

Flagship

SEATTLE DISTRICT

LEVEE REPAIRS UNDERWAY

U.S. Army Corps of Engineers

July-September 2013

BUILDING STRONG

inside

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Cover:

Levee Repair

From July through October, Seattle District officials are working to complete seven levee rehabilitation projects at a cost of nearly \$3.5 million. This year's goal was to finish all backlogged levee repairs prior to the fall flood season and within each project's respective fish window, a period when crews can work in the water with the least amount of impact to species. Brandon St. Clair, from St. Clair Construction, places a layer of topsoil over riprap armor where willow stakes were later planted as additional river habitat. Story on page 4. (Corps photo by Scott Lawrence)

Flagship

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Gene Scott: This Flagship is for you



Gene Scott has extensive experience and aptitude in negotiating construction contracts and resolving high value complex construction claims against the government. His outstanding achievements include negotiating a \$120 million contract for the Brigade Complex Increment 2 at Joint Base Lewis-McChord, Wash.; leading the Levee Construction Team in 2008 and 2009 with total value of \$28 million in levee construction; leading the Small Projects Team year after year with more than 35 projects per year scoped, negotiated, and constructed; and serving as a PROSPECT instructor for the Negotiating Construction Contract Modifications Class.

Gene Scott, this *Flagship* is for you.

When emergencies happen, Seattle District responds

commentary

Our area is among the Corps' most disaster prone. Besides near year-round flood potential due to fall-winter "pineapple expresses" and spring-summer snowmelt runoff across 17 basins, we face the Cascadia earthquake, possible tsunamis, five potentially active volcanoes in Washington alone and might experience lahars, as well as wildfires. Our well-honed excellence in time of disaster is well known across the Corps. Emergency response is historically a Corps priority. The USACE Campaign Plan's Goal 3 – Reduce Disaster Risk – takes a holistic life-cycle approach to prepare, respond, and recover from disaster impacts to the Nation. The Chief of Engineers emphasized this stand-alone goal as a must-succeed mission.

Fundamental to reducing disaster risk is planning and preparation. Seattle District's All Hazards Plan revision, in review, is our high-level approach to the range of contingencies we face. Essential to preparation are manned, trained, and equipped response teams, including members of Local Government Liaison and Team Lead national cadre and national Infrastructure Assessment and Combined Commodities Teams. At the district, our 17 basin-focused flood response teams conduct pre-flood season terrain walks and rehearsal exercises with local partners. Beyond response teams, the district's operating projects prepare through routine operations and non-routine maintenance. Engineers guide their efforts managing the dam safety program. Hydrologists maintain water control manuals and operations plans. Levee safety program inspections ensure readiness of federal and non-federal infrastructure, and coastal engineers maintain plans against the integrated effects of storm surge, tides and rain. Finally, preparation is participation in exercises ranging from the district's 2012 Continuity of Operations as part of the state-led Evergreen Exercise to the recent federal Defense Support to Civil Authorities tabletop discussion.

Seattle District has one of the Corps' best track records for rapid and effective response to local, regional, and national disasters. Our capability builds on leading edge expertise, strong partner relationships, in-depth experience, drive and initiative to solve problems for communities in immediate need. Most recently the district deployed 11 civilian and military members to Superstorm Sandy providing myriad skill sets to the interagency response. In summer of 2012 we spearheaded a multi-faceted regional and international response to record rainfall in the upper Columbia River's Kootenai basin entailing a deviation for the Libby Dam pool of record, technical and direct assistance -- Public Law 84-99 missions -- and focused strategic communications with local, state, congressional, national and international partners and stakeholders. While the district's emergency activations were limited to one coastal and one eastside spring rain/snow melt event in Fiscal Year 13, we had five the year prior; be sure of more ahead.

Seattle District's recovery efforts provide resilience to infrastructure and environment. Because of efforts the past two years

using resources from the FY 2012 emergency supplemental, the district completed rehabilitation projects for all damaged Public Law 84-99 inventory. We repaired twelve levees, including some with damage dating to 2007. A variety of district personnel support efforts from planners overseeing Project Information Report preparation, to biologists who complete environmental compliance, to engineers designing the repairs, to construction and emergency management oversight. District real estate, counsel, and environmental expertise has been key in projects where we restored flood protection while building cost-neutral setback levees opening the floodplain, part of larger regional efforts.

The Corps is one agency among many with responsibilities in emergencies. Consequently, a final essential emphasis for the Corps' Goal 3 is strengthening interagency support. Seattle District works with interagencies throughout the Prepare, Respond, Recover framework. Among "Prepare" actions, the district engages in three interagency efforts with federal, state, local, and Tribal partners to pursue levee safety and meet habitat needs in the Green-Cedar-Duwamish watershed: King County's System-Wide Improvement Framework plan development; the Horseshoe Bend levee Regional Solutions Team; and the Cedar River Right Bank levee variance technical analysis. Response efforts by nature are interagency actions – we cannot participate in local action without a request for assistance nor a national one without a Federal Emergency Management Agency assignment. Recovery phase actions also entail coordination and collaboration with an alphabet soup array of organizations at various levels of Government ranging from the federal resource agencies (NMFS and USFWS) for environmental compliance, to local sponsors (e.g., KCFCD and SDD 10) who provide cost-share funding to repair damaged non-federal levees.

As we approach another fiscal year and start the fall flood season, keep in mind that Reducing Disaster Risks, Goal 3, quickly becomes Job 1. Whether flood, earthquake or tsunami, I sleep well knowing Seattle District is Prepared to lead and support Interagency Efforts to Respond and Recover from disaster. Nobody seeks these opportunities or can ever be fully prepared for every eventuality. I know our district has people, processes, and relationships to sustain our record of rising to the occasion when the inevitable event occurs. Keep up the great work. Stay safe.

—*Essayons!*



**Seattle District Commander
Col. Bruce A. Estok**



in repair

Corps wrapping up levee repair projects

By Scott Lawrence
Public Affairs Office

Summer is construction season in the Pacific Northwest and the U.S. Army Corps of Engineers' Seattle District took advantage of favorable weather conditions to tackle levee rehabilitation projects throughout the district's area of responsibility.

From July through October, Seattle District officials are working to complete seven levee rehabilitation projects at a cost of nearly \$3.5 million. This year's goal was to finish all backlogged levee repairs prior to the fall flood season and within each project's respective fish window, a period when crews can work in the water with the least amount of impact to species.

"Not only are we on schedule to repair all levees damaged during 2012 flood events, but through the tireless efforts of project delivery teams working closely with local sponsors and the services, we were able to design acceptable repairs to two legacy projects that dated back to 2006 and 2008," said Brian Nelson, Seattle District's Levee Program Manager.

"This will allow us to enter the upcoming flood season with no outstanding damaged levees."

Levee repairs focus on providing reliable flood protection for local communities at risk by restoring levees to their pre-damage levels of protection. Repairs included reconstructing levee slopes, replacing or increasing riprap armor for erosion and scour protection and in some instances constructing setback levees and seepage berms.

In addition, some projects include environmental features such as willow stake plantings, enhancements to large woody debris and opening up flood plains where setback levees are constructed, reducing constriction and increasing flood storage, among other environmental and habitat improvements.

The Corps worked closely with a number of federal, state, tribal and local representatives during the planning process for this year's levee construction projects, most of which are under cost-share agreements where the Corps and local sponsors split costs.

Photo: Jason Villarreal from the Corps' Soil Section examines a damaged pump station outfall pipe at Riverdale Levee upstream of St. Maries, Idaho. The pipe was replaced and the levee was restored to its pre-flood level of protection. (Corps photo by Travis Hightower)



Fest-A Moves Out

in service

By Patricia Graesser

Public Affairs Office

On Sept. 28 the 34th Engineer Detachment, Forward Engineer Support Team (Advance), cased its colors as the last step of their preparation for deployment to Afghanistan.

The mission of a FEST-A is to provide engineer planning and limited execution capability to a combatant command, Army Service Component Command engineer staff, or a joint task force. The expeditionary unit routinely participates in training exercises at the National Training Center and can deploy overseas to support reconstruction efforts and nationwide for disaster response and recovery efforts.

District Commander Col. Bruce Estok, opened the ceremony by introducing the team. “Before you is the 34th Engineer Detachment: Rick Petersen, Michael Suh, Allison Bruner, David Nishimura, Sgt. 1st Class Michael Bamba, and Maj. Toby Flinn. Newly joined members, Christopher Jarvis and Nick Myron are currently at FEST-A training in Mobile, Alabama, and will join the team in Afghanistan.”

The 34th Engineering Detachment was activated in 2009 in response to the nation’s need for an engineer team that was light, rapidly deployable and rugged enough to work in hostile environments. In 2011, the team deployed to Iraq for 10 months. While there, the detachment operated and later closed the northern reconstruction office in Mosul, Iraq. Additionally, they successfully completed construction projects throughout Ninewa province while also providing technical inspection and project management support to the State Department and the 4th Brigade Combat Team, 1st Cavalry. The team returned from Iraq in December 2011 and began preparing for their next mission.

“We work together well as a team, and they are tough,” said Maj. Flinn. “You have to be tough and a little crazy to be on this team. It’s kind a split personality: half military, half civilian. We get our orders directly from the warfighters. We aren’t under a USACE district when we deploy.”

In August 2012, the team’s training cycle began by deploying to the Republic of Korea to

support the exercise “Ulchi Freedom Guardian” where they conducted engineer reconnaissance and analysis missions supporting the U.S. Forces Korea. From September 2012 to June 2013, the team provided engineer assistance to the Confederated Salish and Kootenai Tribes, the Quinault Indian Nation, 1st Special Forces Group at Joint Base Lewis-McChord, Wash., and the Washington Army National Guard. The team also completed more than 32 weeks of intensive Afghan language and cultural training.

In June of 2013, the team deployed to Fort Irwin, Calif., to support the 2nd Infantry Division 4th Brigade Combat Team during the National Training Center rotation. This event was the team’s capstone training event where they were tested and observed in both engineering and tactical skill proficiencies. The 34th Engineer Detachment performed exceptionally well and was certified for their deployment. The team deploys to Afghanistan for nine months to support Operation Enduring Freedom.

“Our FEST-A is a diverse group of highly technically skilled U.S. Army Corps of Engineers Department of the Army civilian employees who volunteered to serve in an organization that largely performs its mission in a hostile environment and “outside the wire,” said Col. Estok.

At the end of the ceremony, the colors were cased, signifying the successful completion of their training and preparation for their deployment to Afghanistan and to assume their mission supporting OEF.



Corps photo by Patricia Graesser

Rick Petersen, Michael Suh, Allison Bruner, David Nishimura, Sgt. 1st Class Michael Bamba, and Maj. Toby Flinn of the 34th Engineer Detachment, FEST-A, cased its colors on Sept. 28 as the last step of their preparation for deployment to Afghanistan.

in the field

building **SOUND** priorities

By **Bill Dowell**
Public Affairs Office

Sponsors for two Seattle District-led Puget Sound and Adjacent Waters Restoration Program projects recently held ground breaking ceremonies honoring the start of their ecosystem restoration projects.

The Tulalip Tribes of Washington hosted a ceremony Aug. 27 for the Qwuloolt Estuary Restoration Project and the City of Burien held theirs Sept. 16 for the Seahurst Park Ecosystem Restoration Project Phase 2 commencement.

The PSAWR program area encompasses more than 15,000 square miles incorporating all waters in the Puget Sound drainage basin and the Strait of Juan de Fuca. The Qwuloolt and Seahurst projects will ultimately help restore about 400 estuary acres and nearly 3,000 feet of shoreline.



Qwuloolt Estuary

see page 8

SEAHURST PARK

For the City of Burien, Seahurst Park is one of its most important assets, and the city has worked the past 10 years to remove the hard armoring lining the shore and restore natural nearshore processes. “This restoration will be the largest bulkhead removal, shoreline restoration project on Puget Sound and it’s a big deal for a city our size,” said Burien Mayor Brian Bennett.

The project will improve marine habitat for salmon and other endangered species, restore natural sediment processes, the beach to pre-seawall conditions and the park’s recreational features.

Phase 1, completed in 2005, removed about 1,000 feet of seawall and Phase 2 will nearly double that, removing about 1,800 feet of the armoring. Corps Project Manager Leah Wickstrom announced the Corps awarded a \$6.2 million construction contract September 6 to California-headquartered CKY Inc, a civil and environmental construction company with a Seattle office.

“We’re very excited to begin this next phase of the project,” said Wickstrom. “The City of Burien and their partners’ dedication to this project made all the difference; everyone has put in so much work.”

The Corps is providing \$5 million, the maximum allowed by PSAWR authority. The City of Burien, sponsor for the Corps project, partnered with several federal, state and local organizations. City partners are supporting the city by providing \$4.2 million state capital dollars allocated by Puget Sound Partnership through the Puget Sound Acquisition & Restoration fund; \$1.2 million from the Environmental Protection Agency and Washington Department of Fish & Wildlife’s Estuary & Salmon Restoration Program; and \$510,000 from the Green/Duwamish Watershed Forum through the King Conservation District.

“Removal of shoreline armoring is a recovery target for the Puget Sound Action Agenda. By 2020, we need to be removing more shoreline armoring than we’re adding,” said Marc Daily, PSP’s interim executive director. “This Seahurst shoreline restoration project is a significant step in moving Puget Sound recovery toward that goal.”



Area of Seahurst Beach restored in 2005 Phase 1 construction

Corps photo by Tanya King

continued

building **SOUND** priorities



Qwuloolt Estuary



The Qwuloolt Estuary Restoration Project will restore tidal access to about 360 acres of historic floodplain. The tribes partnered with several city, state and federal agencies on other projects in the area designed to restore historic and critical tidal wetlands in the Snohomish River estuary. The Tulalip Tribes hosted a groundbreaking ceremony August 27 at the site.

“At one time the Snohomish River Estuary supported one of the largest fisheries in Puget Sound,” said Tulalip Tribes Chairman Mel Sheldon. “Our ancestors built a strong and thriving economy from the salmon trade over many thousands of years. Today, the wild runs are in a state of crisis. Our partnership with the Corps is a vitally important step in the effort to reconnect Qwuloolt to the natural processes of the estuary and will eventually provide critical rearing habitat for salmon. The Corps brings to the project an impressive record of engineering solutions for

habitat restoration.”

The Corps’ \$3.73 million, two-phase construction project will take about two years to complete. Sealaska, of Auburn, Wash., the company awarded the Corps’ contract, began construction activities August 19.

“In phase one, we’ll construct a 4,000-foot setback levee to protect Brashler Industrial Park, the Marysville Wastewater Treatment Plant and residents surrounding the area,” said Corps’ Seattle District Project Manager Bill Goss. “Phase two involves lowering 1,400 feet of the Ebey Slough dike and then excavating a 270-foot breach in it to allow tidal inundation.”

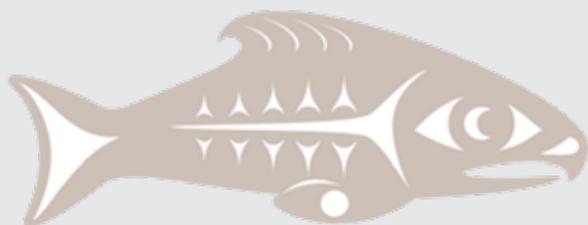
Qwuloolt is part of a 16-square-mile Snohomish River estuary that historically included marshes, lowland forest, mudflats and interconnected channels which the Tulalip Tribes ancestors traversed by canoes. It offered a wide variety of plant and animal life that helped sustain villages surrounding the estuary. In the early part of the

20th century a dike was constructed on the current project site and tide gates were installed, preventing tidal access, and destroying the estuary’s marsh habitats.

“As a result, salmon and other estuarine-dependent species were unable to use the highly-productive environment,” Goss said.

Restoring tidal processes to what became fallow pasturelands will improve local streams and wetland for fish such as endangered Chinook salmon, bull trout and steelhead.

“One reason for the low survival rate of young salmon reaching the sound is the fact they are not ready to compete in the ocean environment,” said Tulalip Tribes Qwuloolt Project Manager Kurt Nelson. “Juvenile salmon require an estuarine habitat to feed and to mature before entering the Sound. For generations salmon have been cut off from the Qwuloolt site but thanks to this project, endangered Chinook and other fish will soon be reconnected to quality habitat.”



Mark of Excellence

in the spotlight

Respect

Integrity

Professionalism



Mark Ohlstrom has lived by three words since beginning his U.S. Army Corps of Engineers career 35 years ago at the Seattle District. Those words on his office white board will be erased when he retires in October, but they will remain in those he worked with through the decades.

Story by Tanya King
Photo by Bill Dowell

continued on next page

continued

Respect Integrity Professionalism

For the U.S. Army Corps of Engineers, Seattle District, Engineer Division chief, the words respect, integrity and professionalism are a daily reminder about what's important.

His mantra means giving people respect until they prove otherwise, not just demanding people earn respect. Integrity, he asserts, means actions speak louder than words; people must hold themselves and others accountable. And when it comes to professionalism, it isn't his way or the highway; it's about getting the mission done by focusing on the objective and not becoming handicapped by personal issues.

Though much has changed during his career, such as the use of electronic communication, people say his values, leadership and technical expertise have been a constant in the district for more than three decades.

"Mark Ohlstrom has been a stalwart member of the district's leadership team and leadership development program, as well

as the backbone of Seattle District's reputation for technical competence and innovation both inside and outside the Corps," said Col. Bruce Estok, Seattle District commander about Ohlstrom's USACE career.

His list of accomplishments is lengthy. His work with the Corps began when he was a junior at Gonzaga University in Spokane, Wash. He was hired in 1978 as a student trainee making just \$8,900 per year to help with flood assessment damage after severe winter flooding.

"I was impressed with the forces of nature and felt really bad for people affected by them—I wanted to work in water resources to help them," said Ohlstrom, who was drawn to a mission in public service as it has given him something to believe in. "I wanted to help the nation and its people to protect life and property and provide enhancements to the environment and minimize our impact on it."

During his tenure here, he led the effort to restore Howard Hanson Dam to operate as designed; coordinated the approach to dealing with dam safety and aging infrastructure concerns at the Lake Washington Ship Canal; oversaw excellence among technical programs related to Building Information Management, Geographical Information Systems and the district's selection as the Regional Center of Expertise for Energy and Sustainability; he was also named the 2012 Army Career Program 18 (Engineers and Scientists) manager of the year.

"Mark's departure will un-

"Mark is a walking history of helping to build our district's past."



Ohlstrom has been a fixture at the Corps Day picnic throughout his career

Professionalism

doubtedly leave a significant leadership and technical gap,” Estok said about Ohlstrom, who has been the Leadership Development Program corporate board lead for the past 12 years.

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but he leaves a legacy
ild a collaborative team
e’s played a big part in
ssion for excellence”**

-Guy Green

“Though we are fortunate his legacy of developing the district’s leaders and technical staff will greatly mitigate the loss.

Ohlstrom said he believes the greatest treasure to any organization is its people and he’s spent a good deal of time and effort developing people at all levels of their career, not just those marked for management.

“You can be a leader in any position,” said Ohlstrom. “You just need to be willing to ante up and give life all you’ve got.”

And that’s exactly what he’s doing, he said, by retiring from the Corps and moving into the private sector.

“I’ve been in this position for nine years now and as an engineer, I want to try something new and different,” said Ohlstrom, who admitted he lacks breadth and depth of knowledge how processes in other organizations work. “This retirement isn’t a knee-jerk reaction or spontaneous, it was just a feeling that it’s time. Good things will continue to happen to this organization with or without me. As an engineer, I wanted it all planned out but I found out it doesn’t work that way.”

Though he said he knows the private sector can be tough, he said he isn’t expecting a panacea.

“All jobs are going to have a level of frustration,” he said, acknowledging the new beginning he is embarking upon. “I just want to be making a difference in the career field, community and organization—it’s fundamentally engrained in me. It was a



A young Ohlstrom poses in front of the White House

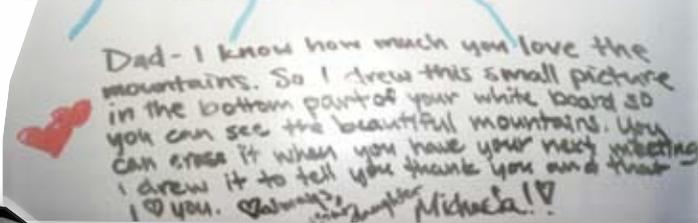
Courtesy photos

very hard decision and it hasn’t fully hit me yet and probably won’t until I’m walking out the door.

The biggest loss will be when Ohlstrom walks out the doors for the last time, taking 35 years of memories and history with him, according to Guy Green, the district’s Design Branch chief.

“Mark is a walking encyclopedia of the district’s history,” said Green, who has looked to Ohlstrom through the years for his mentorship. “But he leaves a legacy of helping to build a collaborative team environment. He’s played a big part in our district’s passion for excellence.”

“When some great leaders leave, there’s a big hole because they didn’t really develop others,” said Green. “Even greater leaders can move on, like Mark is, without leaving a hole. “Because of the way he has delegated, promoted, mentored, and coached, others will be able to carry on with his level of excellence.”



in the field

Big Spring Creek work progressing

By Tanya King
Public Affairs Office

The U.S. Army Corps of Engineers broke ground in July on the Big Spring Creek Restoration Project on southeast King County's Enumclaw Plateau. The new channel was connected to Newaukum Creek in September.

The project is part of a larger Green-Duwamish Ecosystem Restoration Project, authorized under the Water Resources Development Act of 2000. The bill provides for the conservation and development of water and related resources and authorizes the Secretary of the Army to construct various projects for improvements to rivers and harbors.

The Green-Duwamish ERP is a combination of 45 site-specific projects that span tidal estuaries in Elliott Bay, juvenile rearing habitat throughout the lower Green River, and spawning and wildlife habitat areas in the middle Green and above How-



Corps photo by Tanya King

Homeowner Ted Strand points out the existing path for Big Spring Creek, which was diverted many years ago into culverts and roadside ditches. Currently the ditches are overgrown with invasive canary grass.



Courtesy photo

Construction to Big Spring Creek was recently completed began July 1 and relocated the formerly ditched system into a channel consistent with its historic route. This restoration effort will reduce pollution coming from roadside ditches, restore native vegetation, and improve fish and wildlife habitat, including coho salmon and cutthroat trout.

ard Hanson Dam. The project will create 1,900 acres of new habitat for Endangered Species Act listed species including Bull trout, Steelhead trout and Chinook salmon.

Habitat improvements to more than 200 miles of river and streams will include levee setback/removal to open adjacent flood plains, reconnection of abandoned side channels and providing wood and gravel for fish habitat. To date, four of the 45 ERP projects have been completed and five projects are currently in the design phase.

Construction of Big Spring Creek relocates the current ditched system into a channel consistent with its historic route. This restoration effort will reduce pollution coming from roadside ditches, restore native vegetation, and improve fish and wildlife habitat, including coho salmon and cutthroat trout. Currently, very little native vegetation or instream habitat features are associated with the stream.

The project is sponsored by US-

ACE and King County Department of Natural Resources and Parks. Support for this project comes from other amenities including the City of Enumclaw, the King Conservation District, and Water Resources Inventory Area 9.

Remaining work includes plantings and farm style fencing will continue into April 2014.

Big Spring Creek Phase 2 was just awarded Sept. 30 for \$1.4 million. Work begins next spring and continues the stream restoration north.



Corps photo by Tanya King

This large woody debris was strategically placed in the creek to provide refuge to juvenile salmonids. Currently, very little native vegetation or instream habitat features are associated with the stream.

All in a day's work

By Tanya King
Public Affairs Office

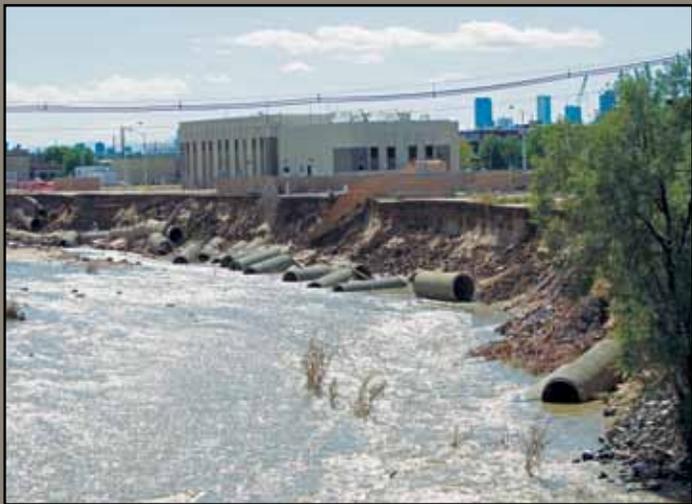
The call came in on Sept. 18 to send an Infrastructure Assessment Team from the U.S. Army Corps of Engineers, Seattle District, for a 30-day deployment to respond to flooding in and around Denver. By midnight, their boots were on the ground in Colorado and the volunteers were ready to work. By 8 a.m. the next day, they were already assessing damage in areas recently inundated by powerful flood waters.

The six person team consisted of five Seattle District members including Doug Weber, Emergency Management chief; Adrienne Murphy and Chase Temple, both of Construction Division; and Michael Peele and Jason Villareal, both of Engineering Division. A sixth person



Corps photo by Mike Peele

Seattle District Infrastructure Assessment team members Chase Temple, Jason Villarreal, Adrienne Murphy, and Doug Weber provide technical assistance in Jamestown, Colo.

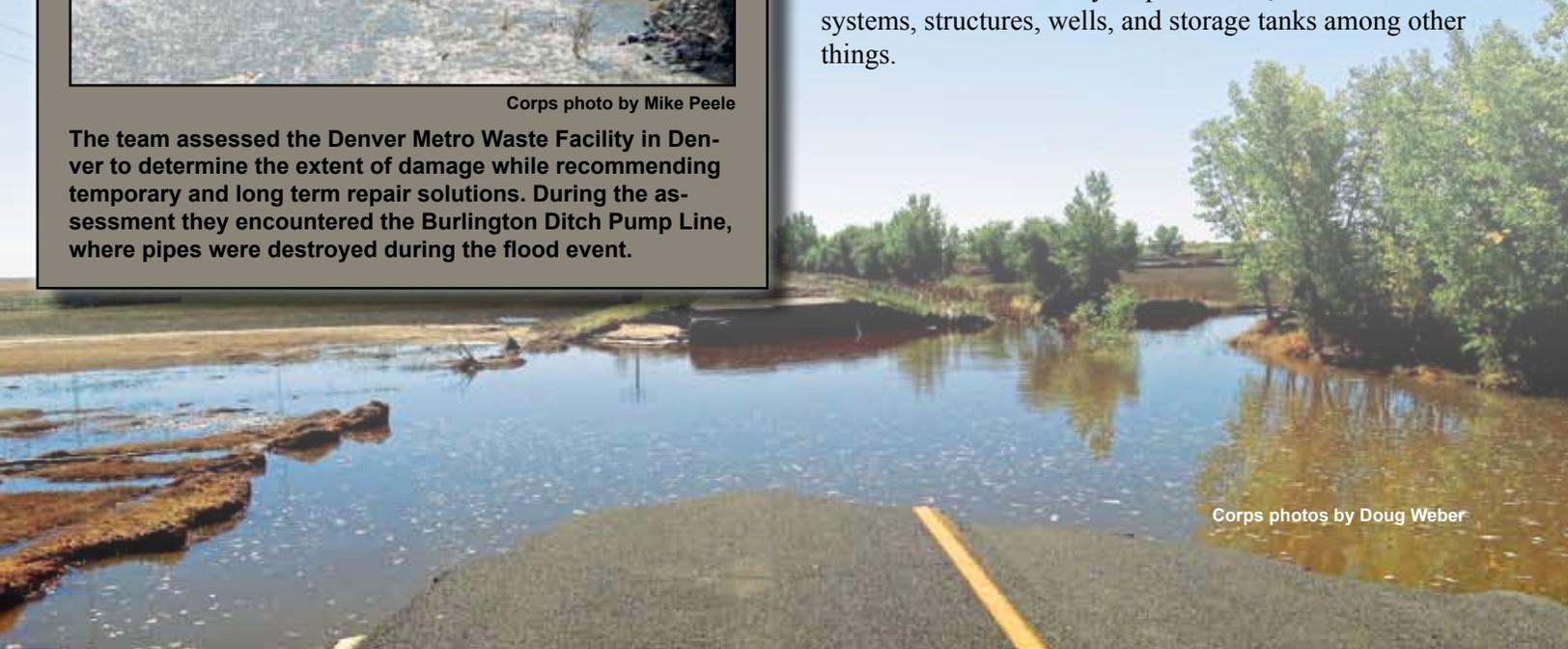


Corps photo by Mike Peele

The team assessed the Denver Metro Waste Facility in Denver to determine the extent of damage while recommending temporary and long term repair solutions. During the assessment they encountered the Burlington Ditch Pump Line, where pipes were destroyed during the flood event.

from the USACE Omaha District, Neb., completed the team, which managed the assessments of damaged wastewater and potable water treatment facilities. The assessments were jointly conducted by USACE, the Environmental Protection Agency and state experts. The Federal Emergency Management Administration and the state use the assessment information to determine short term and long term repair alternatives for these facilities.

These joint agency teams have assessed 26 facilities and provided technical assistance to local municipalities. They also provided FEMA with damaged assessments and estimated repair costs. A typical assessment takes about five hours and they inspect intake, distribution systems, structures, wells, and storage tanks among other things.



Corps photos by Doug Weber

BACK TO SCHOOL TIPS

By Seattle District

Public Affairs Office

Summer is over and the kids are back in school. Back to school time means it's also time to think about safety. Here are a few safety tips to help keep you and your children safe all school year long.

Playgrounds

Each year, more than 200,000 kids are treated in U.S. hospital emergency rooms for playground-associated injuries. Most of these injuries occur when a child falls from the equipment. Take a look at the surfaces of your local playground. There should be a 12-inch depth of wood chips, mulch, sand or pea gravel. Mats made of safety-tested rubber or fiber material also make great padding to help prevent injuries.

Bike Safety

Since a growing number of kids are riding their bikes to school, make sure your kids follow these simple biking rules:

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right, in the same direction as auto traffic.
- Use appropriate hand signals.

- Respect traffic lights and stop signs.
- Wear bright color clothing to increase visibility. Wear reflective materials when riding during limited visibility.
- Know the rules of the road. That includes no talking or texting on the phone while you are riding.

Backpacks

Textbooks, notebooks, lunch, toys... how much weight is your child toting back and forth each day? Take the load off your child by following these backpack safety tips.

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slung a backpack over one shoulder can strain muscles.

Eating During the School Day

Most schools regularly send schedules of cafeteria menus home. With

this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.

- Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in the vending machines.
- Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict your child's soft drink consumption.

Many parents worry when sending their kids back to school. However, being aware of the hazards children may face and taking a few safety precautions, can help ensure children stay safe.



Congratulations:

JoAnn Walls is the new Resource Management Office chief and Dr. **Mandy Michalsen**, is the new Soils Section chief in the Geotechnical and Environmental Restoration Branch.

Rachel Mesko graduated from the Corps of Engineers 2013 Planning Associates Program. **Charyl Barrow**, has been accepted into the program for 2014.

Harry Ehlers received a Project Management Professional Level 2 Certification, the highest PM certification level.

Dustin Smith graduated the 852 Intern Program.

Travis Ball and **Brendan Comport** passed the Professional Engineer exam.

Charles Ifft was selected to the National Quality Assurance Cadre for Levee Screening Program.

Keely Brown received the Western Region Outstanding Young Professional Award at the National Urban League Conference in Philadelphia.

The Stryker Brigade Combat Team Barracks at

Joint Base Lewis-McChord and Vancouver's Armed Forces Reserve Center, both in Washington State, were certified Leadership in Energy and Design Gold.

Out and About:

Emergency Management has been out and about presenting booths at events throughout our areas of floodplain responsibility **Mike Peele** and **Cathie DesJardin** staffed a booth in Big Fork, Montana in May.

Zac Corum presented at the annual meeting of the Association of Environmental and Engineering Geologists in September.

Doug Knapp showcased the district's Civil Works mission at the International Coalition on Large Dams Annual Conference in Seattle August 9 to 16.

In June, **Travis Ball** attended a panel discussion in Tacoma, "State of the Science: Floodplain Protection and Management." The discussion was sponsored by the Puget Sound Institute and Puget Sound Partnership. Ball represented

the Seattle District as the Floodplain Management Services technical coordinator and was able to offer some perspective on a couple topics.

Ken Brettman spoke at a graduate level civil engineering course at the University of Washington about flood risk management operations involving Corps and non-Corps projects in Western Washington.

Moving On:

- Kelly Alford**
- Danni Blackburn**
- Katherine Blesi**
- Holly Boehme**
- Liz Bonner**
- Ashley Carden**
- Jasmine Chatters**
- Randy Dyson**
- David Farr**
- Octavia Graham**
- Walter Graham**
- Jonathan Harrell**
- Silvia Lopez**
- John Manzano**
- Gary Marsh**
- Dave Scott**
- Bobby Short**
- Conor Wagner**
- Nathanial Wills**

Deployed:



John Noll



Alan Manville



Jon Lockhart



Bill Dowell

Retirements:

- Thomas Barr**
- John Bores**
- Albert Candelaria**
- Albert Clark**
- Bobby Fowler**
- Dave Kendall**
- Rodger Johns**
- Gene McNeil**
- Mark Ohlstrom**
- Dennis Radunzel**
- Anna Rudell**

Condolences:

- Agnes Hagan**
- Nina Hoyt**

Editors note: In the last issue of Flagship, Steve Hutsell was incorrectly identified. He is the chief of the Geospatial Section.

Welcome to the district



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Migrating pink salmon add additional challenge to trap and haul operation

By Seattle District
Public Affairs Office

Seattle District personnel trap and haul fish at the Buckley Fish Facility on the White River, Buckley, Wash. year round. But in odd years, they must also move massive numbers of migrating pink salmon from August to October.

By the end of September, they had already moved 433,229 pink salmon and more than 5,000 Chinook salmon in 1,573 trips. In 2011, the Corps moved a total of 622,003 pink salmon and more than 4,000 Chinook salmon in 2,196 trips. Other species of salmon are also transported, including Chinook, steelhead, coho, sockeye and char (bull trout). Corps employees dedicate their efforts around the clock, using four trucks to ensure the fish arrive upriver to their final destination above Mud Mountain Dam.

The fish trap and hauling facility allows the Corps to move threatened and endangered salmon species above the dam where they can continue their migration upriver and finally to their spawning areas.



Courtesy photo

Corps employees operate one of the first versions of the fish trap in the 1930s. The trap and haul facility operates year round and serves as a means to capture migrating fish so they can be loaded into tank trucks and driven around Mud Mountain Dam.