

SOUNDINGS

Detroit District
U.S. Army Corps of Engineers



www.lre.usace.army.mil

District donates wetlands to refuge

For more than 25 years, the Detroit District has owned and maintained 168 acres of wetland property in the Berlin Township of Monroe County, Michigan. On March 7, the district temporarily turned the land over to the Detroit River International Wildlife Refuge.

The temporary transfer is for a five-year period, during which time the Corps will work with the Federal Fish and Wildlife Service to enable the federal agency to assume ownership of the property on a permanent basis.

The land transfer came as a birthday gift to the National Wildlife Refuge System, which was celebrating its 100th

birthday when the District Commander, Lt. Col. Thomas H. Magness, handed over the temporary permit during a ceremony at the Lake Erie Metropark in Monroe County.

“Everything we do is about what is best for the nation,” stated Magness. “What is in the best interest of the nation isn’t always what communities believe is best for them individually.”

The property, mostly submerged in the waters of Lake Erie, is inhabited by many water, land, and airborne species. The 168 acres of land has also been posted for endangered species because it houses an active family of American

See REFUGE on page 2



Top: An eagle's nest is perched high above the land the district donated.

Left: Most of the land donated by the district is submerged in the waters of Lake Erie.

**Photos by Douglas Spencer,
U.S. Fish & Wildlife Service**



Inside:

Fleet receives blessing
for sailing season.
See page 5

District employee donates
kidney to help her father.
See pages 8 & 9

‘Next Generation’
goes to work.
See page 14

Taking precautions can ensure enjoyable travel abroad

Traveling overseas? If you are planning a vacation to an overseas location, stop by or call the District Security Office. The District Security Office is also the Anti-Terrorism/Force Protection

(AT/FP) Office.

Not only can you obtain the latest State Department's briefing on the country(ies)

you will be traveling to, but you can also acquire a copy of the following: "Your PASSPORT To a Safe Trip

Abroad;" Individual Protective Measures while traveling abroad; as well as check out a video on Foreign Travel.

Philip D. Kroll, Security Office, AT/FP Office

SECURITY SEZ

DOD changes THREATCONs to FPCONs to ease confusion

The Department of Defense decided a name change was needed due to possible confusion between "THREATCONs" and the Department of State's "Threat Levels," which are assessment categories for countries and regions. To eliminate this confusion, DOD has renamed security postures as Force Protection Conditions FPCONS. There are five FPCONS:

Normal —

No threat of terrorist activity is present.

Alpha —

There is a general threat of possible terrorist activity against installations, building locations and/or personnel, the

nature and extent of which are unpredictable. (10 protective measures)

Bravo —

There is an increased and more predictable threat of terrorist activity even though no particular target has been identified. (19 protective measures)

Charlie —

An incident has occurred or intelligence has been received indicating that some form of terrorist action is imminent. (11 protective measures)

Delta —

A terrorist attack has occurred or intelligence has been received that action against a specific location is

likely. (11 protective measures)

Note: 1. When a + is added to a Force Protection Condition, this means that all protective measures of the listed FPCON are effective as well as one or more protective measures of the next highest condition.

Note: 2. When an FPCON is upgraded, the measures of the previous conditions are also included in the upgraded condition. We are now in FPCON Bravo+, which means all 10 measures of Alpha, the 19 measures of Bravo, plus two measures of Charlie are in effect. In FPCON Delta, all 51 measures would be in effect.

Refuge

continued from page 1

Bald Eagles.

The donated land will become part of the Detroit River refuge, which currently includes 18 miles of international islands, wetlands, marshes, shoals and riverfront land in Canada and the United States.

-- Information provided by Thomas Dziadosz, Real Estate Branch.

Right: Frozen in the waters of Lake Erie, the 168 acres of donated land can be a barren and desolate sight to behold in the dead of winter.



SOUNDINGS

DISTRICT ENGINEER

Lt. Col. Thomas H. Magness
CHIEF, PUBLIC AFFAIRS OFFICER

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For general information, call toll free: 1-888-694-8313.



Commander's Column

We will be there to answer the call

As I write this, men and women of the armed forces are serving our country in demonstrated acts of bravery around the world. Our nation is fighting a war that it did not start in Afghanistan and Iraq but is clearly prepared to finish.

The great people of Iraq are beginning only now to get a taste of the freedoms they have been denied under years of oppression with Saddam Hussein. We are seeing history being made on the front lines of the Middle East and the front pages of our daily papers.

Men and women of the U.S. Army Corps of Engineers can be found in the very center of every critical operation that our military undertakes. When the United States needed a lead agency to control the oil well fires initiated by a brutal dictator – it turned to USACE.

Whether bridging the Tigris and Euphrates, destroying the military armaments of this brutal regime left abandoned on the battlefield, or building the base camp and port infrastructure necessary for the deployment and sustainment of hundreds of thousands of military men and women, USACE is right in the middle. When our nation begins the transition from peacemaking to peacekeeping, we'll be there to answer the call. The capabilities of the Corps have never been more challenged, or more needed.

Just as fighting and winning the war; the peace that follows is our nation's and our Army's number one priority, so it is for the Detroit District. Several teammates have deployed in response to our nation's call; two of them activated from the ranks of citizen soldier to full-time soldier. Others will follow shortly as part of the Corps' Field Force Engineering (FFE) package.

Detroit District has been asked to field a Forward Engineering Support Team – Alpha (FEST-A) team and prepare them for deployment. They will leave soon. This is likely to be the first of several similar requirements that provide full-service, multi-discipline capabilities to our war-fighting commands.

We will all be impacted by these deployments. We must all be prepared to tighten our belts and accomplish the mission without these deployed employees – many of them key leaders from across the district. I ask you all to consider yourselves a resource who our deployed teammates can “reach back” for help with engineering problems, professional challenges, or personal support.

Each of you has unique capabilities and expertise that are needed overseas. Thank you for what you do and the sacrifices that you and your families will have to make to

accomplish our priority missions within the district and deployed overseas!

Let me highlight two critical areas that I need you all to focus on. The first is physical fitness. Statistically, as a workforce, we are getting older. Some of us, myself included, are getting older and wider (no, not wiser - WIDER!). In the last nine months, we have had four district employees die while still on our payrolls.

Let's all do something to reverse this trend. Under the “Fit to win” program, I am committed to pay up to the first \$150 for an annual fitness membership. We have an arrangement at the District Headquarters to use the IRS facility in the building next door. We are pursuing initiatives to purchase “world class” fitness equipment for some of our area offices where the desire and space are available. Let's commit to improving our personal fitness levels. I guarantee it will improve the quality of each of our lives and

the overall productivity of our team here in Detroit District.

Lastly let me address our most critical district resource – our people. We spent two days with the senior leaders of the district reviewing the host of people-focused tools that we have available to us in USACE. I had asked all of these leaders to review a recent article from *FORTUNE* magazine detailing the “Top 100 Companies” in America and assigned them a homework assignment to answer three questions: What makes the Detroit District a great place to work? What did they see in the Top 100 companies that interested them? And what initiatives should we pursue in our district People programs? The results were very interesting.

First, we are great because of our people; our diversity; our mission; our challenging work. We are also great, as we have already put in place many of the programs that those “Top 100” company's site as why *they* are so great. Our pay and benefits are quite comparable. Our retirement program is very competitive. We offer training, developmental assignments, vacation, opportunities for assignment within the agency, around the world, and leadership and personal growth opportunities. We have programs for tele-work, flexible work schedules, student loan repayment, and CO-OP and internship programs. We have fitness programs, health screening, and (in Detroit) access to on-site day care.

Can we do more? Absolutely! Many have expressed interest in education programs, volunteer and community service opportunities, and sabbaticals. We are working on all of these.



Lt. Col. Thomas H. Magness

Essays! Hooah!

Food drive fills many baskets of opportunity

BY LARRY REILLY
Public Affairs Office

It started out as a Thanksgiving food drive. Then it was extended to provide food for the Christmas and New Year holidays. By the time the food drive had officially ended with the month of February, hundreds of pounds of food had been collected for a local Detroit food bank by an association better known for its internal fundraisers.

"The winter food drive was not only successful because it benefited many people outside the district; it provided the opportunity for MREA (Morale Recreation Employee Association) to conduct a fundraiser -of sorts- that could benefit others," said Sandra Jones, MREA president. "Although fundraisers are important to the association, providing for others is as important and is a direction MREA is looking to travel."

Not only did people outside the district benefit from the food drive, people outside the district helped contribute to its success.

"We believed we could count on our fellow district employees to contribute to the food drive; we wanted to also offer the same opportunity to all employees in the Patrick V. McNamara

federal building," said Tonya Harrington, food drive coordinator. "We contacted a local food bank agency to get some food containers we could place in various locations throughout the building."

The food bank personnel were more than willing to provide four large food containers and take Tonya up on her offer to collect and donate food via a food drive; she only hoped that the thousands of people who work in the McNamara building would respond as generously.

"The response was remarkable," Harrington said. "After Thanksgiving, we were still receiving large amounts of food donations so we decided to continue the food drive through the holidays "We had to use a storage room in the basement, to temporarily store the food, because the food containers were being filled so quickly."

By the end of February, more than 17 boxes of food or a total of 475 pounds of food and \$105.00 in cash had been collected and delivered to the Gleaners Community Food Bank in Detroit. Each dollar donated was converted into 16 pounds of food for a total of 1,680 pounds of food. Combined, the total amount of food equaled 2,155 pounds.



Photo by Larry Reilly

Tonya Harrington fills boxes with donated food.

"I didn't anticipate receiving so much food. It just proves that people really do care about others," said Harrington. "A number of people helped make this project a success, especially Darlene Bennett and Pat Thrift. I hope MREA will conduct the food drive again next winter."

"MREA plans to conduct the food drive again," said Jones. "We will probably encourage people to donate money as the food bank is able to convert the money into large quantities of food. The food drive was a successful program where many people were able to benefit."

Employees partake in Duluth boat show

Several members of the Duluth Area Office participated in the annual Duluth Sports, Boat and Travel Show held at the Duluth Entertainment and Convention Center Feb. 12-16.

Employees answered questions, passed out

information, brochures and activity books and gave presentations on harbors located in the Duluth Area and the role the Corps has in several local projects including the Park Point Geotube's and the Alternative Technology project at Erie Pier CDF, as well as one show

featuring the Lake Superior Maritime Visitors Center.

This year, personnel from the St. Paul District participated in the show and answered questions concerning camping and recreation areas as well as Regulatory functions.

Participating employees

from the Duluth Area Office included; Curt Anderson, George Fasteland, Curt Goltz, Mary George, Thom Holden, John Larson, Randy Lundgren, and Ed Parzych. Employees from the St. Paul District included Jason Berkner, and Jeff Steere.



Fleet, flags receive blessing

BY LARRY REILLY
Public Affairs Office

With winter winds of whipping across the Great Lakes, hundreds of people gathered at the Mariners' Church of Detroit on March 9 to participate in a traditional ceremony to bless their tools of the trade.

For 39 years, those who navigate the waterways of the Great Lakes have gathered at the church on Jefferson St. in downtown Detroit, to pay tribute to their fellow shipmates lost at sea, recognize those who have contributed to the marine community and receive a blessing for their waterborne vessels.

"It is a service we all look forward to and take seriously as it ushers in another season for those of us who travel the Great Lakes for a living or for recreation," said Robert Kerr, captain of the Detroit Area Office' tugboat DEMOLEN. "The service is filled with moments of celebration and reflection as we recognize those ship captains whose efforts have contributed to the safety on the Great Lakes and remember those who have lost their lives."

Three ship captains received The Captain Lewis Ludington Award, which recognizes captains who possess a high level of moral character and are very active in promoting the marine community in a positive manner.

The Detroit District Commander, Lt. Col. Thomas H. Magness, read the lesson. "It's an honor and privilege to be asked to read during this service,"



Robert Kerr, captain of the tugboat Demolen (right) watches as his ship's Army Corps of Engineers flag is raised during the service in downtown Detroit.

stated the commander.

Following the scripture, the names of those who have lost their lives on the Great Lakes were read aloud and after each set of six names, the bell of the former S.S. Octorara, located inside the church, and the Brotherhood Bell, located in the bell tower, were rung.

The ship captains in attendance gathered at the church's altar for the presentation of four wreaths that were laid on the altar in memory of those who have lost their lives by storm, by reef, by fire and by collision. After a musical salute by bagpiper, Lynn Scott, more than 75 vessel flags were brought

forward for the blessing of the flags by the Rev. Richard W. Ingalls, Rector, who started the special service during his first year as the church's Rector in 1965.

One-by-one, the flags of vessels, ranging in size from small cruise boats to Coast Guard cutters to Great Lake freighters displayed to those gathered, laid on the altar and blessed for the upcoming sailing season.

As the doors opened and the winds of March whistled through the church, most of the departing mariners merely buttoned up their coats and smiled back at the gusting winds with a blessed look in their eyes.



Rector, Richard W. Ingalls, center, blesses the fleet and flags during the ceremony.

Photos by Larry Reilly

Freighter performs season-opening voyage

BY THOM HOLDEN
& BEIH DUNCAN
Duluth Area Office

After a quiet winter, boatwatchers from around the area flocked to the Lake Superior Maritime Visitor Center in Duluth to view the first ship arrival for the 2003 shipping season. Just like the

first robin, the sight of a ship on Lake Superior signifies that spring is here—despite the ice.

It may have been a little later than usual because of ice conditions, but the Canadian FRONTENAC became the first interlake arrival in the Twin Ports of Duluth-Superior. Visitors in Canal Park

at the Lake Superior Maritime Visitor Center were the first to celebrate the arrival as the FRONTENAC muscled its way through the ice-choked canal into the harbor.

The FRONTENAC arrived at 12:10 p.m. Saturday afternoon, March 29th, loaded with about 15,500 tons of salt bound for Hallett Dock No. 6 and C. Reiss Terminal, both in Duluth, after refueling at the Duluth Port Terminal.

The vessel was greeted by a host of local dignitaries as it refueled. After unloaded, the FRONTENAC crossed the harbor to the Burlington Northern Santa Fe shiploader in Superior to load up nearly 27,000 tons of taconite ore pellets bound for Hamilton, Ontario.

The first ships out of the Twin Ports were part of the winter lay-up fleet. First out, with icebreaking assistance by the local United States Coast Guard cutter, SUNDEW and United Coast Guard cutter, MACKINAW, was the EDGAR B. SPEER at 10:37 a.m. on Sunday, March 23rd, bound for Two Harbors to load taconite pellets for Gary.



Canadian freighter, FRONTENAC, breaks the snow-covered ice to become the first ship this year to sail into the Twin ports of Duluth-Superior.

Sailing season begins with trip through Soo Locks

BY LYNN DUEROD
Public Affairs Office

It's a definite sign of spring, the Soo Locks in Sault Ste. Marie Mich., opened March 25 at 12:01 a.m. after a safe and successful winter maintenance season.

During winter maintenance crews dewatered the locks and made repairs to three gates in time for the shipping season to begin.

The ROGER BLOUGH led the pack of ships locking through the system by moving down-bound at 1:15 p.m., March 26. Four others soon followed after the Coast Guard cutter MACKINAW broke-up the ice in the channel.

On its way to plow through the icy waters of Lake Superior, the tug JOSEPH H. THOMPSON JR. was the first ship up-bound at 9:04 p.m., March 27.

The Soo locks afford the only passageway for ships 1,000 feet long, 104 feet wide, with drafts of up to 28 feet to navigate safely from Lake Superior through the St. Mary's River down to the lower Great Lakes.

The Locks represent the "key" to the vast iron ore ranges of the upper Midwest, and have been a leading factor in the growth of the steel industry of the United States.

Ships carrying tons of iron

ore, coal, stone and other bulk products navigate through the 63-mile long St. Marys River headed toward eastward ports. The locks afford ships the ability to negotiate the 21-foot drop between the level of Lake Superior and the level of Lakes Michigan and Huron at the St. Marys River rapids.

Ships transport an average 83 million tons of cargo a year through these locks with the most common product, iron ore, at an average of almost 50 million tons per year.

Many different types of vessels from around the world pass through this system during a year varying in size from small passenger

vessels and workboats to large ships carrying nearly 70,000 tons of iron ore per load.

The entire Soo Locks system, which consists of the Poe Lock, MacArthur Lock, Davis Lock and Sabin Lock, falls in the Corps of Engineers, Detroit District's jurisdiction with immediate supervision by the Soo Area Engineer.

The Soo Locks is one the premier tourist attractions in the United States with some 600,000 people stopping by the visitors' information center and overlook platform. The site is open to the public from mid-May to November 1 each year.



Photo by Larry Reilly

An variety of African American recipes were sampled by many district employees during the Taste Fest held at the district headquarters on the final day of Black History month.



Photo by Larry Reilly
Sammie Hart, contracting, talks about African American history in music and song during a lunchtime gathering on Feb. 14.

Celebrating Black History month



Photo by Larry Reilly



Photo by Tenecha Bland

Top: Headmaster, Dwight L. Wilson and two students from the Friends School are all smiles after receiving a commander's coin during their visit to the Detroit District Headquarters on Feb. 12.

Left: Sabrina Ayers, Office of Counsel, reads the poem, *The Soul of Me*, which she wrote in recognition of Black History Month.

Gift of love strengthen

BY LARRY REILLY

Public Affairs Office

For months, April Champion, a Detroit District employee watched as Webster Greene, underwent kidney dialysis treatments after both his kidneys failed due to high blood pressure complications.

It was very disheartening to know that Greene, whom Champion has known for as long as she can remember, had to have

The "everything else" included a three-month period where April underwent an extensive series of tests, many visits to the Harper University Hospital at Detroit Medical Center/ Wayne State University and many discussions with doctors and counselors.

"The doctors were very up-front about the operation and discussed the risks as well as the rewards for both the donor and the recipient," said Champion. "The

weeks to recuperate from the operation," Champion said.

The Process

During the three-month process, Champion visited the Transplant Surgery Center nine times. "During the first couple of visits, they drew blood and did a cross match with my father to find out if we were compatible," Champion said. "I talked with the social worker on the third visit and the doctor on the fourth visit."

It is on the fourth visit when the doctors, social workers and donors decide who will be the donor. In this particular case, there was never a doubt, according to Champion. "Although there were a number of my father's brothers and sisters as well as my brothers and sister who could have donated a kidney, I didn't hesitate to step forward."

During the final visits, Champion endured blood tests, urine tests, EKG tests, PAP and mammogram tests and a spiral CT of her kidneys.

As Champion was going through her process, her dad was going through an even more complicated procedure, which also included his physical and mental health and financial status.

"The recipient's physical health is very important, especially if they're older," Spraggins said. "As far as the mental health of a recipient goes, we are

"I wasn't going to wait for someone else to help my father especially if I could." -- April Champion

his entire blood supply cleansed through a Hemodialysis process for more than four straight hours three times per week. But the last straw for Champion came when she saw the golf ball-size lumps that developed on Greene's right arm after his visits to the dialysis center. She knew then that there was only one thing a daughter could do and that was to donate one of her own kidneys.

She soon found out that donating a kidney was not as simple as sticking out her arm and donating blood.

"I always knew that if my father could not get a kidney from a cadaver, I would donate one of my kidneys, but when I saw the pain he was going through, I decided I wasn't going to wait for someone else to help my father especially if I could," said Champion, who works in the district's regulatory branch. "I realized there would be a lot of things involved in such a complex operation. What I was not prepared for was everything else leading up to and after the operation."

conversations and sessions I had with the counselors were very detailed and at times very unusual. They not only wanted to know my medical history, they also inquired about my mental health and financial status."

"Of course the donor's physical health is important, but their mental health and financial status is just as important," said Andrea Spraggins, a social worker

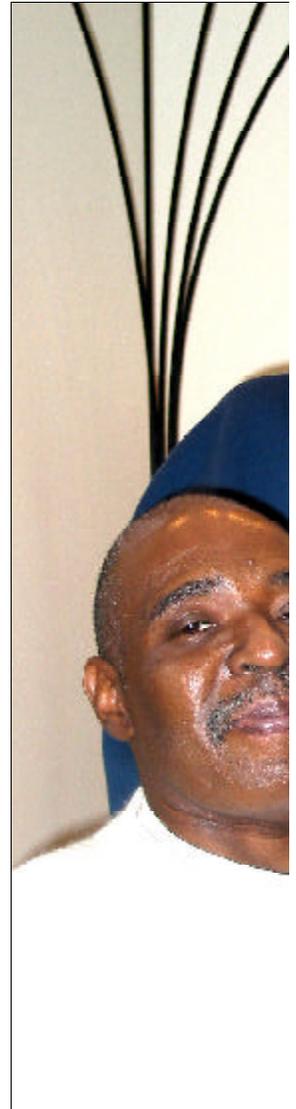
at the hospital's Transplant Surgery Center. "We really want the donor to understand what they are doing and that they are doing it for the right reason."

The financial status of the donor is important especially if they are employed. "This type of operation will require the donor to be off their feet for six to eight weeks and for some people, it may be longer than they can afford to take off from their job," said Spraggins.

As for April Champion, she was covered under the Army's Medical Donor Programs and received 30 days paid time off. "It was very helpful to receive the leave time as it took me six



Webster Greene



April Champion and her father ment together.

father, daughter bond



Webster Greene, enjoy a moment
Photos by Larry Reilly

concerned when the donor is a family member as this can lead to stress on both sides.”

“At first I was very excited to know that April was going to donate a kidney, because I always knew she would be there for me,” said Webster Greene. “However, I would have stayed on the dialysis machine for the rest of my life if I thought April would be hurt during the operation or suffer long-term problems.”

As the operating date approached, father and daughter talked to their family about what was to happen.

“My husband, Mark, wasn’t too keen on the idea because he didn’t have much faith in doctors, but I told him I had done a lot of research on the operation and was confident everything would be fine. I also told him that I wanted to do this for my dad,” Champion said. “As far as having trust in the doctors, we just had to put our faith in God and let him handle the doctors.”

The Operation

On the day of the operation, both patients had plenty of moral support.

“We had the entire family there. April and Webster were able to talk to each other while they were being prepped for their operations. They were then taken to separate operating rooms and the family waited in a room between them,”

said Sharon Greene, April’s mother. “The operations started about 9 a.m. and we were all very nervous until we were allowed to see them at 3 p.m.”

Greene was the first to be operated on. The doctors wanted to ensure he was still capable of handling the operation before they started operating on Champion.

“My surgery was performed by laparoscopic means. A Laparoscopic Nephrectomy requires four small incisions within the operating area of the abdomen for small operating instruments and a microscope,” Champion said. “The doctor had to disconnect the kidney from the associated artery and vein. Those blood vessels were then closed with a staple gun. A pelvic area incision, about four



April Champion

did my body accept April’s kidney, the doctor said it started pumping once the arteries were connected,” Greene said. “I was truly blessed to have such a great family, but God sent me an angel when April arrived. It was proven with her act of love.”

The Recuperation

“I was pretty sore when I got home. My husband and two children really helped out during the recuperation period. What made me feel good about what I did was

when my husband said he was proud of what I had done and that I had done the ‘right thing’,” Champion said. My body has made the adjustments to having only one kidney very well.”

Greene’s recuperation process was similar to Champion’s, but included a lot more medicine.

“I had to take so much medicine, it

“God sent me an angel when April arrived. It was proven with her act of love.” -- Webster Greene

inches long, was also made to allow the doctor to retrieve the donated kidney. Each layer transversed required stitches, totaling more than 100 stitches. However, the skin layer showed evidence of only four scars.

“My operation took nearly six hours and my father’s four hours. The doctor said the biggest risk I faced was if the staples used to close the arteries misfired; it could cause internal bleeding. Of course, the biggest risk my father faced was that his body would reject my kidney.”

“When I opened my eyes, I immediately asked about April. Not only

started making everything I eat taste bland,” Greene said. “April has given me a part of herself and if she asked, I’d give her anything: a foot, a hand - just name it. I’m that thankful.”

For months, April Champion watched as Webster Greene underwent kidney dialysis treatments three times per week. But, because she took action, the only thing she has to watch for now is the smile of gratitude on her father’s face every time she sees him.

“I don’t regret what I did,” Champion said. “Even if my father’s body had rejected my kidney, I would still believe I did the right thing.”

Employee reformats speaking session into writing opportunity

BY LARRY REILLY

Public Affairs Office

Accepting a request to be a guest speaker during a symposium also offered one Corps employee an opportunity to transform his spoken word into written word and become a published writer.

Dave Gerczak, physical scientist, Great Lakes Hydraulics & Hydrology Office decided to speak on the topic of Shoreline mapping along the Great Lakes using Light Detection and Ranging (LIDAR) technology at the Geospatial Symposium & Expo 2002 in San Antonio, Texas. He then took that successful speaking engagement a step further and wrote a feature story on the same topic for the *Erosion Control* magazine.

Though his audience at the symposium consisted primarily of his peer group from various Corps districts around the country, Gerczak still experienced the same nervousness and fears most people have when it comes to public speaking.

"I'm always a little up-tight before speaking. I have somewhat of a speech impairment. This causes me to have anxiety when talking at times, but I've learned to overcome this," Gerczak said. "Once I'm into the session, I'm able to settle down. I choose my wording very carefully, so I won't get



Dave Gerczak speaks on the topic of Shoreline mapping during the Geospatial Symposium & Expo 2002 while Larry Christenson, who co-authored an article with Gerczak, looks on.

tripped-up."

Gerczak is by no means a rookie when it comes to public speaking, he has found himself in front of an audience on many occasions, but he attributes his ability to overcome his speaking nervousness by thoroughly knowing his subject matter.

"I don't consider myself an expert on public speaking, but when I commit to a speaking engagement, I make sure I'm prepared," said Gerczak. "In most all cases, I only speak on topics I feel comfortable with."

The idea of transforming his speaking material into a feature article for a major magazine came about almost as a natural transitional project; although very time-

consuming.

"The writing of the feature seemed like an easy extension to my presentation," said Gerczak. "However, it was a longer process than I had expected. It took about five drafts before I went final and more people were involved in the written project than in the speaking engagement."

Along with the extra eyes that viewed the article, Gerczak took on a co-author for the project, which not only produced a feature magazine article; it produced three supporting side bar stories.

"Larry Christenson, a representative for the contractor the district had perform the actual LIDAR technology work, co-authored the feature with me.

The relationship we developed as a team worked out quit well," Gerczak said. "Because I was very familiar with the information we used to write the main feature, the writing of the sidebar stories required most of the additional research that was needed."

A feature article in a major magazine does provide positive exposure for the district, however writing such a feature also offered Gerczak a personal benefit that a speaking engagement couldn't.

"We work in some exciting areas, and this type of story lets others know the district is doing good things for the taxpayer," Gerczak said. "It has always been a personal

See WRITER on page 11



Speaker's bureau offers opportunity for growth

BY JOYCE HESS
Outreach Coordinator

Through the district's Web site we offer an "auto-request" opportunity for public or private groups to request Corps speakers for events ranging from conferences to public meetings and shows.

The speaker's bureau listing on the Web site offers a selection of topics from leadership development to water levels on the Great Lakes. There is also the opportunity to ask for other subjects.

If public speaking is something you would like to pursue, then become a member of the District's Speaker's Bureau.



Photo by Larry Reilly

District Commander, Lt. Col. Thomas H. Magness, reads during a recent speaking engagement at the Mariners' Church in downtown Detroit.

Finding the right topic

Check out the Speaker's Bureau advertisement on the Detroit District Website http://www.lre.usace.army.mil/index.cfm?chn_id=1340.

Is there a subject listed you believe you are qualified to speak about to local area groups, then contact the Public Affairs Office or the Outreach Coordinator for assistance.

There are a couple simple steps needed to be completed so you can be part of the speaker's bureau database.

If you have a speaking topic you wish to add to the list; please let us know we

would be happy to add it.

Would you like to develop your capabilities for public speaking into becoming a member of the Speaker's Bureau? If so, we have a development plan that could be career enhancing for you.

Establishing a resume

Whether developing yourself as a

speaker or simply joining the speaker's bureau, the second step will be to write or adapt your resume into a Speakers Curriculum Vitae (CV). This is a brief synopsis of your experience and education, presented in an interesting and introductory format that will serve as a data base tool for keyword searches related to the subject(s) you wish to speak on. When speakers are requested, the database will be searched by "Keywords."

Following identification of a speaker that matches a request, the speaker is approached about providing the service. Once the engagement is accepted, the speaker's CV is sent to the requesting agency to confirm the speaking engagement and to serve as a tool for the agency to introduce the speaker to the hosting organization.

Fear of public speaking

One of the biggest fears is public speaking. If you are willing to develop the skills necessary to overcome this fear, the Outreach Coordinator can help in the researching, developing and writing of a presentation, as well as assisting in presenting your work publicly.

Writer

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goal of mine to have a story I wrote published; however, the real incentive in this particular situation is I'm working toward a Certification in Photogrammetry and one of the criteria to be certified is to write published material in your field of work."

Having achieved a personal and professional goal of getting some of his work published doesn't mean he will stop there. More speaking engagements and other personal goals loom over the horizon for Gerczak, who has been a Corps employee since 1994.

"I'm scheduled to give a presentation at the regional Imagine conference May 5-7

in Kalamazoo (Michigan)," said Gerczak. "My future goals include passing the American Society of Photogrammetry and Remote Sensing Certification Program and to become a principle planner in the District's Planning Division.

The achievement of his certification goal is only a test away, however Gerczak's principal planner goal was

achieve when he was selected as a district principal planner in Plan Formation Branch, Planning Division on April 7, 2003. You can read his feature story and supporting sidebars on Shoreline mapping along the Great Lakes by visiting www.erosioncontrol.com

Go to the back issues link and double click on the March/April 2003 issue.

Variety of activities help ‘Soo Locks Celebrates!’ materialize

This summer at the Soo Locks in Sault Ste. Marie, MI. is shaping up to be like no other in the history of the locks. During the ‘Soo Locks Celebrates!’ June 23-30 several activities from a Great Lakes Sustainability conference to the the annual Engineers Day celebration to the local Soo Locks Festival are planned.

“We liken the theme of the ‘Soo Locks Celebrates!’ to the district’s motto, ‘Great Lakes, Great Team’,” said Lt. Col. Thomas H. Magness, district commander. “It has taken a great team effort to coordinate all the activities included in the celebration at the Soo Area Office this summer.”

The activities kick off with the two-day Great Lakes Sustainability Conference on June 25-26.

The bulk of the activities and events of the weeklong celebration will be held on Friday, June 27. The day starts with a small ceremony to unveil the innovative plans



U.S. Army group, USA Express, will perform during the Soo Locks Celebrates activities.

for the Soo Locks Visitor Center.

The Soo Area Office will then kick off its annual Engineer Day Activities, where the general public is invited to enter the Soo Locks. A couple of official ceremonies will be held during the Engineer Day

activities. The first ceremony will recognize the 60th Anniversary of the McArthur Lock. The second ceremony will be the dedication of the district’s survey vessel BUFE.

Filtered into the variety of official and unofficial activities and events of

Engineers Day will be entertainment. The USA Express will represent the Army Entertainment Division. The USA Express is a band composed of talented active-duty soldiers, who sing a variety of melodies and songs.

The U.S. Army Recruiters will attend with their rock climbing walls. Local talent will include storyteller, Larry Massie, who will entertain the crowd throughout the day.

“The festivities at the Soo Locks are always exciting during the annual Engineers Day activities there,” Magness said. However, this year we are able to bring a lot more to the festivities. This summer will truly be the time to be at the Soo Locks.”



McDonald meets Rumsfeld
It may have taken a military deployment to the Middle East to meet the Secretary of Defense, Donald H. Rumsfeld, but Maj. Regan McDonald, deputy district commander, did just that when the Defense Secretary paid a visit to Iraq, where McDonald is part of thousands of Army Engineers deployed to the area.



Get Motivated **Dust off, reenergize New Year's resolution**

BY LYNN DUEROD

Public Affairs Office

Starting the year with a resolution to get in shape, by midyear many people look back and wonder what happened. When did the diet program stop. Why did the exercise routine drop? What happened to the goal of getting in shape and losing weight?

Many resolutions fall by the wayside before mid-year because people don't always have a clear-cut plan for success — a plan to remain motivated, according to a fitness experts.

Once a workout and/or diet plan is chosen use a motivation strategy to keep going.

Pick an interesting exercise or workout program then use the motivational tips to stay engaged.

Fitness experts suggest taking time to connect fitness habits to what matters

most then determine how being fit will make a difference. If spending more time enjoying life with a loved one matters most, then being in better shape may allow you: to play ball with your kid, help your spouse with gardening projects; enjoy a long walk with a friend, or engage in any activity that lack of energy or stamina may have prevented otherwise.

A common deterrent to long-term workout success is perceived lack of time, according to fitness experts. To combat time-management issues, experts say, make your health a top priority and move those things preventing a healthy lifestyle out-of-your life. Get rid of at least three activities that can make room for fitness.

For instance, cutting your lunchtime in half, is an easy start, then spend the rest of the lunch hour taking a vigorous

walk. While you're walking, or completing any fitness activity, visualize yourself meeting your goal.

The Detroit Corps office now sponsors several fitness plans through the Army "Fit-to-Win" program. Take advantage of any program that makes your routine easier, then through out the fitness routine write down your workout plan and keep track of your progress. According to fitness authorities, people who write down daily routines, including: how many sets, and reps are completed, and how much food is eaten, have greater success.

Health professionals say, choosing a partner, a friend or relative, to give positive feedback, to help motivate you when you want to quit, and help research best fitness practices can make a huge difference in a successful

Fit-to-Win Program offers workout opportunity

BY LARRY REILLY

Public Affairs Office

The Department of Defense offered an incentive for its civilian employees to improve their personal fitness when the Fit-to-Win Program was established. The district encourages its employees to take advantage of the Fit to Win program with its own incentive.

"The district will reimburse the first \$150 toward a fitness center membership that an employee pays," wrote Lt. Col. Thomas H. Magness, district commander, in a letter dated Feb. 18, 2003. "Participation is optional, but open to all employees of the district and all employees are free to choose the facility."



Most fitness centers offer a variety workout equipment as the above photograph of the IRS Fitness Center shows.

The commander had hoped to set up a fitness center in the headquarters building, but when space limitations prohibited such an option, the district worked out an agreement with Internal Revenue Service so Corps employees could utilize the IRS Fitness Center, located just a city block from the

district headquarters.

"The district has more than 40 employees who utilize the IRS Fitness Center and the district picks up the tab," said Bill Stafford, chief, Internal Review Office, who coordinated the arrangement. "The IRS Fitness Center not only offers great work out equipment, but also exercise

classes and sessions."

"I really enjoy the exercise classes at the IRS fitness center," said Nancy Peterson, Regulatory Branch. "I prefer working out in a group environment. It not only encourages me to actually work out, I find I push myself harder."

Whether you're a newcomer to the district or a veteran of the work force, taking advantage of the Fit-to-Win Program is as easy as joining a fitness center and filling out an SF 1164.

"The purpose of the program is to assist district employees in establishing and maintaining a healthy body and mind in the hope illness will be prevented," Magness said.

'Next generation' goes to work

BY JOYCE HESS

Outreach Coordinator

The Detroit District, in partnership with the Morale, Recreation Employee Association (MREA) sponsored the 10th annual celebration of 'Take Your Daughters and Sons to Work Day,' April 24.

The activity was designed as a one-day conference where children, ages 6 to 12, could become familiar with the district's work environment.

The event kicked off after Mary Ann Lee, of the Hydraulics and Hydrology Office officially welcomed the 18 children and then asked for their homework assignment. The children were asked to create and bring their own business cards to share with each other.

After choosing a "Co-worker for the Day," the children went to the district's computer training lab, where

Jim Starks and Monique Knight of Information Management assisted them in a game designed to teach computer networking through a cooperative game of "matching." The game highlighted electronic teamwork and how projects might be accomplished completely by electronic media in future.

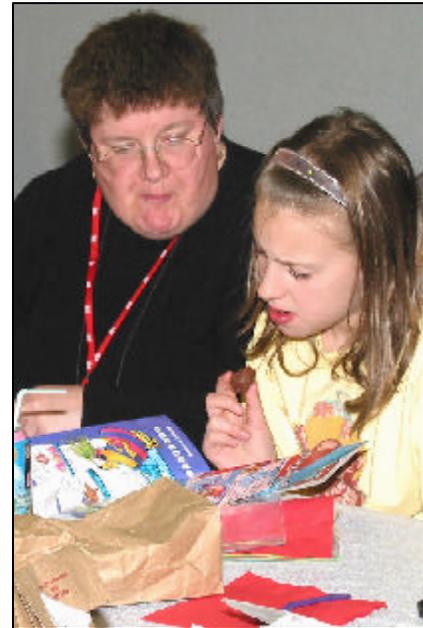
The future work force then toured the district headquarters, where they were treated to age-appropriate presentations on the many facets of the current work force's day-to-day operation.

The tour included talks and hands-on displays of many subjects including: rocks native to our area of operations, presented by Ron Erickson and Andy Wadyz; "Wetlands/Habitat Purposes and Protection" by Les Weigum and Pat O'Connor; "Keeping our Waterways

Working" by Ken Drum and Dave Luff; "The Great Lakes" by Tim Calappi and Dave Gerczak, "Protecting Against Invasive Species: The Lamprey Eel" by Dave Gesl; "What Does Contracting Do?" by Bill Bruss and Deborah McCollah-Butler and "Financial Management of the District" by Erwin Dunga.

Lunchtime reunited the children with their sponsoring relative in a "Commander's Brown Bag session."

The District Commander, Lt Col Thomas H. Magness, stopped by and talked to the children about the Corps' missions overseas and at



Patricia Jeske enjoys lunch with her daughter, Crystal.

home. Then, he opened the floor to the children for questions and comments.

The day's formal events officially ended after seminar participant, Darrell Rucker, presented the commander with a certificate of appreciation signed by all the children. The children then joined their parents to learn how the parent's work supports the business of the Detroit District.

When asked about their favorite part of the day, answers ranged from looking at the model of the Lamprey Eel to "talking to the Boss" and included learning to say one of the commander's favorite words (and the Army brotherhood salute) - "Hoohah!"

The message the district hoped it sent to the children was they are the future and a part of the "Corps Family."



District Comander, Lt. Col. Thomas H. Magness, talks with the children during the Take Your Son and Daughter to Work program held at the District Headquarters, April 24.



Carl Platz, Project Manager at the Grand Haven Area Office, spoke at the "Cruising the Great Lakes Conference" in Port Huron, MI on April 25. Platz's presentation to the approximately 75 conference attendees from the United States, Canada and England focused on heightening awareness of potential pier safety issues with pedestrians accessing Great Lakes piers and other navigational structures.

Richard Gutleber of the Marquette Regulatory Field Office was the guest speaker at the monthly dinner meeting of the Marquette Range Engineers Club, Jan. 8. Gutleber spoke about the Corps' history, its involvement in civil works activities, emergency response efforts (recent Upper Peninsula flooding), and Regulatory responsibilities.

Dave Bowman, co-authored two papers which were presented during the 225th National meeting of the American Chemical Society in New Orleans, LA, March 23-27. The papers were entitled "The use of electrochemical geo-oxidation for the treatment of PAHs in sediments at the Erie Pier, Duluth, Minnesota" and "Electrochemical geo-oxidation

(ECGO) of PAHs in sediment: Preliminary results".

Charise L. Daniel, Office of Counsel, will graduate from Wayne State University on May 6 as an honors student with a Bachelor of Arts in English. She has accepted admission to the Thomas M. Cooley Law School in Lansing, Michigan. Charise will bid farewell in August.

Greg McKay of the South Bend Field Office presented an hour-long lecture to an Environmental Sciences class at St. Mary's College, Notre Dame, IN. The discussion focused on the Regulatory Program, wetlands, and the Corps of Engineers role in environmental protection.

Nick Barilovich, son of **Dave Barilovich**, GLH&H Office, has accepted an appointment to U.S.

Military Academy at West Point, Class of 2007. He will graduate from Detroit Catholic Central High School in May and begin Cadet Basic Training in June. Barilovich plans to study engineering and economics.

Latrice Dale, granddaughter of **Barbara Butler**, EEO, was nominated as a 2003 Great Lakes Scholar. Dale is a fourth grade student at Edison Oakland Academy in Ferndale, MI.

Jessie Derouche, daughter of **Bob Derouche**, Regulatory Branch, became the first female wrestler in the Utica Community Schools' history to medal at the MAC White wrestling tournament after she captured fourth place during the Feb. 10 tournament. Derouche is a sophomore at Ford II High School and pinned two of the four male opponents she faced in the tournament.

Coach **Cary Worsham's**, Information Management, YMCA Academy basketball team, led by **Cary Worsham, Jr.**, won the Charter League Basketball Championship, the Think Detroit Western Division title and were runner-ups in the Think Detroit League Championship.

Kudos

Welcome Aboard & Bon Voyage



New District Executive Officer, David McDonald

The employees of the Detroit District wish to welcome the following newcomers: **Christopher Lindman**, Civil Engineer; **Casondra C. Brewster**, Public Affairs Specialist; **Steven A. Wyrembelski**,

Civil Engineer; **Edlore C. Haske**, Electrician; **Jennifer C. Thomas**, Admin. Support Assistant; **David Curren**, Deck Equipment Operator; **Mark Ritter**, Deckhand; **David McDonald**,

Executive Officer and **Jo Krogulski**, Secretary.

The employees of the Detroit District wish to bid farewell to **Ethel Dixon**, who recently retired from the district.

Employees of the first quarter 2003



William J. Cashman, Lock and Dam Operator at the Soo Area Office, is a self-motivated employee who can be counted on for any project.

Cashman is extremely reliable and conscientious; his work ethic sets a standard for others to

follow.

He has recently been promoted to the WY-08 level due to his abilities and enthusiasm to train for higher positions.

Cashman's willingness to speak his mind for the purpose of improving operations is a great asset.

Program criteria & guidelines

Each quarter, an open invitation is made to the district for nominations for the Employees of the Quarter award.

Nominations are to be made by supervisors, section chiefs or higher.

To be eligible, an employee must have demonstrated, courtesy and teamwork, excelled in customer service and demonstrated commitment to improving communications in the district.

The written nominations should be three to four paragraphs in length describing the employee and their outstanding qualities.

All nominations are then reviewed by a selection committee, which determines the three quarterly winners.

The selected employees receive an on-the-spot award and instant stardom with a photograph and write up of themselves put in the *Soundings*.

For additional information concerning the Employees of the Quarter award program, consult District Regulation 690-1-46, dated June 14, 1999.

Tammy Ramos, Budget Analyst in Management Support Office, is courteous, and excels when it comes to customer service.

Currently she works with the Soo Area Office, providing a financial point of contact for construction payments, customer orders, 2101's, and finding solutions for other various budget issues. She provides CEFMS support to many others within ETS as well. Her de-

termination to get the job done, is a valuable asset. Besides her job, she is currently attending college at night to finish her degree, and is always willing to bake a cake for a co-workers birthday.

Tammy is always ready to lend a hand as a member of the Morale Recreation Employees Association, working to make our holiday parties or any other District function a success.



Tenecha Bland has made customer service a centerpiece of her positive attitude and performance since assuming her position in the Civilian Personnel Advisory Center. She exhibits exceptional courtesy, follow through and kindness in all she does.

She is supportive of everyone and her word is her bond. Her telephone manners and ability to communicate with everyone, at every level in the district,

are impeccable. She represents the district to our public, her co-workers (here and in Buffalo) and customers with pride and attention to detail that is unparalleled and so essential to the Human Resources function.

Her dedication to duty, to her co-workers and as a member of teams requiring CPAC assistance is deep. Her unflinching loyalty to the district is exceptionally noteworthy.



