

SPECIAL ISSUE -NOVEMBER and DECEMBER 1983

Pictured at left: Art Danz, Mr. W. L. Smith-President, Ed Abbott and Mr. R. B. Ogilvie-Trustee

Pictured at right: Mr. Ogilvie-Trustee, Mr. W. L. Smith- President along with the men from the Milwaukee Shops who did the painting of the Milwaukee Diesel 201

Story on the inside page 7

Photos courtesy of Craig Willett

WWAUKEE OFFICE OF SOCIAL COUNSELING

Bob Hickle - Director

You have heard a great deal about Alcoholics Anonymous in these letters, and you are likely to hear more. We simply couldn't have a program for recovering alcoholics without A.A. There is another organization, of equal importance, that I would like to discuss in this letter -- it is called AlAnon.

AlAnon is an organization which exists to help anyone who cares about an alcoholic. There are no fees or dues, it too, respects anonymity, and there are groups in most towns and cities. Look in the phone book.

There are a number of things that AlAnon is not. It is not some kind of an auxilary of A.A. It is not an organization which teaches one to manipulate the alcoholic to sobriety. It is not a group made up exclusively of women.

AlAnon exists because alcoholism is a family illness. We discovered a long time ago that it was not only the alcoholic who was sick, but also the members of his or her family. AlAnon teaches the suffering member of the alcoholic to live his or her life in a productive, rewarding and enjoyable manner, no matter what the alcoholic does.

Doesn't sound very likely, does it? It does work, and has worked for thousands. If you love an alcoholic, give AlAnon a try. It may be one of the smartest things you have ever done!

There is a third oganization, called AlAteen. As the name implies, it is for the childres of alcoholics. It respects the same rules, has the same goals, and is designed to help the younger members of the suffering alcoholic family. It doesn't have as many groups since its members tend to grow up and leave the community, but it is well worth looking into. A.A., AlAnon, AlAteen -- They all can Help.

CHILLICOTHE AREA NEWS

by: Ron Atwell - Operator

Our CONDOLENCES AND SYMPATHY are expressed to the family of BILL KOETTING, who passed away on October 5th. Mr. Koetting was 58 and the brother of John Koetting, Dispatcher at Ottumwa, Iowa. Bill worked for the Milwaukee Road from 1946 to 1978 as an Agent Operator. The last job that he held was as the Agent at Laredo Missouri.

CAROL F. "ZEKE" ZIMMERMAN, Operator Iowa was hospitalized this week in Ottumwa, Iowa. Zeke is recovering at home.

Yes, Everybody, RJ at Ottumwa, is better known as Becky.

Welcome back to TIMMY BOYLAN who has returned to work at the Drawbridge after being off with back troubles.

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MUSCATINE AREA NEWS

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CONGRATULATIONS to:

Train Order Clerk ABBIE LOGEL and his wife JEAN and also to Switchman THOMAS CARTER and his wife MARGIE who have recently celebrated their 35th Wedding Anniversaries.

OUR CONDOLENCES AND SYMPATHY are experssed to the family of Sales Representative JIM WILLIAMS - Davenport, Iowa on the loss of his mother MRS. ANNA WILLIAMS.

OUR CONDOLENCES AND SYMPATHY are expressed to Agent VAUGHN CANADY and his family on the loss of Vaughn's Grandfather, NED CANADY who recently passed away in West Virginia.

On the following page is a letter from L. Lynch, Engineer at Muscatine who has recently spent a day with the Traffic Representative calling on Customers in the Muscatine Area. Mr. Lynch requested this at the August 26th L.M.A.G. Meeting and was so granted the opportunity to see and hear first hand what is happening with our Customer Relations.

> Betty Merideth Clerk

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L.M.A.G. MEETING - Muscatine, Iowa 11:00 a.m. - August 26th, 1983

On August 16th, 1983 I went with Messrs. Dick Regan and Jim Williams of Freight Sales Department in Davenport, Iowa to Monsanto Chemical Company, where I was introduced to Mr. Mike Hance, Freight Sales Manager. We had a discussion with him regarding any new loadings, present business and future outlook. He asked me if I had any complaints about switching procedures at Monsanto; any suggestions which might help; if I knew what was in the cars we were handling, and if we took notice if the cars were placarded properly. Met with Yard Clerk Elaine Zellmer and she advised us that she had no complaints regarding those switching at Monsanto, and that they were all good to get along with.

We then went to Farmland Industries and met Mr. Roger Howell, Superintendent. We discussed basically business and any new loadings, present business and he had no switching complaints. He advised us that he was very satisfied and was interested to know the status of the MILW Railroad and CNW Railroad proposition.

Then we went to H.J. Heinz Plant and met Mr. Ernic Reeves, Warehouse Supervisor. We discussed present loading and also future business. I asked him regarding switching of the Plant since the ll:59 p.m. Switch Job was taken off, and he said he was worried at first but due to the loadings being down, it had not caused too much problems. However, if business increased it would cause a problem account of loading and unloading of trailers across the tracks and the people working around. A piggyback ramp was discussed with Mr. John Kuhn, Traffic Manager and he was wondering why one could not be built at Muscatine also, to eliminate the mileage factor. He was advised by the MILW Freight Sales people that it had been looked into by the Engineering Department and other people, and was not recommended. He also asked about the CNW Railroad proposition.

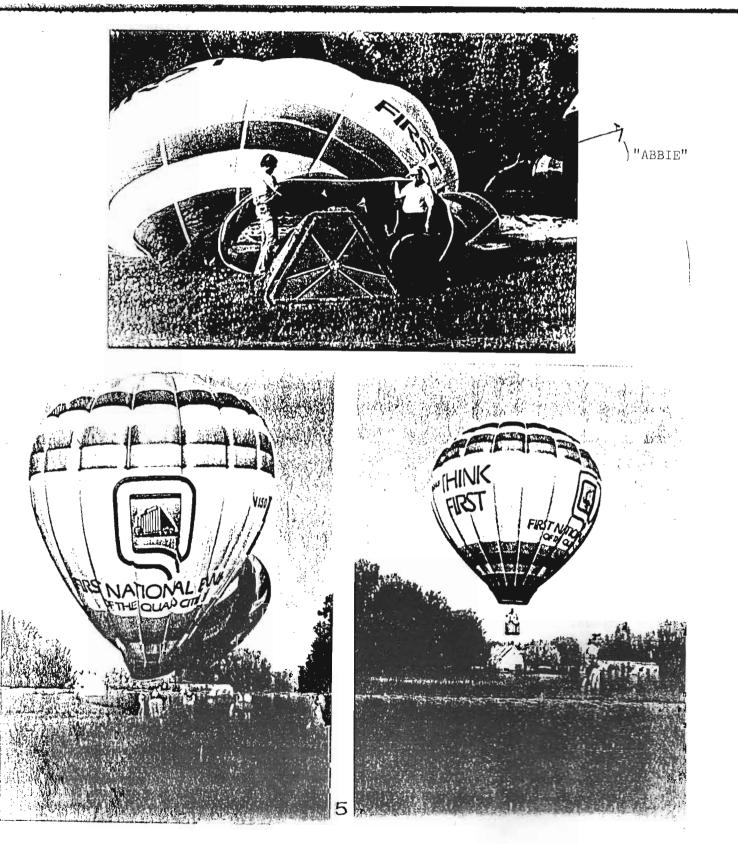
It was interesting to me to know that the Shippers were as concerned about the status of the MILW Railroad as we employees. It was also interesting to learn regarding their needs and wants for an efficient operation. This was an interest-ing and educational trip to see the other side of the operation.

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L. Lynch, Engineer Muscatine, Iowa

UP- UP AND AWAY!!!

Went clerk "ABBIE" LOGEL and his wife JEAN in a hot air balloon recently Jean had saved the money for this ride to coincide with their recent 35th Wedding Anniversary. Abbey said he had always been afraid of heights - However after experiencing the beauty and thrill of this balloon ride, he has changed his mind and recommends this thrill to everyone. They went up about 1500 to 2000 feet, and touched down approximately 25 miles away in a hayfield. The pilot had champaign waiting for them to celebrate. CONGRATULATIONS



"I FEEL FINE, WHY DO I NEED A REGULAR CHECK UP?"

You feel fine. So why make an appointment with your doctor for a checkup?

A good reason to schedule a routine medical examination -- no matter how great you feel -- is to enlist expert help in maintaining your health. Some disorders do not reveal symptoms until the advanced stages, by which time there may be irreparable damage. Professional training and precision instruments enable your doctor to detect changes in your body before you might become aware of them and to treat a problem before it becomes serious.

OTHER REASONS FOR ROUTINE EXAM:

When your doctor has a record of how your body works when it is healthy, he or she can better judge it and diagnose when you are sick.

It presents a good opportunity to ask any health questions you may have.

You can feel confident that all appears well inside and that you have practiced good preventive medicine.

HOW OFTEN? After the initial exam, ask your doctor to suggest a time for your next appointment. The answer will depend upon your age and condition.

Generally it is suggested that healthy people in their 20s and 30s get -checked every two to three years; in their 40s, every 18 months; and 50 or older on a yearly basis. Women in their childbearing years may require more frequent gynecological exams, based on the advice of their doctors.

FOR AN INITIAL EXAM, BE PREPARED TO

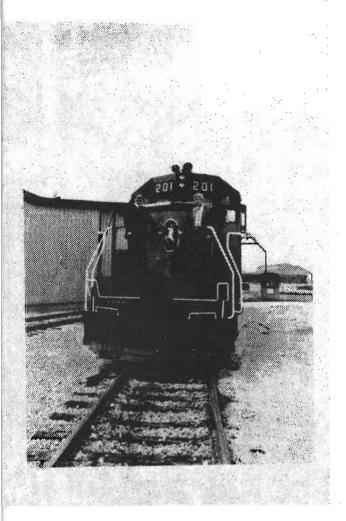
Answer questions about your general health and medical history, give blood and urine samples, have your blood pressure measured and temperature taken.

Your doctor will inspect: look at your eyes, ears, nose, mouth, throat, coloring; palpate: feel the size and shape of your internal organs; percuss: tap your chest and back to vibrate the tissues beneath; auscultate: listen, through a stethoscope, to the sounds made in your heart, lungs, and abdomen.

Based on this information, the doctor may order laboratory tests or x-rays. If you are not familiar with the procedures, <u>do not hesitate to ask questions</u> about what the tests are for and what they involve. After the physical part of the checkup, your doctor will sit down with you to discuss the findings and answer your questions.

Patient Education Council Fall - 1983

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On November 9th, 1983, Trustee Richard Ogilvie and President Smith were at the Milwaukee Shops Diesel House to unveil the new look which our locomotive fleet will carry. The event was well covered by the press including five television camera crews.

There is no dramatic change in the traditional colors of orange and black, however, the most impressive part is the return of the Hiawatha logo.

The idea for the color scheme was submitted by Ed Abbott, an Engineer from the Old D&I Division and Art Danz, a Conductor from the Old D&I Division. They painted a model and took it to the Trustees Office and presented it to him and asked that he consider the idea. He did, and ordered it adopted.

A second engine No. 559 SD-10 is due out of Milwaukee Shops on the 23rd of November. This engine will be at Bensenville in the near future.

FIELD MUSEUM OF NATURAL HISTORY

Learn about sex from an evolutionary perspective or how to read Egyptian hieroglyphics. Visit Chicago's ethnic neighborhoods through their churches and synagogues or plan and landscape your urban site. Study plate tectonics and how it explains the recent increase in natural catastrophes including earthquakes and volcanic eruptions. Follow the otter and rethink old definitions of intelligent behavior. Take a journey to China, explore the land of the Navajo or visit a camp of gypsy animal trainers in India. These are just a few of the diverse non-credit courses offered at Field Museum beginning the week of January 30, 1984. Come, learn and enjoy.

On the following page are the courses which will be offered at the Field Museum of Natural History.

Call 322-8855 for a descriptive free brochure.

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MONDAYS - Jan.30-Mar.5	TUESDAYS - Jan.31-Mar.6	WEDNESDAYS - Feb.1-Mar.7	THURSDAYS - Feb.2-Mar.8
*Wilderness Preparation *Mesoamerican Art: Worldly Power and Cosmic Images *Plate Tectonics: Earth in Upheaval	<pre>*South America: The Field Museum Connection *Archaeology of Egypt, Before the Tombs and Treasure *Journey to the East: A</pre>	*Ohara Ryu Ikebana: Japanese Flower Arranging *Time and Layers of Life *Talking About the Weather	<pre>*Care and Restoration of Oriental Rugs *The Incredible Human Machine *Tai Chi Chuan: An Introduction</pre>
*Ancient Egypt During the Early Dynastic Period	<pre>*Courney to the East: A Study of Islam *Coins of Ancient Greece and Rome *Evolution of Fishes: Coelocanth to Sunfish *Chicago Churches and Synagogues (<u>4 sessions</u>) *Is Anybody Out There?: The Search for Extraterrestrial Life</pre>	 *Hunters, Gatherers and Gardeners of Prehistoric Illinois *Sex in an Evolutionary Perspective *Introductory Egyptian Hieroglyphics (<u>8 sessions</u>) *Care and Keeping of Amphibians and Reptiles *All About Otters 	*The Pueblo Kitchen
SATURDAYS & SUNDAYS		SATURDAYS	SUNDAYS
*Great Dance Traditions of Asi *Gypsies, Jugglers and Animal *Papermaking/Bookbinding: The (February 4,5,11,18,25 and Ma *Seminole Patchwork (Feb.18-19 *Archaeology by Experiment (Fe *The Art of Entries (Mar.3-4) *The Navajo (Mar.3-4) *Chocolate, Glorious Chocolate	Trainers (Feb.4-5) Handmade Book arch 3) 9) eb.25-26)	*A Journey Through China (Feb.18 & 25) *Landscaping Your Environment (March 3)	*Yukata: Japanese Kimono Making (Feb.5-Mar.11)

Bob Hickle - Director

It doesn't seem possible to me, but the Milwaukee Railroad Office of Social Counseling has just completed the eleventh (11th) year of its existance. I don't know where the time has gone, but it has gone. The best part for me has been the really great people I have been privileged to meet on the Railroad, and the worst part is that we have been unable to help some of these people. Some have died, some have been fired, and some have just plain disappeared. It has been good, but it has been bad.

I just attended some meetings with people who are in the same business of counseling, and as I have know all along, our employee assistance program is quite different from theirs. Most programs are set up to discover employees with problems and then to refer them to someone else. Our program operates on the basis that if you come to us, you are our client, and if we refer you to someone else, either because of time and distance, or you need help that we cannot provide, you are still our client. We feel that we are your primary counselors.

No one can be qualified to be an expert on everything, and we are no exception. If you need help for a problem which we are not qualified, we will find you that help. If your work is so remote from our offices that we can see you only a few time, we will see to it that you reach people who can help you, and we will monitor your progress.

Our biggest weakness is in the area of followup. We simply do not have time to spend with people who are doing well. We would love to, because everyone like to be with a winner. When someone is bleeding to death in a ditch, one doesn't take the time to visit someone who is out of the hospital and back to work. Sometimes we feel like we spend a lot of time in ditches!

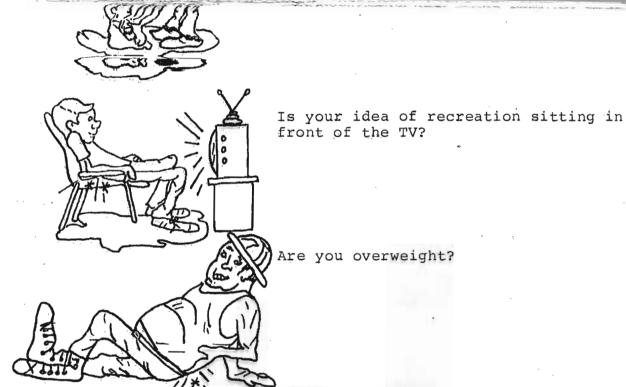
But it has been great. You are a great bunch of people! If you are hurting, give us a call. Let's see what we can do about it.

(If we have not returned your call, please call again. Sometimes we cannot understand the phone numbers on the answering device.)

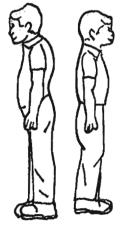
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If you answer yes to any of these questions you may well have said, "Oh! my aching back"!



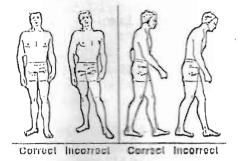
Here is a simple posture test: lift your head as far away from your toes as possible, but keep your chin tucked in. This flattens the top of the S curve in your back. Now, tilt your pelvis forward by tightening the muscles of your buttocks. This contracts the bottom of the S curve, the lumbar spine, the weak spot. Slump back to your normal stance and see how poor your posture is compared to what it should be.

Practice this exercise until this position begins to feel natural.

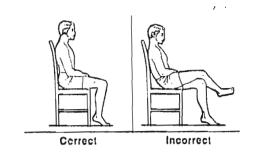
Below are some "helpful hints for a healthy back."

Standing and Walking

Sitting

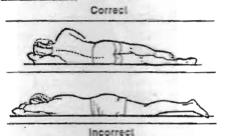


Try to toe straight ahead when walking; put most of your weight on your heels; hold your chest forward and elevate the front of the pelvis as if walking up an incline. Avoid wearing high heels. Stand as if you are trying to touch the ceiling with the top of your head, eyes straight ahead. All the elements of good posture will flow from these simple maneuvers.

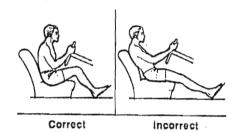


Sit in a hard-back chair with spine pushed back; try to eliminate the hollow in the lower back. If possible, elevate the knees higher than hips while sitting in an automobile. Secretaries should adjust posture chairs accordingly. Sit all the way back in the chair with your back erect.





Sleep on a firm mattress; a 3/4 inch plywood bed board is helpful and should be used with all but a very firm orthopedic mattress. With acute back pain, sleep with a pillow or blanket rolled under the knees and a pillow under the head. Keep your knees and hips bent when sleeping on your side. Driving



Use a firm seat with a padded plywood or special seat support. Sit close to the wheel with knees bent. On long trips, stop every one to two hours and walk to relieve tension and relax muscles.

Proper exercise is the salvation of a weak back. See next month's issue of the newsletter for an exercise program for the whole family.

CHICAGO TERMINAL NEWS

ENGINEERING DEPARTMENT

My little birdie has been on the move again and this time we have news of a stork delivery in the near future for:

BARB CHRISTENSEN - Secretary in the Track Dept., Chicago Union Station who is going to have her third child in April of 1984. CONGRATULATIONS !!!!!!

<u>CONGRATULATIONS</u> to Roadmaster AL BOBBY and wife LYNN on the arrival of their third child a beautiful bouncing baby girl - 8 lb. 14 oz. SARAH ANN. Al is the Roadmaster for the Chicago Terminal headquartered at Bensenville. CONGRATULATIONS TO THE PROUD PARENTS!!!!!

CONGRATULATIONS to MARILYN and EARL SELCHERT of the Selchert Steel Gang on the arrival of their first "1" child, a beautiful 8 lb. daughter - REBECCA born on September 26, 1983. Proud grandparents are Mr. and Mrs. Burt Hegge of Non-Operating Properties. CONGRATULATIONS !!!!!!!

WELCOME BACK to Chicago Dispatcher JOE WEINZATL who was off work since late September.

" I would like to thank all of my friends and co-workers for their concern and for the cards, letters and calls that I received when I was hospitalized and at home." THANKS!!!

Joe Weinzatl Dispatcher - Chicago

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<u>WELCOME BACK</u> - to Chicago Dispatcher WALLY FALLER who was recently off for eye surgery this past month.

MAIL ROOM - CHICAGO UNION STATION

<u>CONGRATULATIONS</u> to JOE ZIGMOND of the Mail Room on completing 30 years of dedicated service with the Milwaukee. CONGRATULATIONS !!!!!!!!

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KEEP IN MIND when planning your vacations, that the MILWAUKEE ROAD ANNUAL BOWLING TOURNAMENT will be held the weekend of MAY 4, 5 and 6, 1984. More details to follow later.

PLACE : St, Paul

CHICAGO TERMINAL NEWS

Disbursement Accounting

It seems the Disbursement Accounting department is still having retirement parties:

SHIRLEY McCAULEY, AMO Typist retired on September 30, 1983 after more than 27 years of faithful service with the Milwaukee. A luncheon was held in Shirley's honor at Bluebeards Cove, followed by an Open House of Coffee and Cake.

RAYMOND LITKA Bureau Head in the Accounts Payable Bureau retired on October 7, 1983 after more than 42 years of faithful service. A luncheon was held in Ray's honor at the Regemental Grill followed by an Open House of Coffee and Cake. Ray's family joined in the Celebration Wife-Dolores, Daughter-Doreen, Son- Warren, Daughter-in-Law Pamela and the adorable 13 month old GRANDSON - JASON.

Everyone will miss Shirley and Ray. We wish them many years of good health and happiness.

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CONGRATULATIONS!!!! Disbursement Accounting

RULES DEPARTMENT

BOB RICHTER, Assistant Director - Rules retired on September 30, 1983 after more than -1 years of dedicated service with the Milwaukee. An Open House of coffee and Cake was held in Bob's honor and accompanying him was his wife Jeanette. This was followed by a retirement dinner which was held in Milwaukee , on October 1st., Bob and Jeanette along with their family and close friends and co-workers were in attendance. I'm sure that all of the people that worked with Bob and for him will all miss him.

> CONGRATULATIONS FOR A LONG, HEALTHY AND HAPPY RETIREMENT FROM YOUR FRIENDS ON THE MILWAUKEE!!!!!!

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CONGRATULATIONS TO Bob's successor, CRAIG WILLETT on his promotion to Superintendent Fules effective October 1, 1983.

CONGRATULATIONS to Mr. WARD MILLER- Superintendent of Police and Fire Prevention and retired from the Milwaukee Railroad on September 30, 1983. There was a coffee and cake held in his honor. His wife accompanied him for this event as well as a dinner held in his honor.

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DECERTIONS FOR A LONG, HEALTHY AND HAPPY FETTEMENT FROM YOUR FRIENDS ON THE MILWAUKEE !!!!!!

Darwin Skrzynecki



BY LARRY A. MATHIAS

Everything came together for Darwin in 1980. During that year he won his first of two State titles, finished 6th in the Whitey Cox 20 Gamer, and won the Inaugural Great Lakes PBA Regional, all as an amateur.

Skrzynecki faced the fork in the road in 1981. PBA rules state any bowler who either cashes in two regionals in a calendar year, or who wins a regional must join the PBA or never bowl in another PBA event.

"I wanted to defend by title at Great Lakes, but knew if I joined the PBA, there would be a lot of tournaments I could no longer shoot..." Darwin said. " I asked my teammates in the North End (traveling league) if they though I should join, even though we would have to give up some team tournaments. They were all for it. They said if I thought I could make money out there (as a Pro) - go for it."

In his first year as a Pro, Darwin made \$4,400 in half a dozen events, and finished 14th in his first national tournament - 1981 Brunswick Work Open.

Finally last year, he began to silence his critics. Averaging 245 for 26 games, Darwin won the McHenry regional. Three months later, Darwin led a low scoring field of the top 70 regional pros in the country, averaging 212 in an event where a 201 average made the finals, and wonthe National Resident Pro Championships.

"During that year I proved I could win on a stone wall, and on a total brickyard," Darwin reflected. "That silenced the critics a little."

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Darwin still wants a national PBA title, but his odds are reduced by him only shooting five national stops a year. But has no aspiration to become a Touring pro. "I'd have to make approximately \$70,000 on the national tour just to make what I make now. It wouldn't be as much fun as it would be a business."

That first national title could come as soon as next week, with Darwin entered in the Waukegan Open. With a win, he might finally gain the respect he deserves."

CONGRATULATIONS TO A REALLY GREAT BOWLER!!!!!!!!

FIRE SAFETY CHECKLIST

A fire escape plan is like a life insurance policy—you should have one, but do everything possible to avoid needing it. Follow these tips to prevent fires in your home.

Keep your home, both inside and out, free of all loose combustibles, such as rags, papers and dried leaves.

Store all flammable liquids paint, varnish, gasoline and kerosene — in their original containers or in UL- or FM-approved containers.

Keep all cooking appliances free of grease and food buildup.

Never start a fire in a stove or fireplace with gasoline, kerosene or any other flammable liquid.

Keep curtains, drapes and furniture away from any heat source, such as a stove or space heater.

Make sure all your electrical appliances are labeled by Underwriters Laboratories, the Canadian Standards Association, or another reputable testing agency.

Don't overload electrical circuits by using multiple attachment plugs.

Have all chimney and flue connections checked by a qualified service person at least once a year.

Keep all matches out of children's reach.

Keep plenty of ashtrays in the house when smokers are around.

Never smoke in bed, and don't light up if you are drowsy—careless use of cigarettes is a leading cause of home fires.

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<u>Congratulations</u> to GORDON LANE on his promotion to Superintendent of the <u>THB Railroad upon Mr. Peterson accepting a job with</u> Conrail. <u>Congratulations</u> to LARRY KISSEL on his promotion to the position of Terminal Manager at Milwaukee, Wisconsin.

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The Southern Division Welcomes <u>CONNIE WENCKA</u> from the Northern Division who has taken the position of Terminal Manager at Bensenville. We would also like to welcome <u>ROGER HOTZ</u> from St. Paul who has been promoted to Asst. Terminal Manager at Bensenville. Other changes on the Division are Mr. <u>P. J. ROONEY</u> - Trainmaster Nahant going to St. Paul as Trainmaster and Mr. <u>MIKE MOORE</u> Trainmaster Bensenville going to Nahant as the Trainmaster. Mr. <u>ART DANZ</u> from NIRC will be a Trainmaster for the Milwaukee Road at Bensenville effective December 1, 1983.

CONGRATULATIONS TO ALL ON THEIR NEW POSITIONS !!!

SAVANNA AREA NEWS

by C. E. Ross - Operator E. M. Nast - Clerk

<u>CONGRATULATIONS</u> to Mr. and Mrs. RANDY WUEHLE, proud parents of CANDICE, Born on October 4, 1983. Proud grandparents are Savanna Realy Operator and Mrs. DONALD WUEHLE.

OUR BEST WISHES to HAROLD "PETE" KAUFFMAN, D & I Engineer who retired November 1, 1983. Hope you have a long, healthy and happy retirement. CONGRAUTLATIONS !!!!

GET WELL WISHES to ALICE FOWLER, wife of Traveling Engineer LEONARD FOWLER, who had surgery in Clinton Iowa recently.

OUR SYMPATHY IS EXPRESSED TO THE FAMILIES OF:

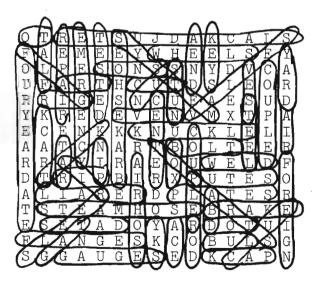
CHARLES GRAY, 76 retired Savanna Yard Clerk who died on September 21st.

JOE ZUBATY, 70 retired Master Mechanic Officer Clerk who passed away on October 1, 1983.

LAWRENCE BECK, 67 retired Savanna Switchman who died on October 3rd.

EDWARD "TED" LARSEN, 89 retired B&B Carpenter, formerly of Sabula, Iowa passed away on October 4th in Bellevue.

ANSWERS TO PUZZEL FOUND IN OCTOBER ISSUE:



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It's Unistmas!

Hope your holidays are trimmed with smiles!

I would like to take this spot to say THANK YOU to all of our employees who have helped through the year to make our paper a success and something to be proud of.

> A SPECIAL THANK YOU to the guys in the REPRODUCTION ROOM for all their help and expertise in putting together our paper. Especially since I did have two special issues.

> > Our Southern Division Newsletter is about the employees of the Milwaukee and for the employees of the Milwaukee Road and everyone's bits and pieces have helped to make it something worth reading.

have contributed to our paper.

THANKS AGAIN FOR ALL YOUR HELP !!!

It is my wish that everyone on the Milwaukee and their families have a very Happy, Healthy and safe Holiday Season.

Sandy Willett-Editor Supt. Office - Chicago

to Supt.)

E. Nast - Savanna C. E. Ross - Savanna B. Merideth - Muscatine R. Atwell - Chillicothe M. Hobert - Terre Haute and all the other Departments on the Milwaukee which Don Sullivan - Advisor (Chief Clerk

Sandy Willett Editor

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