



INSIDE:

Commander's column pg. 2

Gulf Region Division pg. 2

Marine Safety to Improve pg. 3

Holiday Party Photos pg. 4

LDP- The Power of Leadership is in us all pg. 6

Mike Castelline Hangs Up his Hard Hat pg. 6

It's All About Fishing pg. 7

Fishing Entry Form pg. 7

Port Isabel to gain new facilities pg. 7

Heavy Hands Walking pg. 8

Castle Comments pg. 8

Cargo Tonnage in U.S. Ports Ranked *Louisiana ports lead in 2002 figures*

Louisiana had America's largest single port and four ports among the top 10 in the latest cargo tonnage report, according to figures for 2002 compiled by the Waterborne Commerce Statistics Center in New Orleans. Texas ranked second.

The Port of South Louisiana was No. 1 again, with 216.4 million tons of total waterborne commerce in 2002. Houston was second at 177.6 million tons. New York-New Jersey was third at 134.5 million, Beaumont (Texas) fourth at 85.9 million and New Orleans fifth at 85.0 million,

Total waterborne commerce includes import, export, coastal

and inland commerce.

In totals by state, Louisiana led with 484.9 million tons in 2002. Texas was second with 442.3 million; California third, 190.1 million; Florida fourth, 122.5 million and Illinois fifth, 120.3 million.

Texas led U.S. export-import tonnage with 325.1 million. As a point of reference, for the year 2000, Houston was No. 2 as in 2002, Corpus was No. 5 vs. No. 7 in 2002, and Beaumont was No. 6 and has moved up to No. 4 in 2002. Texas City was No. 10 vs. No. 11 now, Freeport remained at No. 24, and Port Arthur was No. 33 vs. No. 30 in 2002.

Louisiana, benefitting from the Mississippi River's inland waterway system, led domestic traffic at 269.2 million tons. Louisiana's leading cargoes are bulk products such as grain, chemicals and petroleum. It is led by four ports on the Mississippi River: South Louisiana, based in LaPlace; New Orleans; Baton Rouge, No. 9 and the Port of Plaquemines, No. 10. Lake Charles, La., is No. 16.

Texas ports also include Corpus Christi, ranked 7th; Texas City, 11th; Freeport, 24th, and Port Arthur, 30th.

UPCOMING EVENTS

- January 19
HOLIDAY
- January 22
Wharton Public Meeting
- January 22
Emerging Leader Workshop
- January 28
Town Hall
- January 30
Emerging LEader Applications Due
- February 16
HOLIDAY



A photo project

Lights, camera...GOTCHA!! Ever find yourself reading "The Sand Castle" in a very strange place??

Well, if you answered yes to that question, please have someone, possibly a fellow employee, snap your photo and turn it in to the public affairs office. We, then in turn, will publish the funniest in the newsletter.

Thanks,
Michele Castelline-Thomas
Editor, *The Sand Castle*



Corps employees gather up the donated food items to be taken to the Salvation Army on December 12, 2003. Over 600 pounds of food were collected!

T'was the Season to Give! *Holiday Recap in the District*

The holidays came and went in a whirlwind of events for the district! Things started early with a successful food drive arranged by Sandra Morrison, Linda Fredendall and Ana Gordon, who also brought the "Ton of Turkey" event to the district.

"The Salvation Army Food Drive netted in excess of 600 pounds of canned and non-perishable items food items," said Morrison, "While Ton of Turkeys fell well short of its

name, 19 turkeys were donated with a weight of 311 lbs. Our donations were joyfully accepted, thanks were expressed, blessings were called down on all involved, and the food went on to grace the holiday tables of those in need. All in all, this was a most successful effort on the part of the generous people working in the Jadwin Building."

December 12 not only marked the end of the food drive, but it was also the day of

the Holiday Party. This years festivities were held at the Knights of Columbus Hall in Galveston. The party opened with Colonel Waterworth speaking and Mr. and Mrs. Claus (Rick Harrison and Roseanne Theobald) bringing the children gifts. The band, Wild About Texas, played a variety of music throughout the afternoon breaking every thirty minutes for door prize drawings.

See Holiday page 3...

Commander's Column



Col. Leonard Waterworth



The Sand Castle

www.swg.usace.army.mil

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

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2004 — The start of another great year along the Texas Coastline.

Welcome back, I hope your holidays were filled with joy and happiness. Over the holidays most of us had time off, had the opportunity to eat too much and most importantly, had time to spend with loved ones. It is truly a great time of the year.

As I think about what lies ahead in 2004, I see another great year for Team Galveston. I believe the Galveston Engineer District is in the right place at the right time to make a significant impact on the communities along the Texas coastline, the State of Texas and our Nation.

Did you realize the economic impact that Corps navigation has on the economic prosperity of the United States? In total tons transported Louisiana led with 489.9 million tons in 2002, Texas was second with 442.3 million; California third, 190.1 million; Florida fourth, 122.5 million and Illinois fifth, 120.3 million. I am amazed how many tons of commerce travel USACE navigational channels in Louisiana and Texas.

Texas led U.S. export- imports tonnage with 325.1 million. In the top 30 ports listed are the Texas ports of Houston, ranked 2nd, Corpus Christi, ranked 7th; Texas City, 11th; Freeport, 24th and Port Arthur, 30th. In comparison Long Beach, Calif., is No. 8 and Los Angeles, No 12.

This is just past data. The future is even brighter. The Sabine Neches River is under study to go deeper. We are moving forward to deepen the Corpus Christi Ship Channel. Brownsville is also working toward that direction. I've not even touched on the shallow draft tonnage that now travels our channels and the exponential growth that is expected.

The point I am trying to make is that what you do everyday is of critical importance to our communities, our state and our Nation. What you see in those barges and ships is economic prosperity. Economic prosperity is a critical form of national power just as military power and political powers are, and you, as Team Galveston, play a key and vital role in sustaining our nation's economic power.

So why are you here? Why are we here? Why is what we do important? Because our missions on the Texas cost line is important to the economic prosperity of our nation.

Two thousand and four will be another great year where we continue to over-execute. I am sure there will never be sufficient money to keep up with your capabilities to produce quality infrastructure or environmental projects, so I need your help. Find me ways to do it - **Cheaper... Better... Faster.** Our Nation is at War with Terrorism and though priorities are being made on how we allocate National resources, our funding is in short supply. We must make the very best use of the resources available to the District.

You have done a great job in the past and 2004 will be even better.

The Gulf Region Division is Almost a Reality

Good day and greetings from Baghdad to the entire U.S. Army Corps of Engineers family. I want to take a minute out of your busy day to introduce myself and tell you about the Corps' new division, Gulf Region Division, headquartered in Baghdad, Iraq. And I'll tell you how you can join us in this noble mission.

I am MG Ron Johnson, and I am proud to command the military and civilian employees who comprise the Gulf Region Division, headquartered here in Baghdad. We have over 330 people already on the ground here, and in the coming months we'll have the opportunity to fill several hundred jobs. You should be part of our team.

Your Corps of Engineers is helping the Iraqis rebuild their oil industry, bring in fuel, install electric generators and making the power grid dependable. We're providing the contract and military security for contractors as well as members of the Corps team, support for water and sewer projects, and construction support for the new Iraqi military. Elsewhere in the Coalition, other agencies are writing a constitution, creating a fair and ethical judicial system, building roads and supporting expansion of medical care. We also are serving our soldiers by constructing beddown facilities for them in Iraq. Literally, the history of this nation is being written by the people you can be working with.

I arrived here just this week and let me tell you about a couple of Corps people I've already met who are making a difference in the lives and future of the Iraqi people.

Renee Inabnitt is a civil engineering technician in the Portland District. She and her husband have a good life there, but she told me she came to Baghdad because, "I just wanted to help ... to give something back, and to be a part of it." She shared with me a letter she wrote to a friend in the states.

"I feel honored to have been selected to come here," she wrote. "If you are looking for a challenge, this is it. Some will even describe it as an adventure. It is also very rewarding work."

She added, "As for living conditions, they are great, and I had really expected the worst ... we live in trailers with showers (and) we work in an office environment."

Other employees have experiences and working conditions that are different, but just as rewarding.

I met Erik Nelson, a civil engineer from Galveston District, who is here right now as a mobilized Major in the U.S. Army Reserve. He was proud to tell me "I'm working at things that are way above my grade." Major Nelson has played a significant role in getting \$3.6 billion — that's billion with a b — in funding for fuel infrastructure and imports through the PRB process here. And guess what? When his current military tour is over, he's volunteered to come back as a civilian project manager, "or wherever the Corps needs me most."

He said, "Yes, what I'm doing here is good for me and for my career. But even more importantly, it's good for millions of people in this part of the world. This was once known as the cradle of civilization, someday it could be known as the center of the future of the Middle East."

These are the kind of people I am proud to command. The kind of people who are the Corps and here is all you have to do to join this history making team. Get with your district or division Emergency Operations office now. Tell the folks you're ready to make a difference in your world. If they can't give you full information, we'll be publishing a web-based link so you can learn more. There are still a few opportunities left here for you as contracting officers, information management specialists, logisticians and administrative personnel. Oh yes, we've even got jobs for engineers.

We're looking forward to seeing you.

Essayons.
Ronald L. Johnson
MG, USA
Commanding General

Holiday continued from page 1...

“It was great being involved with the Holiday Party. I really take joy in seeing people having a great time. Putting something together that would benefit the district really helped bring in the holidays. It was totally stressful, yet enjoyable AND worth it! I think it really brought people together, with all of the laughing, dancing and singing,” expressed Recreation Committee member Alicia Rea.

Another option of holiday giving open to the district was the Angel Tree. Several of the children were adopted, however, next years push should be to have ALL of the angels adopted. Members of the district were able to choose a child and give them toys, clothes, or what ever they wanted. It was a great opportunity to show the true meaning of giving to others in need.

The spirit of giving and sharing seemed to be all over the district. Not only was food donated, but time was as well.

“The Salvation Army had approximately eight volunteers from the district, but by the second day the Salvation Army was handling it so well, they didn’t need our help. I guess it’s better to be available and not needed than needed and not available. We plan to help whatever way we can next year,” explained Paula Wise.

On another front, the 12th Annual Cookie Club attracted six members. This year, the group decided to bake an extra

dozen of each cookie for sampling as goodies and recipes were exchanged.

“The cookies were excellent and this event put the cap on the pre-holiday activities offered,” said Morrison.

Did you hear what we heard? They were the Corps Carolers! This group of district employees roamed the hall and serenaded the building bringing their own touch of holiday cheer. A few members of the group had been practicing a little here and there, but as they strolled the halls they were joined by other merry-makers!

The district would like to thank all of the individuals who put their time and effort to bring all of the holiday cheer to the building and to others. Next year as the holidays grow close, take a moment to look around at all of the activities in the works and join in. The more the merrier! Volunteer your time to one of the many events next winter, it will be worth it!

Below: Alicia Rea, Compliance, and Ashley Jones, Public Affairs, gather the gifts Santa and Mrs. Clause will give the children at the Holiday Party. Below Middle: David Janda, Project Engineering, and Rajasehar Joseph, Information Management Office, help stack the boxes of food donated for the Salvation Army. About 600 pounds were gathered for the food drive. Bottom: The “Corps Carolers” gather on the third floor to welcome in the holidays. As the small group roamed the halls other employees joined in the fun!



Marine Safety to Improve

The Safety Office, Galveston District, U.S. Army Corps of Engineers, the U.S. Coast Guard Marine Safety Office, and OSHA Region 6 will meet February 5, 2004, 1 Pm to 4 PM, Houston Pilots conference room, 8150 South Loop East to review a draft alliance between these agencies to improve marine safety. The meeting was proposed at Gulf Regional Dredging and Marine Activities meeting held October 22, 2003 in the Galveston District. All maritime interests involved in dredging and operation of uninspected commercial vessels are invited to participate. For further information contact Dan Wyatt, Chief, Safety & Occupational Health, Galveston District, at 409-766-3101.



A Corps Family Christmas



Mrs. Claus (Roseanne Theobald, Program Management) and Santa (Rick Harrison, Chief, Real Estate) get the rundown of the wish list from Emily and Robert, Rosanne's grandchildren. The party was a huge success, but wouldn't have been without Mr. and Mrs. Claus!



Top circle: Colonel Waterworth poses for the camera at the opening of the holiday party.



Bottom circle: Andrea Catanzaro, and her son, Anthony, smile for the camera before their trip over to visit Santa Claus.



Casey Cutler, Regulatory, and his wife, Sarah, make their grand entrance at the holiday party. Casey donned the "Santa" look for the festivities.



The Office of Council, Tencha Deckard, Tom Moore and Alex Petty and his wife, Pamela, gather around to help celebrate the holidays at the district party held at the KC Hall in Galveston.



Jake Walsdorf shines for the camera in his Holiday finest, while Maj. Joe Hanus and his daughter, Anna, take a break to color. Tables were covered with paper and crayons were placed on all the tables so everyone would be able to help decorate for the holidays.



Betty Voelkel, program management, and her grandson, Sebastian, take a moment to smile, and hide, from the camera.



Maria Rodriguez, Linda Fredendall, Jacqueline Adekandi and Celia Cockburn, Contracting, are all smiles as the Holiday Party gett underway.



The Recreation Committee, Marilyn Uhrich, Ashley Jones, Phyllis Bledsoe, Michele Thomas, and Alicia Rea pose with Mr. and Mrs. Claus at the opening of this years party. (Not pictures is committee member Chris Wrbas.)



Jack Otis, Engineering, takes a break from the band to talk with others in the back room..



Kathy Dunaway, IMO, Nicolle Dailey, Planning and Kim Crawford, Planning, smile for the camera on their lunch break. These three decked out in red to show their holiday spirit!



Bryan and Terri Herczeg, Regulatory, and their daughter, Rainier, enter the party with a smile.



Kim McLaughlin, Regulatory, Felicity Dodson, her husband Sam, Ryan Fordyce, Regulatory, and Darren Schubert smile and laugh as they hang out and eat at the Holiday Party.



Maj. Joe Hanus, his wife, Denise, and daughters, Anna and Allison, dressed in their holiday attire take a break from the singing and dancing surrounding them at the party.



Bryan Guevin, Regulatory, and his wife, Karen, take a break from their meal to pose for the camera during lunch at the Knights of Columbus Hall.



Santa's helpers, Phyllis Bledsoe and Marilyn Uhrich, PAO, take tickets and guide people in at the Holiday Party.

LDP Corner - The Power of Leadership is in us all

by Ana Gordon - LDP member

The accepted logic would have us believe that a leader is born. And to some extent, this is true. At this point people will stop listening. But the truth of the matter is the power of leadership is in everyone. In most cases our innate spirit of leadership is either sleeping or comatose.

Like most people, I did not believe that I was a leader, avoided it like the plague. That is, until I became a leader. I was anointed leader only because of seniority, education, and attrition when the RTC took over the bank where I worked. I resisted, screaming, scratching and wailing at the top of my voice, until I realized that if not me, then who? Out of this ordeal of passage, I learned that a fundamental element of leadership is courage. The courage of doing a job that needs to be done, making the decisions that need to be made, and accepting that you will never do it perfectly.

Recognizing my inadequacies and the possibility of once again becoming a "leader", willing or unwilling, I applied for and was accepted for the District's Leadership Development Program. Part of my development has been reading various writings on leadership with the objective of improving my abilities/skills of

leadership. One such book is "The Heart of Leadership, 12 Practices of Courageous Leaders" by Robert E. Staub, II, has helped to expand my perceptions of leadership while confirming some of the instinctive basics. According to Mr. Staub, the heart of leadership is made up of four chambers, namely: Competence, Integrity, Intimacy, and Passion. These four parts feed upon and blend into each other and from these grow the practices, traits and/or truths of effective leadership. Below is a distillation of the foundation to effective leadership.

Being competent is not just being technically qualified for or knowing your job. It requires the technical expertise to do your job AND to have a knowledge of the enterprise you are engaged in, i.e., how the parts fit together, who does what, when, how, where. Secondly, having good strategic thinking or knowing who, what, and where your particular enterprise fits into the global picture and the possibility of expanding that role. And thirdly, there is a need to interact with the individuals and/or institutions effectively. Mix all of this together and the result is an effective management practice.

The second chamber is integrity, a commitment to being

honest and holding to your principles with yourself and those around you. This requires the ability to step outside of yourself, to make an honest appraisal of who and what you are and then ask would you trust you? Can others trust you even when they do not agree with you? Many times, others will follow only because there is a high level of trust.

Thirdly, an effective leader is intimate. For intimate read "knowing or having knowledge." The effective leader knows and understands herself/himself, those she/he leads, knows her/his/their strengths, weaknesses, abilities, capabilities, possibilities. This knowledge is a building block to trust. But this intimacy can be destroyed by ego when the leader is unwilling to learn from others or their own mistakes, if they admit to making a mistake (see integrity). It may also be destroyed by fear, the fear to act, the refusal to listen to wiser counsel, to provide feedback for fear of being thought a fool. And finally, impatience can be a destructive factor to the intimacy between leader and follower. In today's world of rapid communication and need for instant gratification, we forget the need for patience, the ability to nurture.

Lastly, an effective leader is



passionate. Passion ignites the belief in others that they can, individually, make a difference in the world. It allows the leader and the follower to extend themselves beyond their perceived limits. To accomplish what the naysayers describe as impossible. Passion is enthusiasm, a leap of faith that can over-ride mediocrity and cynicism, to pass from what is to what can be.

Leadership may start with the belief in yourself and your abilities, but it is a continuing process of renewal, evaluating, emotional and intellectual growth. It is hard work. Leadership is a learned ability, sometimes like talking, walking, chewing gum, patting your head and rubbing your tummy all at the same time.

Leadership is both born within and learned. Thus the term Leadership Development Program, with a decided accent on Development.

The ability to lead is there inside of each of you, WAKE IT UP – SHAKE IT UP – USE IT !

Mike Casteline Hangs Up his Hard hat and Says Goodbye

A crowd of more than 100, consisting of friends, family, co-workers, retirees, and contractors filled up the festive Landry's Seafood House on Dec. 18, 2003 to wish Charles "Mike" Casteline a hardy farewell at his retirement luncheon.

"Mike was one of the best supervisors I have ever had the pleasure to work for," said Sandra Morrison, administrative assistant in operations. "He has the biggest heart – you could tell how much he loves and cares for his family, and that compassion was also shown to his fellow employees. There was not a day that went by that he did not ask us how we were all doing."

After a meal of roasted chicken and grilled catfish with all the trimmings, the lively group was invited back to the Jadwin building for the presentation of awards and dessert.

Col. Waterworth presented Casteline with the Corps

shrimp plaque, certificate, and medal.

"It is difficult to let go of a good supervisor, so for the past two days I have been giving Mike a hard time about it - asking him if he is really sure he wants to do this," joked Col. Waterworth. "I hope he enjoys this next chapter in his life, he deserves it."

Chief of Engineering, and Casteline's supervisor, David Campbell presented Casteline with a Seiko watch from the Corps employees; however, to tease him a bit, he wrapped the gift in an iron box. Other gifts included a frame photo of Mike and his wife, Lupita, a framed photo of the Colorado River Locks, and a crocodile head from Wallisville, among other things.

"I appreciate all that Mike has done. I know I will miss all his hard work, his dedication, and his guidance," said Campbell.

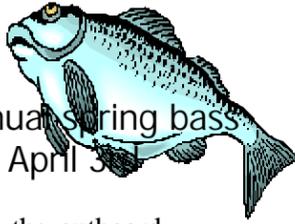
See Casteline page 8...



Right: Colonel Waterworth presents Mike Casteline with a corps inscribed paperweight as part of his gifts for retirement. Below: Mike Casteline and his wife, Lupita, cut his retirement cake at his reception held at Landry's.



It's all about fishin'



Fort Worth District to host 4th annual spring bass tournament at Twin Dikes Park on April 3.

On April 3, 2004, the Fort Worth District will host it's annual spring bass tournament at Twin Dikes park on Sam Rayburn Lake.

This tournament is open to all Corps employees, family members and retirees.

Entry fee will be \$40 per team, with those costs covering awards and prizes. There will also be a separate Big Bass Pot that may be entered for \$10 per person. Entries accepted until February 15, 2004.

All entry forms and fees may be sent to either of the two tournament directors. Tournament directors are Tom Webb and Charlie Burger. Checks need to be made out to one of the tournament directors. Please see below for entry form.

RULES OF THE GAME

1. The tournament will be a two-person team format, with the best five fish per team weighed in. No more than five fish will be allowed in the boat at any given time.

2. Only the first three places will receive the coveted District plaques, and the Big Bass winner will receive a plaque as well as the cash in the Big Bass Pot.

3. All applicants will adhere to all state and federal boating and fishing laws. All boat and motor combinations must be Coast Guard approved.

4. All fish must be at least 14 inches in length. No penalties for dead fish but please try and do everything you can to keep your fish alive.

5. No more than one fishing rod per person shall be used at one time.

6. No trolling with the motor allowed, except by use of an electric trolling motor only.

7. Artificial lures and bait only. No live bait. Simulated "pig" trailers, such as Uncle Josh's pork frog are allowed.

8. The boat operator must have an emergency kill switch attached anytime the outboard combustible engine is running.

9. Both the operator and passenger must have a Coast Guard approved life vest on at

any time the outboard combustible engine is running.

10. All boats shall have an aerated livewell large enough, and adequate enough to maintain a five fish limit.

11. Absolutely no alcohol allowed during tournament competition hours.

12. Fishing with a "licensed guide" will not be allowed.

LOGISTIC INFORMATION

Launch time will be 6:00a.m. unless weather conditions or lake conditions warrant a delay. Weigh in time is 3:30p.m. and will be at the Twin Dikes Boat Ramp.

All decision's made by the tournament director's are final.

Immediately following the weigh-in and awards presentation, we will be having dinner at the Stump Restaurant located there at the lake. Participants will be responsible for their own food and drinks.

Again, please get your signed entry form and all fees in before February 15, 2004, entries and fees will not be accepted after this date.

Also, please indicate whether you will be eating at the Stump Restaurant so that reservations can be made.

Port Isabel to gain new facilities



Artist Rendering of the new health care facility and administration/processing building in Port Isabel.

A contract for construction of a combined health care facility and administration/processing building in Port Isabel for the Immigration and Customs Enforcement division of the Department of Homeland Security was awarded to C. F. Jordan, Dallas, TX., by the U.S. Army Corps of Engineers, Galveston District. Construction cost is \$22.6 million.

The more than 100,000 square foot building will contain medical facilities, and a processing facility with holding and isolation cells for processing of illegal aliens in addition to administration facilities. Once the notice to proceed is issued, the contractor has 539 calendar days to complete the construction.

This is the first time that Galveston District has used the "multiple award task orders contract (MATOC)" for awarding a construction contract of this magnitude rather than using the "Invita-

tion for Bid (IFB)" process. In this new method, a request for proposal is circulated and contractors are to submit their technical approach, their price, and their performance requirements. This system allows for interaction between the contractor, the customer and the Corps before the contract is awarded.

"There is a lot of learning and opportunity for interaction with the contractors during this process," said George Alcala, project manager for the Corps. "The process took longer and I believe the government received the best value for its dollar."

The new building is part of the ICE (formerly INS) Port Isabel Service Processing Center (PISPC). It represents several major buildings that have either been constructed or will be constructed as a part of the overall \$150 million build-out for PISPC.

Entry Form

WAIVER: Individuals participate at their own risk. The Fort Worth District or the U.S. Army Corps of Engineers will not be responsible or liable for any accidents, damaged equipment, or any other mishaps. By signing this entry form, you are waiving all rights to hold the government and it's entities liable.

Name _____ Big Bass (\$10.00) Yes / No
Office Phone Number _____
Signature _____

Partner's Name _____ Big Bass (\$10.00) Yes / No
Office Phone Number _____
Signature _____
Total amount enclosed: _____

Please make checks payable to **Tom Webb or Charlie Burger**. You can give this signed entry form along with your entry fee to Tom or Charlie or mail to:

Whitney Lake Office / Power Plant
Attn: Tom Webb or Charlie Burger (Bass Tourney)
285 CR 3602
Clifton, TX 76634

Thomas.R.Webb@swf02.usace.army.mil (254) 622-3268
Or
Charles.L.Burger@swf02.usace.army.mil (254) 622-3332

All entry fees must be collected NLT COB, 15 February 2004.

How many attending dinner at the Stump Restaurant: _____

Wellness - Heavy Hands Walking

Contributed by Cindy Burke

The following is excerpted from the website

www.myleanlifestyle.com/exercise/heavyhands2.asp

Heavy Hands Walking is an efficient and effective exercise system for maximum fat burning, cardiovascular fitness, and lean muscle enhancement. It is easy and practical.

What is it?

This exercise program involves walking at a comfortable steady pace (approximately 3.0-3.5 miles per hour), pumping light hand weights. While walking you perform three different exercises with your hand weights (Flyes, Lateral Raises, and Overhead Presses - for shorthand purposes, referred to as "F.L.O"), with pumping and walking in between each set of the three exercises.

How long and how often?

For maximum fat burning results, I recommend walking with Heavy Hands for a minimum of 30 minutes, at least 3 times every week.

How do you progress?

There are two variables: repetitions and weight.

Weight: Both men and women start with 1-pound hand weights. The goal for women is to progress to 4-5 pound hand weights (within 6 months), and for men, 6-8 pound hand

weights (within 9-12 months) using the progression below.

Repetitions: Increase your repetitions of each of the F L O exercises every week over a six-week period (up to 6-pound weights). Then, at the end of 6 weeks, increase your hand weights by 1 pound, if you are comfortable doing so.

Progression for repetitions:

Week 1: 25 repetitions

Week 2: 30 repetitions

Week 3: 35 repetitions

Week 4: 40 repetitions

Week 5: 45 repetitions

Week 6: 50 repetitions

When you progress to 6 pound weights and over, increase your weight by one pound only after 12-weeks i.e. do 2 weeks of 25 reps, 2 weeks of 30 reps, 2 weeks of 40 reps, 2 weeks of 45 reps and 2 weeks of 50 reps before you increase your weight again.

Where can you do Heavy Hands?

You can do this in the gym on a treadmill, on the spot or walking outside. If you use a treadmill, set the incline at 5.0 (to take the pressure off your knees) and set the speed at 3.0-3.5 - keep it constant unless you exceed 75% of your MHR (in which case slow the speed a little.

"Pump & Walk"

This is the basic movement. Use this to warm up for 1 or 2 minutes before doing your F L

and O exercises, and as the rest break between the F L and O exercises.

Do one pump per step and stay in rhythm. This means that every time your right hand comes up, your left foot is coming off the ground. The actual arm movement is a curl, like a bicep curl, except you turn your wrist a 1/2 turn so your palms are facing each other and the Heavy Hand handle is pointing up.

Walk for about 1 minute or so to let your body get warmed up.

"F" = Chest Flyes

After warming up with "pumping and walking" for 1 minute, do one set of Chest Flyes as shown below. As you're walking, bring your hands up to chest height with your knuckles facing each other. Then, keeping your elbows locked at a 90-degree angle, bring your elbows back as though you're trying to touch your elbows behind your back. Don't force it. Just do a range of motion that is comfortable for you. Listen to your body. Again, it's one pump per step. As your elbows come back, your left foot hits the ground. As your hands come back together, your right foot hits the ground. So it's left, right, left, right. One pump per step.

"L" = Lateral Raises

After pumping and walking for 1 minute, do one set of Lateral Raises as shown below.

As you're walking, bring your Heavy hands to waist height so your forearms are parallel to the ground and



parallel to each other. Keeping your elbows locked at a 90 degree angle, and using your shoulders as the pivot point, bring your arms up, leading with your elbows, until your upper arms are parallel to the ground and your forearms are still parallel to each other. Again, it's one pump per step. So when your elbows come up, your left foot hits the ground. As your elbows come back down, your right foot hits the ground. Left, right, left, right.

"O" = "Overhead Presses

After pumping and walking for 1 minute do one set of overhead presses as shown below.

As you're walking, bring your Heavy hands up to shoulder height. Then push your Heavy hands straight over your head until your arms are locked out. Again, it's one pump per step. So as your hands go up, your left foot hits the ground. As your hands come down, your right foot hits the ground. Left, right, left, right. One pump per step.

Complete the Cycle with Pump & Walk

This is one complete cycle. Repeat this cycle while walking at a comfortable pace (3.0-3.5) for at least 30 minutes. You will usually complete around 4 or 5 cycles following this progression (in 30 minutes).

Castle Comments

Congratulations!

Pat Lingo has accepted the position as District Records Manager. Please refer all of your records management needs to her. Stop by and welcome her to her new "digs" at your leisure.



Condolences...

Charlie Ray Johnson, cousin of **Robert Pietzsch**, Mail Room, passed away Wednesday December 31. Johnson retired last year from USACE as an Operations Manager. Our

thoughts are with Robert and his family.

Maxine Deloris Driggs, mother of **Don Driggs**, retired Chief of Construction-Operations Division, passed away on January 3, 2004. Please keep Don and his family in your thoughts.

Former Fort Worth District employee **Byron W. Perry**, 85, passed away at his home in Webster, TX Thursday January 8, 2004. Mr. Perry was a construction supervisor out of the Fort Worth District for many years. He also worked with Galveston District and NASA.

Castelline continued from page 6...



Jerry Fritzsching, Simon DeSoto and Herbie Maurer discuss Mike Castelline's impending retirement at his luncheon held at Landry's.

The former Chief of General Engineering began his Corps of Engineers career after serving in the Navy in 1974 as an engineering intern. His first office was in Ft. Point Area Office, which is now referred to as the Northern

Area Office. After several years, Mike was transferred to Construction and Operations and served as Chief of Operations. Later he was transferred to Engineering Division, where he was section chief of General Engineering.