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UPCOMING EVENTS:

- August 20-22*
GICA Conference
New Orleans, La.
- August 26*
Hugo Point Ribbon-Cutting
Ceremony
- August 31*
Last day to apply for the
LDP program
- September 1*
HOLIDAY
- September 4*
New Employee Orientation
- September 10*
District PRB
- September 11*
Greens Bayou
Public Meeting
- September 20*
National Public Lands Day
- September 23*
Townhall Meeting, including
Awards Presentation and
“KISS THE PIG” contest
- September 24-26*
Inland Waterway's User Board
National Waterway's Conference
Houston, Texas
- September 29*
Tejeda Christening
Southern Area Office
- October 8*
NASA Safety Day
- October 13*
HOLIDAY

Volunteers to lend a hand to America's lands on National Public Lands Day

Thousands expected at 500 sites in all 50 states on September 20, 2003 - hundreds to descend on Wallisville Lake Project

Looking for a volunteer opportunity that will make a difference for future generations? Ever considered restoring the Great Western Trail that runs through the Grand Staircase-Escalante National Monument in Utah?

Thousands of Americans will take part in those and hundreds of other activities on Saturday, September 20, as part of the 10th annual National Public Lands Day.

The day's signature event will be held at the Wallisville Lake Project in Chambers and Liberty counties. Nestled around salt and fresh water marshes, hardwood

timber forests, and some of the most pristine cypress tress in Chambers and Liberty counties, only 40 miles east of Houston and about 40 miles west of Beaumont.

Wallisville Lake Project is a 20,000+-acre project of the U. S. Army Corps of Engineers that provides saltwater intrusion into drinking water supplies along the Trinity River.

Wallisville Lake Project provides the public numerous opportunities to connect with nature, bird watching, fishing, picnicking, hiking, and waterfowl hunting, are examples of activities the public can enjoy at the project.

This year's activities on Saturday, September 20, 2003 will begin at 9:00 am and conclude after a light lunch about 1:00 pm.

The Corps of Engineers and one of its partners the Chambers – Liberty Counties Navigation District and their educational branch “The Upper Texas Coast Water-Borne Education Center are the local sponsors of this event.

For more information, go to www.npld.com, or call 800-VOL-TEER (800-865-8337) or Wallisville Lake Project USACE, contact Park Ranger Donnie Smith at 409-389-2285.

Local soldier presents flag to district

July 15 was a great day for the Lockwood family. It was the day their son, Matt Lockwood, Marine Sergeant with the 4th Assault Amphibian Battalion, came home from Iraq.

Lockwood graduated with the highest scores in his class from the U.S. Marine Corps-Amphibious Assault Vehicle School in 2001 and moved to College Station to attend Texas A&M University. However, in

See Lockwood on page 4 . .



Col. Waterworth presents Sergeant Matt Lockwood with a commander's coin for his dedication and service.

Help is on the way!

District forms team to assist in workplace emergencies

Have you ever been involved in an emergency situation in the work place? What would you do if a coworker complained of chest pain or took a nasty fall? Do you know anyone who is qualified to care for someone in need? Never fear, the First Responder Team is here! This new organization is in the developmental stages, but once implemented will provide an organized plan of action in the event of an emergency.

Have an emergency? Grab an emergency contact list! The idea is to have one list of telephone numbers that will set off a chain reaction bringing aid to individuals in need and orderliness to a crazed situation. In the event that no First Responder Team (FRT) member

can be located, the guard station will serve as the point of contact.

The team members vary in experience. Many have served as emergency medical technicians or paramedics in the past, and every member has received first aid training. Brian Bader is the only licensed paramedic and therefore will lead in patient care.

FRT members have formed a plan of action in the event of an emergency. They have made changes around the building to ensure safety and educate Corps employees on how to best care for a fallen co-worker. Small changes such as relocating the automatic external defibrillator for access and utilizing storage to ensure there will

See FRT on page 6 . .

Rookery Island habitat restored in Nueces Bay

by Reagan Richter

The Galveston District was instrumental in permitting, and ensuring the success of the Nueces Bay Island Habitat Restoration Project, a project designed by the Coastal Bend Bays and Estuaries Program.

The proposal was to construct a four-acre artificial island in Nueces Bay to re-establish and protect rookery habitat for nesting colonial water birds, provide additional hard substrate to benefit aquatic life, and provide erosion protection to other islands in the bay.

For approximately 100 years, Nueces Bay was the site of

See Rookery on page 4 . .

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

Col. Leonard D. Waterworth

Public Affairs Chief

Phyllis Bledsoe

Public Affairs Specialist

Marilyn Uhrich

Michele Castelle

Editors

Michele Castelle

Ashley Jones

Writer

Michele Castelle

Ashley Jones

Colleen Martin

Photography

Ashley Jones

Colleen Martin

Travers Powell

Tina Ybarra

HOW TO REACH US:

DISTRICT OFFICE LOCATION:

Jadwin Building, 2000 Ft. Point Rd,
Galveston, TX. 77553

PUBLIC AFFAIRS OFFICE:

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

LETTERS TO THE EDITOR

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

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

Fax: (409) 766-3049.

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The summer is coming to an end. August was a busy month for the Galveston district. Not only was it a hot and sticky month, but we had another storm. Erika hit the Gulf Coast, but little damage was done. Thanks for the hard work and dedication of our Chief of Emergency Management, Gus Marinos, who kept us updated on the latest information.

An event celebrated during August was the completion of Hebbronville Border Patrol Station for the Laredo Sector. Just another example of our hard work paying off.

August also brought the Gulf Intracoastal Association (GICA) annual conference. We need to take advantage of these conferences and keep building long-lasting relationships with our sponsors and contractors. The reward for all of this hard and aggressive work is partners, stakeholders, and contractors, who greatly appreciate the Galveston District. The reputation that we have is growing and I challenge every one of you to keep giving it your all! We must look forward and accept all challenges that cross our path.

A groundbreaking ceremony for the Packery Channel project in Corpus Christi signaled the end of a long wait for project proponents in south Texas. Construction begins soon.

The district welcomes home some of its deployed employees: Lt. Col. Mike Flynn, Ed Mason, Pat Lingo, and Johnny Rozsypal. These employees have shown great courage and strength and I am extremely proud of them all. And, let us not forget the deployed employees we still have over there. They are in our thoughts and prayers.

We also endured a great loss in August. Joan Moratto, who worked in the Bay Area Office as a civil engineering technician lost her battle with cancer. She will be missed by many.

For all of your hard work, thank you!

Southwestern Division: Operation Rio

Operation RIO has been more than a success story at getting the oil flowing again here in Iraq. RIO has also been a Corps success story of organizing to accomplish a mission before the depth of the mission or the complications were even known. RIO has been a Corps success story of maintaining flexibility to meet any contingency, moving people from one place to another as needed, of bringing experts from within and outside the Corps together and of the vertical and horizontal teams strategizing to keep all players on the same path toward the same goals.

For example, our advance group, our ADVON team, came into Camp Doha unable even to talk about their mission. They had to coordinate with other military elements yet could not tell them what their purpose was. It made for awkward moments and even some misunderstandings but they persevered setting up a base from which they and those to follow them could work on their mission. The mission's bottom line is spelled out quite clearly in the name RIO, which stands for Restore Iraqi Oil. We are in Iraq to return the oil system to full production for the Iraqi people. Our goal is to work ourselves out of a job as the Iraqis take over operation of the oil industry once again. When they are back in full production, managed by their own people, we have reached success.

In spite of unforeseen conditions, we've actually made great strides getting within our sight of our goal. First, we expected much greater oil field damage from the fighting and from initial wartime sabotage. But, because of the success of the Coalition Forces, that didn't happen to the degree we had feared. That was good news. Second, we did not expect all the looting and post conflict sabotage. That happened way beyond what we had foreseen. That is the bad news. But in spite of that, we have managed to put out oil well files, repair damaged pipelines and facilities, and produce and export oil while delivering imported petroleum products for the domestic needs of the Iraqi people, a job we had not initially foreseen as ours.

One moment that stands out in my memory is when The Director General for the Iraqi Southern Oil company, Mr. Jabaar El-Leaby, turned the switch sending crude oil flowing for the first time from a free Iraq to a tanker ship at the Mina Al Bakr terminal. The 50 Iraqis and Task Force-RIO personnel present were exuberant at this successful moment. That very special day represented the hopes, dreams and means of bringing prosperity to all Iraqis for the first time. We Americans are making events like this happen all over Iraq. We do whatever it takes with a full heart, proud to be able to contribute, proud to be able to make a difference, proud to be a part of Operation Iraqi Freedom, and proud, most of all, to be an American.

We have also helped to put the Iraqi Oil Ministry back into the management role it held previously. We expect our RIO mission to be completed in the next six months. With no unforeseen changes, Team RIO's work should be over by the end of March 2004. This fits in with the Chief's plan to pull all Corps Iraq missions under one general officer in an Engineer Provisional Command. We will have had an opportunity to renew a country, we will have faced tremendous challenges and we will have accomplished our mission.

In addition to mission success, I also see subtle reminders that success can be measured by many different things. For instance, when we visit southern Iraq, children running from their adobe huts to the side of the road just to wave at us have become a common sight. That is special in itself, but one day this little girl was running extra hard to get our attention before we drove by. With a smile as bright as the sunshine, she was carrying and waving a small American flag. We couldn't stop, but I will always remember that moment. Perhaps we have no instruments or benchmarks against which to measure that moment but I know it in some way it further defines success. We are making a positive impact for the children of Iraq.

Each day I am even more impressed with the great attitude and abilities of Soldiers, Airmen, Sailors and Marines who, in the face of ever present danger and harsh living conditions, are out there making a difference in the lives of the Iraqi people. They are cleaning up neighborhoods, repairing power supply systems, fixing schools, providing water, guarding infrastructure in the 120 degree plus heat and, yes, still conducting combat operations. Each and every one of them teach that freedom and independence are so precious they are worth fighting for. That too is success.

For all you do every day, a sincere thanks from Team RIO!



Brig. Gen. Robert Crear

Neches River Saltwater Barrier

One of the district's largest construction projects is almost completed



The Neches River is an important asset to the Southeast Texas. For many years, the Lower Neches Valley Authority has worked to maintain the river as the primary fresh water source for the area, however saltwater from the Gulf of Mexico has made it difficult to do so. The Neches River Saltwater Barrier project is the solution!

Initially the construction of the saltwater barrier was to follow the deepening of the Sabine-Neches Waterway to maintain the fresh water levels of the Neches River.

Unfortunately, the project was segmented and never completed. Many years later the Lower Neches Valley Authority, or LNVA, and the U.S. Army Corps of Engineers, Galveston District have brought the project back to life.

The Neches River is especially vulnerable to taking on saltwater during a time of low river flow or drought.

Annual dry spells in Texas quickly reduce water flow, while the potent water from the Gulf creeps upstream. In the past, the LNVA has constructed temporary saltwater barriers and depended on Sam Rayburn Reservoir to provide freshwater flushes in the effort to maintain fresh water levels.

According to Scott Hall, the LNVA engineer responsible for overseeing the project upon its completion, "A temporary barrier has been constructed 36 of the last 50 years. The barriers were left in the river for as long as they were functional, which could span anywhere from less than a month to many years. Not only were they becoming an economic burden, they were causing

environmental problems, and hampering navigation of the river."

The temporary barriers were located near Big Thicket National Reserve.

Installation and removal of the temporary barriers, erosion at the shoreline caused by the temporary barriers, disruption of the migration of fish, obstruction to navigation and blocking anglers and pleasure boats were only a

"This is a win-win project all the way around," said Hall.

few arguments favoring the need for a permanent structure.

"During extreme low flow conditions, the Fort Worth District Commander issued a letter to LNVA giving them 30 days notice that releases from Sam Rayburn will be curtailed," said Richard Tomlinson, project manager. Low rainfall led to enactment of conservation measures consisting of the installation of temporary barriers, voluntary and mandatory water restriction.

Another determining factor in the decision to build the saltwater barrier was the Corps of Engineers decision that after December 1999 the Corps would no longer issue permits to install temporary barriers. The temporary barriers were simply too strenuous on the environment and too often a hindrance to navigation.

"The Corps is responsible for the project management, planning, real estate acquisition, design and construction of the project. Once it is complete we will turn it over to LNVA for operation and maintenance," said Tomlinson, "the Federal Government will still fund 75% of all expenses however."

The Notice To Proceed was issued on November 1, 2000.

The Corps of Engineers purchased property downstream of the temporary barrier site and just below the confluence of Pine Island Bayou and the Neches River.

The saltwater barrier was constructed in an excavated area adjacent to the river. "The first step was the construction of a cofferdam. "The work area was de-watered for over two and a half years," said Tomlinson.

"In the beginning there were many difficult challenges. Some of the larger problems were the work area was located in a swamp, making it difficult for the contractors. Also, there were three major pipelines that had to be relocated," said Floyd Wright, project engineer.

The access road to the construction site was designed to be submerged in the event of a flood. "Maintaining pre-project

conditions is very important. If the access road blocked the flow of the river, people upstream would see higher water levels. It is very important to make sure the river functions normally. The barrier was designed to mimic the natural flow and tide," said Tomlinson, "The gates will usually stay open, and the structure will have very little impact on the natural flow of the river except in times of drought. Even during times of low river flow, minimal freshwater releases will be maintained."

"We live on innovation out here", said Wright. There have been 57 change orders to date, each making the structure more efficient. From solar powered lights, to using the river to draw water for the irrigation system, to cranes mounted on the structure making refueling the generators a lesser task; the partners are always looking for ways to improve the project.

See Neches on page 5 . . .

Dredge 32 dredges Corps back yard



The Port of Galveston funded the replenishment at the San Jacinto placement area. Mike Hooks Inc., owner of dredge 32, began June 15, 2003 and finished the first week of August. They dredged 800,000 cubic yards.

Rookery continued from page 1 . . .

extensive shell dredging. It has been estimated that approximately 24 million cubic yards of shell was removed from the bay. The loss of reef habitat and associated islands reduced available habitat and important rookery islands, which support nesting birds such as Great Blue Heron, Snowy Egrets, Roseate Spoonbills, and Black Skimmers.

In 1980, there were approximately twenty-four islands available for breeding shorebirds. In 2000, approximately eight islands remained. Bird populations in Nueces Bay experienced a corresponding decline in numbers since the early 1980's.

The restoration project proposed to place approximately 50,000 cubic yards of material from an onshore borrow source.

The shoreline of the island is a rock revetment and berm system designed to prevent erosion and provide a habitat for wading birds. The construction project took over a year to plan, and four months to construct.

Early surveys of the new island have recorded over 350 black skimmers, 60 gull-billed terns, and 2 least terns nesting on the restored island. Of particular importance are the black skimmers and least terns, both are experiencing declines according to the Annual Texas Colonial Waterbird Census.

This year, biologists are planning to manage and enhance the island by planting native species of plants that should attract wading birds such as Roseate spoonbills and Great Blue Herons.



Nueces Bay



Nueces Bay



Hérons flying overhead.

Lockwood continued from page 1 . . .

February, he received the call that he would be going overseas.

Several months ago Roseanne Theobald, Programs Management, sent out an email to employees asking for names of friends and family members that were deployed overseas. She was putting together a list of soldiers' names to send letters and care packages - one of these names was Lockwood's. (Betty Voelkel, Programs Management, and Paula Wise, Planning, are friends with Lockwood's mother, Michele Lockwood.)

The packages had everything from beef jerky to hard candy to baby wipes in them and through correspondence with Lockwood and his mother, the Corps was informed that he really wanted small Texas flags.

"We were not allowed to fly American flags because we were told we didn't want to be perceived as if we were coming in to take over the country, we were there to help free the Iraqis. So we wanted to fly our state flags and show our 'statriotism' instead, since there were a bunch of soldiers from Texas," explained Lockwood.

On August 5, 2003, Lockwood visited the Jadwin building to present Col. Waterworth and the district with the Texas flag he flew while in Baghdad.

Although they couldn't have the town hall meeting they'd hoped for, several of the people who volunteered their time, work and money for the "support our troops" effort attended the small ceremony held in the executive office.

"I was just thrilled to finally meet him face to face! Really thrilled to see him home, safe and sound! My first thought was 'Oh Lord, he's so young (24 years old). So much responsibility at such a young age," Theobald said.

"The welcome back was great, just great! It was so nice to see him again," exclaimed Voelkel.

Lizette Richardson, project management, corresponded with Lockwood while he was deployed, "I was very surprised and pleased when Matt wrote back to me. He was very appreciative of the letters and care boxes we had sent him and he said it meant a lot to him. It was a great experience to finally meet him face-to-face, back home safe in the U.S. My husband is a Desert Storm veteran and I know how much it meant to have the support of friends and family when he returned home."

Interstate 10 Information Center provides travel and wetland information

by Felicity Dodson, Regulatory

Driving east on I-10 from Louisiana into Texas, just after crossing the Sabine River, travelers are welcomed to Texas by the newly constructed Texas Department of Transportation (TxDOT) Travel Center. What makes this travel center different is that, in addition to providing rest-stop amenities and travel information for the entire state, this center also provides its visitors an opportunity to stretch their legs while getting a wetland education.

The Corps of Engineers, Galveston District, permitted this TxDOT project, emphasizing minimal impacts to the wetland environment in which it was constructed.

The center, built entirely on pilings to avoid filling wetlands, opens up to an



A view of the center.



Visitors at the center.



Information plaque.

observation deck which looks out on the Blue Elbow Swamp, a picturesque Bald Cypress / Water Tupelo forested wetland community located within the Sabine River watershed.

From the deck, travelers can explore the 600 foot boardwalk that extends into the swamp. Along the way educational placards describe the plants, animals, and important functions of wetlands.

The center also offers educational tours lead by a state botanist.

The project provides needed travel services with minimal impacts to wetlands and boosts general public awareness of the importance of wetlands and their essential environmental functions.

Neches continued from page 3 . . .

LNVA uses water from the river for agricultural and industrial purposes. The onsite lab chief, Andrew Bruno, explained that they use the Clean Rivers Program to take samples and assess water quality.

"By testing water we can provide the cities and industries with advance information on how the water needs to be treated about two days ahead of time," said Bruno.

The massive structure spans across the width of the river and stretches twenty feet below the water line.

"There is no way to describe how enormous the structure really is until you see it for yourself. Pictures will never do it justice. I knew the basics of the how it ran and what it did but having Floyd explain it with such enthusiasm showed me what an important purpose it will serve upon completion," said Ashley Jones, public affairs co-op student.

Upon completion of the project, the operation and maintenance of the site will be the responsibility of LNVA. The completion of the barrier will have many positive outcomes for the people, industry, and environment in Southeast Texas. LNVA distributes water to refineries and businesses that depend on fresh water to operate.

"Without this service, the economy of Southeast Texas would suffer", said Tomlinson. "Southeast Texas accounts for about 20 percent of the nation's refining capabilities," added Hall.

The structure insures that the people who reside in the Region area will have one less worry if an especially harsh drought hits their region.

The saltwater barrier will be open to the public. There will be a boat ramp and restrooms available for the public. The LNVA will add features such as a picnic area, a walking trail, and stocked fishing ponds. The



Floyd Wright, project engineer, Richard Tomlinson, project manager, and Scott Hall, LNVA, look at part of the monitoring and control system of the salt water barrier.

forested area that was cleared to build the structure has also been taken into consideration - three hundred and eighty acres of land contiguous to the National Preserve were purchased as mitigation.

"I am proud of the duration of the project. We

started in May of 1997. It was designed in 1999 and awarded in 2000. The official completion date is in December, but I tell everyone to expect November of 2003. Six years is a good record," said Tomlinson.

District gets a "roof" lift

The Jadwin Building has been undergoing a major facelift, most recently the roof.

One of the first things Col. Waterworth requested of Eric Proctor when he began here was to develop a plan for the maintenance and repair of the Jadwin building. Not just the daily operations but to anticipate what might be needed next year, in five years, twenty years, and so on.

"Col. Waterworth tasked us with providing world class facilities and with that in mind that is how we have moved forward on the roof project, and actually all of the Jadwin projects," said Proctor.

The roof was part of a plan with funding requested in 2002. The roof is approximately 36,000 square feet, and is eleven years old. The project is scheduled to be completed within 90 days, beginning August 11, 2003.

The old single ply membrane will be replaced with a more durable multiple layer (built-up) roofing system. The single-ply membrane was not durable enough for the harsh environment of the Gulf Coast.

"We are very excited about having the new roof because of the protection it will provide the building; it is something we need very badly. Logistics took a proactive approach and received lots of support from everyone involved from Engineering, Contracting, Counsel, RMO, Safety, and of course the Commander. It was definitely a team effort and probably a very good example of PMBP in action," Proctor explained.



Raise your public speaking confidence

As I said last month, I personally endorse Toastmasters participation. I also believe it to be a logical next move to pursue after taking "The Dale Carnegie Course" I elaborated upon last month.

However, it's been my experience that life rarely affords us the opportunity to improve ourselves in such a stepwise rational manner so one must decisively grab opportunity by the throat before it eludes us or is nabbed by others but that's another topic.

Thus, while I recommend grounding your initial public speaking KSAs (Knowledge, Skill, and Ability) in some sort of nationally recognized program such as "The Dale Carnegie Course" please consider pushing the boundaries of your comfort zone by joining a local Toastmasters Chapter beforehand if pursuing formal training first is beyond your financial resources or unsupported by your boss as job-related fundable training.

There are currently a couple of local Toastmasters Chapters open to you on the Island and for more information access there website at www.toastmasters.org to browse at your leisure.

I'll give you my own perspective hereafter since you can read the website on your own in the direction and depth of your

own choosing for more information.

Toastmasters clubs vary in size and as widely as individuals in personality but I've found them a far less stressful environment to make mistakes or experiment in than say when you're briefing the Commander.

I imagine other quality forums exist for honing ones public speaking but this is one I experienced. For example, if speaking in a book club or support group is your thing then I suppose that can work too.

However, a club dedicated to improving public speaking with such institutional experience and educational material availability can have many advantages albeit tempered with the realization that their sale of such materials is driven at least somewhat by a profit motive rather than your self-realization dynamic alone.

From my perspective meetings provide opportunity to improve your ability to conduct meetings, ad lib, work within time limits effectively, develop your own personal best style (gestures, persuasive tactics, language, voice, stance, and organization), and take constructive criticism from often very experienced folks most of whom truly want to help you with all their heart.

It reminds me of a 12-step group in this way but with more healthy camaraderie and more positive energy.

I chose the word "criticism" purposefully because I underestimated the value of standing in front of a group with those far more adept than I and subjecting myself to their public evaluation and critique without even a podium to hide behind. I believe that enduring, then learning from that experience prepared me to take virtually any abuse a crowd can throw at me henceforth without dying onstage.

Real life is often interlaced with uncomfortable surprises you cannot prepare for such as questions from the audience you feel you really should have been prepared for but weren't or a loud growling gaseous stomach (happened to me during my serious dieting phase).

While you can't be prepared for everything and sometimes just don't have the energy, you can develop internal confidence and capacity to rebound. Those one to two minute surprise ad lib sessions were also invaluable for developing a comfort zone especially regarding handling off the wall questions you will eventually have to deal with.

Point is, while you often have little control over your environment, audience, and sometimes your own body, you can prepare yourself in many ways so that you too may grow to eagerly embrace public speaking opportunities as I now do!

FRT continued from page 1 . . .

always be supplies on hand make a world of difference. Another important task the FRT will take on is upholding the requirements OSHA sets for providing first aid supplies throughout the building. In the past, the first aid kits have been raided and misused. The FRT will ensure that the OSHA kits will be secured and stocked in a timely manner.

To monitor use and expedite the process of restocking, the kits will now be sealed and have log sheet to let the FRT members know what supplies have been used.

The kits will no longer provide Aspirin, Tylenol, Excedrin or any other form of medication. These medicines can now be purchased in the vending machines. As far as items still in the medicine kits, they should be used for work-related incidents only.

“The first aid kits will still operate on the honor system, but

should only be utilized in the event of an injury at work”, said Lisa Kendrick, administrative officer.

What can Corps employees do to help? “Once the system is in place, utilize the system and call security. Communication is important so that the patient receives optimal care,” said Felicity Dodson.”

“We recommend that everyone takes a first aid course. They are offered here in the building free of charge,” added Brian Bader, “There is a push for everyone who works in the field to be trained in basic first aid techniques.”

The next first aid/CPR training class to be held in the building is scheduled sometime this fall.

Col. Waterworth will formally introduce the new organization at the town hall meeting on September 23, 2003.

Castle Comments

Light the Candles



Felicity Dodson	Aug. 1
Robert Richardson	Aug. 1
Juan Lopez	Aug. 4
Gail Stewart	Aug. 5
Curtis Cole	Aug. 5
Rick Medina	Aug. 5
John Otis	Aug. 5
Clark Griswold	Aug. 6
Andrew Smith	Aug. 7
Richard Whitmire	Aug. 8
Robert Pietzsch	Aug. 8
Timothy Updike	Aug. 9
Richard Schrank	Aug. 10
Joel Stratton	Aug. 11
Rob Thomas	Aug. 12
Mel Rothberg	Aug. 12
Mary Cooper	Aug. 12
Celia Cockburn	Aug. 14
Nancy Young	Aug. 14
Henry Mullins	Aug. 15
Randy Moore	Aug. 15
Jayson Hudson	Aug. 16
Herbie Maurer	Aug. 16
Lizette Richardson	Aug. 17
Byron Williams	Aug. 18
Mohamed Moussa	Aug. 19
Pam Thibodeaux	Aug. 19
Terri Carlson	Aug. 19
Simon DeSoto	Aug. 21
Ruben Villagran	Aug. 21
Nicholas Frankell	Aug. 22
Alton Meyer	Aug. 22
David Byers	Aug. 23
Pablo Hernandez	Aug. 26
Louis Petit	Aug. 27
Steven Ireland	Aug. 27
Nicolle Dailey	Aug. 28
Carol Freeman	Aug. 28
James McKeon	Aug. 28
Vinod Patel	Aug. 30
Brian Bader	Aug. 30
Carol Sheffield	Aug. 31

Baby Makes 4!

Congratulations to *Byron Williams, Project Management,*



and his wife, Terry, who had a baby girl on July 17th. Camryn Anle' Williams weighed at 7 lbs. 1 oz. and 21 inches. The Williams' also have a 4 year-old son, Jaylon.

Happy Anniversary

Charles "Donny" Smith, ranger at the Wallisville Lake Project celebrated five years of marriage to Vivian Smith on August 22.

Congratulations

Congratulations to *Gloria Brunt!* She has been selected to replace Cindy Jones in E&C Division. Her start date was August 10.

Congratulations to *Byron Williams!* He has been selected to join the Project Management team. His start date was August 4.

Condolences

Please keep your thoughts and prayers with *Denise Sloan, Regulatory.* Her mother passed away the weekend of July 19.



If you have an emergency, call:

The FRT Team: Brian Bader - x3037
Felicity Dodson - x3105
Lisa Kendrick - x6330
Terri Carlson - x3176
Glenn Weitknecht - x3198
Traci Robicheaux - x6306
Ana Gordon - x3820
Guards Desk - x3899

First Aid Kits are located:

Ground Floor - Under stairwell
First Floor - Cafeteria
Second Floor - Copy machine area
Third Floor - Copy machine area

Lisa Kendrick- Administrative
Brian Bader- Tactical
Dan Wyatt- Advisor
Mike Flynn- Security Coordinator
Eric Proctor- Facilities Coordinator

(please cut out and place in an accessible area)

Wellness:

The Essentials of Chinese Medicine: Yin, Yang and Qi



One of the major assumptions inherent in traditional Chinese medicine is that

disease is due to an internal imbalance of Yin and Yang; therefore disease can be treated by correcting the Yin Yang imbalance, thereby returning the body to a healthy state.

The body is a delicate balance of Yin and Yang. Yin represents water, quiet, substance and night, whilst Yang represents fire, noise, function and day. The two are polar opposites and because of this one must be present to allow the other to exist; for instance, how can you experience joy if you do not understand misery? The balance of Yin and Yang within it determines the state of the body. Each of the organs of the body has an element of Yin and Yang, although one organ may be more Yang in its nature, whilst the other is more Yin. One organ may be more important in its substantive form (Yin) whilst another is more important because of its functional abilities (Yang).

The balance of Yin and Yang is not always exact. Sometimes a person's mood may be more fiery, or Yang, whilst at other times he

may be quieter and therefore more Yin. Normally the balance changes from hour to hour and day to day, but if the balance is permanently disordered, for instance if Yin consistently outweighs Yang, then the body is unhealthy and disease results.

When there is imbalance external agents can invade the body and cause disease, these external agents being called pathogens. The essential principle of Chinese traditional medicine is to decide on the exact nature of the imbalance between Yin and Yang, and the pathogen causing the trouble, and then to correct these pathological processes. As the natural forces of the body return to a normal balance the disease is then cured.

The art of traditional Chinese medicine is to particularize the imbalance accurately so that it can be corrected quite specifically.

The patient is then treated by using specific acupuncture points on the body, or the ear, in order to re-balance the body. This broad system of traditional medicine applies to all aspects of therapy used by the ancient Chinese, particularly acupuncture and herbal medicine.

In the Blue Sky

In the blue sky angels sing songs
In the white clouds, the sky talks to me
In the green grass, crickets chirp
In the water, the fish do tricks
In the world, people are friends
In my life, my heart speaks to me
In my courage my life grows strong
In my happiness, joy and sweetness grow
In my blood, I have love
In my school, success enters me
In my bedroom, I walk to my window and say my prayers
In my room, I talk to the sun and stars and moon

-Ashley Rea, grade 3, sister of
Alicia Rea, Regulatory Specialist