



# NEWSCASTLE



U.S. ARMY ENGINEER DISTRICT, LOS ANGELES  
CORPS OF ENGINEERS

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INFORMATION EXCHANGE BULLETIN

April 14, 1977

## **PUBLIC HEARING ON BEACH EROSION SET FOR OCEANSIDE**

A Public meeting on the beach erosion control study in the vicinity of Oceanside, California, is scheduled for April 14 at the Council Chambers in Oceanside at 7:30 P.M.

The meeting will consider the results of analyses of various alternative plans of improvement for the Oceanside beach area and, in addition, obtain input from interested parties concerning the economic feasibility and environmental and social desirability of each alternative.



## **ENERGY CONSERVATION NOW**

According to our Energy Conservation Coordinator, Sidney Chriqui, a few basic statistics show how important it is for us all to save energy at home. Almost 20 per cent of all energy consumed in the United States is in our 70 million households (1974). That includes more than half of all the space heating fuels used in the country, and about a third of all the electricity.

More than half of the energy we use in our homes goes into heating and cooling. Heating water takes about 15 per cent. Lighting, cooking, refrigeration and operating appliances account for the rest. What appear to be small savings in the average household can add up to sizable savings for the Nation if every family in the country takes part in the effort.

Conserving energy is a relatively new idea for most of us, but today it is as timely for the average family as getting higher interest from the bank - and, in a way, even more rewarding.

By the judicious use of energy in our homes, we can save money for ourselves and help avert uncomfortable shortages in energy supplies in the years ahead.

Sid tells us that in future issues various home energy tips will be furnished to help us in this conservation program.

## Something to Remember

In case you've forgotten, the Employee Health Unit is available to all employees working for the Los Angeles District. Located on the fifth floor, Room 5008, of this Federal building, the medical service operates between the hours of 7:30 A.M. to 4:30 P.M., Mondays through Fridays. A registered nurse is always on duty and a doctor is available on a scheduled basis. Some of the services provided by the health service are:

1. Emergency first aid to include ambulance service.
2. Immunizations such as tetanus, polio, smallpox, influenza and immunizations required for official travel to other countries.
3. Conduct periodic disease detection program for diabetes, vision, glaucoma, and cancer screening for women. All employees will be notified in writing by the Office of Administrative Services when such programs are to be conducted.
4. Conducts health maintenance examinations (annual physicals) on a limited basis; each eligible employee, normally those age 40 and above must first contact the Office of Administrative Services before going to the Health Unit.
5. Under certain conditions administer medicines prescribed by an employee's physician and provided by the employee.

All medical records are regarded as privileged communication.

### An Acre Foot.....?

SAN FRANCISCO (AP). If San Franciscans can cut their water use by 25 per cent, they'll save 200 acre feet of the increasingly scarce substance a day, utility officials say.

So what's an "acre foot?"

Picture a large rectangular lake, one foot deep, 66 feet wide and 660 feet long. That's an acre foot of water - 326,000 gallons, enough to sustain a family of five for a year.

Within the 326,000 gallons, there are 1.3 million quarts, 2.6 million pints, 5.2 million cups, 83.5 million tablespoons and 250.4 million teaspoons.

If you were to drink an eight ounce glass of water every 15 minutes, it would take you slightly more than 61 years to drink the lake dry.

Put another way, an acre foot is enough for 13,400 regular showers or 81,500 Navy showers. It could also wash some 652,000 pairs of hands and provide 9,000 luxurious baths in less water-short times.

By following water-conservation guidelines, you could use an acre foot to shave 326,000 times, brush your teeth 652,000 times, wash 65,200 batches of dishes, do 12,000 loads of laundry and flush the toilet 81,000 times.

It's enough to mix 5.2 million servings of oatmeal, or 2.25 million pre-packaged cake mixes.

An equal amount of whip cream would bury four million pieces of strawberry shortcake. It could be frozen into a three foot wide, one-inch strip for use in a 37-mile sled ride.

Perhaps more importantly, you can take these ice cubes you froze out of the acre foot and pour yourself about 14 million stiff drinks.



## "Ms" Has It

In response to the widespread use of "Ms" by American women, the Civil Service Commission has announced that it is revising all its personnel forms, including job applications, to make "Ms" available to those who prefer it. The CSC has also instructed all Federal agencies under its jurisdiction to add "Ms" to their internal forms. Federal employees have had the option to use "Ms" and/or their maiden names in payroll and personnel records since November 1975 pursuant to the Comptroller General's decision which held that a woman has a right to use her maiden name and/or the title "Ms" on government records notwithstanding her marriage, provided she uses the same name consistently on all such records.

## Civil Service Retirement - Disability vs Optional

Public Law 94-455, Tax Reform Act of 1976, approved October 4, 1976, amended the tax law dealing with exclusion of sick pay from gross income for tax purposes. These changes are effective with the 1976 tax year. The Internal Revenue Service has informed us that employees must meet all the following provisions of the new law to exclude up to \$5,200 of a disability annuity from Federal income tax (the sick pay/disability exclusion):

The taxpayer must retire on disability and be permanently and totally disabled for any substantial gainful employment.

The taxpayer must be under age 65 during any year in which the exclusion is claimed. The exclusion ends at the beginning of the year in which age 65 is attained or at the beginning of an earlier year in which the taxpayer makes an irrevocable election not to have the exclusion apply.

If the taxpayer's income from all sources exceeds \$15,000, the amount of annuity which may be excluded from tax is reduced one dollar for each dollar of income over \$15,000. If the taxpayer is married at the close of the taxable year, the disability exclusion is available only if the taxpayer and his or her spouse file a joint return for the taxable year, except in the case of a husband and wife who lived apart at all times during the taxable year. However, we have not been advised as to whether a married couple, both of whom are disabled, could each claim the disability/sick pay exclusion on a joint return, nor have we been advised as to whether the \$15,000 limitation applies to the total income shown on the joint return.

An employee who retires under the disability provisions of the Civil Service Retirement Law (total disability for the position held at retirement) must prove to the satisfaction of IRS that he or she meets the definition of disability contained in the new tax law (total and permanent disability for any substantial gainful employment). The meaning of disability for tax purposes will be further defined in regulations to be promulgated by IRS.

Under the Tax Reform Act of 1976, there is no income tax advantage attached to the disability retirement of an employee who will be 65 or over in the calendar year in which he or she retires, since the sick pay/disability exclusion ends no later than the beginning of the year in which age 65 is attained. For employees under age 65, clearcut advice cannot be offered regarding the income tax advantage of disability retirement versus optional retirement because the definition of disability in the new tax law is different and more stringent than the definition of disability in civil service retirement law. From a retirement standpoint, optional retirement can be processed more rapidly as the employee is not required to go to the time and expense of documenting his or her disability for retirement purposes. Disability retirement is still advantageous to the disabled employee who has less than the 12 years of creditable service required to continue health and life insurance coverage into retirement.

Internal Revenue Service is still developing regulations and complete instructions for claiming the sick pay/disability exclusion under the Tax Reform Act of 1976. Updated information will be contained in IRS Publication 522, Information on Disability/Sick Pay Income Tax Exclusion, 1977 edition.

### ***Continuing Health Insurance During Retirement***

Some employees about to retire or just retired are dismayed to learn that they are not eligible to continue their health benefits into retirement.

The Federal Employees Health Benefits law allows a retiree to continue health benefits into retirement if his or her retirement is:

- On an immediate annuity (when retirement starts within 31 days after separation).
- After 12 or more years of service or under the disability provisions of the retirement law, and
- After enrollment (or coverage as a family member in a plan) (not necessarily the same plan) under the program during:
  - the five years of service immediately preceding retirement, or
  - all service since his or her first opportunity to enroll.

Give careful consideration to these requirements, if you are not enrolled in a plan or are considering cancellation of your enrollment.

## P.A.O. Corner

We are sorry to report the death in San Francisco on March 12 of Eugene (Gene) M. Huggins, Public Affairs Officer of the San Francisco District, following a long bout with cancer. He was 61.

Frank W. King, former LADO Public Affairs Officer, has been selected as the new PAO of the North Pacific Division located in Portland, Oregon.

### LTG MORRIS CONSTRUCTION MAN OF 1977

Lieutenant General John W. Morris, Chief of Engineers, was recently named the Construction Industry's "1977 Man of the Year" by ENGINEERING NEWS-RECORD Magazine.

General Morris accepted the award "with pride and gratitude on behalf of the 45,000 civilian employees and 400 military personnel of the Corps of Engineers in every profession, craft and trade."

He also stated "I want every member of the Corps of Engineers family to share this honor because each of you, in your own way, has contributed to this award."

## RETIREMENT

Kermit Speeg, Chief of Planning Division, South Pacific Division, retired on January 7 after more than 41 years of Federal service.

### "The French Connection"

The motto on the Corps' insignia is "Essayons," the French for "Let Us Try." Usually heraldic mottoes are in Latin, but ours reflects the French influence in the beginnings of the Corps.

At the start of the American Revolution, the colonies had virtually no men trained in military engineering. At that time, the Royal Corps of Engineers of the French Army were considered the finest in the world, since they had developed many of the standard techniques of warfare and fortification. A knowledge of French technical terms was essential for engineers, and General Charles Lee commented sarcastically that there wasn't an American officer who "knew the difference between a chevaux-de-frise and a cabbage garden." Ben Franklin, therefore, asked Louis XVI to lend us trained engineers as well as money and supplies.

On July 8, 1777, Congress confirmed the first three French Royal Army Engineers as officers of the Continental Army. One of them, Chevalier Louis le Begue du Portail, became the head of the Corps of Engineers with Washington's army and designed important fortifications at Valley Forge and Yorktown.

French and other foreign born officers contributed greatly to the success of the American Revolution, and many of them remained in America after the war. Some, like Pierre l'Enfant, the designer of Washington, D.C., left a lasting impression on their adopted country.

The danger of this dependence on foreign

Get off your  
rocker. Don't  
take old age  
sitting down.



Ad  
COUNCIL

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### WHAT TO WEAR TO WORK

Every now and then the subject of dress during office hours comes up. Recently, the following quote which may look at the subject from a different angle was mentioned.

"Dress for the job you want...not the job you have."

talent was revealed by a near-war with France during Washington's administration, and some years later, the United States established West Point to train our own engineers. In the beginning, all the instructors were foreign born, but soon there was a rising generation of American engineers to take over.

Engineering has changed in 200 years, and the once common French terms are no longer familiar except to historians, but the spirit of those talented professionals who helped the United States at its birth remains. "Essayons" - "Let Us Try."

## KUDOS

As part of the Los Angeles Council of Engineers and Scientists (LACES) celebration of National Engineers Week 1977, Jeri Walsh, Engineering Division, was one of seven Southern California Society for Technical Communication members awarded fellowships in the Institute for the Advancement of Engineering's (IAE) College of Fellows. Jeri serves as Chairman of the Publicity Committee and Senior Member of the Los Angeles Chapter of STC.

The Fellow grade of membership in IAE was established in 1970 to recognize those who have contributed to the advancement of the engineering profession in the Greater Los Angeles area.

Congratulations, Jeri!

## FWP LOGO PICKED

A design has been selected from among more than 1,400 entries in the Federal Women's Program Tenth Anniversary Logo Contest. Designer was Frank Zblewski of the Defense Nuclear Agency, Washington, D. C.



Judges of the contest were seeking a design that would be clearly recognizable, not become quickly dated, be appropriate to the interest of women of any age or race, convey a sense of professionalism in the program and uniquely represent the Federal Women's Program.

The topic for the April 13 Federal Women's Program "Brown Bag" training session was "Project SAFE"(Safeguard All Federal Employees). Project SAFE, sponsored by the American Cancer Society, is a Cancer Education/Action Program designed to provide information to all Federal employees on breast cancer. Our guest speaker, Ms Margie Pearson, is a Health Educator involved in Patient Teaching at Ross Loos Medical Center.

As this program was designed to provide information to all employees, personal examinations were not a part of the program.

Following is the FWP schedule for the balance of 1977:

May	No activity
June 8	Camping Safety (Speaker from Sierra Club)
July 13	Feminist Credit Union (Speaker from Feminist Credit Union)
Aug. 10	Consumer Product Safety (Speaker from Consumer Product Safety Commission)
Sept. 14	Education/Career Development
Oct. 12	3rd Annual Federal Women's Program Day
Nov. 9	Drug and Alcohol Abuse (Co-host A. Simons, LADO Drug and Alcohol Abuse Coordinator)

As you know, the Federal Women's Program is an integral part of the District's total EEO Program to which the District Engineer has pledged his "official and personal commitment..." Although the "Brown Bag" sessions are sponsored by the Federal Women's Program, participation is not limited to women. All LADO employees may attend the "Brown Bag" sessions without charge to leave or loss of pay.

The FWP Committee has four vacancies. Anyone interested in joining the committee is asked to contact Ida Simms, FWP Coordinator, at Ext. 5390.

The FWP Committee wishes to thank each of you for your continued support of our Program effort.

**Share  
the ride  
with  
a friend.**

**Two are more  
fun than one.**

## THE OLDEST PROFESSION

A surgeon, an engineer and a politician were arguing as to whose profession was the oldest. Said the surgeon: "Eve was made from Adam's rib and that surely was a surgical operation." "Maybe," said the engineer, "but prior to that, order was created out of chaos, and that was an engineering job." "But," interrupted the politician, "first, somebody had to create the chaos."

## ATTENTION RETIREES

It's almost here - May 11, that is, when the FIRST Retirees' Reunion luncheon will be held at the Rodger Young Center, 936 W. Washington Blvd., Los Angeles, starting at 11:15 A.M. Price: \$5.00, free parking. Hope you've all called in your reservations to either Doris Hollister, Office: 213-688-5345, Lillian Berkovitz, 213-784-5152; or Frances Mogilensky, 213-655-2178.

## WATER:

With the coming of Spring, many people will soon be exposed to water hazards. Before exposing yourself or others to this hazard, it's important to remember that drowning is the third leading cause of accidental death in the U.S. (after automobile accidents and falls), and to prepare accordingly.



In 1975, eight thousand persons died in drowning accidents. Listed by category:

- 3,000 - Swimming
- 3,900 - Non-swimming (fall from docks, bridges, etc., or home accidents).
- 1,100 - Boating

A contributing cause of many drowning fatalities is consumption of alcohol or other drugs. The impaired judgment which results not only increases danger to the swimmer, but interferes with rescue efforts.

Many more of the accidents can be attributed to lack of personal flotation devices. These are especially important for young boaters who are poor swimmers, and are recommended for all individuals participating in water-related recreational or work activities.

## Credit Union

First of all, there's good news for the quarter which ended March 31 - 6% dividend plus an additional one-half per cent bonus.

Your time at your job is money. Manage it well. Here are ten tips to help you:

1. Plan - Deal with opportunities, not problems.
2. Concentrate - Few problems can resist all out attack; few are solved piecemeal.
3. Take Breaks - Make them effective.
4. Avoid Clutter - Paper should be in this order:
  - a. Immediate action
  - b. Low Priority
  - c. Pending
  - d. Reading materialOrganize your desk each evening for the next day.
5. Don't be a perfectionist. Strive for excellence as this is attainable, gratifying, and healthy; perfectionism is unattainable, frustrating, neurotic, and a waste of time.
6. Say NO when you should.
7. Don't procrastinate. If this is a deeply rooted habit - change.
8. Apply radical surgery to any and all time-wasting activities which drain vitality and have a tendency to grow.
9. Delegate - do it wisely.
10. Don't be a "workaholic".

Remember, Anonymous Philosophy is credited with the following:

YESTERDAY is a cancelled check.  
TOMORROW is a promissory note.  
TODAY is ready cash. USE IT.

### IN SYMPATHY

We are sorry to report the deaths of William B. Meister, who retired from the Dams Section in 1970, on March 29.

Sara Foreman, retiree of the Supply Division, who passed away on March 29.

Agnes "Dixie" Eaheart, retiree of Survey Branch, who died on April 7.

Merle Gould, photographer, assigned to Graphic Arts Section, passed away on March 27.

Our condolences to Janet Cox, retiree of the Supply Division, on the death of her husband, Harry, on March 2.

And to Jessica Jacobs, Construction-Operations Division, on the recent death of her father.

### GOOD NEWS

On a happier note, it's good to see John Wood, Construction-Operations Division, back at his desk after six months recuperation from a serious automobile accident.

## Incentive Awards

### Office of Administrative Services:

DONALD L. VERSAW - Adopted Sugg - \$25

### Engineering Division:

ALFONSO ROBLES, JR. - Ltr of Commendation and plaque for dedicated service and outstanding leadership as Chairman of ASCE Hydraulics Group  
MARTIN P. CARLASSARE - Sustained Sup. Perf. and Outstanding Performance Rating  
BRUCE R. BEACH - Sustained Superior Perf. and Outstanding Performance Rating

### Construction-Operations Division:

ROBERT L. HANSEN - Outstanding Perf. Rating

### PROJECT 77/77:

Project 77/77 is the title for the Army Suggestion Program for the current calendar year, and the intent is to realize \$77 million in tangible savings. The \$77 million target is about 10% above the savings achieved 1975, Army's most successful previous year.

Each year on Engineer Day, the District presents a trophy to the Division or Staff Office submitting the largest number of suggestions. A second trophy is presented for the most suggestions adopted. This year, the period will cover June 1, 1976 to June 1, 1977.

Now is the time to submit your suggestions and get your office in the race to win the trophy, as well as put some extra dollars in your pocket.




REAL ESTATE DIVISION celebrated Easter with a festive table laden with Easter goodies - even to a revolving boy and girl Easter bunny.

## NEWSCASTLE

An information exchange bulletin published by the Public Affairs Office, Los Angeles District.

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