

# Wilmington

## District News

Volume 25 • Number 8

August 2004



# Shoaling

SAW Navigation Website  
Can Help Find Safe Passage

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**On the Cover:**

In a matter of minutes this boater and his family became victims of another sight unseen shoal at Lockwoods Folly Inlet Crossing.

Join the staff of  
Philpott Lake as  
it helps celebrate

**National Public  
Lands Day**  
Saturday, Sept. 18th

For more information or to volunteer  
contact Scott Kraynak @

**276-629-2703**

[www.npld.com](http://www.npld.com)

# Annual Operations Plan Update

## *How to be a better boss*

The Federal Government has a host of aids and training for supervisors and leaders. Wilmington District decided last year as part of our annual plan, we would make certain that our organization's supervisors and leaders had access to all those tools and an opportunity to learn all those methods. After all, we all want our leaders to be good at the skills that make the most of our abilities!

A team led by George Burch, and including Bill Adams, Brian Albert, Jackie Cook, Richard Lewis, Justin McCorcle, and Judie Poole, have put together an impressive array of information. Now, we are clear on what training we want our leadership to have, where to get it, who is trained, and what our plan is for years to come.

### *The team identified:*

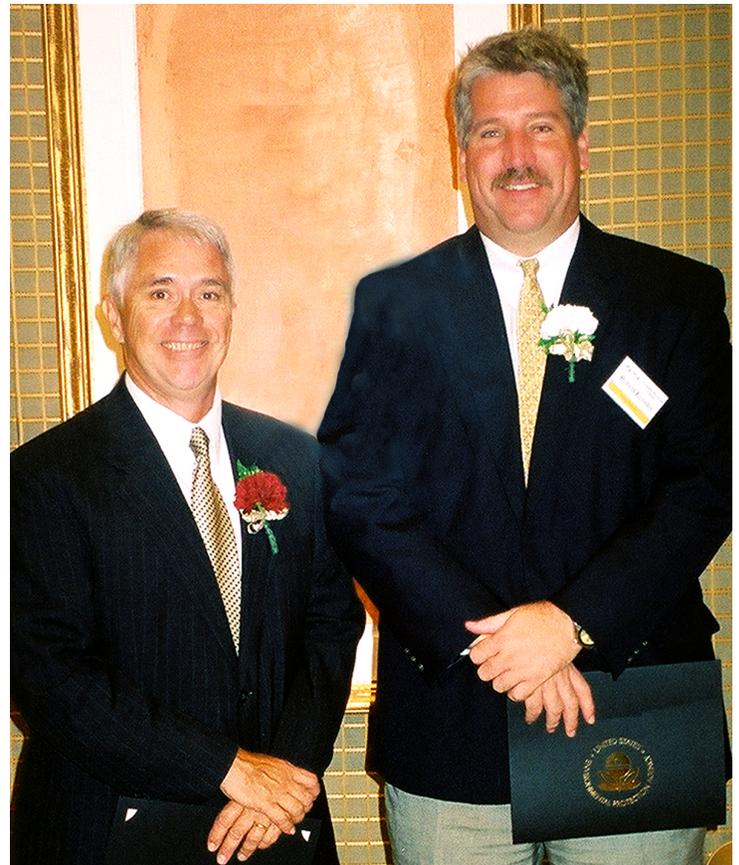
- Leadership competencies
- Levels of leadership
- Appropriate competencies for different leadership levels
- Who are our leaders?
- What training courses are available to address the competencies
- Who is trained and who needs training?
- How we can track the training progress of our leadership.

The team's in-depth and detail work will make it easier to ensure that your boss is ready to do a great job in leading you and your team to higher achievements.

### *National awards garner more points!*

We're happy to report that excellent accomplishments on the part of your team members have further advanced our chances of a winning year in our Annual Operations Plan.

- **Billy Lee** has been named USACE Security Chief of the Year and will be recognized at the next Senior Leaders Conference.
- **Bob Keistler & Phil Payonk** are being recognized by the Environmental Protection Agency for their invention of new processes during the cleanup of EPA facilities in Raleigh.
- Island 13 Habitat Restoration for the Wilmington Harbor Project garnered a Chief's Environmental Design Merit Award.
- **Wilmington District** and **David Franklin** received awards from the North Carolina Department of Environment and Natural Resources for their work to establish the Environmental Enhancement Program.

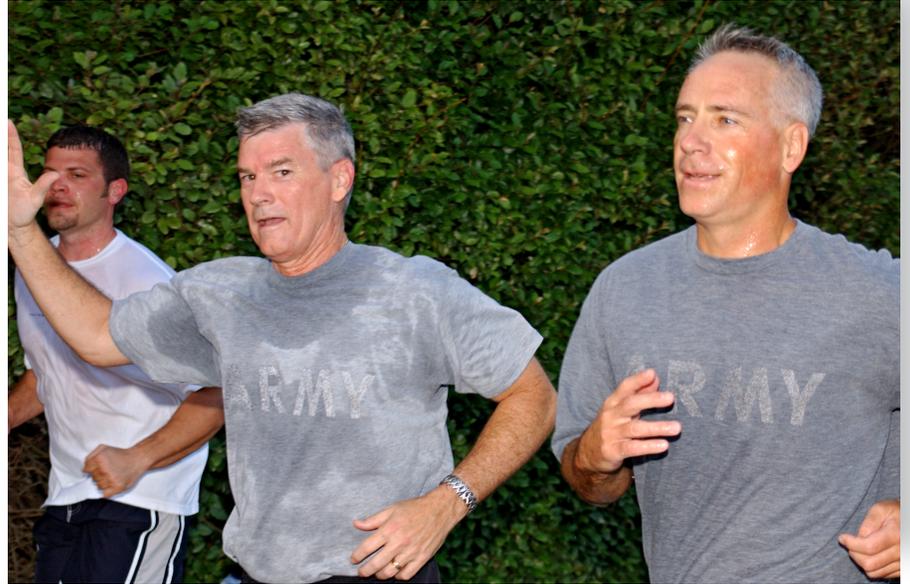


*Phil Payonk and Bob Keistler won an award from the Environmental Protection Agency. (See story on following page.)*

# District Welcomes New SAD Commander

Colonel Michael J. Walsh assumed command of the South Atlantic Division on June 24, 2004. His previous assignment was Chief of Staff, US Army Corps of Engineers (USACE).

As SAD Commander, Colonel Walsh oversees engineering, construction, and real estate activities for the Army and Air Force in the Southeastern United States, Latin America, and the Caribbean. He is also responsible for water resources development activities which include management of major harbors, federal navigable waterways, and multiple-purpose reservoirs.



*HOOAH! COL Walsh runs an early morning loop at Wrightsville Beach with District Engineer COL Ray Alexander and Chris Frabotta.*



*Stephan Vithalani of the Engineer Yard meets with COL Walsh during a lunchtime visit.*

As USACE Chief of Staff from May 2003 to June 2004, he was responsible for directing, coordinating, supervising, integrating, and training more than 900 personnel to provide responsive engineering support to the Army and Nation at home and abroad. He worked closely with Army, other MACOMs, Department of Defense staff, and members of Congress to ensure USACE provided exceptional support to the Army and Nation in peace and war.

*Welcome, Sir!*



*On the north pier at Carolina Beach Glenn McIntosh, Greg Williams and Ben Wood show COL Walsh a typical North Carolina beach.*

# Keistler, Payonk Win EPA Award

Bob Keistler and Phil Payonk of the Wilmington District were awarded Bronze Medals for Commendable Service from the U.S. Environmental Protection Agency, Office of Research and Development on August 5. The award was in recognition of the outstanding accomplishments of the Research Triangle Park, Environmental Due Diligence Workgroup which resulted in savings of millions of dollars for the Agency. The awards were presented by Paul Gilman, Assistant Administrator for Research and Development, and Jewel Morris, Deputy Director, National Exposure Research Laboratory.

The U.S. Environmental Protection Agency (EPA) has constructed a new office/laboratory campus within the Research Triangle Park (RTP), North Carolina. RTP is the EPA's major center for air pollution research and regulation. The new campus at RTP is the largest facility ever designed and built by the agency. EPA implemented a phased relocation from existing leased facilities to the new facility. Three of

the leased properties were found to require an Environmental Due Diligence Process (EDDP). EDDP is designed to assess the environmental condition of the EPA's current properties, and to minimize or eliminate environmental risks or liabilities to the EPA when these properties are returned to their owners. The three properties included the Environmental Research Center (ERC) which contained over 250,000 square feet of mixed laboratory space on 42 acres; the ERC Annex, over 150,000 square feet of mixed laboratory space on 21 acres; and the Emissions Measurement Laboratory, over 9,000 square feet on 22 acres. The project included closure of a RCRA research, development, and demonstration permit and a



This is the distinguished medal presented to Payonk and Keistler by the EPA.



radioactive decontamination and decommissioning for unrestricted use in accordance with the radioactive materials license and Nuclear Regulatory Commission guidance.

The Corps' Project Manager innovatively used the full range of corporate tools available, continually challenging the "old ways of doing things" in order to achieve new results and satisfy a demanding client. The PDT utilized resources from 5 Districts (3 Divisions) to deliver high quality services to a Federal customer. At the end of the project, the Customer stated that he was amazed at the breadth of resources the Corps seamlessly brought to his project. He stated that all he ever knew about was one Corps of Engineers. The PDT, our contractors, and our Customer established a synergistic relationship that provided superior performance within budget and on schedule.

# [www.saw.usace.army.mil/nav](http://www.saw.usace.army.mil/nav)

## One Invaluable Source for Navigating Safely in the AIWW

During a trip by boat to Lockwoods Folly Inlet to show a WWAY TV 3 reporter and her videographer the hazards of shoaling during low tide Chief of Navigation Howard Varnam and Roger Bullock watched the inevitable happen; a family who thought it was out on a leisurely boat ride became hung up on a shoal. Literally walking on water the boat owner and his family were desperate to get their boat dislodged. In the meantime a 28-foot sailboat was moving along at about six to seven knots. A woman was leaning forward over the bow trying to eyeball a navigable course.

“GO RIGHT, GO RIGHT,” yelled Varnam and Bullock who probably prevented another hapless crew from grounding itself on another nearly invisible pile of underwater sand.

Such is the case at inlet crossings in the Atlantic Intracoastal Waterway. But the District is pushing its navigational aid capabilities by providing a comprehensive web site that can help commercial and recreational boaters make their way safely through the AIWW and its inlets.



*This woman skirts the bow trying to eyeball potentially hazardous shoals in front of this sailboat.*

“In order to aid the navigating public we’ve started doing bank-to-bank surveys at each of the inlet crossing areas,” says Chief of Navigation Howard Varnam. “That allows us to mark any deeper water that’s outside of the federal 90-foot channel footprint. We’re then posting the survey data on

our website and labeling the centerline of deepwater so that the public boaters or commercial traffic that is coming through can enter these deep water waypoints into their global positioning system (GPS) and basically navigate around the shallow areas.”

Calls come into the District from as far away as Maine to Florida from mostly pleasure boaters trying to plot their course well in advance before reaching North Carolina. The word is out in the boating community that there are rough passages that only seasoned navigators should dare pass. Little by little they’re getting word to use the Wilmington District Navigation home page to help plot that course.

“We have had a lot of meetings (locally) with the boating public, fishing clubs and just fishermen in general about the upcoming dredging season and the problems that we’re facing including short or lack of funds for next year’s inlet dredging and the lack of funds for dredging the waterway to get it back down to project depth. So, what we’ve been doing is reaching out to these groups and passing out brochures explaining the situation to them and trying to bring them up to speed with the problems we’re facing



*This aerial view of Lockwoods Folly Inlet shows dangerous shoaling just below the surface.*

and what we're doing to eliminate these hazards. Of course we're not going to eliminate these hazards unless we can dredge all of them, but at least we're able to take some of the risk out by providing these waypoints around the shallow navigation hazards."

Varnam explains that the Coast Guard provides links to Navigation's website and they're putting it on public notice to all mariners and the boating public.

"The neat thing about our web page is that the Coast Guard is using it primarily as their source of information to reset buoys to mark the deep water."

As for dredging there's good news for certain areas. The District recently received emergency funding from headquarters USACE to dredge the New River Crossing which started August 21<sup>st</sup>. After that's completed work will begin at Lockwoods Folly Inlet Crossing to dredge there.

Varnam says what's working best to "sell" the website is word of mouth. He encourages everyone within the District who either owns a boat or who knows someone who boats regularly to share SAW navigation information.



*This boat is hung up in less than two feet of water, inches away from deeper water of the channel.*

"We urge everyone to use it. It's a user friendly website. In fact, we recommend you download a little brochure that shows you step by step how to use the information. You can also sign up for automatic updates for surveys by e-mail."

By incorporating aerial photography, detailed nautical maps and useful navi-



*Marcy Cuevas, WWAY TV 3 reporter, gets information about navigating through shoaled areas from Howard Varnam.*



*Howard Varnam and Roger Bullock ride the AIWW near Lockwoods Folly Inlet Crossing.*

gation information the website has become a "go to" source for numerous mariners.

"Wilmington District is a trend setter. As far as I know we are the only District that's providing this type of information to the general public."

# Adams, Yelverton Honored as Charter Members of Prestigious Organization



Frank Yelverton and Bill Adams stand before acres of wetlands within the city of Wilmington.

Roughly 25 years ago wetlands were looked at by many in the biological and scientific communities as important ecosystems with several unknown values. As a result, a few forward-thinking individuals from the U.S. Army Corps of Engineers decided the time was right to plunge into the unique systems to begin serious scientific study.

For the Wilmington District's Bill Adams and Frank Yelverton the area of southeastern North Carolina has been a goldmine for such research. Early in their careers they both took advantage of the area's rich wetlands diversity.

"We're blessed in southeastern North Carolina," says Bill Adams of the Environmental Resources Section. "We've got a tremendous diversity of wetland types around here. We've got all the

saltwater marshes, we've got freshwater marshes, freshwater swamps. We've got a wetlands richness that very few other places have. It's a very natural place for something like a wetlands body to take hold."

25 years later Adams and Yelverton were honored in Seattle as charter members of the Society of Wetlands Scientists, an organization dedicated to further scientific study of wetlands. The theme of the 25<sup>th</sup> anniversary confer-



Yelverton and Adams pose with other charter members at the Society of Wetlands Scientists Conference in Seattle.

ence was “Charting the Future: A Quarter Century of Lessons Learned.” Both were pleased to have been recognized as helping found the organization just over two decades ago.

“Oh yes, it was an honor. I stayed in the organization from 1980 to 1982. I was charter treasurer for those two years and Frank was the charter secretary for about six years.”

Disciples of Dick Macomber, a headquarters USACE biologist who spearheaded wetlands research in the 1970s, Adams and Yelverton listened carefully to what he had to say and joined him in a grassroots effort to get others in the scientific community on board.

“The timing was right,” Adams recalls. “We had the right mix of people here with the right amount of interest. And I think sociologically the time was right. We had the Clean Water Act, and the courts got us into wetlands protection in the mid-70s. And pretty soon the Corps had jurisdiction over these things and we had to figure out how to regulate and how to manage wetlands.”

Adams says the Corps was in its infancy trying to figure out where it should draw wetlands lines. It also had to ask itself, “What is scientifically and legally defensible in a court of law?” According to Yelverton, that’s what drew in Macomber to iron all those things out.

“Dick Macomber worked with the Board of Engineers for Rivers and Harbors,” says Yelverton. “He was the one who wanted to raise the standards and professionalism of wetlands science, and he realized that would never happen unless there was an organization out there that promoted wetlands science and promoted competence in

wetlands science.”

In the beginning wetlands science was dominated by the Corps of Engineers which was assigned responsibility of regulating wetlands. Yelverton says it soon became international.

“There were a few members from Canada. But most of them, I’d say 75 percent, were from the Corps of Engineers. Over the years it’s become a lot more diverse. There are still a lot from USACE Regulatory who are involved, but now there are a lot more academia and private wetlands restoration firms who belong to SWS.”

Their direct involvement in wetlands science has taken several different paths. But Adams and Yelverton feel a sense of accomplishment in helping not only scientists and biologists learn more about wetlands science, but the public as well. Adams feels it has to do with a “whole world vision.”

“When people come to the coast they want to see these big vistas with salt marshes. That’s part of the way we think of the coast,” he says. “And everybody wants to see seagulls and terns and everything which are all dependent upon the fishes and the resources and the estuaries. And so it’s actually an aesthetics thing, the way you think the world should be aligned when you come and see all of these wonderful things. It’s all interdependent. You suddenly realize that if the wetlands are



*A young Bill Adams in 1979.*

gone you’re not going to have any of these things.”

Yelverton looks back 25 years when the organization began and today narrows wetlands science to the lowest common denominator.

“The first thing that comes to my mind is from the bumper sticker, ‘No wetlands, no seafood.’ They do have a value. Without wetlands you have no buffer between the uplands and the water to reduce erosion from wave effects, and they prevent pollution from getting into the system. And you can’t forget wetlands provide food and shelter for all kinds of species and organisms.”

*– By Hank Heusinkveld*

# Robert Dennis –

## Excerpts from a Baghdad Diary

Wilmington District team member Robert Dennis left the green and blue of John H. Kerr Lake for the greys and browns of Iraq on May 2, 2004 to help with the Restore Iraqi Electricity (RIE) mission. Robert has been sending weekly dispatches to friends and family that give a vivid picture of his work and the life of a volunteer. If you are trying to decide whether to take that desert trip, his passion for the mission and word paintings of Iraq could just be the factor that convinces you it's worth all the sweat and sleeplessness.

### *Dateline May 2, 2004:*

Fort Bliss, Texas – This is the place where you get all your gear and info. I left home at 0400. In-processing is endless, but we finally get beds in an open bay. Bunk beds so close that I can touch two if I hold my elbows out. Take a moment here and be grateful for privacy. Up at 0430 and in formation (we civilians in formation could use some work!). Lots of briefings . . . pretty intense pictures of first aid opportunities. Since the green zone has taken on an 'amber' aspect, they now train us with the M-9 pistol. I got qualified in defensive and offensive operations.

My group is a joy to serve with. They don't have to be told to stand up during the national anthem or when the flag is raised or lowered. Seems everyone's first question is 'Where is home for you?' We are from all over, young, old, men, women (30%), black, white, Asian, Mexican, Native American. All with a shared purpose!

Our flight goes from Texas to Baltimore, Maryland. Frankfurt, Germany is the next stop. It's three in the morning but the USO and local Vets are there to greet us, along with those 'thanks' posters from all over the USA. I didn't know how powerful these things are. The next step on the ground will be in the desert. We arrive after seeing our second sunrise through the aircraft windows, and deplane after 22 hours in



*Jubilant Iraqis celebrate Iraq Freedom Day.*

the air to an even 100 degrees.

Welcome to Camp Wolverine, aka tent city. Big tents with cots shoulder to shoulder. I see one girl hit her cot face down and fall fast asleep. But now, a plane is going and we're on it. Everybody up and back on the plane!

Next stop Iraq. We pop flares, cork-screw, and drop like a rock. We're on the ground in Baghdad at 2200 hours on Mothers' Day. Deplane now! On the bus pronto! Small arms fire in the distance but that stops when we hear a 50 cal bark. The night goes quiet. All us sleepy folks are now wide awake. That 40-pound pain-in-the-butt flak jacket now seems right light. We go to a transition station, cram into a small spot and try to sleep. I figure I've had 6 uninterrupted hours of sleep in the last 56 hours. Sunrise in Iraq. Chow. I eat like a big dog! Our convoy arrives, I'm placed in one of those armored Ford

Excursions, and we're off. We arrive in the green zone.

My office is in a palace on the Tigris River. The entire zone has concrete Jersey barriers everywhere, and is designed like a maze to minimize blast effects. We are secure from direct fire. It seems the good guys, the bad guys, and those who can't make up their minds still like the US Army Corps of Engineers. . . .maybe because everybody likes electricity, water, and infrastructure.

We have great people doing really incredible things. A sign outside our HQ reads "What have you done today for the Iraqi people?" Every new arrival stops and has their picture taken by it, including me. We believe passionately about helping others. Millions of people are counting on us to make their lives better. We will drive on. If not us, who? If not now, when? God Bless America.

***Dateline May 15, 2004:***

Had to go downtown today for a meeting with the Minister of Electricity, and the traffic is just unbelievable. . . what a nuthouse! Yes, I'm sitting in a cabinet meeting with the big dogs. These guys are classic: slim build, smoking narrow cigarettes, and moving very gracefully. Expensive suits, tea sipped out of three-ounce gold-trimmed shot glasses that have tiny gold and gem-embedded spoons for stirring in the sugar. Suave takes on a new meaning. I am in desert camouflage and boots. They are ever so gracious to me, offering tea and fine chocolate. I tried not to create an international incident and managed finishing the meeting without having to speak too much.

We are putting megawatts on the grid. That's our job. Build new, rehab, restore power lines, restore controls, help them manage the mess. Huge task. What we didn't blast, they ruined. Now just

about everyone can get some limited power. Now up to about 11 hours a day.

***Grateful:***

Speaking of grateful, how about all of you folks just savor an ice cube for me.

***Dateline May 20, 2004:***

Irbil (Kurdistan): I can remember sitting in vacation Bible school looking at pictures of people herding sheep with sticks, with camels and donkey carts in the background. They are still doing it, only now some of the donkey carts may have Toyota pick-up wheels. The tents on the plains to create shade, the flowing robes, the whole nine yards... Whirlwinds here are impressive. Outside of Mosul I saw 12 form at once...a wall of mini-tornados sweeping across the desert. And that's flat desert farther than my eye can see.

***Dateline May 24, 2004:***

Green Zone: As if I wasn't tired enough, my Kuwaiti Krud has become a sinus infection. I have medicine head and zero energy. But you don't get to stop. The 12-plus hour days continue. We are so close to having about five projects come on line. Last night got a unit on line that was sitting in Florida less than two weeks ago. Found it, bought it, shipped it, unloaded it, transported it to the site (the VERY hard part) installed it, and it's running. Megawatts on the grid!!

***Dateline:***

Church in Queen Fasil's Palace: Let me tell you about another pure joy. The church services here are great. We meet in the basement ballroom of Queen Fasil's Palace, a marble and gold room. Reminds me of my boyhood church on Edisto Island (SC), everybody waving those little fans. First time I've been in a



*Dennis near a protected oil pipeline.*



*Dennis with a daily reminder for USACE and contract workers.*

church where lots of folks bring their weapons. No piano but we do have a drummer. The lead-off guy is a black man who can really sing. I mean really. That James Earl Jones kinda voice. The place is rocking. It was a complete waste of time to have placed chairs in this room. The presence of the LAWD was here!!! These were people who needed strength and inspiration to get through another week. No time for frivolous agendas. The messages of hope and inspiration were indeed hopeful and inspirational. Reality entered as we hear loud explosions followed by the rip of a chain gun and the thump, thump of a 40 mm grenade launcher. When danger is close, the Lord seems closer too. You would not believe the intensity of the prayers for peace! Incredibly moving experience.

### **Dateline Memorial Day:**

The Green Zone: Our program included reading the names of those killed here – 49 brave men and women of the Engineer Regiments. All those who are not American could tell this day is a very big deal to us. Those who could speak English expressed their gratitude to me in very reverent tones. Those who could not just made heartfelt gestures of thanks. I get such a feeling of pride being associated with these people. Want to see what's right with our nation? Come spend some time here!

We finished off the ceremonies, then celebrated the American way. Since we are the Corps of Engineers, we fixed the swimming pool. Imagine a pool after weeks of triple-digit heat! Hoooah! Volleyball, horseshoes, boom box, grilled

steaks, fake beer (no alcohol here) and we drank it anyway!

June first is a big deadline and we're still bringing up units. Most of the country now has power for almost 24 hours a day. Enormous improvement. Some areas, the prewar amount was 3 hours a day. What these folks I'm working with and those who served before us are accomplishing is miraculous. The effort is Herculean. Their dedication is a marvel. I am awed.

### **Dateline June 2004:**

The Green Zone: One of our own flew over Iraq on his way home last night. He sent us a message that he could see lights on the entire length of the country. A vast improvement over what he saw on the way in. We all savored a big

Cuban cigar overlooking the Tigris on the night of the first, enjoying all the lights of the city. Job well done, team RIE.

You can get more smiles per bite with an Oreo cookie! Age is no issue. Open up some Oreos and a crowd will gather. A lot of goodie boxes from home end up in the countryside. Our folks give freely. You can tell where we have been because the girls wear bright-colored shirts, and the boys are playing with new soccer balls. If we have an event here that comes from contributions, the leftovers go to the local school we have adopted. After Memorial Day, we were able to donate a couple of air conditioners. The one-on-one kindness is great. You can get a sore arm waving at all the smiling faces. From Mosul to Basrah the kindness of everyday Americans is spreading. The cumulative effects might just add up.

### Dateline mid-June

The Green Zone: HOT!! 115-118 degrees every day. Summer isn't here yet. I made a culture blunder. I arrived at the drink cooler at the same time as an Iraqi woman. I knew my mother would reach out all 12,000 miles and smack me if I followed her gesture to go ahead, so I motioned for her to go ahead. I insisted. Well, you would not believe the fear in this young woman's face. You see, during Saddam's time, if she went first, they would literally have killed her. She ran away.

### South District HQ

They have great signs in their bathrooms: "Use bottled water to brush your teeth" then in little letters underneath "learn the hard way if you want to." They did have a real mirror in there. A treat. I am used to the state park campground variety. The guy looking back at me sure did look tired. My stress lines have grown deep. We must really scare the new folks when they arrive. I got to eat off real plates

with real knives and forks. Simple things mean so much.

We keep remembering to place a little salt on the evening news. Things here are definitely improving, although there is a dark side too. Baghdad had its first art show in the convention center for many, many years this past week.

### Fathers Day:

I had a great Fathers' Day. My family holds its reunion in early June and this year they all mailed me a note. Got it today. That was JUST GREAT!!

The Tigris River Cigar Club enjoyed a big night this week. There is now an ALL TIME HIGH for megawatts on the grid. Iraq has never had this much electricity before. Hooah!! For the first time in twenty years the Baghdad wastewater treatment facility is on line. That's twenty million gallons of raw sewage NOT going directly into the Tigris River. Hospitals are open. Schools are being built.

### Iraqi Sovereignty:

It's been a busy, busy stretch. I had a 36-hour shift. We got a bit sneaky and moved the sovereignty day up. Lots of effort. There are new Iraqi flags everywhere. You can see and feel the pride they have to have their country back. We must remember that with sovereignty comes the power to make mistakes. They will and are doing things differently. I think they ought to be given the chance.

Everyone is free to spend their money on what they want and the demand for electricity is going up, up, up. I guess this is progress and a 'good' problem to have, but it sure is running us ragged. Why would the Iraqis want to buy fans and air conditioners? It's only 121 degrees today!

*(Editor's Note: Robert Dennis is scheduled to return home in September 2004)*



Dennis with Lieutenant General Sanchez.



Jan Wutkowski

## **TECHWR-L: Avoiding Repetitive-Stress Injuries**

<http://techwr-l.com/techwhirl/magazine/usersadvocate/rsi.html>

Because we work in front of a computer most days, most of us are probably candidates for Repetitive-Stress Injuries (RSI). This article from TECHWR-L entitled, *Avoiding Repetitive-Stress Injuries: A Guide*

for the Technical Communicator gives some helpful tips for preventing the aches, pains, hand problems and eye strain associated with repeated computer usage. The article discusses different mouse options, keyboard options, and other adjustments you can make to lessen your risk of RSI and make typing at the computer a little more pleasant. Additional links at the bottom provide more information on healthy computing.

## **USGS: Hurricane and Extreme Storm Impact Studies**

<http://coastal.er.usgs.gov/hurricanes/>

This website discusses the USGS Coastal and Marine Geology Program's studies of the extent and causes of hurricanes' and extreme storms' coastal impacts in order to improve the ability to predict coastal change. The site provides a map of the current tropical storm tracks. Researchers can learn about the USGS's use of video and photographs to assess a hurricane's impact to the geomorphic features of the landscape that are not easily recognized in topographic data.

## **Smithsonian: Spotlight on Science**

<http://www2.si.edu/research/spotlight/>

Besides its world-renowned museums the Smithsonian Institution also has scientists working on diverse research projects on most of the continents and hemispheres. Their latest research findings can be viewed on this weekly electronic newsletter. Recent issues include work on tracking invasive marine organisms, the poison dart frogs of Panama, the warming of tropical rainforests, and x-rays from Saturn. The contents of the newsletter may also be searched by keyword or date of publication. An option that allows interested parties to sign up for upcoming editions of the newsletter is also available.

*One For Fun!!*

## **Southern Foodways Alliance**

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

Residents of the American South love food and have performed wonders with everything from okra all the way to the legendary barbecue pits that can be found along just about every highway and byway in the region. Working with the Center for the Study of Southern Culture at the University of Mississippi, the Southern Foodways Alliance is dedicated to preserving and cultivating food cultures of the American South. These programs include, among other things, an ongoing oral history project, recipe books, and a series of field trips. The site's features section includes tributes to jambalaya, South Georgia cheese, and legendary BBQ locales.

# Windows 2000 Brown Bag Tips...and more!!

## **Tips to Keep Your Computer Your Business**

To help keep unauthorized people from gaining access to your computer, follow these recommendations:

- Don't share your entire hard drive on a corporate network; instead, share only the necessary folders and files. You can set sharing properties from the Properties dialog box for a folder or a disk.
- Create strong passwords, and keep them secure.
- If you use a laptop computer, keep it hidden or physically secure at all times.
- Use a password-protected screen saver, which makes it more difficult for a random passerby to gain access to your computer while you're away from your desk.
- If you work with private or confidential data, consider using encryption to prevent it from being copied or stolen.
- To guard your computer against remote access tools with which someone can take control of your computer over a network or the Internet, install antivirus software, (Home user only) install a personal firewall, never open files or attachments from people you don't know or otherwise have reason to trust, (home use only) and turn off your computer or disconnect it from the network or the Internet when you're not using it.

## **Copy & Paste**

First off, you'll be glad to learn copying and pasting is easy. You can copy and paste just about anything your little heart desires: text, web pages, files, pictures, you name it. The idea behind the process is to take information from one place and deposit it into another.

For an example, let's pretend you're working in a word processor and need to copy and paste a section of your document into an e-mail. Here's how:

1. First, you'll need to select the text you wish to copy. You do this by putting your mouse cursor at the first character you want to copy and, holding down the left mouse button, drag the cursor to the last character you need copied. As you drag, you'll notice everything gets highlighted (selected).
2. Next, right-click the selected area. Choose Copy from the menu that pops up (or you can use CTRL-C if you like keyboard shortcuts).
3. Finally, right-click the area in your e-mail document where you would like to insert the word processor text. Click Paste from the menu that pops up (For this, CTRL-V is your keyboard shortcut).



Shannon Rinehart

That's it. The steps are basically the same for any copy & paste procedure you need to do.

If you want to get a little more fancy, place your cursor at the first character you want selected and, while holding down the SHIFT key, click next to the last character you want selected. It's sometimes easier to follow this procedure than to make selections by dragging, especially when your wrestling with a lengthy document. I can't remember the number of times the area I wanted to stop selecting at zipped right by me on a document!

# Corps Family News

PHOTO COURTESY TONY CARTER



This picture of **Tony Carter** and his son, **Chris**, was taken after a day in August on the cold sea of Cook Inlet, Alaska. Water temperature was 42 degrees. These fish were caught in depths of 60 to 100 feet. Tony and Chris used herring and weights of one to two pounds to resist the tides. Majority of the fish averaged 30 pounds. The one in front of Tony weighed 85 pounds. The largest fish weighed 175 pounds and was more than 6 feet long. It took three men and a blast from a 410 shotgun to get her in the boat. Tony and Chris visited Anchorage, Fairbanks, Valdez, Whittier and Homer, Alaska. They saw wolves, caribou, reindeer and muskox and salmon. They heard stories of the state bird (mosquito), but did not sight one while they were there. (They are more prominent in spring!)

## Reaching Out

Chief of Operations **Bob Sattin** spoke to a the Wilmington East Rotary Club on August 23<sup>rd</sup> at Wrightsville Beach. Sattin spoke about the various dredges the District owns and operates, our different projects, and he highlighted the Navigation Home Page.

**Tom Freeman** of Falls Lake had the opportunity to speak to 26 members of the "Catching Crappie Fishing Club." At their request his presentation covered the broad role of the Corps as well as project level information. The group was surprised to learn of the wide range of activities the Corps is responsible for.

The program was a great opportunity to receive direct feedback from our visitors. I enjoyed the opportunity to meet and speak to group. As a result of the meeting I've shared several comments concerning the N.C. Wildlife Resources Commission's operations of boat ramps at Falls Lake for their consideration.

## Retiree Report

**Attendees:** Jean and Dan Grimsley, Augustus B. Moore, Ed and Cheryl Shuford, Max Grimes, Joe Lewis, Sylvia and Rex Phillips, Kay and Buddy Johnson, Virginia Uzzell, Lillie L. Robinson, Bettye and Bob Swart.

**Activities:** We had a rather nice crowd with us this month. It sure was great to have Cheryl and Ed Shuford with us. Since retiring about a year ago, they have recently moved back into the Wilmington area to be near their family. We were glad that Mrs. Lillie Robinson provided a way for Virginia to be with us.

Joe Lewis is still entertaining the church groups down at the beach house. One would wonder if he has one of those work-for-food having out front of the place, because he usually talks about what big feed these churches put on.

Kay and Buddy came strolling in a little late, thinking the lunch was suppose to start at 12N. A little age showing I guess.

Gus indicated that he still had a little air condition work to be done before he can get refinished house livable. He stated he had received some pretty hefty estimates on the cost for getting that air conditioning.

We will still be meeting at Whitey's in September.

### Sorry for the oversight:

When we announced the birth of Jackie Cook's grandchild last month, we neglected to mention that her daughter Cindy Edens is the proud aunt of baby Mia Brooke Sweeney, proving once again that Wilmington District is a family organization – sometimes literally as well as in spirit.



To honor the Soldiers of National Guard Unit 1173 Transportation Company of Martinsville and Rocky Mount, Virginia, **Gene and Linda Hall**, park attendants at Philpott Lake, decorated the shelter at Horseshoe Point Park for a wonderful day of food and fellowship. The Soldiers have been on alert since April, but recently learned they will be deploying to Iraq. The Hall's son, Staff Sergeant Kevin Hubbard, his wife Brandy and their children Caleb and Amelia attended the troops' recognition celebration.

*Billy Lee*

**USACE Superior  
Security Officer of the Year, 2004**

As Security Manager for a far-flung Civil Works District, Billy Lee has served his district well through six emergency response and recovery actions following hurricanes, managed more than 20 contracts for security services at HQ and other locations, and trained student hires who now are serving in law enforcement offices around the region. After 9/11/01, he also led the Corps in completing RAM-D training and taking many steps to enhance security at district facilities. Added to these civilian, peacetime missions, Mr. Lee was the first Security Officer for the Forward Engineer Support Team in Iraq, and earned a Commander's Award there for his outstanding work in setting up security procedures for Gulf Region Division.

*Billy Lee poses with  
Chief of Engineers Lieutenant  
General Carl Strock after  
receiving his award.*



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