



U.S. Army Corps
of Engineers
Honolulu District

The Pacific Connection

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Commander's Comments

"You make me proud to be your DE."



By Lt. Col.
David C. Press
Commander

Aloha to the best employees in the U.S. Army – the employees of the Honolulu Engineer District.

As you probably know, the HED change of command is scheduled for July 16, 2004. At that time, Lt. Col. Dave Anderson will come in and I will depart. I do not look forward to that time, since I will miss all of you.

It has been an immense honor to be the District Engineer for the Honolulu Engineer District, the best District in the U.S. Army Corps of Engineers.

Why do I say that? Probably, because we have such a broad, geographically diverse mission, in exotic and interesting places such as Palau, Guam, Saipan, Tinian, Rota and the Hawaiian Islands. But even more important than the places we serve, are the people we serve and you, the professionals who serve them.

You are the best. I will never forget my time working with you true professionals as we have worked together to accomplish our missions on behalf of our nation and the people of our Area of Responsibility.

Right now, I need to share some important information with you. As many of you know, I volunteered to serve in Iraq a year ago when the war broke out, and now the Army has told me that I have been selected for this mission. By the time you read this, I will already be in Iraq, serving on a 90-day TDY with the Gulf Region Division.

For the past few months I have actively encouraged District employees to serve in the Global War on Terror and volunteer for duty in Iraq or Afghanistan. Now I am privileged to follow my own advice!

I look forward to serving there again. During my career, I served in Saudi Arabia for two years. I was there during the bombing of the Headquarters Building for OPM-SANG (Khobar Towers - 1996), where a murderous act of terrorism killed several Americans and local nationals. The indelible memory of that incident has remained with me through the years and motivates me even today to do my part to fight terrorism. I again encourage you to volunteer and get involved, or if you stay here to do your part every day to help win this war. And I know that you will!

While I go gladly to Iraq, it saddens me to leave you now. I would dearly have loved to serve shoulder to shoulder with you through the last three and a half months of my tour. But, the good news is that I am scheduled to be back for two weeks before my change of command in July to finish the work that I started here. I will remain the Commander of the Honolulu Engineer District during my absence.

Fortunately, I am blessed to have an able Deputy, Maj. Adrienne Eckstein, who will be the Acting Commander in my absence. And Mr. Ray Jyo continues to serve with distinction as the Deputy District Engineer for PPM.

I leave with a clear conscience, knowing of the professionalism of all of your leaders and each of you. I have every confidence that your performance will continue unabated during my absence. Your professionalism and can-do spirit will enable you to continue the superlative work that is the hallmark of the Honolulu Engineer District.

I'd be happy to hear of your various successes via e-mail as you get time away from your labors.

In addition, in the months ahead, I need all of you to focus on our continued support of Army Transformation, the C-17 Beddown and the Gulf Region Division as well as many other critical projects and programs.

The greatest challenge we have right now is to field the new P2 suite of programs to replace PROMIS and other legacy systems.

By the time you read this, P2 is scheduled to have been deployed for its Initial Operating Capability (IOC) in Honolulu, Fort Worth and Galveston Districts as well as Southwestern Division headquarters.

This IOC is similar to a test-run. If all goes well, P2 will be deployed Corps-wide in about a year. Once completely in place, team members from every District will be on the same system, thus increasing communication and eliminating the learning curve we've encountered in the past.

Learning a new system is never easy, but once we've mastered it, P2 will make managing our projects and sharing our knowledge much easier. We've already received many positive comments from several Project Managers on the system.

This new state-of-the-art system will allow us to: use one automated tool; eliminate redundant systems and data entry; establish consistent tools and processes; increase efficiency and project coordination; increase the visibility of resources, including defining and monitoring budgets as well as identifying the right people for the job; share information locally and virtually; and perform Earned Value Analysis and Work.

Many thanks to everyone who has participated in the training. This is a powerful tool. I encourage you to get ahead of the power curve. P2 is here for a long haul.

In the months ahead, I also want to remind you about several issues that are important to the District and me:

Suspenses & Communication: Ensure that we meet all suspenses. Keep Maj. Eckstein and your whole chain of command informed and in the loop. Cross talk with each other on issues, solutions and actions. Most importantly, keep customers informed and involved in the process.

ISO: Congratulations! HED has passed its ISO 9001:2000 registration audit. The auditors found zero non-conformities within our organization and we should receive the official certification in a few weeks. Many thanks for the dedication required to make this happen.

FY 2004 OPLAN: Now is the time to take another look at this important document. What have YOU done to help make our objectives come to fruition?

The year 2003 was great and 2004 will be an even better year for the District, Division and Corps. Thank you for your professionalism and for all that you do every day! You make me proud to be your DE. I sincerely appreciate the hard work and dedicated efforts of the Honolulu District Ohana.

See you in three months!

ESSAYONS!



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Honolulu District Commander..... Lt. Col. David C. Press

Chief, Public Affairs Joseph Bonfiglio

Editor Sarah H. Cox

***“Be positive, be yourself, be mindful of others,
be going somewhere, be happy and have fun...”***

Story and photo
by Joseph Bonfiglio

Several hundred members of the District and Division Ohana gathered March 15, 2004 for a joint POD/POH Townhall Meeting hosted by POD Commander, Brig. Gen. Larry Davis.

Brig. Gen. Davis started off the Townhall with a video made by the 101st Airborne Division to demonstrate the importance of the Global War on Terror.

The CG then told the Ohana of his six-months in Iraq, where he served: first as the C7 (Engineer) for Combined Joint Task Force - 7, then as the deputy director of the Coalition Provisional Authority, Program Management Office

He deployed to Iraq shortly after assuming command of POD in June 2003.

The POD commander shared how the U.S. military in general and USACE in particular are working around the clock to improve the lives of Iraqi citizens as they make the difficult transition to democracy.

He relayed how U.S. Soldiers are doing things that were never expected of them and he added that he has never been more proud to be a member of the U.S. Army Corps of Engineers.

He said that the best stories about the everyday improvement of life in Iraq don't make the news.

The CG also shared the following guidance which comes from his personal philosophy:

Be Positive: Nothing is more infectious than a negative person. We don't need problem identifiers, we need problem solvers. When people ask me, "what do I do?" I tell them, "I solve problems!" I want you to do the same.

Be Yourself: Be natural and use appropriate humor to keep people from getting too stressed out. "It's always worked for me."

Be Mindful of Others: Follow the Golden Rule in all that you do. Be sure to thank the people who work for you and those people who worked to help you get where you are today. When I was picked to be a brigadier general, I mentally went back



Brig. Gen. Davis shares his Command Philosophy with the POD/POH Ohana.

through all the folks who helped me. Remember who's packing your parachute and always be mindful of others.

Be Going Somewhere: "Ask yourself, where am I going in life? Where am I going in the organization? How do I get there?" Then go there.

Be Happy & Have Fun: Think about this when you do your work. "I love what I do and I want you to love what you do too."

Brig. Gen. Davis reminded the assembled Ohana that Divisions exist to make Districts succeed.

A highlight of the Townhall was when the CG presented commander's coins and awards to members of the POH and POD Ohana.

Betty China, David Chun, Brian Kamisato, Letitia Ponciano-Galapia, Gayle Rich, Jamie Savoie and Ed Thompson were awarded POD commander's coins for their role in P2 implementation.

Several individuals received CG coins for their participation in Exercise Balikatan 2004: Maj. Tim Burns, Katie Tamashiro, Vicki Cleaver, Fred Nakahara and Tom Brady.

The CG presented POH Commander, Lt. Col. David C. Press, a Bronze Award for the District's Combined Federal Campaign (Renee Inouye was the District Coordinator).

Several individuals received Senior Leaders Conference recognition certificates: Vicki Cleaver, Sharon Freitas, Ronnie Kirkland, Calvin Mashita, Miles Takayesu and Larry DeGroot.

Gerald Young was honored as the U.S. Air Force Civilian Project Manager of the Year.

Sam Song was recognized for winning the Secretary of the Army Outstanding Achievement in EEO Award.

Laureen Lau received a CG's coin for her role as the Townhall emcee.

In addition, the CG honored three 2003 RLDP graduates: Russell, Iwamura, Brian Kamisato and Curtis Yokoyama.

A few days after the Townhall, Brig. Gen. Davis toured POH and visited with the POH staff.

He received comprehensive briefings on all aspects of POH's missions, programs and key projects including: Military Construction, Waikoloa FUDS, Army Transformation, Whole Barracks Renewal, support to the Pohkuloa Training Area, the C-17 Beddown, Civil Works projects and many other issues.

The CG complimented the quality of people in the District and was extremely impressed by the large workload and the diversity of the mission.

During the CG's POH visit, he met with the POD/POH Ohana for fellowship at a Pau Hana get-together on March 19, 2004.

Prior to assuming command of POD, Brig. Gen. Davis commanded the Corps' South Pacific Division for two years.

Previous Corps assignments also include chief of staff at Headquarters, U.S. Army Corps of Engineers, Washington, D.C. and commander and District Engineer of the Corps' Los Angeles District.

Employees of the Month

December



Jenny Masunaga, attorney, Office of Counsel, has been a tornado of activity. In the short time she has been the principal attorney responsible for Civil Works she has become an institution, working tirelessly on virtually every civil works project wherein difficulties have arisen. She has insights far beyond her experience and has become a trusted team member by tirelessly working every single legal issue and many non-legal issues that come to her attention. Her role in working with the State legal authorities and POD, USACE and ASA representatives in the Kaunapau solicitation development and project certification was indispensable. She played an important role in achievement of the

Wailupe Design Agreement. She volunteered to become an ISO Auditor and worked hard to assist with OC preparation for Audit as well as performing audit duties for other organizations. She has gone to the field in support of projects, attended public meetings, attended the Civil Works summit with her clients - in short she is the paradigmatic lawyer - making her clients' issues and problems hers, and working hard to resolve them. Notwithstanding her crushing schedule, she makes time for PMs, and other staff members, listens to their problems and becomes part of the solution. She is a valuable asset to this District because she is a terrific lawyer and employee.

December



Eric Sugiyama, structural engineer, Technical Support Branch-Regional Technical Center, has done an outstanding job in completing Independent Technical Reviews, BCOE reviews, responding to Requests for Information (RFIs) and providing engineering support during construction for numerous projects. He has been involved in providing engineering support for construction of whole barracks renewal and aviation complex phase 6A at Wheeler AAF, performing ITR/BCOE of C-17 program ramp-up and information systems facility at Schofield Barracks and providing technical oversight on hydrant fuel systems at

Hickam AFB. His technical ability combined with willingness to work with others makes him a valued asset to the District. In addition to all this, Eric recently volunteered to participate in POH's outreach program as a mentor to a local high school student interested in a career as a structural engineer. Eric volunteered to assist this student with a project on bridge design using new and innovative technologies. His performance assists in making the district a superior engineering organization.

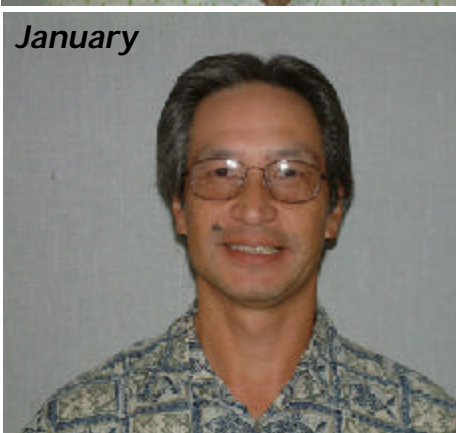
January



Andrew Perez, regional economist, is recognized for his hard work and dedication in completing all economic reports for both Civil Works and Military Construction projects. In spite of a heavy workload, Andrew has been able to complete many 1391's often on very short notice. Economic analysis in the Corps of Engineers Civil Works program has been under close scrutiny. Andrew has completed his economic analysis in a professional manner and has clearly identified projects that are not economically justified as well as

providing a sound basis for those projects which are justified. Andrew has gained the respect of Project Managers, local sponsors as well as his co-workers. Andrew is a welcome member of our Project Delivery Teams and provides outstanding support to the Honolulu District in our Civil Works and Military missions.

January



Rodney Leong, program and project manager, handles the U.S. Army Kwajalein Atoll (USAKA) program supporting the Space and Missile Defense Command (SMDC) and Missile Defense Agency (MDA). He is currently handling several fast-tracked projects for the MDA on Meck Island. The customer had an urgent need to scope the projects and award the design contracts by early January 2004. Rodney put together a team to work these hot projects and execute the mission. He continues to partner with the USAKA DPW and the Kwajalein Resident

Office to investigate ways of providing more cost-effective, higher quality, and timely design and construction services through innovative uses of the Kwajalein IDIQ construction and services contracts. Rodney completes his duties in a professional manner with an exacting attention to detail. He is methodical, accurate and demonstrates great customer service. His exemplary performance brings great credit upon him, the Honolulu District and the U.S. Army Corps of Engineers.

Employees of the Month

February



Lisa Clark, work force management specialist, performs a multitude of tasks in a superior manner. In addition to her job, she serves as the assistant training officer for the District. In this role, she works with training coordinators throughout the District to ensure all training requirements are forecasted and met. This entails time-consuming work as the liaison between all PROSPECT courses and District employees. Lisa also manually inputs into Automated Training Management Program (ATMP) every training class/course for employees not in the PROSPECT system. To date this has been over 100 courses.

Through Lisa's hard work, the Honolulu District met the POD goal of having 100% of our METLs and IDP in ATMP. Additionally, Lisa serves on the award committee, attends all recruitment fairs and supports the Special Emphasis Program Committee (SEPC). Lisa also has been assigned as the project manager for the upcoming change of command ceremony in July. With her positive outlook and excellent work ethic, Lisa continually adds to the success of the Honolulu District.

February



Christi Shaw, archaeologist, Environmental Technical Branch, Engineering and Construction Division, demonstrates excellent team-building skills and customer service in her role as Cultural Resource lead for the Stryker Brigade Combat Team (SBCT) Environmental Impact Statement (EIS) Project Delivery Team. She is responsible for successfully completing the Section 106 consultation and coordination for the Programmatic Agreement in compliance with the National Historic Preservation Act of 1966, as amended. The consultation required facilitating coordination between the U.S. Army Garrison Hawaii, the State Historic

Preservation Office, the Advisory Council on Historic Preservation, the Office of Hawaiian Affairs and several Native Hawaiian Organizations. Through her leadership, solutions to conflicting concerns were resolved in a timely and effective manner. In addition to overseeing this complex negotiation, she also manages cultural resource survey contracts and coordinated the review of the cultural resource sections for the Draft and Final SBCT EIS. Ms. Shaw's dedication and diligence to this process has helped improve relationships and strengthen trust between the Corps and the customer.

March



Andrew Kohashi, chief, Army-HI Branch, is a consistent, high performer with a tremendous work ethic and devotion to duty. His Branch handles in excess of 200 projects from multi-million dollar MCA projects to the rapid response OMA for our biggest customer, the DPW. Under his purview, are the highly visible and vital SBCT implementation and the Whole Barracks Renewal. Since Andrew has come here, customer satisfaction has increased and Branch manning and responsiveness are at an all-time high. His Branch's proficiency is a credit to

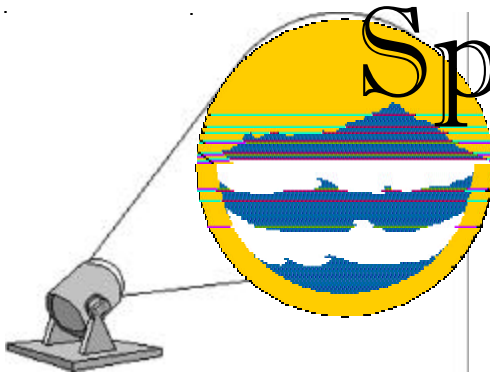
Andrew's hands-on style and his leadership by example. In addition to all this, Andrew accomplished the District Space Study and was instrumental in the retention of B-223 in order to accommodate the space requirements of the District. Andrew is truly deserving of this award.

March



Vickie Cleaver, emergency operations assistant, Emergency Management, has spent the better part of the past month preparing the EOC and Secure Room for the Infrastructure and Assessment Team. In this time, she took the initiative to become a certified Information Assurance Security Officer [IASO] to quicken the installation of software and troubleshooting system glitches, she "deciphered the code" of DOIM, POD and HQUSACE requirements. This allowed the District to install and bring online a vanilla

SIPR net, which increased band width, allowed four times the workstations to be installed and provided redundancy. In addition to this, she worked with FEMA, RM and the Finance Center to resolve a billing discrepancy and submitted more than a dozen multi-district bills to FEMA. With a smile and lots of perseverance, she overcame many challenges and helped the Honolulu District succeed in fulfilling its Emergency Management mission.



Spotlight on HED

Spotlighting an office that is helping make the Honolulu Engineer District
"The Best Place for the Best People to Work"

Civil Works Technical Branch Welcomes the Essayons



Lt. Col. Press and Dep. Director of Hawaii DOT, Linden Joestin (R), receive a navigation lesson from 3rd Mate Steve Perry.

Photo by Joseph Bonfiglio.



HED, POD and city employees ascend the gangplank for a tour of the dredge.

Photo by Sarah H. Cox.



Essayons at Honolulu Pier awaiting her fresh crew to arrive from Portland Oregon.

Photo by Matthew Rowe.



Steve Perry describes the boulders in the harbor which often become lodged in the dragarms.

Photo by Matthew Rowe.

Hopper Dredge Essayons

Hull

Length - 350'

Beam - 68'

Height (keel to mast) - 126'

Draft

Light - 22'

Loaded - 27'

Displacement - 7,248 L. tons

Dredging Depth

Normal - 80'

Extended Dragarms - 94'

Dredge Capability

Hopper - 6,000 cu. yards

Production - 43,000 cu. yards
average daily

Main Propulsion

Two 3600 h.p. each

Manufacturer - EDM (GM)

Generator Engines

Three 750 kw Caterpillar/
Kato Diesel

Dredge Pumps

Two 1650 h.p. mounted on the
dragarm

Two 3000 h.p. mounted
inboard

Vessel Speed

Light - 13.8 knots

Loaded - 13.5 knots

Civil Works Technical Branch employees have been busy for the past two years preparing for the arrival of their comrade from the Portland District. This is not the dredge Essayons' first visit to Honolulu. In fact she has dredged Honolulu harbor several times since 1983.

"It takes a lot of coordination and planning," said Pat Tom, HED civil engineer, Civil Work Technical Branch. "We have been coordinating maintenance dredging with the Navy and the State Department of Transportation for about two years."

"It's a big undertaking," Tom said. It costs approximately \$79,000 a day to operate Essayons which does not include the cost of mobilization and demobilization to and from Oregon.

"It's not cheap, but has to be done," Tom said. Without periodic dredging, the harbor would fill with silt and sand and become too shallow for the large ships.

Essayons arrived Feb. 11, 2004 with a crew of 20 Corps employees who are all licensed mariners. They worked 28 six-hour watches around the clock for two weeks before returning home and making room for a new crew to arrive. The new crew spent two weeks completing the project.

On March 18, Essayons made the eight-day journey home to Portland District where she will keep the harbors and rivers in California, Oregon and Alaska navigable until her next visit to Honolulu.



Dragarms on each side of the vessel carry away the sand or silt and deposit it in the hopper bins.

Photo by Sarah H. Cox



POD employee Tony Paresa inspects the state-of-the-art dredging automation.

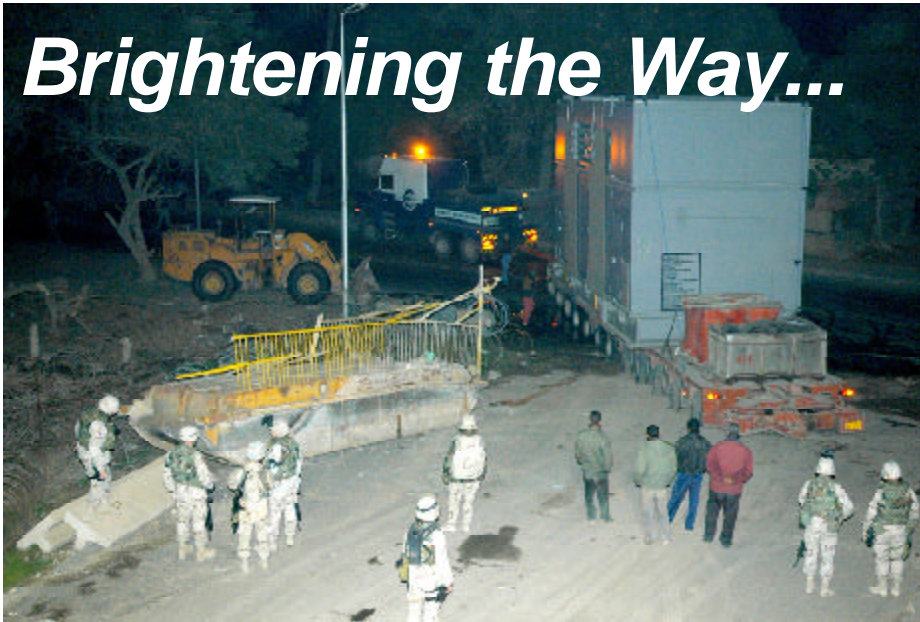
Photo by Darren Walls.



With a recent refit, Essayons now performs the work of more modern dredgers.

Photo by Sarah H. Cox.

Brightening the Way...



Ninety USACE civilians and military from various Districts around the world were brought together as Task Force Restore Iraqi Electricity (TF RIE). Accustomed to performing emergency recovery efforts, USACE was asked to field a response team with specific skills to deal with the critical electrical grid problems. Shown above is a 198-ton generator and carrier after crossing a bridge over the Tigris River in Baghdad on Jan. 26, 2004. The 220-ton turbine followed.

Story and Photo by Ed Evan
Transatlantic Program Center (TAC)

During September 2003, a small number of U.S. Army Corps of Engineers volunteers began their movement to Baghdad, Iraq, to be part of Task Force Restore Iraqi Electricity (TF RIE). That Task Force eventually grew to 90 members.

TF RIE took the 26 hardest projects and worked them so well that even as the team was headed out the door to go home in Decem-

ber, the Ministry of Electricity was asking for more. In the end, 55 went home on schedule, but 35 remained behind to take on longer range projects, folding into the new Gulf Region Division that was stood up in Iraq on Feb. 25, 2004. At that point all Corps of Engineers' missions in Iraq became part of the new Division.

They were a short-term, high-impact task force charged with making it possible for Iraqis to restore specific areas of high-tension lines and power stations critical

to long-term restoration of the nationwide electrical grid. What they were up against was 623 damaged or destroyed transmission towers and roughly 400 miles of 400KV and 132KV transmission lines lying on the ground that were needed to transmit power from deteriorating generation stations and substations to sabotaged distribution nodes.

In the end, they achieved a great deal and then handed off the Iraqi electrical mission to the new Gulf Region Division. TF RIE's mission had been met and was the genesis of the new Electric Directorate in the Division.

Proudly they said good-bye to those they served so well in the new, free country of Iraq, and flew back to say hello to the families and friends they left behind. The emergency over, they went back to work in their Districts all across the United States; important, integral members of a team that came together when their country called, and met the challenge. A job well done!

Want to help rebuild Iraq or Afghanistan?

USACE's new Gulf Region Division now has temporary and term positions available. Many specialties are needed including: mechanical and electrical engineers, architects, contract specialists and human resource specialists and more. To access Army vacancies:

<http://www.cpol.army.mil>

1. Click employment
2. Click vacancy announcements
3. Highlight country desired "Iraq" or "Afghanistan"
4. Click get results

HED brightens the holidays for those in Iraq and Afghanistan

Story by Sarah H. Cox

Soldiers and civilians serving in Iraq and Afghanistan had a brighter holiday with aloha spirit thanks to the Special Emphasis Program Committee (SEPC)'s efforts and the generosity of many HED employees.

The SEPC collected donations to send ten large holiday gift boxes filled with Kona coffee, macadamia nuts, cookies and holiday decorations to Iraq and Afghanistan.

"We sent nine boxes to Iraq and one to Afghanistan," said Lolly Silva, environmental protection specialist and SEPC member.

"We just wanted to brighten the season for our many employees in the Corps family," Silva added.

According to Bernie Rall, a realty specialist from HED who recently served a

120-day detail in Afghanistan, SEPC certainly accomplished its goal.

"It cheered me up when I opened the box....like pulling rabbits out of a hat! I used the decorations around my desk area in our tent to make it festive. We also liked the Kona coffee. Coffee is a precious commodity here, we all depend on care packages for it," Rall wrote in a thank-you note to HED.

Seems lots of people enjoyed the gift boxes in Iraq as well. Many sent thank-you notes to HED expressing their gratitude for making the holidays, spent far from family and friends, just a little bit brighter.

The SEPC plans to continue the holiday gift boxes as long as Corps' members and Soldiers are in Iraq and Afghanistan.

In fact SEPC is already coordinating another round of gift giving for personnel in Iraq and Afghanistan.

"We're planning on sending 4th of July packages," Jerry Matsuda, SEPC subcommittee chairperson, said. "We hope to include lots of red, white and blue decorations in addition to the aloha gifts."



Aloha in Afghanistan. Bernie Rall, HED Real Estate Specialist serving in Afghanistan, used the decorations from SEPC to brighten her desk. Photo by Bernie Rall.

Rep. Neil Abercrombie pays a courtesy visit to Pacific Ocean Division



On Jan. 22, 2004, Rep. Neil Abercrombie paid a courtesy visit to Pacific Ocean Division Headquarters. POD and Honolulu Engineer District staff gave him the POD command brief and provided overviews of the Military and Civil Works programs. The POD command brief noted the strategic support that POD provides to the United States. POD is charged with executing Corps' missions in the Pacific Area of Operations, an area that spans six time zones, from Alaska and Hawaii to American Samoa and across Polynesia and Micronesia to Japan and Korea. Honolulu Engineer District has the largest geographic area in the Division, stretching from Hawaii through Polynesia and Micronesia. Of particular interest to Abercrombie were the briefings on the current state of the Whole Barracks Renewal Program, support to Army Transformation, the Waikoloa Formerly Used Defense Site and the Salt Lake Sediment Analysis. Abercrombie stated that he was very appreciative of the outstanding work that the Corps does for Hawaii and the nation. He termed Fort De Russy in Waikiki (built by the Corps) as the finest example of military recreation in the world. Photo by Joseph Bonfiglio.

Rep. Eni F. H. Faleomavaega receives updates on civil works projects in American Samoa

Representatives of the Pacific Ocean Division and the Honolulu Engineer District met with Rep. Eni Faleomavaega of American Samoa Jan. 9, 2004, to discuss the status of civil works projects in his congressional district. Faleomavaega received updates on the Aunuu Small Boat Harbor, Leloaloa Shoreline Protection, the Pago Pago Airport Runway 08/26 Shoreline Protection, Tau Small Boat Harbor and Tutuila Harbor. In an archipelago dependent on boats to transport people and goods, Corps projects are important to maintain the quality of life in American Samoa. Shown facing the camera from left to right: Ray Jyo, Rep. Faleomavaega, Lt. Col. Press, Eugene Ban and Jim Bersson. Photo by Sarah H. Cox.



Big Island's Saddle Road Groundbreaking



Sen. Dan Inouye, Rep. Neil Abercrombie, USARHAW Garrison Commander, Col. David Anderson; Big Island Mayor, Harry Kim; Hawaii Dept. of Transportation Director, Rod Haraga and representatives of the U.S. DOT and other agencies watch as a Kapuna pours holy water on the O'o digging sticks (ceremonial groundbreaking tools) at the Saddle Road groundbreaking ceremony at Mauna Kea State Park on the Big Island Feb. 17, 2004. The first phase of the project will be a 12.7-mile road behind the Pohakuloa Training Area, replacing the road that now fronts the camp. Once complete, the new Saddle Road will safely link East and West Hawaii. The total price of this U.S. Dept. of Transportation project is estimated to be \$220 million. The Honolulu District has many active projects on the Big Island, including several at PTA. Photo by Joseph Bonfiglio.

In with the new, blend with the old



The new Life Skills Clinic on Hickam AFB will fit in nicely with the surrounding historical architecture on Fox Blvd. The new 6,082 square-foot clinic with its stucco exterior, steel frame and tile roof will contain private office space, counseling rooms and a waiting area. The clinic will be used to provide mental health services as well as alcohol and drug abuse prevention for USAF members and their families. Shown at the ground breaking ceremony on Jan. 6, 2004 from left to right: 15th Airlift Wing Commander, Col. Raymond Torres, Contractor Alan Shintani, Lt. Col. Joseph Buder and USACE HED Civil Engineer, Edwin Yago. This design-build project also includes a parking area, utilities and an access road for a cost of \$2,700,000. The estimated completion date is Nov. 24, 2004.

Photo by Micheal Dey.

New faces going places: RLDP kickoff

It's a new year and a new chance for 22 HED employees to try something different, to learn new ways of doing things and to discover and develop their leadership skills.

The one or two year personal development programs are for all permanent employees.

"The year-long leadership assessment level course gives employees the chance to develop themselves as future Corps leaders and assess their abilities as future supervisors," according to RLDP Advisor and HED Liaison, Phillip Mun who is also the HED EEO chief.

The members of the 2004 RLDP class have volunteered to participate in this POD-wide program.



HED Deputy Commander Maj. Adrienne Eckstein speaks to the newest members of the Regional Leadership Development Program (RLDP) at the 2004 RLDP Kickoff Jan. 12, 2004. POD is leading the way with its second year-long class. Photo by Sarah Cox

"It takes a lot of initiative, a lot of reading and most of the work done in off-duty time, but it's worth it," according to Gary Nip, chief, Design Branch and RLDP level advisor.

"Of course, participation in RLDP is no guarantee of a promotion, but it certainly makes a person more competitive should they apply for a supervisory position," Nip said.

Sam Song receives the Secretary of the Army's award for Outstanding Achievement in Equal Employment Opportunity

Quiet, caring, unassuming and devoted. That's how most everyone who works with Sam Song describes him. So how does winning a national honor like the Secretary of the Army's award for outstanding achievement in equal employment opportunity affect the Deputy Chief of E&C?

"I'm totally surprised," Song said. Although he makes every effort to stay abreast of his EEO and affirmative employment program responsibilities, he is humbled by the whole experience.

"I feel very humbled, there are so many deserving people in our organization," Song said.

"We do have a lot of deserving managers here in the District," said Phillip Mun, HED EEO chief.



Brig. Gen. Larry Davis presents a letter of recognition to Sam Song, deputy chief, Engineering and Construction. Song recently traveled to Washington D.C. to receive the national award. Photo by Joseph Bonfiglio.

"But what sets Sam apart is his managerial skills and his collaborative leadership style. He's truly dedicated to helping employees advance their careers and he's not afraid to utilize non-traditional recruitment resources to locate minority, female and disabled applicants," Mun said.

Since beginning his POD career in 1977, Song has assumed many roles. Most recently, he serves as a mentor for employees involved in RLDP, assists with the District Outreach Program, serves as the DA Intern Coordinator and mentors many young engineers and architects in the community.

According to Lt. Col. Press, "Sam Song is an engineer's engineer, he's a model supervisor and an outstanding EEO supporter."

Building a strong and healthy workforce

HED HealthWatch



Stephen Willis, M.MFT, LPC
Stress Management Counselor

Stress can be motivating and invigorating, bringing forth excellence in an individual and a company – but stress that is unrelenting can damage a company's greatest resource: its valuable people.

Research has shown the healthy benefits of being involved in exciting projects and hustling to meet occasional deadlines.

Stress hormones released in times of pressure can increase creativity and productivity.

However, when deadlines become a way of life, these same chemicals start damaging a person's ability to think.

This is when stress starts having a negative impact upon mental and physical health as well as productivity and morale.

This system becomes maladaptive when the threat is psychological instead of physical or the threat or distress is prolonged. Taking short breaks from the daily pressures of life can help you to be both healthier and more productive.

Here are five easy-to-learn techniques that will help you relax and feel invigorated:

1. Tense and Release

Start at your feet, take a deep breath, arch your feet, hold your breath, slowly breathe out as you relax your feet. Repeat with your calves, thighs, stomach, back, chest, arms and so on ending with your scalp.

If you have difficulty tensing certain muscles, just focus on them as you inhale, hold and exhale.

If tension remains - start at your head and tense and release muscles until you are back to your feet.

Taking short breaks from the daily pressures of life can help you to be both healthier and more productive

2. 888 Breathing

When you breathe deeply you notify your stressed body that everything is OK.

Picture a large triangle in front of you. Trace it with your finger as you count to yourself. Breathe in slowly from the diaphragm, counting to eight. Hold your breath for eight seconds then exhale for eight seconds.

Repeat this several times, until you feel yourself getting calmer.

3. Belly breathing

This is how babies naturally breathe. Lay on your back, put your hands on your stomach and breathe in such a way that your stomach rises and falls along with your chest. Two minutes of breathing in this way has been shown to substantially reduce stress reaction in the body.

4. Sighing and toning

You have probably fallen into bed and let out a long "aaaah". Sighing and toning actually help you relax by causing your soft palate to vibrate against your brain stem. This soothes the part of the brain that controls your breathing, heart rate and blood pressure. The calming benefit from specific tones is one of the reasons

that meditation mantras contain sounds that vibrate in the soft palate and also is the reason people have a natural tendency to moan when they are in great pain. To perform the sighing and toning relaxation exercise: sigh deeply as you exhale. Sigh loudly enough that you can feel it in the back of your throat.

5. Self-hypnosis

It is estimated that most people go into what is called a naturalistic trance about every 90 minutes.

If you have ever gotten heavily involved in a book or a TV show to the point that someone had to call your name a couple of times to get your attention, you have experienced a trance state.

Hypnosis is merely a focused state of mind and can be very relaxing if your mind is filled with worries.

A few minutes in a trance state can be a mini vacation away from the hectic demands of deadlines and people's expectations. It can also help you to go to sleep more easily.

The Betty Erickson Technique: lie in a quiet room away from distractions, name (silently or aloud) five things you can see, five things you can hear and five sensations you can feel. Then name four of each, three, two and finally, one.

Close your eyes. To come out of the trance, simply open your eyes or reverse the technique by naming two things that you can see, hear and feel, then move to three, four and five.

For useful information about managing your stress, visit [www.http://thestressoflife.com](http://thestressoflife.com).

HED volunteers help their future successors

Story by Sarah H. Cox

It's a beautiful, sunny, Saturday morning in Honolulu. At 7:30 a.m., while most folks are sleeping soundly or drinking coffee on their lanais, 17 members of HED have volunteered to return to junior high school.

The volunteers assisted with the local Mathcounts Competition. Students from 36 area schools compete for a chance to ultimately represent the state in the final competition in Washington D.C. This year's competition, held at Kamehameha School, helps build mathematical skills, promotes strategic problem solving and challenges students to sharpen their analytical abilities.

"These students are going to be our successors, it's important to encourage them to excel," said Louis Muzzarini, chief, Construction Branch, Engineering and Construction Division. "We had the largest contingent of volunteers there," said Muzzarini, who served as this year's competition moderator.

"It was the Corps' participants who stayed after all the other scorers and proctors left. We even operated the lunch line for the students and also ran the Countdown Round," Muzzarini said.

Aside from serving lunch to the students, the proctors from HED (Timothy McQuillen, Jerry Matsuda, Robyn Au, Malai Tubtim, Matthew Rowe, Earl Hiraki and Thom Lichte) distributed and collected test materials as well as monitored student activities during the competition. The scorers from HED (Lorayne Shimabuku, Paul Mizue, Ruby Mizue, Darren Walls, Capt. Ina Lee, Dale Barlow,



Photo by Matthew Rowe



Photo by Malai Tubtim

(Above) Louis Muzzarini, chief, Construction Branch, Engineering and Construction Division, addresses a group of sixth, seventh and eighth graders at the 2004 Mathcounts Competition held at Kamehameha School Feb. 21, 2004. Every year, members of HED volunteer to serve as proctors, scorers and monitors for the local event which encourages Hawaii's youth to pursue careers in the science or technical fields. (Photo left) Robyn Au and Malai Tubtim are among the HED volunteers serving lunch to the students after the competition.

Eric Li, Tom Goto, Don Yorimoto and Anne Chang) graded the completed tests.

The competition is sponsored annually by the Oahu Chapter of the National Society of Professional Engineers.

"It's rewarding to work with the kids, but it's also a chance to meet other members of the engineering community. The volunteers took time out of their weekends to help the local students, now that's dedication," Muzzarini said.

Real Estate employees help feed Oahu's homeless



In December, Real Estate employees organized a food drive for the River of Life Mission for the homeless in downtown Honolulu.

"The need for help here is so great, we just wanted to do something for the community," said Real Estate Specialist Sharron Montgomery. From left to right, Polly Bjorken, Sharron Montgomery, her son Timothy Montgomery and Patrick Harrigan load a truck with much-needed food items to help feed the island's homeless. Montgomery spear-headed the campaign and Real Estate employees answered the call by placing several donation collection boxes in buildings 230 and 127. HED employees generously donated over 50 large bags of rice and hundreds of pounds of nonperishable food items to help feed and care for the 300 to 400 guests who visit the River of Life Mission on a daily basis. Photo by Sarah Cox.

District Shorts

Aloha means....

Hello:

Lori Arakawa, Roy Awakuni, Wayne Birgado, Tobey Colston, Eric Edrada, Jessica Hays, Julie Higa, Roy Ishikawa, Clyde Maeda, Jerry Matsuda, Misty Payne, Justin Pummell, Lynette Schaper and Bill Quinn

Welcome back:

Lise Ditzel-Ma and Dickson Ma from their two-year tour to Korea.

Good-bye:

Clifford Kato, Andrea Swick, Sybil Hamasaki, Warren Kanai, Natalie Koyanagi, David Yang and Peter Lee.

Reassignments:

- Lt. Col. David Press will be TDY to Iraq for three months.
- Robert Ishiara has a new job in Japan.
- Capt. Lisa Landreth will be TDY to the Philippines for three months.

Condolences:

HED offers condolences to the family of Donald Leong on the passing of his father Sam Leong, and also to the Fretz family on the passing of Douglas Fretz.

Promotions:

- Kanalei Shun, Chief Environmental Technical Branch.
- Ronald Kirkland, HED Budget Officer.
- Laureen Lau, Executive Assistant.
- Dinah Lazaro, Accountant.
- Lenora Okubo, Budget Analyst

Announcements:

- Sharon Jantoc received her B.S. in Business Administration from Hawaii Pacific University.
- Renee Kurashige received her Associate Degree from Leeward Community College.
- Malai Tubtim, received her B.S. in Accounting from University of Hawaii.
- Waynes Hughes received his B.A. in Business from Suffield University.
- Richard Rodier received his Global Information Assurance Certification.
- Elaine Nagasawa has been selected as the new Paralegal Specialist.
- Jim Pennaz's son, Matt, is starring in the Army Community Theater's production of Camelot, May 15-30, 2004.



Katie Tamashiro's (EM) newest addition, baby Julian, shown with big sister Jasmine Rodriguez. Julian was born to Katie's daughter Jill and son-in law Jorge. Long-time Corps employees may remember Jill from years ago when she played for the Corps' volleyball team. Photo by Jill Rodriguez.



The latest Regional Leadership Development Program graduates (RLDP) at the POH/POD townhall held March 15, 2004. From left to right: Brian Kamisato, Brig. Gen. Davis, Curtis Yokoyama, Russell Iwamura. Photo by Joseph Bonfiglio.

On the cover

— Photo by Sarah Cox

Practical fire-fighting saves lives if the unthinkable happens. Using a fire extinguisher is more difficult than it looks, as students in the recent Fire Warden Training class learned. Fire Inspector, Kaleni Whitford, from the Federal Fire Department for Pearl Harbor assists Dilly Rapley, Schofield Barrocks Resident Office civil engineer technician, with proper fire extinguishing technique. Training began in the Conference Room in Bldg. 230 and ended with a controlled fire in the parking lot. Employees took turns extinguishing the blaze.



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