

INTERCOM

US Army Corps of Engineers, Walla Walla District
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Corps extends helping hands far and wide



Supports regional flood-impacted communities
Provides national cost engineering support
Assists fish survival in Germany
Fights poverty in Djibouti

From Where I Sit

'Cabinet Chemistry' highlights science careers

We've all heard it said that the youth of today are the future. If you have ever tried to keep up with the boundless energy of a five-year-old, this saying becomes crystal clear. Recently, I had the opportunity to work with 10- to 14-year-old girls, and this axiom became even more meaningful to me.

In March, a conference was sponsored by Great Explorations in Education (GEE), the non-profit arm of the Walla Walla branch of American Association of University Women. The goal of the conference was to acquaint girls from 5th through 8th grade with technical careers. Through informal, hands-on experience, careers incorporating science, technology, engineering and math were highlighted. The overall program seeks to promote and develop opportunities for education and training in these fields for girls and women. The U.S. Army Corps of Engineers Walla Walla District was asked to participate and, fortunately, I was able to volunteer for this event.

While there were multiple forums at the conference, I chose to hold workshops. The workshops were the "hands on" piece of the conference and, as a chemical engineer, I chose to call my workshop "Cabinet Chemistry."

The girls made their own lava lamps and silly slime with basic supplies you find in your own kitchen cabinets.

I held two workshops with about 15 girls in each. Some girls took detailed notes and asked me how to spell 'Alka Seltzer,' while others wore sunglasses rather than safety goggles. I do know the girls had a very good time. One student stated as she left, "That was more fun than I thought it was going to be." It was great to watch them complete the experiments and perhaps pique their interest in science.

While I contemplated the value of sending young girls home with slime, I acknowledged the benefit of events like this. I was one of four women who graduated from the University of Washington with a degree in chemical engineering. That is far from the 30 girls I saw in my workshops alone. And while I may have been the only Corps engineer represented at the conference, I know I was not the only one who saw potential in these girls to help balance the statistics.

This is just one of many local venues that allow us to interact with our future leaders. Programs like this may spark an interest in the math and science fields where there was no prior interest. I hope everyone of us would consider volunteering for something like this or, at the very least, encourage participation of our own children.

Margie McGill, Project Manager



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Editor's note: *Reaching far and wide*

Nestled in a Blue Mountain valley in Eastern Washington sits the Walla Walla District headquarters building. It may not be in a well-known location worldwide or be the number one tourist attraction. But the building houses a team of professionals working in a gamut of fields whose reach goes far beyond the District's 107,000-mile-wide boundary of operations. They really live up to the District motto, serving our community, our nation, the world.

Recently, I learned how true this is. And it surprised me as an employee who has worked a shy two years here, with the goal of learning our District's mission to share it with you.

While developing this issue, I discovered how we do great things for our neighbors, our country and beyond. Truly.

We not only pick up trash alongside our neighbors, keeping our communities clean (p. 12), but we fight floods and continually deploy in support of Overseas Contingency Operations with a steady presence. We also have an external focus in Idaho regulatory field offices, where we walk people through the permit process on their construction projects (p. 15). And our cost engineering team serves as the directory of expertise for the entire Corps (p. 6).

Our reach is far, wide and effective. This is also evident by a variety of districts asking us to perform cost estimating services around the country, while organizations like the German government knock on our doors for guidance on fish passage improvement (p. 3).

The Walla Walla District employs truly amazing, fiercely dedicated, world-class professionals who carry much more than their share of the load.

I am humbled to work with such great people who have allowed me to build a deep appreciation for our District's versatile mission.

So, as I continue on this journey of discovering the breadth of the Walla Walla District's mission, I urge you to join me, issue by issue, as we discover how effective we are at serving our community, nation and world.



*Terri A. Rorke
Intercom Editor*

District shares fish passage lessons learned with German government

by Terri A. Rorke

In a partnership with U.S. Army Corps of the Engineers Engineer Research and Development Center, U.S. Geological Survey and the German government, a Walla Walla District employee had a chance to share fish passage improvement expertise at an April workshop in Massachusetts.

District Hydraulic Engineer Lynn Reese was invited to attend the workshop at the Silvio O. Conte Anadromous Fish Research Center in Turner Falls, Mass., to share his fish passage improvement knowledge captured from 30 years of experience with the Corps and as chairman of the Emerging Technology Committee of the American Fisheries Society.

The German government sought guidance from the Corps to learn from the District's experience of improving fish passage at dams. It's working on understanding little-known biology and behavior of non-salmonid fish while adapting to developing technology.

The Germans are challenged to improve fish passage at 253 dams in their country,

echoing the District's challenge of improving lamprey passage on the Snake and Columbia rivers.

"They are where we were years ago," Reese said. "If you don't have a lot of knowledge about the fish and how they relate to hydraulic aspects in their environment, how do you design a fish passage facility?" Reese asked. Like the District's challenge of improving lamprey (non-salmonid) passage, the Germans are also working to understand migratory non-salmonids with little-known biology on those fish.

Reese's hope is that the District's years of research and seasoned institutional knowledge will help the Germans find answers.

"The Walla Walla District is known nationwide as an expert in fish passage," Reese said. "We've learned just by doing. We've developed the expertise in biology, engineer-



Hydraulic Engineer Lynn Reese, left, at fish passage workshop.

ing, operations and construction over the years," he said.

From lessons learned in the Pacific Northwest, the District developed a comprehensive adaptive management strategy on how to approach fish passage problems, according to Reese. The Germans can use the research to find answers to practical questions, like where to put a fish way entrance, what type of fish ladder to use and whether or not to use supplemental attraction water.

Hydrology and Hydraulics Branch Chief Mark Lindgren said, "The Walla Walla District has been involved in the development and design of innovative fish passage technology for the last 25 years."

"Over the years we have shared this knowledge with many other Corps districts across the country, the U. S. Fish and Wildlife Service, and technical representatives from other countries including South Korea, Japan, Germany and Russia. The District has a strong reputation in the design and operation of fish passage facilities," he added.

Dam at Lauffen, Germany, on Neckar River. Reese attended the April workshop to help share fish passage lessons learned with the German government.



photo courtesy of German Delegation

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On the cover



District Project Manager Simeon Francis, center, briefs Hydraulic Engineer Jonathan Petersen, left, on leadership responsibilities for flood fight operations in Bingham County, Idaho, in June.

photo by Amber Larsen

Corps responds to regional flooding



photo by Eric Walton

District Emergency management personnel also coordinated with Corps' Portland and Seattle districts to provide a Crisafulli pump, a PTO-powered 'trailer pump', and 100,000 sandbags to Bear Lake County, which is in the Corps' Sacramento District, and a Crisafulli pump to Jefferson County.

The District continues to coordinate with state and local emergency management agencies. Idaho Bureau of Homeland Security, and county and city emergency management agencies are taking additional precautions.

Corps water management officials continue coordinating with other federal and non-federal dam managers to make adjustments in river system operations that will best accommodate the increased run-off inflows. Reservoirs are being drafted ahead of anticipated heavy spring runoff.

The District is prepared to assist states and municipalities with flood-management support, if requested, said Jeff Stidham, District emergency management specialist. That assistance could include technical expertise, supplies and materials, equipment or contracts for emergency flood-fighting work.

"We're watching rivers and streams throughout the District and staying in touch with local emergency officials so, if requested to, we can plan, prepare or act," said Stidham. "Our top priority is the public's safety, so we're encouraging folks in low-lying parts of flood-prone areas stayed

tuned to information and advisories provided by the National Weather Service or their local emergency-service agencies and be ready to take action according to local flood response plans."

Early 2011 forecasts indicated this would be a record year for Spring flooding activity.

Corps personnel remain vigilant and are asking the public to remain aware of the safety risks associated with flooding: high water on levees, flooded roads, rapidly flowing streams and environmental issues such as well contamination.

For more information about Emergency Management assistance, visit www.nww.usace.army.mil/html/offices/op/em/flodasst.htm or call (509) 527-7145.



photo by Amber Larsen

(Above) District Project Manager Simeon Francis passes on team leadership responsibilities to Hydraulic Engineer Jonathan Petersen for Bingham County, Idaho, flood fight operations. Power Plant Operator Judy Turner looks on while serving as a quality assurance representative for flood fight operations. (Other photos) Scenes from flood fight activity in Idaho and Wyoming. Local contractors were hired to implement flood protection measures, while the District provided supplies and technical advice.

In response to a record season of Snake River Basin water volume, the U.S. Army Corps of Engineers Walla Walla District activated its flood-fight resources to help communities in southeast Idaho and Wyoming cope with increased flooding.

After activating its Emergency Operations Center for the first time since May 1996, the District deployed three flood fight teams, including ten trained volunteers, to Southeast Idaho to Jackson Hole, Wyo.

Since the first week of May, the District deployed 18 trained flood-response specialists and delivered 602,000 sandbags to counties and cities in the upper Snake River area and Wyoming.

The Corps has also provided three Crisafulli pumps, a PTO-powered 'trailer pump', to support flood-fight efforts in Jefferson County, and one additional pump to help Bear Lake County flood-fighters. The Corps also provided 50 rolls of plastic sheeting to Jefferson County and 35 rolls to Bingham County to help protect flood structures from being washed away by flood-level river flows.

"The job's getting done and done very well because of the people who have volunteered," District Commander Lt. Col. David Caldwell said. "They brought the right attitude, skills and professionalism and these are the things that make an effort like this a success."



photo by Amber Larsen



photo by Lt. Col. David Caldwell



photo by Eric Walton



Stepping out to help out

by Terri A. Rorke

First in a two-part series on how the Cost Engineering Branch supports the Corps and beyond.

Cost Engineers working for community, beyond

Walla Walla District's Cost Engineering Branch may sound like just another department in the U.S. Army Corps of Engineers. So it may be a surprise how wide its mission reaches. In fact, a lot of the District's cost engineering department's duties lie outside District headquarters doors.

The Cost Engineering Branch was established in 2002 as the government's National Directory of Expertise (Cost DX) of cost engineering for all U.S. civil works projects and the "support for others" program.

The branch serves a critical role in the Corps cost engineering community. This role includes certifying all Corps cost products that travel to the Corps headquarters Civil Works Review Board for approval before going to Congress for authorization and funding.

The branch team made up of about 25 individuals with varying backgrounds, including civil, mechanical and electrical engineering, database specialists, administrative and budget personnel, technical writing, and construction, carry a mission larger than any other cost engineering office Corps-wide. While performing their everyday

District Cost Estimating Specialist Clay Roman, left, provides cost engineering services for the U.S. Department of Energy's \$12.3 billion Hanford Waste Treatment Plant (WTP) project in Richland, Wash.

The Cost DX and subcontractor, Project Time & Cost, of Richland, Wash., are working together to provide cost analysis and estimating support to assist the DOE's Office of River Protection with the evaluation of requests for equitable adjustments (REAs), scope changes, baseline change proposals, and contractor claims.

The team also evaluates key indicators and data related to installation sequencing, equipment procurement lead times, engineering support, and technical issue resolution in order to reveal and facilitate resolution of baseline vulnerabilities.

Once completed, the site will be the world's largest radioactive waste treatment plant. The plant is expected to be operational by 2019.



U.S. Army Corps of Engineers photo

National Directory of Expertise (Cost DX)

- *25 civil, mechanical and electrical engineers, cost estimating specialists and others.
- *130 active projects.
- *Manages two five-year \$90 and \$10 million cost estimating contracts available to all governmental agencies.
- *6 trainers available to other Corps Districts, other agencies and countries.

duties supporting the District, they also work for other organizations around the world, which have included everyone from the Corps Europe District to the Russian government.

While currently working on about 130 active projects around the U.S., the branch also delivers training and mentorship to other district personnel on a request basis. The branch has six instructors

who develop and provide training to other Corps districts as well as other agencies and countries. Instructor-led training topics include dredge estimating, construction equipment ownership rates, cost agency technical reviews, cost and schedule risk analysis, and estimating basics.

When another district requests support for agency technical reviews (ATRs), risk analysis or cost estimating, they come to the Cost DX for coordination, review and certification approval.

"The Agency Technical Reviews of all funding-level documents are important to make sure they are quality, credible projects that can go forward to USACE, Division, and Headquarters for funding from Congress," said Cost Engineering's Technical Editor LaRhonda McCauley.

The Cost Engineering Branch offers cost estimating services throughout the life of a project to help project managers make informative and cost-saving choices throughout the planning and construction portion of the project. Cost engineers' responsibilities include providing project managers with the overall project cost, which include construction schedules and risk associated with cost and schedule.

"Cost and schedule risk analysis is the process that the Corps uses for identifying events that may impact the ability to plan, design and construct a project for the budgeted cost, and within an established schedule," District Civil Engineer Glenn Matlock said. "In doing so, the product delivery team can focus early efforts on reducing risk of potential cost overruns and schedule delays before they occur."

The Cost DX supports the Corps headquarters by updating cost engineering regulations, providing guidance and mentoring, and review of the planning, design and real estate regulations. The branch updates and produces the construction equipment ownership and operating expense schedule pamphlet as well as the historical and forecasted cost indexes for escalating project costs.

Because of the far and wide reach of the District Cost Engineering Branch, it's easy to understand that the team has been recognized by everyone from *60 Minutes* to various national competitions including four "Tri-Service National Cost Engineer of the Year" awards.

"My office staff and the responsibilities they are entrusted with are the very best," said Cost Engineering Chief Kim Callan. "We have excellent support from all levels of the organization including district, major subordinate command and headquarters. I honestly do not know what the next day will bring, who will call or what project may materialize. That is exciting."



U.S. Army Corps of Engineers photo

The Cost DX is supporting a billion dollar plus project to renovate and enlarge the Brooke Army Medical Center (BAMC) in San Antonio, Texas as part of the Base Realignment and Closure Program. This consolidates services from the Wilford Hall Medical Center plus the BAMC, creating the San Antonio Military Medical Center (SAMMC).

The Cost DX reviewed and made recommendations on the government and contractor process, and contract modifications as well as helping develop its pre-negotiation objectives for the fixed price settlement.

"We were able to assemble a team of estimators to sort and review over four gigabytes of data consisting of hundreds of change requests, subsequent contract modifications and their supporting government estimates and other cost data," said Mechanical Engineer Mike Jacobs. "We also researched recent similar projects by the Veterans Administration and Navy looking for lessons learned and pricing data to help ensure an overall fair and reasonable price could be determined."



U.S. Army Corps of Engineers photo

The Cost DX recently supported the Baltimore District by providing on-site support in developing cost and schedule risk analysis for Poplar Island, an environmental restoration project located in the Chesapeake Bay, Maryland.

The Poplar Island Environmental Restoration Project (PIERP) is planned to create approximately 570 acres of wetland plus 570 acres of upland habitat. It is estimated that by 2014 PIERP will provide up to 40 million cubic yards (mcy) of dredged material placement capacity. Dredged material from the Upper Chesapeake Bay Approach Channels to the Port of Baltimore is used to restore 1,140 acres of wetland and upland habitat.

The island restoration will resemble the approximate 1847 footprint which, as of 1996, had eroded to three separate islands with an area of less than three acres. To date, approximately 12 mcy of dredged material has been placed at the site.



Leadership Development Program grads moving up



photos by Keith Hyde

(Above) 2011 Leadership Development Program graduates tour Lucky Peak Dam in Boise, Idaho. (Group photo) Back row (left to right): Stephanie Russian, Julie Davin, Mike Francis, Dave Sears, Jamie Howard, Mehdi Roshani, Manny Salas, Michael Harrington, Pete Stewart. Front row (left to right) Lyle Calhoon, Trevor Mclaen, Casey Forest.

The ladder to leadership requires an extra mile of climbing. It takes more dedication, discipline and time than everyday duties require. But as the District's Leadership Development Program students graduate on June 16, they can check out the view from the top after climbing the ladder.

"LDP has been extremely challenging for me, both personally and in my work life," said Lucky Peak Administrative Support Assistant Casey Forest. "I have grown both internally, professionally and learned more about the organization, which is great. I didn't think I would make it to the finish line, but I have overcome that fear and realize it's just within my grasp."

2010-2011 LDP Class

Lyle Calhoon, power plant mechanic worker-in-charge, Lower Monumental

Julie Davin, project manager, General Engineering Section

Casey Forest, administrative support assistant, Lucky Peak

Mike Francis, supervisory wildlife biologist, Environmental Compliance Section

Michael Harrington, cost estimating specialist, Cost Engineering Branch

Jamie Howard, environmental resource specialist, Regulatory

Trevor Mclaen, supervisory electrical engineer, Ice Harbor

Mehdi Roshani, structural engineer, Structural Design

Manny Salas, power plant mechanical planner, Lower Granite

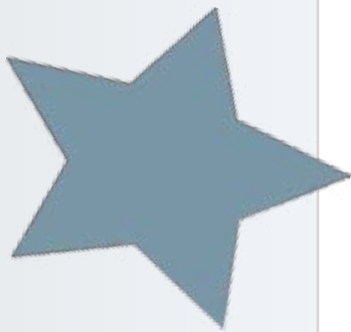
Dave Sears, maintenance worker, Lower Granite

Pete Stewart, rigger worker-in-charge, McNary

Award Winners...

Evident by many of its recent awards, Walla Walla District has been shooting for the stars with many accomplishments.

Whether through Northwestern Division acknowledgment or U.S. Army recognition, the District is shining bright. Check out some of its latest award winners.



U.S. Army



Journeyman of the Year Career Program Award

District Electrical Branch Chief Chad Rhynard is the U.S. Army Journeyman of the year for the CP-18 (Career Program Engineer and Scientists – Resources and Construction). In March, Rhynard accepted the honor at the CP-18 conference in Orlando, Fla.

Rhynard was recognized for his contributions toward the recruitment and development of engineers and scientists graduating from colleges and universities in the Pacific Northwest region. The CP-18 program allows about 18,000 civilian engineers and scientists to professionally develop



Chad Rhynard, electrical branch chief

...2011-2012 LDP Class

Introducing the new Leadership Development Class.

Chris Alford, Natural Resources Specialist, Mill Creek

Alex Colter, Environmental Resources Specialist, PPPMD

Jacob Davis, Power Plant Mechanic, McNary

Tim Dykstra, Fish Biologist, Operations

Kurt Friederich, Civil Engineer, Engineering and Construction

Katie Goodwin, Administrative Officer, PPPMD

Theresa Hampson, Attorney, Office of Counsel

Rodney Huffman, Realty Specialist, Real Estate

James Joyner, Environmental Resources Specialist, Idaho Falls Regulatory

Deanne "Dee Dee" Lingo, Electrical Planner, McNary

Jeff Lyon, Electrical Engineer, Engineering and Construction

Marvin Parks, Civil Engineer, Engineering and Construction

U.S. Army

Keith L. Ware Communications Competition 2nd place Photojournalism Stephen Doherty



Stephen Doherty, public affairs specialist

USACE

Michael C. Robinson Award Gina Baltrusch



Gina Baltrusch, public affairs specialist

USACE

Locke L. Mouton Award

Media Relations and Public Information: Gina Baltrusch

Community Relations: Bruce Henrikson



Bruce Henrikson, public affairs specialist



Fighting poverty in

DJIBOUTI

by Terri A. Rorke

Some call it an oasis in the midst of fire. And that's exactly how Walla Walla District employee Russ Heaton felt about helping fight poverty in his spare time as a deployed Army National Guardsman major at Camp Lemonnier in Djibouti, Africa. For two years, Heaton worked as an information operations officer in the middle of surrounding countries facing years of violent civil wars: Ethiopia, Eritrea and Somalia. And just as Djibouti served as an oasis amidst civil unrest in those neighboring nations, charity work served as respite from Heaton's daily duties.

Camp Lemonnier's primary mission is anti-terrorism, but it is also heavily involved in development projects such as building and repairing schools, drilling wells, and encouraging humanitarian efforts.

From November 2008 to May 2010, Heaton helped move about 50 tons of aid donations into the local community including everything from used clothing, to shoes, bedding and food.

He also had to ensure equal distribution of the donations in the midst of tribalism—a huge challenge for humanitarians in Africa.

"We purposely strategized our deliveries of humanitarian items to help us get the word out that we, first, had stuff to give



photo courtesy of Russ Heaton



(Above) District Limnologist Russ Heaton stops for a photo with Missionaries of Charity nuns while deployed to Djibouti with the Washington National Guard in June 2010. (Below, left) Scene of African terrain. (Top, right) Army Spc. Angelo Deras from Guam Army National Guard Readiness performs a communication check on top of a hill overlooking Godoria Range, Djibouti, Africa in March 2008. (Right) Missionaries of Charity Sister Apellered, a nun serving the Lady of the Good Shephard Cathedral in Djibouti, examines donations provided by Camp Lemonnier, Djibouti, in June 2010.

photo by Russ Heaton



photo by Senior Airman Jacqueline Kabluyen

out and, second, show the different sides that they weren't being preferentially treated. As a military officer with an understanding of politics while doing logistics, it helped me work with different groups peacefully," Heaton said.

"We use the churches and mosques in this area to aid us in distributing items to the people who need them. The religious leaders ensure the neediest are taken care of first," said Navy Reservist Chaplain Lt. Cmdr. Bob Cain (DVIDS, June 2010). Together, Heaton and Cain delivered hundreds of donations on a weekly basis. According to Cain, servicemembers and their family members in the U.S. donate more than 5,000 pounds of aid to Djibouti annually.

And the donations are well appreciated.

"For some kids, it was the first pair of shoes they ever owned in their entire life," Heaton said. "Since young kids don't get shoes because they grow so fast, it's similar to when an American boy gets his first car when he turns 16. It's a big deal."



U.S. Air Force photo by Staff Sgt. Robert Barnett

Besides servicemembers, Heaton also worked hand-in-hand with warriors of another kind. But their uniforms are habits.

"Nuns are somewhat like military members," Heaton said. "They deploy to an area for a specific period of time, and they have a chain of command, along with their primary care-giving mission."

Like Heaton, the nuns working in Djibouti fought poverty. Many of the nuns there work for Missionaries of Charity, which has been offering service to the "the poorest of the poor" since Mother Teresa of Calcutta set it up in 1950.

The charity serves all people regardless of their religion or social caste. In fact, the nuns are prohibited from proselytizing or they get kicked out of the country. This is a softer response than neighboring countries like Somalia where the same crime might get your head cut off, Heaton said.

In Djibouti, Missionaries of Charity nuns run hospices where Heaton delivered rice and bedding. These are the two most needed donations. That's because bedding is frequently burned after use by patients with contagious diseases like leprosy, and rice serves as a staple food for the patients.

"Some doctors in Africa think, 'If you're terminally ill, why should we feed you?'" Heaton said. "It's a tough place in Africa where there are so many needy who are generally healthy but also need food."

Another order of nuns, the Franciscans, operate orphanages that are popular with many of the Camp Lemonnier-stationed sailors, airmen, Marines and Soldiers who contribute to humanitarian volunteer efforts outside of their military duties. Camp Lemonnier servicemembers help deliver donations, feed babies and more.

As humanitarian efforts continue to thrive in Djibouti, an oasis remains amidst the war fires in Africa. And for servicemembers like Heaton, it continues to provide relief from everyday work duties.



Partnering to clean up and celebrate

EARTH Day 2011

As the sun shines a bit warmer and the grass turns a bit greener, we are reminded that it's time for Earth Day again: April 22. The Walla Walla District was actively involved this year with not only "Spring cleaning" and trail-building projects, but also fishing derbies. But they didn't do it alone.

Working with organizations like the Washington National Guard, U.S. Fish and Wildlife Service, and city organizations made Earth Day a time of teamwork and celebration.

Duffy's Pond



photos courtesy of Port of Kennewick



In March, the U.S. Army Corps of Engineers Walla Walla District partnered with Port of Kennewick and City of Kennewick to clean up Duffy's Pond in Kennewick, Wash. Ice Harbor Lock and Dam natural resources staff helped remove eight vintage car bodies from the pond. Ice Harbor Operations Manager Roger Golladay (right) volunteered on clean up day. City of Kennewick Mayor Pro Tem Sharon Brown (far, left) also helped remove trash from the pond.



"It was an excellent example of a cooperative effort of everyone in the community making a real difference with minimal cost to taxpayers," said District Realty Specialist Dave Morbach, who helped organize the event.

Mill Creek

photo by Jeremy Nguyen

On April 17, the Washington National Guard had a "Guard the Environment" environmental service day at the Mill Creek recreation area in Walla Walla, Wash. About 40 National Guardsmen re-routed a section of trail that was eroded because of poor design. The new trail curves across the hill on the dry side of Bennington Lake Dam.

District Park Ranger Jeremy Nguyen said, "It took the National Guard about three hours to do what would have probably taken the Mill Creek staff most of the summer to do."

In 2010 the Mill Creek Dam and Bennington Lake had about one thousand hours volunteered, which the federal government values at about \$20 thousand in savings.

McNary Lock and Dam &

To celebrate Earth Day, McNary Lock and Dam and Ice Harbor Lock and Dam partnered with local organizations to hold kids fishing derbies.

Two ponds were stocked with 3,400 fish in McNary's wildlife area for a kids fishing derby in Pasco, Wash. In addition, 200 trophy fish were stocked and kids received prizes for catching them.



Ice Harbor Lock and Dam

At Ice Harbor Lock and Dam's Hood Park, more than 330 children and adults took a shot at sharpening up their fishing skills during Ice Harbor Lock and Dam's children fishing derby near Burbank, Wash. The ponds were stocked with more than 2,000 fish. Ice Harbor natural resource specialists and Bobber, the District's water safety dog, shared information about wildlife and water safety at displays at the park.



photo by Beth Dailey



photo by Beth Dailey

Huston and Amanda Gallaway show off their catch, left, while Matt Millbauer, right, teaches his daughter, Leila, how to fish at the Ice Harbor fishing derby in April.

Living Strong

Story and photos by Amber Larsen



Of the 802 employees in the Walla Walla District, only 259 have jobs that do not require them to sit at a desk for the majority of their day. For the remainder of this group, staying in shape can be a challenge.

That's why District Commander Lt. Col. David Caldwell, Realty Specialist Rodney Huffman and Attorney Chloe Pullman decided to lead in a program inspiring healthy eating and regular exercise. The benchmark: percentage of body fat reduced.

Participants are encouraged to record their weight each week and weight loss leaders have seen as much as a 10 percent in reduced body fat nearly halfway through the 14-week

challenge. Just under 50 people decided to take the challenge this year.

"It's the first time we've done something like this on a district level," Huffman said.

That's not to say there aren't exercise enthusiasts around the District. Program Analyst Mike Vandiver (pictured above, below) began cycling just 18 months ago and has already finished first in category three of the 22-mile 'Echo Red to Red Mountain' Bike Race near Tri-Cities, Wash.

"The area around here is so great for it," he said. "It lured me in."

In April, Vandiver and other Corps employees participated in a community-wide Green Travel Competition sponsored by local sustainability groups.

The competition celebrated the 41st anniversary of Earth Day on April 22 and encouraged participants to travel by bike, bus, foot, carpool, scooters and other low-energy alternatives to four-wheel single occupancy vehicles.

"You really don't need a car around here," said Contract Specialist Jake Shaw. "And riding a bike is more fun than driving."

"Exercise is hard at first," admitted Technical Editor LaRhonda McCauley. "The first day was the hardest, the second week it gets easier, and after that, it's a breeze."

McCauley competed for the lead female position in the competition.

"It's taught me to make time for myself no matter what else is going on in my life," McCauley said.

"Exercise and especially commuting by bike or on foot have numerous benefits," added Shaw. "It's healthy, saves money, and it's good for the environment."

And another way District employees are serving our community, nation and world.



Earth Day Exercise

The first earth day (held in the spring of 1970) was announced at a September, 1969 conference in what U.S. city?

According to the Center for Disease Control and Prevention, what percentage of adults engage in regular leisure-time physical activity?

ANSWERS: (1) Seattle, (2) 35 percent

Gas Saving Tips

(for those of us who still drive)

If in town, keep your window down

AC, if used regularly, can use as much as 8 percent of the fuel you put into your vehicle.

Idle for 20 seconds if you must

Keeping your car running for 20 seconds uses more gas than firing it up. The added wear and tear on your engine is comparatively low.

Slow down...slower

Driving at a consistent speed significantly improves the miles you can get out of a gallon of gas but every time you slam on your brakes you are wasting all the energy it took to gain that speed.

Balancing interests

a regular day in regulatory

Story and photos by Terri A. Rorke



Walla Walla District Environmental Resource Specialist Jamie Howard and Portland District Project Manager Debra Henry review plans for a subdivision in Canyon County, Idaho, during a pre-construction compliance inspection.

They aren't all biologists, lawyers, social workers or police officers. But some Corps employees are specialists in delving into all these professions and more.

Whether guiding a contractor on building a subdivision or a resident breaking ground on a new home, the U.S. Army Corps of Engineers Walla Walla District Regulatory Division must be well-versed in many areas of expertise to guide the public through the permit process if their project impacts jurisdictional waters and wetlands in Idaho.

The Corps has jurisdiction over most perennial and intermittent rivers and streams, natural and man-made lakes and ponds, and irrigation and drainage canals and ditches that are tributaries to other waters, and wetlands. The Regulatory Division helps the applicant through the permit process with the goal of issuing a permit that meets the applicant's purpose and need while minimizing impacts to the aquatic environment.

"Congress gave the regulatory program to the Corps because it wanted an agency that would strike a proper balance between environmental protection and reasonable development," said David Barrows,

who leads the District Regulatory Division. "The law gives the Corps broad discretion to make decisions that consider competing interests and reflect strong stewardship of both the aquatic environment and public trust," he said.

The Corps administers Section 10 of the Rivers and Harbors Act of 1899 and Section 404 of the Clean Water Act. Under Section 10, the Corps issues permits for dredging and structures affecting navigable waters of the United States. Under Section 404, it issues permits for the deposition of dredged and/or fill material into waters of the U.S., including wetlands.

The team of 15 people in the District headquarters building and three field offices in Boise, Coeur d'Alene and Idaho Falls in Idaho carry a load of about 2,000 actions per year while meeting time-sensitive demands. A national goal is to process relatively simple permit applications (nationwide and general permits) in less than 60 days and more complex permits (standard permits) in less than 120 days. However, depending on project complexity, these timelines may be extended.

Although the Regulatory Division has a clear mission of issuing per-

~continued on page 16



mits, it demands they reach not only across geographic and professional borders, but also socio-economic borders.

Unlike most Corps employees who work solely at Corps projects, Regulatory Division staff have an external focus that affects all walks of life and crosses over city, county, state and federal borders.

They work with everyone from large corporations and public municipalities to “mom-and-pops” on projects dealing with everything from leveling residential lots to constructing large mines. Projects can often be quite complex, involving a whole suite of National Environmental Policy Act-related issues such as compliance with the Endangered Species Act, National Historic Preservation Act and tribal coordination or more.

“We are the other face of the Corps,” said Environmental Resource Specialist Greg Martinez, who works at the Corps’ Boise field office. “We walk with private

property owners on their land, talk with them and go over options to address their concerns yet minimize environmental impacts. “We are here to help people get their project done in a compliant manner,” said Martinez.

One of the challenges of working in regulatory is helping people understand why Corps employees are in their backyard, said Environmental Resource Specialist Beth Reinhart, who works at the Corps’ Coeur d’Alene field office.

“The breakthrough happens when they understand it’s a process, and we are there to help them get where they want to be,” Reinhart said.

“One of the reasons I believe we have been successful is because we have forged incredibly good partnerships with other regulatory and government agencies that we routinely do business with,” Reinhart said.

In fact, to help the public understand the purpose of the Regulatory Division’s

With every permit

With every permit application, the regulatory division walks the public through first **avoiding** any environmental impact and preserving cultural resources or historical property.

They may suggest alternatives designs to a project, such as building a bridge over a stream verse a culvert through the stream.

If the impact cannot be avoided, then, secondly, regulatory helps the applicant **minimize** the impact.

For example, instead of building a one-story home, they may suggest building a two-story building on a smaller foundation.

Finally, if the applicant minimize their project’s impact, then regulatory requires **mitigation** efforts to offset any loss.



(Above, left) Environmental Resource Specialist Beth Reinhart advises William Sheldon at his property in April. (Above, main) Reinhart and Regulatory Specialist Michael Burgan evaluate wetlands at a property owner’s land in Coeur d’Alene, Idaho.

role, the Coeur d’Alene field office conducts regular outreach presentations for the regulated public to help it understand the permit process and provide an update on any changes. Meetings typically draw a crowd of consultants, engineers, contractors and more.

“Regulations, guidance and court rulings change the program so often that it’s a challenge for us to keep up, so I can’t imagine what it’s like for the public. It’s pretty incredible, really. There’s never a day where I don’t learn something new in this job,” Reinhart said.

Regulatory’s mission doesn’t stop with helping people understand their role either. It assists the public from “cradle to grave” of the project while ensuring compliance before, during and after construction.

Furthermore, the Corps must abide by laws and regulations and fulfill obligations to all tribal, federal and state agencies such as the National Oceanic and Atmospheric Administration and U.S. Fish and Wildlife Service.

After working closely with the Regulatory Division for the past two years, District Office of Council Attorney Theresa Hampson said she is struck by the complexity of the program.

“There is a fair amount of stress on the project managers during the permit process because of all the political, policy and philosophical considerations and the constant tension between wetland conservation and private property rights,” Hampson said.

“One day they may be educating the public or other agencies in a classroom setting, the next day dealing with calls on a notice of an activity, inspecting work on a hostile landowner’s project, or testifying as a witness in a Clean Water Act trial. The skills necessary to accomplish their job are truly mind boggling,” she added.

Despite the complex demands of working in regulatory, while crossing into all sorts of areas of expertise, Reinhart simply summed up how she looks at her job.

“If at the end of the day, you can walk away and think that you’ve protected the resource, and treated the regulated public in a manner that they are happy with, that’s the best we can expect,” Reinhart said.



Environmental Resource Specialist Greg Martinez points out a tree at a mitigation site outside of Boise, Idaho. In addition to understanding regulations and keeping up with permit deadlines, regulatory specialists must be also able to identify plants.

Regulatory Facts

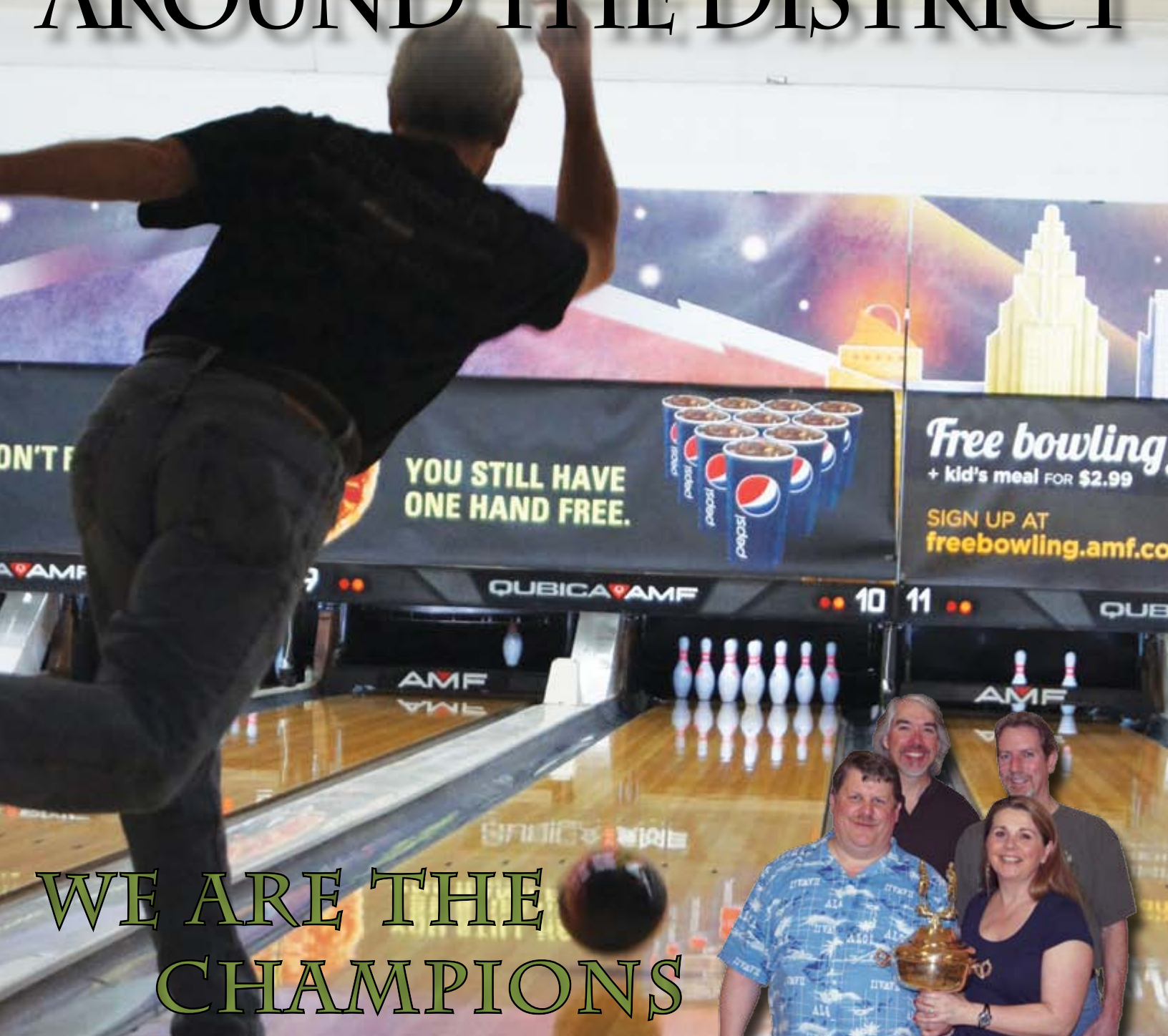
Team of 15 people regulates activities in Idaho.

Handles about 2,000 actions yearly.

They must balance environmental law, with private property rights in pursuing the overall public interest.



AROUND THE DISTRICT



WE ARE THE CHAMPIONS

photo by Yvonne Gibbons



Walla Walla District Bowling team

It's been 28 weeks in the making, but the District's bowling team's effort paid off as it took victory in the 2011 Tri-District Bowling Tournament against Portland District in April.

The four-person team "H4BF" (pictured above left to right, Contracting Specialist Brian Wing, IT Specialist Gene Duncan, Supervisory Civil Engineer Yvonne Gibbons and Mechanical Engineer Chuck Palmer) brought home the trophy with a 2,537 score and a 39-pin lead.

The tournament, which has been around for nearly 45 years, has a long-standing tradition of providing an opportunity to relieve stress from the week's workload, get to know co-workers and let kids have a good time.

"It's definitely a family thing," Gibbons said.

We won a bowling tournament, made regional industry connections, checked out a cost-share project, and kept our retirees up-to-date. We are also preparing for fun at the annual Corps Day on July 15.

Check out photos from what we have been up to lately around the District.



photo by Keith Hyde

(Above, right) U.S. Fish and Wildlife Lucky Peak Nursery Manager Clark Fleege, center, talks to District Commander Lt. Col. David Caldwell about the nature and history of the facility in Boise, Idaho, in May. (Left) District retirees stop to pose for a photo during the annual Retiree Day in April. Retirees were updated about the District's latest projects including the recent Lower Monumental Lock and Dam navigation gate replacement project in Kahlotus, Wash. (Bottom, left) Scott Beckstrand exchanges contact information with attendant at the District's first Industry Day in April. The event drew 159 attendees representing 100 businesses.



photo by Stephen Doherty



photo by Stephen Doherty

Corps Day 2011

Time to splash around. Dig out your bike, sharpen your volleyball skills and get ready to refresh, rewind and relax at Corps Day.

For information, contact: Katie Goodwin *7497, Rosalie Lopez *7349

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I'M WITH THE CORPS

Mark Lindgren

Name: Mark Lindgren, PE

Position: Chief, Hydrology and Hydraulics Branch, Engineering and Construction Division

Describe your job.

I am responsible for overseeing the analysis and providing guidance on water related issues, such as water quality, water management, water resources studies, and hydraulic design for the District. I have worked in this position for ten years and have worked in the water-related field for more than 25 years.

What is the biggest challenge you've faced in your current position?

The most challenging part of my position is trying to balance the various competing needs to use our water. Power, fish, navigation, recreation, water quality, flood control and irrigation are all important needs that have strong advocates. The Corps provides the analysis and justification and works with the region to determine the proper balance. This role is not easy but is extremely valuable to region and the nation.

Describe a few accomplishments you've experienced with your job.

Several accomplishments that I take great pride in include the development of state-of-the-art fish bypass and transport facilities at the Walla Walla District main stem projects, the development of a removable spillway weir (RSW) technology, and research efforts to develop improved fish passage through turbines. All of these are tools that help us balance between important but competing needs.

What is the most rewarding part about your job?

The most rewarding part of my job is working with the many talented people in the Corps of Engineers. They are hard-working, dedicated and continually trying to solve very difficult problems. We have great people across the board from Planning, Design, Construction and Operations. Solving tough problems and working with great people is my vision of a dream job.

Please highlight a notable milestone or memory in your position.

One of the more interesting memories I have with this job, occurred on 9-11. We were at Lower Granite Lock and Dam and for the first time we put water over the prototype RSW. The water-up and testing was very successful and held great promise for the future, which was in direct contrast from what was happening on the ground at the World Trade Center in New York. The tremendous effort that went into the development of the RSW, the excitement of it working as it was envisioned and the dramatic actions on 9-11 make that day stand out as no other.

