



# *The Milwaukee Road Southern Division Newsletter*



DON'T FORGET - SAFETY KICKOFF '84

January 1, 1984

WITH SPECIAL THANKS!

Words cannot express how I feel about your kind generosity and your caring for me and my family after a fire destroyed our home and all our belongings on Thanksgiving Day.

Your thoughtfulness will be remembered in our prayers.

God Bless each and everyone of you and have a Safe and Happy New Year.

DICK NYS and FAMILY

SAVANNA AREA NEWS:

CONGRATULATIONS to Nahant Switchman and Mrs. LESTER WHITE who were blessed with a baby girl KATHERINE ELIZABETH born December 12th weighing 7 lbs. 7 oz. Baby, mother and father are doing fine.

CONGRATULATIONS!!

Our SYMPATHY and CONDOLENCES are expressed to Family of the Retired D & I Division Engineer DAN HOOVER who passed away on December 4th at the age of 81.

OUR SYMPATHY AND CONDOLENCES are expressed to the family of J. J. Wrecza - Trainmaster at Savanna on the loss of his father recently.

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MUSCATINE AREA NEWS:

Our sincere SYMPATHY is extended to Clerk EMMA WHISLER and family in the recent death of her brother JOE LENZ.

Everyone at Muscatine wishes all a very Happy New Year!!!

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Our CENTER FOLD picture was taken by David W. Franzen of Rockford, Illinois.

The 62-mile LaCrescent, Minn - Marquette, Iowa line, which was at one time embargoed but later reopened as part of the Twin Cities - Kansas City route is shaping up with the recent installation of welded rail, new ties and ballast. The steel gang had the continuous welded rail in place at New Albin, Iowa when southbound #222 rolled through on October 14, 1983.

See Picture in Centerfold of our Newsletter.

A special thank you to Mr. Franzen for such a nice picture. Thanks.

CHICAGO TERMINAL NEWS

Bensenville One Spot:

Pictured at the right is STANLEY LAGOWSKI who retired on November 18, 1983 after some 41 years of faithful service with the Milwaukee Railroad. Stanley worked on the day shift at the Bensenville One Spot as a fork lift driver.



CONGRATULATIONS FROM ALL YOUR FRIENDS  
ON THE MILWAUKEE!!!!

Have a safe, healthy and happy  
retirement.

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Division Office :

Carl Baumkirchner's Son-in-Law underwent back surgery on December 12, 1983, everything went fine and he was home for the holidays. GET WELL SOON !!

Carl Baumkirchner's Brother DANIEL M. BAUMKIRCHNER 21, son of the late Yardmaster at Milwaukee Karl M. Baumkirchner will wed on March 10, 1984 to Laura Laven.

BEST WISHES AND CONGRATULATIONS TO THE HAPPY  
COUPLE!!!!!!

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Bensenville Yard Office:

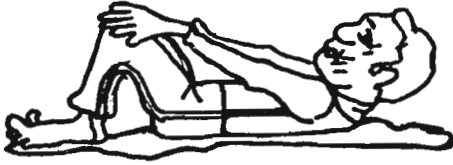
Congratulations to Lena and Jeff Bluett on their celebrating "1" (first ) Anniversary on January 1, 1984.

May you celebrate 75 more years of happiness.

MEDICAL SERVICES HEALTH TIPS  
BY  
MELANIE T. ELLEXSON, OTR

(2nd in a series)

"Oh! My Aching Back"



Exercise is the salvation of a weak back. It plays an important role in both the prevention and the treatment of back pain.

General Rules of Exercise

1. Warm up with easy rhythmical motions.
2. Avoid jerking motions.
3. Work into exercise gradually - don't overdo it!
4. Cool down after exercise with easy rhythmical motions.

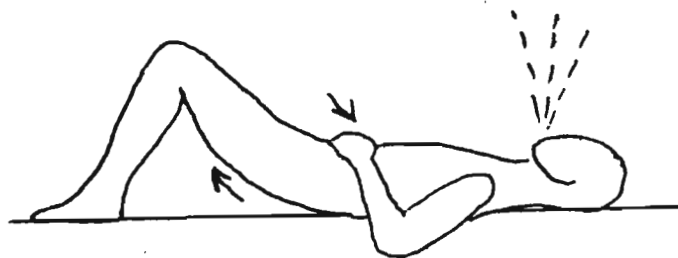
Types of Exercise

1. Flexibility
2. Strengthening
3. Endurance
4. Relaxation
5. Coordination

Remember, no matter what your job requires, what your age may be, whether you are male or female, EVERYONE needs to exercise for health!

Exercises for the whole family:

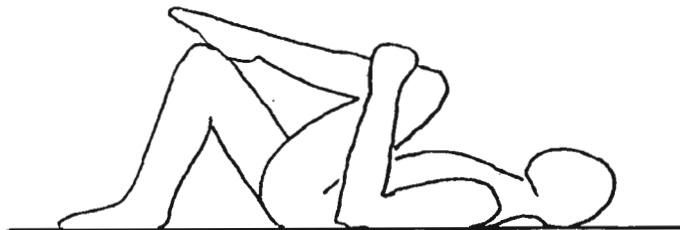
1. The Pelvic Tilt:



Lie down as shown. Pinch the buttocks together and tilt the pelvis upward so that the lower part of the buttocks rises off the floor. While you do this, breath out, forcing out the breath with your stomach muscles. The small of your back should be down against the floor. Hold for a count of 5, then relax. Repeat 5-10 times.

2. Stretching the Back:

Lie down on your back with your knees bent, feet flat on the floor.



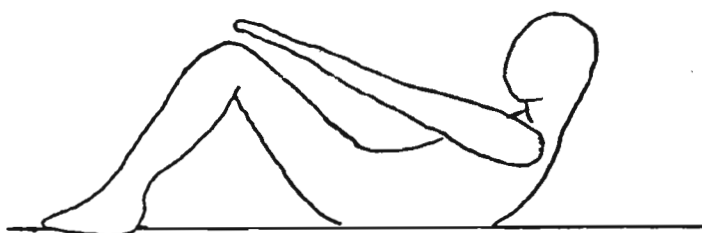
Slowly bring one knee up to your chest. Pull the knee gently and slowly with your hands as close to your chest as possible and hold it there for 5 counts. Slowly straighten leg and let it fall back to the floor. Repeat each leg 5-10 times.

3. Stretching the Back:



Lie on your back with knees bent, heels near your buttocks. Bring your knees up onto your chest. Pull your knees gently and slowly with your hands as close to your chest as you can and hold for 5 counts. Lower your legs slowly to the starting position. Repeat 5-10 times.

4. Strengthening the Abdominal Muscles:



Lie with your knees bent as shown, arms relaxed. Raise your head and shoulders slightly off the floor reaching forward with your hands to your knees. Hold for a count of 5, then lower slowly. Relax for 5 counts. Repeat 5-10 times.

Begin with these 4 basic exercises at least once a day. Twice is better!

Watch next month's newsletter for phase two of the exercise program and information on sports and your back.

# Yet Wackier Wordies ★★

by Readers of *Games*

When we published "Wacky Wordies" in July/August 1979, and "Wackier Wordies" in January/February 1980, we figured we had seen the last of these menaces to sanity. But several hundred readers continued to send us these ridiculous rebuses, and so we present Act III.

For newcomers: The object in solving is to discern a familiar phrase, saying, date, or name from each arrangement of letters and/or symbols. For example, box 1a depicts "once over lightly." Box 1b shows "gossip column." Sounds easy, but wait until you see the others. *Answer Drawer page 40*

	a	b	c	d	e	f
1	once lightly	g o s s i p	radio	cap n tal	noon good	bathing suit
2	ee ch sp	God nation ✱	✓ yearly	ses ame	d deer e r	hold second
3	r-lx s+k	—	strokes strokes strokes	n p y o c m a	law of returns	e a p s u a t
4	hou se	age beauty	harm on y	encounters encounters encounters	breth	hearted
5	p e r c e p t	MAN campus	momanon	Old block	"Duty!" and beyond	day day
6	sigh	qonpt	skating k	inflation	g o s p e l	enemy enemy
7	tongue ngue	gettingitall	e a v e s	c m e a ban ana	e e q u a l s m c	aluminum



OFFICE OF SOCIAL COUNSELING

DIRECTOR - BOB HICKLE

This is the first of a series of articles about the illness of alcoholism. Almost everyone has someone close to them who has this illness, and we know little enough about it. These ideas are mine, and many in the field disagree with me, but then they are not writing for the Milwaukee Road Newsletter! The Office of Social Counseling is interested in all your problems, but about 60% who come to us want to talk about drinking problems. So let's get on with it.

Alcoholism is a primary illness. For many years, it was thought to be the symptom of underlying causes, and many psychologists and psychiatrists thought that if they could solve the underlying causes, the alcoholic would then be able to control his or her drinking. There were several things that went wrong with this idea: most alcoholics could not afford prolonged psychiatric care, most of them were unwilling to put in the necessary time, and treating the underlying causes did not help. So the alcoholics kept right on drinking. It was only when we began dealing with the problem directly that we began to help the suffering alcoholic and his or her family.

You will note that I speak of alcoholism as an illness, and it is. It is undoubtedly a unique illness, and in subsequent articles I will discuss the ways in which it is unique. One can debate endlessly about this matter, but we must return to the question "if it isn't an illness, then what is it?" We will proceed on the assumption that alcoholism is an illness, because it is the only approach that has yielded results. I once heard a person say, "Alcoholism may be an illness, but it is the only illness I know of that we give each other for Christmas!" I guess this speaks clearly to the unique nature of the illness.

Calling alcoholism an illness does not provide a copout for the alcoholic, because we now know what to do about it. This will be discussed in future letters.



Field Museum of Natural History • Roosevelt Road at Lake Shore Drive • Chicago, Illinois 60605-2496  
Telephone (312)922-9410  
Public Relations: (312)322-8859

FIELD MUSEUM ANNOUNCES 1984 SPECIAL EXHIBITS

● "Treasures from the Shanghai Museum: 6,000 Years of Chinese Art"

Through Feb. 14.

More than 200 exquisite objects reflecting the varying techniques and styles of Chinese art in a wide range of forms— sculpture, painting, ceramics, bronzes and jades. These treasures span the cultural eras of ancient China, from the neolithic period through the 20th century. Halls 26 & 27.

Special Shanghai exhibit tickets are \$2 at the Museum and are available at all Ticketmaster locations in metropolitan Chicago.

● "Grasp Tight the Old Ways: The Klammer Collection of Inuit Art" and "Inua: Spirit World of the Bering Sea Eskimo." March 10 through May 27.

A dual exhibition of simple but stunning Eskimo art. "Grasp Tight" is a collection of 85 sculptures and 90 paintings, predominantly contemporary. "Inua" is a collection of turn-of-the-century Alaskan Eskimo ceremonial objects, hunting implements, and domestic utensils collected by Edward W. Nelson, a naturalist sent to the Alaskan frontier in 1877. The objects and his photographs reflect a culture little affected by contact with the outside world. Hall 26.

● "Black Folk Art in America: 1930 - 1980" April 14 through July 15.

Working outside the conventional artistic mainstream, black Americans, many of whom were from the rural South, created a folk art that has been called "ecstatic individualism." Twenty such little-known and self-taught artists are highlighted in this exhibit, with more than 300 paintings, sculptures and drawings on display. Hall 27.

(more)

\* Note: A wide variety of color and black and white photos of pieces found in "Black Folk Art" are available on request.  
For information phone the public relations office (312) 322-8859



Field Museum Announces 1984 Special Exhibits, p. 2

- "African Insights: Sources for Afro-American Art and Culture" April 14 through December 31.

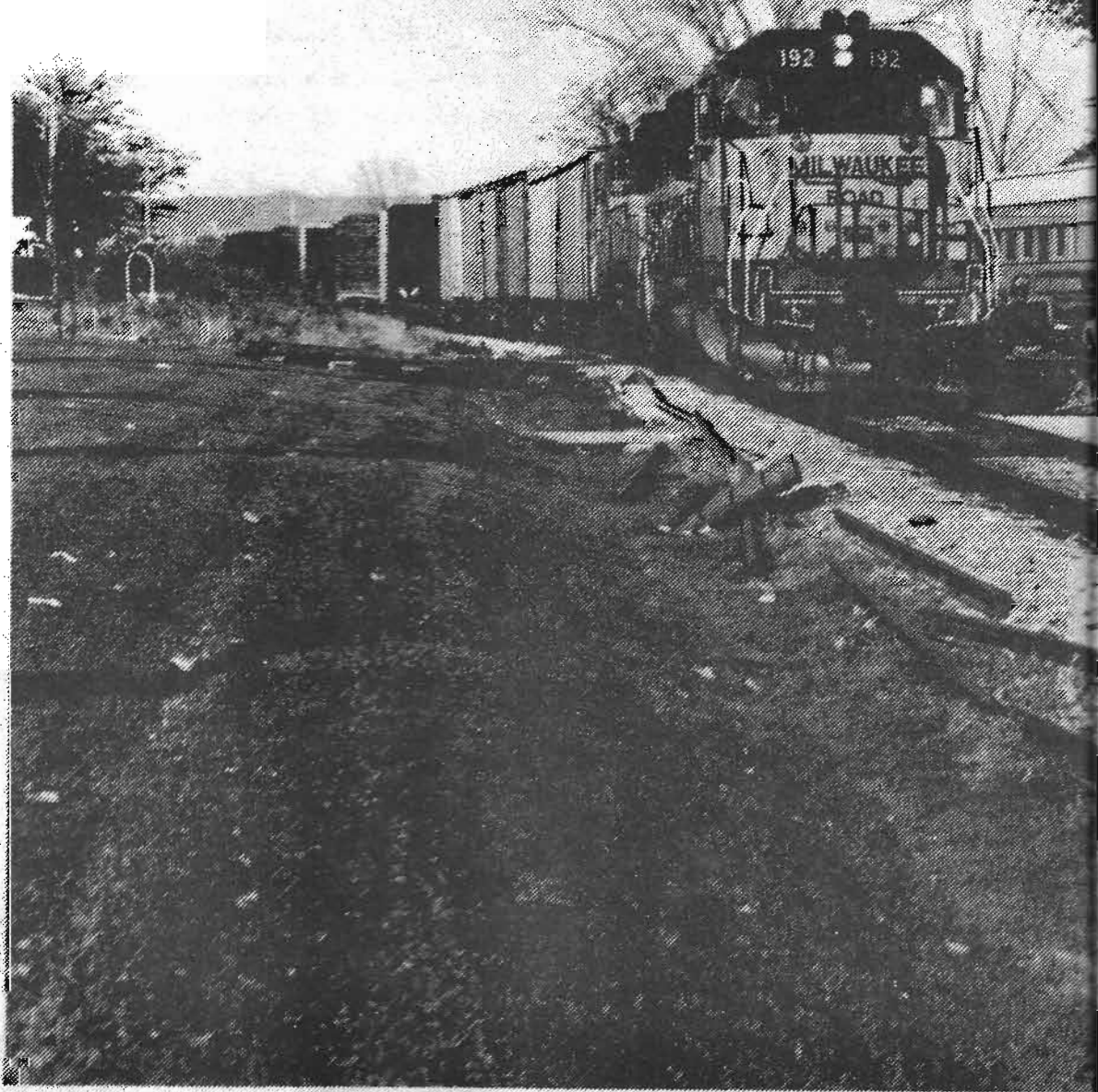
Drawn from Field Museum's own important African collection, this exhibit of 72 pieces gives new understanding to the roots of contemporary African and American "Black Folk Art". A Field Museum exclusive, this exhibit was funded by the Illinois Humanities Council and a grant from the National Endowment for the Humanities. Gallery Nine.

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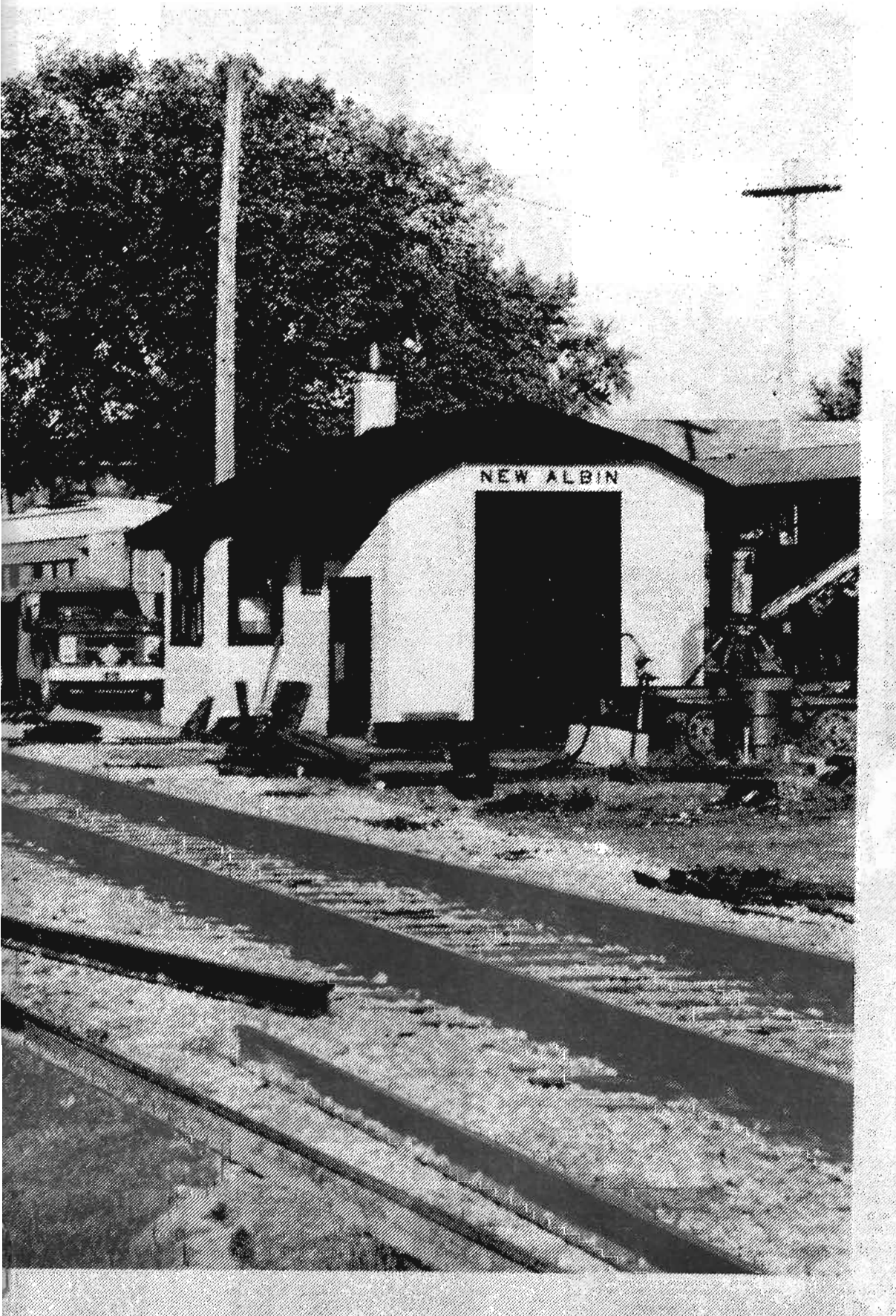
Museum Hours: 9 a.m. to 5 p.m. daily. Closed Christmas and New Year's Day.  
Museum Admission: \$2 adult; \$1 child 6 - 17; 50¢ senior citizen; \$4 family.  
Thursday is a free day.

Museum phone: (312) 922-9410

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NEWS CORNER:

The following article is from the Illinois Department of Commerce and Community Affairs and is distributed by the Illinois Office of Tourism.

While they cannot accompany each article with photographs, those who wish to have them can write to Jeff Smyth, Department of Commerce and Community Affairs, 620 E. Adams, Springfield, IL 62701. 217-782-1441.

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CUSTOMER SERVICE SOUTHERN DIVISION


In 1982 the Milwaukee leased 210,100ton open top hoppers, series MIL 120000 - 120209 for the coal operation on the Southeastern Division. Since the arrival of these cars the coal revenues on the Southeastern have almost doubled. Presently, we are acquiring an additional 150 BREA 100 ton open top hoppers for use also in coal service.

We expect in 1984 to have an exceptional year in coal movements from the Latta Indiana area. It is a credit to the Marketing - Sales and Service, Car Management, Power Desk and the Local Division people, that all orders and coal movements went on time. Also now that we have a new scale installed at Latta we expect all coal movements and turn around times to improve.

Southern Division Customer  
Service Department

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DOODLE PAGE !!!!



Illinois

Nauvoo, Ill., Dec. 13--Peer through a hole in a door inside the historic Carthage jail you can see life-like figures of the early leadership of The Church of Jesus Christ of Latter Day Saints, commonly known as the Mormons.

Perhaps this is how these men spent their last night of incarceration June 26, 1844-- praying, writing letters to loved ones, discussing the persecution their followers faced.

The vantage point was provided by a volley of gunshots that bore through the door, striking in the face and killing Hyrum Smith whose brother Joseph founded the church 14 years earlier. Immediately after Hyrum fell, an angry mob burst into the room killing Joseph and wounding the others.

Persecution was taken to its limit.

What had outraged the God-fearing people of Hancock County to commit this heinous deed was a Mormon settlement just 17 miles to the northwest, near the majestic banks of the great Mississippi River.

Looking out a second floor window in the Brigham Young home in Nauvoo, one can easily imagine how Joseph Smith's dream was taking shape. Sturdy red brick homes and shops nestled on a basin between the river and rolling hills to the east.

If it were the 1840's, the settlement's men would be working the fields to the north while the children attended school in town. Seven hearths for brick making would be smoking. Atop the hill to the east, the great Nauvoo Temple would be under construction. John Taylor would be putting to press the colony's newspaper and Jonathan Browning would be making his famous rifles.

This was Smith's dream. The dream began in New York in 1830, but was never fully realized there. It was taken to Ohio, then to Missouri, then to Illinois, and finally to Utah where it blossomed.

As in other instances the Mormons were driven out of Illinois because of fear. The people of Hancock County watched this group purchase land adjacent to a trading settlement called Commerce and in almost seven years saw it grow to become the largest town in Illinois, with more people than even Chicago at that time. Smith renamed the town Nauvoo, meaning beautiful location.

The Saints' leader was also mayor and general of the town's militia. The Mormons functioned as a political, economic and, of course, religious unit.

Non-church members felt the Mormons were growing too powerful and were putting church doctrine above the law. When Smith ordered the destruction of the Nauvoo Expositor--a newspaper antagonistic to the church-- June 7, 1844, upheaval spread throughout the county. Smith was summoned to Carthage to face charges of inciting a riot. He was jailed without a hearing then murdered by the mob. The Mormons were harrassed until they were forced out of Illinois in a winter exodus westward across the frozen plains.

The Mormons were now under the leadership of Brigham Young who took them to a desolate spot in a valley (now in the state of Utah) where the group grew to its present following of over 5 million. One hundred years later they returned to Illinois to preserve the colony by forming the Nauvoo Restoration Corp. in 1962.

Today visitors will find much of the original settlement intact with displays and tours of each building.

Elder William Chapman waits in a small room in the Brigham Young home. When the bell over the front door rings he will emerge to greet the visitor. Chapman has been here since April this year. He will not return to his home in California for another 10 months.

Missionary work for the church brought him here. The missionaries serve at Nauvoo and other Mormon outposts in the United States and overseas for 18 month sojourns. All the colony buildings have a retired person or couple on the premises to provide tours. The Nauvoo homes are open seven days a week.

"There are 33 missionary couples to show the homes through volunteer work," Chapman said. "This is a great opportunity. We're here at our own expense but there is a waiting list to come here."

The missionaries provide an informative tour of the homes and shops. Each building and site is well preserved and contain period furniture, artifacts and decorations to create an authentic atmosphere.

"Smith's outline for this town was one square mile with acre tracts platted for each home," Chapman said. "The colony's intent was to have the men work in the fields to the north and leave all the kids in town to get educations."

Elder Willie James Whitney had just come from the river banks. He'd been hauling clay to be used to make bricks at the only remaining kiln. Whitney is stockpiling the clay so that when winter sets in he can still form the souvenir bricks in the basement of the Lucky Mack Smith home. He doesn't fire up the furnace but does form the clay, and visitors get instructions on how to have the brick hardened. He stops to talk bricks.

"There were seven of these kilns here at one time with 250 men working them," Whitney said. "There are three grades of bricks: those just right, those overheated--called clinkers--, and those not heated enough. They cost about one half cent a brick and if you bought a load you got a mixture of all three grades," he added.



Whitney had never made a brick before he came to Nauvoo. He says that when he returns to his home in Baton Rouge, La. he's going to build a home for his daughter--made out of bricks.

At the Webb Wagon and Blacksmith Shop a missionary uses authentic tools to forge horseshoes. Adjacent to it, a wainwright explains in detail the makings of a wagon wheel. At the Times and Seasons Building, the Mormon weekly newspaper was printed, as were the church's other periodicals.

The entire village is a working and living museum of what the Mormons left behind when they fled Illinois.

But, not all the Saints left Illinois in the 1800's. A faction that believed the son of the founder, Joseph Smith, Jr., should have inherited church leadership after the murder. Those who did not follow Brigham Young remained in the Midwest and formed the Reorganized Church of Jesus Christ of Latter Day Saints. The reorganized church owns some of the property in Nauvoo and is working with the Utah Mormons (as Young followers are called) to preserve it. The Reorganized church is based in Independence, Mo.

Included in their ownership is the site of the Nauvoo Temple--where a magnificent structure perched atop the hill overlooking the basin and the winding Mississippi River. The temple's cornerstone was layed in 1841. Years later, when almost completed, the temple was destroyed by fire. Today, a park marks the area where the temple once stood.



In Nauvoo there are reminders of another culture too. After the Mormon exodus, French Icarian Communists set up a communal society in the deserted red brick houses. The Icarians brought to the fertile area their ancestors' love of wine. Soon the fields around Nauvoo abounded with grapes. Still operative today is the Gem City Vineland Co. first opened in 1857 by the Icarians. It offers a selection of local wines and a tour of the winery.

The weekend before Labor Day the town hosts the Nauvoo Grape Festival to commemorate the grape and apple harvest. During the festival, Nauvoo's other popular product--blue cheese--is symbolically wedded to the wine at a celebration in Nauvoo State Park.

This age-old ritual has its beginnings in southern France where centuries ago a pageant bride, symbolizing wine, and a groom, symbolizing cheese, are brought together. It was felt that wine and cheese are at their best when complementing each other.

The wedding cheese is made at the Nauvoo Blue Cheese factory which operates a cheese shop where samples of the different cheeses are available.

Nauvoo is a thriving town with a living past. The Mormons and Reorganized Latter Day Saints live in harmony with the modern townsfolk. The town of 1,000 has much to offer visitors. Beside the historic attractions on the basin and the winery and cheese factory, there is the Nauvoo Hotel built in 1841 as a private residence. Today it welcomes visitors for tasty family dinners and overnight accommodations.

Joseph Smith named the town the beautiful place over a century ago. Today through the efforts of the Church of Jesus Christ of the Latter Day Saints, the Reorganized church, the residents and the people of Hancock County, that description still holds true.

# HEED THESE WARNING SIGNS



WALKER



SAFETY SECTION • ASSOCIATION OF AMERICAN RAILROADS

# CHICAGO, MILWAUKEE, ST. PAUL AND PACIFIC RAILROAD COMPANY

## JANUARY

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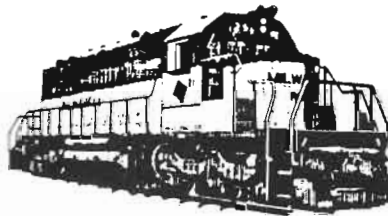
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Anyone wishing to contribute articles, news, puzzles or any bit of information may do so by simply jotting down their ideas or news on the form below: I need all your help, Remember this SOUTHERN DIVISION NEWSLETTER IS for the EMPLOYEES AND BY THE EMPLOYEES:

Article submitted by \_\_\_\_\_

Department \_\_\_\_\_ Date \_\_\_\_\_

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Don't forget all articles must be in by the 15th of the Month so I can use them in the next months issue.

Thanks to all who have helped in the past year to make this paper a Success.

Thanks, Editor

Sandy Willett - Editor  
Superintendent's Office  
Room 107 Chicago Union Station  
Extension - 3900

E. Nast - Savanna  
C. E. Ross - Savanna  
B. Merideth - Muscatine  
R. Atwell - Chillicothe  
M. Hobert - Terre Haute

Don Sullivan - Advisor  
Superintendent's Office  
Room 107

*Happy New Year to all.*