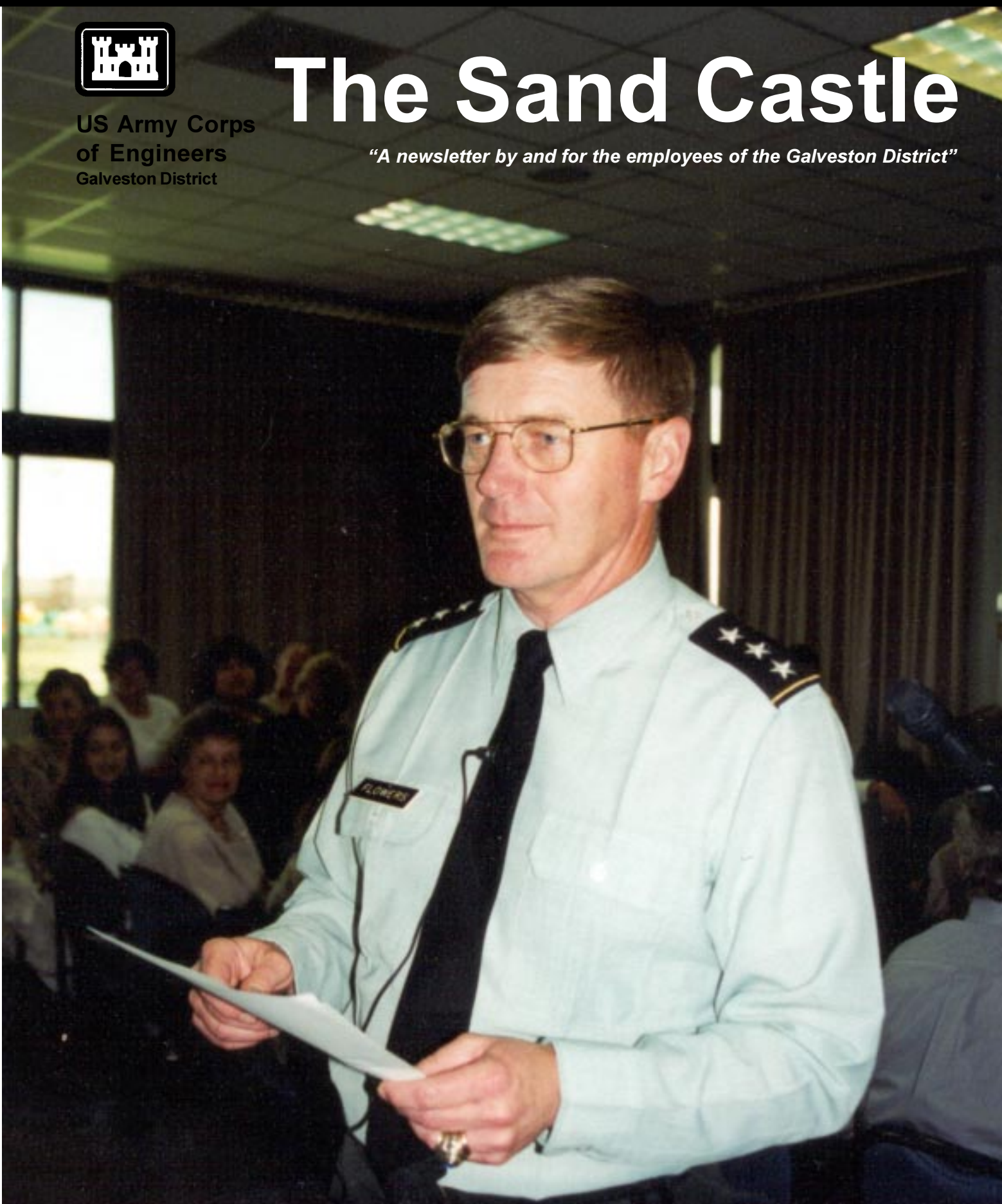
GALVESTON DISTRICT'S

US Army Corps
of Engineers
Galveston District

The Sand Castle

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



JUNE 2001

Above: A picture of a sailboat taken by Paula Wise on a trip with the Emerging Leaders to Shoals Point..

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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.

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

A newsletter for and by the employees of the Galveston District

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COMMANDER'S COLUMN

COL Nicholas J. Buechler

Hurricane season started early in Galveston. Normally our season doesn't spin up until about August, but the 2001 season will go down as any thing but normal. Tropical Storm Allison exploded out of the Gulf on Tuesday, 4 June 2001. Within hours of forming off the Texas Coast, Allison came ashore dumping rain and pushing its storm surge on shore. Then the worst happened; it stalled over Houston, even backed up, and dumped tremendous amounts of rain in a very short time.

Team Galveston responded, activating the District's EOC and establishing liaison personnel at the Texas State EOC and the Transtar Facility in Houston. What makes this even more magnificent is the fact that our EM Chief was returning from training in Hawaii when this all happened. I cannot express enough words to describe how glad we were to see Gus return to the District. There are just too many names to recognize everyone by name, however, I would like to express my personal pride in the fantastic job that each of you did and the agility and responsiveness that you displayed. We were able to implement the new roles identified in our Emergency Action Plan and use this event to fine tune our plan and make it even better. Many of you will be involved over the next few months as the area recovers and cleans up the billions of dollars of damages.

Vision Week was celebrated in May. Each of us committed to the Chief's philosophy and making his Vision a reality. The Chief visited the Galveston District on 6 June; he flew out the morning of 7 June, during a pause in the storm. Never did we expect that the worst was yet come. We thought that Allison was just your typical weak tropical storm.

The Chief was inspirational at our town hall meeting; he thoroughly enjoyed the walk through of the Seaborne Facility and dialoguing with the youth improving their situation in life. During a brown bag lunch, ICT team members shared their perspectives and lessons learned on the ICT process over the last decade. Rusty Swaford from Fish and Wildlife Services joined the discussion and was one of the strongest advocates. LTG Flowers was impressed with the Houston Galveston widening and deepening project, the team members at Wallisville and the Neches River Salt Water Barrier. During the evening social at Landry's on the Seawall we all saw how personable our Chief is. He shared with me the tremendous pride that he has in each of you. As he continues to visit the field, he meets nothing but top quality people doing their job as part of the World's Premiere Engineering Organization - the US Army Corps of Engineers. Well done Team Galveston. Essayons!

Chief Tours Galveston District

Gen. Flowers speaks to Galveston District employees.

Lt. Gen. Robert Flowers, Chief of Engineers, visited the Galveston District June 6. After a quick tour of the Seaborne ChalleNGe Cadet facility, he walked into the District's Town Hall meeting without any introduction, saying, "Hi, I'm Bob Flowers." He then laid out his plan to take the Corps into the 21st century but explained he only could do so with each employee's help. Flowers also congratulated the District on being a leader and having an outstanding reputation within the Corps. When asked what he sees in the future for the Corps, Flowers assured everyone the Corps was doing well and the Galveston District would continue to flourish.

He then called on several people to answer some difficult questions, threatening their supervisors with push-ups if the answers were incorrect. These people were later called to the front to receive coins for their dedication and outstanding accomplishments.

Danny Wyatt, safety officer, was presented the National Water Safety Congress Award of Merit for his dedication and expertise in improving safety and encouraging communication among boaters, dredgers and other maritime leaders.

The General was taken by helicopter to view various projects and spent some time on the ground at Wallisville.

Several comments made by employees included, "…it was nice to meet someone like him that talked to us, not down to us; he seems to really care about us and the Corps; he made us feel important."

The District, in honor of the General's visit, hosted a dinner at Landry's Seafood on the Seawall. Members of the Society of American Engineers, (SAME), also attended the dinner.

Maj. David LaBranche, Master Sgt. Randy Varner and Mr. Steve Hanson accompanied Lt. Gen. Flowers.

General's coins were given to Tom Hunt, Al Meyers, Chris Rossi, Art Martin and Fred Anthmatteen.

Chris Rossi and Tom Hunt, Bay Area Office, wait their turn to be asked a question by Gen. Flowers.

Al Meyers, Bay Area Office, answers the general's question to receive his coin.

Danny Wyatt, Safety Office, receives the National Water Safety Congress Award of Merit.

From Top: Col. Buechler speaks at a SAME breakfast prior to the General's visit; The Colonel does push-ups; Louis Petit, Operations, takes a moment to speak to the general. Employees were given the opportunity to shake hands and talk to Flowers at the end of the town hall meeting; Gen. Flowers answers Don Allen's, Project Management, question.

Lavonne Collins shakes hands with the General.

The General answers a question from Rickey Tryal.

Robert George poses a question to Lt. General Flowers.

James Few asks a question for Lt. Gen Flowers.

Rich Rodakowski shares a suggestioon during the meeting.

Janet Thomas-Botello addresses a question to the General.

Corps Welcomes the Coast Guard

Coast Guard Moves into the first floor of the Jadwin Building

Moving is usually not an easy or fun task for anyone. However the Coast Guard completed their move in quickly and efficienctly and now the place looks great. The Marine Safety Unit will now operate from the first floor of the Jadwin building. The Galveston unit is responsible for an area that stretches from the High Island Bridge to the Colorado river and includes 26 miles of busy Houston Ship Channel and the ports of Galveston, Texas City, and Freeport. The Marine Safety divisions of the Eigth Coast Gaurd district are responsible for ensuring waterway safety, safeguarding ocean and river commerce, and inspecting ports and vessels for safety around the clock. Another big responsibility is protecting the nation's environment.

Colonel Buechler had this to say about the move. "The arrival of our sister agency, the USCG, in the Jadwin Building provides us yet another opportunity to improve our partnering efforts and better synchronize our support to the public. I would like to extend a warm welcome from the US Army Corps of Engineers." Congratulations on a job well done and welcome to the building.

Mover helps bring Coast Guard belongings into the building.

Q & A with Darrell Davis

An interview with the new union president

Q. What is a union to you?
A. A group of people with a common interest.

Q. And what is that interest?
A. That everyone (management included) be treated equally and fairly.

Q. What role does the union play with the Corps?
A. Goals and values are what the union is about. We have to work together (management and employees) to achieve the same goals. They need to coincide.

Q. With the new strategic vision and philosophy from Gen. Flowers, how do you see the union developing it to fit their message?
A. Our goals coincide with the new vision. Everyone feels, like I, that we need to increase communication. By doing that not only can we support our employees better, but our management rights as well.

Q. You have mentioned management several times. Can managers join the Union?
A. Yes. Many people believe that the union is only for employees at the low end of the totem pole. This is not the case. Anyone can attend meetings.

Q. Does everyone have the right to become a member of the Union?
A. Everyone has a right, not only as an individual, but as a federal government employee. Everyone has the right to voice their own opinion. I belive if you want change, join and do something about it.

Q. Do you believe that members misuse the union?
A. There will always be people abusing the system, being manipulative. However, with open communication between parties, this should not be a problem.

Q. As new Union president what are your goals?

Rich Rodakowski and Darrell Davis discuss union business.

A. First, to increase and open communication; to increase membership to 100% and to build trust. The union is not just one person. Many people who are on the outside are misinformed of what we do. We have to change that to succeed.

Q. To date, in your opinion, what is the Union's greatest accomplishment?
A. The union has become more proactive over the years. It has more officers that have been educated and are educating others on exactly what the union is and does.

Q. And failure?
A. The perception of the union - that members just want their way. What's interesting is 90% of grievances that could be filed are solved by opening communication between both parties.

Q. As you know, some districts do not have a union. Do you believe that this union will still be here in ten years?
A. Oh, yes. My feelings on the matter is if management and I can work together - then we will be going in the right direction. Hopefully, at one point, there will be no adversarial position. Growing trust and knowledge at the end will create better employees.

What Good Is A Union?

What is a union? A union is a group of persons united in a common cause.

What good is a union in government service? A union in government service gives you the opportunity to present any problems to the person who can solve your problems by duly elected delegates.

How strong is the union? A union is as strong as the group of which it is comprised of.

Who benefits from the union?
You and every person in government service.

What is the largest union in the world? The United States of America.

(*As shown in The Government Standard, May/ June 2001)*

Just the Facts:

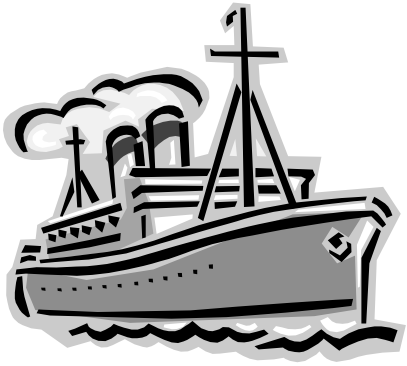
Members: Roughly 70

Terms of Office for President: 2 years

Fees: $9.19 per paycheck

The members are mainly who? Secretaries, technicians, etc.

Benefits of joining: Free and discounted legal service, life, accident, and auto/ homeowners' insurance, rental car discounts, dental program, medical prescriptions by mail, family savers such as: National Ear Care Plan, Educational Resources Discount, Union-Made Checks, Flower Service, North American Van services, Walt Disney World Hotel Leisure Travel Discount



All Aboard

The Emerging Leaders take a trip to Shoals Point to learn more about the Bayport project

Above: A scene from Shoals Point; Below: The Emerging Leaders - Robert Sherwood, Sam Watson, Bob Heinly, Sharon Tirpak, Rose Caballero, and Paula Wise; pose for a picture with Nicole Dailey and Lloyd Saunders

Rose Caballero and SharonTirpak look over information on the project

A view of the Jadwin Building as the group takes off

Nicole Dailey and Bob Heinly discuss the events of the day

INNMUG's Job Bank changes a life

by Barbara Johnson

Barbara Johnson, center, with husband Joseph R. Johnson Jr. (Rusty), and Jon, Liz, Becca, and A.J.

In 1994, I left a 10 plus year marriage with three children and no resources. I relocated my family to Florida from Alabama to live with my parents till I could get back on my feet. My employment background existed of retail sales and waiting tables. I began a career in telecommunications as a midnight PBX operator in the hospitality industry for the Orlando World Center Marriott. I worked a few short months on a Meridian 1250 console before transferring to the telecommunications department as a technical assistant.

Over the next several years my supervisor, Barbara Bell, telecommunications manager, began the ongoing task of training me on the Meridian system from the ground up. Over the next several years I attended seminars, road shows, conferences, and Nortel courses. I also became a local chapter member of the Orlando SL-1 Users Group, now known as SUNMUG.

Through my association with INNMUG (International Nortel Networks Meridian Users Group), I was introduced, associated, and educated in various ways to the Meridian systems. My ability to attend INNMUG conferences and network with other telecommunication workforce provided me with valuable resources.

While still at the Orlando World Center Marriott we upgraded our system to an Option 81C Rel. 23, Meridian Mail Rel. 12, and MAT Rel. 6.1. I was able to see the installation from beginning to end and participate in the upgrade. During my 6 plus years at the center, I was able to accomplish completion certification with Nortel Meridian Mail, Familiarization, Station Moves, Adds and Changes, and Maintenance. Although, my employment with the Orlando World Center Marriott provided me with the background I needed to secure a telecommunications position elsewhere, I didn't have the resources available to me to advertise my talents and search for a position which would allow me financial independence.

INNMUG's introduction of the Job Bank on the web was the door of opportunity for me. Once it was introduced, I became a frequent surfer. In July 2000, I noticed several opportunities that met my objectives and decided to submit my resume to a posting in the INNMUG Job Bank. I was immediately contacted and an interview was arranged. I flew to Texas to meet with my current employer, US Robottech, Inc., and interview for a position as a telecommunication specialist contracted to the U.S. Army Corps of Engineers in Galveston, Texas.

After the interview I was offered a position and I relocated my family to the Houston area. I have remarried and now have four children ages, 13, 11, 9, and 2. Due to the opportunity that the INNMUG Job Bank provided me, I doubled my salary, and was able to purchase a new home, and a new vehicle, as well as placing my children into a good education program. I am now able to provide a home and financial security to my family and myself.

A large part of this is contributed to Barbara Bell, who had faith and patience in me and made sure I received the education required to present myself to the telecommunication industry.

But without the opportunity at INNMUG's Job Bank and the resources it made available to me this could not have happened. As I grow and learn daily in my new position I am secure in the thought that if my employment needs change I have the resources available to me to continue my career in telecommunications because of INNMUG's Job Bank.

Town Hall Time Again

A town hall meeting was held May 21st as part of Vision Week and in anticipation of a visit from General Flowers. A video was shown on General Flower's strategic vision. The strategic goals in the vision are formed around three main parts; people, process, and communication.

A question and answer session between Colonel Buechler and those in attendance followed the video. Getting to see the Colonel do push-ups was the incentive to pay attention and know the answers to his questions. While the Colonel did the majority of the work, Larry Dunaway got his exercise for the day when he joined the colonel for one set.

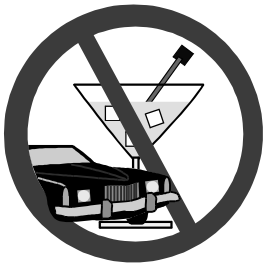
Army Values, the chief's philosophy posters, and the new "Just do it" cards were also discussed.

The last item on the agenda was a few awards. Carolyn Murphy and Karyn Trevino recieved cash awards and Charles Scheffler, Larry Dunaway, Ravi Seam, Tina Yarbrough, Phyllis Bledsoe, Michele Castelline, and Marilyn Uhrich all recieved certificates of appreciation and a commander's coin for their hard work.

Carolyn Murphy and Karyn Trevino pose with the Colonel; (below) Colonel Buechler with Phyllis Bledsoe, Michele Castelline, Marilyn Uhrich, Larry Dunaway, and Ravi Seam.

Charles Scheffler is awarded a commanders coin by the Colonel

When Teens Drink and Drive



You Have to Set the Example

Drinking and driving is the major cause of death among teens and young adults. In the 16-to-24 age bracket, drunk driving causes 8,000 deaths and 40,000 injuries a year.

However bleak these facts, the picture for teens is getting brighter. Through the efforts of Students Against Drunk Driving (SADD), many teenagers are becoming more aware of the dangers of drinking and driving.

Contract for Life Program

Founded in 1981, SADD has over 19,000 branches in schools across the country, SADD stresses the idea that true friends don't let each other drink and drive. These "true friends" include parents. One of SADD's most successful programs is the Contract for Life Program, Under it, a teenage girl, for instance, signs a contract with her parents that she will call them if she needs a ride home from an event where alcohol is served. In return, parents promise they will call the teen if they need a ride under similar circumstances.

Young people in many areas are coming up with innovative SADD activities. Many teens now participate in the Designated Driver Program, where one person is responsible for staying sober and getting friends home safely.

Other teens are sponsoring "dry-high" parties, with special attention on proms and graduations. Teens are taking their anti-alcohol message to radio stations, newspapers and local TV stations. In some towns, billboards proclaim: "This is SADD Territory. Don't Drink and Drive."

What Can Parents Do?

Parents cannot prevent their teens from experimenting with alcohol, but they can teach their sons and daughters how to handle situations where alcohol is being served. Here are some good tips to pass along:

· Limit alcohol intake to one ounce per hour. More than that begins to hamper your judgement, coordination and vision. Space your drinks at least an hour apart, then taper off to give yourself time to sober up. Eat when drinking to slow down alcohol absorption.

· At the beginning of the evening, decide who will stay sober and drive. If there's no one sober enough to drive, including yourself, take public transportation or ask to sleep over.

· Take car keys away from anyone who is intoxicated. Give this person a ride home or a place to sleep - or call a cab.

· Buckle up. It's the best protection against drunk drivers.

More Tips for Parents

· Be good role models. Your behavior has a big effect on your children.

· Establish firm family policies. Clear rules make it easier for a teen to say "no" to peer pressure. Encourage your teen to put the blame on you when saying "no" by saying, " If my parents catch me drinking, I'm grounded!"

· Keep the lines of communication open and listen to what your teen has to say. Make sure he or she understands the dangers of drinking and driving.

· Offer healthy alternatives. Encourage teens to put on "dry-high" parties and participate in sports or hobbies. Look for activities the family can enjoy together.

· Encourage your teen to get involved in Students Against Driving Drunk (SADD). Start a chapter if your school doesn't already have one.

· Learn to recognize the signs of alcohol use in children - school absences, withdrawal from family and friends, clumsiness, mood swings, poor sleep habits, lying or secretiveness, friends who appear aimless. If problem exists, let your teenager know it's okay to ask for help.

Breathe Easier: Cope with Asthma by Tracy Orr

Most of us take breathing for granted. However, if you suffer from asthma, the difficulty of taking a breath may take you by surprise when inhaling becomes more and more of a problem. Fortunately, you can take some simple measures to help placate your respiratory complications.
The American College of Allergy, Asthma, and Immunology estimates that 14 to 15 million Americans suffer from asthma. Asthma is an immune response of the body that results in the closing of the bronchi, which, in turn, obstructs the airways to the lungs. Asthma can be a deadly disease. There are a tremendous number of deaths from asthma in the United States every year.
Studies have shown that being African American, young, and female are among factors that appear to increase the risk of near fatal asthma attacks. According to the Center for Disease Control and Prevention in Atlanta, African American women over the age of 65 accounted for the largest increase in asthma mortality rates in the United States between 1979 and 1996.
Asthma has been increasing in the United States over several decades, especially among inner city children. There has been a fifty percent increase in asthma over the past ten years!
The increase in asthma has been due to increased stress on the immune system due to pollution, overuse of antibiotics in the first year of life, earlier weaning and introduction of solid foods with additives to infants, and genetic manipulation of plants, resulting in foods with greater allergic tendencies. Poor nutrition and heredity can also be factors, among with tree pollens, dust mites, cigarette smoke, stress, and an increase in the number of these individuals.
Asthma can be one of two types. Extrinsic or atopic asthma is an allergic condition wherein the body produces large amounts of serum IgE, the allergic antibody. This type of asthma is seasonal, not chronic, has childhood onset, a family history of allergy, and positive skin allergy tests. This type of asthma can be triggered by pollen, animal dander, and mold.
The second type of asthma, intrinsic asthma, is linked to a bronchial reaction, stemming not from allergy, but a different kind of reaction to dirt, toxic chemicals, cold air, infection, emotional upset, and or exercise.

Both types of asthma cause the body to release chemicals that inflame mast cells, specialized white blood cells that inhibit that lining of your respiratory passages. Substances called inflammatory mediators, including histamine and compounds such as leukotrienes, produce much of the allergic reaction observed in asthma.

It is believed that over fifty percent of asthmatics have allergic reactions to foods or environmental triggers. Food challenges in children have shown that they can experience an immediate reaction to eggs, fish, shellfish, nuts, and peanuts. Foods that can cause delayed sensitivity include milk, chocolate, wheat, citrus, and food colorings. So-called "elimination diets" can help identify allergens and give clues on how a change in diet can alleviate some of its problem. Getting rid of synthetic food additives, artificial dyes, and preservatives are key in controlling asthma.

Increasing the intake of antioxidants is also important. Some attribute the increases in asthma to the fact that Americans eat few foods rich in carotenoids, Vitamins A, C, and E, along with minerals like zinc, selenium, and copper, which assist in antioxidant defense mechanisms.

Antioxidants help bolster important defense mechanisms for your lungs, especially, Vitamin C, the major antioxidant present in the lining of airway surfaces. Several studies show significant

improvements in breathing and reduction of asthma problems when Vitamin C supplements are taken.

Research also shows that low levels of Vitamin C can raise asthma rates. Children of smokers suffer more asthma because of Vitamin C and E levels are depleted by secondhand smoke's free radicals.

Quercetin, a nutrient included in the flavonoid family, is a key antioxidant in the treatment of asthma. It is capable of inhibiting inflammation of the airways and the release of histamine that, in asthma, can lead, to bronchial constriction and shortness of breath.

The mineral Magnesium is also essential for asthmatics. It works as an anti-inflammatory by stabilizing histamine release and also operates as a brooch-dilator, increasing lung volume. B vitamins may also help in any kind of stress response.

Many herbal remedies can lengthen the duration between asthma attacks, and reduce security.

Licorice root, for example, is used as an anti-flammatory and anti-allergic agent. It is a good tonic for the lungs. Licorice root has some decongesting effects. Be careful, however, because it can raise blood pressure.

Onions and garlic, both members of Allium family, can also help ease asthma. Ginkgo Bibloba, helpful for improving mental acuity, has also been found to reduce the symptoms of asthma. Labelia, Indian tobacco, is a bronchi- dilator. Effective alone, it is used in combination with cayenne pepper and lungwort to treat asthma symptoms.

Eliminating offensive allergens is important in managing the disease. A clean home will help minimize the risk of contracting allergies. This is because house dust is a varied mixture of potentially allergenic materials including fibers, dander, bacteria, molds, food particles, and microscopic mites. The waste products of mites, proteins, any provoke an allergic reaction with symptoms similar to pollen allergy, and produce asthmatic problems.

To get rid of dust mites, remove carpets, or vacuum with a high efficiency particulate air (HEPA) filter and use an air purifier. Use plastic covers for the box spring and mattress, and wash pillowcases and liners often in water hotter than 100 degrees. Cover your pillow during the day and dust with a damp cloth. Assessing your life style and making changes may help alleviate asthma. Of course, anyone suffering from asthma should consult a physician or other health practioner. Remember though, with natural help you may breathe easier sooner than later.

ASTHMA: A SELF TEST

If you have one or more of these symptoms, you may have asthma. Report these symptoms to your doctor:

Allergies - exposures that cause nose, skin or breathing symptoms

Shortness of breath

Tightness in chest

Hard to breathe while exercising

Missed work or school

Almost always coughing

For more information about this test or asthma in general go to www.healthtalk.com/aen

School's out for Summer

Apryl Trevino is working in planning this summer. She will be a freshmen at University of Houston next fall. She plans to major in Pharmacy.

Colby Wise is a summer hire in Planning. This fall he will be a Freshmen at Texas A&M, majoring in Bio Medical Engineering.

Chris Brunt is working in the Bay Area office this summer. In the fall he will attend The University of Housotn where he plans to major in English.

Saundra Simmons is working in Regulatory this summer. She is a sophmore at Galveston College where she is majoring in Criminal Justice

Samatha Gonzales is a summer hire in Operations. She will be a senior at Ball High in the fall.

Audrey Rozsypal returned to Planning this summer. She is a senior Geology major at Texas Tech.

James Gilford is working in the Northern Area Office. He will graduate from Prairie View A&M this December with a Degree in Civil Engineering.

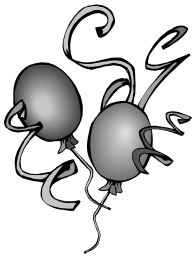
Anne Meyers, is a summer hire for the Norhtern Area Office. She will be starting the Nursing program at College of the Mainland this fall.

Trevor Page will be a Sophmore mechanical engineering major at University of Texas this fall. He is working in Engineering and Construction.

Joel Clarke is a senior Civil Engineering major at Texas A&M University. He is working in Engineering and Construction this summer.

Jennifer Eaves is a Senior at Clear Creek High School. She is working in Project Management this summer.

Not Pictured:
Robert Tidwell - APO
Anthony Castelline - LAPO
Patrick Curphey - PAO
Trent Evans - WAL
Toby Claxton - CRL
J. Deshotels - CRL
Matthew Shaw - APO
Jason Mathis - BRF
Daniel McQueen - BRF



JUNE

Birthdays

Johnnie Simmons: May 20th
Diana Laird: June 7
Kathi Dunaway: June 9th
Jacqueline Adekanbi: June 12
Mario Flores: June 13
Cindy Burke: June 15th
Doug Sanchez: June 16th
Llyod Saunders: June 23
Christine Vassar: June 30th

Anniversaries

Dewey and Gloria Brunt celebrated their 25th Wedding Anniversary on the 26th of June

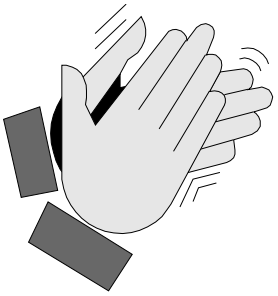
Speechmakers

Danny Wyatt gave a talk to the Seabrook Rotary on Thursday, June 7, 2001 on the Corps of Engineers water safety program and lessons learned from the ship channel fatality for both commercial and recreational boaters

Congrats

Kenny Chambers, Colorado River Locks, married Sharon Graeber in Needville, Texas on June 2, 2001. After their honeymoon in Colorado, they will reside in Needville.

Congratulations to **Apryl Trevino** for being the Salutatorian of her graduating class of 331 at Texas City High School. Apryl is a summer hire in the Project Management Branch and is the daughter of **Gilbert and Karyn Trevino.**



Carlys LouAnn Romano, 2nd Lietenant U.S. Army and niece of Bruce Bennet (Regulatory), graduated from Westpoint on June 2nd, 2001. Carlys first assignment will be at Ft. Bliss. Carlys is also a champion shot put and discuss thrower. At the Princeton Invitational in May, fresh off setting a meet record in shot put at the Patriot League Championships, she broke the meet and stadium records that had been in place for 10 years. Congratulations to Carlys and her Uncle Bruce.

Thanks...in his own words....

Hello my Corps family. Yes , I'm back. First of all, I would like to thank all of you for all your prayers, thoughts and cards. I am certain that these prayers are the reason I am here today and on the road to recovery. I can't express how much all that meant to me. It made me feel that I do belong to a wonderful family, the Corps Family.

I am feeling pretty much like my old self, but still need to regain my strength which will probably take some time. Again, thanks for all your prayers and thoughts

God Bless each and everyone of you,
Sal Arcidiacono

Comings and Goings

Patrick Kuhne's last day in the Galveston District was June 1st. He moved to the Detriot District.

"Not good bye, but see you later, Galveston. It has been a fun 6 years.

You all took a wet-behind-the-ears college boy from Missouri and turned him into an Engineer. In the process you made him feel welcome every step of the way.

You also taught him words like 'ain't', 'fixin to', 'purt near', 'breakfast burrito', 'habanera', 'mescal', 'shiner', 'flex time', and 'CEFMS'.

Thanks for the great relationships, the exciting work, the good-ole hospitality, and the unlimited opportunities to learn.

I am moving away but not moving on. Keep in touch."
Pat

Get Well Soon

"Hi friends - I want to thank each and every one of you for your thoughts, prayers and support during my time of illness and surgery of my left arm. I had 2 surgical procedures done to my left arm, carpal tunnel syndrome and cubital tunnel syndrome (this is the tunnel at the elbow where the ulnar nerve runs thru). My whole arm was in pretty bad shape. I had my big bandage taken off on Wed and the sight isn't very nice at all. I have 30 stitches running down my arm and 9 in my palm, plus there was a lot of serious bruising due to the surgery. I get the stitches taken out on 20 Jun. At this point I don't know when I will return to work - hopefully mid July."
Geva Roberts - supply tech

Alex Cadena, AO, came through his first surgery just fine and was recovering nicely. Since that time it was discovered that he had a growth on his kidney. He went into surgery again on June 7th. Please keep Alex in your thoughts and prayers

Condolences

Please keep **Scott Ickes,** Wallisville Office**,** in your thoughts and prayers. His mother, Cathy Ickes, passed away on June 1st.

Update: Christy Sorrels

Christy Sorrels, economist in Planning, has now been transferred from MD Anderson to the Rotary House across the street. After a short setback due to an infection in her arm from IV's, she has gotten back on track to recovery. The doctors reported that her marrow transplant is working and her cells are "engrafting"!

Christy will be going from the Rotary House over to MD Anderson for about 6 hours each day for treatments. The Rotary House is similar to a Ronald McDonald House where patients are able to continue to receive 24 hour care, but in a more "home-like" environment. If she continues to make progress as scheduled, she will be released in about 30 days to go home. Once at home, she will continue to remain in moderate isolation for approximately another 30-60 days until her immunity is strong enough to go out in public.

She thanks you all for your emails, your cards, prayers and love….it means so much to Christy and her family.
She has had some hair loss and is still weak and I would imagine frustrated after being in the hospital for so long with a constant connection of IV's. Please continue to e-mail and write her words of encouragement. And of course any donated hours of leave are invaluable.

Upcoming Events

July 4
Indpendence Day

July 11
PRB
8:30 a.m. - Noon

June 12
Launch (NASA)

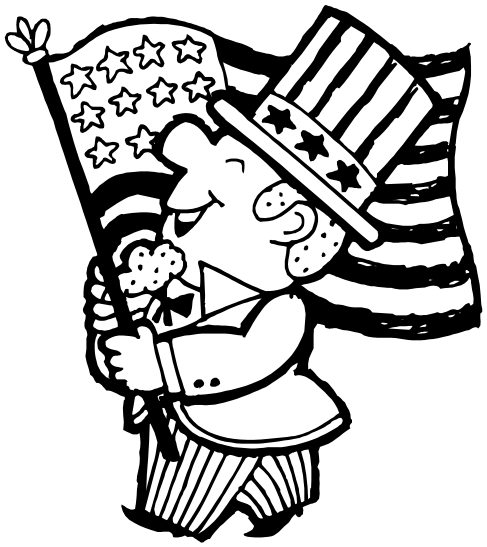
July 13
Tour of Smith Point

July 18
Change of Command - Tulsa

July 20
Change of Command - St. Louis

July 24 and 25
Regional Workshop at the San Luis Hotel

"The Celebration of the American Spirit"



Independence Day is the one day of the year that America comes together to recognize the extraordinary success of a bold experiment in democracy.

We celebrate not only an idea that captured the imagination of a people ready to make a new country, but also the birth of an ideal that serves as an inspiration to people throughout the world. Americans from all walks of life spend this holiday with family and friends enjoying cookouts, parades and fireworks. But it is also important for us to pause and reflect on the unlikely cause of this celebration.

It is important for us to revisit the uniqueness of our American spirit. This trait is a gift we can renew throughout the year at various milestones, but especially on this holiday.