



US Army Corps
of Engineers
St. Paul District

Crosscurrents

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Park Rangers Jim LuMaye (near tree at left) and Mary Kay Larson co-conduct an interpretive presentation on firefighting techniques with a forester from the Minnesota Department of Natural Resources, at Gull Lake's Terry R. Johnson Recreation Area. Such interagency cooperative programs are enabling busy lake staff to expand their public educational and interpretive program offerings. This program is part of the "Eco-Expo" routinely presented to youth groups and including, at Gull Lake, dam operation talks, indian burial mound tours and orienteering. The groups normally finish their day's activities with a picnic. At Gull Lake, Eco-Expo attendance reached 450 this season! For more on what's happening within the District, turn to Pages Six and Seven.

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Bits and Pieces

A Veteran's Day Message from Secretary of Defense Dick Cheney

On Veterans Day Americans remember and honor those who fought in war to secure peace.

At the eleventh hour of the eleventh day of the eleventh month of 1918, the "war to end all wars" came to a close. We Americans felt so strongly about the milestone that we created a national day of remembrance—Armistice Day. Three years later we buried an unknown American soldier from that war in Arlington National Cemetery. "Known only to God," he became the eternal symbol of Americans' willingness to fight and die for democracy, freedom, and their beloved country.

Unfortunately, war did not die in 1918. Unknown soldiers from World War II, Korea, and Vietnam have joined their comrade at Arlington Cemetery. Armistice Day has become Veterans Day on which we honor the courage of Americans who fought in all wars. Though our hopes are tempered by the need for vigilance which today's Armed Forces so ably provide, the dream of that first Armistice Day remains. There can be no greater tribute to our fallen sons and daughters.

I join the men and women of the Department of Defense in saluting our living veterans and those who made the supreme sacrifice for peace and freedom.

Along with the new **Computer Aided Design and Drafting (CADD)** system has come the need to train engineers and draftsmen on the system. In August and September, the Intergraph company, who produces CADD, has held many training sessions for Corps employees in the district office. In all, 30 people attended training sessions addressing work station implementation, micro stations, two dimensional drafting, three dimensional drafting, work stations operators, and Inroads (a design program package).

The \$500,000 CADD system arrived August 15, and is expected to cut the time of Corps design effort in half. In FY89, eleven Intergraph work stations were set up, with 17 personal computer workstations. Nine or ten more Intergraph stations are expected in FY90.

On November 7, there will be a North Central Division meeting in Rock Island, Ill. to address integrating the division's CADD system and to set up division-wide CADD standards. Four or five St. Paul district employees will attend and **Lynn Riggs (ED-D)** will speak on how the St. Paul District has set up its system.

An interpretive trail has been added to the many recreational facilities offered to visitors at the **Baldhill Dam/Lake Ashtabula Project**. The one mile trail, located at Eggert's Campground, follows the lake's shoreline, winds through trees and terminates back in the campground. Seven interpretive markers may be found at various

points along the trail, describing the wildlife commonly found there.

Colonel Baldwin has appointed the new **Federal Women's Program Manager: Bruce Brand**, structural engineer in Design Branch of Engineering Division.

Ten district employees joined the **federal disaster team** in northern California on October 22nd. Dispatched wherever needed within the state, they will be inspecting private residences to determine habitability and assess structural damage. They include **Jerry Bahn, Mike Evenson, Clyde Giaquinto, Tom Oksness, Mark Paulus, Bruce Ragan, Rick Rothbauer, Bruno Schiller, Arne Thompson and Jim Weinzi-erl**. See story on Page 12.

Party Party Party Party Party
This year's Holiday Party will be held at the Holiday Inn Townsquare on December 8th. There will be entertainment, food, door prizes and time to meet with friends and share the holiday spirit.

Advanced ticket sales (\$4.00) will begin on November 20th and end on December 5th. At the door, tickets will be \$5.00. Festivities will begin at 12:30, followed by the award ceremony at 1:00, with munchies available at 1:30. Watch for flyers and email messages for more information on the party!

Dave Christenson's (EM) first place win in the Heritage Toastmasters Humorous

Speech Contest allowed him to compete in the Area 11 contest, with five other clubs' representatives, where he took second place.

Heritage Toastmasters meets at 12:00 noon every Tuesday in room 1219. Contact Jeff McGrath at X256.

Joan Guilfoyle (PA) recently led a tour of historic lighthouses on the north shore for the Minnesota Historical Society. The weekend included visits to the Corps' Marine Museum at Duluth, the US Coast Guard buoy tender and various county and state museums and lighthouses. There were 50 participants.

Colonel Baldwin extends his person thanks to all those involved in the coordination and planning of the recent district visit by incoming NCD Commander, Brigadier General Jude Patin. The mere logistics in themselves, from planes to vans to hotels and back again, were outstandingly executed. Covering eight project sites in two states in three days was successfully completed only through the efforts and conscientiousness of all the staff involved. Thanks for performing such a fine piece of work.

ITEMS FOR BITS AND PIECES

If you have an item that you would like to see in this section, submit it! We can only print what we know, and we only know what you tell us or what we hear. So tell us! The same goes for photo opportunities: call x202.

Shelter at Cross Lake designed with wheelchair-bound users in mind

Editor: Remember in the September issue, I challenged you to identify the photo on the back page?! All those from Project Operations, you cheated and those from Cross Lake, you weren't eligible! So, did any of the rest of you know? Here's the answer...

Until just recently, Ronald L. Cloutier Recreation Area at Cross Lake has never had a picnic shelter of any kind that could be utilized during inclement weather. With an overall goal to provide recreational opportunities that everyone can use, including physically disabled citizens, the staff at Cross Lake designed a picnic shelter to be located at the existing wheelchair picnic site. During the off season months, several designs and ideas were discussed until finally a multi-use plan was agreed upon.

The Cross Lake site receives approximately twenty requests a recreation season (June-September) for picnic area reservations. These requests are for family reunions, class reunions, church, club and firemen picnics, and nursing home excursions. Many times, a reservation will be dependent on how much the weather cooperates. Group picnic visitation averages around 2500 people per year, with around 600 of these being wheelchair visitors.

The new multi-use shelter will utilize a reservation system to be initiated next year. The cost will be \$25.00 for advance reservation of the shelter or use of the shelter is free if you take your chances on its availability. The wheelchair-accessible shelter is located behind the day-use comfort station and offers a spectacular view of the bay area

at Cross Lake. It is convenient to all visitors who wish to see the dam, go fishing at the accessible dock, swim at the swimming beach, use the comfort station or just picnic and rest in a pleasant area.

The facilities at the shelter were constructed with the wheelchair visitor's needs in mind. Several wheelchair standards manuals were addressed before any construction began. Tables are the correct height, grills were measured and placed at a correct height; the center charcoal fire ring is even usable by a wheelchair-bound person and, of course, the pad surface and walkways are concrete.

The structure itself is an octagonal log design complete with a cedar shake roof. Electricity has been wired into the shelter and lights will be added soon to expand the versatility of the new facility.

The new shelter is an aesthetically pleasing addition to an already popular area and complements current facilities. In addition, it fills a basic need of many of our visitors - accessibility.

By Ray Nelson
Park Ranger, Cross Lake



The newly completed picnic shelter, as seen from the "back", is accessible via concrete walkways, with the comfort stations, beach and picnic area only a short distance away. The roof design, at right, allows smoke to escape, while still providing protection from the elements.



Earthquake Update:

Corps responds with pride and professionalism

More than 300 Corps employees from around the U.S.—including 10 from the St. Paul District—deployed throughout the San Francisco Bay area on Tuesday, October 24, to begin assessment of the damage suffered by private residences and businesses in the earthquake on October 17.

(See Bits and Pieces, page 2, for names of St. Paul participants.)

The performance of the inspections is essential for people seeking individual federal assistance for damages caused by the devastating quake. The Federal Emergency Management Agency (FEMA), which administers the individual assistance programs, had requested the large contingent of Corps engineers and construction inspectors in anticipation of a large volume of applications.

FEMA requested Corps assistance on Friday, October 21. Within 36 hours, most of the 300 engineers, technicians and inspectors were on their way to Sacramento, where they would receive individual job assignments. The full complement received an orientation by FEMA on Monday and was ready to go to work on Tuesday, October 24. The assessments made by the Corps will serve to verify and document damage claims.

By the week following the earthquake, the Corps of Engineers had more than 600 people providing a wide variety of earthquake recovery assistance.

Hundreds of other Corps of Engineers employees are still actively involved with recovery operations in other parts of the country in the aftermath of Hurricanes Hugo and Jerry and the recent flooding in Kentucky.

The only Corps division not providing inspectors for the earthquake recovery effort is the South Atlantic Division where professionals are actively involved in damage assessments and other recovery operations in the aftermath of Hurricane Hugo.

The Corps contingent is expected to remain in the earthquake area for 30 to 60 days.

It's the Great American Smokeout !

By Evelyn Harris, American Forces Information Service

Army Lt. Col. Antionette Hagey hopes that 13 will be a lucky number this year for military people who smoke. DoD's senior program specialist for health promotion was referring to the 13th Great American Smokeout, to occur Nov. 16.

"When you look at a pie graph of American civilians, three-fourths of that American pie are non-smokers. A pie of military personnel would show that 60 percent, or less than two-thirds, are non-smokers, so we don't compare well in that area. Our job in the military is to be ready so we can keep the peace, and part of readiness is to play a leadership role in areas of health and fitness," said Hagey.

"Smoking is a physical readiness issue. Research has shown that smokers and persons who use smokeless tobacco don't perform as well on military fitness tests. Smokers are also sick more often. That hurts readiness," she added.

"But another aspect of smokeout participation by military people is that it gives us a chance to be a part of the America we defend. Last year, many posts and bases played a leadership role in their communities' smokeouts-making the cities, counties and states where they were stationed look good in the friendly competition between localities that goes on every smokeout. That may not seem important, but it contributes to good community relations," she said.

The Great American Smokeout is held each year on the third Thursday of November. This year's theme is "Leave the pack behind..."

American Cancer Society has provided posters, postcards and tent cards showing this theme by MAD Magazine cartoonist Jack Davis for use in smokeout observations on military installations.

Another smokeout poster will feature Star Trek's Mr. Spock,

actor Leonard Nimoy, with the message "Don't Smoke, Live Long and Prosper." Also taking

part in the campaign will be retired Surgeon General C. Everett Koop.

Hagey said many installations will hold smokeout activities such as races, athletic events and contests. Some will sponsor "lock ups", in which smokers are locked away and entertained to keep their minds off their tobacco habits. Smokeless happy hours are also gaining in popularity.

According to the American Cancer Society, last year some 5.4 million people, or 10.7 percent of the nation's smokers, gave up cigarettes for the entire 24 hours of the smokeout. One to three days later, 3.4 million of those people were still not smoking.

Hagey added, "At one time, drill instructors signaled breaks by saying, 'Smoke 'em if you got 'em.' Those days are gone."



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From the Commander

Clarifying Employee Support of Professional Organizations



Colonel Roger L. Baldwin,
District Commander,
St. Paul District

I want to take this space to share some thoughts on the Corps and District support of professional organizations. We have had a number of new employees join the Corps over the past couple of years. It is important that all of you know how we view this subject and why we think it is important.

What is in it for the Individual?

The Corps thinks that professional organizations provide an important contribution to the development and training of our employees. Lieutenant General Hatch, our Chief of Engineers, has recently stated in a policy letter that such organizations encourage the exchange of information and the 'fostering of new ideas'. Participation in these activities enhances our skills and knowledge.

What is in it for the Organization?

The Corps benefits directly from the participation of its members in the activities of professional organizations. The Corps ends up with a workforce that is more highly trained and up to date than it would have been, had our employees chosen not to participate. It is incumbent upon us to support these organizations and encourage our employees to participate. Hatch further states that he has heard from several professional organizations that some field operating activities discourage or do not allow attendance at luncheon meetings that involve a reasonable amount of duty time. Hatch's letter made it clear that discouraging attendance in this way violates the Corps' policy with respect to professional organizations and that Corps' policy is to encourage employees' active support of

professional organizations.

What are the Rules?

There are some limitations to the support we can provide to professional organizations. They have been set forth in various Army Regulations but can generally be summarized as follows:

- Do not give organizational preferential treatment to one professional organization over another;
- Do not authorize the use of any resources which would adversely affect the Corps mission or the conduct of government business.

Explanations of these rules are available from your supervisor but generally, you can and are encouraged to:

Join and actively participate in professional organizations and their activities;

Serve in elected and appointed capacities in professional organizations;

Attend meetings, conferences, and symposiums of professional organizations in a TDY, permissive TDY, administrative or annual leave status in accordance with AR 1-211. Officers of professional organizations may be allowed a reasonable amount of time to prepare for professional meetings and other responsibilities which can only be performed during duty hours;

Accept speaking invitations. A reasonable amount of time and administrative support may be allowed in support of such speaking engagements;

Prepare papers for presentation at professional association symposia. When the presentation of such papers will be of direct and substantial benefit to USACE research time, typing and administrative support may be allowed.

The spirit of this message is that it is okay and highly desirable for you, as a Corps employee, to participate in these activities. Your supervisor can tell you about several such professional organizations that can most certainly expand your horizons. It is a fun way to expand your knowledge base and to enhance your personal skills in dealing with people.

NCO of the Month:

Brent Johnson
Budget/Program Analyst, Programs Management Office
U.S. Army Corps of Engineers
and
Staff Sergeant, Minnesota National Guard

You might call Brent Johnson a "two-timer" when it comes to his NCO responsibilities in the Minnesota National Guard. You see, Staff Sergeant Johnson is now in his second term of service in the Guard. Originally, he signed on as a combat engineer, serving from 1971 to 1977 with the 682nd Battalion, Northfield, Minnesota.

After a six-month hiatus, Johnson decided to "re-up", this time as a data analyst supervisor with the Guard's Personnel Services Division of the 47th Adjutant General Company in St. Paul. He found his new duties were similar to his job in the St. Paul District and they allowed him the opportunity to develop and apply his computer skills. He likes the Guard's income, retirement, insurance benefits and travel opportunities. And the diverse backgrounds of fellow soldiers adds to the interest of the job. "If there is a down side," he says, "it's that it does take time away from my family."

Johnson's military duties center around monitoring, analyzing and updating automated personnel records. This requires maintaining contact with other sections and coordinating vast amounts of data-base information. As an NCO, Johnson also carries training and leadership responsibilities within his Guard section.

He is proud of the fact that, for the past three summers, his section (usually 10-12 persons) has trained on the active Army's Tactical Army Combat Computer Support System (TACCS) in Fort Ord, California. TACCS is the Army's state-of-the-art personnel management computer system. Among other military commendations, Johnson has been awarded two Army Achievement Medals

for his work with Personnel Services.

Calling himself an "oldtimer" in the Corps, he has been with the St. Paul District since 1973. A budget/program analyst in the Programs Management Office, he has held previous positions as budget analyst for Construction Operations and as an accounting technician with the Finance and Accounting Office. In his present duties, Johnson is responsible for developing budget estimates and technical justifications for the Corps. Other work includes preparing information for publication in Water Resource Development books, Force Configuration Tables and the District Annual Report. He says the biggest change in his work for the Corps over the past 16 years has been in the use of computers. "We've seen a big development from large, old-style, hand-calculated, spread sheet 'cut and paste' documentation to advanced, user-friendly computer programs that generate

documents in a clean, neat format at the push of a button," Johnson says.

Johnson graduated from the University of Minnesota in 1971 with a degree in Business Administration. He has taken post-graduate courses in accounting, technical writing and computers. Through the Corps of Engineers, he has had training in budgeting, planning and supervision. National Guard schooling has included management and advanced NCO leadership courses.

Brent, wife Kathleen and children Jennifer, Josh and Brian, live in Shoreview. Family activities include scouting (Brent is an adult leader in Cub Scouts), camping, travel and sports. Brent is an avid follower of University of Minnesota sports. In fact, it's quite common to find him at a Gophers' game...when he's not at the Corps, or with the Guard, that is.

By Jerry Cadwell, Public Affairs Office



Do federal employees ever get fired?

By Tom Joyce,
American Forces
Information Service

Contrary to popular belief, the federal government does fire people—about 15,000 each year.

And the Office of Personnel Management has issued new rules telling managers how to handle cases of workers who face dismissal or demotion because of poor performance.

The new rules went into effect on July 21. According to Tim Dirks, chief of the Employee Relations Division with the Office of Personnel Management, they clarify "for federal managers and employees the rights and responsibilities of those who are performing at unacceptable levels.

"They lay out more specifically for agencies the requirements for how to address unacceptable performance and ensure the employee is given a fair chance to improve," said Dirks.

One rule change addresses the issue of "sprinters." Dirks said these are employees typically given 60-90 days to improve performance or become subject to adverse actions. Some "sprint" for this period and then fall back into their old patterns. The new policy, said Dirks, gives agencies greater latitude to address these situations by requiring that the employees perform acceptably for a longer period of time.

The rules also require that supervisors: Must notify an employee of unacceptable performance immediately and not wait

until a rating period; Must explain to the employee which areas and job elements are not satisfactory and what level they need to improve to; Must give the employee a reasonable opportunity to improve, including on-the-job assistance and clear work assignments; and

The new rules also state that, in most cases, employees have only one chance to improve before adverse action such as demotion or removal can begin.

"The Office of Personnel Management believes the new policy strikes a balance between the interests of the agency and the employee," said Dirks. "The focus is clearly on correcting problems."

Dirks also offered guidance to managers and employees on addressing poor performance.

"The biggest problem managers make is not addressing the issue of poor performance early enough", he said. "They let a problem fester too long. When they do begin to counsel, it becomes a win/lose situation. If the problem had been addressed earlier, it would probably be resolved on better terms.

"For the employee with unacceptable performance, the problem is usually one of vigilance. The employee who has been given a chance to improve must be dedicated to sustaining acceptable performance," said Dirks.

Corps joins construction industry in R&D program

U.S. Army Corps of Engineers will take part in 17 projects under a landmark research and development program shared with the U.S. construction industry. Robert W. Page, Assistant Secretary of the Army for Civil Works, announced recently that the Corps will participate in the research and development and share in financing the projects under the Fiscal Year 1989 Construction Productivity Advancement Research (CPAR) program. The Corps solicited proposals for the program earlier this year.

The new program builds on and benefits from the Corps' existing \$250 million per year research and development efforts, and the capabilities of its 1,100 engineers and scientists at six laboratories throughout the nation.

In announcing the selected projects, Page said, "I am extremely pleased with the number and quality of the proposals we received. These will provide the initial work that will develop the advanced technology this country needs to increase productivity within its domestic construction industry and to improve our ability to compete world-wide. On the federal level, we expect to reduce costs and realize savings in both civil and military construction, and our work for other agencies."

The Corps received 145 proposals in response to its request. The Corps' research and development laboratories screened the proposals and recommended 56 of them to the CPAR Executive Committee, composed of senior Corps officials. The Committee selected 17 proposals for FY 89 funding, within the limits of authorized funds.

The selected proposals cover a broad cross-section of construction technology, including advanced materials and construction methods, robotics, innovative information management, and improved design methods. Industry partners include construction and architect/engineer firms, equipment and materials manufacturers, academic institutions, non-profit organizations, trade associations and state agencies.

The Corps will provide \$2.732 million for the work, with the industry partners contributing \$7.075 million. The average project length is two years. Legislative authority for CPAR was included in the 1988 Water Resources Development Act signed by President Reagan in November 1988.

CPAR enjoys strong Congressional support from both the Senate and the House of Representatives for FY 90 funding. The Corps expects to request proposals for the FY 90 CPAR program in November or December.

Cooperative Education with the Corps - A Student's Perspective

By Erik Petersen, Co-op Student
Cross Lake

As a University of Minnesota student in the College of Natural Resources, I've learned that breaking into the profession can be extremely difficult. Opportunities for gaining seasonal experience are abundant; agencies and organizations need qualified personnel to perform field tasks. Career opportunities, however, have been relatively limited in recent years. Cooperative education programs with the Corps can often help bridge this gap by using students to reach seasonal field objectives at Corps of Engineers recreation areas and providing the guidance and training necessary for students to perform in a professional capacity.

Natural resource students in the Corps of Engineers Cooperative Education Program (Co-op) are required to work two seasons prior to graduation. Since the season starts before spring quarter is finished, students miss the last two spring quarters of their college tenure. In exchange, students gain valuable experience, and 120 days of Career Conditional Status upon graduation.

The Co-op program offers students a very different experience from most seasonal jobs. The work season is 4-5 months long, in contrast to most 3 month seasonal positions. The longer season enable students to become

familiar with the area's resources prior to the onset of the "busy" season, helping the Corps of Engineers recreation areas provide a higher quality of visitor assistance than would be possible in a standard 3-month season. The longer season also allows students to gain better knowledge of the Corps of Engineers organization, operations and policies.

Co-op students working at a Corps project are also exposed to a diversity of responsibilities, in contrast to most seasonal positions. For example, in 1987, as a U.S.D.A. Forest Service Seasonal Employee, my duties during the three month season included field work for timber inventory studies and firefighting.

In the Headwaters Area during the last two years, I've undertaken responsibilities ranging from administration, maintenance, meteorological and hydrological data collection, fee collection and visitor assistance, designing and using survey instruments, providing input to managers on facility design and improvements, as well as input on policy decisions, organizing and promoting activities and writing articles for the local paper ... the list goes on. This diversity of responsibilities has helped me to understand how the Corps of Engineers functions at the District and Project levels. In addition,

these responsibilities have permitted me to utilize some of the tools I've learned in school. Had my duties been narrowly focused, as in most seasonal positions, my experience would have been less worthwhile.

The Cooperative Education Program seems to be an investment by both the Corps of Engineers as well as the student. As a consequence of not attending college during the two or three spring quarters prior to graduation, students miss a number of valuable classes only offered in the spring. Also, graduation may be delayed by a year or more.

The Corps must also make a few trade-offs. Project managers and rangers spend time training students, and probably face frustration in "breaking in" new people on an annual basis. Overall, the investment seems to pay off for both students and the Corps of Engineers. The Corps can noncompetitively hire graduates who have completed the Co-op program; people who are well trained and can be chosen on the merits of past performance. Graduating students have the opportunity to apply for career and career-conditional jobs, an opportunity unavailable in most seasonal and internship positions.

I am grateful to have had the chance to participate in the Cooperative Education Program and to have worked with some of the Corps' finest.

BG Patin becomes North Central Division Commander

On October 17th, a change of command ceremony was held in North Central Division to welcome its new commander, Brigadier General Jude W. P. Patin. Though this will be Patin's first experience with civil works projects, he has already begun the familiarization process by visiting several of the NCD districts, including St. Paul on October 18-20th. Patin will be distributing his philosophy of command statement to the district within the next few months.

His military career has spanned several decades, beginning with service in Korea in 1963. Other overseas assignments include Thailand, Vietnam, Hawaii and two tours in West Germany. While in Thailand, he led the 697th Engineer Company in the installation of the longest pipeline in the Republic of Vietnam under difficult combat conditions. His education has included a bachelor of science degree in architectural engineering from Southern University of Louisi-

ana, a master's degree in industrial engineering from Arizona State University. He is a graduate of the Command and General Staff College at Fort Leavenworth, Kansas; the National Security Management Course at the Industrial College of the Armed Forces in Washington D.C. and the U.S. Army War College at Carlisle Barracks in Pennsylvania.

Patin's military decorations include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Air Medal, Army Commendation Medal, Meritorious Unit Citation, National Defense Unit Citation, Republic of Viet Nam Cross of Gallantry and the Republic of Viet Nam Civil Actions Medal. He also wears the Parachutist Badge.

He is married to Rose Marie Darensbourg of Baton Rouge, Louisiana. They have two children, both of whom are pursuing military careers.

Snapshots

BG Patin Visit

From October 18-20th, new NCD Commander Brigadier General Jude Patin visited the St. Paul District. During his stay, he visited construction projects at Bassett Creek in downtown Minneapolis (shown at right, with Resident Engineer Mark Koenig), Chaska, Rochester, State Road Coulee in LaCrosse, Cheyenne River Project, Fargo, Minot and Baldhill Dam in North Dakota.



Lock and Dam #3

Members of *Up With People*, an international non-profit educational organization which performs concerts world wide, toured Lock #3 with Corps employee Bob Stone and his family on September 1st. Stone does equipment repair work at Lock and Dam #3 and has been with the Corps for 11 years.

Assisting Stone (at right) were his children, Karissa and Jeremy (front). Enjoying watching the barges lock through were (left to right): Scott Smith, New Jersey; Viktor Studer, Switzerland; Jan Sandlund, Sweden; Takahiro Shinshi, Japan; and Marty Kotke, Owatonna, Minnesota. The Stone family hosted these young men during their stay in Red Wing August 30 to September 3.



Baldhill Dam

At left : This grinning youngster was part of an Eco-Expo program at Lake Ashtabula's visitor center on September 22. Participants in the program were 35 fifth and sixth graders from St. Kate's and North Central elementary schools of, respectively, Valley City and Rogers.

Park Rangers Barb LaPierre, Randy Melby and Rich Schuene-man provided programs for the group which included tree identification, water safety, and fish identification. Activities included "Find a Float", leaf identification in the arboretum, and a hands-on experience of handling fish and learning their identifying features.

At the end of the program, students gathered together to watch the video "The Reason People Drown", by drowning expert Frank Pias. At the end of the film students were given Eco-Expo certificates of participation and Eco-Expo patches.



Gull Lake

Water safety programs at Gull Lake have been ongoing since spring of 1988...every Friday night during the recreation season. *Above*, Park Ranger Mary Kay Larson works with a member of the Cass County Water Patrol to present water safety tips to some visitors.



Presented in coordination with Crow Wing County and Cass County Water Patrol (*above*), the Gull Lake programs include boating laws, safety tips, demonstrations on the use of personal flotation devices, how to use makeshift rescue equipment on the spot, hypothermia and survival floating.

County personnel also present information regarding required boat registration and equipment, which aids public understanding of the laws being enforced on Gull Lake. Attendance for these programs alone in 1989 was 189.

Saturday nights at Gull Lake have provided an opportunity to communicate with the public through educational films. These have proven very popular, with a total of 309 visitors attending during the 1989 season.

Marathoners Among Us

You may be asking yourself what the Twin Cities Marathon (TCM) has to do with the St. Paul District Corps of Engineers. Or even, why anyone in their right mind would want to run 26 miles and 385 yards for a 1 3/4 inch diameter medal and a T-shirt that says "Twin Cities Marathon *finisher*". Well, four district personnel are probably asking themselves that very same question.

This year's marathon was enjoyed (*that's right I said enjoyed*) at least at the start, by Robert Dempsey (ED-M), Lisa Hedin (ED-GH), Mark Koenig (CO-TB), and Gregory Schroeder (ED-M) and 6,040 other runners. They all got up early on Sunday, October 8, 1989, to participate in one of the prettiest marathons in the whole United States. Starting from downtown Minneapolis on a crisp, clear morning, at staggered starts between 7:30 and 8:00 a.m., they ran past Lake of the Isles, Lake Calhoun, Lake Harriet, Lake Nokomis, Hiawatha Lake, up the Mississippi River along West River Road to the Franklin Street Bridge, then down river to Summit Avenue and finished at the State Capitol in St. Paul. What better scenery to test your physical conditioning and release stress!

A total of 4,696 people finished, 3,674 men and 1,022 women. An estimated 200,000 to 300,000 spectators cheered the runners along. Following is some information on the four District runners, why they run, and a summary of this year's TCM.

NAME/ Robert Dempsey

AGE/ 34

OCCUPATION/ Engineer Manager, Engineering Management Branch
TCMs/ 4 (1985-1988)

PREVIOUS PERSONAL RECORD/ 3 hours, 48 minutes, 7 seconds

1989 TCM TIME/ 3 hours, 48 minutes, 7 seconds

WHY DO I RUN/ I fall into the class of marathon runners known as "citizen" runners, who by some personality quirk feel challenged by the distance. I have participated in several running programs since high school, and as the years have passed, the distances which I've run have increased. Two mile runs in high school, three mile runs in the Marines and 10k citizen races were very popular in the late 70's evolved into an interest in marathoning in 1985 when we moved back to Minnesota from the Omaha District. Physically I had the right qualifications: resting pulse in the mid 40's, mid distance training, and a race right here in our backyard. I entered my first TCM in 1985 with minimal training and the goal of finishing. I found the distance to be more than I had bargained for, but I did make the finish walking three of the last five miles. What I found was that there is an energy behind the TCM which made the marathon something more than a race.

1989 TCM SUMMARY/ Met my goal of 4 hours or under. Ran the first half in 1 hour 54 minutes and the second half in 1 hour 54 minutes. Ran with Greg Schroeder the first 8 miles before stopping to shed a layer of running clothes. Great weather!! Met my wife Patti at mile 21 and she ran the last 5 miles with me. She kept my mind off stopping to walk, but I could have done without the "you're going too slow" comments unless she put in the other 21 miles first.

WILL I RUN IN NEXT YEARS TCM/ Yes. I really enjoy the experience and it gives me a reason to keep training and burn off the hibernation pounds from year to year. My wife says she'll give it a try next year so time may not be a goal as much as getting her to the finish line. I would also like to run the New York Marathon for time in November, about a month after the TCM. Goal: 3 hours, 30 minutes, 45 seconds.



NAME/ Lisa Hedin

AGE/ 24

OCCUPATION/ Hydraulic Engineer, Hydraulics Section
TCMs/ 1 (1988)

PREVIOUS PERSONAL RECORD/ 4 hours, 2 minutes, 0 seconds

1989 TCM TIME/ 4 hours, 2 minutes, 51 seconds

WHY DO I RUN/ I enjoy the feeling of being in good physical condition. I like the camaraderie among runners. Also, I never have to buy T-shirts for myself.

1989 TCM SUMMARY/ It was a beautiful day to run, and the crowds and volunteers were tremendous. My most memorable moment was coming around Lake Nokomis into the 13 mile aid station, seeing the balloons, and having the song "SHOUT" playing on the loudspeaker. It was inspirational.

WILL I RUN IN NEXT YEARS TCM/ Right now, I'm not sure. Ask me again in a month and I will probably say yes.