



Tower Times

Rock Island District's News Magazine

July 2010



Battling Mother Nature

Saylorville Lake overtops the spillway



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

Tower Times

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August 2010

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Tower Times

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A message from....

Colonel Shawn McGinley, District Commander



Antiterrorism Awareness is Army Focus in August

Flooding and navigation concerns, project construction, and the whole gamut of civil works missions are the overwhelming focus for the Rock Island District of the Army Corps of Engineers. But, as an Army organization, it is important that we never forget that national defense is an intrinsic part of who we are.

The Army has designated August Antiterrorism Awareness Month. This designation is an excellent opportunity for us all to remember the important role we play in protecting Army assets and Army communities.

As we go through our daily tasks of carrying out the variety of civil works missions, it could be easy to become complacent. When preparing for a pending flood or managing a project, it could be easy to forget that there are many people and organizations who want to adversely affect any and all Army missions. Complacency is the enemy when considering those who are out to get you. All of us within the Rock Island District must remain vigilant and ready for the threats terrorism present. We must be vigilant in protecting District assets, Army assets and our Army neighbors throughout Rock Island Arsenal.

As this is Antiterrorism Awareness Month, training will be a primary focus. One of my jobs as your commander is to ensure you have the training you need to recognize and report possible threats to the Army. Level 1 Antiterrorism Training is an annual requirement for all employees. I hope all supervisors are taking the necessary steps to make sure employees are up to date and have documented their completion of the annual training requirement. August would be a great month to accomplish the training for those whose training certificate expires anytime in the next couple of months.

The Army, in conjunction with antiterrorism awareness, is promoting iWATCH ARMY, a new, nationwide modern version of neighborhood watch. The program is designed to encourage individuals to help protect their areas by identifying and reporting suspicious behaviors. The program is being implemented throughout the U.S. Army Corps of Engineers facilities and activities in order to increase terrorism awareness and vigilance. The passive element of iWATCH is individual situational awareness of their surroundings. The active element of iWATCH involves individuals taking action to report suspicious behavior or activities for further investigation. The overall intent is to instill and sustain a USACE-wide heightened awareness and vigilance to prevent and protect the USACE community and critical resources and assets from acts of terrorism. The iWATCH ARMY program has the full support of Maj. Gen. Michael Walsh, our commanding general at the Mississippi Valley Division.

Of course training and programs are only effective if they are implemented professionally. I'm sure everyone within the District wants to play a role in protecting our Army against terrorism. I believe training is vital and I am confident everyone will comply with the mandatory annual requirement. But, possibly even more important than training is a vigilant mind set. I want everyone to remain focused on their jobs while never becoming complacent to the threat of terrorist activities. The Army's phrase relating to antiterrorism is "Always Ready, Always Alert...because someone is depending on you." The sentiment will always ring true and is a good mind set for us all.

To learn more about the Army's Antiterrorism Awareness Month and the iWATCH ARMY program, contact our security team at (309) 794-5820 or 5819. I appreciate your attention to Antiterrorism Awareness. Thanks for all you do and continue **BUILDING STRONG®**. 



From left, Col. Shawn McGinley, commander; Tom Heinold, Des Moines flood area engineer; Jeff Rose, Saylorville operations manager; and John Grief, Saylorville maintenance supervisor; discuss the high water at Saylorville Lake as water flows over the spillway for the sixth time. Photos taken by Jim Homann, flood area engineer.

Not so Lucky the Second Time

By Hilary Markin, Editor

For the second time this year water levels on the Des Moines River threatened to overtop the spillway at Saylorville Lake and this time it did. Water began flowing over the spillway on July 1 and continued to for seven days.

"It has been quite a year," said Jeff Rose, operations manager, Saylorville Lake. "From record snow amounts and above normal rainfall, we have had high lake levels all year adding more damage to project lands and we're still in the process of recovering from 2008. The high lake level has really affected our construction contracts."

Leading up to this high water event was above normal rainfall in the Des Moines River basin in June totaling 13.41 inches (8.84 inches above normal). Most of this coming from two major storm events on already saturated soils overflowing streams and rivers in the 5,823 square mile watershed/drainage area above Saylorville Lake.

This caused lake levels to rise at an alarming rate and reach the Lake's maximum flood storage of nearly 890 feet. The pneumatic crest gates were put to use providing an additional six feet



Emergency pumps pump water over the barrier dam and into Saylorville Lake preventing flood waters from inundating the Polk City sewage lagoons.

on top of the spillway which is at elevation 884 feet. The forecast models predicted pool levels exceeding 890 feet and the crest gates were lowered allowing water to flow over the spillway.

The release of nearly 37,500 cubic feet per second of water into the Des Moines River from the spillway and conduit caused flooding downstream and put pressure on levees below Saylorville Lake. It also caused levels at Lake Red Rock, situated below the city of Des Moines, to rise but they did not reach record levels.

Since Saylorville Lake was put into operation in 1977, the spillway has been used six times: 1984, 1991, April and July 1993, June 2008 and July 2010. 



Above, as the water receded at Saylorville Lake, Corps staff raised the spillway gates to conduct a thorough inspection of the pneumatic crest gates.

Below, Corps staff inspect the separation occurring between the rubber ply layers of the pneumatic crest gates causing the loss of an airtight seal.



Saylorville Lake Crest Gates in Need of Repair

By Ron Fournier, Chief, Corporate Communications

A thorough inspection of Saylorville Lake's inflatable pneumatic crest gates following the recent flood event has determined that the air bladders, used to lift the gates, are experiencing separation of the rubber ply layers resulting in the loss of their airtight seal.

Until all bladders are replaced along the 430-foot-wide concrete spillway, the pneumatic crest gates will not be operated for future flood events. Cost estimates and repair schedule are being developed at this time.

In 1994, pneumatic crest gates were added to the spillway to reduce the number of overflow events eroding the unlined portion of the spillway and NW 78th Avenue across the spillway channel. The addition of the gates did not change the release rate at the dam; only the conduit versus the spillway location of the release.

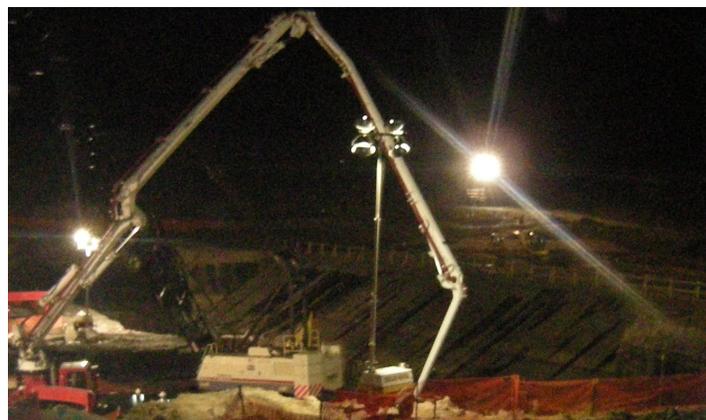
Without the pneumatic crest gates, as the pool rises above elevation 884 feet (spillway crest) the discharge through the Lake's conduit is reduced so that the total of the conduit discharge and the spillway overflow is approximately 21,000 cubic feet per second (cfs). Up until the pool level reaches 889 feet, the combined outflow from the conduit and the spillway remains at approximately 21,000 cfs. Between elevation 889 and 890 feet

the discharge in the conduit is gradually increased, similar to the lowering of the pneumatic crest gates. As the pool level reaches elevation 890 feet, the conduit is fully open and the combined discharge from the conduit and the spillway totals approximately 42,000 cfs. Above elevation 890 feet, the dam's conduit is fully open and uncontrolled flow passes over the spillway.

With the pneumatic crest gates, if the pool approaches (or is forecast to exceed) elevation 884 feet, the pneumatic crest gates are inflated, raising the spillway crest to elevation 890 feet. As the pool rises from elevation 884 to 890 feet, the conduit remains fully open to release approximately 21,000 cfs and no overflow is allowed at the spillway. If the pool is forecasted to exceed elevation 890 feet, the crest gates are lowered depending on the forecasted maximum pool. Normally, the gates start lowering at pool elevation 889 feet depending on the pool crest forecast. The gates are completely lowered when the pool reaches (or is forecast to exceed) elevation 890 feet and the combined discharge from the conduit and the spillway totals approximately 42,000 cfs. Above elevation 890 feet, the dam's conduit is fully open and uncontrolled flow passes over the deflated pneumatic crest gates and the spillway. 



Above, water begins flowing over the spillway at Saylorville Lake on July 1 and impacting the ongoing construction of NW 78th Avenue. Left, Adam Ziegler, civil engineer, Engineering and Construction Division, talks with Chris Grose, McAninch (subcontractor), regarding the ongoing construction of NW 78th Avenue in May. Below, the contractor, DS Contract Service, works around the clock making emergency preparations prior to water flowing over the spillway at Saylorville Lake on June 26.



Road Opening This Fall Despite Flood

By Hilary Markin, Editor

Since the flood of 2008 the Corps has been working diligently to make repairs to infrastructure and facilities. This spring a contract was awarded to DS Contract Service for \$4.9 million to repair NW 78th Avenue which crosses the spillway at Saylorville Lake. This roadway has been closed since the flood of 2008 and has been a source of frustration for many Polk county residents who traveled it daily on their commutes to work.

“We have been anxious to get this contract awarded and the road replaced,” said Jeff Rose, operations manager, Saylorville Lake. “It will not only help the public gain better access to our recreation areas, but will also allow area residents and our own employees to use the roadway on their daily commutes to work.”

The contractor began mobilizing equipment in March but did not start work due to high pool levels threatening the use of the spillway. As soon as the water receded the contractor got to work digging a trench and preparing to put the road back across the spillway.

Following the 1993 flood, engineers moved the roadway closer to the spillway and the construction materials used were intended to wash away with the water. This happened for the first time in 2008 and as the damage was assessed a new design concept was drawn up.

The new design incorporates a cut off wall that will act as a major line of protection for future erosion of the gorge. The roadway will be a roller compacted concrete embankment with a reinforced concrete roadway surface versus an aggregate em-

bankment and an asphalt surface. The new roadway is designed to withstand future flood waters flowing over the spillway.

Before the original design concept could be fully carried out, water did flow over the spillway in July. The contractor worked closely with Engineering and Construction Division, Contracting Division and Saylorville Lake to make emergency preparations that protected the work site during the high water. As water levels dropped engineers assessed the damage and design engineers made a few changes to the original design.

“The work site received some damage from the water flowing over the spillway. We abandoned a few features of the original design as a result (of the emergency efforts) but we are forging ahead,” said Adam Ziegler, civil engineer, Engineering and Construction Division.

The flood preparations and design changes have added about \$500,000 and several weeks delay to the contract. Despite the conditions the contractor has nearly completed the roadway and will be concentrating on protecting the spillway from future erosion.

“There have been some setbacks due to heavy rains and water going over the spillway. Currently we are looking at a re-design for the cut off wall and still hope to complete the project this fall,” said Rich Busch, resident engineer, Western Area Office. 



Left, Russ Hannah, Engineering and Construction Division, teaches eighth grade students how to survey using old survey methods as well as new.

Above, Project Lead the Way participants test their bridge building skills during a friendly competition to see who could build the most innovative bridge and the cheapest most effective bridge.

Future Engineers Gain Insight

By Susan Yager, Public Affairs Assistant

For a second year, the Rock Island District played host to Project Lead the Way's (PLTW) Engineering Summer Camp.

PLTW is a pre-engineering program taught at Central, North and West Davenport schools. For the past two summers, they and the Davenport Community Schools have hosted a camp for eighth grade students to learn more about careers in engineering by taking field trips to area businesses who employ engineers.

The students' second day of camp was spent at the Rock Island District headquarters. After a quick briefing with Scott Bullock, Engineering and Construction Division, the 24 students were separated into two groups and moved on to their full day of scheduled activities.

The groups alternated between a guided tour of the Mississippi River Visitor Center and a survey demonstration from Joshua Voss, Operations Division.

"Hands-on experience allowed the students to see and touch the instruments and equipment that have made advancement in surveying procedures over a 200-year period," Voss said.

During lunch, provided by The Society of American Military Engineers, students listened and asked questions about environmental engineering and the military with Maj. Phillip Valenti,

Engineering and Construction Division.

After lunch the students participated in more hands on demonstrations. They had the opportunity to build a bridge using West Point Bridge Designer software. Basic principles and specifications for the bridge design were provided by Jeff Tripp and David Krahn, Engineering and Construction Division. The students were then able to design and load test their bridges in a friendly competition.

While some of the students were designing bridges the other group was in the Geotechnical Lab learning the different concrete mixes and the need to test the mixes. They observed the destruction of a concrete cylinder, which went through a process of applying pressure to simulate the different strengths needed on specific job types.

"We touched on several different sand gradations and then ran a sieve analysis on samples collected recently at one of our levee projects. After that, we sent them on their way with souvenir pieces of the Clock Tower from our recent inspection," explained George Millar, Engineering and Construction Division

Project Lead The Way Inc. is a national program forming partnerships among public schools, higher education institutions and the private sector to increase the quantity and quality of engineers and engineering technologists graduating from our education system. 

AUGUST IS ANTTERROR

During the month of August the goal is to re-enforce your fundamental knowledge of the terrorist threat and those measures to reduce YOUR vulnerability to terrorism.

The Army's definition of terrorism; the calculated use of violence or threat of violence to inculcate fear; intended to coerce or to intimidate governments or societies in the pursuit of goals that are generally political, religious, or ideological.

Antiterrorism fundamentals

The threat of terrorists attacking our Army communities is real. Terrorists can strike anytime and anywhere – even your family.

None of us are immune, and acknowledging that fact is the first step to a proactive security mind-set.

The level of risk to each person, family varies depending on factors such as existence of terrorist groups and their intentions; locations of where you live, work, and travel; and the vulnerability associated with your personnel security habits.

Why should this be important to me?

- February 26, 1993 - World Trade Center Bombing
- April 13, 1995 - Oklahoma City Bombing
- September 11, 2001
- June 2007 - JFK Airport, foiled attack to blow up fuel arteries

Close to home:

- March 26 - Moline, Ill., bomb threat at local steak house
- April 27 - Moline, Ill., molotov cocktails confiscated during law enforcement stop
- April 30 - Des Moines, Iowa, unauthorized access to Air National Guard installation
- June 23 - Davenport, Iowa, homemade bomb found in mailbox

Terrorist planning cycle

Terrorist use what is called the Terrorist Planning Cycle to carry out attacks. Knowing the cycle will help you possibly identify early indications of a potential threat.

1. Broad Target Selection - What are the possible targets, symbolic value, casualties, infrastructure criticality or public attention.
2. Installation and Surveillance - Targets meeting goals are selected for additional surveillance. Terrorists seek information on guard forces, personnel routines, etc.
3. Specific Target Selection - Targets are identified based on anticipated effects, publicity, consistency with objectives and costs versus benefits.

4. Pre-Attack Surveillance and Planning - Surveillance conducted confirming information and gaining additional details. Attack method selected, weapons and equipment obtained, recruit specialized operatives and design escape routes.
5. Attack Rehearsal - Plan is rehearsed to confirm planning, assumptions, enhance tactics, and practice escape routes – may also trigger an incident at the target site to test response actions. **(This is a critical time for detection.)**
6. Actions on the Objective - Execute attacks when conditions favor success with the lowest risk – surprise, time and place, use of diversionary tactics and ways to impede response measures.
7. Escape and Exploitation - Releasing of pre-developed statements to the press.

Understand the threat in your environment.

1. Are terrorist groups in the area?
2. Are they violent?
3. Do they attack Americans? (Overseas and substitute Americans for Department of Defense (DOD) employee.)
4. How active are they?
5. How sophisticated are they?
6. Are they predictable?
7. Will local citizens warn Americans? (Overseas)
8. What tactics and weapons are used?

The answers to those questions are provided from the District and higher headquarters security communications, Annual AT Level 1 briefings, Arsenal Anti-terrorism communications and general media reports.

What to look for:

- Taking photos videos of potential targets
- Writing notes or sketching
- Showing abnormal attention to security measures
- Using false information
- Paying cash for items normally bought on credit
- Purchasing large quantities of items such as chemicals or cell phones

If you see something unusual, report it immediately to security officials or local law enforcement for further investigation. Make a note of the individuals description and activities, time of day and equipment being used.



REPORT SUSPICIOUS A SEE SOMETHING

ISM AWARENESS MONTH

Entering a government facility, base or location

Follow the instructions of entry personnel; be prepared to provide identification for all occupants. Remain alert for suspicious activity outside of the entry area. Immediately inform entry personnel of any suspicious activity; be prepared to provide a detailed description of what made you suspicious. If you notice what you believe to be a security violation; exterior doors propped open, an unmanned gate etc. report it immediately.

Steps to reduce exposure

There are two major programs Force Protection Conditions and Random Access Measure Protection (RAMPs) that consist of a series of security steps; signage, gates, fencing, lights, scanning of identification documents (CAC/Drivers License), random vehicle and package searches, physical barriers, no parking areas near buildings, K-9, locks, alarms and changes to the number of guard force or police. In the event a major incident occurs there will be a reduction in the number and selection of people allowed to report to work. These measures are only a few of the security protocols available that are designed to identify, detour and detect hostile intends. In addition, there are agreements in place between the Corps of Engineers and surrounding law enforcement agencies outlining emergency support in the event more assistance is needed.

What should you do??

- An unexpected delivery to your hotel room? Tell them to leave it at the front desk.
- A man bursts through the door pointing a gun? Do not resist as the intruder could be only looking to steal something.
- You have been taken hostage? Answer any questions calmly, but do not agree to any of their accusations. Lie only to protect classified information and stick with a simple credible story.
- If a rescue is attempted? Remain quiet, lay on the floor until you are told to do otherwise.

Traveling

When traveling by air, think about your clothing and seat choice. Do your clothing or travel accessories identify you as being a member of DOD? Choosing a window seat in the middle of the aircraft may limit your exposure to physical harm.

When taking ground transportation; renting a car, using public transportation and/or getting directions.

- Choose a recent model, medium-sized sedan. Prior to leaving the rental car parking lot and every time the vehicle is left in an unsecured location inspect it for tampering.
- Look for the distinctive markings of a legitimate taxi company (logos, color and vehicle type).
- If practical get directions from the hotel clerk over the phone. Making the call from your hotel room reduces the possibility of others overhearing your travel plans.

When staying at a hotel – avoid the ground floor, opting for the fourth floor if possible, near a fire exit that opens to the hotel interior. Easy to evacuate and reduces vulnerability to vehicle bombing. Once in the room; check all locks, doors, balcony and windows. Review the evacuation route if posted and ensure the phone works. Make it a habit to use all the locks on the door.

Required actions

Prior to September 15, all Corps employee are required to complete the MVR AT and DA level 1 trainings located on the District Intranet under Security an Law Enforcement, Security Training.

For more information review the “Vice Chief of Staff, Army AT awareness video and “Army AT Community Awareness Video” located in the “Army AT –Antiterrorism Awareness Tool Kit” window on the Army Knowledge Online; <https://www.us.army.mil/suite/page/605757>.

Report any suspicious activity to; USACE Corps watch 1-866-413-7970 and/or the Rock Island District Security Office, 309-794-5820.

ACTIVITY OR BEHAVIOR SAY SOMETHING





Above left, the contractor removes trees and roots on the hillside below McHenry Park. Material from the hillside will be used to construct part of the new Birdland Levee. Above right, Des Moines officials meet with Col. Shawn McGinley in front of the Hesco baskets placed alongside the Birdland Levee for additional protection. From left, Bill Stowe, public works director; Honorable T.M. Franklin Cownie, mayor; Col. Shawn McGinley, district commander; and Richard Clark, city manager.

Protecting Against Mother Nature

By Hilary Markin, Editor

The Birdland Park Levee along the Des Moines River in Des Moines, Iowa, will finally be a federally certified, Public Law 84-99 eligible levee.

A contract was awarded to Ceres Environmental for \$7.4 million to reconstruct the levee and raise the level of protection to withstand a 500-year flood event. This effort has been underway since the record setting flood in 1993 that caused \$152,000,000 in flood damages, mostly in the Des Moines metropolitan area. Both the Birdland Park and Central Place Levees in Des Moines failed during the flood.

A cost-shared feasibility study was initiated following the flood and was completed in December 2005. The feasibility report recommended reconstructing the levees at Birdland Park and Central Place. Prior to congressional authorization and funding, another flood event struck the Des Moines area in 2008. The Birdland Park Levee failed again, causing many businesses and properties to be inundated with water and incur damages.

“The failure of the levee in 2008 reminded everyone of the importance of responsible floodplain management and the need to reduce the flood risk for Des Moines” said Tom Heinold, Des Moines flood area engineer, Rock Island District.

After the 2008 failure, the city of Des Moines temporarily fixed the levee while awaiting the construction of the new federally certified levee.

When the contract was awarded this spring, the Des Moines River once again experienced high water levels that put individuals and businesses behind the Birdland Levee on edge. Their nerves were tested again in June and July as water flowed over the spillway at Saylorville Lake after near record-setting rainfall amounts in the Des Moines River basin.

“The Des Moines residents and business owners are eager to see a reduction in the frequency of flooding behind the levee. Even with that increased level of protection though, we have to continually remind people that they’re not completely safe. We can control Mother Nature to an extent, but eventually she will win,” said Heinold. “Levees are built to reduce the frequency of flooding but do not provide a 100 percent guarantee that they won’t fail or be overtopped and cause extensive damage to infrastructure in the floodplain.”

As the contractor begins removing more than a mile of the old levee and reconstructing the new Birdland Park Levee, the level of protection will improve. The new project is alongside the area where the 2008 failure took place and it will tie into the existing levee providing additional protection to the city of Des Moines. 



Richard Rupert

Project Analyst, Gulf Region District

My first deployment was to Iraq in September 2003 and I was assigned to a small contingency working with the U.S. Agency for International Development in the "green zone" of Baghdad.

I returned in March 2008 to Tallil, COB Adder/Ali Base in the ancient city of Ur, the cradle of civilization. I took an eight month break and returned home for my daughter's senior year of high school and came back to Tallil in 2009. I will complete my deployment at the Gulf Region District in Baghdad in October.

Besides enjoying the tourist part of the trip I have been busy working on infrastructure in southern Iraq. Hospitals, clinics, police stations, transportation, water compact units, electricity, sewer, schools, universities and many other exciting projects. One of the most rewarding projects I was a part of is getting water to villages that did not have water before. It's not like going to the tap and turning it on. Some of our water projects consisted of a single spigot in a neighborhood where Iraqis could carry their buckets and fill them. But it was water and it was clean enough to drink.

One remarkable project that was started and completed is the tallest structure in southern Iraq, the air traffic control tower at Tallil. I saw it literally go from the ground up.



Left, Richard Rupert stands at Abraham's home in Ur. Above, through his experience Rupert has made friendships that will last the rest of his life.

The privilege of working with the greatest military in the world is something I will never forget. You see these guys headed out of the gate and say a prayer for their safe return. One incident that comes to mind is when I had to travel into the "red zone" for a meeting with the Ministry of Interior. My safety was dependent on a couple of 19 year old "kids" who are part of the U.S. Army and I completely trusted them and their training as we made our way through the streets of Baghdad. I have great respect for the military.

Too many stories to share but they will be part of me for the rest of my life and when I get old and I start to tell them again, eyes will glaze over with boredom but I will tell them anyway.

Special thanks to my family who are holding the fort till I get home. They are the best. 🇺🇸



July Answer: Shady Creek Recreation Area

This photo was taken after a severe thunderstorm caused a lot of tree damage in 2008.

For more information on Shady Creek visit www.missriver.org.

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.

SAFETY CORNER



OVEREXERTION IN THE WORKPLACE

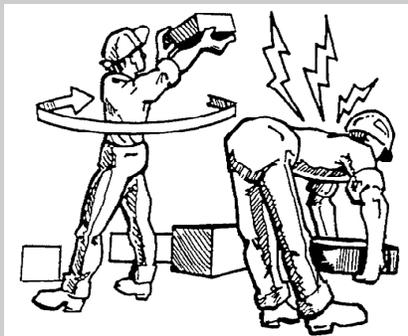
Avoid work place injury and overexertion, by using some of these tips in everyday work situations. Not being 100 percent can cause harmful situations for you and those around you.

General Knowledge to keep you Safe

- Get plenty of sleep before coming to work (take a break if you are feeling fatigued)
- Make sure you are lifting materials properly
- Get help if something is too heavy to lift
- Fit the job to you (Ergonomics, work closer to your work)
- Have easy access to all necessary tools
- Pushing yourself to lift things manually that are too heavy is very dangerous, know your limitations
- Beware of distractions (Cell Phones, Noises, Environmental factors)
- Eliminate the need to carry things or lift things if machinery can be used

Avoid

- Awkward postures (twisting)
- Repetitive motions (frequent reaching, lifting, carrying)
- Forceful exertions (carrying or lifting heavy loads)
- Pressure points (grasping loads, leaning against parts or surfaces that are hard or have sharp edges)
- Static postures (maintaining fixed positions for a long time)
- Don't use something that you do not have the proper training to operate
- Poor environmental conditions, such as extreme heat, cold, noise, and poor lighting



- Reduce the stress on your back and shoulders
- Reduce the effort and force needed to perform work tasks
- Improve your grip
- Reduce contact pressure on your shoulders and hands
- Reduce the effort and force needed to perform work tasks
- Change the container
- Use a tool
- Avoid lifting from the floor



Overexertion Injuries

- Strains
- Sprains
- Tears
- Range from minor to severe
- Musculoskeletal Disorders: work activities which are frequent and repetitive, or activities with awkward postures cause these disorders which may be painful during work or at rest.

Be Proactive: Employers can keep their Employees safe by using these guide lines.

- Alternate heavy tasks with light tasks
- Provide variety in jobs to eliminate or reduce repetition (overuse of the muscle groups)
- Adjust work schedules, work pace, or work practices
- Provide recovery time
- Modify work practices so that workers perform work within their power zone
- Rotate workers through jobs that use different muscles, body parts, or postures
- Educate employees how to lift properly

Lifting Properly: Depending on what you are lifting, these simple rules will help you stay safe

- Always lift above the knees, below the shoulders, and close to the body
- Reduce reaching and bending



Women's Equality Day

By Donna Hardy, Federally Employed Women Program Co-manager

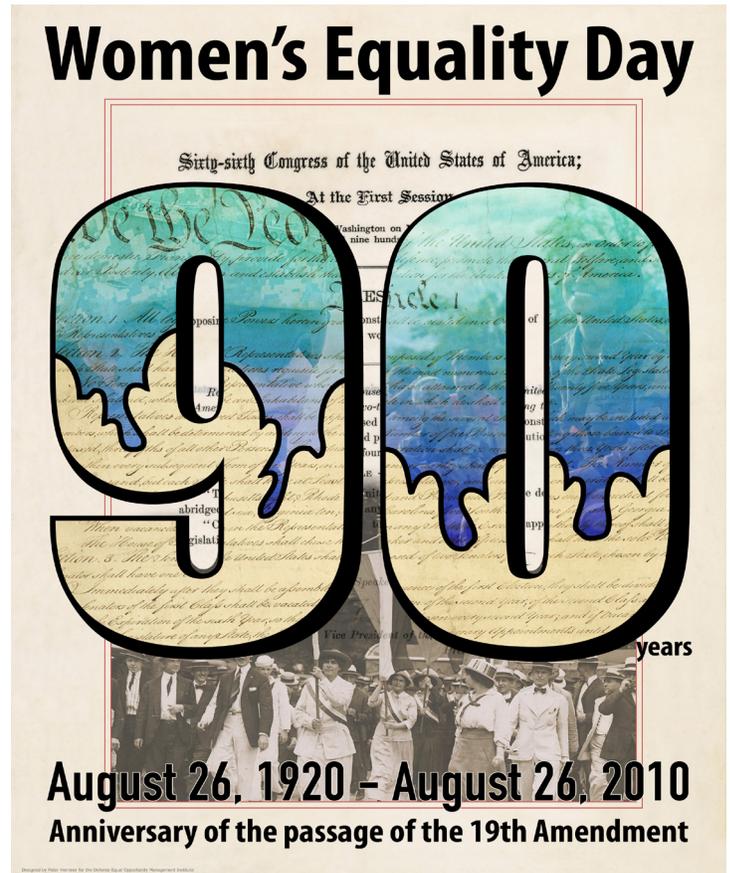
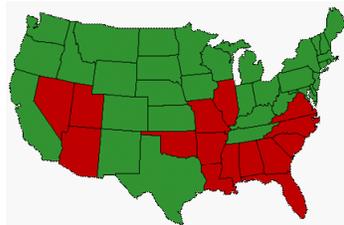
Women's Equality Day is celebrated on August 26. The celebration serves two purposes: a reminder of the passage of the Nineteenth Amendment granting women the right to vote and to call attention to women's continuing efforts toward full equality. This year marks the 90th anniversary of the ratification of the Nineteenth Amendment.

How did this evolve? It formally began in 1848 when Elizabeth Cady Stanton, Lucretia Mott and 300 other women and men held the first Women's Rights Convention in Seneca Falls, New York. The Declaration of Sentiments, modeled after the Declaration of Independence, was presented and passed by the convention. These resolutions included among other demands, that women have the right to vote. The struggle for women's rights had begun.

In special sessions conducted during May and June 1919, the Nineteenth Amendment passed both the House and the Senate. The proposed amendment was sent to the states for ratification. The approval of 36 states was required for the constitution to be changed. On August 18, 1920 Tennessee became the 36th state to do so.

Seventy-two years after the formal beginnings of the Women's Rights Convention the amendment was certified for adoption by the United States Secretary of State on August 26, 1920. It had been a long, hard fight by women and men who believed in the equality and rights of women.

Today there a few states (in red) who have not ratified the Nineteenth Amendment. 



Good to Great - Communication and Collaboration are Essential

E-mail Communication Tips

- Always respond promptly. When you do reply, enter your text above the sender's message rather than below it.
- Don't use capitals - that's equivalent to shouting at someone.
- Never send an e-mail in anger - come back to it later and decide whether the tone is appropriate before you hit send.
- Always do a spell check - e-mails can be very quick to compose and fire off - but they should still be professional.
- Use "Action" or "FYI" in the subject so your reader can prioritize.
- Put the action you need at the front of the e-mail. That way readers can view it in the preview pane without opening the message and if they want more background information they can keep reading.
- KISS - Keep it short and sweet.
- Use a signature that includes contact information to ensure people know who you are.
- E-mail definitely has a place when communicating, but people can become over reliant on it and can hide behind it. Think before you send an e-mail as to whether you could resolve the issue quicker by picking up the phone. People can easily fall into the habit of just sending e-mails and easily forget the value face-to-face communication and a conversation can bring. 

Rock Island District - BUILDING STRONG®

ONE DISCIPLINED TEAM - in thought, word, and action - meeting our commitments, with and through our partners, by **"SAYING WHAT WE WILL DO, AND DOING WHAT WE SAY."**

Around the District

Retirements ...

Michael Harper, quality assurance specialist (Ammo), Ordnance and Explosives Engineering Section, Technical Services Branch, Engineering and Construction Division, retired Aug. 1, after dedicating 43 years and 11 months to the federal government.

James Reynolds, quality assurance specialist (Ammo), Ordnance and Explosives Engineering Section, Technical Services Branch, Engineering and Construction Division, retired Aug. 1, after dedicating 35 years and one month to the federal government.

Satyesh Nanda (S.K.), chief, Hydrology and Hydraulics Branch, Engineering and Construction Division, retired Aug. 1, after dedicating 42 years and four months to the federal government.

Upcoming Event ...

Annual Retirees' Luncheon

Retirees, sign up now for the annual retirees' luncheon held Sept. 8 at the Quad City Botanical Center, 2525 4th Avenue, Rock Island, IL. Social hour begins at noon with the luncheon following at 1 p.m. The price is \$15 per person.

Checks should be made out to Sandra Dixon and mailed to Sandra Dixon, 8109 9th Street W., Rock Island, IL 61201-7733. Aug. 30 is the deadline for reservations and payment.

If there are any questions, contact Bonnie Donelson, (563) 381-3143, LaVeta Bear, (309) 794-0710, or Sandy Dixon, DIXON-S3JSS@aol.com, (309) 787-5782.

Blood Drive by JoAnn Wilgenbusch

On behalf of the Mississippi Valley Regional Blood Center and the Rock Island District Corps of Engineers, I thank those employees who donated blood on July 6 and also the employees who provided the treats for the mobile drive.

Blood drive results:

- 38 Units of blood collected (Goal increased after our Oct. 2009 drive to 40 Units)
- 0 Deferrals (Outstanding)
- 5 Walk-Ins (Much Appreciated)
- 4 No Shows (Will more than likely give next time)
- 4 First Time Donors (Excellent)

The next semi-annual blood drive will be held in the ABC Conference Room October 12. Each blood donation helps to save at least three lives! 



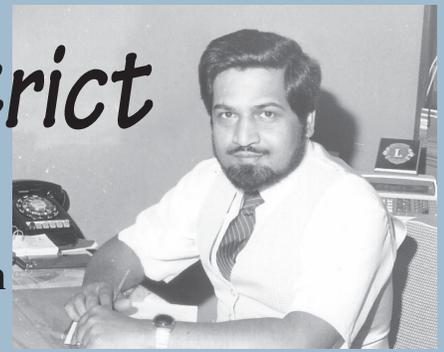
A Newcomer's Briefing was held at the Clock Tower June 29 helping new employees become familiar with all functions of the District.



Spotlight on the District

S.K. Nanda

Retired Chief, Hydrology and Hydraulics Branch



Everyone finds a different path that leads them to the Corps of Engineers. S.K. Nanda's path started in India where he was born and raised in the town of Balasore, in the State of Orissa.

Nanda attended the famous "Indian Institute of Technology" in Madras, India, obtaining a bachelor's degree in civil engineering. In his final year, he asked his German hydraulics professor, Dr. Rouve', where he should do his graduate studies. The professor said there was only one place he recommended - the Institute of Hydraulics Research at the University of Iowa where the father of modern hydraulics Dr. Hunter Rouse taught.

Nanda enrolled at the University of Iowa, Iowa City, Iowa, and obtained his master's degree in mechanics and hydraulics.

During his time at the university, Nanda became familiar with the Corps and joined the Hydraulics Branch in 1968 as a hydraulic engineer. In his early years with the Corps, Nanda was responsible for hydrologic and hydraulic (H&H) analysis and design of water resources projects; flood plain management studies; hydraulic design of the Clinton, Bettendorf, Waterloo and Rockford local flood protection projects; and several optimization studies for reservoir operations.

Nanda was also heavily involved in the construction of Saylorville Lake including flow forecasting, condemnation lawsuits, alternative regulation studies, land acquisition for the downstream corridor, and he authored the regulation manual for its operation.

Later in his career, Nanda was instrumental in the design and installation of the first pneumatic crest gates in the Corps at the Saylorville Lake spillway.

As he became known throughout the H&H field new doors opened.

He developed the probabilistic method for the design of interior flood control projects that is part of today's USACE

Engineering Manual. Nanda also brought space technology to the water control management of the District. He conceived, designed and implemented the satellite data collection system and real time water control operation. Soon after, the satellite downlink was installed on the roof of the Annex building. Nanda collaborated with the USACE Remote Sensing Center at the Cold Regions Laboratory and proposed the first and only Remote Sensing Demonstration Project at Rock Island. This multi-million dollar, five-year project culminated in 10 engineer technical letters providing information in remote sensing technologies for water resource operations.

He was the founding member of the USACE Hydrology Committee serving as chairman until his retirement. Nanda was a major force for modernizing H&H policy and guidance programs for the Corps that produced several Engineering Manuals and Regulations.

He served on numerous USACE headquarters teams, task forces and committees, including the Committee on Hydrological Sciences of the National Academy of Science. He represented the Corps at many international conferences and chaired the Spillway Committee of the U.S. Society of Dams.

Following the Great Flood of 1993, Nanda was appointed by the Director of Civil Works, Maj. Gen. Stanley Genega, to the inter-agency White House Scientific Assessment and Strategy Team to represent USACE. His work on this team brought him commendations from the General and then Vice-President Al Gore.

In 1997, Nanda was appointed by the Director of Civil Works to be the chairman of a multi-state, multi-agency team to revise the water surface profiles of the Upper Mississippi and Missouri Rivers. Five Corps districts accomplished this controversial project and it is now adopted by all agencies.

Nanda is a founding member and trustee of the American Academy of Water Resources Engineers and will become president in October.

Throughout his career Nanda's high level of personal drive and the ability to work with others has helped him become successful.

"My philosophy is akin to Amelia Earhart's...to paraphrase, If someone has already built a runway, take off—If there is no runway, then take a shovel and start building one," said Nanda.

Away from work and into retirement, Nanda's involvement in community activities and professional and service organizations will continue. He has been involved in the Lions and Rotary Clubs of Bettendorf, Quad Cities Engineering and Science Council and the Rock Island Post of the Society of Military Engineers (SAME). He is also a member of the Advisory Board for the College of Engineering, University of Iowa.

Nanda has received many awards during his illustrious career including the Lifetime Achievement and Senior Engineer of the Year awards from the Quad Cities Engineering and Science Council, Award of Engineering Excellence from the Rock Island District and Mississippi Valley Division, bronze and silver de Fleury Medals, and all five U.S. Army Civilian Service Medals.

As he creates a new chapter in his life his advice is "It takes only a little effort to excel - Never settle for mediocrity - Life is Good." 



 Facebook,  Twitter

District Joins the Trend of Making Media More “Social”

By Allen Marshall, Public Affairs Specialist

During his recent retirement speech, an Army general mentioned that he and his wife approach their future “with hope and iPhones.” It was a light-hearted comment that was probably meant to describe a transition into a new world. But, it is an idea that could easily translate into a common thread in today’s society – our dependence on the digital world.

Whether it is iPhones or Blackberrys, millions of Americans are attached to the digital devices that keep them informed. Hand-held, wireless devices have made communication easier and more available. It has led to the wide-spread use of social media. Whether it is Facebook, Twitter, Flickr or YouTube, social media are the most current trend in how we as a society stay connected. And, the Rock Island District has joined the movement.

In recent years, it has become imperative that organizations like the Army Corps of Engineers become transparent and open. Communicating our missions becomes increasingly important as the social media trend grows. It is the duty of a government organization to stay connected to the communities it services and keep lines of communications as open and clear as possible. Social media has become a more prevalent way of accomplishing this duty.

The Rock Island District is now on Facebook. As countless organizations within the Department of Defense and the Army Corps of Engineers, the District is using Facebook to reach new audiences and extend communication capabilities. In conjunc-

tion with the Facebook page, the District can also be followed on Twitter. Although both pages are in their infancy, the utility of both grows on a daily basis.

To some, social media may seem trivial. Not everyone is on Facebook and not everyone Tweets on Twitter. In fact, if you are not a part of Facebook, you can’t follow the Rock Island District or any other page on the world’s largest social media site. But, hundreds of millions of people do engage social media and some depend on it as much as they depend on the nightly news or a web site.

In today’s 24-hours news cycle, there are many avenues by which to tell the organization’s story. But, because there are so many news outlets, a story can be told and forgotten by close of business. Using social media is a way to ensure the District’s stories are told in as many forms as possible.

The District can be found on Facebook at www.facebook.com/RockIslandDistrictUSACE and can be followed on Twitter at www.twitter.com/USACERockIsland. For those who have become “fans” of the District, please feel free to share the District’s pages with friends, neighbors and co-workers. The more people who follow the District on Twitter and “like” the District on Facebook, the bigger the audience becomes.

Rock Island District is committed to open, effective communication and social media is one of the tools being utilized to that end. For more information about our social media efforts, contact the Corporate Communications office at (309) 794-5204. 