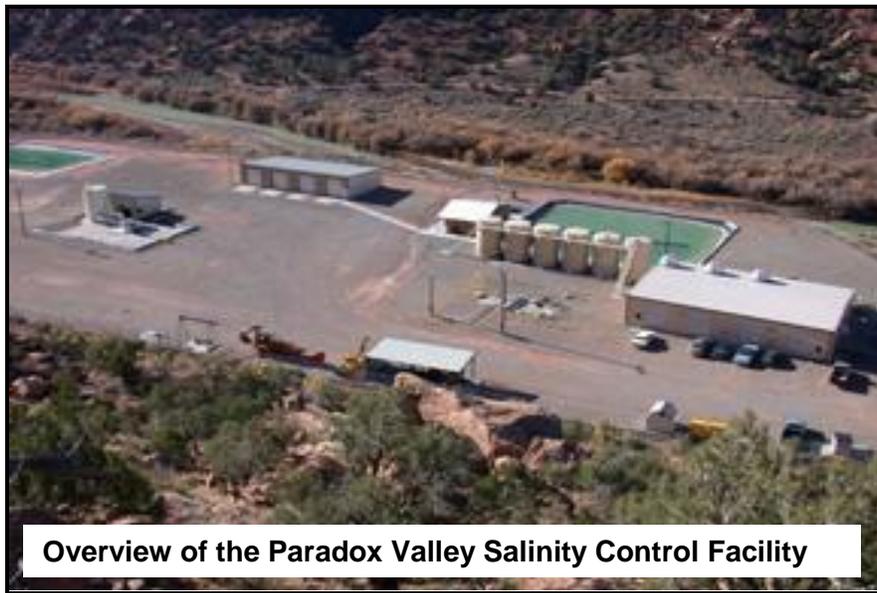


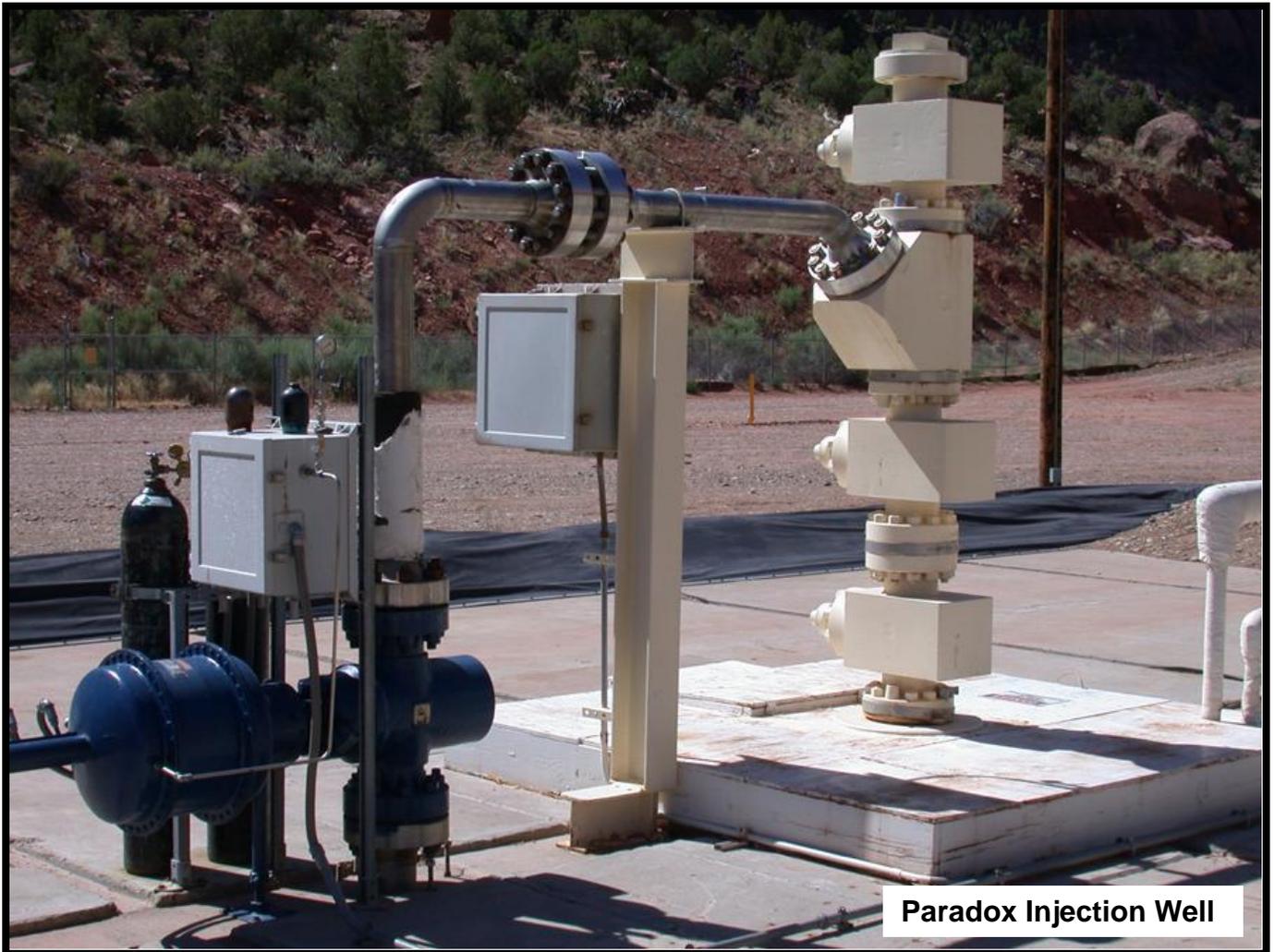
3.9 Earthquake Reported Near the Paradox Valley Salinity Control Facility



A magnitude 3.9 (USGS) earthquake occurred at 9:47 p.m. MST, on January 23, 2013, five miles northwest of the Bureau of Reclamation's Paradox Valley Salinity Control Facility located near Bedrock, Colorado. The quake was felt by workers at the Reclamation facility and some residents in surrounding areas. The Reclamation facility was not damaged, but operations at the well have been temporarily suspended for a thorough review of operating procedures.

The Paradox Valley Salinity Control Facility injects highly pressurized, concentrated salt water (brine) into a 16,000-foot-deep well preventing the brine from entering the Dolores River. The high-pressure brine injection has caused small earthquakes to be triggered in the past. At this time it is unknown what caused the recent quake. Reclamation operates seismic instrumentation at the facility to monitor the location, magnitude, and frequency of these quakes. Based on this monitoring, operations are modified to minimize the number and size of the induced quakes. Monitoring of earthquakes in the area will continue.

The Paradox Valley Salinity Control Facility substantially benefits downstream water quality, and helps the United States meet treaty obligations with Mexico for allowable salinity levels in the Colorado River. Historically, the Dolores River picked up an estimated 205,000 tons of salt annually as it passed through the Paradox Valley. Since the mid-1990's much of this salt has been collected by the Paradox Valley Salinity Control Unit in shallow wells along the Dolores River and then injected into deep subsurface geologic formations. The deep well injection program has removed about 110,000 tons of salt annually from the Dolores and Colorado rivers.



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U.S. Department of the Interior
Bureau of Reclamation

Water Measurement App Created by Reclamation's Provo Area Office



Measure H2O app icon

Beginning 1953, Reclamation in cooperation with the Department of Agriculture, printed the first edition of the Water Measurement Manual to provide for more precise water measurement techniques to enhance the accuracy of water delivery, accounting, and irrigation practices; support improved operational efficiencies; and facilitate water conservation. This manual has been revised and reprinted through 2001. In 2007 the Utah Association of Conservation Districts in cooperation with Reclamation produced a pocket reference version of the Water Measurement Manual to support water managers in their day-to-day water delivery duties.

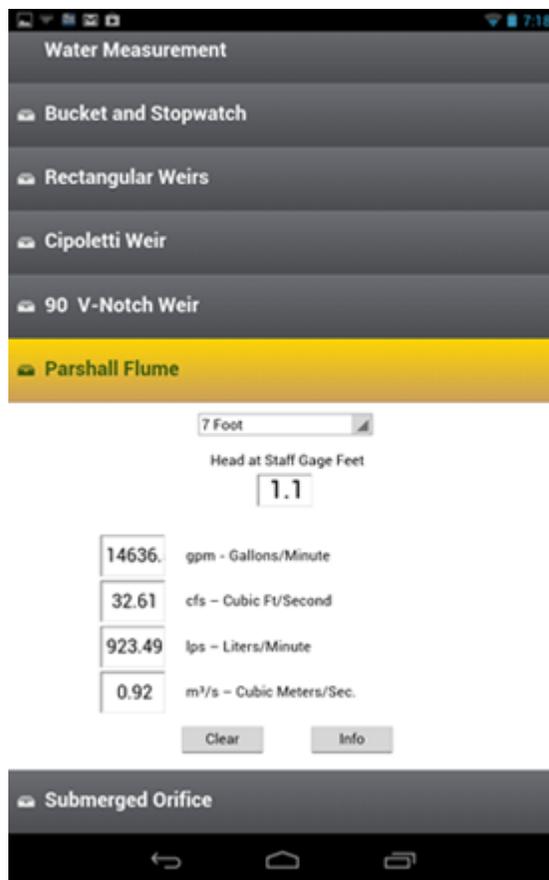
The importance of accurate and reliable water measurement data is essential to the management practices and operational decisions made by public and private water resource agencies and organizations alike. Some of the key benefits include:

- More equitable allocation and distribution of water shares both on and off farm
- Improved irrigation practices and reduced negative environmental impacts
- More efficient metering and seepage loss evaluation data
- Support for automation technologies
- Improved data for decisions regarding canal and ditch improvements and prevention of excess runoff
- Ability to reduce excessive use and enhance conservation

The continuous revisions and additions to the manual reflect the refinements and improvements in water measurement practices made possible through implementation of evolving technology. The design of delivery system upgrades incorporated new technologies resulting in significant efficiency improvements. Not surprisingly, the value of new technology led to water managers expressing an interest in



development of a water measurement app for mobile devices that could replace the need do manual calculations based on the pocket reference version of the Water Measurement Manual.



[Measure H2O app page](#)

In March 2012, Reclamation's Provo Area Office Resource Management Division Manager Edward Vidmar began investigating what it would take to develop such an app. His objective was to design something that would perform a range of water measurement functions including all the necessary calculations to convert staff gage readings to a flow reading based on formulas or mathematical calculations. He also wanted to include another type of water measurement functionality for dam tenders to make the necessary calculations to replace the need to take water measurement readings using a bucket and a stopwatch. By performing all the mathematical calculations, the new app will reduce the potential for human error and significantly improve the final reading data.

Vidmar began laying out the initial conceptualization for the new app by constructing a slideshow using PowerPoint to depict what each screen in the app should look like. In November 2012, he located a business to handle writing the code for the app for its initial availability for use on iPhone and iPad. The free "Measure H2O" app became available for download in the Apple Store on February 4, 2013.

The app is still undergoing some minor tweaks to improve functionality and a 1.1 version will be soon available as will an Android device version of the app.

**** To download the app from the Apple Store:**

Search for: Measure H2O (letter 'O') or water measure

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U.S. Department of the Interior
Bureau of Reclamation



Thoughts from the Front Office

Hello everyone. My name is Brent Rhees. I'm Deputy Regional Director here in the Upper Colorado Region. Many of you I know. As you can see, we're trying something a little new for 2013. I thought we would use the video technology and share some of my thoughts with you this year, as opposed to capturing some of those in writing.

Also like to mention a couple other things we got. Many of our facilities across the region, we do our day to day operations and maintenance on. Many of those are transferred works with their operating partners. We continue to have a close relationship with our water districts, water associations and working with them. I know you're all doing a great job in putting a great amount of effort into working with them to care for those federal investments on our dams, canals, pipelines and all the different facilities, the hydroplants that we have that provide benefits to millions of people, here in the Upper Colorado Region. You consider the development in the region, in the Upper Colorado, the Great Basin, the upper portion of the Rio Grande and the Pecos, and look at where the people have developed, built their houses and raise their families. Those are all tied to Reclamation facilities and our ability to deliver hydropower, water, recreation opportunities and as we transition into our last several years.

You've seen more demand for environmental commitments, endangered species and those are taking additional resources, time, and energy, and I know you're all doing a great job with that. Let me just share some of the things that we got in the region, with regard to delivering water we got. We deliver over 12 million acre feet annually to our customers. We have 62 high hazard dams across the region, 12 of those include hydroplants. We have ten-and-a-half-million recreation visitor days annually at our facilities. We store 32.3 million acre feet in our reservoirs. The largest of those is Glen Canyon, you all know that. We have three-and-a-half-million acre feet in Flaming Gorge, 2 million acre feet capacity in Elephant Butte. If any of you get down to Elephant Butte, you'd be surprised to see the small amount of water that's actually behind the dam right now. We really need some good snowfall in the upper portions of the Rio Grande. Then we have a million acre feet in Navajo and a million acre feet in Strawberry. So those are the big ones and then we have our smaller reservoirs, so add up to that 32 plus million acre feet of storage. These provide valuable benefits to the people of the Western United States, and in particular here in the Upper Colorado Region.

So there is no alternative to the benefits that Reclamation provides here in UC, and I know that you're all working hard, and I encourage you to continue to do so, to work with our partners as we move into 2013. As I mention the challenges are ahead of us for the coming year, but I know we're well positioned with the leadership team, and our individuals and our key positions, and everybody's pulling together to meet those challenges. I look forward to the opportunities. I liked to meet with each one of you throughout the year. If we get the opportunity, look forward to it. Anyway, have a great year. It's going to be a wonderful 2013.

Brent Rhees

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Provo Area Office Sustainability and Environmental Management Systems Update



By Shane Mower
Biologist
Provo Area Office

"A Sustainability and Environmental Management Systems update presentation was given at the UCLT meeting by Shane Mower from the Provo Area Office. In the presentation Shane outlined the actions that the Provo Area Office is taking to bring their building into compliance with the Guiding Principles and Reclamation-specific Focus Areas for High Performance and Sustainable Buildings."

[Sustainability and Environmental Management Systems Update Presentation](#)

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RECLAMATION

Managing Water in the West

**Provo Area Office
Sustainability and
Environmental
Management
System Update**



U.S. Department of the Interior
Bureau of Reclamation

Sustainable Building Assessment

- **Guiding Principles**

- There are six Guiding Principles and Reclamation-specific focus areas: Integrated O&M, Water Quality & Performance, Energy Performance, Materials Selection, and Indoor Environmental Quality
- Assessment indicated that the PAO was 42% compliant with the Guiding Principles
- An Action Plan was developed to obtain compliance with the Guiding Principles

- **Action Plan**

- Plan contains three Tiers of actions categorized by importance and feasibility. Tiers 1&2 are actions required to obtain compliance with the Guiding Principles; Tier 1 most important and feasible; Tier 2 important but greatest initial cost; Tier 3 recommended to improve building performance

RECLAMATION

Sustainable Building Assessment

- **Tier 1**
 - **Ten Tier 1 actions were identified:**
 - Drill down Regional EMS to building level.
 - IMPLEMENTED
 - Develop building specific performance goals for energy, water, material use and recycling, and indoor environmental quality
 - COMPLETED
 - Develop and implement a Building Management Plan for sustainable operations and maintenance practices at the building and site
 - IMPLEMENTED

Sustainable Building Assessment

- Tier 1

- Tier 1 actions identified:

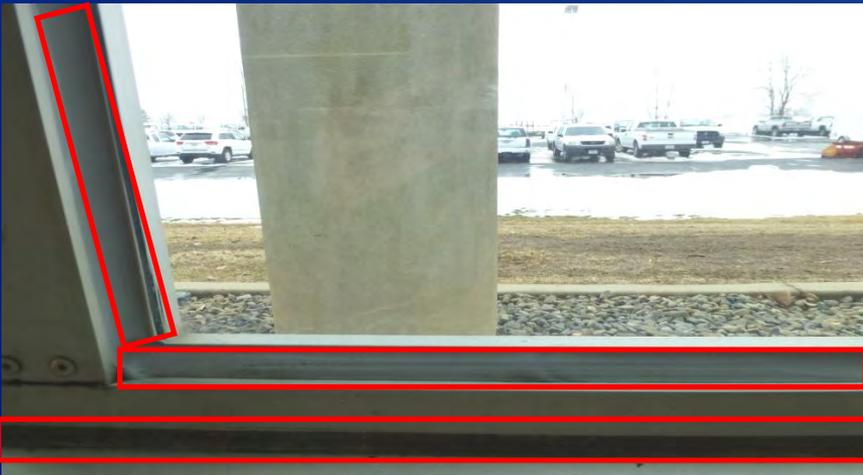
- Develop and implement a system for collecting and tracking occupant feedback on building satisfaction and comfort
 - COMPLETED
 - Establish a Green Team
 - COMPLETED
 - Develop a method for documenting and tracking sustainable purchases
 - COMPLETED
 - Establish and maintain benchmarking utilizing Energy Star's Portfolio Manger
 - COMPLETED

Sustainable Building Assessment

- Tier 1

- Tier 1 actions identified:

- Install no smoking signage
 - COMPLETED
 - Replace door weather-stripping where damaged or missing
 - COMPLETED
 - Replace damaged caulking at windows
 - COMPLETED



RECLAMATION

Sustainable Building Assessment

- No smoking signage installed at entrances
- New Weather-stripping on entry doors



Sustainable Building Assessment

- **Tier 2**
 - **Seven Tier 2 actions Identified:**
 - Plant Trees within the parking areas to provide additional shading
 - COMPLETED
 - Retro-commission the building systems
 - IN PROGRESS
 - Install shielding on outdoor lighting to reduce light pollution
 - PLANNED
 - Replace water closets, urinals, and shower heads
 - IN PROGRESS
 - Implement irrigation system efficiency improvements
 - COMPLETED

Sustainable Building Assessment

- Tier 2
 - Seven Tier 2 actions Identified:
 - Provide lighting and motion sensor automated controls for the lighting system
 - IN PROGRESS
 - Implement numerous ECMs to increase energy efficiency including lighting retrofits, replacing appliances with Energy Star models, and tuning and optimizing the HVAC controls
 - PARTIALLY COMPLETED

Sustainable Building Assessment

- New Energy Star Refrigerators



RECLAMATION

Sustainable Building Assessment

- Tier 3

- Five Tier 3 actions identified (not required):

- Install separate water meter to segregate the irrigation usage vs. indoor water usage
 - COMPLETED
 - Replace HVAC equipment
 - COMPLETED
 - Install a curbed island with trees in the parking lot the next time it is resurfaced
 - NOT COMPLETED (WAITING TO RESURFACE THE PARKING LOT)
 - Install solar water heating panels on the roof
 - NOT PLANNED
 - Install motion-activate dusk-to-dawn sensors on exterior building lights
 - COMPLETED

PAO HVAC Replacement

- Two new boilers installed (30 hp & 50 hp)
 - Has reduced gas and electric bill by 16%
 - More comfortable (building is warmer)
 - Digital Controls (makes adjustment easier & makes boiler safer)



RECLAMATION

PAO Chiller Replacement

- **New Chiller**
 - Has also reduced gas & electric bill by 16%
 - Less maintenance
 - Building more comfortable (cooler in summer)



RECLAMATION

PAO Solar Panels

- **1st Commercial Building in Provo!**
- **Will provide a 10th of the building power**
- **Will last approximately 22 years**



RECLAMATION

Sustainable Building Assessment

- The Provo Area Office has completed or implemented 70% of the actions identified in the Sustainable Building Assessment Action Plan since the assessment was done in 2010.

Questions?

RECLAMATION



EMS Milestones

The Environmental Management System (EMS) program was reintroduced in the region with special emphasis on the corrective actions required for the 2011 independent audit findings. As a result of a lot of hard work by our EMS Team and support from the region, on December 19, 2012, the Regional Director officially declared the UC Region's conformance with the standards and guidelines established in the Reclamation Manual Directives and Standards (D&S) ENV P05 and ENV 05-01.

In 2013 along with several other regions, the UC region has added sustainability to the EMS program name to emphasize the importance of sustainable business practices. The new title is Sustainability and Environmental Management System (SEMS).

The region will continue with the SEMS implementation process to achieve our goal of establishing the SEMS program as a part of our daily business. A key to success is a clear understanding of the SEMS team's composition and their roles. As part of that process the Regional Director signed the [Sustainability and Environmental Management System \(SEMS\) UC Region Team Charter](#), which outlines the goals of the program and the individual roles and responsibilities of team members.

All UC Region employees are expected to conduct their activities in compliance with all environmental laws and regulations. In addition, employees of the region should have a general awareness of the SEMS. Responsibilities of all staff members include: (1) Adhering to the principles of the environmental stewardship policy; and (2) awareness of how the various elements of the SEMS apply to their own duties and responsibilities and executing these elements.

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Spotlights of Members of the ASC



Josh Larson

Office: Provo Area Office, Administrative Division **Position:** Mail/File Clerk
Supervisor: Susan Corson **Years with Reclamation:** 1

Something Unique: I grew up in Layton, Utah. I graduated with a Bachelor of Science in Psychology from Weber State University, and received a MBA from the University of Phoenix. Before coming to Reclamation I worked for the United States Postal Service for 7 years and prior to that spent 5 years with the United States Air Force. I have a Real Estate License with Equity Real Estate and am currently working on my Personal Training Certification. Something really unique about me—I have been to the Arctic Circle and not just the one with burgers and fries. ☺



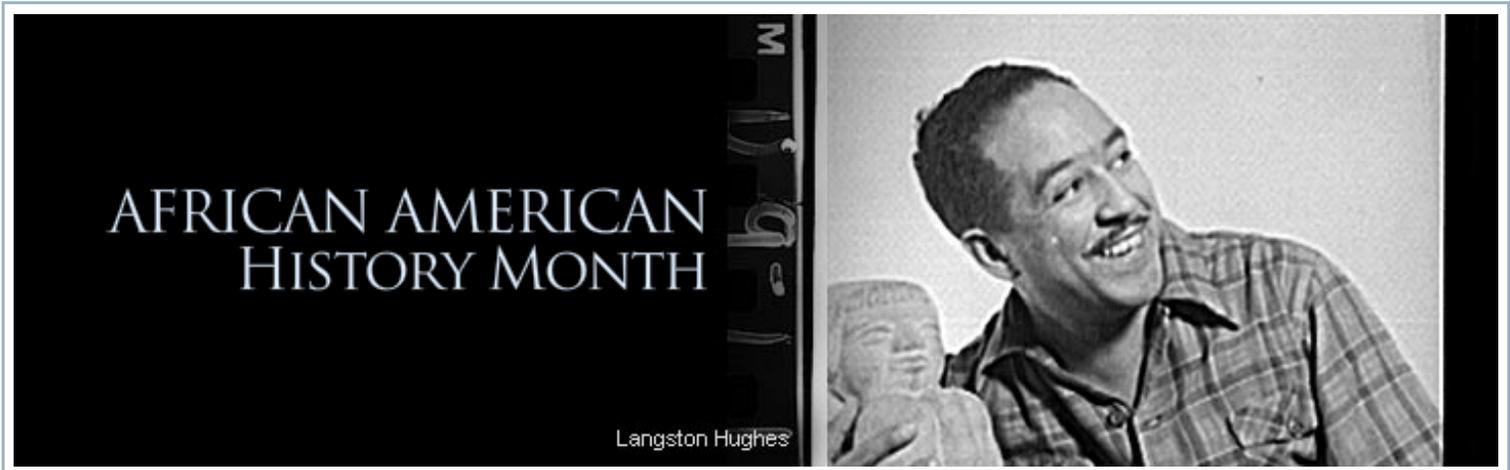
Jerri Quistberg

Office: Regional Office **Position:** Mail and File Clerk **Supervisor:** DeAnn Brown
Years with Reclamation: 1

Something Unique: I grew up in Salt Lake City, Utah. I graduated from Horace Mann High School and also attended Salt Lake Community College. Before coming to Reclamation, I worked at Cummins Rocky Mountain as a Service Writer for 10 years; which included scheduling, field service calls, and in-shop appointments. I also spent 6 years with the State of Utah Labor Commission as a receptionist. Something unique about me—I've seen The Beatles' movie "Help!" 127 times!

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February is African American History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

[Read More »](#)

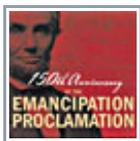
Changing America: The Emancipation Proclamation, 1863 and the March on Washington, 1963



In 2013 the country will commemorate two events that changed the course of the nation – the 1863 Emancipation Proclamation and the 1963 March on Washington. This exhibition explores the historical context of these two crucial events, their accomplishments and limitations, and their impact on the generations that followed.

[More about the exhibition »](#)

Emancipation Proclamation eBook



The free eBook *The Meaning and Making of Emancipation* illustrates the conception and significance of the Emancipation Proclamation through documents in the holdings of the National Archives. It is available for iPad, iPhone, Android, eReaders, and online.

[Download the eBook »](#)

The Abolitionists



This PBS American Experience documentary produced with a grant from the National Endowment for the Humanities reveals how the abolitionist movement shaped history by exposing the fatal flaw of a republic founded on liberty for some and bondage for others, setting the nation on a collision course.

[More about the documentary »](#)

Veterans History



African Americans serving in the military service throughout U.S. history have often fought on two fronts: fighting the actual enemy and fighting a system of segregation and exclusion.

[Veterans History Project](#) (Library of Congress)

[The Tuskegee Airmen](#) (National Park Service)

For Teachers



Put the power of primary sources to work in the classroom. Browse ready-to-use lesson plans, student activities, collection guides and research aids.

[Educational resources »](#)

2013 Event Highlights

January 30

Lecture

"The Will to Adorn: Reflections on African American Identity and the Aesthetics of Dress" examines the diversity of African American cultural identities as expressed through traditional arts of the body, dress, and adornment.
(Library of Congress)

Throughout the month of February

To The Mountaintop: Voices of Emancipation (Historic Theater)

Celebrate this "momentous decree" with a live theater program using inspirational songs, evocative images, and the actual words of prominent African-American leaders.
(American History Museum, Smithsonian Institution)

Throughout the month of February

Join the Student Sit-Ins at the Greensboro Lunch Counter (Historic Theater)

Meet a Civil Rights activist in 1960, just after the Greensboro student sit-in began. Would you have the courage to fight for justice during the Civil Rights movement?
(American History Museum, Smithsonian Institution)

February 5

Books & Beyond program

Paul Farber will discuss his new book *This Is the Day: The March on Washington*, a photo-essay by photographer Leonard Freed.
(Library of Congress)

February 8

Genealogy Workshop--United States Colored Troops During the Civil War

African Americans provided vital support and service during the Civil War. Their service and participation can be explored through many types of Federal records.
(The National Archives at Kansas City)

February 21

Genealogy Workshop--African American Census Research

Learn how to evaluate data on the Census to learn more about African American ancestors that were free and slaves.
(The National Archives at Kansas City)

[View More Events at the Library of Congress](#)

[View More Events at the National Archives](#)

[View More Events at the National Gallery of Art](#)

[View More Events at the Smithsonian](#)

Other Dedicated Web Sites

Smithsonian Education – Black History Month

National Park Service – African American History

National Endowment for the Humanities – Black History Month

FBMS Status Update

February 2013

Reclamation has continued to progress toward FBMS conversion, slated to “go live” with Deployment 8 (D8) on November 7, 2013. There has been and will continue to be much work within the UC region to prepare for this conversion. Reclamation’s FBMS Project Management Team (PMT) has a very useful intranet site that provides updates and helpful resources regarding the FBMS conversion process- check it out [here](#).

We are currently in the realization phase which is the longest of the FBMS phases and will continue through August 2013. In this phase, we will complete data cleansing activities, role mapping, training preparation, and participate in testing. Update highlights include:

- The cut-off for obligations in FY13 will be September 20, 2013.
- Our go live date has been changed by the Department from November 4, 2013 to November 7, 2013 after historical analysis was conducted that determined less risk of execution delay.
- UC’s Role Mapping Team has been established. The team will attend a 2 day workshop Feb 12-13 to receive instruction on the role mapping strategy with the first submission due March 4. The first submission will give all regional users in FBMS a role assignment which will be based on users in Legacy systems. The Role Mapping Lead is Shara Hillier. Representatives for the functional areas are:
 - Property: Shellie Nall
 - Acquisition/Financial Assistance: Jericho Lewis
 - Finance: Shara Hillier
 - Reporting: Annie Lambert

If you have any questions regarding FBMS, feel free to contact Shara Hillier, FBMS Regional Coordinator at shillier@usbr.gov or (801) 524-3660.

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Defensive Driving



It's not only the car that needs to be safe! It's also you, the DRIVER.

A positive change in driving attitude is the responsibility of everyone; we all must take ownership in preventing accidents by becoming defensive drivers.

Did You Know That?

- Defensive driving can save lives and prevent accidents.
- 25-30% of all driving accidents are the result of excessive speed.
- Excessive speed is a significant factor in over 40% of all vehicle fatalities in the US – Worldwide the figure is even higher.
- 70% of driving accidents occur within 25 miles from home.

Do You Recognize All Driving Hazards You Could Face? Be Wise. Ask Somebody To Take Defensive Driving!!

Click to view [The Car of your Dreams](#)

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Winter is here....

Kee your headlights clear with car wax! Just wipe ordinary car wax on your headlights.

It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts 6 weeks.

Squeak-proof your wipers with rubbing alcohol!

Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia.

This one trick can make badly streaking & squeaking wipers change to near perfect silence & clarity.

Ice-proof your windows with vinegar! Frost is on its way?

Just fill a spray bottle with three parts vinegar to one part water & spritz it on all your windows at night. In the morning, they'll be clear of icy mess.

Vinegar contains acetic acid, which raises the melting point of water---preventing water from freezing!

Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors & rub it in with a paper towel.

The cooking spray prevents water from melting into the rubber.

Fog-proof your windshield with shaving cream!

Spray some shaving cream on the inside of your windshield & wipe it off with paper towels.

Shaving cream has many of the same ingredients found in commercial defoggers.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key & the lock & the problems solved!

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ASC Newsletter

Board News

Mark your calendars for April 9 and 10, for our Annual ASC Meeting and Spring Event. The Administrative Professional of the Year and the Administrative Service Professional of the Year Awards will be presented by Larry Walkoviak, Regional Director. The new ASC Board for the 2013/2014 will be announced.

In addition, ASC members will participate in team building activities and informational presentations. This year, we are excited for the return of our featured guest, Janie Walters of Champion Communications, who will be presenting on, *"When Your Blood Starts Boiling, Don't Let It Cook Your Goose!"*

For those members who are unable to attend in person (although if possible, we would love to have you here), this year marks a first – presentations will be broadcast through Video-teleconferencing and/or WebEx. The board will work with each office to make sure the technology is functioning, and provide refreshments and any handouts.

The board looks forward to seeing everyone in April!

*"Those who believe they can do something
are probably right, and so are those
who believe they can't"*
~Unknown

ASC Annual Awards – Call for Nominations – Due February 4

Levi Hutchinson, ASC Senior Advisor, sent an e-mail to all Upper Colorado Region Employees on January 23, 2013, with an attached memorandum calling for nominations for the ASC's Annual Awards. The nomination form with instructions is attached to this e-mail. Any employee can nominate an individual; however, a supervisory signature is required. The region has some great employees that deserve a little recognition in either the Administrative Professional or Services categories. Please read the e-mail for more information. **Nominations are due to Levi on Monday, February 4, 2013.**

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Upcoming Events

- ASC Annual Awards – Call for Nominations due February 4
- 2013/2014 Board Elections – Week of March 25-29
- ASC Annual Spring Event – April 9 and 10, 2013 at the Regional Office



Career Trek to Administrative Officer, Albuquerque Area Office

In this edition of the ASC Newsletter, the board reached out to Peggy Chandler for her career trek to Administrative Officer. Take a moment to read, as Peggy shares her journey with each of us.

Thank you for the opportunity to share my Federal career with the ASC. I am honored to be a part of the ASC Newsletter.

It will seem strange to start my story speaking of my husband but that is where it all starts. My husband, Chuck, was in the Air Force and we traveled the world in his 26 years of service. During his time on active duty, we lived in Alamogordo, New Mexico; Okinawa, Japan; Clovis, New Mexico; Bitburg, Germany; Altus, Oklahoma; back to Clovis, New Mexico; and finally to Albuquerque, New Mexico.

My first “adult” job was a non-appropriated position as a Receptionist at the military veterinary clinic on Cannon Air Force Base in Clovis, New Mexico, where I stayed for 7 years. For an animal lover, this is a dream job and is still one of my most favorite jobs of all time. Where else do you get to play with puppies for 8 hours a day and get paid for it? I hated to leave but Chuck received orders to Germany.

My first Federal position was a GS-2 Sales Store Checker at a very small military housing area in Trier, Germany, in 1990. At the 90-family housing area, this was a great job; one of only two in the local area. After 9 months, I made a tough decision and resigned as my family comes first and this position was impacting that.

I realized in 1991, that I needed to learn how to use a computer and we did not own one. I volunteered as a receptionist at the Education Center on Bitburg Air Base, approximately 45 minutes away, and they taught me how to be an administrative professional. Even though I was only there for 4 months, my supervisor recommended me for a GS-4 Attendance Clerk position at the local military high school. It was a fun job as I was not a great student in my high school career and I knew most of the tricks when it came to skipping school.

In 1993, my husband was transferred to Altus Air Force Base in Oklahoma, located in the southwest corner of Oklahoma in a small town of 27,000 people. It takes a bit to get use to a new position when your spouse transfers to a new base. After 8 months of a job drought, I was selected for a GS-4 Secretary position in the Traffic Management Branch, where they dealt with moving household goods, airline tickets, and loading freight onto cargo aircraft.

After 2 years, I was selected for a GS-5 Secretary position at the military hospital. Not the best position I have ever had, but it was a promotion! I was there for a year until, guess what, another move! This time to Cannon Air Force Base.

If you have ever moved with a military spouse, you learn pretty quick that Civil Service jobs are hard to find and there is usually a “time off” between moving and getting the new job. After 4 months, I finally had a job, but it was a GS-3 Appointment Clerk at the military hospital. A grade reduction was not what I wanted but it was a job. I transferred within the hospital to the Surgery Clinic, as a GS-3 Medical Clerk. I loved working with the patients.

In 1996, I applied and was selected as a GS-5 Secretary for the 27th Operations Group on Cannon Air Force Base. My Colonel was the No. 3 officer on the base, in charge of over 400 airmen and 72 F-16 aircraft. One of the highlights of my Federal career occurred in this position was when I was selected as the 2001 27th Fighter Wing Civilian of the Year and one of the awards was an incentive flight in an F-16 aircraft piloted by my boss. What a rush that was!

Continued on next page...



In 2003, it was time for my husband to retire and it was time to set down roots. We do not like cold, there went the North; no humidity, there goes the coast lines and the South; no excessive heat, there went Nevada and Phoenix; what was left? Albuquerque.

On our last day at Cannon Air Force Base, I received a call from the Bureau of Land Management in Albuquerque offering me at GS-7/9/11 Administrative Officer position. I was so excited; I had finally broken into the upper level of Civil Service. To a former GS-2, GS-11s were the crème of the crop.

The Administrative Officer job with the Bureau of Land Management was tough, as working with the military was all I ever knew. This was my first job in the civilian world. What a culture shock as everything I knew was turned upside down. I learned a lot at this job, ranging from Human Resource to Property, correspondence, filing, and working as a dispatcher during wildland fires.

After 4 years, I was selected as a GS-13 Budget Officer for the Bureau of Land Management in New Mexico located in Santa Fe. I was okay at the job, but I did not have the passion for it. At the same time, my father became ill and I needed to get back to Albuquerque and help take care of him.

It was fate as the Administrative Officer position in Albuquerque became available just as I needed it. I have been here for 4 ½ years and I love it. Each day brings different challenges and it is never boring.

Did I mention that during my career I moved seven times, lived on three continents, raised two children, had a full-time job, married to a military man who was always gone, and still finished a Bachelor's Degree in Business Management graduating with Honors?

In my down time, I love to spend time with my husband Chuck, my grown kids—Johnny and Shelly and her husband Grant. I am active with the local dog club, training our dogs—Jake and Buster—for Agility competitions and I cannot forget the cats—Lucky and Missy—who do not do much, but I love them anyway.

My motto to life and my career is “Believe you can do it and you are half way there.” Don’t be afraid to try something you’ve never done before; even if it’s not your passion, it’s a learning experience.

Identify Your Values for True Satisfaction



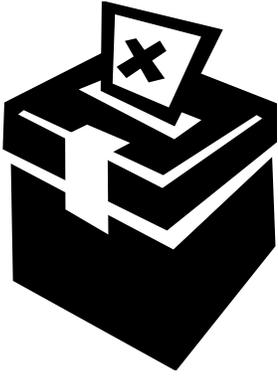
Make a list of the things you value in your work life. Would independence or autonomy be on your list? Is helping people important? Do you like to be in a social environment or do you value solitude and structure? Do you like competition? There are no right or wrong answers — only the answers that are true for you! If you’re having trouble figuring out what your values are, try an online search of “list of values” and see what pops up — and what sounds right to you!

When you’re not living your life in line with your values, it leads to imbalance, stress, and burnout. Often when people find themselves unhappy at their job — the job they worked so hard to get — it’s not the right fit! That’s why it’s so important to do this exercise up front — so that all our following efforts are taking us toward the right goals. It’s what Stephen Covey calls values-driven goal setting.

Once you’ve established what your values are, look and see how well your job fits into it. Are there changes you can make in either your work environment or responsibilities that would better mirror your needs? If there are, great! Even if there aren’t — if the job is just a paycheck — this is still a great exercise! Because if you acknowledge that, you can move forward with the other areas of your life and make sure you’re achieving fulfillment and balance there!

~Women’s Career Link, August 2012





ASC Board Nomination Process

The ASC Board Nomination process for the 2013/2014 elections has begun. The board is including this section in an attempt to make sure all members are aware of the process.

Chantel Bouchard, 2012/2013 ASC Parliamentarian, is responsible for coordinating the nomination and election procedures of all Executive Board positions. The first step in the process was for the Parliamentarian to identify a Nominating Committee of not less than three members at least 3 months before the elections are scheduled to take place. The Nominating Committee has been identified and have met with the board to discuss their role in this process, which consists of the following:

- Will meet with other members of the Nominating Committee to make nominations for the following Executive Board Positions: (1) Chairperson, (2) Vice-Chairperson, (3) Recording Secretary, and (4) Parliamentarian.
- Each nominated member will be contacted by a member of the Nominating Committee to ask if they are willing to accept the nomination.
- Contact, by e-mail, each accepted nominated member's supervisor for their approval/support.
- Meet with the current ASC Board to formally present the nominations (this meeting will be scheduled the week of March 18, 2013).

“It one advances confidently in the direction of his[her] dreams, and endeavors to live the life which he [she] has imagined, he [she] will meet with success unexpected in common hours.”

~David Thoreau

“No snowflake in an avalanche ever feels responsible.”

~George Burns

“The single biggest problem in communication is the illusion that it has taken place.”

~George Bernard Shaw

Items ASC members should be aware of:

- **Members of the Nominating Committee are not barred from becoming nominees for a position.**
- **At the time of the election, nominations may be made from the floor [because our process is handled electronically this will be done by e-mailing a member of the current board] by any member for any office.**
- **Any ASC member may self-nominate for any elected office by notifying the Chairperson of the Nominating Committee by the date of the election, or by self-nomination during the [election week].**

Once the Nominating Committee has made the formal presentation to the board members, the board members will conduct voting for elected officers by secret ballot, with balloting being repeated for each office as many times as necessary to obtain a majority vote for a single candidate. When repeated balloting for an office is necessary, the names of all nominees will remain on the ballot unless withdrawn by the nominee. Elections for Executive Board positions will be based on a majority vote.

The board has deviated a little from the ASC Bylaws to accommodate for voting via electronic ballot; these changes are shown in italics. All members will have voting rights, one vote per member for each Executive Board position. *The week of March 25 an e-mail with a ballot will be sent to every ASC member asking for their vote. Each member is asked to cast their ballot by selecting the candidate of their choice for each Executive Board position, and then return their ballots either by e-mail or by blue envelope to Chantel Bouchard. Ballots will be due to Chantel by close of business Friday, March 29, 2013.*



Spotlights of Members of the ASC



Josh Larson

Office: Provo Area Office,
Administrative Division
Position: Mail/File Clerk
Supervisor: Susan Corson
Years with Reclamation: 1



Jerri Quistberg

Office: Regional Office
Position: Mail and File Clerk
Supervisor: DeAnn Brown
Years with Reclamation: 1

Something Unique: I grew up in Layton, Utah. I graduated with a Bachelor of Science in Psychology from Weber State University, and received a MBA from the University of Phoenix. Before coming to Reclamation I worked for the United States Postal Service for 7 years and prior to that spent 5 years with the United States Air Force. I have a Real Estate License with Equity Real Estate and am currently working on my Personal Training Certification. Something really unique about me—I have been to the Arctic Circle and not just the one with burgers and fries.☺

Something Unique: I grew up in Salt Lake City, Utah. I graduated from Horace Mann High School and also attended Salt Lake Community College. Before coming to Reclamation, I worked at Cummins Rocky Mountain as a Service Writer for 10 years; which included scheduling, field service calls, and in-shop appointments. I also spent 6 years with the State of Utah Labor Commission as a receptionist. Something unique about me—I've seen The Beatles' movie "Help!" 127 times!



WATCH FOR GRAMMAR GIRL IN AN E-MAIL INBOX NEAR YOU



2012-2013 Board

Bill Brown, Chairperson
Deborah Hilton, Vice-Chairperson
Linda Andra, Secretary
Chantel Bouchard, Parliamentarian
Levi Hutchinson, Senior Advisor

"What you do speaks so loud that I cannot hear what you say."

~Ralph Waldo Emerson

We are on the Web!

<http://intra.uc.usbr.gov/teams/asc/index.html>



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What are the Flu Symptoms for the 2013 Influenza Virus?

By Staff
Jan 12, 2013



Flu Symptoms 2013 - Watch for fever, chills, sore throat, fatigue and body aches.

What are the symptoms you will feel if you are getting the flu in 2013?

The Influenza virus is spreading rapidly across the United States with almost no state being spared, it is now widespread in 47 states, according to an analysis by the Center for Disease control.

If you are feeling sick, the CDC has this guide of symptoms that may help to decide if you should seek the aid of a physician to feel better and heal.

The report from the government agency notes that Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses.

It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

People who have the flu often feel some or all of these symptoms:

Fever* or feeling feverish/chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue (tiredness)

Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

More [details here](#) from the CDC.

Read more: <http://www.nationaledger.com/lifestyle-home-family/what-are-the-flu-symptoms-for-the-120772.shtml#ixzz2I3MK3e25>

5 things to do (and 5 not to) if you have the flu

By Maggie Fox, NBC News

It may have started with a cough or a sneeze, or you may feel like someone beat you with a stick. Achy muscles, respiratory symptoms and a sudden fever all point to influenza and you – or your child – are down for the count. Here are five things you can do, and five that are probably a waste of time.

ANTIVIRALS: There are two prescription drugs on the market that work against influenza. Tamiflu is a pill, and Relenza is an inhaled powder, and both can cut about a day or two off the time spent in bed with flu. They can also keep patients from getting dangerously ill. Both must be taken within a day or so of when symptoms start to be effective.

ANALGESICS: Pain and fever relieving medications such as ibuprofen and acetaminophen – sold under brand names such as Motrin, Advil, Tylenol and others – can reduce fever and help with muscle aches. Patients with asthma, high blood pressure or other chronic conditions should check with a doctor before taking them. Children should never be given aspirin – it can cause a deadly reaction called Reyes Syndrome.

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FLUIDS: Dehydration is a special risk when people are ill and feverish. The Health and Human Services Department [recommends](#) plenty of clear fluids such as water, broth or sports drinks. If you have an upset stomach, try sipping through a straw. The really sick may suck on small ice cubes or ice pops. And drinking can soothe a sore throat.

OVER-THE-COUNTER REMEDIES: Decongestants and antihistamines can help the most annoying symptoms of a cold or the flu – the runny or congested nose and some cough caused by post-nasal drip. Antihistamines can also help many people sleep. Cough drops or hard candies can soothe a scratchy throat, although they should not be given to young children who might choke. Cough remedies containing the suppressant dextromethorphan may help but most contain too little to do much good.

STAY HOME AND REST: If you have symptoms of flu or a bad cold, or another virus such as norovirus, the best thing you can do for yourself and others is stay home and rest. You won't spread your germs that way and you're unlikely to be effective at work or school, anyway. And if you're caring for someone who is infected, keeping the patient confined to one room and keeping that room clean can help prevent the spread of infection. Humidifiers or a steamy shower may help people breathe more easily. And gargling with warm salt water can also soothe a sore throat.

Not-so-useful approaches

HERBAL SUPPLEMENTS: There's little evidence any of them work. Studies show echinacea doesn't prevent colds or flu or even help treat symptoms. There is mixed evidence for ginseng. One problem with testing herbal supplements is that they come in different formulations, sometimes even using different species of plants. One exception: There is a little evidence that fresh garlic might help prevent colds, and there's little harm in eating it.

ZINC: There was a theory that zinc supplements might boost the immune system, but the Food and Drug Administration recommends against using zinc in the nasal gel form because it can cause a permanent loss of smell. One Canadian study published in May suggests that zinc supplements might help reduce the severity of the common cold, but again, researchers say different formulations make it a difficult theory to test.

COUGH SYRUP: Many over-the-counter cough syrups contain guaifenesin, an expectorant, but the American Lung Association cautions that there is no evidence at all that it helps. The American College of Chest Physicians [recommends against using](#) any cough syrup.

COLD REMEDIES FOR KIDS: The Food and Drug Administration advises not giving any over-the-counter cold, flu and cough remedies to children under 2, and the Infectious Diseases Society of America says don't give them to children under 4. The FDA persuaded drug companies to voluntarily take over-the-counter cough and cold drugs for infants off the market in 2007.

VITAMINS: Americans love taking vitamins, but it's possible to get too much. Ultra-high doses of vitamin C can cause diarrhea. Although a few studies suggest vitamin C might shorten the duration of a cold, others contradict this, and no major studies show benefit for influenza. Studies also show no benefit to vitamin E.



Bison Connect Tip of the Week

By Sarah Casale
IT Specialist
Upper Colorado Region

Tip for the week of February 4, 2013:

Use your Pop-outs! Are you sick of only being able to see one email at a time? You start responding to a message, and realize you need to refer to an older email in order to finish what you are typing. So you click on the older email, and can't make your way back to your half-written response message-- SO. FRUSTRATING. Next time, try using the pop-out icon:



When you click that arrow at the top right corner of your email, the message will open in a new window. Leaving you free to navigate anywhere in your mailbox without losing your half-written response. Sometimes I pop-out an email when it is something I have to come back to later, but I don't want to forget about. Very handy.

Additional Bison Connect resources are available through DOI.

For FAQs visit: <https://sites.google.com/a/doi.gov/bisonconnect-resource-site/training>

For How To's visit: <http://howto.doi.net/>

You may also contact the Help Desk at 801-524-3784 if you have any questions.

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In Transition

Former GP Region employee Nettie Luree Frost dies at 92

Nettie Luree Frost, 92, of Eagan, Minn., died Jan. 28. She was born Dec. 21, 1920, on a ranch near Sutherland, the oldest child of Edward and Mary Jennings.

Her family farmed around Sutherland and Paxton until they moved to North Platte in 1937. Nettie had attended Sutherland High School, but went on to graduate from North Platte High School in 1938.

She served as a clerk, receptionist and dental assistant in North Platte before moving to California in May 1944 to work for the Housing Authority of Marin County at Hamilton Field.

She returned to Nebraska in July 1948 and became a clerk for Bureau of Reclamation office in Indianola.

She married Robert E. Frost on Nov. 27, 1952, at St. Catherine's Catholic Church in Indianola. They made their home in McCook, then moved to Cheyenne, Wyo., in 1953 and began raising a family. In 1960, they moved to Denver. The family moved to Bountiful, Utah, in 1965.

While in Bountiful, the family belonged to St. Olaf's Catholic Church where Nettie served in a number of church-related activities. Besides being a homemaker, she loved baking, and creating art and crafts. She was also an avid bowler.

In 1978, she and her husband retired to Alpine, Wyo., where they made their home until his death in 1994. She then moved to Apple Valley, Minn. Since 2008, she had been a resident of Clare Bridge of Eagan.

She is survived by four children, Barbara (Brock) Kiecker of Eagan; Michael Frost of Salt Lake City, Utah; James Frost of Albuquerque, N.M.; and Elizabeth (Bud) Rigoulot of Spanaway, Wash. Her surviving siblings are Dale Jennings, Dixie Greenwood and Ralph Jennings, all of North Platte. She is also survived by eight grandchildren, five great-grandchildren and several nieces and nephews.

Besides her parents and husband, she was preceded in death by one son, Stephen Frost, and a sister, Bonnie Neely.



A Mass of Christian Burial is scheduled at 2 p.m. Friday, Feb. 1 at St. Patrick's Catholic Church in North Platte. Burial will be at the Amesville Cemetery near Etna, Wyo., on Monday, Feb. 4.

First published in The North Platte Bulletin print edition on 1/30/2013

#####

Former Denver Employee Catherine "Birdie" Hurlbutt dies at 99

For decades, Catherine "Birdie" Hurlbutt was a familiar sight, steering her converted Checker Cab as she drove through Denver to rescue injured birds. She died in her sleep on Dec. 22 at age 99.

Tall and lanky, with outsized spectacles and a broad, toothy smile, she devoted her life to rescuing and rehabilitating wild birds. Hurlbutt, who never married and shared her modest south Denver ranch house with dozens of recuperating birds, was licensed to care for wild birds by the federal and state divisions of wildlife.

She spent most of her childhood on a Shaffers Crossing homestead acquired and then lost during the Great Depression by her father, a music professor with more ambition than business acumen. She raised her first bird, a chicken named Penny Precious, there.

She worked as a stenographer for the U.S. Bureau of Reclamation, where she kept a bird feeder near her office until she retired in 1978 after 41 years. In retirement, she devoted herself to bird rehabilitation and to researching and recording her efforts to teach birds to speak.

Among Hurlbutt's successes were Mortimer, a long-lived starling that she rescued from a cat. It took more than six months to get him to say his name, fulfilling Hurlbutt's ambition to realize a line from Shakespeare's "Henry IV," in which Hotspur says "I'll have a starling taught to say 'Mortimer.'" She also taught Mortimer to say, "I'll be right back."

Nearly anyone who knew Hurlbutt also knew Edgar, the irascible raven she rescued as a hatchling and which imprinted on her so thoroughly that he could never be released.

Edgar lived in her home, in a bare, battered bedroom furnished with sturdy wood perches and platforms. He lived to be more than 26 years old.

Yes, Edgar learned to croak "Nevermore," as well as "You're a bad boy, Edgar," a phrase that was not deliberately taught but hinted at his moody personality and penchant for destruction.

Her white 1975 Checker, with "Bird Taxi" hand-lettered on one side and "Bird Ambulance" on the other, bore a prominent phone number, images of 49 state birds and the license plate "C BIRDS."

She responded to every report of an injured bird, from Canada geese and baby robins to endangered species. In 1988, she was mugged by two men after being called to help a pigeon



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but remained undaunted.

In her family, Hurlbutt "was considered the odd duck," said her nephew, Brian Youll, who met Hurlbutt when he was 10.

"After we visited her, we liked to see her every time we came to Colorado because she was so much fun," Youll said.

None of his friends' aunts had 20 to 30 birds living with them. At one point, she had a robin, a raven, a starling, a goose, a duck, a bobwhite, two golden pheasants, two ring-necked doves, four crows, five house finches, nine sparrows and 27 pigeons dispersed among cages in the house and yard.

The duck, Daisy, liked to perch on Hurlbutt's head and was popular among schoolchildren when Hurlbutt visited classrooms. Daisy was calmer than the quail she took to a Bird Anatomy for Artists class, where students gawped as Hurlbutt chased the fleeing bird, yelling, "Look at how his legs move! Look at them go!"

Hurlbutt remained in her home until she was 97. By then, she had reclaimed the bedroom where Edgar once lived. She handed over her rehabilitation work to Deborah Strimple, whose W.I.L.D. Bird center rescued nearly 3,500 birds last year.

Despite advanced dementia, she maintained her interest in birds till she died, calling "Tweedle-dup, tweedle-dup" as her caregiver and friend, Cindy Eide, pushed Hurlbutt's wheelchair down the sidewalk.

"She would say, 'The only thing better than one bird is two birds,' " Eide said.

A memorial service is planned for 1:30 p.m. Saturday at Moore Howard Chapel, 4345 W. 46th Ave., Denver. Survivors suggest donations to the W.I.L.D. Bird Rehabilitation, 1880 S. Quebec Way, Denver CO 80231.

Claire Martin: 303-954-1477, cmartin@denverpost.com or twitter.com/byclairemartin

Catherine "Birdie" Hurlbutt, whose wild bird rescue work made her a Colorado institution, died Dec. 22 at age 99. A memorial service will be held at 1:30 p.m. Jan. 12 at Moore Howard Chapel, 4345 W. 46th Ave., Denver

#####

Former GP Region employee James Ira French dies at 65

CASPER, Wyo. — James Ira French, 65, died Wednesday, Jan. 9, 2013, at home after a long battle with cancer.

The funeral will be 2 p.m. today at Church of Christ in Casper. Interment will follow at Highland Cemetery.



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James Ira French was born June 24, 1947, to Leslie and Dorothy French. He grew up on a farm west of Bonilla and graduated from Hitchcock High School in 1965.

He began working for the Bureau of Reclamation Nov. 15, 1965, at Bismark, N.D., retiring Jan. 2, 2004. He received many awards, including the 1985 Area Civil Servant of the Year Award.

He married Kathleen Ahlstrom June 27, 1965. They divorced in 1992. On Sept. 4, 1993, he married Bonnie Herrick at Las Vegas, Nev. They eventually moved to Stephenville, Texas. She died March 16, 2012. He began collecting coins at age 10. He enjoyed metal detecting and hunting for and collecting antique bottles. He was a Denver Broncos fan.

He is survived by three children, Lisa (Todd) Sexton, Jeffrey (Kimberly) and Amy (Daniel) Helfrick; two stepchildren, Jerry (Shantelle) Young and Michael Young Jr.; and 10 grandchildren.

Memorials may be made to the Wyoming Foundation for Cancer Care, Attn: Meaghan, 6501 East Second St., Casper, Wyo. 82609. Arrangements are with Newcomer Funeral Home. Visit newcomercasper.com.

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What Is the Media Saying About Reclamation This Week?

[\\$1 billion EPA proposal targets pollution at Navajo power plant](#)

[Area drought leads to drop in Elephant Butte water levels](#)

[Reservoir drying up: El Paso shifts from Rio Grande to well water](#)

[Arizona sues EPA over anti-haze mandate at 3 power plants](#)

[Opinions differ over results of Grand Canyon high-flow flood](#)

[Summit snow well below average in January](#)

[River beat: 54 percent of average runoff into Lake Powell](#)

[Arizona Attorney General seeks to block EPA rules on coal-fired haze](#)

[Ariz. AG Challenges EPA's Haze Plan In 9th Circ.](#)

[EPA Proposal Could Mean \\$1.1B in New Emissions Controls for Arizona Coal Plant](#)

[Operator of Navajo Generating Station to hold public meeting on proposed pollution controls](#)

[Industry News - Dire decline: Farmers prep for possible 'worst' water allotment ever](#)

[Conservancy District Water Bank Issues a Warning](#)

[Dire decline: Farmers prep for possible 'worst' water allotment ever](#)

[Navajo Nation President Shelly releases accomplishment report](#)

[Drought watch: the view from El Paso](#)

[More views on the Navajo power plant cleanup issue](#)

[The CWCB plans to roll Flaming Gorge Pipeline analysis in with other IBCC reviews for transmountain diversions #coriver](#)

[Results of the High Water Flows in the Grand Canyon were not as great as expected.....duh!](#)

[El Paso Water Utilities monitoring low lake levels at Elephant Butte](#)

[Bringing History to Life on the Rio Grande](#)

[4.4 earthquake near La Sal on Jan. 23](#)

[Low water levels continue at Elephant Butte Lake](#)

[GRAND JUNCTION, Colo. -- In a mail ballot election due April 2, Grand Junction residents will vote for four Grand Junction City Council members. Here's a quick introduction to each of the 10 candidates: '\);" onmouseout="return hideTextPreview\(t](#)

[Letter: Fill Lake Mead first: Use as primary water storage](#)

[San Juan and Colorado River Confluence](#)

[Industry News - Officials address water needs at Brownsville summit](#)

[Colorado snowpack increases by 17 percent in one week](#)

[Texas Sues New Mexico Over Water Rights](#)

[Navajo Nation President Shelly releases accomplishment report](#)

[Deep brine well may have caused Colo.-Utah quake](#)

[Ten candidates running for four city council seats in Grand Junction](#)

[Navajos Working to Get Little Colorado River Deal Through Lame Duck. Outlook Unlikely - ICTMN.com](#)

[4.4 earthquake near La Sal on Jan. 23](#)

[Paradox Valley Quake video](#)

[Paradox Valley Quake 2 video](#)

[Flaming Gorge Reservoir](#)

[Paradox Valley Quake audio](#)

[Colorado River Basin study predicts water demand could outrun supplies by 2020 '\);" onmouseout="return hideTextPreview\(this\);" class="listed entry-title" Colorado River forecast: 'Living beyond our means'](#)

[Navajo coal plant's future cloudy](#)

[Forecast for Colorado River: High and dry](#)

[EPA Proposal for Navajo Generating Station Cuts Harmful Emissions 84%, Improves Visibility at National Parks, Protects Public Health](#)



[NMSU Engineers Without Borders lend a hand to help homeless at Camp Hope](#)

[El Paso water supply down in drought, low snowfall - Dallas News | myFOXdfw.com](#)

[No Need To Hurry! EPA Gives ANOTHER Five Years To Clean Up Navajo Plant](#)

[Drought Fuels Water War Between Texas and New Mexico](#)

[SRP assessing plan for \\$1 billion in upgrades at Navajo generating station](#)

[N.M. appeals court upholds protections for wilderness waterways](#)

[Water fears rise in West over Colorado River and Rio Grande](#)

[Interior, Energy, EPA Commit to Shared Goals on Navajo Generating Station](#)

[Texas calls on Supreme Court to settle water dispute with New Mexico](#)

[River Beat: Another Bad Year on the Colorado](#)

[Windy Gap FIRMING Project is a bad deal for Colorado](#)

[Texas Takes Water feud with New Mexico to US Supreme Court](#)

[Updated: Texas sues New Mexico over Rio Grande](#)

[High court river pact bid called 'extortion' by NM](#)

[Texas suing NM in water war](#)

[Stuff I wrote elsewhere: original jurisdiction](#)

[Flaming Gorge pipeline foes win a skirmish in long war](#)

[Housing pickup in W. Valley adds urgency to water search](#)

[Colorado Farm Show recap: 'I believe the snows will come in February and March' -- John Salazar #codrought](#)

[Drought watch: Rain on Snow](#)

[Obama Talks Climate Change. California Is Acting On It](#)

[Reclamation Resumes Drawdown at Black Canyon Reservoir for Data Collection](#)

[John A. Tures: 'Rio' no longer 'Grande' has lesson for us](#)

[Recreation Facilities at Black Canyon Dam Parks Open for Reservations <http://on.doi.gov/VmHKOA>](#)

[Texas and New Mexico Tussle Over Water Supply](#)

[Deep brine well may have caused Colorado-Utah quake](#)

[Trout Unlimited, Westmoreland Kemmerer partner on stream restoration](#)

[Brine well may have caused Colorado-Utah earthquake](#)

[Bedrock Earthquake jolts all the way to the Grand Valley](#)

[Kane County Business Summit 2013](#)

[What caused the 3.9 earthquake?](#)

[Impact of flood in Grand Canyon has mixed results](#)

[Colo. Earthquake May Have Been Man Made | KREX - News, Weather, Sports for Grand Junction | Montrose | Glenwood Springs - Coverage You Can Count On | Around the Region](#)

[Our unique little town could set an example of sustainability for others](#)

[Preliminary water year supply conditions](#)

[Water managers share bleak outlook](#)

[Colorado River Basin study a 'call to action'](#)

[Experiment With Grand Canyon Sandbars Sort Of Goes Smoothly](#)

[As In Prior Trials, Glen Canyon Artificial Flood Boosts Grand Canyon Sandbars, But For How Long?](#)

[Snowpack news: Morgan County irrigator's eyes are on the mountains #codrought](#)

[Proposed protection for rare fish in AZ, NM](#)

[Early results of manmade flood in Colorado River through Grand Canyon show some success](#)

[Grand Canyon flood holds mixed results](#)

[Drought watch: the great emptiness of Elephant Butte Reservoir](#)

[Texas, New Mexico tangle over water](#)

[Glen Canyon Dam 'flood' aids iconic park -- but only in the short term](#)

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Reclamation Trivia

Here's this week's set of questions:

1. A magnitude _____ (USGS) earthquake occurred at 9:47 p.m. MST, on January 23, 2013, five miles northwest of the Bureau of Reclamation's _____ located near Bedrock, Colorado.
2. What does the acronym (SEMS) represent?
3. African American History - In 2013 the country will commemorate two events that changed the course of the nation – the _____ and the _____ .

Last week, We asked,

1. **From Vol 5 Issue 1** – This year there are several important civil rights anniversaries. 2013 marks name one of those anniversaries ?
 - the 150th anniversary of the Emancipation Proclamation (1863).
 - 150th anniversary of the placement of the Statue of Freedom atop the Capitol Dome (1863).
 - 50th anniversary of the "I Have a Dream" speech (1963).
 - 50th anniversary of the murder of NAACP leader Medgar Evers and riots in Birmingham after the murder of four girls at the Sixteenth Street Baptist Church (1963).
 - the inauguration of the first black American president to his second term (2013).
 - 2013 is also the 50th anniversary of the assassination of another young president, JFK.
2. What year was Martin Luther King Day first **observed** as a federal holiday?
The bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000.
3. Where Did Frederick Douglass Get His Last Name?
After escaping from slavery in 1838, the abolitionist and black leader Frederick Douglass (c. 1817-95) took the name "Douglass" from a character in Sir Walter Scott's narrative poem The Lady of the Lake (1810)

Last winner was – Megan McConnell – Glen Canyon Field Division



Please use this [link to send your answers](#). To be fair we will draw names from the winners and one person will receive a prize. We will reach into the prize bin for something suitable for the winner...as long as supplies last.

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