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MV John A.B. Dillard, Jr.



MV Raccoon

Cup races start in SF

— *SPN vessels keep security watch* —

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Engineers inspect SPN dams, page 8

COMMANDER'S CORNER

Fiscal Year 2012 Closeout, Building Strong for 2013

By Lt. Col. John K. Baker
San Francisco District Commander

The San Francisco District completed Fiscal Year (FY) 2012 in an extremely successful fashion, and I would like to extend my gratitude to all of our employees and stakeholders. We accomplished our mission “to provide vital public engineering services to strengthen our Nation...,” and we maintained the public trust. I hope that you all take pride in your accomplishments, the highlights of which I’ve listed below:

- Our 300+ employees delivered over \$81 million of products and services across 160 active projects, and we hosted over 500,000 visitors at our facilities and visitors centers, all without a single fatality.

- We supported our Nation’s overseas contingency operations with an average of 4% of the district’s workforce deployed at any given time in such places as Iraq, Afghanistan, Kyrgyzstan, Yemen, Brazil and Okinawa, applying our technical and administrative skills towards the accomplishment of National strategic objectives.

- We became “greener” by completing work on the \$15 million restoration of the district’s Bay Model Visitor Center in Sausalito, whose 2,492 solar panels enable it to be the only USACE “Net Zero” energy facility in the region.

- We achieved a “green” rating in our National-level performance metrics for Regulatory and Contracting Divisions.

- We began execution of a \$51 million construction program supporting the Department of Veterans Affairs at its San Francisco Medical Campus, utilizing Non-commissioned Officers from the USACE 249th Engineer Battalion (Prime Power) as “current Soldiers helping Old Soldiers.”

- We accomplished our financial goals for



program and budget execution. San Francisco was the only district in the South Pacific Division to achieve a “green” rating for obligations in all Civil Works appropriated funds as well as overhead budget rates.

- Our Office of Counsel continued its streak of over two decades without losing an environmental law case (and continued to keep the District Engineer out of jail).

- We “told the USACE and Army stories” to an international audience through mission support for the Americas Cup, Fleet Week, and hosting delegations from China and Taiwan. Locally, we were recognized in the Golden Gate Bridge’s 75th Anniversary and the Sausalito Art Festival, and we contributed to multiple volunteer efforts such as the California Coastal Cleanup and Veterans’ benefits programs.

- Our employees received numerous accolades

and national awards, including USACE Federal Engineer of the Year. Our employees contributed to multiple communities of practice, the advancement of science and research, and published numerous professional articles.

- We had fun...and with the help of dedicated San Francisco District fans, the Giants won the World Series!

Our success, though, has not come without a cost, and I want to ensure that we place our “mission first, and people always.” A declining district workload over the past three years has forced a significant amount of management focus on the “bottom line” and subsequent staffing levels. I recognize the organizational costs and stress this has placed on our employees.

My discussions with you and the feedback I’ve received from our recent climate survey have raised a number of concerns such as supervisor competence, consistency of awards and promotions, tele-work, alternate work schedules and maternity leave now and throughout this upcoming year. I will ensure that the district’s leadership addresses these concerns now and throughout the next year.

Success breeds success, and we have completed a series of after-action-reviews for our FY 2012 execution that are informing our planning for 2013. Thank you for your valuable insights.

In FY 2013, we will focus our efforts on those projects, processes and metrics that enable us to accomplish our mission of safely providing quality projects on time and on budget while taking care of our people. We will ensure that we are aligned with our stakeholders, all are accountable for their responsibilities, and that we accomplish our mission together.

Thank you for your service and performance in fiscal year 2012, and thank you for “Building Strong” in 2013!

District Commander

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SPN Surveyor

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Army News

SMA discusses suicide stand-down



Sgt. Maj. of the Army Raymond F. Chandler III discusses the Army's suicide stand-down and his own behavioral health challenges and treatment.

Story & photo by David Vergun
District Public Affairs Office

It's a source of strength to ask for help, and we are all about being strong in the Army," said Sgt. Maj. of the Army Raymond F. Chandler III, on the eve of the Army-wide suicide stand down. He was referring to the importance of reducing the stigma in the Army concerning seeking help for thoughts or feelings of suicide.

Chandler acknowledged that suicides have been increasing in the Army and remain a huge problem.

"Suicide is an enemy we have yet to defeat," he said. "Our ultimate goal is to change mindset across the force, build resilience, strengthen life-coping skills and address the stigma associated with asking for help. We've got a long ways to go, but we're going to get there."

Chandler was frank about his own behavioral health challenges regarding post-traumatic stress disorder and traumatic brain injury.

"Around 2004 on June the 30th at 1600 in Baghdad, Iraq, a 122mm rocket came into my room and blew up, knocking me around a bit," he said. "I had to face my own mortality and in doing that I made some decisions from an emotional standpoint that turned my feelings off, and in doing that I put myself in a position over a period of years where I became less attached to those things most important in my life: my family, my wife, and instead, focused on those things I could control,

Continued page 10

On the cover

Team Oracle (USA), left, and Team Artemis (Sweden) race along the Marina Green waterfront during an America's Cup quarterfinal match Aug. 24 in San Francisco. The America's Cup is the third largest international competition followed by the Olympics and soccer's World Cup. To ensure the safe and successful running of the event, the San Francisco District deployed its two debris-removal vessels, "Raccoon" and "Dillard," to assist in security. (Photo by Liviu Tanase; inset photos by Brandon Beach)

November 2012

SPN volunteers tackle Angel Island cleanup, 1,500 lbs of trash removed

By JC Delgadillo

District Public Affairs Office

Every Piece of Trash You Remove Reveals Something Beautiful,” was the theme at this year’s California Coastal Cleanup Day and about 60 U.S. Army Corps of Engineers volunteers joined thousands on a mission to clear the sand and water of garbage.

Corps volunteers boarded The Raccoon, one of the San Francisco District’s debris collection vessels, and made the 30 minute journey to Angel Island as the sun rose September 15. Once there, volunteers removed everything from harmful gasoline containers, to broken pottery, to tires, and much more. One volunteer even found a finger, the Halloween rubber prop type.

Last year, over 67,000 volunteers from California removed nearly 677,000 pounds of trash and 116,000 pounds of recyclable material, according to the California Coastal Commission. This year’s initial estimate published September 17 indicated volunteers collected about 535,000 pounds of trash and 106,000 pounds of cans, bottles, and other recyclable material from beaches on the coast and in lakes, rivers, and streams in inland areas.

For first-time participant Debra Tauben, a paralegal specialist with the San Francisco District,



Delgadillo

Marvin Horton (left), Mike Dillabough, and Lyn Gillespie, all with the San Francisco District, collect garbage off the coast of Angel Island during the 28th Annual California Coastal Cleanup Day Sept. 15.

cleaning up the coast was her way of conveying her care for the environment, she said.

“I think that many of us working for the Corps strive to be good (environmental) stewards and that’s true for me. Participating in California Coastal Cleanup Day was a unique opportunity for me to walk that talk with other

Corps members,” she said. “This event was great fun and a cool time to see people out of their work duds; laughing and getting a little bit dirty while cleaning up the beach! I

Nellie Evans (left), and Josie Evans investigate a jellyfish carcass on Angel Island. The sisters are the daughters of Jessica Burton-Evans, Navigation Program manager for the San Francisco District.



highly recommend folks give it a try next year,” Tauben said.

For Jessica Burton-Evans, San Francisco District’s navigation program manager, California Coastal Cleanup Day was an opportunity to share environmental stewardship with her family. Burton-Evans brought along her husband and their two young daughters, ages 4 and 2.

“Environmental stewardship is a value that is very important to our family and is very prevalent in our everyday life,” Burton-Evans said.

Since 2006, Burton-Evans has volunteered for every California Coastal Cleanup Day, only missing opportunities when she was pregnant and on maternity leave. Her family routinely picks up trash from beaches, trails, and parks, but the Angel Island trip was a remarkable opportunity, she said, because of the boat ride and isolated location.

“Not only did the girls help

pick up trash, but they also learned something about where the trash came from, about the sea life that was on the shore and about the boats they saw on the bay,” she said. “Josie took in sea glass and pottery fragments that she collected on the beach to share with her class. It is so exciting to see the world through their wide-eyed wonder, and I can’t wait to bring them back next year,” said Burton-Evans.

Captain of the Raccoon, Joseph McCormick, who along with his crew regularly remove dangerous debris from the San Francisco Bay, said he was happy to welcome so many volunteers aboard the Raccoon to help out and learn more about his mission to keep the bay navigable and safe.

Among the volunteers were about a dozen students from Vallejo High School, SPN Commander Lt. Col. John Baker, former district commander, Michael McCormick, and private citizens spanning ages 2 through 77.



Maj. Ryan Thompson, left, chief of the SPN Hydro Survey Section, salutes alongside Mickey Ganitch, age 92, a Navy veteran and Pearl Harbor survivor, during the playing of the National Anthem before the San Francisco Giants game Sept. 20 at AT&T Park.

[Above] Kixon Meyer, left, captain of the “John A. B. Dillard Jr.,” talks with John Gilbert, an Army veteran and patient at the Department of Veterans Affairs Community Living Center in Martinez, Calif.

[Far Right] Crew members from the “John A. B. Dillard, Jr.” vessel take a group photo with members of the Oakland-based Disabled American Veterans, Chapter 7, and the VA Martinez Community Living Center before embarking on a tour of the San Francisco Bay Sept. 20.

[Right] The “M/V John A. B. Dillard, Jr.,” is a San Francisco District command and control vessel.



Veterans tour SF Bay on board SPN vessel

Story & photos by **Brandon Beach**
District Public Affairs Office

A group of military veterans and their families were invited on board the command vessel *John A. B. Dillard, Jr.*, Sept. 20 to meet crew members and take a tour of the San Francisco Bay.

“We are certainly proud and humbled to have you here today,” said Kixon Meyer, captain of the *Dillard*, part of a fleet of U.S. Army Corps of Engineers San Francisco District response boats. “It’s the least we can do for the service you have given.”

Of the 15 veterans who came on board, 10 were patients from the Department of Veterans Affairs Community Living Center in Martinez, Calif. The 120-bed facility offers extended inpatient care to veterans who suffer from a multitude of ailments.

“Anything from post traumatic stress to traumatic brain injury we treat,” said Darlyn Pearl, a recreation therapist at the center.

I think the water can be very therapeutic.

Darlyn Phillips
Recreation Therapist

“Some of the guys here have had recent amputations.”

Outings such as these, said Phillips, provide veterans with an environment to heal.

“I think the water can be very therapeutic in this case,” she said.

Passing by iconic Bay Area landmarks such as the Golden Gate Bridge and Alcatraz Island, the hour-long tour culminated at AT&T Park, home of the San Francisco Giants, where the group enjoyed an afternoon of professional baseball.

For veteran John Gilbert, an ambulance

driver with the Army in the 1970s and a patient at the living center since February of this year, getting out was a chance to cheer on his favorite Bay Area team.

“This is really a treat,” said Gilbert. “It’s just wonderful to be thought of this way.”

Assisting veterans has been at the center of Mike Steinbaugh’s work since he retired from the Marine Corps in 1980 and joined the VA. Today, he is the commander of the Disabled American Veterans, Chapter 7 in Oakland, which represents more than 1,200 veterans and is one of the largest chapters in California.

Since last year, his chapter has been working closely with SPN to organize tours on board the *Dillard* for Bay Area veterans.

This is the second outreach event this year, as *Dillard* crew members hosted a group of veterans in May for a similar type of tour.

“I can tell you that going into McCovey Cove and walking into that stadium is something these guys will never forget,” said Steinbaugh.

Employee Spotlight

SPN engineer brings clean water to Nepalese village

By JC Delgadillo
District Public Affairs Office

The word “Nepal” may likely conjure up visions of the stunning Himalayas for most. Yet beyond majestic Mount Everest, many residents in the rural areas of Nepal lack basic services including clean water, electricity, roads, and telecommunication systems. Benjamin Snyder, a senior hydraulic engineer with the U.S. Army Corps of Engineers San Francisco District, is set to embark on a mission to improve conditions in one such village.

Basa is a community located in northeastern Nepal where approximately 450 people live with no indoor plumbing. Each day, villagers journey to the river or a local spring to access water for drinking and washing. Snyder wants to build a sustainable filtered drinking water system, hand washing stations, and provide sanitation education so that residents of Basa can lead healthier and happier lives. In mid-September, Snyder, who was awarded the 2011 Engineer of the Year Award for the San Francisco District, traveled to Basa to launch the initial phase of the project.

“With engineering, you have the potential to do so much good in the world,” Snyder said.

Snyder had long been thinking about different ways he could use his expertise to push forward a grassroots humanitarian aid project, he said. This summer, he used social networking sites to connect with other like-minded people. Snyder is collaborating with the Basa Village Foundation – USA, an agency that seeks to improve conditions in Basa, including the construction of a system that will deliver water to an external spigot at each home in Basa for drinking, cooking, and washing. Homes there do not have toilets. A water system will make it possible to install toilets in the future and improve health and sanitation, according to the foundation.

Snyder is the first government employee who has volunteered for the foundation, said Jeff Rasley, Basa Village Foundation President. Rasley said engineering, educational, medical, and agricultural expertise from volunteers is what the foundation has needed and received. Rasley explained that foundation bylaws require that all financial contributions go entirely to the direct costs for the projects the foundation supports.

“We don’t pay or reimburse volunteers for their travel costs. Thus, what is very important for our volunteer experts is that they are able to support themselves, if they travel to Nepal,” said Rasley.

With food, lodging, and transportation



Benjamin Snyder, a senior hydraulic engineer with the U.S. Army Corps of Engineers San Francisco District, is set to embark on a mission to build a sustainable filtered drinking water system and hand washing stations so that residents of Basa, Nepal can lead healthier and happier lives. (Map courtesy of Google)



*With engineering,
you have the potential
to do so much good
in the world.*

Benjamin Snyder
SPN Hydraulic Engineer

costs for Snyder’s initial three-week volunteer mission costing approximately \$3,000, Snyder reached out to family and friends to see if they might be interested in pitching in. After seeing his post on a social networking site, one of Snyder’s friends connected him with a San Francisco-based non-profit called ReAllocate. Through his affiliation with ReAllocate, Snyder has been able to access donations to help offset the cost of the trip. Snyder is taking annual leave (vacation days) and leave without pay to serve in Basa.

“Ben will be using his skills to improve the lives of others, which is part of what inspired many of us to become engineers,” said Lyn Gillespie, chief of Engineering and Technical Services Division for the San Francisco

District. “He has also shown great initiative in arranging funding for some of his plans, exhibiting the ability to follow a plan through to its conclusion.”

Snyder holds a master’s degree in civil engineering with a focus on open channel hydraulics and in his role as a senior hydraulic engineer at the San Francisco District, he specializes in river modeling to support flood risk reduction and habitat restoration.

“No matter where we are in our careers, there is always the opportunity to learn more and do more,” said Gillespie. “Ben will learn new ways of looking at problems and new ways of thinking that may expand his horizons and make him a more resilient and focused leader in the future.”

While in Basa, Snyder will complete a detailed survey of the village, homes and the water source and will conceptualize an efficient, effective, and sustainable design for the water filtration and sanitation system. He wants to get to know the locals and make sure they are included in the process from the very start of operations.

“I need to identify potential construction supervisors, assess how the proposed system will integrate with (the locals’) culture...and visit successful water and sanitation projects at similar villages. Armed with that information, I’ll help the local people come up with a sustainable design.”

Learn more about the Basa Village Water Project online at www.indiegogo.com/water-for-basa-nepal

AROUND THE DISTRICT

Workshop familiarizes public with Corps processes

By Ryan McClymont
District Public Affairs Office

Thomas Kendall, David Doak and Arijs Raktins represented the San Francisco District Corps of Engineers at the Bay Planning Coalition's (BPC) "Corps 101 Workshop" Sept 19 in Oakland.

Over a hundred participants attended the four hour workshop meant to familiarize the public with the Corps' roles and responsibilities, explain its organizational structure, discuss the Corps' funding and opportunities, present the civil works and planning processes and examine cost sharing, federal sponsorship, and planning assistance to states.

"These are our potential customers and partners, and we want them to know what we can do to help them achieve their goals,"

said Doak, Navigational Technical Manager, "We want to emphasize that we are a service organization, and we're here to help."

The BPC's mission is to work with a broad coalition to enhance the quality of life in the San Francisco Bay Region through fair, reasonable and balanced planning for economic vitality, job generation, environmental protection, housing, transportation, land use, conservation, water and air quality and recreational uses, according to the organization's website.

"The Corps of Engineers is not an adversary, but a critical partner and a vital part of the economy in the bay area," said John Coleman, Executive Director of the BPC. "Our goal is to make sure that the Corps' mission is met, which achieves our mission of promoting the economic vitality of our region, protecting the environment and



McClymont

Tom Kendall, chief of the SPN Planning Branch, gives a presentation to members of the public at a "Corps 101" workshop Sept. 19 in Oakland.

creating jobs."

Go online to www.bayplanning-coalition.org to view video foot-

age, power point presentations and frequently asked questions from the workshop.

Congratulations, Class of 2012!

District Public Affairs Office

Seven Corps employees received diplomas from the Regional Leadership Development Program during a graduation ceremony Sept. 20 at the South Pacific Division Headquarters in San Francisco.

Among this year's class was Robin Liffmann, a San Francisco District project manager, who oversees the Hamilton Wetlands Restoration Project.

The seven graduates included an architect, economist, a project manager, park ranger, readiness and contingency operations specialist, and two engineers from the four districts: Albuquerque, Los Angeles, Sacramento and San Francisco.

SPD launched RLDP in 2000, pioneering USACE efforts to groom future leaders with a broad perspective on USACE and the region. More than 180 students have graduated in the decade since - many successfully competing for promotion and new assignments in the Corps, other agencies and the private sector.

RLDP is open to partner federal agencies and project sponsors, and alumni include graduates from the Environmental Protection Agency, Bureau of Reclamation, Port of Los Angeles Santa Clara Valley Water District and Riverside County Flood and Water Conservation District.

Next year's class will include two SPN em-



Hardesty

Lt. Col. John Baker, San Francisco District commander, presents Robin Liffmann with a certificate of completion from the Regional Leadership Development Program Sept. 20.

ployees. Cynthia Jo Fowler, an environmental planner, and Ondrej Macejko, a park ranger at Lake Sonoma, were recently selected for RLDP, which kicks off Oct. 22 with a full week of orientation at the Sacramento District.

"RLDP develops and enhances leadership skills to get after opportunities within [USACE] during these times of change," said Brig. Gen. Michael Wehr, SPD commander. "Their participation in the program will enhance and further develop their leadership skills through training, self-development and on-the-job experience."

Farewells



Beach

On Sept. 27, the San Francisco District held a retirement luncheon and award ceremony to celebrate the service of five employees with a combined total of 163 years of Federal service.

The retirees are pictured above, from left to right: **Patrick Riordan** (Visual Information Specialist, Executive Office, 31 years service); **Yvonne LeTellier** (Project Manager, PPMD, 37 years service); **Elizabeth Aguila** (Project Management Specialist, PPMD, 35 years service - all with SPN); **Ofelia Rosales** (Administrative Officer, ETS, 35 years service - all with SPN), and **George Liu** (Cost Engineering, ETS, 25 years service - all with SPN and the Sacramento District).

Best wishes to our retirees!

AROUND THE LAKES

Local artist puts finishing touches on visitor center

Story & photo by Ryan McClymont
District Public Affairs Office

After \$100,000 in renovations, the Milt Brandt Visitor Center is almost ready to be revealed to the public. As part of the renovation, the center hired a local artist, Marge Gray, to paint several murals depicting scenes around the lake and dam. Her first painting of the series is a large map of the area as seen from above.

“It will be the first thing that people will see coming into the visitor center,” said Gray. “They can find hiking trails, where they can go to camp and just many points of interest.”

Located at the entrance to Lake Sonoma and the Warm Springs Dam, the Milt Brandt Visitor Center is your source for information about the park. The center is currently closed due to renovation.

When open the center will have exhibits that explain the cultural and natural history of the Dry Creek Valley. Campfire programs, Junior Rangers, water safety programs, and tours of the fish hatchery



Local artist Marge Gray paints a mural of Lake Sonoma for the new Milt Brandt Visitor Center.

are some of the audiovisual and ranger-led programs offered at the visitor center.

Call the Visitor Center staff for more in-

formation at (707) 431-4533. Hours of operation vary, so please call ahead to check days and times of operation.

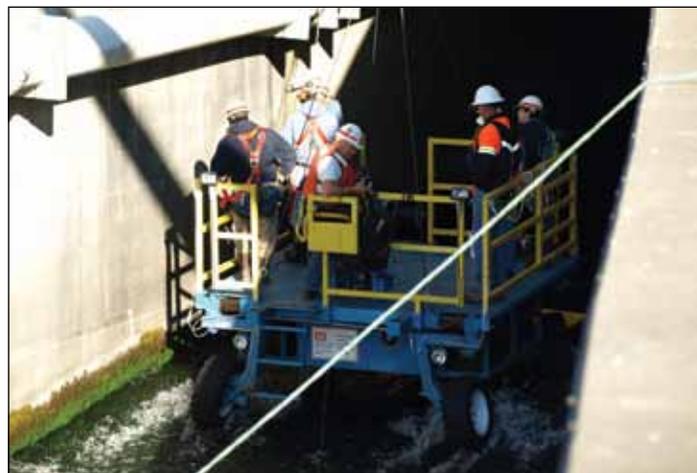
Coyote Valley, Warm Springs dams inspected

Story & photo by J.D. Hardesty
District Public Affairs Office

U.S. Army Corps of Engineers dam safety inspectors from Sacramento and San Francisco districts conducted their inspection of Coyote Valley and Warm Springs dams.

Formal pre-flood inspections are required every two years, but, as part of the Corps' commitment to safety, the two dams are being inspected annually to minimize future impacts on downstream communities.

Some of the largest items inspected are the dam, control towers, gates, outlet works, spillways, embankments and the crest of the dam. A seepage tunnel was inspected on Warm Springs Dam as well. There is not a seepage tunnel in Coyote Valley Dam.



SPN dam inspectors navigate up the spillway at Warm Springs Dam.

A hybrid electric-hydraulic designed and built by San Francisco District staff in 2008, enhances the Corps' ability to conduct inspections without harming the environment. This specialized Motorized

Outlet Tunnel Inspection Vehicle (MOTIV) was lowered by crane into the outlet tunnels of the dams, allowing the team to travel inside without reducing the waters flow, which may hurt habitat downstream.

San Francisco District Chief of Operations and Maintenance, Mike Dillabough said the inspectors indicated both facilities were “in great shape.” While inspecting the outlet tunnel, an old block of wood was removed in Warm Springs Dam and repairs made, all while using the MOTIV.

USACE is the nation's largest provider of outdoor recreation opportunities with about 370 million visits a year at its lakes, beaches and other areas. Its recreation program supports the President's America's Great Outdoors initiative as well as many other national health and wellness initiatives.

USACE owns and operates 694 dams; maintains 12,000 miles of waterways, 239 locks at 193 sites; and 926 coastal, Great Lakes, and inland channels and harbors.

Public Lands Day draws volunteers to Sonoma

District Public Affairs Office

More than 50 volunteers including 16 Sea Cadets came out to Lake Sonoma to collect debris, build trails and clear vegetation as part of National Public Lands Day Sept. 29.

A U.S. Army Corps of Engineers patrol barge and a private owner's pontoon boat were used to take volunteers to several lake locations to clean shoreline campsites. Twenty bags of garbage and recyclables were filled during the three-hour outing.

"Volunteers at our lake provide the manpower to complete projects that our staff can no longer accomplish," said Mike Dillabough, SPN chief of Operations and Readiness Division.

New this year was a two-man dive team that worked under the marina docks to collect debris, said Linda Clapp, park ranger at Lake Sonoma.

At the end of the day, a barbecue lunch was provided to all

Volunteers at our lake provide the manpower to complete projects that our staff can no longer accomplish.

Mike Dillabough
SPN O&R Chief

of the volunteers, as well as a Federal Public Lands Pass and free camping pass to Lake Sonoma.

Throughout the year, volunteers work with USACE park rangers to build trails, conduct tours at the fish hatchery and provide maintenance services, said Clapp.

For more on NPLD, visit www.publiclandsday.org



[Above] Two divers prepare to work under marina docks at Lake Sonoma during National Public Lands Day Sept. 29. [Right] A group of Sea Cadets board a USACE barge.



photos by Linda Clapp

Space shuttle visits Bay Area



The space shuttle Endeavor, atop a 747, flies over San Francisco Sept. 21. The Endeavor made two passes over the city, gliding over iconic landmarks such as the Golden Gate Bridge and Sutro Tower. This picture, captured by Liviu Tanase, an ACE-IT visual information specialist, was taken from the 9th floor at 1455 Market Street in San Francisco.

AMERICA'S CUP REPORT



By Ryan McClymont
District Public Affairs Office

Oracle Team USA dominated the America's Cup World Series qualifying races held Aug. 22-26, in the San Francisco Bay just offshore from Marina Green, taking first and second place in the Match Racing Championship and first place in the Fleet Racing Championship.

The America's Cup is the third largest international competition followed by the Olympics and soccer's World Cup. It is estimated that San Francisco could see a \$1.4 billion increase in economic activity by hosting the event with the potential of creating over 8,000 jobs during the 55 days of racing to take place in 2013.

The San Francisco Bay provides a picturesque and intimate backdrop for the running of the race, but also hides some hidden dangers in the form of floating logs, trees and trash that can go unseen by the race crews. To ensure the safe and successful running of the event the San Francisco District deployed its two debris removal vessels, the Raccoon and the John A.B. Dillard, Jr. to assist in the successful running of the event.

"America's Cup is the premiere sail boat race on the planet and we are showcasing what San Francisco is all about," said Kixon Meyer, captain of the John A.B. Dillard, Jr. "We want to make sure this bay is absolutely clean and safe."

The America's Cup World Series will return to San Francisco again from Oct. 2-7 before heading to Italy in April and May 2013. The 34th America's Cup Finals will be held on the Bay next year.

(Photo by Joe McCormick, captain of the "Raccoon," a debris-removal vessel)

'Ask, Care, Escort' training can save a life

Story by Maria Gallegos
Special to "SPN Surveyor"

What would you do if you were faced with someone who may be suicidal? How would you respond if they told you of their plans to take their own life?

Hearing someone talking about suicide may make you feel uncomfortable, but educating yourself on what to do before it happens may ease the apprehension, which could save a life.

Ask, Care, Escort, or ACE, provides suicide prevention and awareness training for all Soldiers, staff, civilians and their family members. This Army-approved program teaches suicide behavior recognitions and the warning signs associated with suicide. The course also provides an opportunity to discuss and participate in role-play realistic scenarios, and to practice communication and intervention skills to increase confidence to ask if someone is thinking about suicide.

The following steps are some helpful ACE tips on suicide prevention and awareness:

"Ask" the question -- 'Are you thinking about killing yourself?'

Asking the question directly can be difficult but it will let your friends know you care enough about them to ask the question and that you are aware of the pain they are going through.

What do you do when they answer "Yes"?

"Care" and listen to what your friend

Suicide prevention is a shared responsibility of leaders, Soldiers and civilians at all levels.

is thinking. Suicidal people feel that they lack the love and support of others, so showing that you are willing to listen is an important way to help. Take the subject seriously, not everyone who thinks about suicide actually attempts it; however, you do not want to take that chance.

"Escort" should be the easiest step in the ACE model, if you already know where to go for help. Take the time to get to know the available resources—nearest chaplains, military medical treatment facility, behavioral health providers and the emergency room. Accompany them and never leave your friend alone.

Suicide prevention is a shared responsibility of commanders, leaders, Soldiers, and civilians at all levels. Direct questioning, supportive listening and gentle but

persistent guidance can help bring hope and appropriate treatment to someone who believes suicide is the only option.

Gallegos is a public affairs specialist for the Brook Army Medical Center at Fort Sam Houston, Texas.

IT'S YOUR CALL

Confidential help for
Active Duty/Guard/Reserve
Soldiers and their Families

Military
Crisis Line

1-800-273-8255 PRESS 1

... Confidential chat at MilitaryCrisisLine.net or text to 838255 ...
www.preventsuicide.army.mil

SMA continued ...

which was my work environment."

"And that had a negative effect on me and I went into a downward spiral and started to make some poor decisions in life," he continued. "I got to a place where I needed help, and with the help of some friends and loved ones, recognized that and spent about two years in almost weekly behavioral health counseling.

"When I was interviewed to be the sergeant major of the Army by General (George W.) Casey, who was the chief of staff at the time, he asked me, 'is there anything I need

to know about.' I told him I'd been in behavioral health care counseling for the past two years. He said, 'I see that as a strength and would ask if you can talk about it to Soldiers and families if selected,' and it's been a part of what I've done for about the last 20 months."

"Ultimately I'm a better person and a better father, a better husband, which in turn helps me to be a better Soldier because of it," he said.

To read the full version of this article, visit www.army.mil/health. The San Francisco District's Suicide Stand-down Day was Oct. 11 for all employees.

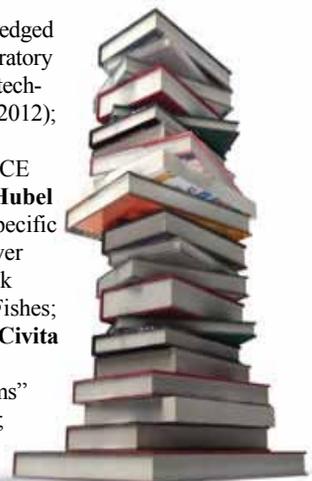
SPN employees in publications

- "Geotechnical Performance of Dredged Material-Steel Slag Fines Blend: Laboratory and Field Evaluation" (Journal of Geotechnical Geoenvironmental Engineering; 2012); Coauthor **Nick Malasavage**

- "From the Editorail Board" (ASCE Geo-Strata Magazine; 2012) **Brian Hubel**

- "Interannual variation of reach specific migratory success for Sacramento River hatchery yearling late-fall run Chinook salmon" (Environmental Biology of Fishes; 2012) **Dr. Bill Brostoff and Peter LaCivita**

- "Incorporating Sea-Level Change Considerations in Civil Works Programs" (USACE Planning Toolkit Publication; 2012) **Tessa Bernhardt, Mark Bierman, Tom Kendall and Judy Sheen**



Project Update

Construction at Oakland's Middle Harbor underway

By Ryan McClymont
District Public Affairs Office

The US Army Corps of Engineers San Francisco District is in the final phase of construction on the Middle Harbor Enhancement Area (MHEA) project.

"The Middle Harbor Enhancement Area was a vital piece in the negotiation of the environmental permits for the Oakland Harbor -50-ft deepening project," said David Doak, SPN Navigational Technical Manager. "The MHEA represented a significant cost savings to the Port of Oakland by allowing six million cubic yards of dredged material to be placed in-bay in the former Middle harbor footprint."

The first contract of this phase included the dredging and placement of roughly 400,000 of 800,000 cubic yards of fine grain sand dredged from the Oakland Inner and Outer Harbor Channels. The contract awarded to Ahtna Engineering was completed in September 2012.



McClymont

The "Pecos," a fill placement barge, prepares for grade-controlled placement of dredged material at the Middle Harbor Enhancement Area in the Port of Oakland on Aug. 16, 2012.

The Middle Harbor Enhancement Area is the first attempt to design and construct a sub-tidal habitat on the West Coast the area will include

approximately 190 acres of habitat, including 15 acres of eel grass, in the Oakland Middle Harbor.

The project is a partnership

between the U.S. Army Corps of Engineers, Port of Oakland and various state and federal resource agencies and stakeholders.

ENGINEERING CHALLENGE

Take on the engineering challenge in this month's SPN Surveyor. The first to solve this problem will receive a commander's coin, with the results being published in the December 2012 issue.

The Problem

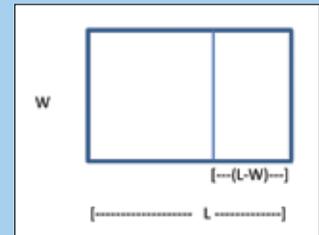
The Golden Rectangle is claimed to be a "divine proportion" of length (L) to width (W) and is found in applications of aesthetics, architecture, paintings, graphic design, industrial design, music, nature, optimization issues and many others.

If a Golden Rectangle's short side is subtracted from its long side, a new rectangle of the same golden proportions is formed with the long side now

W and the short side being $L-W$.

$$L/W = W/(L-W)$$

How much longer does the long side L need to be than the short side W in order to meet this condition and thus be a Golden Rectangle (i.e. solve L in terms of W)? Show your work.



Submit your answers via e-mail to Brandon Beach at brandon.a.beach@usace.army.mil.

(This challenge was submitted by Blair Jackson, a SPN civil engineer and winner of the last engineering challenge.)