

MUSCATINE, IOWA

Vaughn Canady and family open their home to FRENCH student.

STORY ON PAGE _____

Muscatine, Iowa, Journal — Monday, July 18, 1983



Journal photo by Helen Weiershauser

'That's my home!'

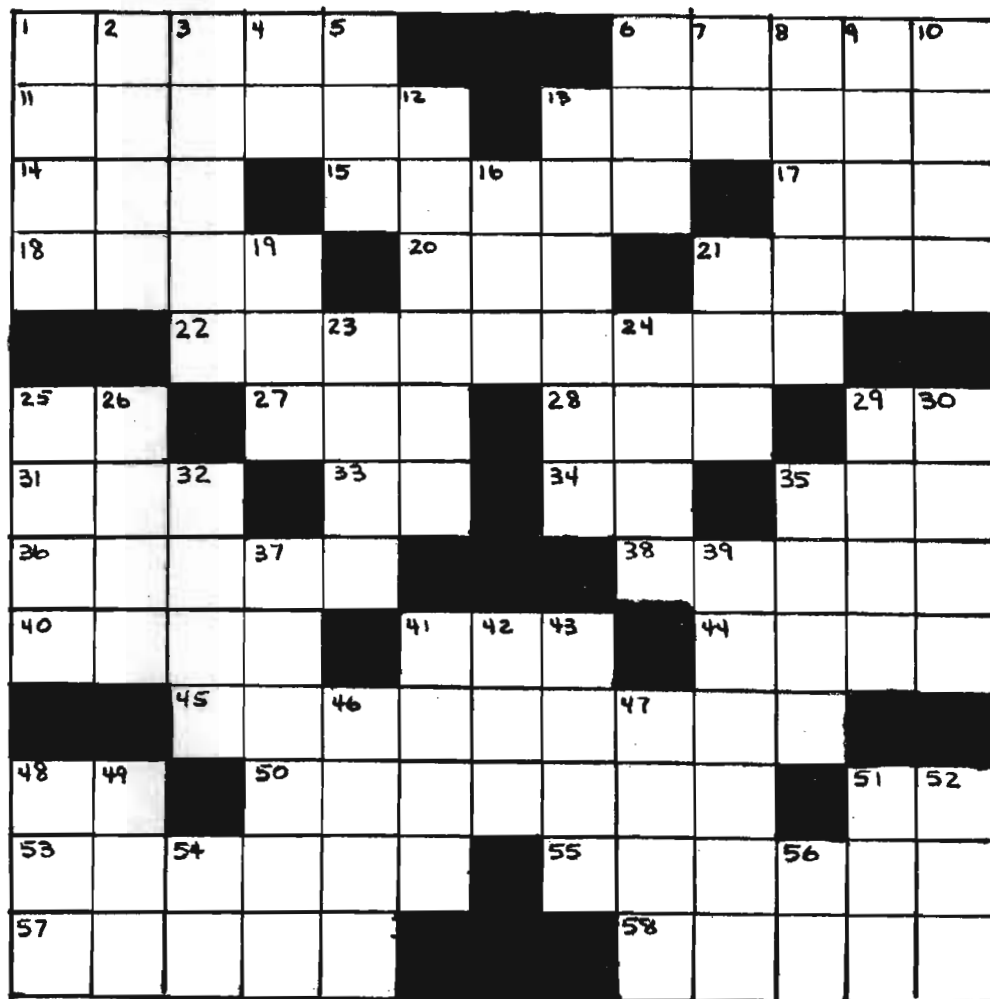
Erika Canady, 6, looks at her "adopted brother," Jean-David Tregan, with amusement as the 17-year-old French student finds the location of his country on a globe at

Musser Public Library. He arrived July 3 to spend two weeks with the Vaughn Canady family and two weeks with the James Powell family before returning to France.

CROSSWORD PUZZLE

ACROSS

1. Limber
6. Raise
11. Painful
13. Flag
14. Neither
15. Contests
17. Beverage
18. Seth's son
20. Wing
21. Microbe
22. Lawyer
25. Male title
27. Small mass
28. Piper's son
29. M.D.
31. Consume
33. Exists
34. Therefore
35. Grande
36. Ruin
38. Andes beast
40. Male deer
41. Gardner
44. Detail
45. Copy
48. Morning
50. Nutriment
51. Either
53. Unable
55. Consolation
57. Deal with
58. Bird homes



DOWN

- | | | |
|----------------|----------------|-----------------|
| 1. Path | 24. Instrument | 49. Damage |
| 2. Image | 25. Disorder | 51. Month:abbr. |
| 3. Palpitate | 26. Charmed | 52. Thing: law |
| 4. Greeting | 29. Coin | 54. Neon:chem |
| 5. Finish | 30. Wander | 56. Because |
| 6. Owns | 32. Amphibian | |
| 7. Above | 35. Appraise | |
| 8. Bury | 37. Lizard | |
| 9. Prophet | 39. Small | |
| 10. Trolley | 41. Perched | |
| 12. Protects | 42. Vigor | |
| 13. Explosions | 43. Top-cards | |
| 16. Yale | 46. Scheme | |
| 19. Proverb | 47. Soon | |
| 21. Jewel | 48. Perform | |
| 23. Fence | | |

We're going to try again, I'm pretty sure we have all the clues this time.

Sorry that I forgot to have the last three across clues in.

Editor

ANSWERS IN NEXT MONTHS ISSUE

MEDICAL SERVICES HEALTH TIP
BY
FRED RODRIGUEZ, R.N., M.S.N.

GUARD AGAINST THE SUMMERTIME DANGERS OF SUN EXPOSURE
AND HIGH TEMPERATURES

Summer, more so than any other season, aggravates conditions in the work and recreational environments. Now would be a good time to implement a program to offset illness caused by sun exposure and high temperatures.

The human body is capable of adapting itself to varying environmental conditions. However high temperatures, exposure to the sun for prolonged periods of time, and heavy physical exertion will affect the body's natural capacity for achieving a temperature balance.

Individual differences such as age, general physical condition, and the degree to which the person is acclimatized are additional factors to be considered in evaluating someone's response to sun exposure and high temperatures. The following are summer heat related illnesses:

SUNBURN If mild sunburn occurs, a gentle application of oil or ointment to exclude air reduces pain. Aspirin helps reduce discomfort and fever (IF ASPIRIN IS CONTRADICTED, OR NOT TOLERATED, ACETEMINOPHEN, e.g., TYLENOL, MAY BE TAKEN), wet cold packs are soothing. Drink plenty of water. Severe sunburns are second degree burns, extremely painful and, if widespread, very serious; a doctor should be consulted.

HEAT CRAMPS These muscular cramps result from an exposure to high temperatures for a relatively long period of time, coupled with physical exertion. Heavy sweating and dehydration usually precede the cramps.

HEAT EXHAUSTION Common symptoms include a subnormal body temperature, pallor, dizziness, profuse sweating, cool moist skin, nausea and headaches. The victim should rest in a cool place and drink water or fruit juices.

HEAT
STROKE

Symptoms include hot, dry skin, little or no sweating, severe headache, visual disturbance, rapid temperature rise, loss of consciousness, flushed face, weakness and confusion. This disorder can be fatal, and therefore medical attention must be provided immediately. Meanwhile, remove the person from the source of heat, loosen his clothing, and try to cool the body as rapidly as possible using a cool bath or cool compresses. By altering work procedures and recreational activities or conditions, the level of heat related illnesses can be moderated.

PRECAUTIONS DURING RECREATION

Complement recreational activities with rest periods/provide or be close to cool rest areas/provide for adequate water intake/keep out of sun whenever possible/space heavier workload or workouts throughout the day, rather than concentrating them in a few consecutive hours/wear hats and light colored, loose clothing.

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CHICAGO TERMINAL NEWS:

Good Luck to those people who will be running in the Manufacturers Hanover Bank's Corporate Challenge Series which is to be on August 26, 1983.

Anyone wishing to contact Mr. R. D. Richter in the Rules department can at Milwaukee on Extension 254. Mr. Richter's office is now being headquartered in Milwaukee.

CHICAGO TERMINAL NEWS

Article below was taken from the PERSONAL REPORT for the Executive July 12th Issue, this was submitted by Dennis Mogan of the Superintendent's Office.

SO YOU THINK YOU'RE NOT SEXIST?

When *he* works . . . and when *she* works, each may make different impressions:

- | | |
|--|---|
| ◦ The family picture on <i>his</i> desk:
<i>Ah, a solid responsible family man.</i> | ◦ The family picture on <i>her</i> desk:
<i>Hmm, her family will come before her career.</i> |
| ◦ <i>His</i> desk is cluttered:
<i>He's obviously a hard worker and a busy man.</i> | ◦ <i>Her</i> desk is cluttered:
<i>She's obviously a disorganized scatterbrain.</i> |
| ◦ <i>He's</i> talking with coworkers:
<i>He must be discussing the latest deal.</i> | ◦ <i>She's</i> talking with coworkers:
<i>She must be gossiping.</i> |
| ◦ <i>He's</i> not at his desk:
<i>He must be at a meeting.</i> | ◦ <i>She's</i> not at her desk:
<i>She must be in the ladies' room.</i> |
| ◦ <i>He's</i> not in the office:
<i>He's meeting customers.</i> | ◦ <i>She's</i> not in the office:
<i>She must be out shopping.</i> |
| ◦ <i>He's</i> having lunch with the boss:
<i>He's on his way up.</i> | ◦ <i>She's</i> having lunch with the boss:
<i>They must be having an affair.</i> |
| ◦ The boss criticized <i>him</i> :
<i>He'll improve his performance.</i> | ◦ The boss criticized <i>her</i> :
<i>She'll be very upset.</i> |
| ◦ <i>He's</i> getting married:
<i>He'll get more settled.</i> | ◦ <i>She's</i> getting married:
<i>She'll get pregnant and leave.</i> |
| ◦ <i>He's</i> having a baby:
<i>He'll need a raise.</i> | ◦ <i>She's</i> having a baby:
<i>She'll cost the company money in maternity benefits.</i> |
| ◦ <i>He's</i> going on a business trip:
<i>It's good for his career.</i> | ◦ <i>She's</i> going on a business trip:
<i>What does her husband say?</i> |
| ◦ <i>He's</i> leaving for a better job:
<i>He recognized a good opportunity.</i> | ◦ <i>She's</i> leaving for a better job:
<i>Women are undependable.</i> |

CONGRATULATIONS to Keith E. McClain of the Engineering Department who retired on July 15, 1983 after 42 years of loyal and dedicated service with the Milwaukee.

I know I will sure miss Keith as he did submit some of our better crossword puzzles and also those about the City of Chicago and the Railroads.

Congratulations again for a long and healthy retirement!!

Story about our Front Cover:

Jean-David Tregan: A Frenchman in Muscatine

By Helen Weiershauser
of the Journal

Several months ago Mr. and Mrs. Vaughn Canady, 34 Center-view Road, decided they wanted to serve as hosts to a French student this summer from the North Atlantic Cultural Exchange League.

The Canadys first learned of the League from their friends, the James Powells, who had previously hosted French students. Clydene Canady wrote to Imre Takacs, Waterloo, area coordinator for NACEL. Later they learned that their French "son" would be a 17-year-old student named Jean-David Tregan.

He was scheduled to arrive at the Des Moines Airport at 9 p.m. July 3. Unfortunately Vaughn was scheduled to report to his job that night with the Milwaukee Railroad, so Clydene (who appears to be undaunted by such situations) loaded Erika, 6, Aaron, 4, and Drew, 1, into the car and headed for Iowa's capital city.

The airport was humming with a mixture of sounds as 250 teenage voices (edged with French accents) blended with the adult voices of their mid-western hosts. Amid the cluster of people, Clydene held up a sign that said: "WELCOME JEAN-DAVID!" It only took a short time for the curly-haired French boy to spot his new "family."

He speaks English and Clydene speaks French, so between the two languages they managed to communicate the fact that the Canadys were glad to welcome him to America and the fact that he was glad to be in America.

While the three little Canadys slept soundly, Clydene and Jean-

David talked about things he would see during his time in Iowa. The clouds opened and water gushed down in torrents as the lightning flashed and thunder crashed. It seemed for a time as though they were driving through small rivers. They arrived at the Canady home, tired but happy about 2 a.m., in time to get a little rest and introduce Jean-David to that day of days for Americans — the grand and glorious 4th of July.

He had heard about Iowa from his girlfriend who spent part of last summer in Ankeny and will return to visit in Ankeny again this summer. (The Canadys also plan to host a French girl in August.)

Jean-David is not a stranger to traveling. He has previously visited England, Wales, Italy, and Spain. His parents paid all travel expenses and provided spending money for this trip and the American host families provide room and board.

Home for the young man is a small town of about 2,000 people called Taillan-Medoc, located 20 miles from Bordeaux, France. Jean-Devid has two brothers, ages 19 and 15. His father, Jean-Claude, is an elementary school teacher who instructs 10 and 11-year-old students. His mother teaches English to students from ages 12 to 15.

When he returns to school this fall he will be in a grade equivalent to that of a high school senior here. After completion of that grade he will take an examination called the baccalaureate to determine whether or not he can enter a university to major in English. He wants to pursue his study of English to help prepare him to become a tourist guide.

He gestured with his hands and grinned as he said, "I'm very impressed by the shops here. The mall here seems huge and yesterday I went to Iowa City and it seemed so large. The (how you say it?) the arena where they play football is incredible!"

"My opinion is that the 4th of July is very important to you Americans. For us it is July 14 when we have the big celebration; Bastille Day. The bands play and the soldiers march. It is exciting."

Teen-agers love to eat so it is natural Jean-David would comment about food. "The food is very different here from French food. French food is very refined. Most people in France think Americans eat hamburgers and drink coke, and I think that it's true!"

What does he think of that combination? "I like hamburgers and coke!" he said with a winning smile.

The Canadys have taken him to a number of places of interest in Muscatine as well as a number of places in the Davenport area.

Tonight he is to move to the home of James and Pat Powell, Route 6, to spend two more weeks in the Muscaine area. Then he will board another Trans-American DC-8 for the return flight to France.

Gesturing with his hands, his dark eyes sparkled as he explained, "I might have been assigned to Kansas or Missouri (which sounds like Misery with his French accent) but I'm glad I came to Iowa!"

Does he want to come back to Iowa?

"Oh yeah!" he answered without a trace of accent.

Vaughn and his family are planning to host another French student for four weeks this August.

WORD FIND PUZZLE: Our word find puzzle for this month is composed of Stations on the Southern Division, Union Organizations, and various other items found in our daily operations.

1. Milwaukee Road

2. Stations

3. Moseby Jct.

4. Polo

5. Nahant

6. West Dav.

7. Savanna

8. Ottumwa

9. Kansas City

10. Terre Haute

11. Muscatine

12. Wood

13. Genoa

14. Plum

15. Dewey

16. Latta

17. Van

18. Letts

19. Cars

20. Hump

C E T U A H E R R E T O C T C

D R C N W X V E Y Z M U L P R

Y L A O M U S C A T I N E Z U

T S R F U T U R T B I N R O L

I R S S T A O N E G G N K F E

C E X T T S O W L M A O S B S

S T D A O R E E K U A W L I M

A S T T E L Z V D H E C F O S

S A H I U N I O N S E T S R P

N M U O A L O L T M L E F R G

A N M N T W T D A C B M W E B

K I P S T R A I N Y A R D O W

V A N N A V A S J D E W E Y T

B R A C L B R C T O A I W M S

A T D A S V T N A H A N S P A

21. ABS

22. CTC

23. Clerks

24. Train Yard

25. Trainmasters

26. Crafts

27. Unions

28. BMWE (Brotherhood of Maint. of Way Emp.)

29. BRAC (Brotherhood of Railway, Airline Clks)

30. UTU (United Transp. Union)

31. BLE (Brotherhood of Loco. Engineers)

32. ATDA (American Train Disp. Assoc.)

33. RYA (Railroad Yardmasters Assoc.)

34. IAM (International Assoc. of Machinists)

35. BRS (Brotherhood of Railroad Signalmen)

36. IBFO (International Brotherhood of Fireman and Oilers)

37. SMWIA (Sheet Metal Workers International Assoc.)

38. BRC (Brotherhood of Railway Carmen)

39. IBEW (International Brotherhood of Electrical Workers)

40. Rules

41. MP (Mile Post)

(Answers to be published next month)

Following is from the Personnel Office in Milwaukee and submitted by: Rebecca Solberg.

C O N F I D E N T I A L !

In the interest of maintaining the confidentiality of employee information, it is the policy of the Milwaukee Road to take specific steps to ensure the privacy of wage, performance, discipline and general employment records. For this reason, no information can be given to most outside agencies (for example, banks or credit agencies) without the written permission of the employee.

If you are involved with an agency that will be requesting information such as salary, employment dates, or even just a verification that you are employed by the Milwaukee Road, the following steps should be taken to avoid delay in the information being supplied.

EMPLOYEE: It is the employee's responsibility to furnish a signed authorization releasing information to the requesting agency. This request for information should also include the employee's social security number.

AGENCY: The agency must then send a request for the information to the Regional Personnel Office. This request must also include the employee's authorization to release information, the employee's social security number and a self-addressed, stamped envelope.

The Milwaukee Road Personnel Offices will respond by mail to the request for information within forty-eight hours of receipt. Only that information as regulated by Company policy will be released.

Requests for information received in the Personnel Offices which do not have the necessary authorization from the employee will be returned to the requesting agency advising the need for such authorization to supply the information requested.

Just a reminder . . . please make sure your family or any other interested party knows the phone extension and department where you can be reached at work if necessary. The Personnel Department is unable to transfer calls unless the caller knows the extension or department, or unless the call is of an emergency nature.

The reasoning behind this policy is to act as a safeguard for the employee. The Milwaukee Road does not want to give out any information about our employees which the employee may not want released. By transferring a call, we are actually verifying to the caller that the person is employed by the Milwaukee Road.

In the past various individuals and agencies whom our employees may not want contacting them at work have used this tactic to attempt verification of employment or to contact our employees. In one instance the calling individual claimed to be an employee's brother. Although he did not know the department or extension where his brother could be reached, he requested that his call be transferred. In line with Company policy the Personnel Department did not transfer the call. It was later learned that this employee does not have a brother.

Emergency calls are handled on an individual basis and as promptly and efficiently as possible. However, by providing calling information to members of your family to be used in an emergency, you can speed up the process of receiving this information.

SAVANNA AREA NEWS:

Our Deepest SYMPATHY AND CONDOLENCES are expressed to Trainmaster and Mrs. James Wrecza at the loss of Mrs. Wrecza's mother, Marjorie Balsbaugh, 72 formerly of Perry, Iowa. Burial was in Violet Hill Cemetary, Perry, Iowa.

Our SYMPATHY and CONDOLENCES are expressed to the family of Mrs. RUSSELL (Audrey) GLEASON, former ticket clerk at Savanna and daughter of former Signal Superintendent - Illinois Division William "BILL" Stevens.

C. E. Ross
Operator

E. M. Nast
Clerk

Savanna, Illinois

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HELP!

HELP!

HELP!

We need everyone's input. Any one interested in submitting an article, puzzle or just good plain information concerning employees and their families, news events or puzzle like I said, can do so by submitting them to me the Editor at Room 107 Chicago Union Station.

Remember this is your NEWSLETTER, and I need your help to keep it a success.

THANKS - Sandy Willett

Sandy Willett - Secretary (Superintendent Office)
Room 107 - Chicago Union Station

E. Nast - Savanna
C. E. Ross - Savanna
B. Meredith - Muscatine

D. L. Sullivan - Chief Clerk - Superintendent Office
Advisor

Here is a list of funny synonym phrases. The first letter of each word (capital) has the same first letter as the real Chicagoland Place or Landmark it represents. This is for fun and mixing. Ask around to complete the sheet .

- | | |
|----------------------------------|---------------------------------|
| 1. Stadium Famous _____ | 23. Sight Tremendous _____ |
| 2. Lions Precede Zebras _____ | 24. Chicago's Own Harmony _____ |
| 3. Astronomical Phenomenon _____ | 25. Wandering Detour _____ |
| 4. Bubbles Falling _____ | 26. Shopper's Showcase _____ |
| 5. Nautical Promotory _____ | 27. Ultimate Stop _____ |
| 6. Chocolate Ghetto _____ | 28. Offbeat Territory _____ |
| 7. Gob's Lodge _____ | 29. Millionaire's Alley _____ |
| 8. Awe Inspiring _____ | 30. Mac's Pad _____ |
| 9. Marketing Monument _____ | 31. Waveland Fumblers _____ |
| 10. Midget Flyers _____ | 32. Pleasure Cabin _____ |
| 11. Bolt of Tape _____ | 33. Chink Terrace _____ |
| 12. Wet Tank _____ | 34. Boat Haven _____ |
| 13. Maritime Colony _____ | 35. Fabulous Munchies _____ |
| 14. Fighters Shelter _____ | 36. Overhead Frenzy _____ |
| 15. Duck House _____ | 37. Rapid Strip _____ |
| 16. White Beauty _____ | 38. Bailwick Zebras _____ |
| 17. Learned Undergrads _____ | 39. Many scenes Inside _____ |
| 18. Migrant Aloft _____ | 40. Long Street Drag _____ |
| 19. Tattle Tale _____ | 41. Many Eripperies _____ |
| 20. Money Short _____ | 42. Idiot Blurp _____ |
| 21. Sea Apartments _____ | 43. City Lariat _____ |
| 22. S. O. B. _____ | 44. Dangerous Ride _____ |

Answers to appear in
next issue.

