



US Army Corps
of Engineers®
San Francisco District

March/April 2012
Vol. 4, Issue 2

SPN Surveyor

www.spn.usace.army.mil



Bay Model reopens

Read full story, page 4

Also inside this issue . . .

Military Engineer of the Year Award, page 6

Wild Steelhead Festival at L. Sonoma, page 8

Rescue Swimmer Training, page 12

District milestones achieved through teamwork

By Lt. Col. Torrey A. DiCiro
San Francisco District Commander

Let me be the first to say that your courage, commitment and know-how have resulted in remarkable milestones over the past few months.

Again and again, you have gone beyond what was required to make significant headway on projects of highest concern to the people we serve, including, most recently, the grand reopening of the much-beloved Bay Model Visitor Center (BMVC) in Sausalito.

On Feb. 25, I had the distinct pleasure of joining our knowledgeable and dedicated ranger staff at BMVC for a public rededication and ribbon-cutting ceremony, marking the completion of nearly two years of construction-related projects at this museum and educational center.

With the help of a \$15 million investment in American Recovery and Reinvestment Act funds, we were able to fully refurbish this half-century old facility, adding, among many improvements, a new roof and stone deck, seismic retrofit, new audio tour for visitors and online podcasts, and a 2,492-panel solar energy system, the largest of its kind in the South Pacific Division.

It took enormous team effort, and I would like to thank all of our engineers, project managers, construction reps, rangers, safety officers and contractors for their hard work in making this happen.

I also invite all SPN employees to visit



the new BMVC, open Monday through Saturday, 9 a.m. to 4 p.m. It's a short 20-minute drive from San Francisco. You will be amazed by the changes.

We accomplished another major milestone last month when our Regulatory Division completed the Willits Bypass individual permit, signed into effect on Feb. 21. This permit allows Caltrans to proceed with its plans to build a new four-lane segment of Highway 101, bypassing the city of Willits.

From the start, this was a project with substantial public involvement. With 82 acres of wetlands potentially impacted from bypass construction, our Regulatory team worked closely with Caltrans,

EPA and other federal and state agencies to come up with a mitigation and monitoring plan (MMP) capable of meeting Clean Water Act, Section 404 requirements and moving this project forward. Great job to all involved in bringing this permit to the table for final signature.

But beyond working on our local projects and programs, you have answered the call to serve overseas in contingency operations, filling critical jobs in our nation's fight to rebuild Afghanistan. In February, we sent off project managers Irene Lee and Karen Rippey, as well as Tricia Yates, our baseyard's automation clerk. We now have eight members of our workforce deployed.

Despite your busy work schedules and family commitments, you have also managed to find time to volunteer to improve your communities and complete advanced training, degrees and certifications—proof of your commitment to professional excellence and development.

Moving forward, the future will continue to present fiscal challenges, but these challenges must be embraced as a chance to make striking improvements in how we do business. I believe vast opportunities for improving efficiency lie ahead if we are innovative and smart in rethinking the status quo.

I encourage you to continue sharing your concepts for improvements with me. My door is always open. Together, we will continue to rise to the challenge of meeting the needs of nation.

District Commander

Lt. Col. Torrey A. DiCiro

Deputy Commander

Maj. Christopher W. Crary

Editor

Brandon Beach

brandon.a.beach@usace.army.mil

Staff Contributors

JC Delgadillo

jasmin.chopra.delgadillo@usace.army.mil

Ryan McClymont

ryan.j.mcclymont@usace.army.mil



SPN Surveyor

SPN Surveyor is an unofficial publication published under the provisions of AR 360-1 for the Department of Defense, the U.S. Army Corps of Engineers — San Francisco District, its diverse workforce and stakeholders. Contents of SPN Surveyor are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or the U.S. Army Corps of Engineers. SPN Surveyor is a bimonthly publication distributed via e-mail and made available at www.spn.usace.army.mil. The editorial content of this publication is prepared, edited, provided and approved and published by the USACE San Francisco District Public Affairs Office, 1455 Market Street, San Francisco, Calif., 94103-1398; telephone (415) 503-6804; fax (415) 503-6690. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Army. Everything advertised in this publication will be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher will refuse to print advertising from that source until the violation is corrected.

TABLE OF CONTENTS

PROJECTS & EVENTS

A Glimpse of the Bay: SPN reopens educational center in Sausalito following lengthy construction period 4

PEOPLE & DEPARTMENTS

SPN project manager named 2012 USACE Military Engineer of the Year 6

Members of the Planning Associates Class of 2012 connect in Bay Area for training 7

Crowds visit Lake Sonoma for Wild Steelhead Festival 8

SPN Dive Team surveys oyster colonies at marina in South San Francisco 8

SPN ACTIVITIES

Boy Scout troop spends weekend at Lake Sonoma 9

Women's History Month: Bay Area woman fulfills dream of becoming a biomedical engineer 10

MWR Corner: A weekend in Monterey is closer, cheaper than you think 11

Photo Story: SPN navigation team conducts four-day rescue swimmer's training 12

Army News

Army reduces its energy intensity



Devin Fisher

Constructed in 2008, the two-megawatt Fort Carson, Colo., solar array produces enough electricity to power 540 homes.

By C. Todd Lopez
Special to "SPN Surveyor"

The Army's overall "energy intensity" went down last year, said the Army's lead on energy-use reduction.

"Just last year, overall, the Army's energy use per square foot decreased by a little more than four percent," said Katherine Hammack, assistant secretary of the Army for installations, energy and environment, adding the Army is on track with its overall energy reduction goals. ...

The Army's Net Zero Installation Strategy is about reducing energy use, water use and waste production, to help secure the Army's mission.

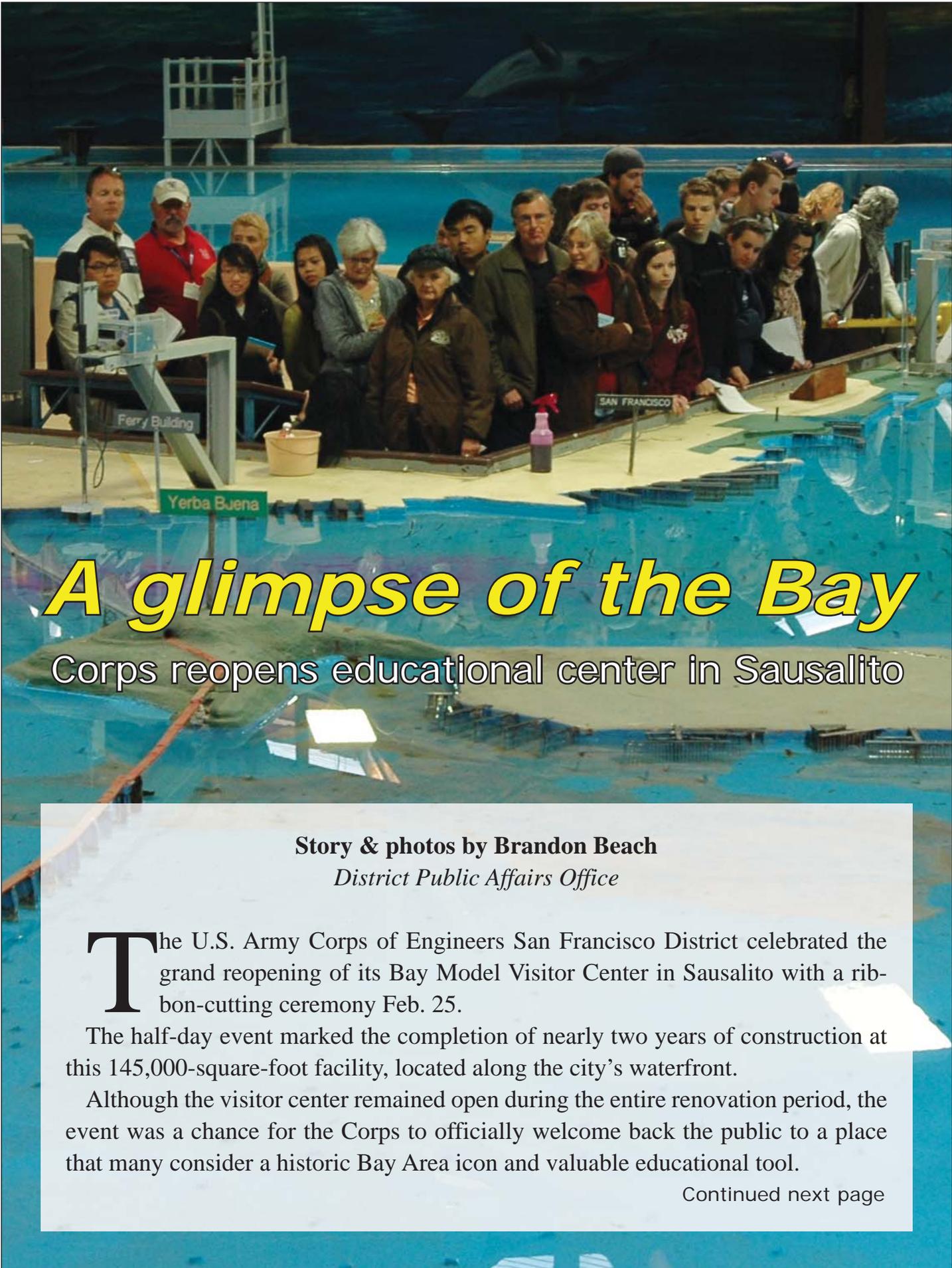
A Net Zero energy installation produces as much energy as it consumes, resulting in a net usage of zero energy, for instance. Installations achieve that by first reducing their energy use, and then, by meeting their remaining energy needs with self-produced renewable energy. ...

"The goal for the U.S. Army is that all of our installations reach Net Zero," Hammack said. "That is something that is a challenge, but something we believe is necessary and prudent."

Read the full version of this story at www.usace.army.mil/news/energy

On the cover

Linda Holm, middle, park ranger at the Bay Model Visitor Center, leads a group of visitors through the Bay Model during a public reopening ceremony Feb. 25. Visitors were able to see the newly-refurbished visitor center, which underwent nearly two years of construction. Improvements included a new roof and deck, interior and exterior painting, fish tanks installed in the lobby, a seismic retrofit of the building and an upgraded audio tour. (Photo by Brandon Beach)



A glimpse of the Bay

Corps reopens educational center in Sausalito

Story & photos by Brandon Beach
District Public Affairs Office

The U.S. Army Corps of Engineers San Francisco District celebrated the grand reopening of its Bay Model Visitor Center in Sausalito with a ribbon-cutting ceremony Feb. 25.

The half-day event marked the completion of nearly two years of construction at this 145,000-square-foot facility, located along the city's waterfront.

Although the visitor center remained open during the entire renovation period, the event was a chance for the Corps to officially welcome back the public to a place that many consider a historic Bay Area icon and valuable educational tool.

Continued next page

Continued ...

“It was ahead of its time when it was built in 1958, and for decades, it supported vital research on the Bay-Delta complex,” said Congresswoman Lynn Woolsey, during her remarks. “Today, the Bay Model serves an equally vital function—helping visitors understand and learn how important our unique natural environment is to our economy and our way of life.”

Several civic leaders from Marin County, Lt. Col. Torrey DiCiro, the Corps district commander, and Hal Hays, the project contractor, joined the congresswoman on stage during the one-hour formal program that began with a short rededication ceremony by the Native Sons of the Golden West. Preserving the Bay Model’s history was a topic echoed in the remarks made by Sausalito Mayor Mike Kelly.

“We are standing on very hallowed ground—a marinship,” he said. “There’s no more sterling example of preservation than this splendid refurbishment.”

Though the Bay Model was built in 1958, the actual facility that houses the famous hydraulic model of the San Francisco Bay-Sacramento Delta system, was built for quite a different purpose.

In the 1930s, the building was a shipyard operated by Marinship Corporation. Over 90 Liberty ships were built here during a short three-and-a-half-year period. Following World War II, the shipyard was decommissioned, ending its production.

Most recently, the city of Sausalito has moved to designate the waterfront area as a historic district, with the Bay Model



Congresswoman Lynn Woolsey, middle, Chris Gallagher, park manager of the Bay Model, and Hal Hays, the project contractor, snip the ceremonial red ribbon declaring the Bay Model open.

March/April 2012



Members of the Native Sons of the Golden West perform a rededication ceremony to the building.

*We are proud to be a
part of the community
here in Sausalito.*

Chris Gallagher
Bay Model Park Manager

...serving as its center. The Bay Model itself brings thousands of visitors to Sausalito, contributing greatly to the city’s economy, said Kelly. Approximately, 150,000 people visit the Bay Model annually, most of them being school children.

“It’s just an amazing facility that provides a truly unique opportunity for young people and all of us to get a view of our entire Bay and Delta that would otherwise not be possible,” said Marin County Supervisor Kate Sears. “In addition to that, this building has really become the center of our community, an extraordinary gathering place for all of us.”

In addition to being a museum and educational center, the Bay Model provides a place to host public meetings, conferences and birthday parties. Even the Sausalito Arts Festival is held here annually over Labor Day weekend. It also serves as an exhibition space for local artists.

“We are proud to be a part of the community here in Sausalito,” said Chris Gallagher, park manager for the Bay Model and mistress of ceremonies during the formal program.

Of course, refurbishing the Bay Model came with a price tag. The Corps, with the help of Woolsey, was able to secure \$15 million in American Recovery and Reinvestment Act funds to complete the work.

“Thank you, Congresswoman Woolsey, for believing in the purpose of the Bay Model and helping to make sure the model continues to be a center of pride, prestige and learning for generations to come,” said DiCiro.

Improvements to the visitor center included a new roof and deck, interior and exterior painting, fish tanks installed in the lobby, a seismic retrofit of the building, upgraded audio tour and four new online podcasts. But the largest project by far was the installation of 2,492 solar panels across the facility’s barrel-shaped roof. The new solar-panel energy system is the largest of its kind owned by the Corps within the South Pacific Division and is capable of supplying energy not only to the Bay Model Visitor Center, but to the district’s adjacent baseyard and docks.

“I think this building is really at the forefront and a model many of us can copy here in the county,” said Sears. “If there ever was a great way to spend stimulus dollars, I think this is it.”

Thirty five Bay Area subcontractors were employed during the various phases of construction, creating more than 425 jobs. The total amount of hours on the job was 68,942, said Hays, in his remarks.

“This ARRA-funded project created opportunities for many Californians,” he said, “while helping restore a cherished, historic research tool and an important educational center for future generations.”

EMPLOYEE NEWS

SPN project manager named Military Engineer of the Year

By JC Delgadillo

District Public Affairs Office

Science, Technology, Engineering and Math education creates critical thinkers, increases science literacy, and enables the next generation of innovators. Perhaps no one knows that better than Oregon Army National Guard Soldier Maj. Shaun P. Martin, recipient of the U.S Army Corps of Engineers Federal Engineer of the Year Award (Military). Martin is currently on assignment in California, serving the San Francisco District.

As a little boy growing up in a family of chicken farmers in rural Oregon, Martin was astounded by Star Trek, the original television series which ran from 1966-1969. As much as his parents wanted to send their intelligent, creative son to college, their simply was no money available for tuition. So Martin's father suggested his son enlist in the Army.

Martin had planned to serve a four-year stint, but four years gave way to 14 as an infantry paratrooper. His fascination with the futurist gadgets Gene Rodenberry had conjured never dissipated. From the Enterprise's transporter console, which could pinpoint the exact location of crewmembers, to the handheld communicators which allowed crew to converse over distances long and short, to the holodeck, which



F.T. Eyre

Oregon Army National Guard Soldier Maj. Shaun P. Martin (center left) accepts the USACE 2012 Military Engineer of the Year Award in Washington Feb. 24.

created computer-simulated environments complete with tastes, smells, sights and sounds, Star Trek's imagined tools have influenced modern technology.

"Just think about the things that were common in Star Trek. Many of those things didn't exist in the sixties, but they do now (GPS, mobile phones, virtual reality to name a few.) That's what engineers do.

We think about things that haven't been created yet, and we figure out how to make them," said the self-proclaimed geek.

After 30 years of military service, deployments to war zones, dozens of awards including jump wings with a mustard stain signifying a combat jump, nobody would dare call this leader of war fighters a geek. Yet his five degrees including a doctorate, two masters, and numerous credentials and certifications might tempt you.

Considering the sheer volume of advanced education and highly-acclaimed work Martin has ac-

complished, it may strike some as surprising that it was not until the bright-eyed, youthful 49-year old was in his mid-30s that he graduated from college. Martin transitioned out of active duty Army into the Oregon Army National Guard and enrolled in Clackamas County Community College.

"Clackamas has a great two-year pre-engineering program, so after I finished there, I applied and got accepted into Oregon State," said the husband and father of five. Upon graduating with a bachelor's degree in mechanical engineering, as well as completing officer candidate school, Martin was commissioned as a second lieutenant and also accepted a full-time position with the Oregon Army National Guard. Along the way, he earned a master's degree in engineering and another master in military arts and science. After serving as a task force engineer during Hurricane Katrina response and recovery, Martin became fascinated with reducing the nation's vulnerability to disaster, so he pursued a doctorate in public policy and administration with an emphasis in homeland security.

No stranger to personal sacrifice, Martin continues to work hard to build awareness and excitement about the power of engineering by speaking at local schools and through his affiliation with the Society of American Military Engineers



Eyre

Oregon Army National Guard Soldier Maj. Shaun P. Martin, right, shares a moment with Maj. Gen. Bo Temple.

Continued next page

March/April 2012

Corps planners connect in Bay Area for training

By JC Delgadillo

District Public Affairs Office

Will we have enough water and natural resources in the future? What will the quality of these resources be? How much will they cost? What will be the future impacts to our environment? These are just a few of the questions water and natural resources planners attempt to answer every day.

At the U.S. Army Corps of Engineers, some of the most innovative planning professionals go on to become Planning Associates. Each year, the best of the best participate in a 20-week program to earn the coveted "Planning Associate" title.

The ten members of the Planning Associates Class of 2012 participated in training in San Francisco this past January.

Corps' projects typically start with staffers adept at answering questions of federal interest, engineering feasibility, economic justification, and environmental acceptability.

Residents of virtually any community depend on the labor of planning professionals; so to further their skills, the Corps provides a vehicle by which planning professionals can expand their savvy in solving multifaceted water and natural resources dilemmas.

The curriculum is rich in team building, leadership training, case studies, individual and group projects, mentoring, and networking opportunities with leaders from the public and private sectors, said Water Resources Plan Formulation Specialist Judy Sheen, PhD. A 2009 graduate of the Planning Associates Program, Sheen is now a "course own-



Nedenia Kennedy, SPD Environmental Team Leader, teaches a writing exercise at the USACE Planning Associates Training held in January.

er," a facilitator of the training.

Courses are held throughout the nation, covering such topics as National Environmental Policy Act Updates & Emerging Issues, Dam Safety Program & Planning Considerations, and Case Stud-

ies in Collaborative Planning.

The training in San Francisco was an opportunity to give the new planning associates a strong foundation in planning, so they may move forward through the challenging program successfully.

Award continued ...

where he most recently served as the San Francisco chapter president, said Maj. David Kaulfers, P.E., assistant to the chief of Programs and Project Management Division for the San Francisco District. Kaulfers nominated Martin for the Engineer of the Year award, which is sponsored by the U.S. Army Corps of Engineers, the Nation's premier public engineering agency.

"Time and again, Maj. Martin has provided leadership, accountability, problem-solving and responsiveness," said Kaulfers.

Martin provided management and oversight on numerous projects, among the most challenging was the San Ramon Valley Recycled Water Program, said Kaulfers. This multi-phased project, whose purpose was to facilitate the increased use of recycled water for such things as irrigating landscaping instead of using potable water, had run into some frustrating delays. Through his savvy problem-solving skills and uncanny ability to marshal cooperation, Martin got the job done to the satisfaction of both the Corps of Engineers, and most impor-

*If you are creative,
if you are a dreamer,
engineering is for you.*

Maj. Shaun Martin
SPN Project Manager

tantly, the residents the project served.

During his two-year stint with the San Francisco District, Martin earned a project management professional certification, as well as a Level III facilities engineer one. He has also worked on armed forces reserve center projects, which seek to provide sufficient space and up-to-date facilities and equipment to support the activities of citizen-soldiers. Martin currently serves as the chief of the Hydrographic Surveying Section, and along with his team, is responsible for collecting, processing and mapping hydrographic survey data for federally authorized civil and military navigation channels throughout the San Francisco

District's area of responsibility. The survey data is used to monitor current channel conditions and as a decision-making tool for channel maintenance operations, channel deepening contracts, planning studies, environmental monitoring, locating of obstructions, debris removal, and more.

With so many accomplishments, it's easy to see why Martin was selected as the USACE's Military Engineer of the Year, but it is having made his parents proud and serving as an excellent role model to his children that makes Martin smile with joy. One of his sons is a sergeant in the Army and one of his daughters is an engineer.

"If you are creative, if you are a dreamer, engineering is for you," said Martin. "If you want to enjoy the satisfaction of knowing that you've helped create things that will make life better for people, things that will outlive you, then engineering is for you."

In the summer, Martin will begin work as a facilities engineer in Oregon with the state's National Guard. He will continue speaking in schools to motivate teens to pursue science and engineering in high school and college.

Crowds come out for Wild Steelhead Fest



A girl investigates a mountain lion at a taxidermy petting zoo at Lake Sonoma in February.

Story & photo by JC Delgadillo
District Public Affairs Office

With the arrival of the Fourth Annual Healdsburg Wild Steelhead Festival in February, many families came out to Lake Sonoma, the U.S. Army Corps of Engineers-maintained recreation site in Geyserville. Families visited the Warm Springs Dam, listened to musicians play jazz, learned about fish breeding and rearing from the experts at the steelhead trout and coho salmon hatcheries, navigated mazes and simply enjoyed the natural beauty all around them.

“Lake Sonoma belongs to everyone, so it’s great to see so many families out here today,” said Ranger Michael Carroll. “It’s also an important opportunity for people to learn about threatened and endangered species,” he said.

The city of Healdsburg adjacent to Lake Sonoma proclaimed the month of February “Steelhead Month,” in honor of the Healdsburg Wild Steel-

It’s great to see so many families out here today.

Michael Carroll
Lake Sonoma Park Ranger

head Festival and to bring community awareness to the importance of the wild steelhead and the Russian River Watershed.

The festival included a benefit dinner, art and entertainment, wine tasting, and a carnival-style event held at Lake Sonoma with a taxidermy petting zoo and informational exhibits staffed by various government agencies including one booth featuring a simulated environment that allowed players to virtually sail and catch fish.



Oysters surveyed at marina

In January, members of the SPN Dive Team joined Peter LaCivita, South Pacific Division regional fisheries biologist, in conducting surveys of oyster colonies at four piers slated for replacement at Oyster Point Marina. Surveys were conducted over a two-day period. Members of the dive team included Derrick Dunlap, Eric Jolliffe, Andrew Rapp, Erik Romani, and boat operator Marty Plisch.

The SPN team is the only USACE dive team in the West Coast and assists the four districts of the South Pacific Division with inspections of breakwaters, bridges, levees, dams and locks.

Eric Jolliffe, right, SPN environmental planner, prepares for his dive. Peter LaCivita measures an oyster, top left, and Derrick Dunlap, SPN deputy chief of Operations and Readiness Division, readies his equipment before jumping into the water. (Photos by Brandon Beach, District Public Affairs Office)



Scouts Visit Lake Sonoma

By Maj. David Kaulfers
Special to "SPN Surveyor"

On Feb. 18, 25 Boy Scouts from Troop 15 of the Sunset District visited Lake Sonoma, as part of Engineering Week. Park Rangers Joe Lishka and Lance Pool provided scouts with a tour of Dry Creek, Warm Springs Dam and the Don Clausen Fish Hatchery, where scouts worked side-by-side with biologists sorting fish.

The troops also worked on service projects including building a trail as part of their duty to help

other people at all times.

The day ended with dinner, a campfire and the chance to look at constellations through telescopes provided by physics students from the Santa Rosa Junior College.

All activities were geared toward teaching leadership and life skills.

[Top] SPN's Maj. David Kaulfers, far left, takes a group photo with scouts from Troop 15. [Right] Scouts construct a trail near Liberty Glen Campground in Lake Sonoma. [Below] Scouts gets a hands-on tour of the Don Clausen Fish Hatchery. (Photos by Joe Lishka, USACE)



WOMEN'S HISTORY MONTH

Bay Area woman fulfills dream of becoming engineer

By Brandon Beach

District Public Affairs Office

Regine Cadet always wanted to be a biomedical engineer. Her interest in the profession dates back to 1987. She was a freshman at the University of Rochester, NY, studying biology. Like most freshman, she was curious and open to new ideas. She began hearing about this emerging field called biomedical engineering and wanted to know more.

So Cadet made an appointment with the chair of the engineering department on campus.

"The first thing he said to me was, 'Why? Why do you want to become a biomedical engineer? Don't you want to get married?'" she said. "Being a naive freshman, I thought maybe this wasn't such a good idea, so I dropped it."

Four years forward and Cadet would earn a degree in cell biology. She would later complete a master's degree in education and move on to become a middle and high school science teacher at Fort Lauderdale, Fla. Landing there after college was not entirely by choice. Her cultural background played somewhat of a role in her decision.

"I was born in Haiti but raised in New York City. As a single woman, you don't live on your own if you're Haitian. That's unacceptable," she said. "You stay at home until you're married."

With her parents retiring to the sun-drenched beaches of Florida, Cadet decided to follow them south, but not so much because of an adherence to any cultural rule, but, because like most graduates, she had mounting school bills to pay.

"I was poor, so I needed to move back," she said.

Another four years of teaching middle and high school science and living with her parents would pass, and she would find herself once again thinking about the field of biomedical engineering.

"It became this big hole in my life that wouldn't go away," she said. "I was not happy. I wanted to do engineering. I knew it would be hard, but I finally just said, 'Let's do this.'"

Despite the warnings she had received as a freshman at Rochester, she began applying to the biomedical engineering



CSU Sacramento

Regine Cadet, a biomedical engineer in the Bay Area, will speak at the district March 22.

programs available at the time.

"It [biomedical engineering] was still so new. There weren't a lot of programs out there at universities and those that did have it weren't accredited," she said.

She got a spot at Sacramento State University, an accredited school. She was the only female in the program.

She spent seven years at Sac State, an experience she described as "intense," "tough" and "fulfilling."

To pay the bills, she worked as a substitute teacher, alongside the many hours she spent behind the books and in the labs. For her thesis, she worked with Shriners Hospitals for Children developing an instrument that would measure the force exerted by a child walking with crutches. The instrument would help doctors determine whether a child was using crutches properly. For her work, she was selected as a semifinalist in the International Young Investigator Competition, held annually by the Advancement of Medical Instrumentation.

Cadet earned her master's degree in biomedical engineering in 2005. She now works for a biotech company in the Bay Area.

Learn more about Cadet's story when she speaks at the district's Women's History Month Observance Thursday, March 22. The event will take place 11:30 a.m. to 12:30 p.m., in Conf. Rm. 2064.

2012 Theme

Women's Education - Women's Empowerment

Although women now outnumber men in American colleges nationwide, the reversal of the gender gap is a very recent phenomenon. The fight to learn was a valiant struggle waged by many tenacious women—across years and across cultures—in our country.

After the American Revolution, the notion of education as a safeguard for democracy created opportunities for girls to gain a basic education—based largely on the premise that, as mothers, they would nurture not only the bodies but also the minds of (male) citizens and leaders. The concept that educating women meant educating mothers endured in America for many years, at all levels of education. ...

While Harvard, the first college chartered in America, was founded in 1636, it would be almost two centuries before the founding of the first college to admit women—Oberlin, which was chartered in 1833. ...

Read the full version of this address at www.nwhp.org.

A weekend in Monterey is closer, cheaper than you think

By Kathy Ungvarsky
Special to "SPN Surveyor"

A beautiful and peaceful area to visit about 120 miles from San Francisco is Monterey. Located on the coast, the city offers outdoor activities, art and entertainment, beautiful landscapes and seascapes, the world-famous Monterey Bay Aquarium and the U.S. Army Garrison Presidio of Monterey (POM).



Ungvarsky

One of the benefits of serving as a Department of Defense civilian includes access to morale, welfare and recreation (MWR) opportunities, including access to low-cost lodging on military installations. So for a recent winter weekend getaway, my good friend and I stayed at the comfortable, clean and pleasant lodging at the POM. We started our adventure from Berkeley at 3 p.m., and except for a few minutes of Friday afternoon traffic in San Jose, the drive was not too daunting.

We arrived in Monterey around 7 p.m. Entrance to the POM requires a pass, so we



At the Monterey Bay Aquarium, you can see a sea otter cove, as well as numerous other exhibits. Department of Defense employees are eligible for reduced price admission and lodging at the nearby Army Garrison Presidio of Monterey. (Photo courtesy of Monterey Bay Aquarium)

stopped at the gate and presented our licenses, proof of insurance and DOD ID cards to the guard. The next stop was the lodge. Since I had made a previous reservation, all I needed to do was show my identification and pick up the keys.

The view from our rooms was northwest toward the bay. Even from the ground floor, we could see the lights of Monterey and the reflection off the bay.

The rooms were basic, about the size of a small hotel suite, equipped with a comfortable queen size bed, bathroom with tub and shower, two large closets, refrigerator, microwave, TV and DVD player.

The next morning I took a very long walk to get acquainted with the base. If you are not as ambitious, make sure to get a map when checking in. Some locations are on one way streets or dead ends. At the POM's Outdoor Recreation, we rented mountain bikes for the weekend. The bikes were nearly new, and all came equipped with front

shocks. The bikes also came with helmets and locks and cost just \$20 for both days. Outdoor Recreation also rents kayaks, and if you have at least three people, they will provide you with a guide and a lesson. Outdoor Recreation also rents scuba equipment, fishing rods and reels, camping gear, backpacking equipment and much more.

We took in Cannery Row, the monarch butterfly trees and the beach at Carmel. The toughest part was the ride back to the POM. About half a mile from the base, the route we chose was all uphill!

We purchased discount tickets, another MWR perk, for the Monterey Bay Aquarium. It is one of the best experiences in California, and the exhibits are user friendly. These are not your small-window exhibits; they are huge with many windows from which to view the twice daily feedings. The aquarium recently acquired a great white shark which can be viewed in the central tank. They have a

salmon spawning area, touch pool, sardine schools, jellies, a penguin colony, sea otter cove and reintroduction training program, and numerous other exhibits. I love watching the fish and checking out the interesting sea creatures. I especially liked the film and biologist's discussion on great white sharks.

The aquarium is a leading research facility. Their researchers provide you with the most up-to-date information. They are doing some amazing studies. You just have to see it for yourself!

All that the Monterey Bay area has to offer is just three hours from San Francisco and less than 10 minutes from lodging at the POM.

For my next trip, I plan to take advantage of the kayaking. It was a wonderful weekend!

For more information about lodging at the POM and MWR opportunities in Monterey, go to: <http://www.monterey.army.mil/Index.html>



Monterey is a 2.5-hour drive from most Bay Area locations.



[Top] Kixon Meyer, captain of the M/V John A. B. Dillard, Jr., rescues a man overboard, in this case, Stephen Carr, a SPN mechanic, during training. [Left] Engineering technician Andrew Rapp simulates rescuing Kixon Meyer, captain of The Dillard, using a rope rescue technique including the use of a mechanical advantage system and carabineers.

SPN conducts rescue swimmer training in Bay waters

Story & photos by JC Delgadillo
District Public Affairs Office

Abandoned vessels, fallen trees and crumbling piers are just some of the debris commonly found throughout the San Francisco Bay.

Crews with the U.S. Army Corps of Engineers San Francisco District's Navigation Branch have primary responsibility for the removal of debris from the bay. Almost daily, they venture out to eliminate hazards and keep the bay navigable, safe and enjoyable. But who keeps the crew safe?

Hazards including collisions with large, partially-submerged debris and unexpected severe weather could result in crew being tossed overboard while the boat is moving quickly in open water. Because safety is the highest priority, crew members recently participated in rescue swimmer training to make sure if any one of them fell overboard, the team would know how best to rescue the victim and return him to safety.

I feel much more confident about the safety of my crew.

Kixon Meyer
Captain, M/V John A. B. Dillard, Jr.

Long-time marine safety officer and ocean rescue boat operator, Steve Wigely, who has rescued victims from plane crashes in open water and capsized boats served as the subject matter expert and instructor for a four-day training course held in January.

The training was a combination of in-class instruction and practical drills in open water. Some fundamentals included sur-

vival in moving water including swift-water swimming, self-rescue techniques, rope rescue including rescue with mechanical advantage systems and carabineers.

"When you first fall into the water, it's disorienting," said Erik Romani, a crew member and former coastguardsman. "But you get your bearings and react; you do what you've trained to do," he added of the experience of practicing rescue drills.

From shouting "man overboard," to shutting down engines, to spotters keeping eyes on the victim, to using flotation devices, lifelines, ropes, and more, the crew participated in tough, realistic training in the chilly San Francisco Bay.

"I feel much more confident about the safety of my crew," said Kixon Meyer, captain of *The Dillard*, one of the district's debris removal vessels. "They've just glommed onto training, and I think it's because they understand that they may be called upon to save themselves or save each other."