



US Army Corps
of Engineers
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"



The Tanner is
coming home

On the cover: *The Tanner*, the Corps new survey boat, named after Sid Tanner, comes in from Galveston Bay. On the right: A resident of Pasadena talks to a URS contractor about Bayport at the George Brown convention center; story on page 6.



The Sand Castle
www.swg.usace.army.mil

*A newsletter for and by
the employees of the
Galveston District*

District Engineer
Col. Leonard D. Waterworth

Public Affairs Officer
Phyllis Bledsoe

Public Affairs Specialist
Marilyn Uhrich

Editors
Michele Castelle

Photography
Travers Powell
Tina Ybarra

HOW TO REACH US:

DISTRICT OFFICE LOCATION:
Jadwin Building, 2000 Ft. Point Rd,
Galveston, TX. 77553

PUBLIC AFFAIRS OFFICE:
Telephone: (409)766-3004; **E-mail:**
ceswg-pa@swg02.usace.army.mil

LETTERS TO THE EDITOR
Please include an address and
phone number on all letters. We
reserve the right to edit letters for
clarity, style, and space and to use
them electronically and in print.

Mail: U.S. Army Corps of Engineers
P.O. Box 1229, Galveston, TX.
77553-1229.

Fax: (409) 766-3049.

The Sand Castle

Volume 18 Number 12

In The District:

Command Sgt. Maj. visits Galveston District	4
My Interpretation of Brig. Gen. Melcher's philosophy by <i>Paula Wise</i>	6
After 34 years, Carl Mertz says goodbye	7
Bayport hearing brings between 3 and 4 thousand people to Brown center	8
Corps holiday party pics	10
Engineering celebrates the holidays Texas style	12
Planning co-op shares her experience while working at the Corps	13

in every issue

Commander's Column	3
Wellness: Winning the battle with holiday stress	14
Safety: Tips for a Safe and Happy Holidays	17
Castle Comments	18
Upcoming Events	20

The Sand Castle is an unauthorized publication for members of the U.S. Army. Contents of *The Sand Castle* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or the U.S. Army Corps of Engineers. It is published once a month using offset printing by the Public Affairs Office of the Galveston District, U.S. Army Corps of Engineers, P.O. Box 1229, Galveston, TX 77553-1229.

COMMANDER'S COLUMN

The Holiday Season is upon us. A time to share with family and friends, the exchanging of gifts and a review of the blessings we have all received over the year. We all have much to be thankful for; we have tremendous accomplishments to our credit this year and we should all take great pride in Team Galveston.

Anyone who has lived along the coastline for a time would have to agree that it is a better place to live now than it was just a few years ago. The pollution in our ship channel has been reduced, fish have returned to waters near Houston, barge traffic has increased in the GIWW, our economy has improved, and we are finding more uses of dredged material

to benefit the environment. As part of Team Galveston you have made a tremendous difference to the coastline of Texas. Thank you for what you have done. The United States and the United States Army Corps of Engineers, Galveston District – A great place to work a great place to live, now and in the future.



Col. Leonard D. Waterworth

TASK 1. Complete CORSPATH

I am convinced that my mission is to set the conditions for the District's continued success but I need your help. The day-to-day activities in this district are in great hands. Your technical expertise cannot be challenged. As I seek venues to build on our success, I first turn to our common USACE Vision to be the world's premier public engineering organization, dedicate to public service and responding to the Nation's needs in peace and war. To accomplish this Vision, our Chief of Engineers LTG Flowers has asked us to focus on three strategic goals of People, Process and Communications. Each and every one of us must be familiar with these goals. To accomplish this each of us must execute the training outline in the two CD set called, "THE CORSPATH". CORSPATH describes where the Corps is going and how it is going to get there. It covers everything from our history, our vision, and our goals to our business process. CORSPATH is well worth our time.

TASK 2. Complete your IDP

My second challenge is to set PEOPLE (you) up for success. I have always believed that "successful people make a successful organization. People come first." Sounds good doesn't it, BUT REMEMBER, first and foremost, you are responsible for your success, no one else is. SO where is your Individual Development Plan (IDP)? DON'T GO THERE, I can hear it already, "well if I did have one, no one would look at it." It's your IDP, not your supervisor's. The question I want you to answer is what does success look like, what are your goals in your career in your life? You would be surprised the answers I get, and don't get, when I walk into a cube and ask your fellow employees what they want to be when they grow up. Another question I ask is where do you want to be in 5 years, 10 years, and 15 years. Well the IDP is a tool to help you to think through your professional and personal life goals. Once you know where your going the IDP can help you figure how.

TASK 3. Seek counseling, coaching and mentoring.

Once you know where you are going, it's time to get help. This is where the organization and your first-line supervisor can assist you. We do have limited resources for training. Sit down with your supervisor and discuss your IDP, convince your supervisor your training requirements will help you and the organization. Negotiate expectations, yours and your supervisors. Talk about how the organization can assist you to achieve your goals. Talk about what continuing education you are doing on your own behalf on your personal time to achieve your goals professionally and personally. COMMUNICATE with each other. If

continued on page 5...



Command Sgt. Maj. Dils visits Galveston District

Command Sargeant Major Robert M. Dils, highest ranking enlisted person in the Corps of Engineers, was in Galveston District during the pre-Christmas week as part of a tour of Corps facilities across the nation.

After being with troop units for 30 years, the Corps' Command Sgt. Maj. Dils followed Lt. Gen. Robert Flowers to Washington, D.C. when Flowers became Chief of Engineers. This is the fourth time he has worked under Flowers, Dils said — during Desert Storm, in Korea, at Fort Leonard Wood, Mo., where Flowers was commander, and currently at Corps headquarters.

Dils, who has 31 years Army service, was drafted into the Army during the Vietnam War. "I never got out," he said, "and I've been all over the world, literally everywhere." It's good experience, he averred when speaking about enlisted soldiers and the Corps. There are only about 1,000 enlisted soldiers in the Corps, about 600 of these are active duty; the rest are Reserves or National Guard.

While Galveston District has only two 'green suiters,' both of them officers, some Reserves have been called to duty during the present crisis and are working with other districts and divisions.

The best things in the Corps are its people, he said. "People are the heart and soul of an organization, and are the focus of the Chief", referring to Chief of Engineers, Bob Flowers.

Dils used his stay in Galveston District as an opportunity to spend time with the people here, finding out what was on their minds, what the chief needs to do to help them and the Corps' customers, how well the message the chief is sending out is understood and accepted at the district level and seeing that the Corps' strategic vision is understood.

"It's difficult in as large and diverse an organization as the Corps to get everybody to buy into the vision with the same level of enthusiasm," he said. "The majority of the people like the fact that the Chief has empowered the people. The boss said we are to do it, and by and large the districts have bought into it." But, he warned the higher we go in the organization, the higher the chance that the empowerment is seen as a threat to an individual's authority and sphere of influence.

A problem that the chief sees is that many people are basing their opinion of the Corps on sins of the past, he continued. But look at the great work the district has done for the environment, and look at what we are doing in the everglades. This is the largest environmental reclamation project ever attempted and when it's done, all interests will have been taken into account. If you are a water user in Florida, you aren't going to be without water — it may come through a different pipe, but you will still have water, Dils said.

Another part of the Corps concerns me, the Command Sargeant Major said, and I am part of the issue — the ageing work force. The Corps is not attracting young people to the workforce. "You must grow your own replacement," he said.

As a message for the district, he said:

"Thanks for what you are doing. Look after each other, nothing is more important than safety. Grow your own replacement in your organization and understand the Corps' strategy, vision and the chief's philosophy, and have fun."

During his stay in Galveston, the Command Sargeant Major toured the mid-bay construction site, Addicks Reservoir, Wallisville, the Colorado River Locks and the Brazos River Flood Gates.

He is a native of Parkersburg, West Virginia. He and his wife, who is a 28-year civil servant working in civilian personnel as she followed him in his career, have two sons, 23 and 14. The older is a recent college graduate working for a defense department contractor dealing with anti-terrorist issues.



At Addicks and Barker Reservoirs, Command Sgt. Maj., Dils was treated to a tour of the facility by Ranger Kris Brown and Lock and Dam Operator Bill Krampe. (Insert) Dils presents a Command Sargent Major Coin to Wallisville Lock and Dam Operator Mike Roots during a tour of Corps facilities at Wallisville.

continued from page 3...

you are a supervisor, your mission is to counsel, coach, and mentor and set your people up for success. (If you have gotten this far in the article you must be dedicated. Drop me an e-mail telling me you have read the article and what you think; CC your first line supervisor) I know counseling is one of the hardest activities that you will have to accomplish. Sitting down with someone and clearly explaining your expectations, understanding your employees expectations and measuring results based on mutual expectations is hard work, but work you are expected to do.

The final point I would like for you to think about during this holiday season is of those who are away from home protecting our freedoms. Think of those young men and women who find themselves in harms way in distant lands during the holidays, many away from home for the very first time, away from family and friends. Think of those service people who place their lives in danger to protect us in our day-to-day lives: firemen, policeman, and emergency medical personal. Day in and day out they stand ready to react to our needs.

We have much to be thankful for, a great place to work and live, people that protect our freedoms and respond to our crisis and I am so very thankful to be able to work with you here in Galveston. Happy Holiday and come back safely.

LDW

My Own Interpretation

By Paula Wise, Planning

[I was asked to give my perspective on Brig. Gen. David Melcher's October 1, 2001 "Commanders Guidance and Philosophy for FY02."]

Throughout my approximate 16 years of Federal service with the Galveston District, I have seen several iterations of USACE Headquarters and Southwestern Division Commander philosophies, each with different goals and objectives for the Corps of Engineers. Most of you have probably thought as I have—"why should I care? Just let me be and let me do my work."

Until Lt. Gen. Robert Flowers became our 50th Chief of Engineers, I was hardly able to tell you who was the current Chief of Engineers—much less their vision statement. All that has changed. Lt. Gen. Flowers not only brought his strategic vision down to the District level; he also actively tries to listen to District personnel through tele-conferences, phone calls, and local visits to the Districts. He really cares.

So what does this have to do with Brig. Gen. Melcher's philosophy paper? The philosophy paper is essentially a follow-up to Lt. Gen. Flowers' Strategic Vision and Campaign Plan. Without going into every part of Brig. Gen. Melcher's philosophy paper, let me just say that it is great that we have Commanders in the Corps who no longer have the total Army mentality, but are reaching out to the civilians who help make this organization what it is.

For those of you who are still apprehensive about this "vision stuff" or just do not care—think again. We now have people in our organization who really care what we think—they may not like or agree with your opinions, but at least you have an opportunity to speak your mind.

For those of you who constantly complain about supervisors and how they manage, you should be pleased to see that the Corps is taking a hard look at the management and leadership within the Corps. That is why the PEOPLE goal is a major part of the USACE and SWD efforts. Managers are now being required to counsel quarterly, coach and mentor employees, and embrace diversity—all in an effort to create a more "capable work force."

The next USACE goal is PROCESS. Most of us have at least heard of the Project Management Business Process (PMBP). However, I would be willing to bet that unless you are a Project Manager in the Corps of Engineers, your place in the PMBP Process is a little unclear. It is especially foggy for the people working in Regulatory. Based on my limited understanding of the PMBP Process, it is created around the team concept—a team of quality people with diverse professional expertise with a project manager as the lead.

As with any process, Corps processes can always be improved. That is what Lt. Gen. Flowers and Brig. Gen. Melcher are striving for. Specifically, Districts must continue to produce quality products, efficiently, on time and within given budget constraints. Whether it is how we order supplies, award a delivery order, prepare a feasibility report or issue a Department of the Army permit, PROCESS is critical to our success and our future.

Lastly is the USACE goal of COMMUNICATION. Most people would agree that communication is important in any relationship—why should it be any different for working relationships? Whether the communication is between employees, a Local Sponsor and a Corps representative, or between USACE districts, good communication is important. Brig. Gen. Melcher stresses the need for both internal and external communication within Southwestern Division.

In conclusion, I realize I am only just a planning lead in the Galveston District, and who really cares what my perspective is on the USACE Vision or Brig. Gen. Melcher's philosophy paper—probably no one. But for those of you who still do not care... I just wish you could have as much fun as I am having. I work for the Corps of Engineers, the Army and the Nation—what an awesome job! And I hope the next time Lt. Gen. Flowers visits the District, I will have the opportunity to meet him.

After 34 years Carl Mertz says goodbye



The honoree receives an American eagle music box from co-workers.



Carl with wife, Sue, and Harry Kohler receives the traditional paperweight.



Friends give him well wishes.



Carl with boss, Ishaq Syed and the retiree plaque.



Col. Waterworth congratulates the honoree.



Cutting the cake.



Mr. Maurer shares fond memories with fellow co-workers.



Bayport Terminal public hearing brings out 3 to 4 thousand citizens



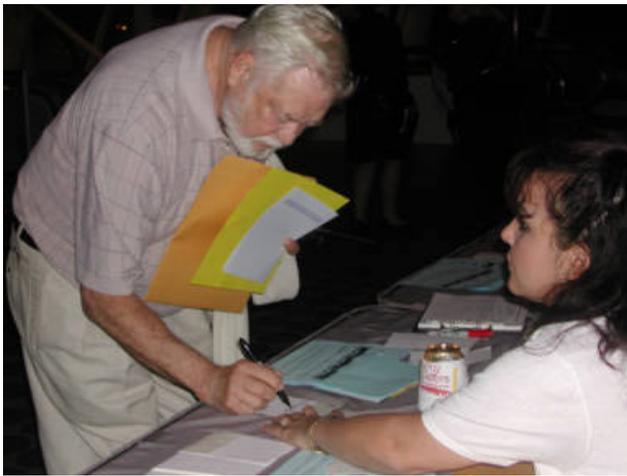
Above: Chairman of the Port of Houston Authority, Jim Edmonds, explains to the audience the importance of the Bayport Container Terminal. Below, left: The opposition entering the convention center greeted with literature for Bayport. Both sides brought citizens in the bus loads to the hearing, along with stickers, posters, and literature to express their views.

“We were extremely pleased with the large turn out for last night’s public workshop and hearing on the Bayport container and cruise terminals,” stated Col. Leonard Waterworth.

Between three and four thousand elected officials, community members, longshoremen and environmentally concerned citizens attended the event held in the George Brown Convention Center. The workshop, which started at 5:00 p.m., provided exhibits of the port authority’s proposed terminal and gave people the opportunity to ask questions concerning the Draft Environmental Impact Statement recently published by the U.S. Army Corps of Engineers.

A public hearing followed the workshop, starting at 7:30 and continued past midnight. Over 100 people told of their views and concerns.

“Many significant points were brought up last night,” commented Waterworth. “We will compile all the comments along with the transcript of last night’s event and study each situation,” he added.



Resident of Shore Acres registers.



Janet Thomas-Botello discusses Bayport with concerned citizen.



A resident of Austin and a friend of El Lago sings against Bayport.



Crowd listens and reacts to a speaker from the audience.

Merry Christmas Everyone



Meg Dunleavy and Curtis Cole cut a rug.



Tim Baumer, Kenny and Cheryl Jaynes smile for the camera.



Rick Harrison, Sal Arcidiacono, Joy Smith and Leroy Hilton



The new chorus line.



Col. Waterworth with wife, Cheryl, and Herbie and Gloria Maurer



Kim and Betty Voelkel



Ana Gordon receives commander's coin for all her hard work



Lucy Smith, Lynette Anders, Marianne Fullen and Ronnie Benavides

Engineering celebrates the holidays Texas style

Harry Kohler's division decked the halls with barbeque on Dec. 4th



Suhail Idriss and Jon Plymale



Col. Waterworth visits with Shakhar Misir, Harry Kohler, Vern Shrank and Bruce Briggs.



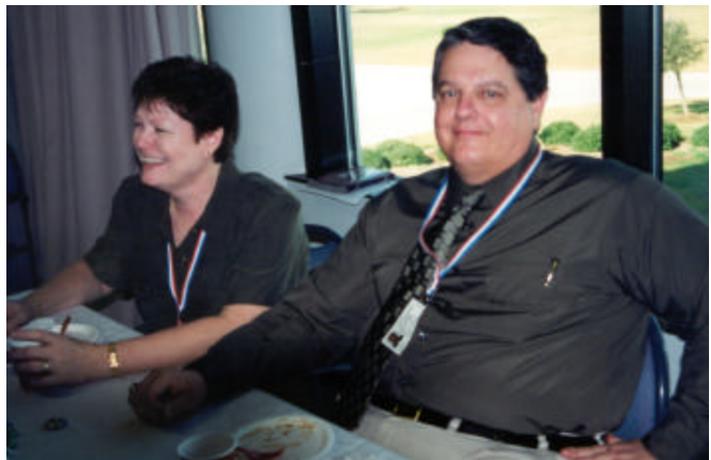
Jacqueline Adekanbi, Lizette Richardson, and Earnestine Brown-Roach smile for the camera.



Carlos Tate, John Gaston, Mike Castelline, and Ricky Vera finish eating.



Lynn Robinson and Ricky Vera



Gloria and Dewey Brunt



Melissa Romigh

Co-op shares her experience while working for the Corps

by Melissa Romigh

I am involved in a “Student Career Experience Program,” commonly referred to as a “Co-op”, since I am training in cooperation with Texas A&M University at Galveston. Since May 2001, I have been working with planning leads and project team members in the planning section of the US Army Corps of Engineers, Galveston District. I think there was a time when I thought the USACE was staffed and run entirely by enlisted service people, but that was a long time ago, BCE(Before Corps of Engineers).

Though I am still a relatively fresh face around the office, I cannot imagine our building without the friendly, colorfully clothed, very at-ease people now working in Planning, Environmental, Regulatory, and Engineering. However, Co-ops are by no means a “new thing” to the government and Corps of Engineers, and despite the lack of Co-ops employed in Planning’s past, I was put to work.

My very first task was to learn the planning process-straight out of the Planning Guidance Notebook. I was so relieved when I started attending project meetings! I will never forget the Matagorda Bay GIWW re-route AFB (not to be confused with the IPR, IRC, FRC, or any other possible three letter combination from what I understand). From my experiences, I now know project leads begin their meetings with the project sponsor and team members (consisting of Corps employees in Planning, Environmental, Economics, Engineering, etc.), then with supervisors and on up

and out the chain of command as the project progresses.

After being introduced to planning procedures and being generally invited to meetings in the section, I began to work on small parts of projects with other team members.

After the terrible flooding from Tropical Storm Allison, the Corps worked in conjunction with FEMA on flood relief, power, debris and trailer missions in Houston. I accompanied our environmentalists to the field office in Houston to work on trailer placement site assessments, and learned even more about the wide application GIS has on flood control projects.

My supervisor and I created a training plan to outline the objectives of my program and to describe the types of tasks that would be assigned to me in order to take full advantage of this on-the-job training opportunity. I have a federal job description-our section’s very own “physical science student trainee”-and as a senior at Texas A&M (GIG’EM AGS!) I feel quite accomplished from gaining experience in coastal navigation and restoration projects.

Soon, in government time, we hope to have our Preliminary Restoration Plan approved and begin a feasibility study. This phase will begin more detailed analysis of project plans and alternatives, and will probably take me through graduation. All in all, my experience here has given me a better understanding of the daily management of federally funded projects at the Corps of Engineers, dubbing me a “Co-op” and a potential future full-time federal employee.

Facts on the Co-op program at the Corps:

- On April 16, 1999, Col. Nicholas Buechler, Rose Caballero and Joe Jarrell, representing the Galveston District, entered into a partnership with Prairie View A&M “Cluster” program, aimed at turning graduates toward the companies for whom they will eventually work.
- On August 8, 2000, Galveston District signed an agreement with Texas A&M University System, which would allow students from A&M, University of Texas and Lamar University access to co-op and intern positions here.



Winning the battle with holiday stresses

The “Holiday’s” are upon us, and so are the stresses that accompany them. These stresses, both mental and physical, include family problems, financial woes, illness, travel, and holiday guests, among others. Although these stresses are always a part of our lives, they seem to become enhanced and take on greater significance during the “Holidays.”

“ To help deal with all of your holiday stress, commonly referred to as the “Holiday Blues,” I suggest you maintain a good sense of humor.

Yes, I guarantee that a good sense of humor will help you through many stressful periods of time. And, I’m sure that those of you who know me, are aware that I practice what I preach. I sincerely believe that my sense of humor is one of my most exceptional qualities. It most definitely helps me function more efficiently and effectively at both work and at home. It is also a definite asset to me during the “Holidays.” To help prove my point, let me tell you about an incident that occurred several years ago during the Christmas season.

My family and I were preparing for the arrival of guests for Christmas. The guests included my mother-in-law and sister-in-law and her family. It was only a few days before Christmas and we had our house in tiptop shape in anticipation of their arrival. We had just steam cleaned the carpets and were putting the final touches on the Christmas decorations. Our final task was to put up and decorate the Christmas tree. An easy task, right? Nothing could have been farther from the truth!

We had just purchased a beautiful, long-

needed, 8-foot-tall tree from a local tree vender in Texas City. Of course, it was my job to get the tree situated in the stand and to put on the lights, so that the kids could decorate the tree with ornaments. At any rate, after what seemed to be countless attempts at trying to get the tree straight in the stand (sound familiar?), I was ready to quit and shorten the tree a bit. At this point, I could feel my tension and stress levels rising. Then, on my very next attempt (still lying under the tree tightening those unbelievably long tree stand screws), a miracle occurred; the tree was perfectly straight! We could not believe our eyes.

Having successfully accomplished my first task, it was now time for the lights. Another easy task, right? Wrong! Shortly after placing the first strand of lights on the tree, the weight of the tree magically shifted to one side and “timber,” down it came (right on top of me)! You probably think my stress level was at a peak at this point. It might have been, but seeing and hearing, through the pine needles and branches, my wife and children laughing, immediately eliminated my stress, and I laughed along with them. Yes, believe it or not, I was still laughing the second and third times the tree fell!

However, it was shortly after the tree fell the third time that I came up with a brilliant idea. I told my wife that I would go up in the attic and get some weights (from my barbell set) to place on the legs of the tree stand. I was certain that strategically placed 20-pound weights would counter-balance the weight of the tree and prevent any further disasters.

At this point, my wife decided to run a few

errands and left while the going was good! My two youngest daughters, then 6 and 9, stayed at home to help me. Little did any of us know what was about to happen!

As my wife drove off, I pulled down the stairway and began my climb to the attic. My daughters were patiently waiting for me by the fallen tree. I actually believe they had given up on decorating the tree any time in the near future!

Once in the attic, I turned on the light and looked around for the weights. I quickly located them stacked on a sheet of plywood approximately 15 feet in front of me. At this point, I should tell you, that like many attics, only a small portion of our attic was covered with plywood. Therefore, moving about in the attic required carefully stepping from one beam to another (in areas that plywood was not present). Knowing this, I bet you can all guess what happened next.

Focusing all my attention on the weights and ignoring everything else, I took my first step. No problem. However, upon taking a second step, I lost my footing and suddenly felt the earth fall away. I had a brief sensation of freefall and remember hearing a distinct crash as something hit the floor below. The next thing I experienced was severe pain in both my right and left sides. At this point, I could neither speak nor take a normal breath.

You guessed it, I'd stepped between two beams and had fallen through the attic floor/entrance hallway ceiling. Actually, I had fallen only half way through the ceiling. I didn't fall completely through because I had somehow managed to catch myself by my upper arms on two adjacent beams. As a result, my upper body remained in the attic while my lower half (waist down) was hanging in the hallway, clearly visible to my daughters. Unfortunately, my

sides hurt so bad that I couldn't say a word. I simply tried to concentrate on my breathing.

Needless to say, my daughters were yelling at me (while crying I might add), but I simply couldn't respond. I could hear them asking one another if I was still alive, and whether or not to call an ambulance. My situation must have appeared grim to them because I could neither respond nor move. It must have taken me several minutes to overcome the excruciating pain and get my breathing under control. Finally, I was able to painfully pull myself back up into the attic; probably one of the hardest things I've ever had to do!

I sat in the attic a few more minutes and was finally able to tell my daughters that I would definitely live, but was in a lot of pain. Then I took the long and painful climb down the ladder. I had to go very slowly and concentrate on each step I took. My sides felt like they were on fire! I was sure that I had at the very least cracked several ribs.

Upon reaching the bottom of the ladder, I proceeded on into the living room. My oldest daughter had already gone to her room in tears, but my youngest daughter was standing by the fallen Christmas tree staring at me with wide, scared eyes. Believe it or not, her first words were not, "Dad are you okay?" On the contrary, the first words that she uttered were, "Boy is Mom going to be mad!" At any rate, her response took me completely by surprise and did wonders in relieving the stress that had built up inside of me. All I could do was laugh. Yes, in spite of the additional pain it caused, I kept laughing and laughing.

However, I did understand my daughter's initial comment. I had fallen through the ceiling of the front entry hallway of the house and there was sheet

continue on next page...

rock, dust, and dirt everywhere (not to mention the body-sized hole in the ceiling)! Of course, my daughter knew that we had spent a lot of time housecleaning, including steam-cleaning the living room carpet. And now, a large portion of the carpet was covered with the after affects of my fall. It definitely wasn't a pretty site to behold!

So, pain or no pain, my daughters (I eventually coaxed my oldest out of her bedroom) and I cleaned up the best we could and waited for Mom's return. It wasn't long before she walked through the front door, took one look at me (the pain in my face and eyes was quite obvious), looked at the living room floor, and started to ask what had happened.

However, before she could finish, my daughters and I all pointed to the ceiling at the same time. When my wife saw the hole, she exclaimed,

"You didn't!? You did!" All of us immediately started laughing. Although laughing only caused my sides to hurt more, I simply couldn't stop. Even though I was in pain, the laughter made what could have been a very stressful situation much less stressful.

My sense of humor (and my wife's and children's) definitely made this entire ordeal far easier to handle.

So, what was the extent of my injuries you might ask? My doctor, after laughing at the circumstances surrounding my misfortune and reviewing a set of x-rays, diagnosed only several bruised ribs. What a relief! A couple of weeks and I was as good as new.

Needless to say, that Christmas episode was something I have laughed about ever since and will continue to do so. Simply thinking about what happened and relating it to others (such as writing this article) provides me with a positive means of stress relief.

Well, so much for my harrowing holiday adventure. I'm sure that many of you have had your own personal encounters with the stresses associated with the "Holidays." Hopefully, you too, were able to use your sense of humor to help overcome some or all of the stresses you experienced. If not, maybe you will now realize the importance of a good sense of humor and will use it to your advantage in the future.

Take it from me, a good sense of humor is paramount in dealing not only with the stresses of the "Holidays," but also with the day to day stresses of life. Smile and take a humorous look at the stresses of life that come your way, and you, too, can reap the benefits of a good sense of humor!



Results of Stroke Screenings:

Of the 53 "carotid screenings" performed -

- 1 was interpreted to be severely blocked
- 0 were interpreted as moderate to severe blockage
- 1 was interpreted as moderate blockage
- 4 were interpreted as mild to moderate blockage
- 15 were interpreted as mild blockage
- 32 were interpreted as no blockage

Of the 47 "aortic aneurysm screenings" performed -

- 2 were interpreted as an aneurysm
- 45 were interpreted as normal (no aneurysm detected)

Of the 48 "ABI screenings" performed -

- 0 were interpreted as abnormal
- 48 were interpreted as normal

As you can see, these screenings could very well save one's life!



Tips for Safe & Happy Holidays

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

Homes jam-packed with glittering gifts. Stores malls and downtown streets teeming with unsuspecting shoppers. People rushing around, stressed out and careless, looking for last-minute gifts, trying to get everything done. It's enough to make a crook giddy with holiday joy.

Here are some tips on how to celebrate safely this holiday season:

IF YOU ARE TRAVELING

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home and park in the driveway from time to time.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

IF YOU'RE OUT FOR THE EVENING

- Turn on lights and a radio so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

IF YOU'RE SHOPPING

- Stay alert and be aware of what's going on around you.
- Park in a well-lighted space, and be sure to lock the car, close the windows, and hide shopping bags and gifts in the trunk.
- Avoid carrying large amounts of cash; pay with a check or credit card whenever possible.
- Deter pickpockets and purse-snatchers.
- Don't overburden yourself with packages.
- Be extra careful with purses and wallets.
- Carry a purse close to your body, not dangling by the straps.
- Put a wallet in an inside coat or front pants pocket.
- Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

IF A STRANGER COMES TO THE DOOR, BEWARE

Criminals sometimes pose as couriers delivering gifts. And it's not uncommon for people to try to take advantage of others' generosity during the holidays by going door-to-door for charitable donations when there's no charity involved. Ask for identification, and find out how the funds will be used. If you aren't satisfied, don't give. Help a charitable organization you know and like instead.

Last but not least, don't let holiday stress get the best of your holiday spirit. Make time to get together with family, friends, and neighbors. And think about reaching out in the spirit of the season and helping someone who's less fortunate or lonely.

December Birthdays



Vernon Pryor - December 1
Travers Powell - December 2
Alicia Rea - December 2
Willis Walker - December 2
Kim McLaughlin - December 3
Joyce Rac - December 9
Ricky Vera - December 9
Marilyn Uhrich - December 10
Carl Wipff - December 12
Ricky Villagomez - December 12
Rose Caballero - December 13
Mark Lumen - December 14
Sandy Morrison - December 20
Gary Johnson - December 21
Leroy Hilton - December 24
John McManus - December 24
Dennis Lanigan - December 26
Paula Wise - December 29
Bill Wise - December 30

Wedding Anniversary

Happy Wedding Anniversary to Lisa and Joel Arneson, Northern Area office, who celebrated their two year wedding anniversary on December 4.

Baby On Board



Congratulations goes out to Jake Bourgeois of the Northern Area Office on the birth of his new son, Aaron Dean Bourgeois.

Aaron was born December 6, 9:28 a.m. at UTMB. He weighed 9 lbs. 1 oz, 21" long. Both Mom and son are doing fine.

Corps Kids



Congratulations to Payge Orr and the Texas City "Stingers '89" Under-12, Division II (Blue) soccer team. Following a third place finish in their division during the regular season, the team advanced to the Eastern District Playoffs in Katy. Although the team was eliminated in the first round of the playoffs, the girls played and did extremely well against some of the Houston area's best teams. Payge, a striker and mid-fielder, was one of the team's leading scorers. The coach of the "Stingers '89" was Tracy Orr of the Regulatory Branch.

Retiree News

How far should you go to attend your 50th anniversary reunion?



Ken Bonham

In the case of Ken Bonham, former district public affairs chief, it is measured in air time as he and wife, Carolyn, joined by daughter, Susan, made their way through 13 time zones and about 24 hours flying to India in October.

Bonham spent his younger years in India where his parents were medical missionaries. Fourteen of his class, plus spouses or family members made up the group of 22 who traveled to Woodstock School in Mussoorie, U. P. in the Himalayan foothills.

The school continues to operate today with some 450 students, kindergarten through high school, representing 32 nationalities from as far away as South Africa, Great Britain, the United States, China and South Korea. What changes does one see after a 50 year absence? Bonham commented that much was the same except the "mountains are definitely growing and the air is considerably thinner."

Another change in big cities is the advent of the cell phone and three-wheel taxis mixing it up with people, cattle, camels, big trucks and buses each equipped with at least one working horn. The group also did the tourist thing, visiting Delhi, Khajuraho, Jaipur and Agra where they had the class photograph taken at the Taj Mahal.

Letter from a friend

Dear Friends,



Survival is a struggle (as I am sure many know better than I), but it is a struggle made easier and all the more worthwhile knowing that I am a member of two fantastic families. I want to thank you of the Galveston District for your thoughts and prayers, all of which are needed and all of which are very, very much appreciated, particularly with my surgery tomorrow (I know, the 13th). I'm sure that with your positive energy and well wishes I will get through it and get on the real road to recovery. Thanks to the excellent staff here, I am talking and even walking, although not unassisted. They say I look much better than I did five weeks ago but, of course, I have no basis for comparison.

I have to keep an eye on the beautiful plant you sent – half of the staff wanted to take it home before it even got to my room. It is one that I am definitely going to hold onto and it will grace whatever domicile I find myself in when this is all over. I am anxious to return to work – I'm sure, between Enron and Bayport, I'm missing a lot of the excitement. The daytime TV judge shows have long since ceased to be of any interest, if they ever were. At least I'm being kept supplied with good books to wile away the hours in bed.

You are all in my thoughts as well and I miss being with you, especially at this time of year. I hope everything is well with all of you and your families, and I wish you all a safe and peaceful holiday season.

With warmth, Carlton W. Brown

In Remembrance: Max Rizley Jr.

Max Rizley Jr., Galveston newsman for some 20 years, and substitute writer-editor for the Galveston District's Sand Castle, died following surgery in Houston, Tuesday, Nov.19. He was 42.

Max was noted for his wit and general enthusiasm for everything that was going on, in spite of the fact that he was suffering from the loss of his kidneys some years ago and had to drive to Houston three times a week for dialysis.

The Sand Castle was recognized by the Southwestern Division during one of his tours as editor.

Max was a former staff writer for the Galveston Daily News, later serving as editor of the Islander. For the past 12 years, he authored a Sunday column, "The View from Aloft," seen in the Texas City Sun and on the Internet. The column dealt with everything from politics to coffee beans, mostly tied to navigation and shipping, with a special interest in the tall ship Elissa where Rizley served as a crewmember.

Max also provided the tenor as a member of the Elissa singers, the Barquentones, known for their renditions of sea shanties.

During the past year Max co-authored with Gini Brown, the book "Galveston, lore, legend and downright lies," a collection of short stories on Galveston, including tales of the Corps of Engineers. A freelance writer, Max authored a story featuring the Gulf Intracoastal Waterway in a recent issue of Texas Highways Magazine.

Max is survived by his parents, Mr. And Mrs. Max Rizley Sr., of Houston. He is grandson of the late Oklahoma Congressman and one time judge, Ross Rizley.

Upcoming Events

January 4
Leroy Hilton's
Retirement Party
1:30 p.m. - 2:30 p.m.

January 8
PRB
8:30 a.m - Noon

January 21
Martin Luther King Day
Holiday

January 22 - 23
New Employee
Orientation

January 23
PBAC
9:00 a.m. - 11:00 a.m.

January 24
Houston Ship Channel
Public Hearing

January 29
Texas City
Public Hearing



Galveston district does their rendition of YMCA.



Frank Garcia, Carol Hollaway, and Jacque Lockhart smile for the camera.



Anyone up for a congo line?!