



US Army Corps  
of Engineers®  
Nashville District

# DistrictDigest

Volume 106, Number 3

*Relevant-Ready-Responsive-Reliable*

March 2006

## Testing Wolf Creek Crane

*See Page 5*



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## ASMC Offers \$500 Scholarships

The Music City Chapter of the American Society of Military Comptrollers (ASMC) will present two scholarships to selected students who are pursuing a degree in specific disciplines.

Students seeking degrees in one of five disciplines; business, marketing, economics, finance or accounting, may apply.

Eligible applicants should be federal employees or dependents of federal employees in the middle Tennessee area, a high school senior, or a current student

attending an accredited university. If already enrolled at a university, a minimum GPA of 3.0 is required.

To apply, students must submit a type-written essay of between 200 and 300 words entitled *Why this Scholarship is Important to Me*, along with an application form, and transcript to the ASMC Music City Chapter. The deadline is March 31. Winners will be notified by April 30.

Contact Ray Kendrick, Vicky Caldwell or Danita Jones for an application form. 



photo by Dave Treadway

## On the Cover

A worker from Water Weights, Incorporated, makes adjustments to the links which attach the devices to the Overhead Crane in the Wolf Creek Powerhouse. The contractors used this innovative method for the first time in the Nashville District to load-test the rehabilitated crane. See page 5 for complete details.

## District Digest

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Information about the Nashville District may also be found on the District's homepage at: <http://www.lrn.usace.army.mil>.

# Commander's Corner

I would like to thank everyone for their hard work and strong support; I am continually amazed at how our District steps up and accomplishes any mission at hand. I would also like to personally thank and welcome home two of our heroes; Chester Lowery and Robert Jarrett, both recently returned from Iraq and Afghanistan respectively.

The senior leaders from the District and other leaders across the Division recently met in New Orleans for a Regional Leader Conference. I am glad we chose New Orleans as a location as it provided us the ability to see first hand the magnitude of destruction caused by the hurricanes and showed us the necessity for hope among the people there. Our physical presence also supported their economy.

## Communication

We toured the broken levee sites and traveled through the areas directly affected by the flooding. It is difficult to describe the carnage; what you see on TV and in photographs does not do it justice.

The destruction is more widespread than I had anticipated. What resonated with me was the contrast between the relative lack of visible progress toward getting people back into their homes with a return to normalcy and the high degree of hope displayed by virtually all New Orleans personnel I encountered. Besides our commitment toward GWOT, the Corps of Engineers efforts toward coastal relief operations will remain the center of gravity for some time. There are incalculable requirements remaining and I want to emphasize here the continual need for volunteers to support this effort both now and in the future. I am proud to be part of an organization that is committed to this endeavor and which is daily making a difference in peoples' lives.

While at this conference, senior leaders discussed regionalization and our intertwined Division Strategic Plan that provides a guide to our future. Regionalization is nothing more than an emphasis on sharing work between Districts and, to some extent, between Divisions, all in the interest of reducing

costs. In these times of competing national priorities, we need to posture ourselves to efficiently and effectively utilize the resources provided to meet our mission. Quite simply, our mission is to protect people from our regional waterways, protect our waterways from people, and to make these waterways useful for all. Each of us can trace our job description to this mission. Our own Nashville Business Plan provides a series of metrics to gauge how successful we are in accomplishing our mission and lays out a number of initiatives through which we hope to improve our performance. I look forward to discussing this plan with each of you. I want to help you find the relationship between your job and the accomplishment of our mission.

As always, I want to share with you a tip on safety. Springtime is when we start planning work around the house. One big item is spraying the house for bugs, either professionally or by ourselves. Each year



one half of the pesticide-related deaths in the United States involve children under the age of 10. Improper disposal and storage of pesticides is the main cause. Pesticides can enter the body three ways, orally, through the skin or by inhalation. You should keep this in mind when using and storing pesticides and other chemicals. If children drink them, death may be the result. Read the labels and dispose of them properly. Protect the ones you love. Remember: Safety, because you are important. 🏠

## February Employee of the Month

Tim Dawson, an information technology specialist, was selected as the Nashville District employee of the month for February.

Dawson displays his technical competence and expertise both within and outside the Nashville District. Currently he is taking the lead in installing CAC card readers at employees' workstations while also providing excellent customer support in LAN maintenance as well as hardware and software support. He also assists with computer security compliance, telephone maintenance, issuance of CEFMS cards and computer configuration. Dawson maintains excellent customer relations with IM customers.

Last fall the information specialist deployed on short notice in support of Joint Task Force



Tim Dawson

Katrina and provided communications and information technology support to a multi-service team in the southern Louisiana, Mississippi and Alabama region. He determined needs, obtained equipment, and solved problems in that stressful environment.

"Taskforce success was dependent on the communications and computer support he provided," according to a citation he was awarded after the deployment.

Dawson's knowledge and technical ability, coupled with his enthusiasm for providing caring and thorough customer service, regularly incur positive recognition and comment. His reputation for volunteering for new challenges, excellent performance and positive attitude elevate the image of the Nashville District.

Senior Leaders select the employee of the Month from the many excellent employees identified by the District's chain of command. Selected individuals personify the seven Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage. 🏠

# Corps Ranger Honored by University

by Dave Treadway

**D**ale Hollow Park Ranger Bobby Bartlett was honored by Middle Tennessee State University for his lifetime contributions to the community February 7 at the 10<sup>th</sup> annual Unity Luncheon held on the Murfreesboro campus.

He was one of seven individuals recognized by the institution of higher learning.

Bartlett retired as a K-8 physical education teacher in Celina, Tenn., in 2001 after 30 years of service. During those years he also served as a bus driver, scoreboard operator and coach. Friends consider him the “strong backbone” of the Free Hill community. A man of many talents, the Corps ranger also ministers twice a month to the congregation of the



**Bobby Bartlett gets an adoring kiss from his granddaughter. The Corps Ranger keeps the reminder on the wall in his office at Dale Hollow Lake Resource Office.**

## People



photo by Dave Treadway

**Park Ranger Bobby Bartlett prepares to lower the ramp at Dale Hollow Lake State Park so guests may board the craft and participate in Eagle Watch 2004.**

Kingdom Hill Church of Christ in Tompkinsville.

The popular ranger obviously wears many hats but daughter Anita added one more.

“Our father served as a great coach, leader and teacher,” she said, “but his best job is that of a role model.”

Bartlett has been around Dale Hollow longer than all his fellow rangers. He began working there in the ‘70s as a temporary seasonal during summer breaks from school. Following his retirement from the school system, his status was changed to seasonal position, career conditional appointment.

Bartlett doesn’t plan to slow down any. He plans to continue to give back more this year since many communities are in great need of volunteers.

MTSU President Sidney McPhee thanked the honorees for their service.

“You are a difference maker,” he said. “You make a difference in the lives of others less fortunate.”

McPhee emphasized the role these volunteers have played in making their communities better places in which to live.

Dale Hollow Administrative Assistant Myra Haley also had high praise for Bartlett.

“He is a great person,” said Haley. “He was always firm with the kids at school, but they respected and loved him dearly.” 📷

# New Technique Used to Load Test Crane

Story and photo by Dave Treadway

**L**oad testing of the overhead crane at Wolf Creek Powerplant February 16 marked the culmination of rehabilitation work there on the unit.

All cranes are required to be load tested before a critical lift, (near capacity of crane) and after rehab or major modifications, according to Wolf Creek Powerplant Manager Larry Craig. Employees from contractor Water Weights, Inc., rigged five huge bags to each end of the crane, then filled them with water until 250 tons were suspended inside the powerhouse.

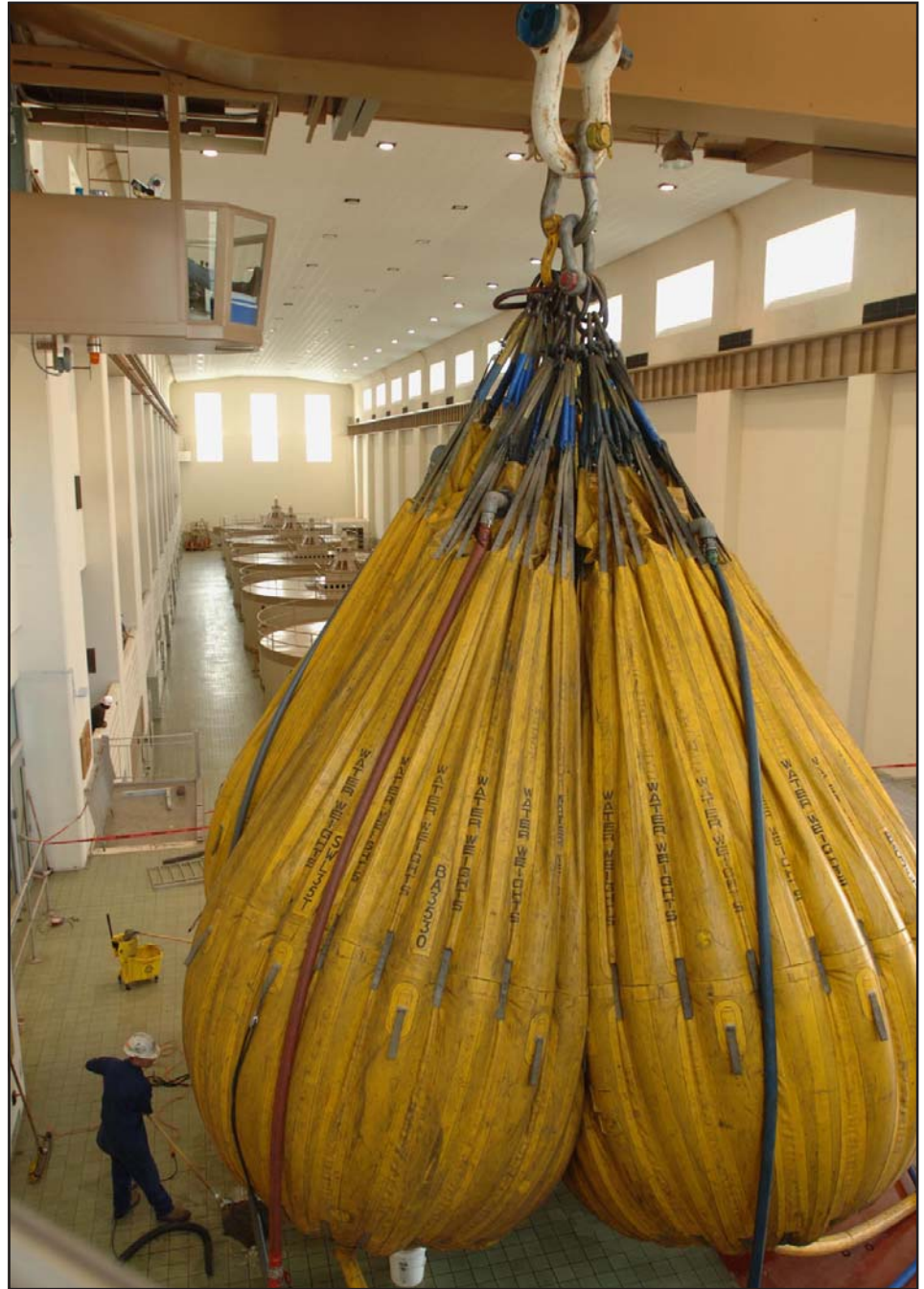
“This is the first time,” said Craig, “that Nashville District has used this method to load test a crane. This way the crane is loaded sitting on the crane rails and no weight is placed on the floor of the Powerplant.” Craig said in the past cranes were load tested by lifting the rotor of the generator – picking it up and letting it hang suspended for a few minutes - when a generator was disassembled.

The specs for this load test called for the crane to suspend the weight for a specified period of time, then more water was added until the weight in the bags reached 312 tons. More than four hours were required to fill the bags with water. Operators then moved the crane a distance of 20 feet and tested the crane’s braking system. The water was then drained from the innovative testing devices.

Inspectors from the Hydroelectric Design Center in Portland, Ore., observed the procedure and certified the crane rehab work at the end of the test. Craig said rehab work on the crane was extensive and included the capability for operation of the crane by remote control from the floor of the Powerplant.

“It is now equipped with state-of-the-art technology and electronics,” said Craig. “With remote control, a person will not have to be (high above the floor) in the cab, and most of the time the operator can be on the floor. This way an employee is not tied up sitting in the cab waiting on work below.”


The rehab of the Wolf Creek Powerhouse crane and rewind of generator number four were federally funded. The rewind of



**Bags filled with water hang suspended from the Wolf Creek Powerhouse Crane Feb. 16.**

generator number six was funded via a partnering agreement Nashville District signed with several sponsors on July 14, 2004. That agreement with Southeastern Power Administration, Big Rivers Electric Corporation, Municipal Energy Agency of Mississippi, South Mississippi Electric Power Association, East Kentucky Power Cooperative, Inc., Tennessee Valley Authority, and the Tennessee Valley Public Power Association provided \$5 million to

fund the rewind of generator number six at Wolf Creek and the crane rehab work that will soon be accomplished at Center Hill Dam.

The crane rehab work began at Wolf Creek in November 2004 and the load testing represents the culmination of that effort. The same company will use this same system to test the Powerhouse crane at Center Hill once work is completed with funding provided by the electric power partners above. 

# J. Percy Priest Lake Hosts Wild Turkey Release

Story and photos by Dave Treadway

J. Percy Priest Lake Wildlife Management Area hosted the National Wild Turkey Federation's (NWTF) kickoff for the 30<sup>th</sup> annual National Convention and Sport Show February 22.

Second grade students from Donelson Christian Academy helped officials from the Tennessee Wildlife Resources Agency (TWRA) and the NWTF release 11 wild turkeys to celebrate the partnership between the two agencies which helped them restore the popular game bird to fields and forests in Tennessee. Across the U.S., the species now numbers more than seven million from a low of 30,000 in the early 1900s.

## Process

"What you will see today," TWRA Region II Manager Steve Patrick told the assembled crowd of more than 200 students, guests and news media, "has recurred thousands of times over the last 30 years. Most of Tennessee did not have a wild turkey population 30 years ago. This kind of release of wild birds was so important to the restoration of wild turkeys in Tennessee. We have moved more than 14,000 wild turkeys across the state."

Patrick said it took a lot of people and partners to make that happen. He cited the U.S. Forest Service, the U.S. Department of Agriculture, the Bureau of Land Management, the U.S. Army Corps of Engineers, Bass Pro Shops, and, of course, the NWTF.

He then challenged everyone, including the students still in second grade, to preserve what has been created by those partners.

"The challenge for you in the future," said Patrick, "is to help us



Julie Schuster (center) represents NWTF sponsor Bass Pro Shops as she releases one of the 11 wild turkeys at J. Percy Priest Lake Feb. 22.

maintain the wild areas in this state so those species can continue to survive and thrive in the country."

Then, beginning with the students from Donelson Christian Academy, each agency released a turkey into the overcast sky. Some of the turkeys were equipped with tracking devices to allow officials to study their movements during the next three months.

The wild turkey release presented everyone an opportunity to see a wild turkey up close and learn more about wild turkey biology, population expansion efforts, and the importance of conservation to North America's hunting heritage.

Many other states have similar relocation programs. Following a 25-year restoration effort in Maryland, wild turkey populations continue to expand their range and their increasing numbers are providing abundant recreational opportunities. A

team of wildlife biologists from the Florida Fish and Wildlife Conservation Commission (FWC) helped bolster the declining wild turkey population at Everglades National Park. The team used bait and rocket nets to

catch 19 Osceola turkeys at private ranches elsewhere in the state for release in the Long Pine Key section of the park, a wooded area dominated by pine trees and palmettos.

Once nearly wiped out in Colorado, wild turkeys have made an impressive comeback. The Colorado Division of Wildlife began modern turkey transplant operations in the early 1980s. Since then, thousands of wild turkeys have been trapped and relocated to appropriate habitats around the state.

"Right now we have more wild turkeys in more places in Colorado than has ever occurred here historically," said Rick Hoffman, avian researcher for the Division. "Our success is primarily due to the trapping and transplanting operations."

Turkey relocation efforts in Massachusetts, which began in 1972, were completed in 1996. Members of the Canadian chapter of the NWTF were also present for the symbolic release at J. Percy Priest. About 400 birds were trapped in 2001, transferred and released at 25 new sites between Chatham and Cornwall in the Province of Ontario.



TWRA's Steve Patrick (left) holds a young wild turkey so a second grader from Donelson Christian Academy and her Dad can pet the bird.

# Readiness Update

by Jared Gartman,  
Readiness Branch

**Deployed Personnel:** Civil Emergencies: 29 GWOT: 5 Total Deployed: 34

The 2006 Hurricane Seasons begins 1 June.

Employees interested in deploying should hold a government credit card in good standing and complete the following:

**STEP #1:** Complete your Personal Data Sheet (PDS) and Medical Screening in ENGLink <https://englink.usace.army.mil> (Instructions are available from the EOC)

**STEP #2:** Get supervisor's approval; then have supervisor email the EOC with that approval.

**STEP #3:** Supervisors, Timekeepers, and Travel Clerks of the volunteer should complete their Personal Data Sheet to include the 'Phone/Commo' section. This information is required because it is displayed on the deploying individual's PDS.

**STEP #4:** Contact the Safety Office for assistance in getting the Hepatitis A and Tetanus shots; and get Personal Protective Equipment: hardhat, safety boots, safety glasses, etc.

Nashville District has filled more than 250 taskers (GWOT and CONUS) since 2004. If you were one of those employees, you were most likely deployed by Jerry Breznican, Nashville District's Emergency Operations Specialist.

Jerry could no longer be content just to send others; he has become the latest employee deploying in support of GWOT. He will be working as a security specialist for the Gulf Region Division in Baghdad for the next six months.

The Readiness Branch welcomes John Baird to a 60-day temporary assignment as the acting Emergency Operations Specialist. John will be the primary contact for deployments. 🏠

*Readiness, it's not just a job, it's a lifestyle.*

## Photos From the Field . . .

Staff Sergeant Tim Mills, (left) 2113 Transportation Company, Kentucky Army National Guard, accompanied by his father, J. C. Mills, Lock & Dam Equipment Mechanic Leader for Barkley and Kentucky Locks, recently returned from a 13-month tour of duty in Iraq. Mills shared details of his duty with the Western Kentucky Area Office team. A major portion of his work was to transport food, fuel, water and ammunition, and to escort civilian contractors hauling these supplies. He described several incidents, which included spotting IEDs along transportation routes. Mills said the Iraqi people were appreciative of the work performed by his unit.



Sharon Wilson was deployed to Beaumont, Texas, from Dec. 9 to Jan. 17 as a member of the Housing Team for Hurricane Rita. A small generator inside this float, (left) prepared for the town's Christmas parade, kept it lit and the services provided by the Corps in front of parade viewers. She said self-contained FEMA trailers were equipped with stove top range, oven, refrigerator and microwave. Each also came with a care package of sheets, towels, wash cloths, dishes, cookware and silverware. "It was truly a blessing to be a part of a team of caring individuals working to provide temporary homes for those who had severe damage to their homes, or total home losses," said Wilson.



The Nashville 'crew' gets together at the Regional Field Office in Baton Rouge, La., for a photo just before Sherry Philips (from left) and Elaine Bustillos headed home. William James, Melissa Cartwright, and Annette Watson are still deployed.

# Fraternities, Sororities Strive to Make a Difference

*Story and photos by Steven Foshee*

The Nashville District Special Emphasis Programs Committee honored Black History Month February 9 with a presentation entitled “Celebrating Community: A Tribute to Black Fraternal, Social, and Civic Institutions.”

Crystal R. Lewis, Engineering-Construction Division, read a presidential proclamation recognizing Black History Month.

“The accomplishments of African Americans,” proclaimed President George W. Bush, “in every aspect of our society continue to encourage people to reach as far as their vision and dreams may take them.”

Brig. Gen. Bruce A. Berwick, commander, Great Lakes and Ohio River Division, reminded everyone that this year’s theme pays tribute to the men and women all over the world whose involvement impacted all of our lives.

“I despise racism,” said Berwick. “I hate it and yet you see it in this country every day. I would challenge each of us to look in the mirror, at the source and fight it, in all of its forms and ways.” He believes the Corps of Engineers is doing a better job of being diverse but also thinks employees always need to make sure they are creating an environment for everyone. Regardless of background, each person should be able to achieve their full potential.

Keynote Speaker Adrien D. DeLoach exemplifies his leadership potential in his roles at Western Kentucky University and as a graphic artist for the Dollar Corporation. He chooses to stay at Western Kentucky University as a Residence Hall Director mentoring young adults who are pursuing education goals. He is a member of the Omega Psi Phi Fraternity organized on November 17, 1911, by three Howard University undergraduate students. His presentation was a journey depicting the beginnings and contributions of black Greek fraternities and sororities. He recalled when hurricane Katrina struck and Omega Psi Phi fraternity assisted by providing shelter, food, clothing and emergency funds.



**Brig. Gen. Bruce A. Berwick, commander of the Great Lakes and Ohio River Division, (above) and Nashville District’s Vicky Caldwell (below) speak at the annual event.**



DeLoach pointed out how fraternity and sorority members can be recognized by their distinguishing organization colors, hand signals and calls. DeLoach donned his Omega Psi Phi Fraternity color purple and noted Victoria E. Caldwell, Planning, Programs, and Project Management Division, was wearing her sorority colors of crimson red and white. Caldwell is a member of the Delta Sigma Theta Sorority, Inc., a non-profit college organization for women. Her sorority is committed to the development of membership and public service. It was founded January 13, 1913, at Howard University by 22 collegiate women. They wanted to use their academic strength to

promote academic excellence and provide assistance to those in need. Ironically, these same women participated in their first act of community service March 3, 1913, during the Woman Suffrage Procession in Washington, D.C.

The headquarters of Delta Sigma Theta is located in Washington, D.C., and claims to be one of the largest organizations for African-American women with membership exceeding 200,000 in more than 900 chapters. Each of these chapters has adopted a community service program with emphasis in five areas: economic development, education development, international awareness and involvement, physical/mental health, and local awareness involvement.

Here in Nashville and surrounding areas Deltas provide annual scholarships, support the Eighth Avenue Family Life Center, contribute to the United Negro College Fund in support of Fisk University, and also provide funds to the Tennessee University Foundation. Other local commitments include quarterly visits to the Bordeaux Hospital, mentoring of girls aged 11- 14, and partnering with non-profit organizations like Habitat for Humanity and the Minerva Foundation. Edward T. Duncan, acting deputy commander, Kappa Alpha Psi Fraternity, Inc., continued the community celebration.

“Kappa Alpha Psi is a college Fraternity comprised of undergraduate and alumni chapters on major campuses and in cities throughout the country,” said Duncan. His fraternity was organized January 5, 1911, at Indiana University by ten astute men with a vision. One of the ten was Elder Watson Diggs, often referred to as ‘The Dreamer.’

“To a large extent,” continued Duncan, “the fraternity was organized to assist African-American students in overcoming barriers that existed in predominantly white colleges and universities prior to World War II. The Kappa Alpha Psi constitution has never contained any clause that excludes a man from membership merely because of his color, creed, or national origin. All young men are encouraged to reach as far as their dreams may take them.”



# Artist Produces First Gospel Music CD

by Dave Treadway

**L**esslie Williams, administrative assistant at the Mid-Cumberland Area Office, is very proud of her baby brother and with good reason.

“He is our church choir director,” said Williams, “one of our pianists for both the choir and gospel groups we sing with, and he is the youngest Deacon of our church.”

Preston Carter also just produced his first CD, the culmination of his writing efforts that reached back to childhood.

“I have been writing for years, just poems at first,” said Carter, “then I taught myself to play piano and set some of them to music. As a child, my parents took us to church and I began singing in the choir, along with my brother Maurice and sisters Lesslie and Stacy. They all sing backgrounds for some of the songs on the CD.”



**Preston Carter, the little brother of Lesslie Williams, administrative assistant, Mid-Cumberland Area Office.**

Singing is a big part of both the Carter and Williams families. “Our family gatherings consists of eating and singing,” said Williams. Lesslie’s 17-year-old daughter, Jaleesa, is also a member of the singing group, “Spirit Filled”, one group that was featured March 4, along with “Preston” and “The Original Voices of Nashville” when he unveiled his new CD at Lily Hill Baptist Church in Riddleton, Tenn.

Carter is an artist whose work is inspired by his faith in Jesus Christ.

“I have a passion for Christ,” declared Carter, “and a desire to share Him with other people. In high school I was a jock but when I left high school, I needed another outlet so I turned to my writing and singing.”

“Preston began writing in high school,” recalled Williams. “He taught himself to play the piano by watching his older brother Reverend Maurice Carter. He simply listened, then created sounds. Through many years of choir and gospel experience, he helped form a male gospel group called ‘Christ United’. Carter later became the musician for the female group ‘Spirit Filled’.”

## District Welcomes New Attorney

**Q**iana Davis recently joined the Nashville District Office of Counsel as a general attorney.

Davis joined the Corps of Engineers Memphis District in August 2005 after being selected for the Chief Counsel’s Civilian Honors Program. She is a native of New York City and received her Bachelor of Science degree in Communications from the University of Miami and her Doctorate of Jurisprudence from Indiana University School of Law-Bloomington in 2005.

While in law school, Davis clerked for the Nashville District Attorney’s Office, Indiana Attorney General’s Office, and Indiana University Community Legal Clinic. While at the Indiana Attorney General’s Office she was instrumental in collecting a tax debt valued at \$15 million. Additionally, Davis also assisted in a landmark bankruptcy case that was argued before the United States Supreme Court.

Nashville District’s newest attorney lived in Brisbane, Australia, for a time where she authored an article entitled,

“Intercultural Communications-An Afro-Australian Perspective.”



**Qiana Davis**

### People

Carter admitted that he originally only intended to cut two or three demos to share with potential recording studios, but then completed the CD when Casper Corder, manager of *In His Image Music Productions*, became excited about the effort and advised him to complete it. He counts singers John P. King and Donnie McClurkin among his favorite artists and is quick to give credit to others.

“I could not have produced the CD,” said Carter, “without the support of my loving wife Norleeta, my parents, family and friends.”

To preview the CD and learn more about the young artist, visit <http://www.ihimusicproductions.com/Preston%20Carter's%20Home%20Page.htm>.

# The Corps Crowd

## Welcome to...

...Dianne Edwardson, the new operations manager at Western Kentucky Area Office. She previously served as operations assistant in Wilmington District and as an operations manager at two other projects, John H. Kerr Lake in

Wilmington District and Beaver Lake in Little Rock District. She has also worked as a park ranger, outdoor recreation planner and Total Army Quality program manager. Husband



**Dianne Edwardson**

Eric is the assistant operations manager at Lake Shelbyville, St. Louis District. Daughter Elyse is a student of the Arkansas School of Math, Science and Arts in Hot Springs, Ark.

...Vince Harriman, a member of the hydropower training program who was deployed to Iraq for one year while still a trainee. He returned in November and came back to work at Cordell Hull in December.

...Judy Smith, an accountant in the Finance & Accounting Branch, Resource Management. Judy comes to Nashville from New Orleans District. Prior to that, she was at the Finance Center in Millington, Tenn.

## Baby Brigade to ...

...Amanda and Jeff Lasley, a park contract inspector at Lake Barkley, upon the birth of son Sidney Brasen on January 28.

...Caren and Jason Bradley, a derrickboat operator with the Plant Unit, upon the birth of their son Tyler Lance who arrived February 22 and weighed in at a healthy 11 pounds, 4 ounces.

...John and Anita Taylor, administrative assistant at Upper Cumberland Area Office, who celebrates the arrival of their first grandchild, Benjamin Reece, born



**Benjamin Reece**

February 17 in Raleigh, N.C. He weighed 8 pounds and 12 ounces.

...Jennifer and Jamie Summers, a park ranger at Dale Hollow Lake, on the birth of their daughter, Jorja Rae, who was born on February 17 at 7.65 pounds and 19 1/2 inches long.



## Sympathy to...

...the family of Marjorie "Jo Ann" Hurst, retired Nashville District employee, who passed away February 14. Hurst served as supervisor of the former Word Processing Center from 1979 to 1986, and later in Resource Management where she retired as a Management Analyst.

...Hershel R. South, lock and dam mechanic at Watts Bar Lock, whose father, Osville Clayton South, passed away February 20.

...Jim Brady, Engineering-Construction Division, whose mother passed away February 22.

...Deborah Fletcher, Real Estate Division, whose grandmother, Eva Mae Lewis, passed away February 23.

...Gloria and Melissa Cartwright, whose mother-in-law and grandmother, Olivia Lee, passed away March 3.

## Thanks to . . .

...The family of the late Thelma Hatmaker deeply appreciates your kind expression of sympathy in their great loss. Your thoughts and effort were greatly appreciated! Thank you very much!  
*Morris Hatmaker*

...I would like to thank everyone who contributed toward my retirement gift of good wishes, attendance, phone calls and e-mails. It was very heart-warming.  
*Mary Hayeland*

...I would like to say thanks for your expressions of kindness during my family's time of bereavement. My grandmother, Eva Lewis, lived a full life (81 years). She leaves us with many wonderful memories that will remain in our hearts forever. All of the cards, telephone calls, flowers, and prayers during this time will be cherished and remembered

forever. Thanks, once again, for your support during this time.  
*Deborah J. Fletcher, Realty Specialist*

## Engineer Day Picnic Set for June 9

**T**he Engineer Day Picnic, with the theme "Rollin' on the River", will be held this year on June 9 at Old Hickory's Rockland Recreation Area.

Various groups will be conducting fundraising events until June to help offset the cost for each employee. Down South Delights, LLC, was selected to cater hot dogs, hamburgers and pulled pork with accompanying side dishes.

Employees on the 6th floor will stage a March 17 event, those on the 4th floor will plan an April event with an Easter theme, those on the 5th floor will plan a May event and field employees plan a March 29 Doughnut event as fundraisers.

Ticket costs and a sequence of events will be published at a later date. Watch the Digest for more details.

## Upcoming Events

**P**rogram dates have been established for Special Emphasis Programs Committee events for 2006. So that management and employees are aware of each event, and perhaps schedule around these important activities, this list will be updated in subsequent issues as more planning finalizes details.

- March 21 - Women's History Program
- April 26 - Administrative Professionals Day program
- April 27 - Take Our Daughters and Sons to Work Day event
- May 23 - Asian American/Pacific Islander Heritage Month program (**Room A-655**)
- June 20-23 - Annual Career Enhancement Workshops
- August 22 - Women's Equality Day program
- October 11 - Hispanic Heritage Month program
- October 25 - Disability Awareness Month program

With the exception of the Asian American/Pacific Islander Event, all programs will be held in Room A-640. Specific times will be announced. 🏠

# Government Tests Confirm Safety of New Generators

The U.S. Department of Health and Human Services recently confirmed the health and environmental advantages offered by Westerbeke's Safe-CO™ Series of gasoline-fueled generators. This follows a program of evaluating two of these generators by measuring carbon monoxide (CO) emissions on houseboats at Lake Mead in Nevada last year.

The Westerbeke Safe-CO™ generators represents significantly more than a 99% reduction in CO emissions, according to the National Institute for Occupational Safety and Health (NIOSH). The final report can be viewed online at <http://www.cdc.gov/niosh/surveyreports/pdfs/ectb-171-36a.pdf>.

To date, no other gasoline-fueled generators have been subjected to this rigorous review and measurement. This level of achievement is not only safer for boaters as well as those onshore near boats but far more beneficial to the environment, according to NIOSH.



**A boat engine generates exhaust and deadly carbon monoxide in 2005 at Center Hill Lake.**

Safe-CO™ generators are in full production and are standard equipment in many houseboats and other craft, coast to coast. There are eight models, delivering electrical output from 5.0 kW to 22.5 kW.

Research by NIOSH, under an interagency agreement with the U.S. Coast Guard and in conjunction with the

Center for Disease Control and Prevention (CDC), stems from the growing number of fatalities and injuries attributed to CO poisoning. Carbon monoxide, a colorless, odorless and deadly byproduct of combustion in engines, has been cited in the deaths and serious injury of house-boaters (7 fatalities among 74 poisonings on Lake Powell alone between 1990 and 2000); and more than 400 cases of CO poisoning have been recorded in recreational boating in the same period. The frequency of death and injury from CO on boats is thought to be escalating, not just in houseboats but nationwide.

Many cases of CO poisoning are misdiagnosed as alcohol intoxication and/or heat fatigue, so the actual number of CO poisoning cases is unknown.

Westerbeke, a major supplier of engines and generators to the marine industry, was the first manufacturer to respond to this growing danger.

After a series of preliminary tests, beginning in 2001, government and industry began looking at CO emissions and exhaust configurations.

A group from the CDC in Atlanta spent two days at Center Hill Lake early last year testing CO levels of boaters and passengers on watercraft.


For more information on Westerbeke Corporation and their Safe-CO™ generators, contact Westerbeke, attention Tom Sutherland at 150 John Hancock Road, Taunton, MA 02780 USA; Telephone: 508.823.7677, ext. 231. Email: [help@westerbeke.com](mailto:help@westerbeke.com). Their website is [www.westerbeke.com](http://www.westerbeke.com). 



photo by Dave Treadway

**Mark Hallar, Maintenance Branch, Operations Division, judges a bridge on February 14 for a student at White House Middle School. Teacher Emily Mofield invited Hallar to judge students' work on Tuesday and he then returned on February 17 to make a presentation about projects with which he has been involved in the Nashville District. Hallar's daughter Clara was a member of the Search Class assigned the Bridge Design Project.**

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## *Just To Be On The Safe Side . . .* Warning Signs of a Heart Attack

**E**ach of us must be concerned about the health of our heart. Don't ignore the warning signs that may point to a heart attack.

Some of those signs are pain in the chest, discomfort in the upper body, and shortness of breath, cold sweats, nausea and dizziness.

Chest pain – discomfort (pain, pressure, squeezing) in the center of the chest that lasts for more than a few minutes or goes away and comes back.

Upper body discomfort – pain or an ache in one or both arms, the back, neck, jaw or stomach.

Shortness of breath – not necessarily associated with exertion or extended physical activity.


Other symptoms – breaking out in a cold sweat, nausea, and light-headedness.

Don't delay: even if you aren't sure it's a heart attack, go to the hospital. It is always better to be safe, and special "clot busting" drugs can help save your heart and your life if administered early in an attack.

Diet can play a critical part in protecting your body's most vital organ. To have a healthy heart, eat fatty fish that live in cold water such as salmon, mackerel and herring. Try to eat these fish at least three times a week, but don't fry them. These fish contain high amounts of omega-3 fatty acids which help your heart in the following ways:

omega-3 reduces blood triglyceride levels, makes the blood less likely to form clots, and lowers blood pressure.

Another heart helper is perhaps less common knowledge. Always eat something for breakfast. Most heart

attacks occur in the morning. This may occur because the cells that help blood to clot, called platelets, are stickiest then. Eating breakfast appears to make platelets less sticky and less likely to block a vital artery. 

## Corps To Wear Test Inflatable PFDs

by Dave Treadway

**A** one-season field test of inflatable personal floatation devices (PFDs) by Corps of Engineers employees was approved this month by Maj. Gen. Don. T. Riley, the director of Civil Works.

Testing will begin on or about April 1 and end September 30 to further study the practical use of three specifically approved inflatable models.

General Riley's decision is based on a series of reliability tests conducted by the Corps Safety and Operations offices over a five-year period.

At least six Nashville District team members will be nominated to wear test the PFDs this summer, according to Outdoor Recreation Planner Carolyn Bauer. They will be selected from within natural resources management, lock and dam, powerhouse, floating plant and marine construction personnel.

Inflatable PFDs have the advantages of being more comfortable, have high visibility when inflated, turn most wearers face-up faster than traditional PFDs, will keep some unconscious users face-up, and have superior in-water performance. They are not suitable for nonswimmers and do require frequent inspection and maintenance.

Following the test, participants will provide performance documentation, wear and maintenance perceptions, data that will help the Director of Civil Works make a decision about possible Corps-wide use.

One Stearns model and two Mustang models have met safety reliability tests, but require the practical testing before final approval for Corps-wide use is provided.

For more information, contact Lynda Nutt, program manager, National Operations Center for Water Safety, at (208)773-8442. 