

Wilmington

District News

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Closing the Gap

SAW Teams Bury the Breach



US Army Corps
of Engineers
Wilmington District

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On the Cover:

Hurricane Isabel opened this 1,700 foot breach in Hatteras Island (see story, page 9).

Holiday Party Dinner Dance

Saturday, December 12, 2003
6:30 p.m. until
Wilmington Hilton
D.J. "Fred Pearce" of "Let's Danz"

B U F F E T M E N U
Chef attended Prime Rib Carving Station

Potato Crusted Grouper - Toasted Potato Shreds atop Grilled Fresh Grouper Served with a Roasted Shallot Cream Sauce

Chicken Amore - Marinated & Grilled Chicken Breast Topped with Sautéed Portebello Mushrooms, Roasted Red Pepper and Boursin Cheese Cream Sauce

Peel n' Eat Shrimp Stacks Served with Cocktail Sauce & Lemon

Wharf Chowder - Seafood Simmered with Chunks of Hearty Vegetables

Tossed Garden Salad with an Assortment of Dressing

Baskets of Cornbread and Rolls • Seasonal Vegetables

Garlic Smashed Potatoes

Freshly Brewed Coffee, Tea and Decaffeinated Coffee

Holiday Theme Desserts

Great Door Prizes!!
Tickets on sale December 1-8
Contact Ron Stirrat at (910) 251-4944
Retirees welcome!! Ya'll come!!

“Team of Teams,” “Balance” on Agenda of New SAD Commander, BG (P) Randal Castro

What are your first impressions of the Wilmington District?

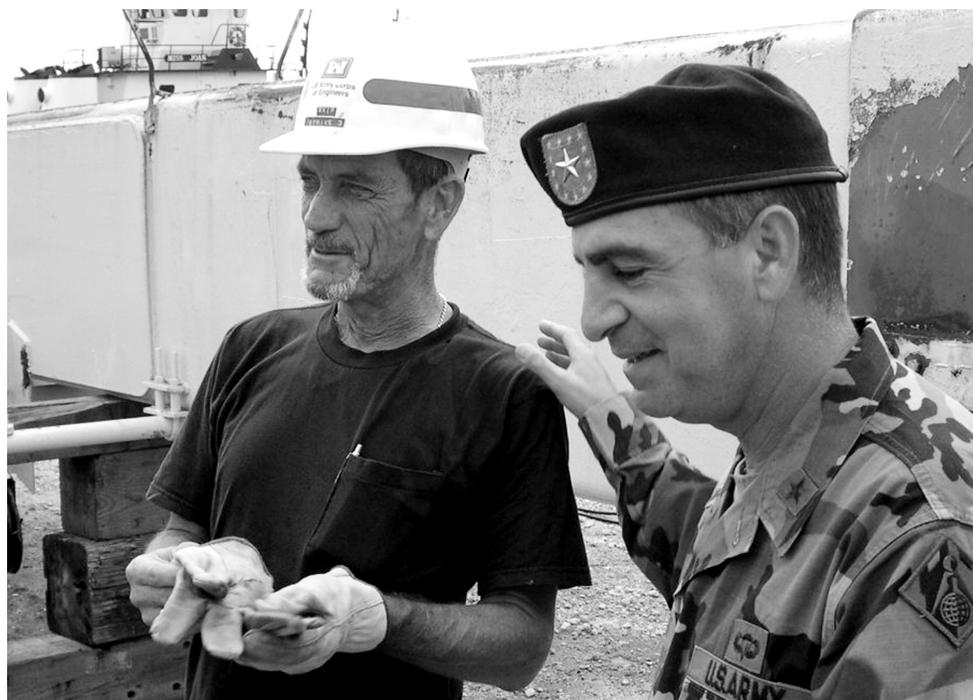
I’m so impressed with the professionalism and the friendliness. When you walk into a group of people you can tell by looking in their eye what they’re like and what they think of their organization. My very first impression was at Philpott and you can tell it’s kind of a family atmosphere about the District. But then on the other hand I know that professionally they’re one of the leading Districts in the Corps. My first time here I couldn’t be more pleased about the way the District runs and also the people are very, very strong I think.

What are your plans for the District in the next few years?

Well, I have a couple of things that I believe in. One is living a life of balance; balancing the needs of your profession with your family and the community in which you live. So, balancing our lives is very important to me. The other is the team of teams is that we operate not just as a singular team or many teams that are independent of each other, but a team of teams that work together forming a greater overall organization. So, one of the things I want to do with the Division is incorporate that philosophy of a team of teams in our regionalization of what we do in SAD. And that’s not only an internal team of teams theme of working together, but also an external team of teams that there are teams outside of the Wilmington District, outside of the Division that we have to be team members of whether they are teammates that reason the other side of the field from us, people that we normally don’t get along with. Those are also teammates of ours that we have to integrate.

The Chief of Engineers likes to promote “thinking outside of the box.” What are your thoughts on this?

Things that are going on in the Wilmington District are examples of



Skip Vealy talks with BG (P) Castro at the Engineer Yard.

“thinking outside the box.” I was briefed by one of the project delivery teams on how they’re looking at those who we serve differently than ever before. We used to look at one customer. Well, they don’t look at it that way. They’re thinking outside the box that their customers are many, many different customers that they have to bring together before which makes the job of that project manager so much greater and complex, but makes that project that much more easy to deliver to the public. I think that’s an out of the box idea. It’s simple, but it’s out of the box.

What do you see for the Corps of Engineers five or even 10 years from now?

The first thing I say five or 10 years from now is our Nation will solidify what it means by Homeland Security being the number one national security interest. And as our Nation defines that, organizations like the Corps become critical in enabling our Nation to meet that national security need. So, I

think that will be a driving force. The other is our war on terrorism will not go away and that will be another dominant theme for our Nation. The ability of the Corps to respond to that, for a military organization to reach back into the Corps and project that Corps expertise forward will be dominant. The third action that will continue to be dominant over the next five to 10 years will be the integration or respect for the environment as we move forward in building our projects and balancing the environment and being environmentally responsible.

*Brigadier General Castro
assumed command
of the
South Atlantic Division
on September 3.*

Philpott Dam Celebrates 50 Years of Providing Security, Energy and Breathtaking Recreational Area



82-year-old Benton Clear was a contract electrician when the dam was built.

Joe Hollandsworth worked on the construction of Philpott Dam as a young man during a time when memories were still fresh from overwhelming chaos from floods. Fifty years later those memories are still at the surface.

"I lived within sight of the dam, just south of the dam," he said, pointing to an area barely visible from a vantage point near the Visitor Center. "I was here during the flood of 1937. The water got all around our house and up to the floor. We had to wade up to the house and wade in again and it washed away a number of homes. My grandmother lived in a two-story house. There were flood rings on the first floor of the house. Her son had to swim from the house just to get to work."

For Hollandsworth and scores of other folks who live in this area, Philpott Dam isn't just a slab of concrete holding water back. It's a visible sense of security.

"I know what the dam is here for. It's saved a lot of damage and probably a lot of lives, too, 'cause there was a dangerous river there."

Wilbert Stone was another veteran of the construction of Philpott Dam. He,

too, lived along the former river about three miles upstream of Hollandsworth.

"My Momma and Stepdaddy lived in that hollows right up yond'a. And when we built the dam they lived below it."

Lives were uprooted when construction of the dam began, according to Stone, but people like his mother and father did what they had to do. And to say that he is a survivor of severe flooding is an understatement.

"Experience floods? Holy hell! I reckon so. 1937....it just about washed Bassett away. I seen houses come down the river...cows, pigs, chickens. This river got et' because you had all the big creeks goin' in it."

Once panic dwindled and fear disappeared the sense of security began to take root.

"Oh yeah! It took at least two years to fill up the dam, but no more floods."

When the Army Corps of Engineers assembled its team of construction workers, electricians, drivers and others it looked for responsible, hard working individuals who knew how to

work together. Benton Clear was an electrical contractor who learned invaluable things from the Corps that helped make him a successful businessman.

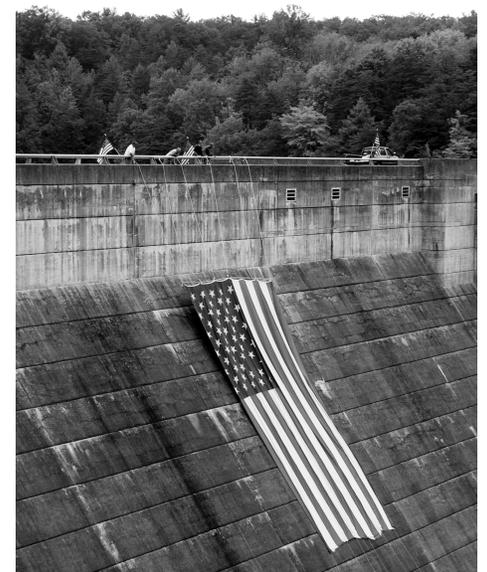
"They stressed safety. One of the workmen for the Corps would say, 'Boys, let's work hard, but be safe.' It helped me in my later work because I learned to foresee things that could be hazardous. Everybody learned all kinds of safety procedures here."

The work was hard and dangerous, but it provided a decent job with decent pay. Hollandsworth recalled the day when he should have died.

"We were form raising and you had to get out on the side of the dam and get bolts loose and it raised the form up to pour more concrete in it five foot at a time," he said. And the form, while we were on it, broke loose and I fell all the way to the bottom of the dam."

That fall was 165 feet. However, he lived to tell about it and declared nonchalantly that accidents did happen.

"It was as safe as it could be, but several people lost their lives. It tore us up pretty bad. It never did knock me unconscious. By the great mercy of God I'm here today, that's for sure."



Workers unfurl the Stars and Stripes on Philpott Dam in celebration of 50 years service to the Nation.



COL Alexander ceremoniously cuts a beautifully sculpted cake of Philpott Dam.

To the Editor:

I want to pay sincere tribute to several Philpott people, now retired, who were outstanding in their operational management of the project during some of Philpott's years of development. Those people are Mrs. Erma Ingram who handled administration for both reservoir management and powerhouse operations, and Maurice Ruddle, reservoir manager (now known as operations manager), and Charlie Parks, the highly knowledgeable powerhouse manager. Erma handled the day-to-day administrative duties for both reservoir and power operations in an outstanding manner. Maurice, very effectively, directed a dedicated and capable construction and maintenance crew, while Charlie operated the powerhouse with minimum assistance. The dedication and effectiveness of these managers was well known throughout the District.

The Corps is fortunate, indeed, to have had such capable persons to direct Philpott operations.

Sincerely,
Otis H. (Buddy) Johnson

History aside, Philpott is a gem of the Wilmington District. During numerous speeches during the birthday celebration nearly every speaker commented on the area's natural beauty, and why they hope that it should remain as it is for future generations of Americans. Happy Birthday, Philpott, and many more to come.

Philpott Dam Facts and Figures Courtesy of Park Ranger Sherrie Storm

- Part of flood control for the Roanoke River Watershed.
- Built because the people of Patrick, Henry and Franklin Counties wanted flood control. In 1944, Congress allowed 36 million dollars to build two dams; Kerr on the Roanoke and Philpott on the Smith River.
- Philpott Dam and Lake cost 13 million dollars to build. By 1949 price standards, it protected more than 17 million dollars worth of property and has saved countless lives.
- The dam has three generators capable of producing 15 million watts of electricity per hour. That's enough to fully light 10 thousand houses.
- The location of the dam was chosen because of solid bedrock in the area. Geologists studied samples and looked at many sites before choosing the present location. The dam



Charles W. Parks oversaw automation of the dam in the early 1960s.

sits on top of an ancient rock fault called the Martic Overthrust.

- In 1897 an earthquake that measured eight or nine on the Richter scale hit near the dam. Engineers determined that even an earthquake that big would not cause the dam to fail.
- The dam contains 320,000 cubic yards of concrete which is over a third of a million back-hoe buckets full of concrete. It's enough to build 14 Washington Monuments.
- Today, Philpott Dam and Lake is proud to serve the Nation as one of five reservoirs in the Wilmington District. Flood control, hydroelectric power, recreation, water supply, and maintaining fish and wildlife habitat are missions of Philpott Lake.



The Philpott staff and other SAD members invite all Wilmington District members, retirees and the general public to enjoy the beauty of the area at Philpott.

Long Hours, Organization and Stress All Part of the Job for SAW Emergency Management Team



Ron Stirrat, chief of Emergency Management, shows signs of fatigue after countless hours on the phone coordinating help for victims of Hurricane Isabel.

While most of us at SAW headquarters took advantage of a little break from work provided by Hurricane Isabel, there was plenty of round-the-clock activity for the folks in Emergency Management.

Although Isabel was relatively tame in the Wilmington area in comparison with past hurricanes it kept our team on its toes. But pre-planning earlier this year kept all players informed about whom to contact, when to contact them or knowing who does what in the chain of command. In essence, they went into the game with a solid game plan.

"The pre-planning goes very well," said Nancy Raynor of Emergency Management. "It's just that when you get in the event and start executing those things it's a little bit different. Until you've done it, until you've had that on the job training, getting people fa-

miliar with their roles it's always challenging even for people who've done it before because it's always different."

One thing that made Hurricane Isabel different from past hurricanes was something unexpected. It punched a gaping hole through Highway 12 at Hatteras and brought the term "breach" into everyday vocabulary.

"You just roll have to roll with the environment," said Emergency Management Chief Ron Stirrat. "For instance, we hadn't had a breach before. Well, we've got a breach now and it's taking a lot of my time. Fortunately, I've got good assistants who fill in and take care of the standard missions. And so, it's a team effort and you just manage what comes at you and that's what we do."

Experience counts in managing emergencies, and it seems as though members of the team take their certain

skills and personality traits for granted. Mental toughness, stamina and being able to think and react quickly are prerequisites for the job.

"Most people who work on these things do thrive on it," said Raynor. "You don't survive if you don't enjoy it."

Raynor said it takes a certain amount of discipline to focus on a job that guarantees sporadic sleep, short tempers and overloading on caffeine.

"Yeah, I do like it. But after six storms in seven years it's getting to be a little bit more stressful than I enjoy."

Paula Brown, who has worked in Emergency Management for 20 years, was the operations officer for the state of North Carolina during Hurricane Hugo in 1989. She, too, has seen her fair share of high-paced activity that comes with the job. According to her, she thrives on the adrenalin rush of hitting situations head-on, even if it means additional burdens on her family.

"Each emergency is different and has its own characteristics. I was out of EM for two years and couldn't wait to get back," she stated. "But there are



Even late at night activity keeps buzzing in the SAW Emergency Operations Center.

times when you have to put your family aside. Your family has to understand that this is like being a cop, being a soldier and this is what you do."

Brown adds she has a way to deal with times when pressure builds and she needs a few seconds to decompress.

"Well, I can tell you that I bought three bags of chocolate!"

Stirrat looks at his position as a seasoned veteran with plenty of experience in planning and keeping things running smoothly when needed. Prior to coming to SAW he was the Operations Officer at Marine Corps Air Station New River. A retired Marine Corps aviator with 28 years under his belt, his resume is filled with an abundance of stress-filled events.

"I guess after years of this with the military and then this environment, I don't have that adrenalin rush. However, I do get satisfaction. I get satisfaction from the job when things are done well and you things are running well."

The most recent addition to EM, Tony Baskett, is another member who is well-suited for the job and knows how to handle long hours and stress. Not more than a year ago he was an Army master sergeant who made sure special operations forces had what they needed for clandestine missions in Afghanistan just after Operation Anaconda. His job then required how to deal with very little shuteye and ample amounts of stressful situations. Needless to say his transition to EM was a cakewalk.

Life in EM isn't easy during a hurricane or any other emergency. But experience, team work and dedication to the job makes what appears to be a chaotic situation a smooth sailing operation. And that's a welcome relief for those who suffer from the wrath of Mother Nature.



Rose Smalls, a volunteer from the Charleston District, works another long shift in the SAW EOC.



Mark Arcuri (far right) and Scott Aiken (back toward camera) chat with businessmen at Atlantic Beach during damage assessment in Carteret County. They called in their estimated monetary figures from the field back to the EOC.

Elite Army Engineer Unit Lends Support for Hurricane Isabel



SSG David Scott organizes points of contact for restoring power to areas hit hard by Hurricane Isabel.

On September 12, 2001 a team of soldiers based at Fort Belvoir, Virginia deployed to New York City during the aftermath of the terrorist attacks. Its mission was to restore power to the Financial District. With a few essential tools and equipment and vast amounts of knowledge about commercial grade power, the soldiers teamed up with Con Edison to carry out a detailed plan. First, they assessed the condition of pre-positioned generators left over from Y2K. Later, they hooked them up to Con Edison equipment, flipped some switches and restored not only power to Wall Street, but confidence to the Nation for helping deter widespread financial panic.

Soldiers from the 249th Engineer Battalion, also known as "Prime Power," lend their expertise and support around the world for any type of emergency situation at any given time. During Hurricane Isabel two soldiers from Bravo Company, First Detachment, 249th Engineer Company out of Fort Bragg made their way to the District to do the same thing.

"We're coordinating with power teams to get generators on the ground and coordinate with the assessment team," said Staff Sergeant Craig Fitzgerald. "What size generators are required and what kinds of requirements are needed. We give the order to a contractor to get generators going."

After Hurricane Isabel between 34-50 thousand people were without electrical power. Fitzgerald said he and Staff Sergeant David Scott helped with the Emergency Management group to do groundwork and initiation of getting power back to people.

"We're coordinating with power teams to get generators on the ground and coordinating with assessment teams; what size generators are required and

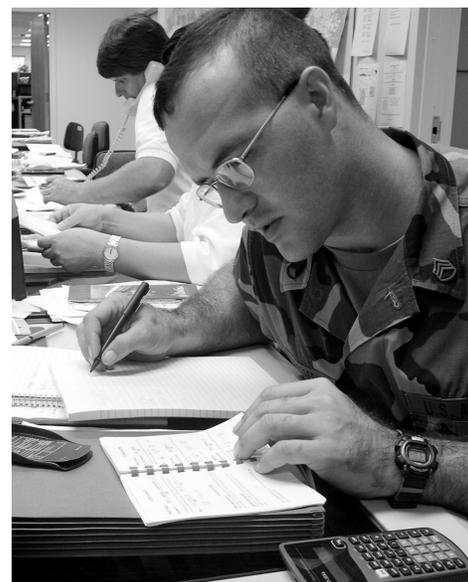
what kinds of requirements are needed. We give the order to contractors to get generators going."

What makes members of this elite organization invaluable is that they're able to do several different jobs. Calling themselves "industrial Special Forces" they're able to jump into a situation that they might not have direct knowledge about, but can easily make do because of their unique background.

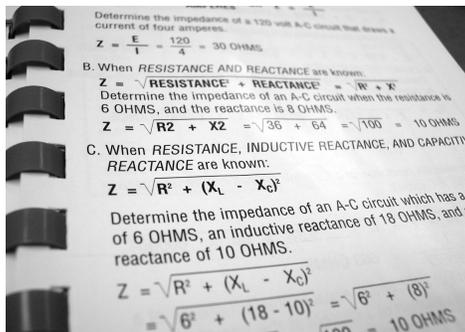
"We've got training in overhead distribution of power as well as underground," said Scott. "We get training with substations with various voltages plus training in generators to include installing them."

Add to the fact that they spend a year in one of the most grueling of Army schools and it's no wonder that they're well prepared to handle just about any situation.

"We study physics, mechanical engineering, electrical engineering...you pretty much know coming out how to talk to an engineer, said Scott. "He can talk with you on his terms. We have a lot of things we can integrate with engineers. If an engineer has a problem or question I can understand him and he can understand me."



SSG Craig Fitzgerald calculates complex problems to determine how much commercial grade power can be used to restore power.



Typical formulas like these are used by soldiers from the 249th.

Wilmington District Fast-Tracks a Big Breach-Fill Job



The breach at Hatteras on October 22nd.

While Hurricane Isabel's wind and rain still churned northward, U.S. Army Corps of Engineers, Wilmington District leadership flew the Carolina coastline to survey the damage. Just north of Hatteras Inlet, between Hatteras Village and Frisco, they spotted an open breach in Hatteras Island, that had swept away North Carolina Highway 12 and the narrow strip of sand and dune that had carried the road.

Saturday, September 20th, just three days after the storm hit the Outer Banks, the Federal Emergency Management Agency requested the Wilmington District to reestablish the severed land connection that was isolating more than 300 permanent residents of the Island, and halting travel along much of the Outer Banks.

"Our initial photographs and reports indicated a breach 1,700 feet wide, with destruction to the road extending at least 500 feet on either side," said Project Manager Wayne Bissette, assigned to head up the project. "We at first hoped that we could move nearby dredging assets that were already working in Oregon Inlet, just 50 miles north. But surveys rapidly made it clear that we had a deeper breach than we thought, and needed more powerful equipment."

By the 23d of September, the District had issued a letter contract to the Great Lakes Dredge and Dock Co., of

Oak Brook, Illinois. Such emergency contracts are used to get people and equipment moving. The scope and cost of the project has to be finalized while work proceeds.

"This project required that we send about four different work phases in motion immediately," Bissette explained. "Tasks that normally would be done in sequence were happening together. The cross-coordination our folks accomplished among themselves and with other agencies was pretty amazing."

While the letter contract was being issued and Great Lakes started mobilizing its hydraulic dredge Illinois, from Florida and a booster pump and pipeline elements from Texas, Florida, the Carolinas, Maryland and New York, other tasks started down the road.

■ Operations and Geotech staff from Wilmington District launched the debris boat Snell to the Outer Banks and began taking core samples to locate good borrow sites for material to fill the breach.

These are the remains of this stretch of Highway 12 just a week after Hurricane Isabel destroyed it.

- Survey crews working in tough post-storm conditions, conducted surveys of the breach area to determine its depth—an average of 13 feet with depths at 20 feet in some locations—and measured currents passing through the breach at six to seven knots.
- Environmental and Regulatory staff at the District began intensive coordination with the National Park Service, the U.S. Fish and Wildlife Service, the State Department of Environment and Natural Resources, the Coastal Area Management Agency, and others, to obtain the needed permits to do the dredging and filling work.
- Engineer staff began to design the project.
- Contracting folks continued to refine the scope and negotiate with Great Lakes to establish a final price for the project.

By September 27th, permits were in place. On October 7th, the Illinois arrived on site and pipeline continued to be laid. On October 16th, the contract was finalized at a cost of \$6.2 million. On October 17th, just one month after Hurricane Isabel struck, dredging began.

As we go to press, the breach is already filled in, and 1,300 feet of protective

(continued on next page)



**Wilmington District Fast-Tracks
a Big Breach-Fill Job** (continued from previous page)



Steve Harrison, center, the natural resource manager of Cape Hatteras National Sea Shore, sits in with the DE and other SAW staff members during an emergency breach meeting.

dune at a height of 15 feet above mean sea level, has already been placed at the site. The Wilmington District currently projects closure of the breach about mid-November.

"In a regular Civil Works project process, we would need to take more time with each project step," Bissette said. "The permitting process we follow in emergency conditions is certainly different. Under normal conditions, we provide full documentation in advance, and have a 30-day public comment period. In emergencies, we conduct our reviews much more rapidly, get to a verbal agreement, and provide documentation as a follow up. The contract process would also be different, with final price negotiated and a contract finalized before the first piece of equipment got into motion. When time is of the essence, we can put machinery on the site much faster."

Still, the project has benefited from the input of many people from within and outside the Corps. The Hatteras-Ocracoke Ferry Channel is being used as the borrow site for the project, avoiding disturbance to habitat in Pamlico Sound. The pipeline only disturbs about a 150-foot swath of wetland vegetation, which will be restored when the dredging is complete. "We looked at three different pipeline

crossings for the project," Bissette said, "and through efforts from everyone from the Park Service to our environmental folks, to Great Lakes themselves, we were able to pick the site that was best for construction and best for the environment."

While work proceeds on the emergency project, others in Wilmington District and from around the Corps are participating in longer-term assessments of the future for transportation in the fragile Outer Banks Environment. "our folks are serving on the Outer Banks Task Force, along with the North Carolina Department of Transportation and a host of others concerned about both the environment and people living on and visiting the Outer Banks," Bissette said. "The Corps Engineer Research and Development Command also has sent researchers to the breach site to gather detailed information that we can use as we look to the future. We may be filling the breach really fast, but not before we took time to study and record what nature did there."

— By Penny Schmitt

Your Idea to the Army Suggestion Program Could Be Worth Buck\$

Robby Page, a timber worker aboard the Snell, has been employed with the Wilmington District for nine years. He thought, one day, that by adding a towing pylon and bar to the skiff might improve safety when hauling debris out of navigation channels. The modifications, he figured, would add better control of towed debris. Furthermore, it would ease the turning capability by pulling debris from the center of the vessel instead of the side.

The suggestion was implemented and Page says it's working great. There was \$3,000 in tangible savings identified by an evaluator for the first full year of use because it reduced the number of man-hours involved. Page received a \$300 cash award for his adopted idea and his name was placed on the permanent "Suggester of the Year" plaque in the district headquarters building.

Ideas like Page's don't happen that often, but if someone has a good idea he or she might as well capitalize from it. That's why the Army established the Army Suggestion Program.

"The whole purpose is to improve operations and encourage people to submit ideas that increase efficiency and productivity," explains Linda Linder, SAW's Army Suggestion Program Coordinator. "It also improves morale by giving folks an opportunity to take part in improving the organization."

Linder adds the program provides cash award incentives up to \$25,000 for adopted ideas that save the government money.

Forms to submit an idea are available in boxes like this located throughout the building or you can contact Linda Linder, Army Suggestion Program Coordinator.



Time to Put Your “Ancient” Digital Office Camera to Rest

Lately I’ve been wandering around the building chatting with folks and sending e-mail messages about the new digital camera in Public Affairs and why they should consider buying one like it. My motivation is simple; technology has changed so much since the last digital cameras were bought en-masse for the District that it’s time to upgrade to newer models.

“Why?” you might ask, thinking that the older two megapixel camera you have is adequate for your office or section and, in all fairness, it might be. But on the other hand....

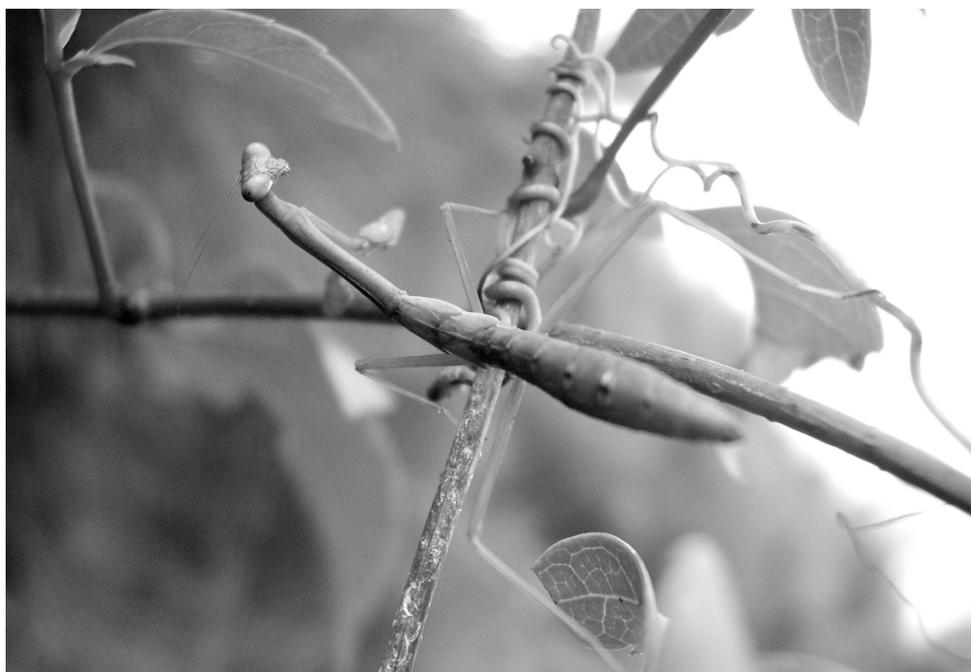
“If you’re looking to use prints for displays, newsletters, powerpoint presentations, anything, those cameras have been long surpassed,” says District photographer Scott Maners of Information Management. “Back in the day when they were purchased they were top of the line, they were great. But for production these days they’re not viable I don’t believe.”

In digital imagery, picture quality is measured in pixels. Pixels are similar to the “grain” in film photography. The finer the grain in a film image, the sharper the picture. And the coarser the grain, the fuzzier the image. It



This close up of a biologist's finger while measuring an anchovie is a good example of a picture that's easy to take with newer models of digital cameras.

works similarly in digital photography. The more pixels in your image the sharper the picture will be. The digital camera I use is four megapixels. Compared to the cumbersome, floppy disc-fed two mega pixel camera that was previously used in Public Affairs, the pictures are now much more sharp with more vibrant colors.



This picture of a praying mantis was taken right out front of the District HQ building with a four megapixel digital camera on a closeup setting.

“Well, that’s all fine and dandy,” you might say to yourself, somewhat resistant to change, “but I’m still not convinced that I need to buy a new camera and I don’t think my section can afford one.”

Let’s take a good look at this then. Some of you take pictures of projects or go to locations that might seem trivial to you, but could be used by somebody else District wide or even Corps wide for a power point presentation, display board or even for research. But if the picture is low quality you might as well delete it because it will not measure up to more aesthetically pleasing, high-resolution pictures that are standard these days. Depending on the size of the card in a newer camera you can take up to 120 high-resolution pictures. In the law of averages you’re bound to have at least one or two very good pictures. And that beats four low-quality pictures you can only put on one floppy disc at a time.

Not everyone has been formally trained in photography or photojournalism, but the newer cameras are able to compensate for that. They allow you to take crisp, clear pictures even though the picture may have been poorly composed. And that’s something you can’t really put a price on.

To find out more about digital cameras and digital photography go to these useful websites;

http://www.kodak.com/eknec/PageQuerier.jhtml?pq-path=2/3/38/490&pq-locale=en_US

http://www.nikon.co.jp/main/eng/photo_world/kumon_dsc/index.htm

– Story and photos by
Hank Heusinkveld

ECG Helping Make a Difference for Environment, Local Non-Profit Organization

Recycling; either you choose to set aside your empty soda pop can or white office paper believing you're doing something worthwhile, or you choose to not do it because its simply not high on your priority list.

Well, a unique organization that the SAW in-house Environmental Concerns Group (ECG) is involved with may change the way you think about recycling.

Coastal Enterprises Incorporated is a non-profit, community rehabilitation facility in Wilmington that serves disabled citizens. It provides programs of vocational evaluation, employee development and job placement coaching. Its best selling point is that it has a proven track record of improving quality of life and economic well being through training and employment programs.

"These are emotionally disturbed or handicapped folks who have problems looking for work on their own," says Coastal Enterprises Vice President Sylvia Amick. "We like to take them off the welfare rolls and put them on the taxpaying rolls."

One of CEI's money-making projects is recycling. People who would have little, if any, chance of employment in



Jeff Richter loads one container full of recyclable material while Rosemary Cohen, Liz Vallery and Adam Faircloth stand by to load more.

the community are hard at work sorting recycled debris such as aluminum cans, cardboard or various paper products that is sold to various companies in the area. That recycled material comes from several Wilmington businesses, and also from within our own building. It's one of the motivating factors that drives ECG coordinator Rosemary Cohen to keep pushing for folks to recycle.

"I think Coastal Enterprises has an excellent facility. The fact that it is helping these citizens become taxpaying individuals and that it's helping everyone in the political spectrum, I think it's a great concept."

Cohen adds that recycling at a local level fits well with the U.S. Army Corps of Engineers' Environmental Operating Principles, namely environmental stewardship. And Ashley Hatchell, another advocate for recycling, believes that the Corps is an excellent role model for environmental stewardship.

"We're the federal government," she says. "If we can't recycle white paper and aluminum cans then we can't expect anyone to do it. I think we should be the example."

Amick likes the fact that the District is involved with her organization and stresses the federal government has been very supportive of the program, especially agencies like the U.S. Army which has a contract with CEI to make waterproof ammunition bags. She adds that although it's a slow process convincing people to accept handicapped people and others who are struggling to get back into society they're proving that they can be productive.

"We also take in a lot of drug abusers and alcoholics. But they have to be stable when they come to us. They can't be just getting out from having had a long bout with drugs or alcohol. They have to be stabilized."

Recycling bins are located throughout the building. CEI picks up all recycled materials for free on Tuesdays. If you'd like more information about recycling there will be a brown bag lunch November 14th in the main conference room.



Waterproof ammunition bags are some of the products made at Coastal Enterprises.

*Don't Forget:
America's Recycle Day is
November 15th!!*

District Invites New, Current Employees to Take Advantage of Health and Wellness Program

Coleman Long is hooked on physical fitness.

"I like to be physically fit, stay strong, stay flexible," says the coordinator of the SAW Health and Wellness Program. "It makes me feel better at work."

Long said the program, now in its 14th year, was the brainchild of a former deputy DE who felt civilian employees needed an opportunity to be physically fit.

"It started 14 years ago by a progressive deputy who said that if the Army has a physical fitness program and physical requirements, why not the civilian side of the house? The healthier the folks are they better they feel. He pushed for it and got a subsidized health and wellness program."

The Health and Wellness Program allows District members a subsidy of \$252 per year to use at any approved athletic facility. Studies have shown that for every \$1 spent, the return through increases in productivity, morale, timeliness, and less absenteeism is \$3 - \$5. And good fitness and wellness have a direct relationship on the ability to perform one's job as Long can attest. He's more energetic and just simply feels better while on the job.

For those who are not athletically inclined, or might feel out of place at a



Mark Arcuri, Ashley Hatchell and Greg Williams are some of those in the District who take advantage of being physically fit.

gym, Long says fitness centers usually have staff on hand to guide you through any particular program.

"There are folks at gyms, based on your condition, who can test your strength, flexibility and cardiovascular, and develop a program for your needs, your goals," he said. "If you want to just be able to walk without

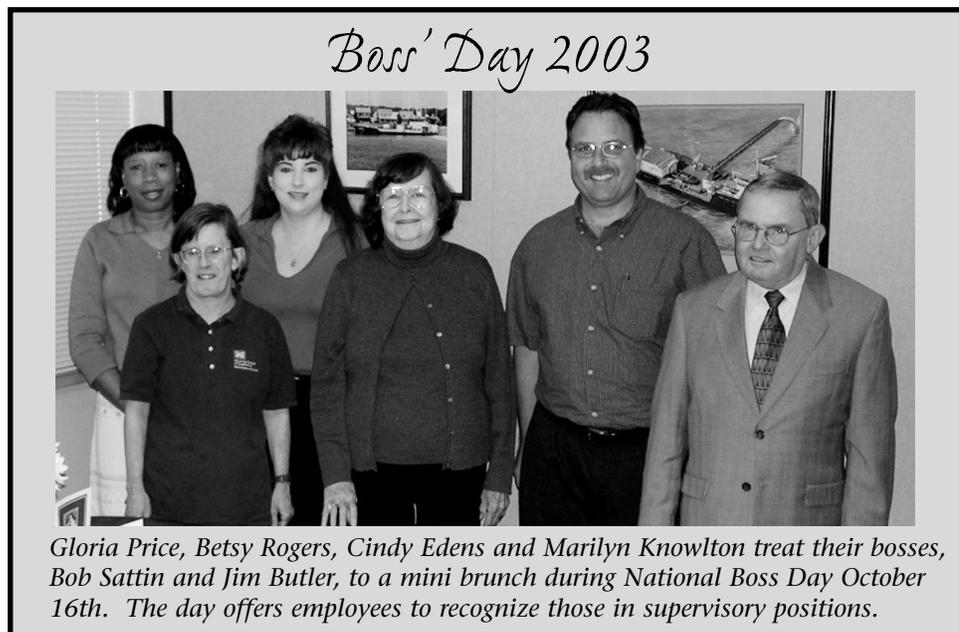
overexerting yourself they can help tailor that for you. It's not just 'Hey, what do I do?' You have all of these machines that might be confusing. They'll help you out with that, too."

Al Bjorkquist, a long-time member of the YMCA, likes the program for activities like the unique game of walleyball he can do with colleagues from the office.

"It's almost like a club. The walleyball guys have been playing for a number of years."

There are a few simple guidelines to follow if you belong to the program. Employees receiving subsidized memberships to approved facilities will be requested to attend at least six times per month. And to encourage consistent attendance and to provide a flexible schedule for employees, a flex schedule can be used to attend a facility between the hours of 1130 and 1330 hours. All flex schedules must be coordinated and approved by immediate supervisors.

For more information about the program check with Coleman Long.



Gloria Price, Betsy Rogers, Cindy Edens and Marilyn Knowlton treat their bosses, Bob Sattin and Jim Butler, to a mini brunch during National Boss Day October 16th. The day offers employees to recognize those in supervisory positions.



Engineering sites, futuristic technology, statistics behind annoying email spam, and a humorous and introspective look at the connection between current events and mathematics (yes, mathematics!), are included in this month's column. You can easily click to these sites at the technical library's website at www.saw.usau.mil/library/bulletin-board.htm.

Spam by Numbers [pdf]

<http://www.eprivacygroup.com/pdfs/SpamByTheNumbers.pdf>

Facts about the disturbing trend of spam have appeared regularly in a variety of news sources. However, this report, published by the ePrivacy Group, shows that spam is not simply a nuisance, it is a surprisingly expensive problem that can reduce Internet bandwidth and adversely affect people's productivity. Lots of statistics including remarkable percentages, dollar amounts, and other figures.

Cplusplus: The C++ Resources Network [zip]

<http://www.cplusplus.com/>

Despite being introduced in the 1980's, the C++ programming language remains one of the most commonly used languages for a variety of applications. An easy-to-follow tutorial, complete with detailed examples and clear explanations, is one of the best resources on the site. Several other valuable features include descriptions of individual instructions that are included in standard C++ header files, free source code, and much more. Good for seasoned programmers as well as those just learning the language.

ElsevierEngineering

<http://www.elsevierengineering.com/>

ElsevierEngineering is "a new engineering information website made up of 7 gateways covering different engineering subject areas." Specialized sections devoted to civil, electrical, mechanical, and other engineering disciplines are available. The site serves as an excellent starting point for subject-specific research, as well as a source for news and conferences. Most of the site's features are available to registered members – registration is free.

Have a website you'd like me to review for a future column? Send an email with a link to the site.

The Stars and Stripes: The American Soldiers' Newspaper of World War I, 1918-1919

<http://memory.loc.gov/ammem/sgphtml/sashtml/sashome.html>

The Stars and Stripes was a newspaper written by and for the troops serving in the American Expeditionary Force of the Army during US involvement in World War I. The newspaper's existence was endorsed by official order of General John J. Pershing, who wanted the publication to strengthen the moral of the troops and to promote unity within the American forces. Running from February 1918 to June 1919, it had a readership of over 500,000 by the time it ceased publication. As part of the Library of Congress' American Memory project, this Web site contains a complete digitized and searchable run of the Stars and Stripes for the general public. The site features an in-depth look at the paper, along with a complete roster of the paper's employees.

Communicating Using Technology: Free Articles

http://www.communicateusingtechnology.com/articles_home_page.htm

Communicating Using Technology is maintained by a professional speaker who specializes in computer-aided presentation applications. This collection of articles shares some of his insights into such tools, helping readers use them more effectively. Although Microsoft PowerPoint is used as a baseline for reference in many of the articles, most of the suggested techniques and strategies can be applied to any presentation software. A smaller selection of articles on other topics is available, including topics such as video conferencing, Acrobat document authoring, and email technologies.

Engineering Times

<http://www.nspe.org/1et.asp>

Engineering Times is a monthly publication of the National Society of Professional Engineers. Access to many of the articles, editorials, and special features are freely available online, while others are restricted to members only. Each issue contains relevant news stories, industry trends, engineering ethics focuses, and much more. Over a year of back issues are available from the archive.

One For Fun!

SoYouWanna.com

<http://www.soyouwanna.com>

This fun and entertaining Web site teaches you all the things you never learned in school (like rock climbing, how to improve your table manners, apply for a patent, or be a sitcom writer) by providing detailed answers to some of the questions that you never thought to ask. An added bonus of the site is its collection of Top Ten lists that make for interesting reading or great trivia. Examples: top ten most popular books of all time, biggest US storms of the 20th century, top NBA scorers of all time, and most expensive painting of all time.



Jerry Fulcher.

A retirement ceremony and dinner was held in Cedar Island for **Jerry Fulcher** who retired earlier this summer after nearly 30 years of service in the Wilmington District. Fulcher was the deck leader on the Snell for more than 20 years, and was a role model on the vessel. Fulcher will be greatly missed by his friends and fellow Corps employees. His presence was the bond that kept his ship together as a unit. Fulcher retired "down east" to Atlantic with his longtime companion, "Lady Diana." (Editor's note - Mr. Fulcher died on November 3. Fred Lehman of the Snell contributed this information.)

Paula Brown's son, Evan Brown, grade 7 at Penderlea School, has been invited to join the National Junior Beta Club, and will be inducted in October. He had straight A averages in his subjects for the year in 2002-2003.

Steve Lund's son, Matt, graduated from basic training at the Marine Corps Recruit Depot, Parris Island with the rank of PFC. He also qualified as an expert rifleman. He is currently assigned to the Marine Corps Reserve Ammunition Company, 4th Fleet Service Support Group, Greenville, South Carolina and is enrolled at the University of North Carolina, Asheville.

Oweita Freeman's nephew, James Kently Hall, Jr., whose picture was on

the District bulletin board, returned to Fort Stewart, Georgia from deployment overseas on Aug. 25, 2003 and writes this: "He asked that I extend his gratitude for the care packages, letters, cards and prayers sent his way during his assignment. A simple "thank you" seems like a small gesture to those COE employees that perhaps he met during a Corps Day event and to those who he never met but thought enough to express their gratitude of thanks for defending their freedom in the US. He asked that if there is another COE family member who is deployed overseas, please place their picture in his spot and extend the same care and concern to that soldier. Thank GOD for each COE employee who cared enough to go out of their way for an unknown, 20 year old soldier and he prays that each of you receives twice the blessings you sent his way, when it was so needed."

One more from Oweita. She became a grandmother to Christian James Lee born September 18th!

Judy Poole became the grandmother of D'Jarvis J. Poole Jr., "BJ", on Aug. 15, 2003. He greeted the world weighing five pounds 12 ounces.

Andrea Claybrook, daughter of Andy and Linda Andrews, gave birth to Lily Kate Claybrook who was born October 3rd. She weighed in at 7 pounds, 6 ounces, and was 19 inches long. The Claybrooks reside in Pensacola Florida where he is an instructor with the Navy.

Congratulations to **B.J. Suggs** who was named as a Certified Government Auditing Professional (CGAP) by the Institute of Internal Auditors (IIA). The CGAP designation is awarded to individuals who have met the requirements of the IIA's CGAP program.



Lily Kate Claybrook.

Reaching Out

Mike Large contacted 135 staff and scoutmasters of Occoneechee Council at the Wake Commons in Raleigh, NC on Aug. 16th regarding scouting programs and opportunities at Wilmington District reservoirs.

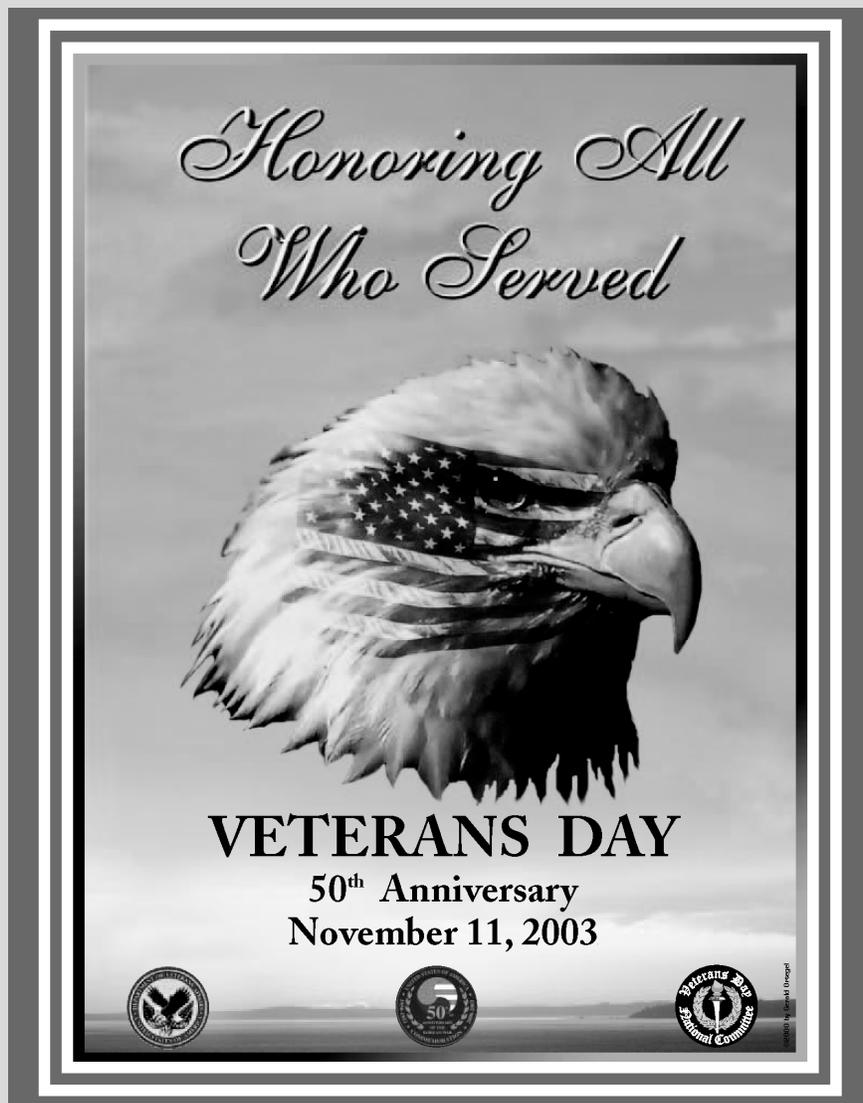
Dianne Edwardson and **Michael Womack** spoke to 45 members of the Lake Gaston Water Safety Council on Aug. 27th; information provided was on Kerr Reservoir, water safety, dam rehab, and dissolved oxygen issues downstream.

Sherrie Storm addressed the Park View High School Teachers and Administration on August 25th concerning the opportunities at the Joseph S. J. Tanner II Environmental Education Center and the development of partnerships with the schools and the states' "standards of learning" objectives. She's also been chosen as President of the Park View High School PTA for 2003-04.

Members of TEAM KERR traveled to Philpott in support of their 50th Anniversary. **John Clement, Kevin Dedad, Mary Wells, Raymond Lawson, Chad Tudor** and **Wayne Fussell** supported the powerhouse tours and security; **Shannon Boyd, Alyson Parker, Iverson Ryland, Michael Womack, Shannon Maness, Jimmy Martin, Kevin Herman, Joyce Taylor, Rose Sullivan, Sherry Oenbrink, Sherrie Storm, Dianne** and **Eric Edwardson** supported the pre- and post-celebration.

R. C. Duckson of Jordan Lake chaired a bi-monthly meeting of the Jordan Lake Safety Council on Sept. 17th, at which time a Special Recognition Award (plaque) was presented to Archie Harrelson of the Burlington U.S. Coast Guard Auxiliary for 15+ years of dedicated service promoting water safety efforts at the lake and assisting the boating public.

Paula Carper and **Alverta Sandy** attended National Public Lands Day at W. Kerr Scott on Saturday, September 20, 2003. There were approximately 250 Boy Scouts, Girl Scouts, young people from church groups, the Eckerd Youth Camp, and local citizens there to volunteer. Everyone seemed to enjoy working together to complete the many projects - shoreline trash pickup, planting flowers and trees, constructing a picnic pavilion, constructing and painting bird boxes, and cooking lunch for the many volunteers!



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