



Volume XIX No. 3
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Flagship

SEATTLE DISTRICT



Corps Day:
District Family
reflects, refreshes
and renews

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U.S. Army Corps of Engineers

Vol. XIX

No. 3

To play the game right, we need to build the bench

Building the Bench is not just selecting good folks; it is developing them once on board.

In "Building the Bench," I take my lead from Jim Walsh, Mike Redfield (two former District Counsel's) and Audrey Shaw (a former Chief of Contracting). They recognized that employees are the heart of the organization and that selecting and building "star performers" throughout the organization is what makes it successful.

They all encouraged over-achievement, trained, promoted, supported, and provided interesting, challenging work (interspersed with the mundane); but they also knew it was important to make it fun, whether it was the interesting or the mundane work. These are keys to "Building the Bench."

So why do I focus on Jim, Mike, and Audrey? I focus on Jim Walsh because he always liked to stir the pot and let us figure out how to make the work fun. He encouraged individuals to work beyond their potential and provided ideas on how to proceed without directing. He hired women attorneys well before we were the norm. He particularly liked to give us responsibility for our work at a time when signing our own legal work was unusual, and providing advice to "seasoned" field engineers (who were not used to following advice from young attorneys and certainly not from young women attorneys) was likewise atypical. We'd report back after a trip and we would howl with laughter at the situations he created. We, as well as the poor folks in the field, knew Jim would support our positions because he would send us out prepared.

Fun, interesting, challenging, supportive – Jim also supported our new

ideas regarding information technology – we were one of the first in the Corps to have online legal research, and we were one of the first Corps offices to have a PC (ostensibly for legal research), when word processing was done in a

word processing center. We had to verify that we would not use it for "word processing." He taught us that "no" did not necessarily mean "no" -- it sometimes simply meant that the question was not asked in the right way. He was willing to take the leap and support these ideas, though I don't think he ever used the equipment.

Mike because he was likewise supportive of innovative ideas and pushing beyond the no's of the District. In addition he was sensitive to incorporating family concerns into the mix of work and allowed flexibility in what was then a fairly constrained work schedule. This was before the Family and Medical Leave Act. He understood of the need to allow time for being with a family member for a chemo or radiation treatment, sick infants, as well as the need to be at the various baseball or softball games. These allowances encouraged over achieving.

Audrey, because she was so knowledgeable, energetic, hardworking, and able to share the information, as well as because



Siri Nelson
Chief, Office of Counsel

she played hard (and still does), made work enjoyable. Her approach was contagious. She was likewise tuned in to the family issues having been on the team to bring the daycare to the District.

She made work at the District, interesting, challenging, and fun.

Jim and Mike also recognized that work is generally not what defines the individual. They recognized that there are other responsibilities of like importance and allowed that to be woven into the "building of the bench."

Modeling after these individuals, I try to select bright individuals, who are interested in new challenging work, who I believe will find the work at Seattle District rewarding. Concern for the individual employee's professional development and personal needs are high on my list. Training and budgets are always constraints, but are of prime importance to me. I do set high expectations, but try to set the individuals up for success and encourage innovation and new ideas.

That all being said, unlike when Jim, Mike and Audrey were here, folks are more mobile (thanks to FERS and a number of other factors), and I recognize this fact. This adds a twist to the "Building the Bench."



Cover: Seattle District's John Pell, an environmental protection specialist, holds nephew, Aidan Pell, 7 mos., who got dressed up special for the Seattle Corps Day, June 15. Aidan was born during the November '06 floods, which meant 'Uncle John' had to briefly leave the flood fight to help Aidan's mother get to the hospital. More photos and story, see pages 6 - 7. (Cover photo by Nola Leyde)

Continued on page 3



This issue was especially prepared for Larry Schick, district meteorologist. He enjoys following the weather and analyzing weather statistics, as he considers himself a true "weather junkie." Larry has been looking at Corps flood records and reports from 50+ years ago on the Kootenai River, looking for similarities, past weather conditions, and flood levels to help prepare for future flood events.

Flagship

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

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Viewpoint

'Band of angels' helps save district employee's life following commute-time heart attack

On May 25, 2006, the members of my van pool and I were looking forward to a speedy departure to beat rush hour traffic.

I was scheduled to drive that afternoon, but as I left the building I realized that I had left my brief case in my office. I felt good as I ran up the stairs to my office, and by the time I got back to the van, Pat Bochenek, Army Recruiting Command, had taken my place in the driver's seat. As we left the parking lot, I leaned back in the passenger's seat and went to sleep. That is the last thing I remember for seven days.

As the van approached the 1st Avenue Bridge, less than a mile from Federal Center South, I began making funny gurgling noises, quit breathing, and turned gray. At that moment, my band of angles sprang into action. In addition to Pat, on board the van were Corps of Engineers employees David McCormack, Earnest Treadway and Angie Dexter, Staff Sgt. Heath Wright, U.S. Marine Corps, and Joseph Jenkins, Army Recruiting Command.

Pat succeeded in exiting the bridge safely, and pulled the van to the side of the road. Most of the people on board had already called 911. Staff Sgt. Wright pulled me from the van and laid me on the ground. Disregarding his own health, Ernie Treadway immediately started rescue breathing. Angie Dexter went back onto the busy highway and began stopping cars, trying to find someone experienced in CPR. Luckily, a lady agreed to stop and assist with the compression portion of the CPR.

Within minutes a Seattle Fire Department ladder truck arrived and relieved Ernie and the good Samaritan woman, Ann Hume. Soon another ladder truck arrived to assist, as did Medic 1, Seattle Fire Department's first responder unit. After three attempts with the defibrillator, Medic 1 was finally successful in reviving me.

I was rushed to Harborview Hospital where the next group of angels was standing by to care for

me. They reduced my body temperature to 34 degrees for 24 hours to relieve the stress on my brain and organs. After seven days, I was moved to St. Joseph's Medical Center in Tacoma where I underwent five-way bypass surgery. I was released from the hospital after 19 days.

Prior to the event, I had no symptoms or indication of heart problems. I later learned that I had suffered ventricu-



Brad Schultz (center) shares a grateful smile with fellow van-poolers and 'angels' as he dubs them, Staff Sgt. Heath Wright (USMC Recruiting) (LEFT) and (RIGHT) Patrick Bochenek, Seattle Recruiting Battalion. In the background, the van where the life-death situation took place. Both Wright and Bochenek were aboard and took part

lar fibrillation arrest, which means that my heart quit beating.

Later, after reviewing the Medic 1 response report, I learned when they arrived, I had no respiration, no blood pressure, and no heart beat. I had been dead for 22 minutes. Because Ernie immediately started CPR to keep oxygen flowing to my body, I suffered no noticeable brain damage. I credit him in large part for being alive and healthy today.

On August 15, upon my arrival at the Tacoma Dome, to rejoin the van pool for my first day back to work, I gave Ernie a big kiss on the lips, much to his dismay and embarrassment. — Bradford Schultz

Bench

Continued from page 2

Keeping with my philosophy of "Always Looking on the Bright side of Life," I personally have redefined success for retention. If an employee stays in the Corps or federal service for 3-5 years, I believe this to be a success to "Building the Bench."

It is unfortunate for me as a supervisor here at the District, if they choose to move on. But I do find reward in folks who go on to work they find to be more challenging or rewarding, and I recognize they may return, with new ideas, skills and talent. —Siri Nelson

Keeping up the healthy resolutions

Second leg in health bench includes proper nutrition, hydration

*Editor's Note: As part of the healthy employee initiative, this article is written from the perspective of Seattle District employee, Stephen Jesse, who recently has changed his life to reflect healthier living habits. The first installment of three can be found in the January - February 2007 issue of **Flagship**. Anyone who is considering changing their diet or beginning a new exercise program should speak with their physician first.*

In my previous article I discussed my previous struggles with food and weight control. After educating myself about the basics of hydration and nutrition, I found the transition to a healthier lifestyle much easier than my many previous failed attempts.

WATER

One of the most essential aspects of weight loss is also a significant area of ignorance for many.

You may have often heard the standard recommendation of drinking eight to 10 ounces of water at least eight times per day, but for anyone trying to get healthy, they question how to do that and if it's really necessary.

"Pre-modern man never ran around sipping on a water bottle" states Atlanta-based urologist David Perlow, MD. "A dry mouth indicated it was time to run to the stream for a drink."

Many in our country today adhere to this very train of thought. Because of the prosperity in our country, many Americans feel that the only time to drink water is when incredibly thirsty and the only thing within reach is a garden hose. But that sort of thinking is a fallacy.

Your body is more than 70 percent water. Whenever your body isn't properly hydrated, it steals water directly from your muscles and uses that water for essential functions elsewhere.

Dr. Howard Flaks, an obesity specialist in Beverly Hills, Calif., says that "By not drinking enough water, many people incur excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness and water retention."

So what you may not realize is that a lack of hydration could be the biggest reason that you appear bloated or have poor muscle tone.

Drinking up to a gallon of water per day not only flushes away harmful toxins that you ingest, but it gives the muscles more of a full and "pumped" appearance.

So the irony is that the only way to rid your body of that bloating excess water weight is to simply drink more water.

"Proper water intake is a key to weight loss," said Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Ariz., "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up."

Once you become adequately hydrated, the weight will begin to drop.

For instance, it's not uncommon to lose something like a pound a day when first beginning a diet regime that includes adequate water intake. It's true that the bulk of this weight will be water weight; however, this is a necessary cleansing process that primes your body to start burning all of that stored fat for energy.

MEAL ADMINISTRATION

According to many nutrition experts, the concepts of "breakfast," "lunch," and "dinner" should be removed from your everyday thought process.

Most Americans treat these three meal times as major events in their day, typically packed with far too many calories, cholesterol, and saturated fat.

From a biological point of view, human beings really haven't evolved to the point where they can consume large portions of food at a single sitting. Food was extremely difficult to acquire during the time of our earliest ancestors, so our bodies naturally became quite efficient at stashing away excess calories in case they were needed during a period of starvation.

As a result, our bodies even to this day do not metabolize large high-calorie meals very well. The consequences of eating a large amount of food at one sitting will result in much of the non-metabolized calories being stored as – you guessed it – fat.

The solution is to eat six to eight smaller meals spread out in two to three hour intervals throughout the day, with the number of calories per meal varied based on the individual's particular metabolism.

According to researchers at the Mayo Clinic in the May 2006 issue of *HealthSource*, eating up to six smaller, regularly spaced meals each day may prevent you from becoming ravenously hungry and overeating during your next meal. They also suggest that eating more frequently also helps give you energy throughout the day.

Conversely, the worst thing you can do is to limit your calories while simultaneously going long periods in between meals. According to a 1995 study at the Laboratory of Human Behavior and Metabolism at Rockefeller

University in New York, drastically reducing calories is likely to slow your metabolism and hinder the weight loss process. Furthermore, the study revealed that the body would become highly efficient at conserving calories and storing them as fat. Also, the now lowered metabolism would increase the chances of the dieter gaining even more weight, particularly when old eating habits are reestablished.

Now eating frequently doesn't mean that you can start the day at 6 a.m. with sausage links rolled in bacon, follow that up at 8 a.m. with a donut, and then chase that at 10 a.m. with a cheese danish. If you double your caloric consumption, then you are going to double your weight.

Protein is a huge catalyst in the fat burning process. Of the three major macronutrients (protein, carbohydrates and fats) protein requires the most energy to digest, which also means that it is less likely to be stored as fat. This means that if two people each consume 2,500 calories in a day the person who consumed more protein will have the faster metabolism.

Eating healthy also means avoiding anything that contains hydrogenated oil (transfat), fractionated palm kernel oil, or anything high in saturated fats or cholesterol.

Hydrogenated oils are used by manufacturers to give their products a long shelf life. These oils can put the brakes on a fast-burning metabolism.

As an example, all name-brand peanut butters contain these oils. Instead go with natural peanut butters. The only ingredients you see on the label are peanuts and salt. Also, many protein bars use fractionated palm kernel oil. Many of these so-called protein bars are barely a notch above a regular candy bar.

So what are some of the best foods you can eat? A few examples include cottage cheese, oatmeal, veggie burgers, whole wheat pastas, unsalted mixed nuts, edemames, eggs, whole grain bagels with cream cheese, bean & cheese burritos, peanutbutter-and-jelly sandwiches, fruits, vegetables, and meal replacements such as healthy protein bars and smoothies.

It is always recommended that you use whole wheat breads and tortillas with any of these meals.

I sincerely hope that this information can help get you on the right path to a healthier lifestyle.

In my third and final article I will outline an effective cardiovascular and resistance training routine that should compliment your diet.
– Stephen Jesse

Telework – integral part of COOP, campaign plan

A Senate Bill (S1000) is in committee right now that would make teleworking twice a week for federal employees more the norm. In some instances, eligible positions could telework full time.

But the Seattle District is already working towards a similar goal.

Part of the current campaign plan, which takes the district through 2009, outlines the goal to have 60 percent of the Seattle District telework capable.

“The reason to have telework capability is a no-brainer,” said Lt. Col. John Leighow, during a recent telework project development team meeting. “Not only does it feed into the Continuity of Operations Plan, but it is environmentally responsible and helps us recruit and retain the brightest people. Here at Federal Center South, commute time is always a topic of discussion. Events like upcoming construction on the (Alaskan Way) viaduct, Interstates 5 and 90 impact our working environment. Telework lets us work smarter. But just like everything, it requires training and communication.”

So Leighow and the rest of the 15 members of the Alternate Work Site / Telework project development team have been pushing things forward to energize the telework program at the district, in order to achieve not only the campaign goal but continue the Seattle District's leadership in environmental stewardship. The team agrees that new technologies make alternate work sites and teleworking more realistic.

But getting there is going to take a good part of the next year, the team believes.

“You just can't give someone a lap top and consider them a teleworker,” said Mike McClellan, Information Management Officer and Telework PDT champion. “It requires some training, practice and communication.”

Therefore part of the new team's goals will not only be to determine telework eligible positions, and gauge which are currently teleworking, but also to find the best way forward to increase the district's telework capability.

Working from home or at an alternate work site, like the district's Fort Lewis telework location, has gained popularity. But because policies differ from federal agency to agency, many workers do not know if they qualify.

According to the Office of Personnel Management's 2005 Status of Telework in the Federal Government report, only 19 percent of telework-eligible employees are currently doing so.

At the Seattle District, the latest number concludes that there are only 50 recurring telework agreements in action. That equates to only about three percent of the district employee population. However, currently, the Telework PDT is unsure of what percentage of its employees would be telework eligible.

“That's one of the items this team will need to find out,” Leighow said.

OPM suggests interested employees contact their telework coordinator regarding assessing eligibility.

The Seattle District's telework coordinator is Dena Ochs, Human Resources. She can be reached at (206) 764-6171.

Additionally, the Telework Exchange, a group that promotes alternate work arrangements has an online resource that lets managers and employees alike to gauge whether or not their particular job is telework 'friendly.' Also, the group hosts other online resources like a telework calculator that shows savings, both financial and environmental for teleworking. The forms and calculator may be found at <http://www.teleworkexchange.com>

Karen Morgan, Information Management, has been teleworking since 1991. “It takes discipline and communication, but it's definitely doable,” she said. “If employees and supervisors follow the steps in the agreement and guide, they should be successful.”

The current telework agreement to be filled out by district employee and supervisor can be found on the district's intranet.

What can telework do for you, your agency, and the community?

- **Employee benefits:**
 - * **Reduced commuting time in traffic**
 - * **Flexibility to manage work/life balance**
 - **Research finds Americans spend more time commuting than on vacation**
 - * **Ability to focus without interruption**
 - **Reduced commuting costs - Research shows when gas prices average \$3 per gallon, the average full-time Federal employee spends \$138.80 per month on gasoline**
- **Federal agency benefits:**
 - * **Continuity of Operations (COOP) Lite: During minor events (snow storm)**
 - * **COOP Full: Redundant networks in case of a more serious event (pandemic). The President's pandemic plan calls out telework as a central plank in preparedness. Research shows the Federal government will grind to a halt in the event of a pandemic - 73 percent of respondents assert that they will not show up at the office**
 - * **Reduction of office space requirements**
 - * **Personnel recruitment and retention - The government must work to retain a knowledgeable workforce while recruiting younger generation employees who will demand greater flexibility and more work/life balance**
- **Regional benefits:**
 - * **Reduced traffic on congested roads**
 - * **Reduced wear and tear on all transportation modes**
 - * **Reduced pollution and protect the environment**
- **The Average Federal Employee:**
 - * **Spends an average of \$10,580 a year to commute five days a week**
 - * **Disperses eight tons of pollutants each year**
 - * **Spends 245 hours commuting each year**
 - * **Would save \$2,116 a year by teleworking once a week**

**Figures & Facts from Telework Exchange Research*

Pirates, Oscar nominees raid Seattle District



An odd mix of pirates and Hollywood award-winners gathered before a barbeque lunch, the red carpet was rolled out for an awards ceremony for honoring accomplishments in the district and the traditional Regimental Muster. See page 8 for the list of nominees.

During the awards ceremony, the rain poured outside. In other words, Larry Schick, district meteorologist, had forecasted that the sunshine filled the Federal Center South courtyard in time for the ceremony. Zorro and Cap'n Hook, face painting, a cupcake walk and water balloons.

Other employees and guests took advantage of the opportunity. Commander, Col. Michael McCormick served up some of his ;

Lori Danielson, the lead for the Corps Day 2007 project, thanked all the volunteers – more than 56 people helped with



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Get for Corps Day 2007

ers were front and center during the Seattle District's Corps Day 2007. Beginning d out in front of the Galaxy Room to feature all the district's stars – the annual such as length of service awards, achievement and honors, commander's awards of awardees.

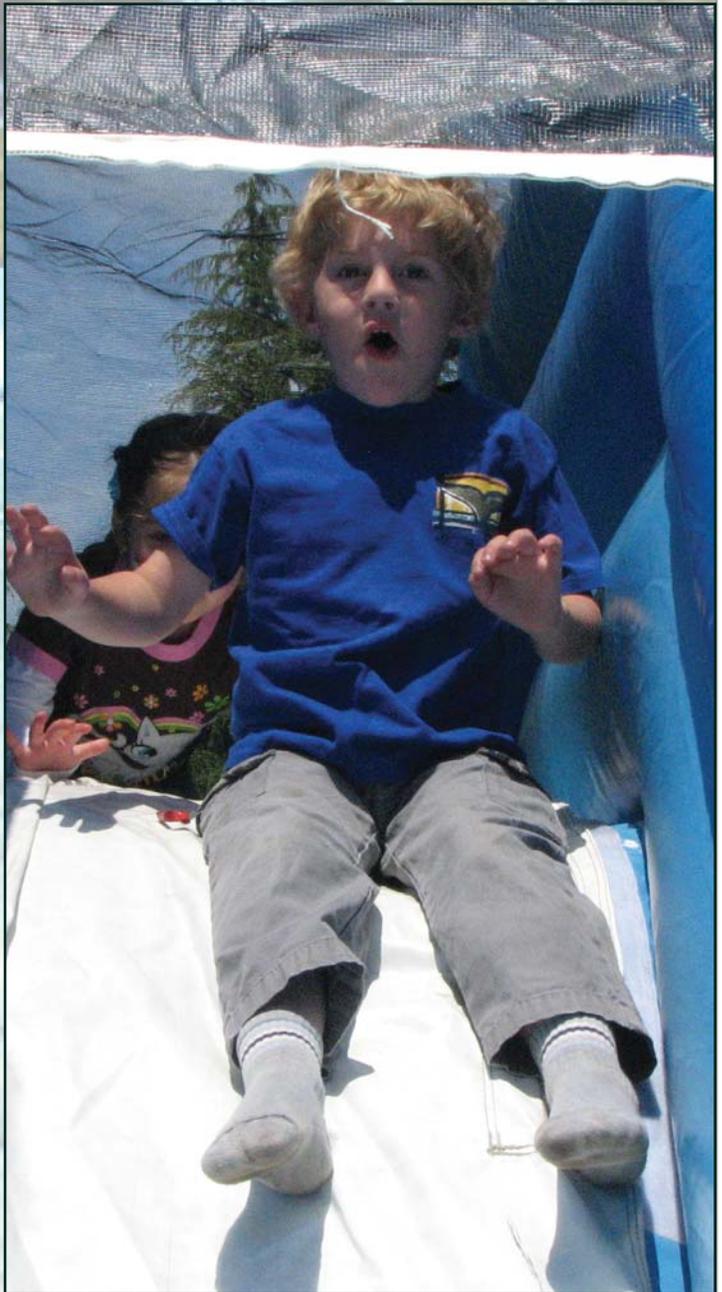
e and many feared the follow on festivities would be washed out. But true to his the rain would let up around noon. True to his word, the clouds dissipated and grilled hot dogs, hamburgers, an appetizer contest, moon bounce, visits from melon-eating contest.

courtyard's amenities and played horseshoes and volleyball. Meanwhile the District homebaked pies.

ject development team, said she was very pleased with the day's outcome and the day's activities.



FAR LEFT: Captain Hook (aka Lt. Col. John Leighow) pauses for the camera pirate comrad, Zorro (aka Steve Saepoff). **LEFT:** Steve Horne, with the ict equal employmnet opportunity office) multitasks flipping burgers and ing on the cell phone. **RIGHT:** Grayson Goodman, 7, son of Layna Goodman, nical services, howls with delight sliding down the inflated play structure erected for Corps Day. **BOTTOM FAR LEFT:** Doris Fritzen, transportation assistant, provided her artistic talent to the face-painting activity. Fritzen decorated the faces of dozens of children. **BOTTOM RIGHT:** Thomas Lynch, 7, son of Kira Lynch, engineering and construction, digs through a treasure chest as part of an activity provided by Verity Credit Union. **BELOW LEFT:** Jennifer West on the left, John McAvoy in the middle, and on the right, Anne Moellenberndt, all with design branch, catch some sun and eat lunch in the courtyard, while catching up. (Nola Leyde and Dick Devlin photos)





Sandbag Savvy

Libby Dam employees (from left to right) Charlie Comer, Richard Franke and David James, teamed up with 87 6th graders from Flathead Valley School to have a little sandbagging competition and learn some things along the way. The students, along with 20 parents and teachers, were divided into seven teams for the final sandbag competition. The goal was to see which team could properly fill and stack the most sandbags into a three-sandbag-high pyramid row. Each team was scored on safety, properly filled bags, bags laid in the right direction with the fold down and upstream, staggered bags with no gaps and properly packed down. Number of bags also earned teams points. Each student received a team color t-shirt from the Flathead Conservation District, Frisbee and ruler from the Army Corps of Engineers. The winning team (Maroon) won the traveling trophy which will be displayed in their class room for the year. Along with the sandbag training, the students attended a presentation on the flood events within Flathead County and five hands-on stations to learn about levee failure, river dynamics and water volume in cubic feet per second. Everyone had such a great time, Flathead County is planning on making this an annual event. ~ compiled by information from Charlie Comer. (Courtesy Photo Libby Dam Project Office)

2007 Corps Day Awards Ceremony Winners

COMMANDER'S AWARD FOR CIVILIAN SERVICE Ken Brettmann; Steven Z. Meyerholtz, (Retired)
COMMANDER'S LEADERSHIP AWARD - SUPERVISOR John Christensen
COMMANDER'S LEADERSHIP AWARD - NON SUPERVISOR Amy Brandt
PROJECT DELIVERY TEAM OF THE YEAR Fort Lewis Modularity Team
SUPPORT TEAM OF THE YEAR CFO-CIP Team
ENGINEER OF THE YEAR Ted Perkins
SCIENTIST OF THE YEAR Kym Takasaki
EMPLOYEE OF THE YEAR - GS-09 AND BELOW Mary Kellogg
EMPLOYEE OF THE YEAR - GS-10 AND ABOVE Susan Fink
CONTRACTOR OF THE YEAR Shelly Trulson
NEW EMPLOYEE OF THE YEAR Casondra Brewster
SUPPORT EMPLOYEE OF THE YEAR GS-09 & BELOW Eleacie Carter-Webb
SUPPORT EMPLOYEE OF THE YEAR GS-10 & ABOVE Nola Leyde
PROJECT MANAGER OF THE YEAR Victor Ramos
DISTRICT OUTPOST EMPLOYEE OF THE YEAR John G. Reid

~Compiled by Elizabeth Townsell

Seattle's Real Estate Chief off to explore new land: retirement

When asked about his recent retirement Joe Duncan, Chief of Real Estate, is quick to note he's looking forward to spending time with his wife, Suzanne, of 37 years, their three grown children and 7 month old grandson.

During his retirement he plans on traveling and visiting with family and friends. Duncan would also like to visit Native American sites and national parks around the 4-corners area of Arizona, New Mexico, Utah and Colorado.



Joe Duncan

"The people are always what you're going to miss when you retire," Duncan said. "We live and work through relationships." Duncan

has enjoyed working with people to find ways to meet customer needs and get things done. The people in Real Estate have been continuously successful in accomplishing significant projects over the years. One of his favorite projects was acquiring 63,000 acres of land for the expansion for the Yakima Training Center



Joe Duncan (in the blue jacket) with now-retired Resource Manager for Albeni Falls, John Coyle, inspecting a fence encroachment on the right bank of the Pend Oreille River (upstream from the dam). (Real Estate Archives photo)

to improve training for the troops.

Other particularly satisfying aspects of Duncan's job include leasing offices and housing to enable recruiters to staff all military branches, which has been critical in the recent war on terrorism, land exchanges for Fort Lewis to increase training potential, acquisi-

tions for the Border Patrol, and working with civil works sponsors to acquire and provide the necessary real estate rights for the many projects in the region.

Duncan is the recipient of the Woodrow (Woody) Berge Distinguished Service Award, the Department of the Army Superior Civilian Service Award and the Bronze Order of the de Fleury Medal.

Duncan started his career with the Corps of Engineers, Sacramento District, in 1969 as a Real Estate Intern; he also worked as a Journeyman Appraiser for five years. He then accepted an appraisal job with the Department of the Navy in San Bruno, Calif., and was later in charge of Acquisition and Management and Disposal work for Navy and Marine Corps bases in Southern California.

He returned to the Sacramento District from 1980-1987 as Chief, Acquisition Branch. In August of 1986 Joe arrived at Seattle District. While at Seattle District he was also a PROSPECT instructor for 17 years for the Corps of Engineers, teaching real estate acquisition classes twice a year nationwide. ~Kayla Overton



If a tree gets planted in the woods...

Volunteers from Chief Joseph Dam (from left to right) Lisa Watt, Autumn Kohler, Michael Gehert, Jennifer Crim, Jimmy Serison, and Joe Stafford plant trees as part of the 'Adopt A Highway' program they support. The CJD team has maintained a two-mile stretch of Highway 17 since 1993. Along with the tree planting, the most current efforts netted 15 large bags of roadside trash for proper disposal. Bob Fischer, CJD wildlife biologist, leads the team. (Bob Fischer Photo)

We want your story!!

Flagship is published bi-monthly. Let us know when you're retiring so we can feature you in our next issue. We also want to know about professional accomplishments, speaking engagements, marriages, births and memorials. Guest features are welcome! Please contact the editor: casondra.brewster@us.army.mil or (206) 764-6958.

Got a spare?

173-ton transformer makes it way from Korea to Libby Dam



Transformer being offloaded at the Port of Seattle for transit to Libby Dam. (Phil Stoa Photo)

Having a spare tire, spare batteries and spare lights are always a good idea. And having a spare transformer at a dam makes sense too — especially when it could take up to two years to get a replacement, if one went out.

In May, a 173-ton transformer made its way from South Korea to Libby Dam in Montana. The transformer arrived in Seattle by ship in February, was offloaded and loaded on a railcar and shipped to Libby, Mont., where it waited to be trucked to the dam. There it was placed in the empty fourth transformer bay and the contractor readied it for use, filling it with oil and reassembling it on site.

The transformer was manufactured by Hyundai Heavy Industries, Korea, under a contract awarded in April 2006. The sub-contractor handling the transport to the dam was Omega-Morgan, Tacoma, Wash.

The spare transformer was purchased to meet a requirement of the 2000 and 2006 U.S. Fish and Wildlife Service Biological Opinions (BiOp). The 2000 BiOp had a Reasonable and Prudent Alternative (RPA) that called for a spare transformer to be on site.

By design, Libby Dam uses one transformer for each pair of generators. Should one transformer fail, the potential outage affecting two generators would be 18-24 months. Without full powerhouse capacity, the spillway would likely need to be used to pass some flow, with consequent loss of power revenue, and with high dissolved gas concentrations and potential injuries to fish. With the new spare transformer on site, the outage from a failed transformer would be minimized, and is expected to be less than two months.

The Bonneville Power Administration agreed to fund four spare transformers for dams in the northwest, including one for Libby Dam, under the Large-Capital Direct-Funded Program. The funds come from the revenue generated by hydropower dams in the Federal Columbia River Power System and are reinvested into maintenance and reliability.

~Nola Leyde

Two-time deployee wants to be positive example for her kids

"I already had my life with the kids," she said. "This is what I did for me."

This sounds like a woman talking about a spa week, Botox, or maybe a new career. Yet this is how Connie Burris described going to serve in Iraq.

Burris, a financial analyst in Resource Management, has deployed to Afghanistan and Iraq, where she said she made life-long friends.

Burris was requested to serve in Iraq to help the Gulf Region Division through fiscal year end and start up of fiscal year 2007.

"My specialization is in formulating of the Command Operating Budget," she said. She stated she was pleased that she could "go and help out so that people who had already served could have a replacement and go home."

While deployed, she helped in forming the budgets for the Gulf Region Division and its districts, and in Afghanistan worked on funding to be used for projects for the day-to-day quality of life of the Afghan National Army as well as rebuilding their new facilities: training centers, power plants, women's hospital, firing ranges and other infrastructure for the country.

"It's our mission so we have to do it," she said. "I believe in helping the civilians and military who are over there." She also stated she

wants to serve as a positive example for her own four grown children and for younger co-workers.

She wouldn't recommend deployment to everyone. "It takes a certain type of personality—strong willed, able to blend with all types of people,"



Connie Burris on the banks of the Tigris River in Baghdad, Iraq. Burris deployed to Iraq and Afghanistan recently. (Courtesy Photo)

She also mentions that there is the balance of working long days and weeks, and the ease of living 50 steps from her office and not having to worry about cooking or cleaning. "I had time for the gym."

Burris said she felt she had accomplished what she had set out to, and she won't rule out deploying again. However, she was touched by the sight in Afghanistan of little boys as young as six who had to be concerned about making a living to support themselves each day. In Iraq, hearing the helicopters arrive that might have been carrying out wounded soldiers was likewise difficult for her.

"I try not to complain now," she said "Because there are people who have it so much worse." ~Patricia Graesser

Welcome to the district family



Ryan Bowe
Maintenance
Chief Joseph Dam



Ken Bruemmer
Maintenance
Chief Joseph Dam



Debbie Dezelle
Records Specialist
Chief Joseph Dam



Timothy Eash
Natural Resource Mgmt.
Chief Joseph Dam



Emmet McCabe
Electronic Systems
Libby Dam



Paul Erickson
Construction Office
Chief Joseph Dam



Jeremy Farrington
Wildlife Laborer
Chief Joseph Dam



Greg Hoffman
Fish Biologist
Libby Dam



Angela Hudson
Security
Chief Joseph Dam



Lane Stettler
Mechanical Crew
Chief Joseph Dam



Ronald Marchand
Wildlife Laborer
Chief Joseph Dam



Renee Anastasia Lehto
Daughter, 7 lbs 9.2 oz
N. Rutherford, Regulatory



Theresa Poulson
Park Ranger Trainee
Chief Joseph Dam



Norman Rubin
Maintenance
Chief Joseph Dam



Scott Scroggie
Wildlife Laborer
Chief Joseph Dam



Ronald Zelenka
Mechanic
Chief Joseph Dam



Casey Ehorn (with new
bride, Ashlee (nee Richie)
Biologist, Regulatory



Sigourney Pearl McWilson
Daughter, 8 lbs. 14 oz.
J. McWilson, Construction

Around the district

Retirements

John Morelli, Materials Handler, retired March 31 after almost 24 years with the Corps of Engineers at Albeni Falls Dam. John is now looking forward to spending time with his wife and grandkids, RV'ing, and hunting.



John Morrelli

Stan Bales was an Equipment Operator in the Seattle District Corps of Engineers from 1974 to 1989. Some of his jobs included drilling that took him to places like Libby Dam and Chief Joseph Dam. Stan joined Mud Mountain Dam



Stan Bales

and Howard Hanson Dam in 1990 until his retirement on March 31.

Dave Roden, project manager, retired June 1. He and his family are headed to Missouri to enjoy life with their extended family.

Yon H. Choe, an architect with engineering and construction branch retired May 31. His retirement plans include a local residence in Puyallup.

Kudos

Brenda Bachman, Douglas Knapp, Louis Read, Joseph Marsh, Emile Pitre, Scott Podzyrcki, Kymberly Takasaki, Jeanette Fiess, Anne Marie Moellenberndt, Tom Tolman and Jennifer West received 2007 Honorees awards from the Seattle Federal Executive Board. Each of these Seattle District employees were awarded for their exceptional public service and for using imagination, initiative and bold vision.

Departures

J.D. Marckmann, procurement technician, Contracting Division, was with Seattle District for about four years. She recently took a promotion with the U.S. Army Reserve in Arkansas as a public affairs specialist—a career field that she previously enjoyed with the Air Force.

Beverly Chappell, realty technician, has moved on to another position outside of the Corps. She worked with the Seattle District for 24 years. She started her years of public service with the National Park Service at Mount Rainier.

In Memory

Leo E. Ogle, born June 22, 1928, in Missouri passed away May 12, 2007, in Puyallup. Leo was a current resident of Edgewood and former resident of Enumclaw. A memorial service was conducted on May 16, at the Sumner United Methodist Church, 901 Wood Ave. Ogle worked for the Seattle District for many years.

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

Postcards From the Front....



The 'Front' comes home for a visit....

Recently the Seattle District headquarters saw two of their own come home amid extended tours overseas supporting the Global War on Terrorism. Currently the Seattle District has 20 of its team deployed - 17 supporting the GWOT and three assisting in Hurricane Protection Office and/or Hurricane Katrina operations. Come home safe and sound! Take Care!



ABOVE RIGHT: Seattle District employee Al Gaspasin following a Commander's Challenge Coin presentation from Col. Michael McCormick when Gaspasin was on leave from his assignment at the Central District of the Gulf Region Division in Baghdad, Iraq. (Courtesy Photo) **RIGHT:** Melinda Marquis thanks her District family for the warm welcome and **(ABOVE)** enjoys an impromptu potluck luncheon here in honor of her visit. Marquis will be in Iraq for one year. (Sue Hookano Photos)

Send your 'Postcard' submission -- photo and note -- to:

casondra.brewster@us.army.mil