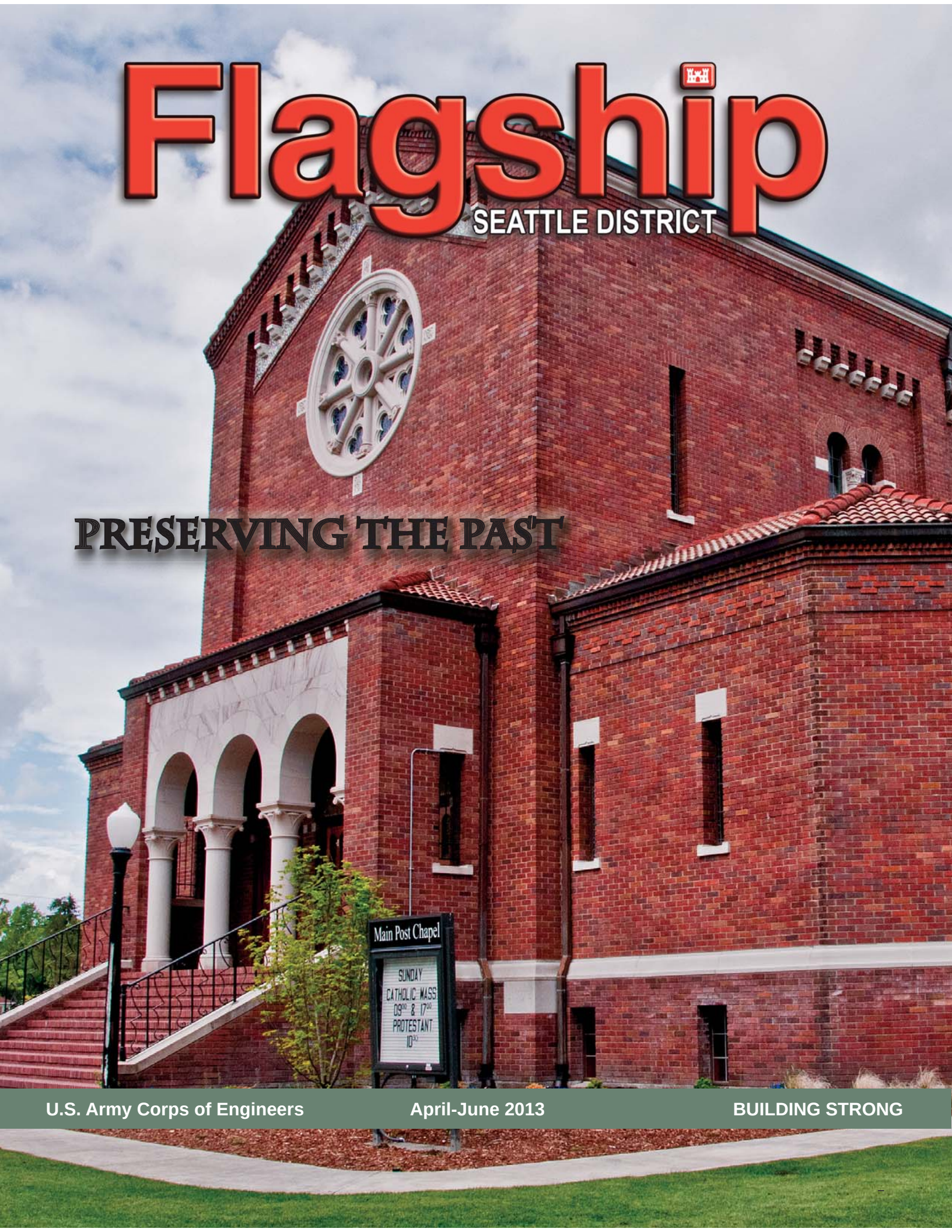
Flagship

SEATTLE DISTRICT

PRESERVING THE PAST



U.S. Army Corps of Engineers April-June 2013 BUILDING STRONG

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U.S. Army Corps of Engineers
Volume XXVIII No. 2

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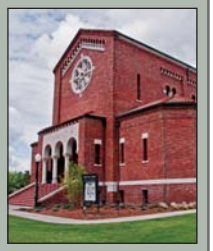
Dan Johnson: This Flagship is for you

Dan Johnson is the new operations project manager for Mud Mountain and Howard Hanson dams and has a broad background in facilities management and has solid planning, budgeting and project management experience. He brings 12 years exprience leading teams in the Navy, was a project manager for Howard Hanson Dam and led a team to find solutions reducing flood risk in the Skagit Valley. This experience has given him vast knowledge of dam safety, budgets for large and complex projects, and flood storage and water management. He is a self-motivated and strong leader, dedicated supervisor, excellent team builder and is always willing to take on hard assignments.

Dan Johnson, this ***Flagship*** is for you.



Cover:

Preserving the Past

The Fort Lewis Main Post Chapel was open to the public Nov. 9, 1934 and has fulfilled many needs since then. But it needed some upgrades to bring it into the 21st Century. Seattle District answered the call and made structural improvements to help attendees with mobility issues and added some communications upgrades while preserving the building's charm and history. The $5.5 million renovation also included some life safety and comfort additions such as air conditioning and a fire alarm and sprinkler system. (Corps photo by Tanya King)

Flagship

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commentary

Transforming Civil Works in the Pacific Northwest

Seattle District Commander Col. Bruce A. Estok

Seattle District's Civil Works mission dates to Capt. Harry Taylor establishing our office in 1896. Early study plans were navigation focused – the Lake Washington Ship Canal, Grays Harbor channel and navigation on the upper Columbia. While some open studies date to this era, the intervening 117 years are best characterized by the products of study efforts – building facilities and providing services across the U.S. Army Corps of Engineers' eight civil works business lines. Today the Corps nationally, and in our district, is in a challenging environment characterized by aging water resources infrastructure and the potential for a protracted period of fiscal austerity. Corps Director of Civil Works Steve Stockton refers to resolution of how we continue to operate, maintain, and rehabilitate current infrastructure while meeting new water resource requirements as the "Civil Works Challenge." This strategy, Civil Works Transformation, is Goal 2 of the USACE Campaign Plan and relies on four pillars that our district's teams are building daily.

Seattle District is modernizing planning through the SMART planning process known as "3/3/3" owing to the objectives of study completion in three years for $3 million while coordinating at the three levels of district, division and headquarters. Our district pioneered this concept in 2011 and it was mainstreamed across the Corps in 2012. We have been part of the Corps effort to build the plane while in flight. Where the path is unclear, you blaze trails in the risk-based streamlined process to provide technically defensible results.

Seattle District enhances budget development to best use limited resources. Puget Sound was Northwestern Division's pilot during last year's exercise to produce a systems-based watershed budget, in parallel with the normal budget development process. This approach seeks to paint a common operating picture of all watershed activities, so investments are aligned with national priorities and complement local and regional actions. The nexus of Seattle District's integrated water resource management portfolio with the Puget Sound and Coastal system's 19 basins, and the synergy of Puget Sound recovery, provide an ideal learning laboratory to advance this approach. We collaborate with Puget Sound Partnership, the Federal Caucus, and the Water Resource Inventory Areas to ensure integration.

Seattle District people are consistently improving delivery of our civil works products and services. Two large areas of focus are the regulatory and levee safety programs. Key regulatory efforts include recent and pending mitigation bank and in-lieu fee program approvals, fielding new tools and advancing cumulative effects analysis capabilities, and outreach efforts to dialogue with governing bodies, partner agencies, and the public. Additionally, Seattle District technical, project management, and emergency staff work locally with levee sponsors, regionally with partners, and vertically with Corps proponents on key trailblazing efforts. These include Washington State's ongoing first-ever System-Wide Improvement Framework plan development and district-led engineering analyses that may provide information for future vegetation variance proposals and solutions. Finally, integrating the Corps emerging climate change policy and technical guidance into our studies and projects is becoming increasingly important in areas such as the Skagit General Investigation and Howard Hanson Dam operations.

Seattle District is managing the infrastructure portfolio to know what assets we have, what condition they are in, how they perform, and how they work together. All of this is intended to determine the level of routine maintenance, and where priority investments for non-routine maintenance should be made in a resource constrained environment to achieve a desired level of service. There are many processes in different stages of development and fielding, that offer information for the complex calculus of operating and maintaining our projects.

Seattle District has come a long way from the days of Captain Harry Taylor. Our service to the nation and Northwest remains vital, and the Civil Works mission is most visible to the public. Our continued success in the foreseeable future for the 117 years that lie ahead depends on our ability to evolve with the changing fiscal realities and transform our organization, culture and processes to remain apace with the Civil Works Challenge. Thanks for all you do, and will do.

—Essayons!

in repair

Repairs to St. Maries' levee system resume

By Scott Lawrence
Public Affairs Office

The St. Maries, Idaho, levee system is bustling with activity recently as U.S. Army Corps of Engineers' officials return to complete repairs along the St. Joe River's left bank.

The $2.6 million federally-funded project was split into two phases, pre- and post-flood season, to address seepage and erosion damages from previous flood events. The first phase, completed in November 2012, included immediate repairs and risk reduction measures ahead of flood season.

Workers are now prepositioning equipment and materials with plans to initiate the second construction phase after Memorial Day weekend.

Phase two repairs focus on removing a levee segment near the 17th Street pump station, replacing two old wood stave drainage pipes and reconstructing the levee. One drainage pipe diverts a town creek underground and out to the St. Joe River, while a second is used to pump out excess water from an adjacent wetland.

Video inspections conducted during phase one confirmed the wood stave pipes were damaged, but blockages prevented a complete and thorough examination. While inspections were inconclusive because of blockages, replacing the pipes was always planned as part of the phase two work, according to Brian Nelson, the Corps' project manager.

In addition, the Corps is constructing a 1,500 foot seepage berm to reinforce the levee's backside. "The seepage berm is essentially rocky material emplaced to weigh down and apply pressure on the landward side of the levee," Nelson said. "It ensures structural integrity is maintained while allowing some water, but not levee material, to seep through."

In order to complete levee repairs and install the seepage berm, a stretch of road had to be removed and Corps planners worked with a local firm to design its replacement.

"We designed the seepage berm and levee repairs, but we worked closely with the City of St. Maries engineering firm, Welch Comer, to design a road which met our requirements and the city's needs," Nelson said. When reconstructed, a new asphalt road segment will be built on top of the seepage berm.

Expected to be complete by early September, the second construction phase will cost about $1.75 million of the $2.6 million in total project cost.

The Corps coordinated with a number of agencies during the planning, design and construction phases, including: The City of St. Maries; the Environmental Protection Agency; the Coeur d'Alene Tribe; U.S Fish and Wildlife Service; and Benewah County. Collaboration and contributions to the design were provided by the City of St. Maries design engineering firm, Welch Comer.

Once levee repairs are complete, flood protection which had been reduced to a 5-year level will be restored to a 100-year level, meaning a one-percent annual chance of exceedance.

in recognition

A building is the signature of many hands.....

Seattle District
Public Affairs Office

George Northcroft, regional administrator of the General Service Administration's Northwest Region, hosted a plaque unveiling ceremony March 26 at Seattle District's new headquarters building. Northcroft was joined by the design-build team of Sellen and ZGF as well as GSA project staff, Seattle District Commander Col. Bruce Estok and several District employees. At construction conclusion for each of their buildings GSA places a plaque, called a builders plaque, listing the names of the project team members from project manager to pipe fitter. The plaque in the lobby of Federal Center South's Building 1202 lists names of the workers from the 80 firms who clocked more than 500,000 hours to take the building from concept to a fully functioning Seattle District headquarters.

Under budget, ahead of schedule

When the U.S. Army Corps of Engineers, Seattle District, needed the microwave communications system to be relocated to the new Federal Center South Building 1202, district officials in charge of coordinating the move needed to look no further than its own professionals.

Team members came from various disciplines across the district including Shahbaz Naftchi, Lt. Col. Derek Ulehla, Mikel Costello, Vyacheslav Govorushkin, Barry Premeaux, Gerald Fletcher, Les Tomaszewski, Ross Emry, Linda Herman, Louie Reed, Brenda Moriarty and Jennifer Brito.

They encountered many challenges including lack of conduit, insufficient power and grounding, and completing the job before the beginning of flood season. The move also needed to take place before Seattle District employees began moving in October and November of 2012.

Naftchi, who was the project manager and team lead, clocked numerous hours coordinating production schedules among project managers, contractors, electricians and senior leaders. He and his team also ensured activities were conducted in a timely manner. As a result, they came in under budget and ahead of schedule. Though many hands are needed, theirs provided some of the work to form the signature that is FCS Building 1202.

Courtesy photo

Shahbaz Naftchi is one of many people named on a plaque highlighting the work it took to help build FCS Building 1202.

after work

CRUISIN' FOR A BRUISIN'

Top, Courtesy Photo by Benjamin Toombs
Bottom, Courtesy Photo by Joe Schwartz/JoeRollerFan.com

By Bill Dowell *Public Affairs Office*

For some, extracurricular activities are traditional sports like bicycling, running, basketball, golf, softball or hiking.

But for two Seattle District employees, brandishing helmets, elbows pads and eight wheels to join the rough-and-tumble, girl-powered sport of roller derby fits their passions.

Roller derby origins began in 1930s banked-track roller skating marathons. It culminated 60 years later as a form of sports entertainment with figure-eight, banked wooden tracks and pro wrestling-style choreography – complete with body slams.

But the sport's 2002 grassroots revival, predominantly made up of all-female amateur leagues, is constantly evolving to emphasize athleticism and skill, said Ashley Dailide, a district Environmental and Cultural Resource Branch archaeologist and two-year roller derby veteran.

Though she hadn't roller skated in more than 15 years, Dailide was immediately drawn to roller derby, an increasingly popular sport known for its physicality and the strong bond fostered within the skating community.

"I played a lot of sports over the years; soccer, softball, basketball, skiing and snowboarding, but this is a sport which, in its current incarnation, was created by women for women," Dailide said. "Men play it, but there's a lot of female empowerment and support which isn't available in most sports. It's also a good way to work out aggression and meet people with similar interests."

The teams go all out during bouts and aggression leads to a lot of bruises and sometimes serious injuries. The game is now played on a flat track, making it easier to hold bouts in gymnasiums and rinks. WFTDA, Women's Flat Track Derby Association, serves as the sport's sanctioning body, conducting national championships and publishing a meticulous rulebook. WFTDA is made up of 176 full member leagues and 199 apprentice leagues nationwide.

The Dockyard Derby Dames, Dailide's league, is made up of four home teams, and her team, the Marauding Mollys, is the defending league champs. She is also a member of the league's All-Star travel team, Wave of Mutilation, which competes nationally as one of WFTDA's full member leagues.

Rule books, bruises and athletics aside, there are still some theatrics for the fans, according to Dailide. The theatrics aren't about game play but more about the costumes some players wear during local bouts and the adoption of derby names like, Anita Hit Sum Won, Damsel of Doom or Clock N Deck'her.

"Many fans are first drawn to the sport by its alternative image, they are drawn back by the strategy and athleticism of the game," Dailide said.

Wearing number 65mya (million years ago), Dailide goes by the name Tia Wrecks, sporting Tyrannosauras rex-like face paint, and serving as one of her team's primary blockers on the track.

Being on a roller derby team is a big commitment with at least monthly league bouts and three to four practices a week. Dailide is also head of the league's Bout Production committee and acts as the league volunteer coordinator, working as much as 40 hours a week, on top of her Corps job.

"It's a great way to become involved in the community and become role models for young girls," Dailide said. "We partner with a charity for each bout and participate in a number of community events."

The district's second player, Anne Holdener, is in her rookie season. Holdener, a budget analyst for Mud Mountain and Howard Hanson Dams, goes by the derby name Holdener Hosstage. Donning number 33, she played in her first career bout in April with her team, the Rainier Roller Girls, losing a last second, back-and-forth battle to the Grunge City Rollers.

"It's great to be involved in a physically demanding sport alongside other women with the same level of commitment and dedication," Holdener said. "I was involved in triathlons before but no one was ever committed to doing them. I was always by myself."

Courtesy Photo by Jo Arlow Photography

Ashley Dailide, right, and her Marauding Mollys teammates set up a wall.

Photo by Bill Dowell

Anne Holdener

Holdener enjoys the competitiveness and physical fitness of roller derby. These traits are obvious motivators which helped her to be inducted into St. Catherine University's Athletic Hall of Fame in 2012 for in and outdoor track and field. Between 1999 and 2003, the three-time team captain captured nine top-three school marks for indoor competition and 12 top five marks for outdoor.

At the time of her induction, Holdener held eight school records. Her indoor records include pole vault, long jump and pentathlon. Her outdoor records include sharing the top spot for the 200-meter dash, as part of the 4x100 and 4x800-meter relay teams, pole vault and heptathlon.

Even with all her athleticism, roller derby injuries happen. Holdener was sidelined for what would have been her first bout a few months ago, separating her acromioclavicular, or AC, joint a week before. The AC joint is the connection between the shoulder blade and collarbone.

"I took a really hard shoulder check," Holdener said.

The injury was from a teammate during practice. For Dailide and Holdener their passions seem to be taking them "Cruisin' for a Bruisin.'"

in the field

In the nick of time

By Tanya King
Public Affairs Office

It was down to the wire. On the Friday before the end of Fiscal Year 2012 Patricia Fatherree, U.S. Army Corps of Engineers, Seattle District Realty Operations Branch chief, worked late into the night to secure a lease for a small but important piece of property.

She was looking for a building which would later become the Madigan-South Sound Community Medical Home, a satellite clinic of Madigan Army Medical Facility at Joint Base Lewis-McChord, Wash., providing patient centered primary health care to patients living in the surrounding Olympia area.

A few months prior, Fatherree and her Seattle District Real Estate team secured a lease and moved to the next step in the process, which was to collect bids from contractors to renovate the space and turn it into a medical clinic. With a $740,000 budget, they were forced back to square one after the bids came in at $1.3 million.

If Fatherree didn't secure a lease, Ann Horrell, group practice manager for the Madigan-South Sound Community Medical Home in Olympia, Wash., told her the money to build the clinic would most likely not available in the next fiscal year and the clinic just wouldn't get built. With the process typically taking between six months and a year, she didn't have much time to start over, but she said she was determined to make things work.

"I had no faith the deal would go through," Horrell said. "We got up to the end of the day on Friday and Patricia, at every turn, said we are going to get this done. By Saturday, she pulled through. She's always so positive."

"At the old clinic, I was told people were practically sitting in each other's laps," said Fatherree, who is a glass-half-full kind of person. "I just refused to believe we couldn't make a deal and get them a clinic."

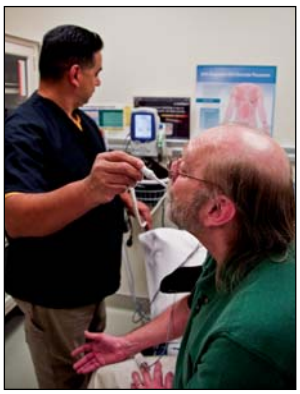
"We did this in record time," Fatherree said. "At 7 p.m. on Thursday, I was still negotiating. Within 24 hours we had all the documents. It still had to go to USACE Northwestern Division for approval."

When Fatherree finally got the permissions and paperwork she needed on the eve of the end of the fiscal year, she called Horrell with the good news. "Yes, we got a lease. Yes, we get to keep the money. Yes, we get to build a clinic."

The clinic will be able to serve 8,200 patients while the pharmacy will potentially serve 20,000, which takes some pressure off Madigan and keeps patients from driving 20 miles to receive care.

"The clinic serves active duty family members and a limited number of retirees, which has a great effect on peoples' lives," said Fatherree, who takes great pride in the role she plays to help her customers get what they need. "Each contract has a story. Each story has a need and that means something to me."

"Our patients are first. That's just all there is to it," said Horrell, who leads the team that created and now runs the clinic. "We have a patient-centered care mindset and Patricia is like that too. Patricia went out of her way to make sure we had what we needed for our patients. She truly she saved us. We would not have this clinic without her."



Corps photo by Tanya King

Madigan-South Sound Community Medical Home employees Marco Anaya, LPN, (left) and Gary Brosier, PA, demonstrate basic patient care practices during the open house and ribbon cutting in March.

Courtesy photo

Patricia Fatherree, front left, stands next to Ann Horrell, who cuts the ribbon on the Madigan-South Sound Community Medical Center. The $740,000 clinic, located in Olympia, Wash., will be able to serve up to 8,200 patients.

in the spotlight

Chief of Engineers tours levee with deputy King County executive

Lt. Gen. Thomas P. Bostick, Chief of Engineers for the U.S. Army Corps of Engineers, tours the Cedar River levee in Renton, Wash., with Fred Jarrett, Deputy King County Executive. Bostick, Jarrett and others discussed ways to ensure levee safety on their recent tour. Bostick toured other areas and civil works projects in the Puget Sound region.

Corps photo by Shane Wallenda

Courtesy photo

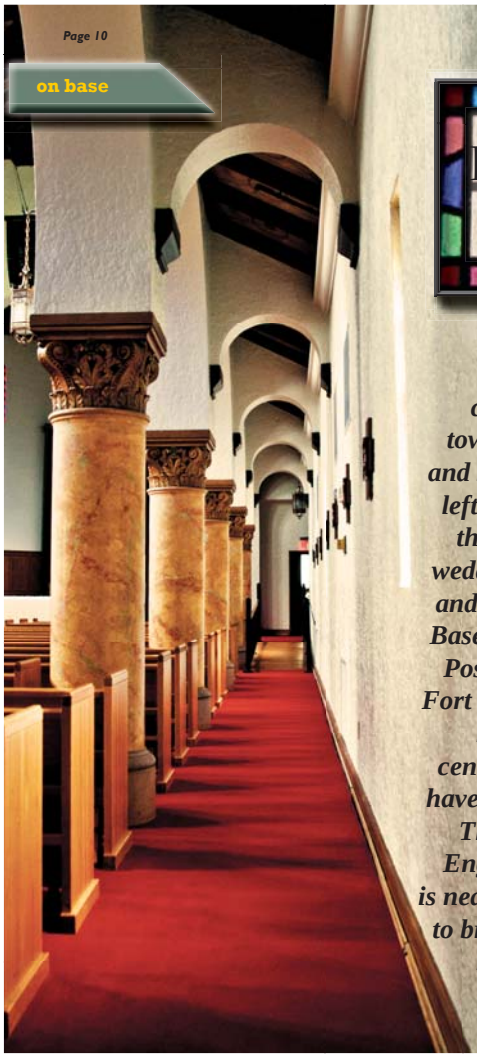
3-Peat

Once again dominating the competition the Seattle District's Puget Sound Engineering Intramural Basketball League team captured the top spot earning their Three-peat Championship. The team lost one game this season, but avenged that loss in the championship game by punishing the team that beat them by more than 20 points. Pictured (left to right) is this year's champs Brian Nelson, Brian Stenehjem, Travis Ball, Travis Hightower, Mike Gonia, Paul Massart and Doug Knapp.

Award for Excellence

Col. Bruce Estok, commander of the U.S. Army Corps of Engineers, Seattle District, presents Steve Hutsell, Geospatial Section chief, with a Superior Civilian Service Award from USACE Headquarters for his work on getting language requiring the use of Building Information Modeling into contracting requirements. His work is now a standard used across the Corps.

Corps photo by Shane Wallenda



RESTORING THE SOUL OF FORT LEWIS

Photos and Story By Tanya King, *Public Affairs Office*

For almost 80 years, colorful stained glass, towering wooden columns and shining organ pipes have left a lasting impression on those who have attended weddings, baptisms, funerals and church services at Joint Base Lewis-McChord's Main Post Chapel. It's central to Fort Lewis geographically and it's been the spiritual center for many people who have been stationed at JBLM. The U.S. Army Corps of Engineers, Seattle District, is nearly done with renovations to bring the historic building into the 21st century.

"The chapel is part of the soul of JBLM," said JBLM Chaplain (Col). Bart Physioc. "People talk about how long they've been coming here or that they were married, baptized or attended a funeral here. It's part of a history that is so profoundly important that if you take this chapel away, the base just becomes a place where people work."

"The chapel represents continuity and the beauty of our past," said Duane Denfeld, JBLM architectural historian. "It would have been crazy to tear this one down because we couldn't have built one as beautiful and honestly, we just don't have that kind of money."

The chapel, which serves 45,000 service members in addition to their families, needed to be renovated to make it more accessible for people with mobility challenges in addition to updating classrooms and the communication system. A large number of the people the chapel serves includes retirees and Wounded Warriors with a myriad of mobility challenges.

Though it is open to all, it wasn't as accessible as it is now to those in wheelchairs. Before the renovations, there were only two chair lifts and no elevator and often wheelchair-bound attendees needed to be physically carried up the stairs into the worship hall.

Wireless capabilities were also installed so classrooms could also be used for training purposes. While the chapel's primary function is to serve the religious and spiritual needs of the community, it can also be reserved for other non-religious purposes.

"It's open every day for people who just want to sit in the chapel or memorialize what they've lost, Chaplain Physioc said. "We've tried to think of all the possibilities of what people need in their faith and I think we've truly accomplish this with the renovation."

"What's interesting about it is the only locally designed building on Fort Lewis and didn't follow the standard Quartermaster plans," Denfeld said. "It gave the post an opportunity to build something closely connected with the people so they would feel more responsible for its design and construction."

The old design already had some sustainable features such as sturdy concrete, brick and a high roof. To make the building even more sustainable, a ground source heat pump and storm windows were added.

"Buildings back then were designed for air circulation," said Denfeld, who looked at many old newspaper articles and photos to ensure the historical features were maintained and the restoration went smoothly. "This building was well constructed—you never really know until you dig in."

The thing I felt the most satisfaction with this project is providing a better facility for all those people who have an emotional attachment," said Jeff Halvorson, U.S. Army Corps of Engineers, Seattle District project engineer, who also helped restore the Fort Lewis Museum. "You can just feel the energy in the chapel and you can't help but feel good about it. Restoring a museum is one thing, but a restoring a place of worship is quite another."

The $5.5 million chapel renovation project included the installation of a fire prevention system, air conditioning, new bathrooms, classrooms, elevators, and communications upgrades. A ground source heat pump was also added and is the first of its kind at JBLM.

in the field

Teaching today for a better tomorrow

By Seattle District
Public Affairs Office

Though the U.S. Army Corps of Engineers, Seattle District, operates a number of locks and dams for the purpose of generating hydropower, flood risk management and recreation, there is another benefit: educational opportunities for all.

A recent example is Chief Joseph Dam hosted the 9th annual Earth Day event on April 18. Held at Washington's Bridgeport State Park the Corps oversaw 18 environmental education stations ranging from macroinvertebrates, wildlife trails, recycling, salmon life cycle and much more. Besides the scheduled programs there were also two drop-in programs that students could visit during breaks talking about safety and sustainable organic farming.

Several federal, state, community and volunteer organizations assisted in the delivery of the program to more than 400 elementary school students, their teachers and parent helpers from four communities. Students from 19 Washington classrooms from Brewster, Bridgeport, Mansfield and Waterville attended ranging from second to fifth grades. On hand were 10 high school volunteers from Bridgeport High School science class to help set up, take down and assist presenters with their programs.

Each April, the NRM staff at Chief Joseph Dam organizes and delivers this outdoor experience to local school

groups for Earth Day. Interpretive services and outreach are part of the Corps' mission of providing environmental education to foster voluntary stewardship of natural, cultural, and created resources.

Similarly, Albeni Falls Dam Park Rangers Taylor Johnson and Betsy Hull helped coordinate the two-day Pend Oreille Water Festival in Idaho. The 18th annual festival hosted more than 400 fifth graders from Bonner County, Idaho.

The purpose of the event is to show children the importance of nature and how to effectively manage natural resources. The local education community, including teachers and students alike, say they look forward to the annual festival which includes a variety of components.

One component is the Watershed Educational Trunk, which contains 20 lesson plans providing historical, cultural and geographical perspectives of the Clark Fork-Pend Oreille Watershed to fifth graders. The lessons are linked to an interactive story that takes students on a historical journey through time across the watershed. The trunk is circulated to teachers' classrooms from March to May. This year, a natural resource professional was available to help teach the lessons from the trunk.

In addition to the trunk, a natural resource professional visited each classroom and engaged students and their teachers as "traveling water drops" in a hands-on-activity using a large, colorful watershed floor map. Park Ranger Taylor Johnson was able to assist in visiting every fifth grade classroom in Bonner County this year.

The outdoor classroom, held in mid-May at the Riley Creek Campground on the Pend Oreille River in Laclede, Idaho, where fifth graders are divided into small teams then guided by Sandpoint High School students through five different instructional, interactive stations where they learn through demonstrations and hands-on activities. Stations were taught by natural resource professionals from multiple agencies and focus on fisheries, water quality testing, animal tracking, Northwest explorers, how a watershed functions and a live birds of prey show.

Festival coordination is accomplished through partnerships of community volunteers and other natural resource management agencies. These agencies include: Idaho Fish and Game, U.S. Army Corps of Engineers, Pend Oreille County Public Utility District, Kalispel Tribe, Pend Oreille Lakes Commission, Laclede Water District, Idaho Department of Agriculture and many others.

For more information about what programs are available and when, go to http://www.nws.usace.army.mil/Missions/Civil-Works/LocksandDams.aspx.

Courtesy photos

As shown in the photographs, a number of free educational activities take place throughout the year at the U.S. Army Corps of Engineers, Seattle District, operating projects including Chief Joseph Dam, Wash.; Libby Dam, Montana; Albeni Falls Dam, Idaho; Mud Mountain Dam, Wash.; and Hiram M. Chittenden Locks, Wash. The events are open to all participants and vary by location and activity.

in health

Motorcycle safety: it is not just for beginners

Summer is here and many motorcycle enthusiasts will be enjoying it on a bike. But along with fun in the sun comes risk and potential hazard.

There are numerous safety courses available to ensure the ride is as safe as it is fun.

Some tips include:

Assume you are invisible because you are. Never ride assuming another driver sees you, even if you are just in front of him. Bikes don't always show up in the mind of other drivers.

Dress for the ride, not for the pool party. Nobody plans for an accident.

Expect the worst. Assume somebody will run the red light.

Full concentration is the minimum. No matter what is happening off the road, always keep your eyes on the road or you may start drifting into trouble. We go where our eyes look.

Mirrors are not enough. Always turn your head before changing lanes.

Anything that happens is your fault. If a guy runs a red light and hits you, it's YOUR fault. That attitude can keep you alive.

Left turning cars remain the number one danger for motorcyclists.

Mind the gap. Keep distance from cars on the freeway. Stay at least two seconds behind and scan 12 ahead.

Be loose on the bike with bent arms so there is no steering input from a "death grip," and stay relaxed.

Slow down before a turn. It's the leading cause of solo bike accidents on canyon roads. "In slow, Out fast" is the old adage and still works.

Don't apex early; late apex when possible.

Learn to use both brakes in a smooth and progressive action.

Look where you want to go. Don't look at things you don't want to hit. Remember, we go where we look.

Keep your front brake covered when riding in congested traffic or in town to stop in a shorter distance.

Keep looking around while riding; do not fixate on any particular object.

Focus your vision way out front. When looking 20 or 30 feet ahead of your tire, you are looking at "history."

Don't buy a bigger bike than you can ride. Pick your bike carefully.

Ride on the center of the street, in town this gives you more space to ride safely.

Do not ride "over your head."

Master slow speed turns. Counterbalancing and throttle control is key.

Looking as far as you can see will give you time to plan.

If it looks slippery, it probably is. Slow down; it's better to go slow and discover that was just shade than to go fast and end up on your head.

A blow out! Now what? Keep calm, ease the throttle, steer the bike to the shoulder and brake smoothly with the good wheel.

Emotions have powerful mind-altering characteristics. If mad, nervous, depressed, anxious or exhausted, do not ride your bike.

Flashing is good. Flash your stop light even before starting to brake Flash your front light at intersections.

Intersections are dangerous, so reduce speed and expect the unexpected.

Try to avoid riding at night. Be careful during rush hour traffic.

Don't ride next or right behind other vehicles. Keep your distance.

Practice "progressive braking" every day.

Braking distances increase exponentially with speed.

Finall, leave the phone in your pocket. Motorcycling is a demanding activity, you do not need distractions. Enjoy the beauty of silence.

Boats & Notes Free Concerts at the Locks

6/29	**Professor Gadget Sax Quartet** Fun Saxophone Music
6/30	**85th Street Big Band** 30s, 40s and 50s Swing
7/4	**Seattle Civic Band** Patriotic Music
7/6	**Puget Sound Symphony Chamber Players,** Classic Wind Instrumentals
7/7	**Greenwood Concert Band,** Marches, Music Written/Arranged for Bands
7/13	**Greenwood Concert Band,** Marches, Music Written/Arranged for Bands
7/14	**Musica Molida**
7/20	**Bambula** Brazilian and Caribbean Songs
7/21	**West Seattle Big Band** Big Band Swing and Jazz
7/27	**Coal Creek Jazz Band** Traditional Dixieland Jazz
7/27	Greater Seattle Fuchsia Flower Show *9 a.m.- 3:30 p.m.
7/28	**Letter Carriers Band and Fraternal Order of Eagles**
8/3	**Cherie Blues** Jazz, Blues and R&B to Swing
8/3, 4	**Theater Simple** Owl & Pussy Cat *5 p.m. start
8/4	**Ballard Sedentary Sousa Band** Greatest Marching Band Hits
8/10	**Dukes and Diva** Cappella Vocal Quintent
8/11	**Mach One Jazz Orchestra** Big Band to Contemporary Jazz
8/17	**Microsoft Jumpin Jive Orchestra** Vintage Jazz
8/17	Horseless Carriage Car Show Pre-1950s Cars *10 a.m.-3:30 p.m.
8/18	**Altaeus Woodwind Quintet** Classical String Music
8/24	**Lynnwood Community Band** Big Band Music
8/25	**The Tempos** Big Band Music
9/1	**Pacific Cascade Big Band** Swing Era Jazz
9/3	**Michael Clune & Sleep Till Noon Band,** Contemporary Blues & Rock

Seattle District Public Website Events Calendar

All events begin at 2 p.m. or as noted

around the district

Congratulations:

Victor Ramos is the new Project Support Branch chief and deputy chief of Planning, Programs & Project Management Division.

Kyle Crass passed the Project Management Institute's Project Management Professional Exam.

Mark Slominski was promoted to colonel in the Air Force Reserve.

Selected for the 2013-2014 Leadership Development Program were **Alan Heninger**, **Dianne Wilson**, **Don Kramer, Karen Urelius**, **Keely Brown**, **Kristian Mickelson**, **Lisa Hansen**, **Rebecca Weiss**, **Ron Hortillosa**, **Tanya King**, **and Wyatt Branchcomb**.

Chief Joseph Dam was recently recognized on the national stage for a successful partnership with Grand Coulee Dam and Rocky Reach Dam as "Outstanding Stewards of America's Waters for Public Education" from the National Hydropower Association.

The following buildings were Leadership in Energy and Design certified Gold: Special Operations Forces Company Operations Headquarters and the Warrior in Transition Battalion and Soldier Family Assistance Center at Joint Base Lewis-McChord, Wash. and Logistics Readiness Center, Mountain Home Air Force Base, Idaho.

Certified LEED Silver: Four buildings at the JBLM 110th Chemical Battalion Complex and Survival, Escape, Rescue and Evasion Phase 1 building, Fairchild AFB, Wash.

Newly elected representatives for Seattle District Chapter of the International Federation of Professional and Technical Engineers Local 8A include President **James Drexler**, Vice-President **Thomas Clayson**, Secretary/Treasurer/Steward **Sandra Vasquez**, and Stewards **Dave Spicer**, **Vicki Shepard**, **Cynthia Yutani** and **David Fox**.

Out and About:

Karen Urelius and **Tina Tong** presented at the Shoreline Science Fair and Science, Technology, Engineering and Math Career Exposition at the Shoreline Community College March 23, while **Suzanne Anderson** and **Stephanie White** staffed a display for Boy Scouts May 11.

Emma Chen presented a P6 class "Regional Support" to members of the Rocky Mountain Area Office in March.

At the February 26–28 Conservation Banking class in Vancouver, Wash., **Gail Terzi** presented Development of Conservation Bank Instruments/Agency Review and Consultation, Service Area Determination and Financial Assurances. Approximately 170 people from federal, state, and local government, tribes and the mitigation/conservation banking community attended the course.

Moving On:

Pam Anderson
David Birdsall
Mary Catherine Blackwell
Diane Bragoni
Larry Bradbury
Pam Brophy
Lindsay Colegrove
Don Cooper
Will Daniels
Misook Eichhorst
Ean Espino
Jeremy Farrington
Gabrielle Little
Wain McGary
Tamara Moland
Robin Perkins
Jared Woodward

Retirements:

Susan Fink
Joe Gustafson
Joseph Kessler
David Leon
Mack Newbanks
Jonathan Smith
Jim Krogstad
Rocky Ralston
Dennis Fischer

Deployed:

Jennifer Kelley

Nowell Grothe

Jon Lockhart

Not pictured:

Lt. Col. Kevin Stoll

Condolences:

Ken Richards
Jack Thomson

Save the Date:

The annual Corps Day Awards Ceremony and picnic will be held July 11 on the Federal Center South Building 1202 campus. Awards ceremony is at 10 a.m. and food is served at noon. Parking is available across East Marginal Way South in the east lot. Families are welcome to attend and photo identification is needed to obtain access to campus.

Welcome to the district

Kaitane Kircher
Trainee Engineering and Architecture

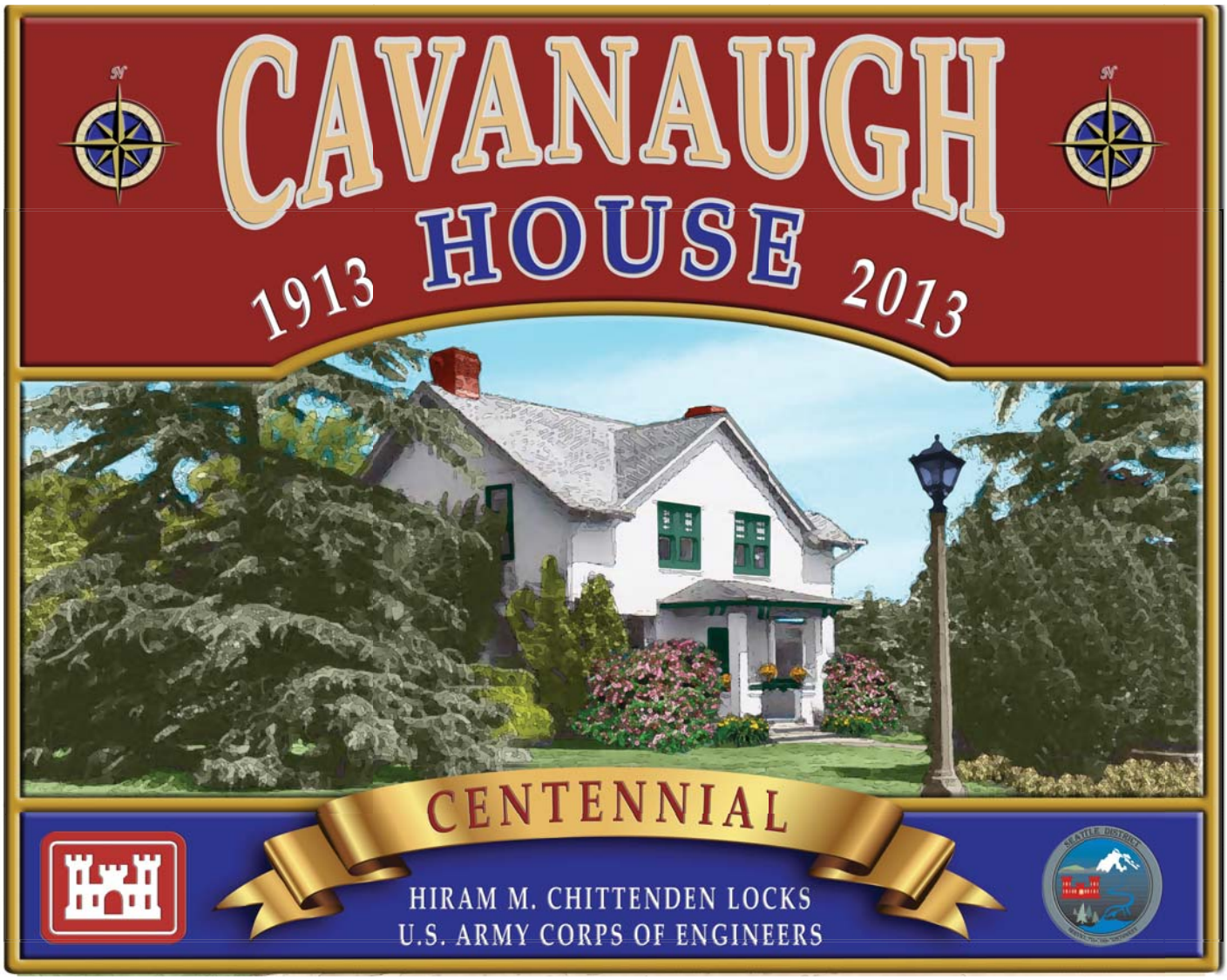
Randie Gibson
Office Support Assistant

Philip Pokorski
Small Craft Operator

Matthew Hubbard
Engineering and Architecure trainee

Christopher Toney
Lock and Dam Operator

Public Affairs Office
Seattle District (CENWS-PA)
U.S. Army Corps of Engineers
4735 East Marginal Way South
Seattle, WA 98134-2392



The Cavanaugh House, the first completed structure of the Lake Washington Ship Canal project, is named for Col. James Bates Cavanaugh, the engineer in charge of locks construction from 1911 to 1917.

Completed for $7,840, it was one of the first concrete homes built in Seattle. As Carl S. English Jr. developed the gardens it became part of the landscape.

It was dedicated as Cavanaugh House Jan. 16, 1967 and became the Seattle District chief engineer's official residence. The house is a key member of the National Register of Historic Places district, which includes historic buildings, the locks and gardens.