

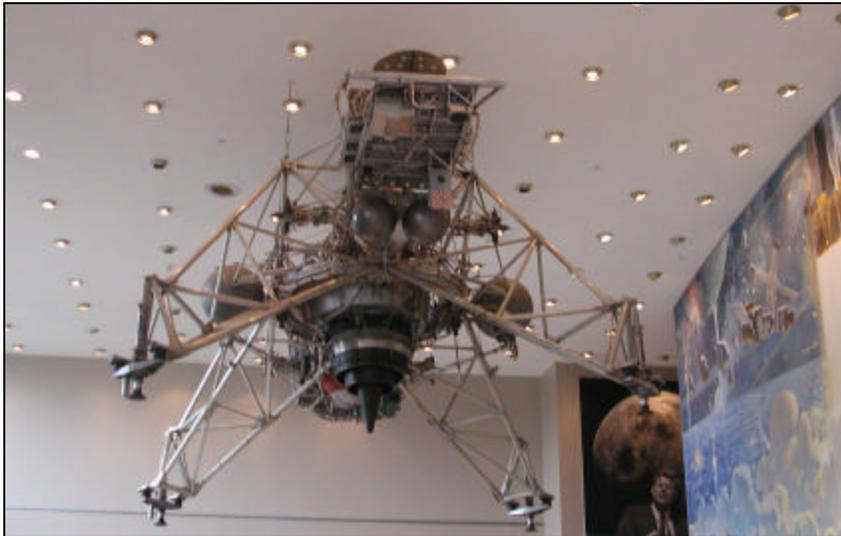


US Army Corps
of Engineers
Galveston District

The Sand Castle

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





On the cover: The start of the two-mile run during the APFT on October 31, 2002 (story page 8). Above: Space Rover at Johnson Space Center during the 2002 Safety & Total Health Day. Photos taken by Tina Ybarra and Ashley Jones respectively.

Volume 19 Number 11

The Sand Castle

Division	4
NASA - Be Safe for the Health of It!	5
Combined Federal Campaign	6
2002 Dredging Conference	7
HENAAC	8
APFT- We Throw Down the Gauntlet	8
Shell Safety Day	8
District Employee Stars in Re-enactment	9
New Benefits	13



in every issue

<i>The Commander's Column</i>	3
<i>Safety</i>	10
<i>Wellness</i>	12
<i>Castle Comments</i>	14
<i>Upcoming Events</i>	17

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The Sand Castle

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A newsletter for and by the employees of the Galveston District

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COMMANDER'S COLUMN

All you fishing experts will be happy to hear that I have signed the new fishing policy. There is nothing more important than the safety of all members of Team Galveston so after the tragic events of 9-11, we increased our security posture on Fort Point. This meant closing Ft. Point to fishermen.

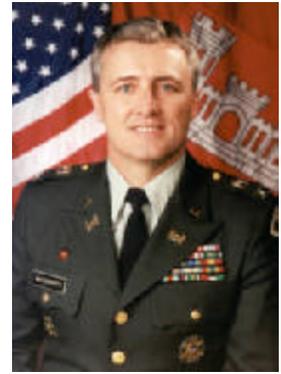
After assessing the safety and security issues, we have published a new policy. The KEY POINT to the new policy is this. If you have a military or Corps ID card, fishing licenses and a District fishing pass, you can have access to a great fishing area here on Fort Point. I have limited access to only those who have military or Corps ID cards because of my concern for the potentially large number of people that would want access on the weekends. We have reduced security manning on weekends and I am unwilling to spend additional funds to support fishing.

NOW for your part. This is going to be a self policing program. I want you to: comply with the policy; enforce the policy and not allow unauthorized people to have access; be vigilant of potential risks to our people and facility, and, keep the area clean. We have a world-class facility here on Fort Point so let's keep it that way. You have the responsibilities to keep the program going. I will continue to access the program with a focus on protecting the Team, but right now, I think we can apply safety and security and still provide a great fishing area.

As you pack up your poles, and bait and head off to Fort Point to catch you a BIG flounder, be sure to stop by and say thanks to LTC Mike Flynn, Bill Hopkins, Tina Ybarra and star of the program, Sandy Morrison. Without their help this new policy and program would not have happened.

Competitive Outsourcing is another issue of concern among the employees. Secretary of the Army White signed a memorandum on 4 October directing all Army elements to develop implementation plans to outsource positions considered non-core competencies. That plan is currently under development in our Corps Headquarters. How will it effect us, I currently don't know. What I do know:

- This is a developing process, so for us there is uncertainty based on a lack of information. I will provide all the possible information I have and will keep you informed of any developments. I believe we are just starting on what I think is to be a long process. The reason I believe this is because all the people and organizations we touch have not had their say. The local communities, elected officials, congress, and unions will all want to weigh in to the process. Keep in mind, there will be considerable uncertainty but I will give you all the information I can as quickly as I receive it. I will cover this topic in our November town hall meeting.
- It's important to realize that Gen. Flowers and the USACE-HQ are working this issue on our behalf. There are significant efforts going into the Corps' responses to the Secretary of the Army. Have faith they are doing everything they can.
- Now what can we do? We must remain competitive. As a civil works district, our communities along the Texas coastline bring money to the table for projects. Communities and the national taxpayer deserve quality projects on time and under budget. Team Galveston has a great reputation for doing that. We must continue to satisfy our customers by being responsive, finding creative answers to complex problems, and improving our processes (like PMBP/P2) if we are going to remain competitive with the private sector. If we stay competitive we will continue to have a great place to work for a long, long time.



Col. Leonard D. Waterworth

D I V I S I O N



Briefly, let me reiterate what PMBP and its supporting elements mean to us. PMBP provides the entire Corps of Engineers a consistent, multi-disciplinary set of best business practices with a supporting automated system, P2, to manage all Corps programs and projects. PMBP/P2 will serve as your enabler, your toolkit, to allow you to pursue Knowledge Management. PMBP, a teamwork process that embodies the principles of coordination, cooperation and consistency, is an essential element in our becoming a Learning Organization.

The importance of PMBP and P2 and the changes they bring to the Corps culture cannot be overemphasized. That is one reason that I am particularly proud that SWD has been selected as the test site for PMBP/P2. A test of such a vital process would only be trusted to an extremely capable organization. In the few months I have been a part of the Southwestern Division, I have already learned that the name Pacesetter fits the people of SWD. I have been to all the districts, met with employees from all elements of the organization and visited key projects. I have come away from these visits convinced that we have one of the best organizations in the Corps.

I have charged Darrell Alverson from the Division's Military and Technical Directorate to manage the regional team testing PMBP/P2. All the project delivery team leaders and our Fort Worth and Galveston teams are upbeat and enthusiastic about this project. Exemplifying the positive attitude of our Pacesetter Division, our SWD team demonstrates a willing acceptance of innovations to make the Corps even better. With this team in charge of testing, we will make a significant contribution to the transformation of the way the Corps does business.

I challenge you to learn all you can about PMBP/P2. Then provide your support to this important initiative and to the SWD test team. All new information, lessons learned, etc. will be posted to this SWD intranet site: <https://swdowebRBProject%20Management%20Business%20Process.html>. So use this as your one-stop PMBP/P2 information location. Our current actions will directly affect the transformation of every Corps district, lab, center, region, directorate and office into the most effective organization possible. Because of our efforts right here in SWD, the Corps will be able to use a set of modern, standardized business processes based on best business practices to better serve our customers. Our management, as a result, will be more streamlined.

By putting the right tools in our hands, PMBP empowers every Corps employee to continually improve, learn, and incorporate best practices for the benefit of all. Standing at the beginning of this innovative route to improved performance, SWD has the opportunity to move the entire Corps forward. We are in the enviable position of being able to mold and influence our own future.

I've written about Knowledge Management and provided an example of learning from the point of view of one of our employees that epitomizes a true learning organization. PMBP/P2 provides the main route to reaching the goal of being a learning organization and using Knowledge Management. Just as a carpenter with a nail gun can accomplish more than one with a hammer, the Corps will greatly increase its efficiency with the adoption of PMBP/P2.

We are being handed a great opportunity to lead the way. The team is ready. The people of SWD are ready. And, to paraphrase Benjamin Disraeli, "The secret of success in life is ... to be ready for your opportunity when it comes."

Hoo-Ah!

Robert Crear, Commander SWD

Be Safe for the Health of It!

Safety and Total Health Day occurs each year and emphasizes the commitment of Johnson Space Center (JSC) to extend health and safety beyond the work place. On this day, the JSC workforce is dedicated to learning more about safety and health

topics. Special booths are set up in the common areas and subject matter experts speak to employees about important health and safety topics.

At this year's expo, Dan Wyatt and Helene Keislich from Galveston District, as well as members of the Fort Worth District

attended with displays on water safety. Galveston District's display focused on international safety with regards to dredging in open waters. It pointed out the symbols hung from dredges alerting boaters to what side is safe to pass on.



Above: During their lunch break, NASA employees walked around gathering information on safety tips from the booths. Above right: Helene Kieslich explains the safety symbols located on dredges. Below: Dan Wyatt at the SWG display at Johnson Space Center's Safety & Total Health Day 2002. Below right: Logos from Safety Day and NASA.





Combined Federal Campaign (CFC)

Submitted by Sharon Tirpak

Each fall all Federal agencies participate in the Combined Federal Campaign (CFC). This year's campaign started in October and will end in November. The CFC is the only sanctioned solicitation of federal employee donations for over 1500 non-profit agencies that range from charitable and environmental organizations, to medical research agencies and more. So, how is the CFC related to the United Way? The CFC solicitation period runs parallel with the United Way Galveston's (UWG) annual fall fund raising campaign. The UWG applies to be the Local Campaign Manager for our CFC. The UWG administers the distribution of the funds pledged, not only from their campaign, but also the funds pledged in the CFC and the State Employee's Charitable Campaign. Last year \$1, 219,322.00 were raised in the three Campaigns in Galveston. Donations designated to a specific agency, go to that agency. The UWG's Allocations Committee distributed the \$632,215.00 that was not designated to a specific agency to the local United Way agencies.

Last January/February I had the opportunity to represent the Galveston District on that Allocations Committee which consisted of 16 community members who represented most of the major employers on

Galveston Island: UTMB, GISD, American National Insurance, the San Luis Hotel, Reliant Energy, Moody Gardens, Texas A&M, USACE Galveston District and others. The committee was charged with reviewing the annual budgets, operating expenses, income, programs and outcomes of the local United Way agencies and allocating to those agencies the non-designated funds received during the fall campaign.

Living and working in Galveston since 1984, I had heard of most of the agencies that are associated with the local United Way. However, I wasn't aware of all of the great services that these agencies provide to our local community, including: health care and counseling services to children, teens and families; food pantry services; daycare services to the working poor; counseling in schools; programs for people with developmental disabilities; help for seafarers; shelter and outreach services for victims of abuse; scouting opportunities for at-risk youth; disaster relief; and food and shelter for the homeless.

By participating on the Allocations Committee I really learned about the wonderful agencies and caring people that offer services that are truly needed within our local community. It was an opportunity for me to grow personally and have a better understanding of the needs of our community. It was also a great opportunity to meet and work with other community members and I am looking forward to again representing the District on the committee this coming year.

I N T H E D I S T R I C T

Please consider donating your CFC contributions to our local United Way agencies and keep our charitable dollars within our local community. Some receiving help during the year may be our neighbors, friends or even family.

I have listed the eligible agencies for the 2002 campaign. The local agency codes are listed at the beginning of the CFC agency list in the CFC booklet. If you are interested in reading more on these agencies, a United Way of Galveston pamphlet (with Agency phone numbers) is located on the bulletin board outside of the cafeteria.

*Aids Coalition of Coastal Texas, Inc.
Alcohol Drug Abuse Women's Center (ADA)
American Red Cross
Bay Area Council Boy Scouts of America
Catholic Charities
Family Service Center
Galveston County YMCA
Girl Scouts of South Texas Council
Gulf Coast Big Brothers/Big Sisters
NAMI Gulf Coast
Salvation Army
Seaman's Center
St. Vincent's House
Sunshine Supportive Employment
Teen Health Center
Women's Resource and Crisis Center
United Way of Galveston*

2002 Dredging Conference

On Oct. 30 2002, the District hosted its 2002 Dredging Conference. The purpose of the conference was to present the FY 2003 and FY 2004 proposed dredging and planning schedules to various federal and state agencies involved in the dredging program, as well as representatives of the dredging industry and local sponsors.

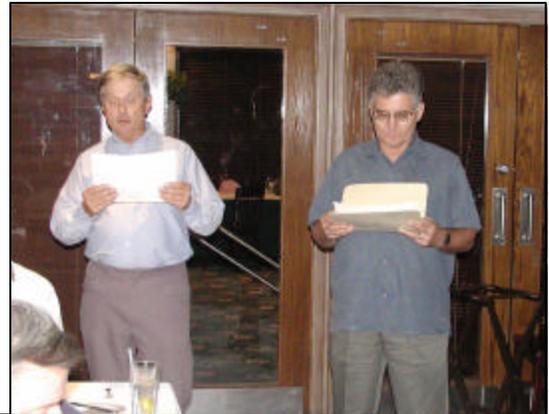
The conference was held in the Conference Center at Moody Gardens. An informational notebook was issued at the door.

An evening dinner/social, held Tuesday night, Oct. 29 2002. Dan Wyatt presented Safety awards at the dinner.

Certificate of Appreciation

*Kingfisher Marine Services
BRH Garver
Zachry Construction Company
TW LaQuay Dredging*

Above right: Dan Wyatt and Mike Kieslich present awards at the 2002 Dredging Conference. Right: COL Waterworth addresses the crowd with a dredging presentation.



HENAAC

The **Hispanic Engineer National Achievement Awards Conference** was held October 17-19, 2002, in South Padre, Texas. This event was dedicated to recognize excellence in engineering and to provide a forum for students to collaborate with professionals from the corporate, government, and academia to promote the value and contributions of Hispanics. The Galveston District sponsored booth at the career fair to explain the Corps Mission and recruit future engineers.

Above right: LTG Robert Flowers speaks with associates at HENAAC. Bottom right: COL Waterworth visiting at HENAAC. Right: LTG Flowers speaks to a member.



APFT

COL Waterworth, LTC Flynn and MAJ Hanus took their semi-annual Army Physical Readiness Test on Oct. 31, 2002, at the Jadwin Building. The standard APFT consists of 2 minutes of push-ups, 2 minutes of sit-ups and a timed 2-mile run. The score is based on the number of push-ups, number of sit-ups, 2-mile time, age and gender. The challenge laid out to the district was this: Come take the APFT with us. If your score beats the average score of COL W, LTC F and MAJ H, they buy you breakfast! If it doesn't, they will give you another chance next spring!

(Results on page 15!)



Shell Health, Safety, Security, & Environmental Day



On Tuesday, Oct. 22, 2002, Galveston District participated in the **Shell Health, Safety, Security, & Environmental Day** in Houston, Texas. Recreational Water Safety was the theme of the booth.

Above: Helene Kieslich and Margaret Hooper with the U.S. Coast Guard Auxillary. Right: Support staff at convention.



District Employees Star in Reenactment

On September 13-15, 2002, Fred Anthamatten and Erik Nelson, both members of the Nineteenth Century Living Association (NCHLA), participated in the 140th Anniversary Reenactment of the Battle of Antietam, in Sharpsburg, Maryland. The primary impression of the NCHLA is that of the 1st Texas Voluntary Infantry Regiment, originally recruited from this region, which fought for the South in the Civil War. As living historians, the NCHLA will also assume a Union impression if needed at a particular event.

Historically, the 1st Texas was one of the most famed Confederate units in the Civil War. Being the first regiment to be mustered and travel from Texas to Virginia, they were present at numerous major engagements such as Antietam (Sharpsburg) and Gettysburg. The present day 1st Texans began their trip at the Antietam National Battlefield, and was the only group allowed to “camp on arms” and to retrace the original steps of the 1st Texas. Among the most noteworthy was maneuvering through “The Cornfield”, where the 1st Texas lost 82.5% casualties, the highest of any unit in a single battle during the war. The 1st Texans held off superior numbers of the Union Army until the southerners were able to rally to avoid destruction. Many of the regiment originally came from Galveston and Harris Counties, which is how the present day living historians recruit. Also, a ceremony was conducted at the Texas Monument in the National Park, which included placing a wreath

(Continued on page 15...)

Right: Fred Anthamatten and friend in Antietam National Battlefield at “Sunken Road.” Below: First cannon fired in Antietam since the Civil War. Bottom Right and Bottom: Company “L” of the 1st Texas Volunteer Infantry.



Pedestrian Safety Walking: A Danger On Two Legs

By Tenisha Mercer

Walking can be a dangerous activity. Just ask the more 85,000 pedestrians injured by automobiles last year, according to statistics from the National Highway Traffic Safety Administration (NHTSA). Another 4,906 pedestrians were killed in traffic accidents last year, a statistic that makes pedestrians 1.6 more times likely to get killed by a car while walking than shot and killed by a stranger with a gun, according to the Environmental Working Group, a pedestrian safety group.

Walking is generally thought of to be a safe activity, however, according to the Environmental Working Group, pedestrian accidents account for 14 percent of all motor vehicle-related deaths, while only one percent of federal highway safety funds are spent nationally on pedestrian safety.

Nearly all of us walk at some point — whether it's to get to or from a vehicle, walking across the street, or in a parking garage — a fact that places us all in danger. So how can pedestrians avoid disastrous injuries and fatal accidents? By learning how safe pedestrians are in where you live.

Some cities, like Dallas, Atlanta, Ft. Lauderdale, Tampa, St. Petersburg and Clearwater, Florida, are ranked as the five most dangerous cities for pedestrians. Surprisingly, pedestrians are safer in cities like New York City — known for its pedestrian population — Boston, Milwaukee, Pittsburgh, Pa., and Rochester, New York. It is 11 times more dangerous to walk in Ft. Lauderdale than Pittsburgh, according to the Environmental Working Group.

Senior citizens 65 and older are most at risk for pedestrian accidents. Although seniors make up just thirteen percent of the population, they comprise twenty-three percent of all pedestrian deaths, according to the Environmental Working Group.



Familiarizing yourself with any know dangerous areas you plan to walk in is important too. Most pedestrian fatalities — fifty-five percent — occur on neighborhood streets and local roads, according to the National Highway Transportation Safety Administration. Walking doesn't have to be dangerous. By following simple safety rules, walking can be a safe exercise for anyone to enjoy in any environment.

Intersection Accidents: The Big Killer

By Manny M. Moncivais

The topic of intersection accidents is extremely important for every person who drives on the road today. Why is this so important? The mere fact that 42.6% of all fatalities involved failing to yield the right of way, passing a stop sign, or disregarding a signal (from National Safety Council's "Accident Facts"). These are all intersection accidents!

How do most drivers perceive intersections? Most drivers see an intersection as two roads where a traffic light controls each road, or two roads where a stop sign controls both roads. A more useful definition of an intersection is "an area where two vehicles can possibly cross." This means in and out of parking lots, inside parking lots,

in and out of driveways, in residential areas without any control devices, around buildings, or in alleys. It takes a minimum of two vehicles to have an intersection accident. Let's look closely at the root causes to these "intersection" accidents — the most serious and deadly type of accidents.

One type of intersection accident occurs with a controlled device (traffic light). You are the driver with the green light, there is a building which blocks your vision on the right, and it is difficult to see if any traffic is coming. You would normally continue to drive through since you have the green light. Upon entering the intersection you see a car which is not slowing down! It is too late for you to stop and the other car broadsides your vehicle!!! The consequences are usually not good. What did you do wrong? You had the green light, right? Since the building on the right blocked your visibility, you should change your perception of the green light to be just like a flashing CAUTION light! The general perception of what a green light means is GO. In actuality, we should perceive a green light as "approach with caution!" Remember, in any situation where your visibility is impaired, reduce your speed and

avoid entering the intersection until it is clear.



Another intersection accident which happens all too often is caused by

hastiness and failure to judge the speed of the other driver — the "hasty-pullout intersection accident." You are approaching a stop sign and running late for work or your appointment. You make a quick stop and take a cursory look to the left and right. When you looked left you saw a vehicle, but in your haste, you pulled out anyhow. As you are pulling out, the car broadsides you. What happened? First, your haste caused you to pull out carelessly. Second, in your hurry, you

did not properly judge the speed of the vehicle driving on your left. This type of intersection accident takes many lives each day.

Make it a habit to practice the DIA's "1520 Rule" which is your plan to arrive at your destination 15 to 20 minutes before you actually need to be there. This eliminates having to become an "offensive driver" and the need to be hasty. Be attentive to the speed of any cross traffic.

The driver who says, "I have been driving over forty years without an accident" can only be referred to as "lucky" This driver may have never been at the wrong place at the wrong time. During your next drive ask yourself:

- Am I approaching each intersection at a proper speed according to my available visibility?
- Am I becoming a "1520 Driver?"
- Have I eliminated my hasty pullouts?
- Am I judging the speed of the cross traffic properly?

Remember to be a responsible driver at all times! All DIA articles are intended as increased professional knowledge for improving perception of driving and driving skills. This information will not eliminate any accident on the part of anyone who fails to drive according to these principles. Drive courteously and responsibly!



W E L L N E S S

Submitted by Cynthia Burke

Since Tracy Orr's departure, Galveston District's Wellness Committee suffered the loss of a very key and capable chairman. In response, Major Hanus is re-energizing the Wellness Program. He requested and obtained volunteers to serve on the committee, and plans to share, among the new members the activities that Tracy single-handedly coordinated. I, for one, will be writing articles for the Sandcastle. For this month, Major Hanus asked me to introduce the new Wellness Committee and describe the services we currently provide to the district.

First, a little history. The Galveston District Wellness Committee was established in 1991 by verbal order of the commander to oversee all programs that are directed toward improving the health and fitness of district personnel. According to the Committee Charter, some of the activities and services the committee can provide include

- Health screenings, flu shots, and the Employee Assistance Program
- Advising management regarding the operation of the fitness center
- Encouraging employee participation in community fitness activities such as running, walking and bicycling events
- Sponsorship of educational programs on health related issues (AIDS, cancer, nutrition, depression, smoking cessation, etc)
- Coordinating and sponsorship of health-promoting classes held in the building (Weight Watchers, yoga, etc)
- Coordinating regularly scheduled blood drives

The committee receives direction from and reports to the Deputy District Engineer (currently MAJ Hanus). It is an independent committee that meets at the call of the Chairperson or DDE. Meetings are held as necessary, but not less than quarterly.

The annual budget for the committee is only \$5,000 to \$7,000. While this budget will

not support providing all sponsored activities and services at no cost to employees, where it is possible, the committee will contribute whatever it can to reduce the cost to the employee. In some cases, such as Weight Watchers, the entire cost is the employee's responsibility. The convenience of having the meetings in the building during lunchtime is the great benefit offered by the committee. For most of us, if the class were not offered at work, we would not find the time otherwise to participate at all.

Speaking of classes, I want to remind the district that you can still participate in Weight Watchers and yoga. I personally participate in both of these classes, and find it tremendously helpful that they are offered right here at work. All I have to do walk to room 185 (usually), and I can watch my weight and spruce up my yoga skills without having to find the time in my otherwise busy schedule.

I want to tell you why I like Weight Watchers. I'm sure you've been as confused as me when you've read that research indicates that a low-fat, high-carbohydrate diet is the most healthful. Then you can find research that indicates a low-carbohydrate and high-protein diet is the way nature intended for us to eat. Well, I've tried both, and neither works for me. I like rice. I like bread. I like chicken. I like cheese. And I like brownies! I like food, all food, and I want to eat from every food group!

Weight Watchers does not forbid you to eat any food at all. The Points System used by WW assigns "points" to all foods. The points come from factoring in calories, grams of fat, and grams of fiber. You write down what you eat, you keep track of the points, and you stay within your points range. And you LOSE WEIGHT. It's that simple! What this does is teach you how to moderate your intake of the foods you love. You learn healthful substitutions for the foods you love that may be giving you a problem. By familiarizing yourself with the point value of different foods, you learn what you can eat

and how much you can eat of it, and you can choose when you'd rather substitute a more healthful, lower point option for that big honkin' pizza you want to have at the end of the week. When you manage what you eat, you manage your weight, your health gets better, you fall out of your clothes, and life is good. Weight Watchers meets on Thursdays at 11:30am, usually in Room 185. If you want to join, contact Gloria Brunt.

Yoga will be starting up soon. Quite a few of us participated in the last session and most of us wish to continue. The instructor is Kathleen Dinatale, from Island Yoga. Kathleen has been practicing for 30 years and brings the expertise we need to help us establish our own practice. She is very skilled at suggesting different ways to achieve a particular pose, given your own physical limitations. She is a very positive person with a calming voice, and I guarantee that you will leave class less stressed than when you entered.

So, with that introduction on what the Wellness Committee is, what it provides, and who the members are, I would like to encourage each of you to take advantage of these services. If you have any activities or

Continued on page 17...

Current committee members include:

- Rhonda Brown- Chairperson, flu shots
- Gloria Brunt-Weight Watchers
- Cynthia Burke-Sandcastle article, class coordination
- Bill Jakeway-temporary blood drive coordinator
- Joy Smith-Employee Assistance Program
- Terri Carlson- Union Representative
- Danny Wyatt- Safety Officer
- Ernestine Brown-Roach
- Guy Williams
- Nicolle Dailey
- David Janda
- Denise Sloan
- Kristy Morten



New Benefits

On November 6, 2002, Galveston District employees were given the opportunity to receive free flu shots. Rhonda Brown did a great job getting things organized, and Major Hanus was able to get the flu shots for us at no cost.

The accolade goes to the Wellness Committee. The Wellness Committee, headed by Rhonda Brown, recommended the free flu shots. "Their recommendations are considered of the utmost importance because it's all about 'taking care of people,'" MAJ Hanus strongly expressed.

Do apologies help heal???

You know the feeling: Somebody hurt your feelings and you know you'd feel better if that someone would just apologize. Well, a new study has validated those feelings.

The research shows a genuine apology and restitution can make up for the wrongdoings – they can have an immediate, positive impact on the mind and body.

Researchers monitored 32 men and 29 women for various reactions when they were told to imagine being victims of a robbery, then they imagined getting an apology, restitution, both, or neither.

Heart rate, blood pressure, sweat levels, and facial muscle tension were measured when the participants were relaxed, then when there were imagining certain circumstances.

When the participant imagined receiving a genuine apology, their heart rates were lower and there was less tension in the eye and eyebrow muscle. When they imagined getting their stuff back from the robber, they showed less eyebrow muscle tension. The participants also reported less anger, fear, and sadness, and more control, gratitude, empathy, and forgiveness.



November Birthdays

Ronny Beesley	Nov 1
John Wong	Nov 2
Valdemar Rocha	Nov 3
John Bragg	Nov 4
Kristy Morten	Nov 4
Jacob Bourgeois	Nov 5
Dolan Dunn	Nov 5
Richard Tomlinson	Nov 6
Maria Green	Nov 9
Terrell Roberts	Nov 12
Eugene Patterson	Nov 13
Cecil McClenan	Nov 13
John Hander	Nov 15
Selma Hampshire	Nov 15
Francisco Garcia	Nov 15
Terrell Beyer	Nov 15
Harry Kohler	Nov 20
Ronald Meyers	Nov 20
David Brown	Nov 22
Patricia Kershaw	Nov 23
John Clark	Nov 25
Allen Hoth	Nov 25
Barbara Watts	Nov 26
Nelson Taylor	Nov 26
Denise Sloan	Nov 26
Rickey Tryal	Nov 27
Jennifer Hymel	Nov 27
Ronnie Barcak	Nov 28
Fredalyn Colston	Nov 28
Jose Moreno	Nov 30



Retiree News



Active and inactive military, retirees and U.S. Army Corps of Engineers employees will once again be allowed to fish at the Ft. Point Reservation. Fishing was suspended immediately following the September 11, 2001 terrorist attack in New York and Washington, D.C. Due to new security and safety guidance, there are some changes in the fishing policy. Interested parties are encouraged to review the new policy listed on the Galveston District web page at <http://www.swg.usace.army.mil>.

An applicant must show an official active/inactive military or corps I.D. before a fishing permit will be issued. No guests are allowed. Retired corps employees who would like to use the facilities must contact the security guards and set up a time to receive a badge and fishing pass.

The pier will be available for use only during daylight working hours, seven-days-a-week. Fishermen must check in with the guards on arrival before going to the docks. Ms. Sandra Morrison is the Point of Contact at 409-766-3977.

Our Sympathy...

- to Louise Plasek and family for the loss of Louise's father, Maynard Bennett who passed away on Thursday October 24, 2002. The services were on Saturday October 26 at Carnes Brothers Funeral home.
- to Emmett Billiott's mother, who passed away. Emmett is currently working in South Korea.
- to David Montgomery and family for the loss of David's father on October 22, 2002.
- to Judie Lester and family for the loss of Judie's father, who passed away November 8, 2002.

Congrats!!!

In Waller County, Republican Owen Ralston, former Corps employee, upended Democratic incumbent Glenn Taylor for the county judge's seat. Come Jan. 1, the county will have a first-ever Republican majority on Commissioners Court.

A bet is a bet..



Sam Watson, Planning, wears Virginia Tech colors to make good on his bet with Erik Nelson, Programs Mgmt. The two employees had made a bet on the college football game,

Texas A&M vs. Virginia Tech their alma maters. Score was 3-13.

(Continued from page 8...)

PRB

The tentative dates for 2003 PRB Meetings are as follows:

Jan. 15, 2003

Feb. 12, 2003

Mar. 12, 2003

Apr. 9, 2003

May 7, 2003

Jun. 11, 2003

Jul. 9, 2003

Aug. 6, 2003

Sep. 10, 2003

Oct. 8, 2003

Nov. 5, 2003

Dec. 10, 2003

If you have any questions, contact Apryl Trevino at ext. 3120 or Randy Moore at ext. 3139.

Speakers

~ On October 29th Gerald Dunaway gave a presentation on hydraulics and engineering design to a physics class at Stafford High School in Stafford. The teacher was Ms. Owens (Gary Owens daughter).

~ Joe Hrametz and Carl Anderson spoke to the Pt. Isabel Rotary Club on Friday, Nov. 1 about the Corps of Engineers and what the Corps is doing in South Texas.

Results

The Army Guys lost a hard fought Physical Fitness Test to The Challengers.

Army Guys

Average Score 246

COL Waterworth

LTC Flynn

MAJ Hanus

The Challengers

Average Score 256

Cliff Dominey

David Janda

Mark Lumen

Danny Wyatt

Join us next April for another Challenge!

Doing Time for Charity

Area engineer, Elijio Garza, from the Southern Area Office, was arrested... for a good cause on Thursday, Nov. 14, 2002. The Muscular Dystrophy Association arrested people all over Corpus Christi, TX, in a campaign to raise money. The arrestees had to obtain pledges as "bail" to get out of jail.

Elijio Garza is all smiles even though he was being arrested.



(Continued from page 9...)

of yellow roses and soil from representative Texas Counties at the base of the monument. Anthamatten company commander of Company L (Lone Star Rifles), placed beach sand from Galveston Island at the base of the monument.

“Campaigning” is the most authentic experience in present day reenacting. Essentially, the only items taken into the field are what a Civil War soldier would have carried on long marches, or campaigns. All uniforms, equipment, firearms, and food are authentic reproductions, and the

training is correct to the period of the 1860’s. “This was a once in a lifetime opportunity, which hardly can be explained in words. I feel

very fortunate to have had the experience of honoring those before us, reenacting, and learning more about history,” Anthamatten said.

Below: 1st Texas battling through the corn fields.



Dear Corps of Engineers, Family and Friends,

At the time of the writing of this note, the Thanksgiving and Christmas Season is quickly approaching. This time of year causes us to become more aware of how really blessed and grateful we are for each of you and your friendship. You have been so kind to us these two plus years since Sid’s death. We were especially touched by the decision to honor Sid at the June 27, 2002 Christening Ceremony for the M/V Tanner. We appreciate so much the efforts of all involved to bring this special day to pass. Thank you for such a worthy gift given to Sid through his family. It will continue to be a cherished memory for us, and we want you to know it was worth all your labor.

**With Our Love,
The Sid Tanner Family**



Left: The M/V Tanner. Right: Col. Waterworth speaks to Mrs. Tanner, Sid’s mother.



(Wellness Continued from page 13...)

services you would like to see sponsored by the Committee, tell a Committee member, or volunteer to coordinate it yourself! If you know of health-promoting events, such as fun runs, triathlons, marathons, bicycling events, or just fun family-oriented activities that are coming up, send me an email so I can include it in the next Sandcastle article. If you have a story you want to share concerning your own Wellness Program – what you do to take care of yourself, or how you weathered a serious illness, how you manage a serious condition, how you lost weight, quit smoking, etc, please share it with your co-workers. Just write me an email. Before I put it in the Sandcastle, I'll ask you to read and approve. Sometimes just knowing we are not the only ones dealing with a particular health issue is a very helpful and hopeful thing.

Wellness is a very personal journey for each of us. In the next issue, we will consider what wellness is, and how you might begin your own Wellness Program. In the meantime, know that your Wellness Committee is ready and willing to do whatever it can to help you along the way.



Upcoming Events

November

Native American Heritage
Month

November 13-14

Regulatory conference with
TxDOT. All of the south coast
TxDOT districts will attend.
Corpus Christi, Tx

November 19-21

Inlands Waterways Users
Board
Treemont Hotel

November 21

EEO Native American Indian/
Alaskan Program
9:00 a.m. - 11:30 p.m.
Conference Room 175

Town Hall

2:00 p.m. - 3:00 p.m.
Conference Room 175

November 26

Credit Card Training (T)
8:00 a.m. - 4:00 p.m.
Conference Room 175

November 26

Blood Drive
9:00 a.m. - 4:00 p.m.
Conference Room 185

November 28

HOLIDAY
Thanksgiving Day

December 1-4

Annual Small Business
Conference
Arlington, VA

December 2 & 9

Stress Management Seminar
9:00 a.m. - 11:00 a.m.
Conference Room 175

December 10-11

Quarterly PRB/BOD
Dallas, TX

December 11

PRB
8:30 a.m. - 12:30 p.m.
Conference Room 175

December 14

Kemah Boat Parade
4:00 p.m. - 9:00 p.m.
Kemah Boardwalk

