the efforts within the District. Chicago District is leading the Corps' efforts and a lot of our folks are assisting to help control the Asian Carp and stop the proliferation of the species.

Asian Carp have been in the news for the past few years. Anglers and water enthusiasts have been well aware of this flying fish for quite some time. Our District is most concerned with the fish's presence on the Illinois Waterway. People like Pat Wharry, the Lockmaster at Lockport, Rob Germann, Chief of the Lock and Dam Section, Mike Cox, the Chief of the Illinois Waterway Office, and others at lock sites have helped answer questions, provide review and assist where possible regarding issues related to the navigation perspective.

The term Asian Carp doesn't refer to just one kind of fish. Seven varieties of carp were introduced from Asia. Today, the term "Asian carp" refers to four most recently introduced: big-head carp, black carp, silver carp, and grass carp. Blackhead carp are invasive in that they eat too much, affecting other wildlife, and silver carp are the ones which are known to jump out of the water, causing danger to boaters and other water enthusiasts.

The issue of the Asian carp became heated when it was realized that the fish could possibly transgress barriers and make it into the Great Lakes. It has been speculated that the presence of Asian carp in the Great Lakes could cost the fishing industry billions of dollars as the carp's aggressive style could result in the decline of commercial and sport fish populations.

This threat to the Great Lakes is the focus of many stories in today's news. There have been many stories making predictions and accusations. I won't address those issues but I can relay that the Corps of Engineers, both the Chicago and Rock Island Districts, as well as agencies like the Illinois Department of Natural Resources, Fish and Wildlife Service and many other agencies are attacking the problem head on.

The collaboration I have witnessed has been impressive. Many committees and work groups have been formed to address the

Asian carp issue. The Monitor and Rapid Response Work Group concentrates on sampling and monitoring. The Invasive Control Work Group is involved with determination of Asian carp pathways. The Asian Carp Safety Committee focuses on logistics and safety items regarding electric fish barriers. And, the Asian Carp Regional Coordinating Committee is the overseeing group that brings all the actions, issues, committees and participants together.

There are many more committees and working groups throughout the different agencies and organizations and District employees are active members in several.

One of the challenges facing all the agencies involved with the Asian carp issue has been communicating our efforts to the public. Communication is often a challenge no matter the issue but with the sensitivity and potential controversy, the Asian carp situation has been that much more difficult.

Working with the Chicago District, our District has been active in the communication efforts. We participated in two public meetings in February, one in Chicago followed shortly after by one in Michigan. An updated Acoustic Barrier Strategy report was distributed to the public at those meetings. The public meeting notices are posted on the Chicago District home page.

From a technical aspect, our District employees are providing much expertise.

Kelly Baerwaldt is serving as the District's expert on sampling and monitoring and has been a great help to the Chicago District. Engineering folks have helped with design work. The Hydrology and Hydraulics Branch has helped locate and determine effects of modified operations during flood events. And, our Office of Counsel has provided expertise regarding legal issues. It really has been an outstanding team effort.

I am sure the Asian carp will continue to be news for much of the foreseeable future. But, it is very settling for me to know that I have a staff and employees who are well equipped for the challenge, whether that be from a communicative or technical stand point. Thanks for all your hard work and continue **Building Strong**. 



Saylorville Lake Operations Manager, Jeff Rose, discusses the operation of the spillway and the raising of the pneumatic crest gates with Col. Shawn McGinley, district commander. In the background, Tom Heinold, Des Moines flood area engineer, and Rick Clark, city manager, City of Des Moines, discuss the current lake operations. Photo by Kelli Phillips, Saylorville Lake.

ONE STEP AHEAD OF MOTHER

By Hilary Markin, Editor

For the first time in Saylorville’s history the Corps implemented an additional measure to keep water from flowing over the spillway at Saylorville Lake – and it worked.

In March, rain and higher-than-expected temperatures caused rapid snowmelt in the Des Moines River watershed increasing inflows to the lake. The city of Des Moines, Iowa, contacted the Corps of Engineers to explore the possibility of increasing outflows to allow for more flood storage in the lake. The deviation was granted by the Mississippi Valley Division, U.S. Army Corps of Engineers, and on March 8 the plan was implemented.

The first deviation allowed Saylorville to operate the lake to control for a stage of 26 feet at the S.E. 6th Street gage in Des Moines, an increase of two feet above the authorized control stage of 24 feet. When new weather patterns caused even higher than expected inflows and a lake forecast showing flood waters flowing over the spillway earlier than previously expected, the Corps worked with the City to get a second deviation approved. The new deviation was put into effect on March 13 and the gates were raised wide open to allow as much outflow as the lake’s head pressure would allow to be released from Saylorville Lake.

The adjustment to the Saylorville Lake Regulation Plan and increasing outflow releases, one week earlier than the S.E. 6th Street gage constraint would have permitted, allowed the lake to maximize the use of its flood storage capacity.

Saylorville Lake crested at 880.65’ National Geodetic Vertical Datum (NGVD) 29 on March 25. The normal conservation pool

at the lake is 836’ NGVD29 and the top of the spillway is 884’ NGVD29. The pneumatic crest gates add an additional 6 feet to the spillway allowing pool levels to reach 890’ NGVD29. The record pool elevation at Saylorville was 892.03’ NGVD29 on



High outflows from Saylorville Lake attract visitors to the Bob Shetler Recreation area to watch 19,500 cubic feet per second flow down the Des Moines River. Photo by Kelli Phillips, Saylorville Lake.

July 11, 1993.

The Corps was prepared to use the pneumatic crest gates for the second time since they were installed after the Flood of 1993. This time, however, the forecasted lake levels fell short of the spillway and the gates were raised as a dry-run measure on March 21.

“The pneumatic crest gates are the most cost effective solution at the Saylorville spillway for surcharge operations,” said S.K. Nanda, chief, Hydrology and Hydraulics Branch, Engineering and Construction.

Saylorville Lake is part of the Des Moines Flood Area that includes the watersheds of the Des Moines, Raccoon, and Skunk Rivers stretching from southwestern Minnesota to their confluences with the Mississippi River.

“The lake project was successful in holding back the 2010 snowmelt in the Des Moines River basin and maintained controlled releases below 21,000 c.f.s.,” said Tom Heinold, Des Moines flood area engineer. “If the lake had not

been operated correctly, downstream levees such as the Birdland Park Levee, which failed

in 1993 and 2008, would have been at risk.”

The District awarded a construction contract to construct the Birdland Park Levee to federal standards on March 24. Construction on the Central Place Levee in downtown Des Moines will also begin this summer.

The Corps of Engineers continues to work closely with the city of Des Moines to provide flood protection. Since Saylorville Lake became fully operational in 1977, it is estimated that by controlling the flows of the Des Moines River below the lake, the reservoir has prevented approximately \$181,932,300 in additional flood damages (figure current as of Sept. 30, 2009, and not indexed for 2010 price levels). 



District Leaders Participate in Des Moines Register LIVE Flood Chat

The Rock Island District participated in a live chat session for the first time on the Des Moines Register website at noon on March 19. The session was open to the public and readers asked questions of Corps officials and Des Moines Public Works Director Bill Stowe.

Col. Shawn McGinley, district commander; Lt. Col. Jared Ware, deputy commander; Jeff Rose, operations manager, Saylorville Lake; Tom Heinold, Des Moines flood area engineer; Jim Stiman, chief, Water Control Section; and Ron Fournier, chief, Corporate Communications, responded to inquiries on the rising flood waters of the Des Moines River.

Although some were skeptical about the use of a live chat session, the leaders felt it helped readers understand the lakes purpose.

“This is another way to communicate with the public and help them understand why Saylorville is there and how it operates,” said McGinley. 

Pictured top left, Jeff Rose, operations manager, Saylorville Lake, participates via teleconference with District leaders, (from left) Col. Shawn McGinley, district commander, Lt. Col. Jared Ware, deputy commander and Jim Stiman, chief, Water Control Section, in the Des Moines Register Live Flood Chat.

Saylorville Lake at 875.10' NGVD29 on March 20. Photo taken by Kelli Phillips, Saylorville Lake.



50 Years of Federal Service

By Hilary Markin, Editor

Not many people can say they have provided federal service for 50 years. A quick look into the history of the District and Bob Riebe is only the third employee with 50 years. The others were Joe Gerdes and J.H. Grove.

Throughout Riebe's 50 years he has seen many changes. The most noteworthy, he said, is technology. Even during a few short temporary assignments to other offices, the programs he used had software changes. When Riebe first started they used manual typewriters, then electric, and finally computers became a part of daily communication.

"It's not write me a note anymore, it's send me an email," said Riebe in regards to the change in communication styles.

Riebe's career began in the field where he spent his first 10 years watching over the construction of Lake Red Rock and Saylorville Lake before finding a job in the District office in 1969. When he arrived, some of the workers who were the first Rock Island District employees were still here.

"Mandatory retirement when I came was 70," said Riebe.

Working as a Civil Engineering Technician has definitely changed over the years from producing design drawings on pencil and paper, to ink on plastic, to computers using Computer Aided Drafting and Design (CADD) software.

"I started making changes to CADD drawings in 1992 and slowly worked my way into producing designs," said Riebe.

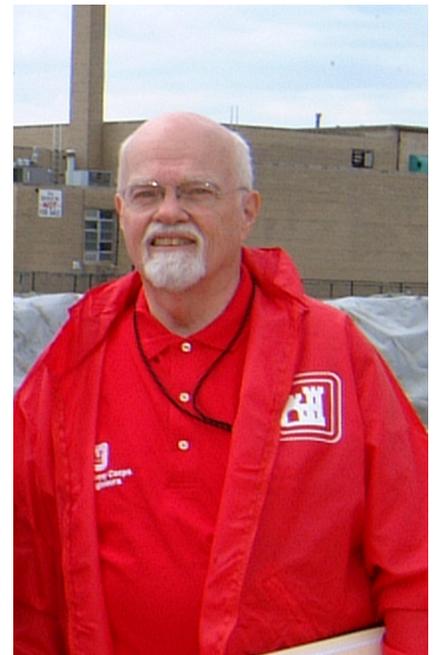
Riebe has also been the Davenport Flood Area Engineer since 1992, and has enjoyed every step of his experiences. He witnessed changes to the levee inspection technology as well as the forms of communication used during floodfights.

Other changes that he has seen throughout the years involve policy. Smoking is no longer allowed in the workplace, women have been added to technical positions and employees' education levels have increased. Position grade levels are also higher, women are allowed to wear pants, and it's less formal. When Riebe began working in the District office in 1969, it was common practice to refer to others as "sir." He has also seen many changes to the Clock Tower including the building of the annex,

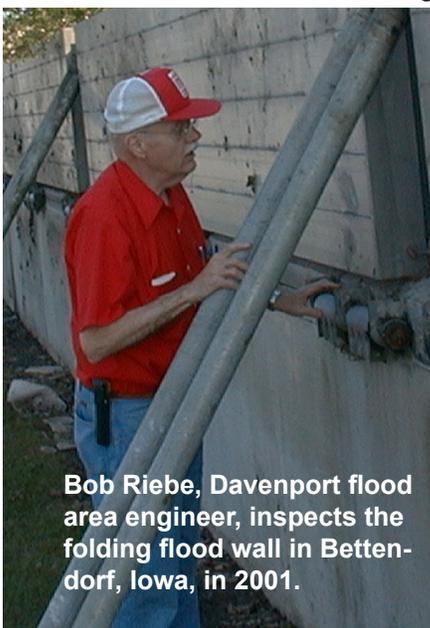
addition of air conditioning and the continuing evolution of the office space arrangement.

He has seen a lot of changeover throughout the years and has enjoyed the work he did and the people he worked with.

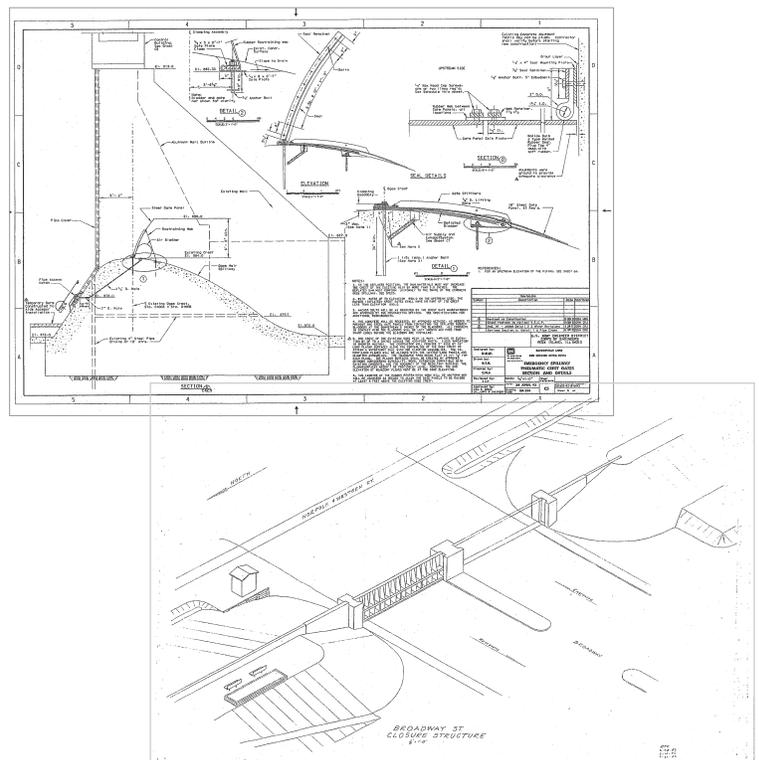
Following his retirement, he plans to continue playing in the Rock Island District's Riverbend Brass band, which he helped start four years ago, and staying active in Toastmasters. 



Bob Riebe, Davenport flood area engineer, during the 2008 flood in front of the Davenport Public Works temporary levee.



Bob Riebe, Davenport flood area engineer, inspects the folding flood wall in Bettendorf, Iowa, in 2001.



Throughout his 50 years with the Corps, Riebe saw technology change the way business is done. Bottom right is one of the drawings Bob Riebe did by hand in 1986 compared to the drawing done by Riebe using Computer Aided Drafting and Design software in 1992.



Corps Day

**Mark your
calendar!**

**Thursday, June 17, 2010
Memorial Field, Rock Island Arsenal
10 a.m. - 3 p.m.**





What's Happening in the Water

Story and Photos by Hilary Markin, Editor

Studying the effects of what's happening in the water lies in the hands of the Water Quality and Sedimentation Section, Hydrology and Hydraulics Branch, Engineering and Construction Division (EC-HQ). It's an undertaking that requires collaboration with other agencies and working with contractors.

Monitoring the water quality on the Mississippi River is part of the Upper Mississippi River Environmental Management Program (EMP). The EMP was authorized in Section 1103 of the Water Resources Development Act of 1986 and since then the EMP has been working to keep the Upper Mississippi River System a nationally significant ecosystem.

EC-HQ collects baseline water quality data at sites where a project has been planned but additional information is needed to assist with project design. This information is what helps determine the success of the project or if modifications need to be made. After the project is constructed, EC-HQ conducts performance evaluation monitoring to see if project goals are being met and if additional measures can be taken to get better results.

"The results of the performance evaluation monitoring helps engineers and scientists decide if any adaptive management techniques need to be integrated to further meet project goals," said David Bierl, hydrologist, EC-HQ.

The data collected is analyzed and placed in performance evaluation reports which are provided to project sponsors, engineers, scientists and program managers. The success of the EMP is documented every six years in the "Report to Congress," and the performance evaluation reports are used as input to this document.

The EMP water quality monitoring is just one component of the work done in EC-HQ. They also have a suspended sediment monitoring program that uses contractors to collect suspended sediment samples daily from locations throughout the District, primarily in the rivers and tributaries above the three main reservoirs. This information is used to support hydrology and hydraulics models to determine the amount of sediment feeding in to the reservoirs.

The section also works closely with the Long Term Research and Monitoring Program station in Bellevue, Iowa, which also conducts water sampling. They communicate regularly to ensure there is no overlap in data collection and the sharing of data already collected. EC-HQ also collaborates with the Iowa Department of Natural Resources Fisheries Bureau on collecting data in specific locations where particular projects are planned or in progress.

“We conducted water sampling in Pool 12 this past winter in support of overwintering fish telemetry research performed by the Iowa DNR in backwater areas where a habitat project is planned,” said Bierl.

Operations Division also relies on EC-HQ for support. The section is responsible for water quality monitoring at Saylorville, Red Rock and Coralville Lakes to ensure the water is safe for recreationalists and advises the public of known health risks. Saylorville Lake and Lake Red Rock are both sampled by Iowa State University which has a contract with the District, while Coralville Lake is sampled in-house. EC-HQ also collects sediment samples for dredging projects determining the nature of sediment and physical size of the grain. If there is fine material, a chemical analysis is performed. The physical components are analyzed by employees in the Geotechnical Branch at the lab in the District Office. If a chemical test is required, the sample is sent to a contractor for further analysis.

Recently, the Water Quality and Sedimentation Section acquired an Acoustic Doppler Current Profiler for taking velocity and discharge measurements as employees navigate a boat back and forth across the river. The instrument is capable of measuring velocity at multiple depths throughout the water column. This data is all spatially referenced and is combined together to provide the current discharge at that particular cross-section. This

information is used to calibrate hydrology and hydraulics models that engineers use when designing projects related to navigation and environmental restoration. The data is also used by water control personnel to verify rating curves and stage-discharge relationships.

As with many jobs, a variety of tools are required to accomplish the mission. EC-HQ relies on a variety of monitoring equipment that continues to become more computerized and electronic in nature. This past summer the District took possession of its third airboat to assist EC-HQ with collecting samples in remote areas that are nearly impossible to access any other way. The boats have also been used during high water events to assess possible levee damages and to monitor some of the smaller tributaries in the District.

“The airboat is more efficient and a lot safer to use when accessing these remote locations. We can also use it year-round and don’t have to worry about snow and ice,” said Bierl.

The Water Quality and Sediment Section is an important component of the District that actively collects and analyzes data to support our overall mission. Their mission directly relates to Goal 2, Corps of Engineers Campaign Plan, Engineering Sustainable Water Resources, by delivering enduring and essential water resource solutions through collaboration with partners and stakeholders. Continue **BUILDING STRONG**® 

Left, Dr. Clint Beckert, chief, Water Quality and Sedimentation Section, explains how each one of the probes measures a different component of water quality to Lucie Sawyer, hydraulic engineer.

Right, Beckert, pilots the Rock Island District’s airboat.



Remember When...

Highlights from previous Tower Times editions

April 1980 - The Waterloo local flood protection project was selected as an Honorable Mention Award winner in the 14th annual U.S. Army Chief of Engineers Design and Environmental Awards Program.

April 1982 - SPEAR, which stands for System for Pay Estimates And Reports, is a computer program designed by the Rock Island District to reduce the time spent preparing the monthly payment estimate and contract performance forms, officially known as ENG Forms 93, 93-A and 2452 used by the Corps of Engineers during a construction project.

The District awarded two major flood protection contracts. The Herbison Construction Company of Minneapolis, Minnesota, was awarded a \$2,465,676.38 contract on 23 February for construction of the Burlington, Iowa, flood protection project.

April 1989 - Saylorville Lake will be hitting the airwaves this recreation season with three area radio stations showing interest in co-sponsoring Corps special events including Waterfest, Fishing Rodeo, Trailering for Women and Bike It.

Jerry L. Hahn, EP, was selected for the District Commander's Award for the month of January.

April 1990 - On March 13, 1990, the contract for stage one of the Hannibal Flood Control Project was awarded. It took over 28 years from authorization to reach this point.

On Monday, March 5, 13 tows were waiting to lock through Lock and Dam No. 18 on the Mississippi River. The first one passed at 8:03 a.m. and by Wednesday morning, tows were locking through all the way to Lock and Dam No. 12. 

Brushing Up on Safety

Story and Photos by Hilary Markin, Editor

Employees from the Illinois Waterway and Mississippi River Maintenance Sections attended a week-long training at the Isle Capri Conference Center, Bettendorf, Iowa. This week-long safety event occurs every two years and covers a wide range of pertinent safety topics as well as mandatory training and First Aid/Cardiopulmonary Resuscitation (CPR).

"The purpose of safety training is to make employees more aware of the safety hazards they may encounter, and give them skills in how to reduce their risk of injury," said Steve Russell, assistant chief, Operations Division.

This training brought together nearly 120 people to brush up on their safety skills and knowledge. Local safety experts and professionals spoke to employees about the importance of safety and the correct use of equipment and procedures to follow if something were to happen.

"Our biggest safety concern is not filling out accident forms, although to some it may sometimes seem that way. We want employees to not get injured. We want them returning home at the end of their work day in as-good-of-condition as they started the day," said Russell.

Attendees also received required training from Security and Equal Employment Opportunity and attended an informative session with the Civilian Personnel Advisory Center.

The final day was spent with Bill Kline, president of The River School, learning about water survival and rescue techniques, safe decking practices, and the proper way to use water safety gear. Kline demonstrated water rescue techniques in the swimming pool at the Isle Capri before allowing participants to gain hands-on experience.

This training serves as a reminder to all employees to put safety first and continue following safe work practices both at work and at home. 

Right, Dawn Hamilton, first aid instructor, American Heart Association, demonstrates on Ken McClain, Illinois Waterway, how to bandage a laceration to the head.

Below, Ron Wunderle (center) practices chest compressions while performing Cardiopulmonary Resuscitation (CPR) while fellow co-worker Diane Cox (left) and an American Heart Association instructor (right) ensure correct hand placement and depth of compressions.



The Holocaust Days of Remembrance is being observed April 11-18. The United States Congress established the Days of Remembrance as our nation's annual commemoration of the victims of the Holocaust and created the United States Holocaust Memorial Museum as a permanent, living memorial in Washington, D.C.

The Holocaust was the systematic persecution and murder of approximately six million Jews by the Nazi regime. The Nazi regime targeted other populations including Roma (Gypsies), Russians, Poles, Communists, Socialists, Homosexuals, Jehovah's Witnesses, and the disabled.

The American Jewish Yearbook placed the Jewish population of Europe at about 9.5 million in 1933. The world's population was estimated to be 15.3 million. A little more than a decade later, two out of every three Jews would be dead. In 1950 the Jewish population of Europe was about 3.5 million.

This immense tragedy extinguished the once vibrant Jewish Culture.

In 2001, there were 13.3 million Jews world wide. Twelve percent lived in Europe, 46 percent in North America, and 37 percent lived in Israel.

For more information about the United States Holocaust Memorial Museum, Elie Wiesel, and Remembrance Events please visit:

- www.ushmm.org/
- www.eliewiesel.com/foundation.org/
- www.art-dma.org
- www.ilholocaustmuseum.org

Remembrance Events:

Illinois Holocaust Museum and Education Center Skokie, Ill.

- The Wartime Escape: Margret and H.A. Rey's Journey from France Exhibit
Open through June 20, 2010

Figue Art Museum Davenport, Iowa

- "Art Survives: Expressions from the Holocaust"
Exhibit open April 3-June 13, 2010
- "As Seen Through These Eyes" companion film to the Exhibit
April 8 and 20 at 7 p.m.

Please view the CEMVR EE/SEPC Calendar for other events.

HOLOCAUST DAYS OF REMEMBRANCE

NEUTRALITY HELPS THE OPPRESSOR,
NEVER THE VICTIM.
SILENCE ENCOURAGES THE TORMENTOR,
NEVER THE TORMENTED.
ELIE WIESEL

STORIES OF FREEDOM
what you do matters

"I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented."
— Elie Wiesel



March Answer:
Powerhouse at Lockport Lock & Dam
Winner:
David Robison,
Geotechnical Branch

Can you name where this photo was taken? If so, send your answer to Hilary.R.Markin@usace.army.mil. The first correct answer will receive a special prize and be recognized in the next Tower Times.

Knowing Where to Draw the Line

When you are approached and asked about your job do you freely open up and share? Do you know the motive for the questions, who else is listening, how is the information going to be used and by whom? Most of the time the questions come from family. Do you freely share while you are in the mall, gas station, church, neighborhood get together or having a meal, etc.?

Most likely there is no harm, but as a Department of Defense (DOD) employee you could be the target of intelligence gathering by contractors, terrorists, or a foreign government looking for an edge.

Subversion and Espionage Directed Against the U.S. Army (SAEDA) is the program governing how to protect DOD information, what techniques are used to solicit information from you, warning signs of those who may have been targeted, and how and to whom you should report suspicious incidents.

SAEDA includes incidents of attempted or actual espionage, subversion, sabotage, and terrorism directed against the U.S. Army and its personnel.

This can cause damage to national security. Information collected (drawings, plans, engineering specifications, cost estimates, life cycle, etc.) could lead to:

- Personnel fatalities or injuries
- Destruction of government or private property
- Economic loss to the Gross National Product

The following are common methods and techniques that Foreign Intelligence Services (FIS), terrorist groups and contractors use to gain critical information or support their cause:

- Casual conversations – travel, bar, shopping and community
- Threats of personal harm
- Daily contacts leading into a business or personal relationships
- Misrepresentation of who they are or who they work for
- Blackmail
- Distance observation/surveillance

If you see any of the following unusual activities or suspect someone is being targeted, please report them:

- Frequent or unexplained trips of short duration to foreign countries
- Bringing unauthorized cameras, recording devices, computers

- Repeated or unrequired work outside of normal duty hours, especially unaccompanied
- Visits to a foreign embassy, consulate, trade, or press office
- Possessing substantial sums of money where no logical income source exists
- Free spending or lavish display of wealth
- Correspondence and unreported contact with persons associated with pre-identified countries
- Joking or bragging about working for foreign intelligence services

To report possible SAEDA please contact any of the following:

- 1-800 CALL SPY (1-800-225-5779) Hotline
- Local Army Counterintelligence office
- Security and Law Enforcement Office: Kyle Retzlaff (5820)/Tilford Flowers (5819)
- Traveling abroad: nearest U.S. military installation, Embassy or Consulate Security Office

When reporting a possible incident include the following information:

- Date, time, location
- Physical descriptions of people, vehicles and equipment
- Conversations
- Actual and other suspicious activities/actions
- Witness of the incident

Employees who violate regulatory and/or legal precedents, such as unauthorized disclosure, sale or theft of sensitive information, are subjects to the following penalties:

- Administrative actions:
 - Demotion, forfeiture of pay, removal, and discharge
- Title 18, United States Code
 - Maximum of \$10,000 and/or ten years in prison
 - Forfeiture of any property used or obtained in the actions
- Title VI—Protection of Certain National Security Information
 - Maximum of \$50,000 and/or ten years in prison 





SAFETY CORNER

Gardening Health & Safety Tips

From the Safety and Occupational Health Office

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. Whether you are a beginner or expert gardener, health and safety are important. Emergency room visits due to injuries related to lawn and garden equipment occur each year.

Below are some tips to help keep you safe and healthy so that you can enjoy the beauty and bounty gardening can bring.

Dress to Protect

Gear up to protect yourself from lawn and garden chemicals, equipment, insects, and the sun.

- Wear safety goggles, sturdy shoes, and long pants when using lawn mowers and other machinery.
- Protect your hearing when using machinery. If you have to raise your voice to talk to someone who is an arm's length away, the noise can be potentially harmful to your hearing.
- Wear gloves to lower the risk for skin irritations, cuts, and certain contaminants.
- Protect yourself from diseases caused by mosquitoes and ticks. Use insect repellent containing DEET. You may also want to wear high rubber boots since ticks are usually located close to the ground.
- Lower your risk for sunburn and skin cancer. Wear long sleeves, wide-brimmed hats, sun shades, and sunscreen with a sun protector factor of 15 or higher.

Put Safety First

Powered and non-power tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.

- Follow instructions and warning labels on chemicals and lawn and garden equipment.
- Make sure equipment is working properly.
- Sharpen tools carefully.
- Keep harmful chemicals, tools, and equipment out of children's reach.

Watch Out for Heat-related Illness

Even being out in short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

- Drink plenty of water throughout the day to replace lost fluids. Don't wait until you're thirsty to drink.
- Avoid drinking liquids that contain alcohol or large amounts

of sugar, especially in the heat. These actually cause you to lose more body fluid.

- Take breaks often. Try to rest in shady areas so that your body's thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness.
- Pay attention to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.
- Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise; and people who are physically ill or who take certain medications (i.e. for depression, insomnia, or poor circulation).
- Eat healthy foods to help keep you energized.



Enjoy the Benefits of Physical Activity

Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, coronary artery disease, stroke, depression, colon cancer and premature death.

- Be active for at least two and one-half hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. You can burn 150 calories by gardening (standing) for approximately 30-45 minutes. Help kids and teens be active for at least one hour a day.
- If you have been inactive, start out with just a few minutes of physical activity each day. Gradually build up time and intensity.
- Vary your gardening activities to keep your interest and to broaden the range of benefits.

Content Source: Center for Disease Control, Office of Women's Health April 2009

Around the District

Congrats ...



Congratulations to Col. **Shawn P. McGinley**, district commander, and his wife Maj. Evah McGinley, on the birth of a baby boy, Maximilian James, February 21. He was 8 pounds, 2 ounces.



Congratulations to **Leah Deeds**, Natural Resource Specialist, Saylorville Lake, and her husband Lee, on the birth of a baby boy, Caleb Lee, January 22. He was 7 pounds, 1 ounce and 19 inches long.

Retirements ...

Don Bardole, natural resources specialist, Natural Resource Management Section, Mississippi River Project Office, Operations Division, retired March 31, after dedicating 14 years and 10 months to the federal government.



Brig. Gen. Michael Walsh, division commander, presents **Bob Hoffman** a Superior Civilian Service Award for his outstanding performance as the lead engineer for the West Closure Complex of the New Orleans Hurricane System Damage Reduction and Repair System Project. (Photo by Ricky Boyett, New Orleans District)



Top (from left), Ed Adcox and Dennis Franks patrol the Mississippi River. Right, Don Bardole drives while Eldon Bird looks ahead for possible water safety violations.



Making Waves with Water Safety

The National Water Safety Congress Region 2 selected Don Bardole, Dennis Franks and Eldon Bird of the Rock Island District to receive Awards of Merit.

The recently retired District employees were recognized for their significant contributions to boating and water safety throughout their careers with the Corps of Engineers.

“Sometimes we overlook things that we feel are just part of our everyday job. What the

three of them have done during their careers with the Corps has definitely made a difference,” said John Punkiewicz, Region 2 vice president, National Water Safety Congress.

Each of them were also recognized during a retirement ceremony where they received Corps Water Safety Medallions to recognize their combined 60 years of presenting water safety programs and patrolling the Mississippi River. 



Spotlight on the District

Corey Hardt

Emergency Management Specialist

Story Hilary Markin, Public Affairs Specialist

Everyone finds their way to the Corps of Engineers through different means. For Corey Hardt, he started his career as a firefighter working fulltime on the Industrial Fire Department for Caterpillar in Peoria, Ill., and part-time for the city of Schaeferville Fire Department, Schaeferville, Ill.

“It was really interesting putting out molten steel fires because you really couldn’t use water you had to use carbon dioxide and other things,” said Hardt.

He received his associate’s degree from Illinois Central College (ICC), East Peoria, Ill., in Fire Science and gained ride-time experience with the Peoria and Pekin Fire Departments. He also became an Emergency Medical Technician (Basic) through classes at ICC and did rotations at all three Peoria area hospital emergency rooms.

“It was an eye-opening experience working in the emergency rooms, I pretty much saw it all,” said Hardt.

After four years of firefighting, Hardt decided to go back to school and received his bachelor’s degree from Western Illinois University, Macomb, Ill., in Emergency Management. While in college, he interned at the Peoria Office of Emergency Management writing emergency operations plans and projects.

“I worked on a project for POEM (Peoria Office of Emergency Management) contacting all the county emergency management offices and gathered information about their storm warning systems,” said Hardt. “The information was used for their own purposes but also shared with other agencies.”

Following graduation Hardt began applying for jobs in the area and was hired by the Rock Island District Emergency Management team as an Emergency Management Specialist.

Hardt started with the District in August 2009 and is in charge of writing and reviewing emergency operations plans. He recently finished the Pandemic Influenza Emergency Operation Plan and is currently working on the New Madrid Seismic Zone Plan.

“I enjoy the office environment, developing plans, and preparing for potential emergencies,” said Hardt. “We do a lot of scenario based situations which involve role-playing and thinking outside the box sometimes.”

He also serves as the Action Officer for the Combined Commodities Team (ice and water). At a Planning and Response Team Exercise, Hardt was a sponge absorbing all the information being presented by senior team members.

“The exercises helped me gain a better understanding of what



Corey Hardt, running the computer behind the curtain during the recent flood fight training in the Baylor Conference Room, Rock Island Arsenal.

happens during an event,” said Hardt.

Prior to getting hired by the Corps, Hardt was considering going to graduate school to gain his master’s degree in Industrial Hygiene from the University of Illinois at Chicago. When asked how that came about, Hardt said that when he went to meet with the professor and the professor learned about his industrial firefighter background he thought it was a perfect match.

“He wanted me to do research on industrial hazards at nuclear energy facilities,” said Hardt. “It sounded interesting but it took me further from my career goals.”

So instead, Hardt came to work for the Corps, a decision he has not regretted. He still has plans to obtain his master’s degree, but this time in Emergency Management.

When not working, Hardt enjoys playing golf and has signed up to play in the District’s Golf League. He also likes to travel; mostly to big cities, and explore the sites and sounds. One of his favorite places to go is Las Vegas and if he had to pick his favorite spot it would be The Venetian Resort Hotel Casino. While there, he enjoys playing roulette, pai gow poker, black jack and visiting the sites.

When asked about advice he shared a quote that has helped him find his career path, “One of the true tests in planning is the ability to recognize a problem before it becomes an emergency.” 

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