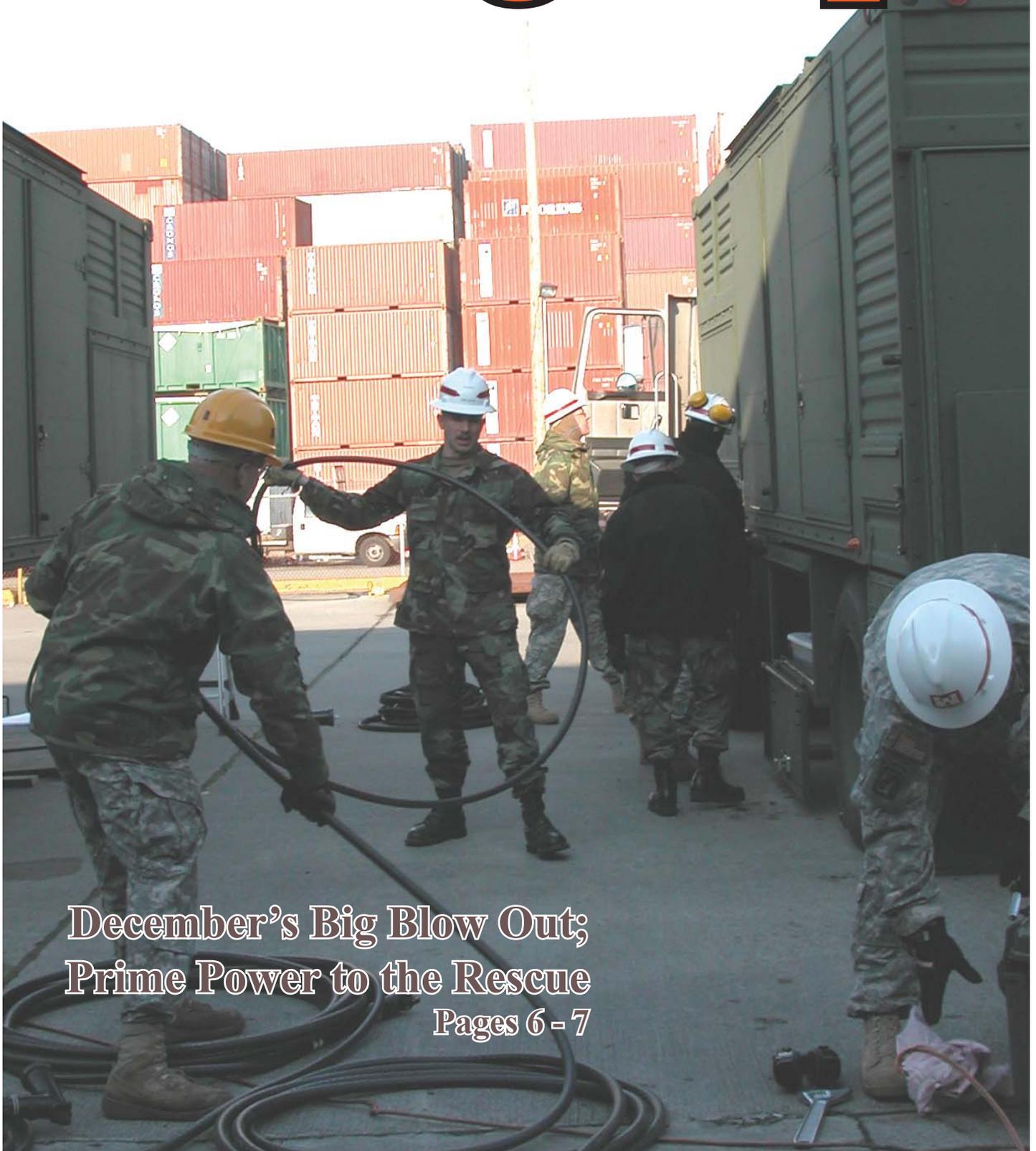




Volume XIX No. 1  
Jan. - Feb. 2007

# Flagship

SEATTLE DISTRICT



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Prime Power to the Rescue  
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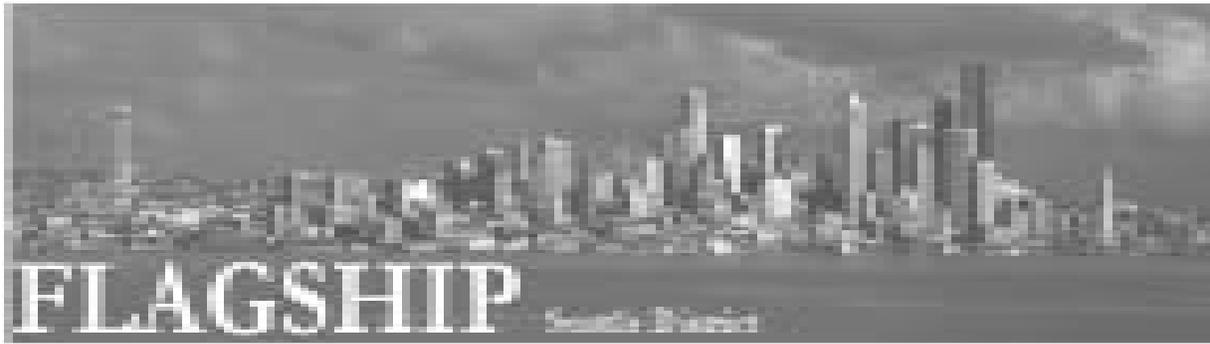
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# U.S. Army Corps of Engineers

Vol. XIX

No. 1

## Where are we; what makes you think we're there?

If you've ever done a home improvement project or planned a trip, you'll likely know the possibility of something unexpected happening is always a possibility. Not all plans work out as initially intended but as events unfold we see certain indicators that help us assess whether or not our plan is actually working or needs additional adjustment.

The more diverse an organization, the more complicated things appear. The Army uses a formalized process consisting of the Mission Essential Task List (METL) and the Unit Status Reports (USR) to focus on critical elements and gauge the readiness of its units.

I once had a supervisor who constantly asked his staff "Where are we at," and "What makes you think we're there?" The same question was posed to the Corporate Board a year ago. We are a diverse district conducting multiple tasks while serving multiple customers throughout the Pacific Northwest. If you were to ask several people (customers or employees), "How are we doing?" you would most likely get a variety of answers. The issues here are establishing expectations and metrics. The challenge is to actually develop meaningful metrics that are focused, easily understood, and highlight our progress without ambiguity. Given the realities above and an environment marked by constrained resources, how does an organization like the Seattle District become faster, better, "greener," safer, and less expensive?

Since asked that question, the district leadership is finding themselves in a better position to assess progress. Two events are taking place that you as an employee should or already know about but don't fully understand their impact to the organization. These events are the development of District's Campaign Plan with an associated Program Review and Analysis (PR&A) effort and the National Security Personnel System (NSPS). They should help provide connections to our various efforts and bring some sense of order to the multiple demands of our working environment.

Success hinges on making everyone understand what direction we are heading, what needs to be done, and engage the leadership and workforce for feedback to ensure that direction is being achieved.

Our mission states: "Provide service to the Armed

Forces and a Nation at peace or war by designing, constructing, operating, and permitting military/civil works infrastructure and projects that build the Nation's military and long term economic might in an environmentally sustainable way. On order, execute Emergency Operations in support of local, state, and federal agencies."

The Corporate Board developed a campaign plan that identified four goals to help provide direction to meet this mission. Each goal was then given supporting objectives in order to help better define them. These are:

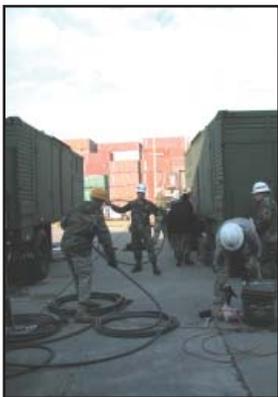
1. Mission: Succeed as a Region- "Reliant and Ready"
  - a. Deliver quality products on time
  - b. Support GWOT and contingency operations
2. Workforce: Invest in and Value People
  - a. Develop leaders
  - b. Sustain/develop technical capabilities
  - c. Build teams
3. Finance: Leverage Resources - "Spend Wisely"
  - a. Operate Resource Management in a regional manner
  - b. Improve cost of doing business
4. Relationships: Build Trust - "Do What We Say We Will Do"
  - a. Increase effective exchange of information
  - b. Strengthen and build relationships

January marked a huge effort to formally develop and revive a PR&A process linked to analyzing and assessing our progress. Whereas this used to be a frequent event akin to the Project Review Board, it gradually dwindled and along with it went any type of analysis effort on the district's performance. The leadership determined the need to synthesize the right information into usable data and analyze it to identify any deviations was deemed too critical to allow the PR&A process not to continue. The successful reimplementation of this process on a regular basis will help the district focus on critical items as well as provide an azimuth check for our current direction.

Once the leadership identified the focus areas, the challenge now becomes one of reinforcement to



**Lt. Col. John Leighow,  
Deputy District Commander**



**Cover: Another round of storms in Washington left more than a million subscribers without power for days. Included in this was the Seattle District; but business continued with the help of the Corps' Prime Power, who provided generator amps keeping Federal Center South going. More photos and story, see pages 6 - 7. (Cover photo by Patricia Graesser)**



This issue was especially prepared for Lisa Neuman, Desk Top Manager in the Information Management Office. She tests new software and hardware and builds Windows XP images. Her favorite part of the job is trouble shooting and problem solving. She is also a member of the Electronics Sustainability and the Enterprise Management Teams.

**Flagship**

- Col. Michael McCormick, Commander
- Patricia Graesser, Chief, Public Affairs
- Casondra Brewster, Editor
- Nola Leyde, Contributor
- Steve Cosgrove, Contributor
- Dick Devlin, Contributor
- Kayla Overton, Contributor
- Elizabeth Townsell, Admin. Contributor

Flagship is your news and feature magazine, published bi-monthly. If you have news, suggestions for articles or ideas you think would be useful for Flagship, we'd like to hear from you. Send your ideas to the editor or call the Public Affairs Office at (206) 764-3750.

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# Viewpoint

## Making a healthy 2007 takes education, goals

My story is pretty typical among many Americans today. I was always active as a kid; I played most sports throughout grade school, and I stayed involved with things like club athletics and weight training during my college years. Shortly after graduating I was married, took a desk job, cut back on the exercise and the predictable conclusion was that my body weight and waist line began to spiral out of control.

The first five to 10 pounds weren't too concerning to me. I figured that I'd just mix in a few more salads and slam down a few less Big Macs but it was always going to be tomorrow or next week when I finally decided to get back on track. Before too long 10 pounds became 20. Wow, I thought, now it was **really** time for me to get it in gear. And I would – for a month or two. I'd get up early and head to the gym for a 30 to 45-minute elliptical ride before work. Sometimes I'd even go back for a weight training session at lunch or in the evening after work. After a while I'd see a few pounds come off and decide that I had earned a reward.

After "treating" myself to an entire bag of chips or a full container of Ben & Jerry's, I'd tell myself that there wouldn't be any more food prizes until the next 10 pounds came off. But being completely uneducated about proper nutrition and, more specifically, *how* to eat, it would take much longer than I was willing for the weight to drop. Instead of sticking to my 10 pound goal, I'd slip in a candy bar after just three to four pounds. Then I figured since I had a candy bar yesterday then a few cookies today shouldn't bring my diet crashing to a halt. Then all of a sudden someone is having a birthday or some other special occasion at work. I tell myself that I can make up for one piece of cake by putting in an extra 10 minutes or so at the gym that evening. Then I decide that the cake was so good that maybe I'll just have one more piece. Add to it that my exercise sessions dwindle and eventually faded away coupled with my consumption of bad food continuing to persist – 20 pounds soon becomes 30, 30 becomes 50... before too long I am no longer recognizable to lifelong friends.

The culmination of my weight was a 95-pound increase from the time I graduated from college in 1997 until January of 2005. Just like many others, I had made that same resolution each January that **this** was going to be the year that I put an end to my escalating weight, but all I wound up doing was adding on another 10 pounds. So why would it be different this time? I had tried and failed too many times over the years to fool myself into believing that I could do this by sheer willpower.

But now that I was pushing the 300-pound mark, I knew that this was not something that I was going to overcome without seriously educating myself on both proper nutrition and exercise. Through just a small amount of online research, it became apparent to me that I had gone my entire life without any understanding whatsoever about my body and how it interacts with the food that I ingest. Don't get me wrong. I knew all too well that eating lots of junk food makes you bigger, but I never really had a clue about how to properly reverse the damage that I had been doing to myself for so many years. The decision had been made. I was ready to not only rid myself of all of this excess weight, but to make a complete overhaul to my eating lifestyle.

I concluded that there are three keys to transforming your body from a state of obesity: (1) **Water**, (2) **Proper meal administration** (size, composition, and frequency), and (3) **Exercise**.



**BEFORE**  
July '05



**AFTER**  
December '06

Top: Stephen Jesse, pushing 300 pounds, had trouble just keeping up with his son Gaven, 2, in July 2005. Above: Jesse, now slimmed down by 65 pounds is a fit father who can easily chase down Gaven, who is now 3 1/2 years old. (Jesse Family photo)

## Corps employees find fitness success easier with free gym access



Fitness Instructor Colin Smith (center) guides Seattle District employees Susan Weber (left) and Ginny Dierich (right) through the cardio portion of their workout. (Kayla Overton Photo)

If you're looking for an extra boost to get your workout back on track, the Fitness Center at Federal Center South may be the secret to your success.

The Fitness Center offers many types of sports, weight room facilities, cardio equipment, goal setting classes and nutritional programs that are open to all employees of Federal Center South.

"The staff of the Fitness Center is more than happy to help you find a routine that works best for you," said Colin Smith, Personal Fitness Instructor. "We enjoy what we do, and we encourage people to use our services."

Different programs are available to help you stay interested and involved in your workout program. The Pace Setter Program is an incentive program that encourages and challenges an individual to use the gym three times a week. Goal setting clinics are also offered

to help people obtain and reach goals to insure their workout program is successful.

"I haven't worked in too many places that has a fully stocked gym that was open for employees at no cost to them, I use the gym to refresh myself so I can be just as productive in the afternoon as I am in the morning, the side benefit is I am able to stay in descent shape." said George Hart, Environmental Coordinator/Project Manager.

Location is a convenient feature of the Fitness Center. The on-site location allows employees to use the facility during their lunch hour or before or after work. Activities such as volleyball, basketball, racquet ball, cardio workouts, and total body conditioning occur over the lunch hour.

"Many people find that using the facility during the lunch hour is a stress reliever," said Smith.

The Fitness Center holds tournaments over the lunch hour to help keep people involved and add friendly competition to activities.

"I think participating in volleyball is important for several reasons," said Stephen Jesse, Geospatial Analyst. "I enjoy the camaraderie, it's great exercise, and it's even better competition. I also think it's important to branch out and try new things. I had never played volleyball before working here at the Corps. In addition to discovering a great new hobby, I've met many people that I may have never had the pleasure of knowing otherwise."

Cross Training Fundamentals and Mix it Up Cardio are two classes currently being offered. Modifications are offered in both classes so that both novice and experienced exercisers can benefit from the same class.

Other activities such as ping-pong, badminton, Pickleball and Wallyball are also available however many people may not know they exist or they need a few more participants. During the summer outdoor sports such as volleyball, basketball, a horseshoe pit and a golf cage are available.

The Fitness Center is accessible 24 hours a day and is staffed with a trainer Monday-Thursday from 11 a.m. to 5:30 p.m. and Friday from 10 a.m. to 2 p.m. If you have any questions about the Fitness Center or would like to speak with a trainer, call the Fitness Center at (206)764-6773. — Kayla Overton

## Where & What? —

*Continued from page 2*

the workforce for implementation. Regardless of your function, the purpose of your job either directly contributes or is in support of the district's mission and goals.

NSPS provides the vehicle needed to link the desired direction to the actual execution of the plan. Whereas the previous evaluation systems did not adequately address this link, NSPS directly ties people's job descriptions to support the organization and its desired direction. Much of this is already being done for supervisors as we progress towards implementing NSPS throughout the district.

There are no silver bullet answers to the issues facing the Corps; however, solid analysis, effective communications and implementation will always lead to better decision making. Focus, follow-up and feedback are critical aspects of any management process. With these elements, there should be no doubt as to where you're at and what makes you think so. — Lt. Col. John Leighow

## Healthy —

*Continued from page 2*

I went three full years without stepping foot into any sort of health facility. So trust me when I tell you that my next sentence is to be taken literally. **If I can make the transition – so can you.**

It's really not about willpower. It's about being informed and putting that knowledge into motion. I think you'll be amazed at how easily everything starts taking shape. The hardest part is making the commitment to change your lifestyle. With that said, I'd like to share with you the information that worked wonders for me.

In the upcoming issues of Flagship, you will see further articles that detail the importance of a healthy lifestyle, including the three keys to success that I have found: water, proper meal administration and exercise.

I sincerely hope that the information provided here can help many of you as it continues to do for me. A weight room facility complete with cardio equipment is provided free of charge 24 hours a day to all of us here at the Federal Center South. I urge you to take full advantage, and good luck on your journey for better health. — Stephen Jesse

# Levee maintenance key focus of safety program

On Feb. 1, the U.S. Army Corps of Engineers released a list of 122 levees throughout the nation that were in need of maintenance and had received an unacceptable rating.

Nineteen of those levees were in Washington state. All of these levees identified were non-federal and all were located in King County on the Cedar, Snohomish, Green and Tolt rivers. The main concern on these levees was vegetation and tree growth.

Trees can cause levees to fail when they are uprooted and deflect flood flows into the embankments, causing erosion and bank failure. Or their roots can decay, leaving voids in the soil, which allow water to quickly saturate the slope and cause slope failure. Vegetation and growth over a levee can make it difficult to access and inspect.

Levees provide some level of protection in rising flood waters, but they must be maintained to be effective, said Paul Komoroske, chief of Emergency Management, Seattle District.

"Levee safety is a shared responsibility with our local, state and other federal partners," said Maj. Gen. Don T. Riley, Director of Civil Works for the Corps.

"Our ultimate goals are reduced risk and increased public safety through an informed public, empowered to take responsibility for its safety. We are working closely with federal, state and local partners to inform the public so they understand the risks associated with living and working behind levees. This is best accomplished at the local level where levee activity most directly impacts the public," said Riley.

"Since Hurricane Katrina, there has been an increased interest in the Levee Safety Program, a critical component of the Corps' Flood Risk Management Program," said Komoroske.

The Corps began a national initiative of developing a data base of levees and levee inspections with the Federal Emergency Management Agency (FEMA) last year.

Public Law 84-99 enables the Corps to assist state and local authorities in flood fight activities and cost share in the repair of flood protection structures.

To be eligible for the rehabilitation and inspection program, state or county registered public sponsors for the flood control projects (levees, dikes, channels, etc.) must request an Initial Eligibility Inspection, upon which the Corps will inspect the project to determine if it provides at least a 10-year level of flood protection for a community



**A tree and brush covered levee hides the Tolt River from view and is one of 19 levees of concern recently listed by the Corps. All levees need annual vegetation maintenance, which includes mowing and brushing the levee surface and side slopes and the removal of trees more than four inches in diameter around the trunk. Trees compromise the reliable flood protection afforded by the levee. (Catherine Dejaridin Photo)**

or a 5-year level of protection for agricultural crops, and be maintained and operated to Corps standards prior to the onset of flooding, and be deemed active at the time of the flood.

Under the Rehabilitation and Inspection Program (PL-84-99) the Corps provides engineering inspections and reviews of structural modifications for eligible flood control projects.

Although the Corps makes regular inspections, this does not include inactive projects.

After a flood, the Corps has authority to supplement local efforts in the repair of both federal (Corps-constructed, locally-operated and maintained) and non-federal (constructed, operated and maintained by non-federal interests) flood control structures damaged by flooding if they are active in the Corps' Rehabilitation and Inspection Program.

The Corps offers a Levee Owner's Manual for Non-Federal Flood Control Works on line at [www.usace.army.mil/cw/cecwhs/em/fcw/lom/lom.html](http://www.usace.army.mil/cw/cecwhs/em/fcw/lom/lom.html). The manual is specifically written for local, state, or tribal governments that have the primary responsibility for operating and maintaining flood control works. It covers inspections, maintenance, flood preparedness, sponsor responsibilities and assistance.

For more information on the Corps' PL 84-99 program, contact Doug Weber, natural disaster manager, at the Seattle District Emergency Management Office at (206) 764-3406. — Nola Leyde

# Prime Power responds to we

**D**evastating winds tore through western Washington Dec. 14, knocking out power to more than 1 million people and leading to the deaths of more than a dozen. The Seattle District headquarters at Federal Center South lost power just after 8:30 p.m.

The storm's winds peaked at about 1 a.m. Dec. 15 with gusts as high as 69 mph at SeaTac Airport—the strongest wind ever recorded at SeaTac, according to District Meteorologist Larry Schick. Gusts along the coast exceeded 100 mph.

Outside the Federal Center South, a

breaker broke, a pole fell and took out the next two closest poles. When this happened, "the connection to the step down transformer was either fried or the conduit line itself was damaged," according to the General Services Agency building manager.

On Friday, Dec. 15, GSA closed the building because of lack of power, and operations for the Seattle District, Military Entrance Processing Station, U.S. Postal Service, and Marine Corps Toys for Tots toy drive were threatened. Seattle City Light offered GSA a prognosis of no power for at least five days.

Seattle District leadership worked at

back-up locations as designated in the Continuity of Operation Plan.

It was an employee at one of these sites, John Post, who said, "What about Prime Power? Couldn't they come up?"

The 249th Engineer Battalion (Prime Power), the only active duty battalion in the Army Corps of Engineers, is a Corps asset headquartered at Fort Belvoir, VA.

The battalion generates and distributes electrical power in support of war fighting, disaster relief, stability and support operations and provides advice and technical assistance in all aspects of electrical power and distribution



Soldiers from the 249th Engineer Battalion, aka "Prime Power," install and maintain giant generators to keep the Federal Center South, where the Seattle District is headquartered, powered up during Western Washington's severe wind storm in mid-December. (Far Right) Sgt. Chase Moergelli provides safety guidance while (From R to L) Sgt. 1st Class Duane Smith, Sgt. David Watson and Spc. Jason Lopes hook up power lines to feed into offices and warehouses, which host a half-dozen federal agencies, including the Seattle District. The battalion kept the federal building powered up for more than a week, while local power crews worked to get more than 1 million electrical subscribers back online. (Patricia Graesser Photo)

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# Western 'Big Blow' wind storm

ms.  
The 249th has a company sta-  
nd at Fort Lewis, just 50 miles south  
attle. By mid-day Dec. 15, District  
r. Michael McCormick had made a  
quick calls, and the wheels were in  
on to hook up power to the Fed-  
Center South facility for Monday  
ations.

By Saturday morning, Dec. 16,  
esentatives from GSA, the 249th,  
le District Emergency Management  
xecutive staff met to coordinate  
gency generator supply and set-up  
pply power for offices at Federal  
er South.

On Sunday, Dec. 17, Prime Power  
ered three 840kw generators to  
eattle District office along with  
orting equipment and personnel.  
The first Soldiers arrived on the  
e at 7 a.m., and two generators  
humming along in a successful test  
30 p.m. that day.

"You'll have power tomorrow,"  
Chief Warrant Officer Samuel  
wright with the 249th.

As promised, the  
generators  
kicked into  
action Monday  
at 5:30 a.m.,  
and the  
Seattle  
District was  
ready for

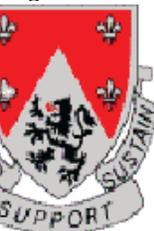
al operations that day.

Recently, the 249th has provided  
er supply, power assessments and  
n work in Iraq and during hur-  
e recovery operations.

They looked at the Seattle District  
s "a good training exercise," ac-  
ing to Company Commander Capt.  
ew Wiker.

While the district continued to  
along, hundreds of thousands  
ined in the dark for a week or  
e because of the extensive damage  
ower lines and transformers around  
egion.

Thanks to Prime Power, district  
cies were operational beginning  
day, Dec. 18, from 5:30 a.m. to 6:30  
and each weekday until commercial  
er was restored Dec. 26. — Patricia  
esser



**Above:** A huge tree snapped a feeder pole that led into the Federal Center South Building, where the Seattle District headquarters is located. Without this feeder line running power to the area was completely destroyed in the wind storm that brought hurricane-force winds to the Seattle Metro area. (Patricia Graesser Photos)

# Real Estate 'monopolizes' teamwork, fun

What do the 40 people in the Seattle District's Real Estate Division do, besides sing Happy Birthday off key? Their activities are broad and varied through both the civil and military boundaries of the District.

The Real Estate Division is involved with unique and challenging tasks, such as leasing offices and houses, selling timber, disposal of historic sites, appraisal mining and mineral interests and limestone production plants, acquiring railroad rights of way, and exchanging 46 acres at the I-5, Exit 118, for 1,200 acres in Fort Lewis.

Real Estate plans, acquires, manages and disposes of property for the military in Washington, Oregon, Idaho and Montana, and civil works projects in Seattle District boundaries. It also performs a regional role in the planning, appraisal and acquisition of lands for Portland and Walla Walla Districts. Programs supported include: Army, Air Force, Recruiting Facilities, Housing, Civil Federal, Civil Cost Share and International/Interagency Services or Work for Others.

Joe Duncan, chief of Real Estate Division, oversees the work performed by a great group in three branches. Duncan is famous for saying, "Beneath it all lies the land."

Sharon Knowlton is the Chief of Realty Services Branch and her group responsibilities include the Recruiting Facilities, Leased Government Housing, Air Force and Civil Works Cost Share programs.

"Our branch services the military's real estate needs and helps local communities with real estate needs for projects," Knowlton said.

The Recruiting Facilities Program is a highly visible program that provides recruiting offices for Army, Air Force, Navy and Marine recruiters.

"We are responsible for 327 separate Army, Marine, Navy, Air Force and Air Force Reserve recruiting facilities situated in 133 locations in Idaho, Montana, Oregon and Washington," said Brad Schultz, program manager.

With a budget of nearly \$9 million, the Recruiting Program is very well funded, allowing the Real Estate Division to successfully meet the program challenges each year by completing every military request for action.

"This year our office will accomplish 234 actions, ranging from military requests for upgrades, relocations, and new offices to the expansion of existing offices," Schultz said. We anticipate a 20 percent growth in the program as more requests are received during the coming year."

The Leased Government Housing Program has been implemented to lease individual housing units in order to prevent military personnel from incurring excessive out-of-pocket expenses in higher cost areas.

"From the time an approved Army, Navy or Air Force application is received, we must have a home available for the service member within 30 days," said Kat Blesi, realty specialist. "Currently, we lease 53 homes for both families and bachelors," she said.

The Cost Share team assures real estate is planned and available



From Left: Brad Schultz, Bruce Rohde, Diane Pedersen, Darlene James, Sarah Gilbertson, Jim Valk, Billie Jean Carlton and Sharon Knowlton of the Real Estate Division center around "Real Estate." (Kayla Overton Photo)

for federally-assisted and Emergency Rehabilitation projects.

"In the last quarter of fiscal year 2006 and the first quarter of fiscal year 2007 the Cost Share Program successfully accomplished review, and approval of approximately 13 land certification packages from various non-federal sponsors that allows project construction to proceed," said Wanda Gentry, cost share program manager.

"The Air Force Program faces many challenges because of unique work, constantly changing policies and high turnover of Air Force personnel at the base, major command and headquarters levels," said Cindy Luciano, as the Air Force's real estate agent. Current and future actions include acquiring easements over Burlington Northern Santa Fe Railway land that bisects McChord Air Force Base, a merging of an Army and Air Force installations (Fort Lewis and McChord AFB) for the first time in the history of the Department of Defense, acquisition of restrictive safety easements around munitions and missile launch facilities at Great Falls International Airport and Malmstrom AFB, Mont.

Chris Borton, chief of Realty Operations and his team are responsible for all of the Army-affiliated property and Base Realignment and Closure actions (BRAC), Forest Resources Program timber sales, actions for civil operation projects and IIS Program support.

"One of the most enjoyable aspects of our work is the diversity of programs and customers serviced by our team of real estate professionals," Borton said.

Realty Operations is involved with simple permissions to allow access for studies; acquisitions for a buffer to protect a Libby Dam fish hatchery; planning for the acquisition of a 22,000-acre training range for the Montana Army Reserve National Guard, and the temporary and permanent relocation of 14 families in the Portland District's reconstruction of Celilo Village, one of the oldest continuously occupied Native American Villages in the country.

A recent disposal action sent to Assistant Secretary of the Army for execution will transfer 11 acres at Fort Lawton to the City of Seattle. Disposals and acquisitions for BRAC will continue to gain momentum as funding issues are resolved by Congress.

"The most challenging part of Realty Operations is the wide variety of work that we are responsible," said Steve Hanson, program manager

*Real Estate, Continued on page 9*

# Green Updates

The following is a short summary of ideas and status of actions from the Environmental Operating Principles/Sustainability Work Group. Feel free to contact Brenda Bachman, Lori Danielson, Jeff Laufle or Alicia Austin-Johnson with questions or comments.

**Earth Day in search of ideas:** Have an idea on how to celebrate Earth Day this year? **April 22** is fast approaching. The sustainability team is looking for an Earth Day idea that is meaningful and easy to implement. Send your Earth Day ideas to Brenda Bachman, Lori Danielson, or Jeff Laufle.

**Green Tips online:** Take a look at the archive of Green Tips that have been posted to eNews. Employees may find it on the sustainability team pagewithin the district's Intranet.

**Plastic, paper, or...?** An easy way to reduce waste going to landfills is to reuse grocery bags. Doubled paper or plastic bags can be used again to bring home your next load of groceries, or buy some cloth shopping bags. The trick is to remember to bring them with you the next time you're going to the grocery store. One way is to throw them in the back seat of your car as soon as you have unloaded your groceries. Remember, re-use is higher on the benefit ladder than recycling is.

**Seattle Bike Master Plan draft available soon.** The benefits of bicycling for the environment and society are well known, and

the Seattle Transportation Department aims to make Seattle one of the best cycling cities in the nation. They've been collecting public input since September, and are scheduled to post their draft master plan in February for comment. See <http://www.seattle.gov/Transportation/bike-master.htm> to keep tabs on it.

**And speaking of transportation...** Did the recent storms impact your commute? Although delayed to some extent, the buses were running, in many cases more reliably than autos were. That's worth consideration next time Mother Nature strikes a blow. Also, have you checked with your supervisor

about the possibilities of teleworking? If you have power, it's one way to stay safe and off the roads, and conserve resources at the same time.

**Policy Memo 12 coming to you.** Remember the policy memorandum signed last July, requesting supervisors to ensure sustainability is part of employees' TAPES objectives, and contract scopes also optimize sustainability? We're working to implement that policy, and beginning talks with supervisors and project managers, so watch for more communication as we get off the ground. Again, contact any of the EOPSW Group with questions.



## Real Estate

*Continued from page 8*

for Army projects, "Nothing is routine."

Forest Resources evaluates forest resource markets and plans, sells and administers contracts to obtain optimum economic and other beneficial return from forest resources on Army and civil lands. Proceeds from Fort Lewis timber sales fund four employees there, five employees at District headquarters, and produced cash payments last year of \$950,000 to Pierce County and \$24,000 to Thurston County.

"We have our hands in everything that involves real estate, from start to finish," said Diane Pedersen, currently Chief of Technical Resources. TR prepares and reviews appraisals and planning reports written by staff and contractors for Seattle, Portland and Walla Walla Districts; maintains official real estate historical records for all acquisitions, coordinates/contracts for surveys and other cartographic services; prepares maintains real estate maps and real property legal descriptions and manages all aspects of funds and manpower; performs asset management functions in support of the Federal Real Property Counsel; maintains accountability for Civil and Military real property and all real estate records for reports; provides functional administration of Real Estate's automated systems, as well as other administrative services.

Because so much of what Real Estate does involves legal issues, Office of Counsel has an office adjacent to the Chief of Real Estate that is staffed daily with an attorney experienced in real estate law.

"Real Estate Division is a fun and exciting group!" said Sarah Gilbertson, real estate tech. "As with most Corps organizations, each day is a whole new experience. Since we are a team, everyday is a great day to work in Real Estate Division!" – Real Estate Team



## On the job

**Vicky Silcox, Seattle District Natural Resources Management team leader, staffs the Corps' Boater Education Center booth at the Seattle Boat Show held Jan. 25- Feb. 3. Eighteen volunteers covered shifts throughout the 10-day show. Seattle District participated with the U.S. Coast Guard Auxiliary, Washington State Parks, the Seattle Police Marine Division, the Recreational Boating Association, and others, to consolidate a one-voice approach to water safety. More than 600 visitors stopped by the booth. The Corps of Engineers is the leading provider of outdoor recreation on all federally managed public lands in the United States.** (Photo by Kayla Overton)

# THANKS!

*District recognizes volunteers, many projects rely on their dedication*



**Buckley High School Student, Jason Allenback , works on a beautification project at Mud Mountain Dam. (Bonnie Ecker Photos)**



**Above: Eagle Scouts work to construct and maintain a trail system at Mud Mountain Dam. Right: Bonnie Ecker presents longtime Corps volunteer, Marie Tobiason with the Presidential Award during a recent Volunteer Appreciation Celebration. Tobiason's contributions equate to more than \$108,000 in donated labor.**



It may not be recognizable to visitors to many Corps facilities that much of what happens is conducted by volunteers.

Visitors see them as just another employee at the facility. Employees sometimes may not even know that who they are working with is actually a volunteer.

But, volunteers can be the backbone at a facility that finds too much work to be done with too few dollars resulting in too few employees to accomplish the tasks.

At the Hiram M. Chittenden Locks, the entire Carl S. English Jr. Botanical Garden is maintained by two permanent gardeners year-round. When summer hits and the gardens are in full bloom, four hands can't keep up with the continuing work. In comes a staff of three summer temporaries and five volunteers, one that also volunteers in the winter. These 10 volunteers hand-pull weeds, prune plants, blow the walkways, propagate and transplant shrubs and smaller plants, water, and make the botanical gardens what visitors from all over the world come to enjoy. It's a continuous job at a location where the activity never stops!

In an effort to to say thank you, the

district held a celebration for its volunteers, complete with pizza and certificates. This year a *Presidential Award* was presented to Marie Tobiason for volunteering for more than 15 years working in the formal beds, the rose garden, and in the greenhouse. Her contribution of service is over 6,000 hours, which calculates to more than \$108,240 in donated labor. Marie is from New Jersey and previously worked in the World Trade Center. She made her way to the West Coast and truly found her niche at the locks. Other returning volunteers at the locks have donated from two years to more than 15 years and are very much a part of the gardening team for maintaining the beautiful Carl S. English Jr. Botanical Garden

At Mud Mountain Dam, Boy Scouts and Buckley High School might be seen onsite erecting fencing or helping with landscaping.

This Scout troop took on the task of building a fence along the Rim Trail. Family members may also work right along side the Scouts.

For Buckley High School students, one of their requirements as seniors is to perform 20 hours of community service before they gradu-

ate. These volunteers help beautify the park's landscaping. — Bonnie Ecker

## LEADERS WANTED!

### Apply for the Leadership Development Program today!

Seattle District and field office full-time, permanent employees in all career fields are encouraged to apply for the year-long LDP program.

The LDP sessions are typically one day per month with three separate 3-day off-site sessions. Homework involves off-duty reading and essay assignments. Class members have many opportunities to practice working with a team and develop a project by the end of the class year.

The LDP application package is posted online and the deadline for submitting an application will be in early April.

Plan to attend the LDP informational meeting brown bag sessions in March, presented by members of the current Leadership Development Program of 2006-2007.

# Welcome to the district family



David Michaelsen  
Hydrolic Engineer  
Hydraulics & Hydrology



Lexis Brock Leyva  
Daughter: 9 lbs 15 oz  
Lisann Leyva  
Human Resources



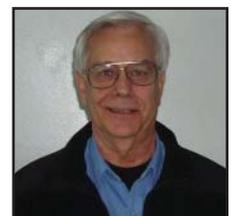
Makayla Lynn Brown  
Grandaughter: 7 lbs 4 oz  
Teri L. Brown, Finance &  
Accounting Branch



Jeremy Draggoo  
Chief Joseph Dam  
Electrician



Isaiah Mikhail Villafana Jr.  
Son, Grandson,  
Isiah Villafana, Real Estate  
Patrice Arvie, Contracting



Dale Brown  
Security  
Chief Joseph Dam



Tony Dunn  
Maintenance  
Chief Joseph Dam



Edwin Zapel  
Hydraulic Engineer  
Water Management



Sharon Knowlton  
Realty Specialist  
Real Estate



Crystalin Medrano  
Security Assistant  
Security Office



Connie Chu  
Office Automation Assistant  
Construction Branch



Angelo Carmine Williams  
Grandson, 8lbs, 9oz  
Vivien McGinty, Budget  
Analyst

## Around the district

### Retirements

**Nancy Fox**, Budget Analyst and a second-generation Corps employee retired on Dec. 28, 2006, after 32 1/2 years of Federal service. Included in her service time was three years of active-duty time in the U.S. Navy. She traveled all over the Pacific Rim in her more than three decades, including Japan and Alaska.

### Departures

**Scott Stettler**, Term Maintenance Worker, Albeni Falls Dam is leaving the Seattle District and beginning work with the Sacramento District. He will be a permanent maintenance worker at the Pine Flat Dam.



Scott Stettler

**Maj. Darren D. LeMaster** has departed the Seattle District for the Command General Staff College at Fort Leavenworth, Kan. He served as project manager for the



Maj. Darren LeMaster

district for nearly three years.

### Kudos

**Ruth Gardner**, with the Technical Engineering and Review Section at Fort Lewis, passed her examination to become an International Code Council certified commercial electrical inspector.

Col. Michael McCormick promoted U.S. Army Reservist Augmentee **Gregory L. Baisch** from Major to Lieutenant Colonel on Feb. 5. Lt. Col. Baisch is part of the Individual Mobilization program.



District Commander Col. Michael McCormick congratulates Lt. Col. Gregory Baisch on his promotion.

**Valerie Burris**, procurement technician, Contracting Division, has been with the Corps since graduating from high school in June 2003. Now a senior at Seattle University

she earned an academic scholarship. She is on the dean's list and is the vice president of the Business School's student body. Ernst & Young offered her a job after graduation and will also sponsor her Master's program at Notre Dame University. Besides all these accomplishments, she is also one of the *SeaGals* for the NFL's Seattle Seahawks.

### Deployees

#### AFGHANISTAN:

**James Hilario**, Engineering & Construction

**Steve Meyerholtz**, Engineering & Construction

**Mark Springer**, Engineering & Construction

#### IRAQ:

**Su-Chen Chen**, Operations

**Al Gapsin**, Project Management

**Norma Gapsin**, Resource Management

**Dennis Graham**, Operations

**Melinda Marquis**, Engineering & Construction

**Bruce Nestor**, Operations

#### NOLA (Katrina Support):

**John Morelli**, Operations

**Dick Devlin**, Public Affairs

*Stay safe and come home soon!*

## Postcards From the Front....

*Hello All from the Seattle District:*

*I stand here today to let each and everyone know that I'm proud to be here in Iraq. It was hard to leave my daughter, son and grandson for six-months. Once I arrived in Iraq, I realized the Iraqi people need us more than you ever would know. Higher percentage of the Iraqis are glad that we are here and I'm glad to say I was part of this mission.*

*I want to thank my supervisor, Joyce Rolstad and Chief of Engineering Division, Mark Ohlstrom for giving me the opportunity to serve on this mission as an Budget Analyst in the Gulf Region Central Resource Management Office, Iraq.*

*I'm looking forward to providing great stories to you in July 07.*

*Melinda Marquis  
Budget Analyst  
USACE, CRD-Central Iraq*



Melinda Marquis

Public Affairs Office  
Seattle District (CENWS-PA)  
U.S. Army Corps of Engineers  
4735 East Marginal Way South  
Seattle, WA 98134-2329

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