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Project celebrates 50th anniversary for lakes, dams



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COVER STORY PHOTO CUTLINE: Present-day aerial view of Walter F. George Powerhouse. Photo by Kathryn Hill, Walter F. George / George W. Andrews Site Office, Operations Division.

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District employees help save 2 lives

Story by Lance Davis, Public Affairs Office



Park Ranger Dillon Brewer, far left, and Jay Van Hoose; center left, who was previously a temporary site manager for Walter F. George / George W. Andrews Site Office, receive Commander awards from South Atlantic Division Commander Col. Donald Jackson at the 50th Anniversary celebration for WFG / GWA. Van Hoose finished his detail earlier this month and returned to the Huntington District in West Virginia. Pictured on the far right is Operations Division Chief Wynne Fuller. Photo by Lance Davis, PAO.

It was a rainy evening. Park Ranger Dillon Brewer and then Temporary Site Manager Jay Van Hoose from the Walter F. George Natural Resources Office in Fort Gaines, Ga. were traveling home from work together through Haleburg, Ala. on Henry County Road 26 on their way to Dothan, Ala.

As Brewer continued driving, they came upon a car accident with two vehicles - one off to the side and the other one in the ditch surrounded by adults and children waving for help. Brewer and Van Hoose pulled over to see how they could assist on the scene.

When they got out, they saw a woman trapped faced down in the mud of the ditch under the vehicle. According to Brewer, she had been thrown from the vehicle and it had rolled down in the ditch on top of her. She was still moving. Her husband who was not far away had arrived on site along with a few other men.

“We couldn’t back the car up because she was under it, but I knew we had to do something to save this lady’s life, Van Hoose said.

Van Hoose, Brewer, and the other men began to dig, but their efforts were not working.

Shortly afterwards an Alabama State Trooper arrived. He and Van Hoose decided the best thing to do was to lift the car up to get her out. Brewer, Van Hoose and several other men help lift the vehicle up long enough for her to be pulled out. Brewer helped to lift her out of the ditch and on to the stretcher into the ambulance. While doing this, it was discovered she was pregnant. Nevertheless, she was still alive and was able to get the help she needed.

“I felt a great relief because we had potentially saved two people’s lives” Brewer said.

Several weeks later Brewer returned to the area to find out about the woman’s condition. A neighbor told him she had broken her neck but was recovering and her baby was fine. The person in the other car who had hit the pregnant lady head on had broken his neck as well.

Brewer and Van Hoose were unexpectedly honored at the Walter F. George / George W. Andrews 50th Anniversary Celebration of the locks and dams for the project. South Atlantic Division Commander Col. Donald Jackson presented them with Commander’s Awards on behalf of Mobile District Commander Col. Steven Roemhildt who was unable to attend the ceremony.

“Saving the lady and her baby’s life was an honor enough, but unexpectedly receiving an award from our agency makes me feel even better,” Van Hoose said.

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EEO, SELF hosts several events for Women’s History Month

Story by Lance Davis, Public Affairs Office



Clayton Ratledge from Mobile Downtown Alliance speaks to district employees about how to care for their cars. This was the first of several events sponsored by the district’s Special Emphasis Leadership Forum in celebration of Women’s History Month. Photo by Lance Davis, PAO.

The district’s Equal Employment Opportunity Office and Special Emphasis Program’s Special Emphasis Leadership Forum (SELF) hosted several events throughout the month of March in observance of [Women’s History Month](#).

The celebration began with “How to Care for Your Car,” which was held at the district’s headquarters building in the second floor level garage. Several employees came out to hear guest speakers Clayton Ratledge and Brian Sandifer - Mobile Downtown Alliance - provide tips on car care. These tips included how to check the oil in a car; properly connect booster cables to a car battery; and check the quality of tires.

With a “Focus on Fitness,” district employees participated in a walk-a-thon in downtown Mobile facilitated by fitness expert Cindy Ross from Bodies by Cindy. Ross

started everyone off with warm-up exercises and then led the group on a 2-mile route from the district headquarters building to the downtown Convention Center. The month-long celebration continued with a lunch and learn session, providing an open forum on the topic of “Women’s Health” in the Regulatory Division’s conference room. Dr. Timothy Hughes, Springhill Center for Women’s Health, was the guest speaker. Hughes goal was to provide a meaningful, comfortable forum to discuss health issues.

“I was totally impressed with his knowledge level as well as his compassion for women and meeting their individual needs,” Harriette Holland, Program Manager for Women Employment, said. “He left a lasting impression with his level of knowledge and concern for women’s health.”

Finally, the last event was another lunch and learn event: “Growing Fresh Vegetables, with special guest and garden expert Austill Crabtree who is the former owner of Ferns Unlimited.

[CLICK HERE](#) to learn more about the district’s Special Emphasis Program.



District employees stretch to warm up for the walk-a-thon in honor of Women’s History Month. Photo by Lance Davis, PAO.



District employees twist and turn with a “Focus on Fitness” before the walk-a-thon in honor of Women’s History Month. Photo by Lance Davis, PAO.

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Topping out for Von Braun Complex

Story by Lisa Parker, Public Affairs Office



Mobile District contractors top out the last steel beam with the American flag. A topping out ceremony was held April 15 for the fourth phase of the Wernher Von Braun Complex at Redstone Arsenal, Ala. Photo courtesy of Redstone Arsenal Resident Office.

In construction, topping out (sometimes incorrectly referred to as topping off) is a builder's rite ceremony held when the last steel beam is placed at the highest point of a building.

Although the origins of the topping out custom have become murky through the centuries, it is known that immigrants from Scandinavia and Europe brought the custom to the United States. In this country an American flag is placed at the end of the beam and sometimes part of an evergreen is placed along with it on the opposite side.

A topping out ceremony was held on April 15 on the fourth phase of the Wernher Von Braun Complex at Redstone Arsenal, Ala.

The Von Braun complex is home to the members of the Missile Defense Agency (MDA). The first building of the Von Braun Complex, called Phase I for Space and Missile Defense Command, was completed in Nov. 2003 and is approximately 220,000 square feet. Phase II for MDA was completed in June

2007 and is 230,000 square feet. Phase I was \$32 million and Phase II cost \$44 million.

Phase III is larger than Phase I and II combined. The cost for Phase III was \$212 million and is approximately 840,000 square feet. The third phase of Von Braun is the largest administrative building in the state of Alabama. Phase IV will be completed on July 10, 2014.

The Von Braun IV facility will be 225,000 square feet with approximately 850 office spaces. Turner Universal Construction Inc was awarded a \$51.33 million.

"The majority of the space will be for general administrative purposes," said Ron Kalifeh, a project manager for Mobile District. "This is the final phase of this complex; there just isn't any more room to add another building on this site."

The Von Braun office complex on the Arsenal is currently housing more than 4,500 personnel. The buildings have served as a hub by providing a secure facility for MDA personnel. A large courtyard is accessible from any of the three buildings. The courtyard is beautifully landscaped with a fountain and seating areas are staggered throughout the yard.

"Once this construction is complete, Phase IV will be Leadership in Energy and Environmental Design (LEED) silver certified," said Kalifeh. "LEED consists of a suite of rating systems for the design, construction and operation of high performance green buildings, homes and neighborhoods."

The Von Braun Complex name honors Wernher Von Braun who was one of the most important rocket developers and champions of space exploration during the period between 1930's and the 1970's. Von Braun moved to Redstone Arsenal in the 1950's where he built the Army's Jupiter ballistic missile.

Von Braun also became one of the most prominent spokesmen of space exploration in the United States. He passed away on June 16, 1977.

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Employees learn Asian approaches for stress management on the job

Story by Lance Davis, Public Affairs Office



District employees participate in Yoga stretches and exercises under the direction of Aimee Mai Var, guest speaker for the district's observance of Asian-Pacific American Heritage Month. Photo by Lance Davis, PAO.

The district's Equal Employment Opportunity Office and Special Emphasis Program's Special Emphasis Leadership Forum hosted a lunch and learn to observe [Asian-Pacific American Heritage Month](#) May 17 in downtown Mobile at the U.S. Army Corps of Engineers Annex Building.

This year's theme was "Building Leadership: Embracing Cultural Values and Inclusion" and the event was just that. The district's commander, deputy commander, senior leaders, and various employees crowded the small room to support this event.

Aimee Mai Var, the guest speaker who is a research assistant for the Coastal Resource and Resiliency Center, presented Asian techniques for stress management in the workplace. Her presentation included demonstrations, methods and tips for health and fitness.

The audience of district employees was very engaged, participating in several demonstrations of stress-relieving techniques. The session ended with remarks and presentations to the speaker from EEO Chief Catherine Cummings and Mobile District Commander Col. Steven Roemhildt.

[CLICK HERE](#) to learn more about the district's Special Emphasis Program.



Real Estate Division Chief Dr. Willie Patterson and other employees have fun with one of the acupressure techniques that involves massaging the ears to relieve tension and stress. Acupressure is an alternative medicine technique developed in Tibet. Physical pressure is applied to trigger points, such as the ears or wrists, by the hand; elbow; or various devices. Photo by Lance Davis, PAO.



Guest presenter, Aimee Mai Var, demonstrates acupressure on her wrist. Photo by Lance Davis, PAO.

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Project celebrates 50th anniversary for lakes, dams

Story by Lance Davis, Public Affairs Office

Mobile District's Walter F. George / George W. Andrews Natural Resources Site Office; located in Fort Gaines, Ga., held a ceremony back in late March at the Walter F. George Powerhouse in Shorterville, Ala. to celebrate the 50th Anniversary of the locks and dams at Walter F. George and George W. Andrews Lakes.

The WFG Lake was named after a former U.S. Senator from Georgia and GWA Lake was named after a former U.S. Representative from Alabama.

This public event was well attended. Speakers included South Atlantic Division Commander Col. Donald Jackson and Mobile District senior leaders Wynne Fuller, Operations Division chief; and Bill Smallwood, operations project manager for Apalachicola-Chattahoochee-Flint River Projects. Other speakers included former employees, community partners and family members of Walter F. George and George W. Andrews. Refreshments, facility tours and showings of historic displays followed the ceremony.



George Andrews III speaks to the audience during the 50th anniversary celebration about his late father George W. Andrews' efforts as a former U.S. Representative to establish the lock and dam that would later be named after him. Photo by Lance Davis, PAO.

WFG and GWA - two Chattahoochee River lakes - offer a host of recreational and sporting opportunities to the millions of people who visit each year. Visit www.sam.usace.army.mil and click on recreation to learn more about WFG / GWA and other recreational sites managed by USACE.



Walter F. George / George W. Andrews 50th Anniversary audience pictured. The ceremony was held March 21, 2013 at the WFG Powerhouse in Shorterville, Ala. Photo by Lance Davis, PAO.



A historical photo of the Walter F. George / George W. Andrews grand opening in summer of 1963. Photo courtesy of WFG / GWA Site Office.

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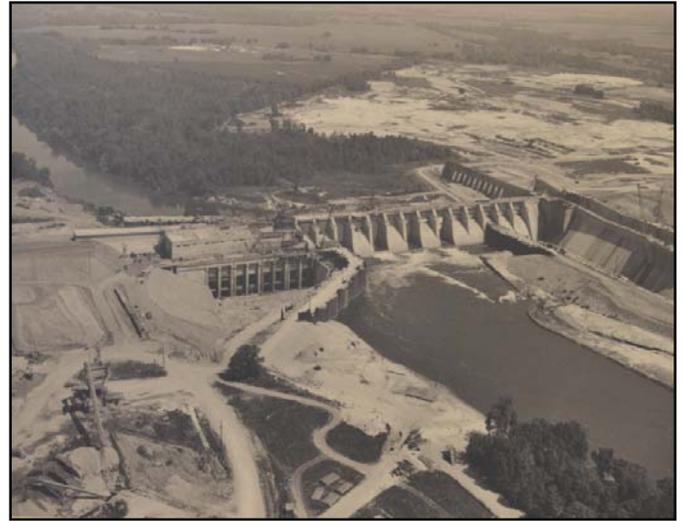


50th anniversary continued...

Story by Lance Davis, Public Affairs Office



Present-day aerial view of Walter F. George Powerhouse. Photo by Kathryn Hill, Walter F. George / George W. Andrews Site Office, Operations Division.



Circa 1960s aerial view of Walter F. George Powerhouse. Photo courtesy of Walter F. George / George W. Andrews Site Office, Fort Gaines, Ga.



Mobile District Park Rangers from Walter F. George / George W. Andrews Site; West Point Project; and Lake Seminole Project Offices pictured together at the WFG / GWA 50th Anniversary celebration. Photo by Lance Davis, PAO.

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Workplace Workshop

Career advice for newbies, veterans alike

Just starting out? Looking to make a change? Your success depends on traits and talents that may not be obvious. Try this advice:

Identify your real skills and strengths. Target what you're best at—not just the classes you got good grades in, or the jobs you've done successfully, but the underlying skills they represent: planning, creativity, persistence, and so forth. These will help you prove your abilities in any job you take.

Find your passion. You'll perform best at work you feel strongly about for an organization you can believe in. Be willing to experiment and move around in search of the right job, but when you find it, devote your energy to doing your best work.

Market yourself. Don't be shy about letting managers and co-workers know what you can do, and what you've accomplished. You don't have to brag, as long as you're honest about your abilities and willing to help other people as needed.

Find a mentor—and be one. Find an impartial mentor for your career who can offer objective advice, feedback, and coaching. Be ready to do the same for the people you meet who might similarly benefit from your experience and expertise. It's a great way to expand your network.

Get ahead by making your manager proud

Impressing your boss isn't about insincere flattery or hogging the spotlight. The best way to get attention and credit is to do your job as well as you can - consider these tips:

Take notes. Carry a notebook to any meeting with your boss, and use it to record his or her instructions. This shows that you place a premium on detail and accuracy.

Save money. Look for ways to cut expenses in your organization. Most managers are under constant pressure to keep costs down, and yours will be grateful if you can help.

Arrive early, stay late. Don't be a clock watcher. Your willingness to put in extra time will show your dedication to the boss' objectives and your organization's success.

Keep the boss informed. Don't be a gossip, but do give your manager a heads up on anything happening in the workplace that could affect his or her goals.

Do a little extra. Seek out the small tasks that other people forget, or the big ones that everyone avoids. Going the extra mile will make a lasting impression.

Be organized. Keep your work area clean and have information your boss needs ready at any time. You don't want to waste your manager's time while you search for documents under piles of memos.

Double check your work. Don't be in such a hurry that you don't have time to proofread your e-mail or confirm the facts in a report. Small errors can undermine your credibility and reputation.

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Managers Mentor

3 tips for successful delegating

Delegation is more than a matter of just saying to an employee, “Do this.” To get good results, keep this advice in mind:

- **Set clear standards.** When you delegate a task or project, explain to your employees what the final product should look like, and what it shouldn't. This will give them a sense of direction and purpose and give you the confidence that their work will be satisfactory.
- **Train people appropriately.** Delegating tasks to employees who aren't thoroughly trained for them is a surefire recipe for failure. Find out where your employees are in terms of the skills they need, and get them the training required to help them succeed.
- **Step back.** Give the employee a chance to do the work without hovering over them. Build their confidence by acknowledging their skills as you give them the assignment; praise them again when they complete it successfully. This will help employees feel more comfortable the next time you have a job to delegate.

Help employees through stages of change

An organization that never changes will become stagnant and irrelevant. That doesn't make change easy, though, especially for the employees involved. To manage the process smoothly, you need to understand the stages that your workforce will go through every time you launch a major new transition. Here's what to watch for:

- **Loss of focus.** When things start to change, people often lose concentration, have difficulty making plans, and become forgetful because of the uncertainty surrounding the new initiative. Do your best to keep them focused on familiar tasks as well as new priorities.
- **Self-protection.** Many people will try to ignore the change in order to protect themselves from it. This can actually be helpful because it allows employees time to build courage and begin adjusting slowly to the change. However, the longer they stay in denial, the harder time they'll have eventually accepting the new reality.
- **Depression.** When the reality of change hits home, employees may feel like they're in a dark pit of powerlessness, depression, and loss of control. They often become sad, irritable, angry, and hopeless. Keep their spirits up by emphasizing the positive impact of the changes on the organization and their overall careers.
- **Saying good-bye.** At some point, employees will start shifting their attitude to face the future—which means saying good-bye to the past. Give your people time to completely let go of the past; if they hold onto it, it will restrict their ability to deal with the present and the future.
- **Refocus.** This is when employees start to master the change—instead of letting it master them. They start to move toward the future with new self-confidence, new energy, and a new sense of growth.
- **New meaning.** This is a reflective phase, when employees start thinking about what they've been through. Help them place it in context and understand what it all means.

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Briefs

National Cancer Survivors Day, June 2. A celebration of life for cancer survivors, their friends, family members, and medical professionals.

National Running Day, June 5. On the first Wednesday of June, runners everywhere celebrate their love for this simple, age-old sport.

Flag Day, June 14. Display Old Glory with pride.

Father’s Day, June 16. Tell Dad how much you appreciate everything he’s done for you.

Sun Safety Week, June 2-8. Created by the Sun Safety Alliance, which is dedicated to reducing the incidence of skin cancer and building national awareness of this important health issue in America.

Men’s Health Week, June 10-16. The goal of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Carpenter Ant Awareness Week, June 23-29. Carpenter ants destroy wood and cost Americans \$5 billion in property damage annually. This week focuses attention on the identification, biology and habits of carpenter ants and provides consumers with information on the elimination of these costly pests.

Aphasia Awareness Month (June). Aphasia is an acquired communication disorder that impairs a person’s ability to speak and understand others. It frequently causes difficulty with reading and writing, but it does not affect intelligence.

National Gardening Month (June). Gardeners know that nurturing plants is good for us: Our attitudes toward health and nutrition improve, kids who garden do better in school, and community gardens help community spirit grow. Join your family and neighbors to help make America greener, healthier and more livable.

Independence Day, July 4. The United States celebrates the signing of the Declaration of Independence in 1776.

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