

RIP RAP

U.S. Army Corps of Engineers Albuquerque District

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Did You Know...

As a state, New Mexico is very pastoral and has far more sheep and cows than people? There are only 12 people per square mile, yet New Mexico is the fifth largest state.

Photo by Ronnie Schelby



US Army Corps of Engineers®
Albuquerque District

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District Engineer,
Lt. Col. Jason Williams

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Ceremony Celebrates Simulator Facility at Kirtland

By Ronnie Schelby, Public Affairs

Albuquerque District Commander Lt. Col. Jason Williams joined officials from Kirtland Air Force Base Jan. 19 to conduct a ribbon-cutting to celebrate a new addition to a facility that will house HC/MC-130 aircraft simulators.

When fully functional, the addition's simulators will be used to train between 80 and 100 students per year who have the mission of infiltration, exfiltration and resupply of special operations forces and the air refueling of (primarily) special operations helicopter and tilt-rotor aircraft.

District employees played an instrumental role in the planning and construction of the facility. The contract was a small business set-aside hub zone award, and construction was finished about three months ahead of schedule.



—To see a video version of this story: www.spa.usace.army.mil/videos/sim.wmv

Photos by Ronnie Schelby

Conducting the ceremony (L to R): Col. James Cardoso, 58th Special Operations Wing Commander; Mr. Tony Frese, Lockheed Martin; Col. John Kubinec, 377 Air Base Wing Commander; Lt. Col. Jason Williams, U.S. Army Corps of Engineers.



Photo by Ronnie Schelby

South Pacific Division Commander Col. Mike Wehr (left) visited the District Feb. 1 and met with International Boundary and Water Commissioner Edward Drusina in El Paso, Texas, to discuss the long-standing cooperative working relationship between the Corps and the Commission. Joint efforts include the El Paso-Las Cruces Regional Sustainable Water Project, a watershed initiative on the Rio Grande below Elephant Butte Reservoir and discussions for partnership under Section 729 of the Water Resources Development Act of 1986.

Cochiti Children Make Connections with Corps

By Ronnie Schelby, Public Affairs

To see a video of this story go to:
www.spa.usace.army.mil/videos/cochiti.wmv



Photos by Ronnie Schelby

Four students and their instructor from Cochiti Elementary School joined others from Pueblo de Cochiti for a field trip to the Corps' Cochiti Dam Jan. 18.

Supervisory Natural Resources Specialist Mark Rosacker spoke about the relationship between the Corps, the dam and the Pueblo.

"All of this is your land, it belongs to you," Rosacker said. "You are the future protectors."

The field trip was the result of an outreach effort between Rosacker and Vernon Garcia, environmental technician and outreach coordinator for Pueblo de Cochiti, and, literally, provided students with an overview of their land, as seen from atop the dam, which spans

At right, Natural Resources Specialist Mark Rosacker and Cochiti children discuss the relationship between Cochiti Dam and the Pueblo de Cochiti. The children are (L to R): Christian Lucero, Martin Rodriguez, Samuel Lucero and Nancy Lovato with instructor Karen Ismari.



5.5 miles and rises 251 feet to impound the waters of the Rio Grande and Santa Fe River.

The view had significance for the students who, under the direction of instructor Karen Ismari, had been monitoring water quality downstream of the dam on pueblo land near Cochiti Spring, located on the Santa Fe River. The students had been learning about how

Cochiti Dam extends across watersheds of the Santa Fe River and the Rio Grande.

Joining the group was Richard Schrader of River Source, an organization which works to restore and sustain relationships between communities, schools and Native American tribes and their watersheds.

District Helps Seal Deal for Increased Training Territory at Air Force Base

Since 2008, the District's Real Estate Division and Office of Counsel have negotiated to lease a large parcel of about 11,000 acres of New Mexico trust land in Roosevelt County to the U.S. Air Force, and the transaction was finalized Jan. 18.

The land will allow for expanded territory on Cannon Air Force Base's Melrose training area, which will be used by multiple Air Force units when conducting training.

On Jan. 18, Governor Susana Martinez, New Mexico State Land Commissioner Ray Powell and Assistant Secretary of the Air Force Terry Yonkers signed an agreement that leases the state trust land to the Air Force.

"Because the U.S. Army Corps of Engineers keeps the Air Force's land records, the District was asked to review all land issues for correctness," said Realty Specialist Marvin Urban. "We reviewed ownership, titles and legal issues."

District Takes Environmental Project Management to Next Level

By Kristen Skopeck, Public Affairs

Professional speaker Tony Alessandra said, "Being on par in terms of price and quality only gets you into the game. Service wins the game."

This quote mirrors the philosophy of the employees in the District's Environmental Project Management Section, which is managed by Supervisory Program Manager Mike Goodrich. He and his seven, full-time project managers and two interns represent a small, talented group with "can-do" attitudes who miraculously more than doubled their workload last year.

In truth, taking the environmental investigations and remediation work from about \$20 million in fiscal year 2010 to \$54 million in fiscal year 2011 was no miracle. It was customer responsiveness, plain and simple.

The section was officially created in Feb. 2010, when a growing environmental-focused workload demanded individualized attention. Goodrich was picked to lead the section a few months later, in July, and he helped hire and gather a team with extensive private sector experience.

Goodrich said "no" is not in his team's vocabulary, and, while working on large projects more traditionally aligned with environmental remediation, like soil and ground water contamination cleanups and munitions response, his team asked customers if they could do more. Interestingly, this willingness to work led to an approximately 33 percent increase in business in the form of small repair and construction projects.

"We accepted these numerous small projects, and we relied heavily on people in contracting to help us find small firms to handle the sole-

source contracts, which put money back into the local community," Goodrich said. "Our contracting personnel are exceptional at what they do."

In addition to Contracting, Goodrich and his section work closely with their colleagues in Legal, Cost Engineering, Environmental Engineering and other sections.

"It's definitely a team effort," he said.

The continued increase in business reflects on Goodrich's team's ability to provide outstanding customer service. The military and other federal customers, like the Environmental Protection Agency, do not have to hire the Corps for environmental cleanup projects. Often, they can manage the projects "in-house" and contract the work themselves. However, when Goodrich and his team exceed expectations, as they have been doing, the work keeps streaming in.

"We're seeing an uptick in energy efficiency work, like solar energy applications and motion sensors, on military installations," Goodrich said. "In his recent State of the

—Continued on next page



(L to R) Mike Goodrich, Brian Jordan, John McBee, Trent Simpler, Mike Bone, Therman "Sonny" Franks, Monika Sanchez, Bryan Estvanko and Walter Migdal. Inset photo is Carol Wies Brewer.

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Union Address, President Obama made several references to the need to lessen our reliance on traditional energy sources and to investigate alternative and cleaner sources of power.”

Ideally, Air Force bases and Army posts would like to become self-sustaining, and, while military installations may never be able to get completely off the energy grid, upgrades of this type move them closer to their environmental goals.

Traditional Cleanup Work

Although glad to help customers by picking up those small projects, the team’s time is largely spent on sizeable projects like the bulk fuels spill remediation effort at Kirtland Air Force Base, which is one of the Air Force’s highest priority cleanups. Many of these large projects are spread across the country and require significant travel.

also been able to work closely with our colleagues across multiple divisions to successfully execute projects throughout the southwest.”

The section’s Military Munitions Response Program (MMRP) work

is a good example of how this team is regionally-matrixed with colleagues in other districts and divisions.



Environmental Project Manager Trent Simpler explains the work at the Albuquerque Locomotive Yard Phase II environmental investigation the Corps is conducting for the EPA to Lt. Col. Williams (left) and Jorge Colberg.



Simpler



Migdal

In May 2011, Environmental Project Manager Walt Migdal (inset) accompanied District Commander Lt. Col. Williams (left) on a tour of a military construction project to remove and replace an aging bulk fuels facility at Kirtland Air Force Base.

“We travel a lot, because our projects are located across the District and the South Pacific Division,” Goodrich said.

“Furthermore, if customers outside our Division contact us and request our support, we’ll step forward, once we’ve coordinated with the local district. Sometimes, we even help by awarding contracts for other districts. We’ve

“All of our MMRP work rolls up under the South Pacific Division’s Range Support Center, which is a virtual design center that includes staff from Southwestern Division,” Goodrich said. “Munitions response is a critical part of the team’s work, due to the acute human health risks from old ordnance.”

Unlike military construction and projects in civil works that are planned ahead, often years in advance, the environmental project management work can pop up unexpectedly. At any time, a customer can find contamination that needs to be investigated and addressed. The unpredictable nature of the workload can be a challenge for the section, but another challenge is the budget.

“The budget issues the country is dealing with are also affecting the Department of Defense and the Corps,” Goodrich said. “Installations and agencies have to carefully consider which projects to execute.”

Knowing this, Goodrich and his team work all the harder to prove their efficiency, dedication and customer focus.

“We are environmentalists, and we find this work rewarding,” he said. “We don’t wear

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All photos courtesy of Environmental Project Management Section.



Franks

Project Manager Sonny Franks was asked to investigate when boxes of explosives were found outside a New Mexico mine's entrance last May.

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uniforms, but this is the way we feel we serve the nation, by making the environment cleaner and safer for future generations.”

Congressional Authority

Goodrich's Section's work is required under the Resource Conservation and Recovery Act and the Comprehensive Environmental Response, Compensation and Liability Act, commonly known as Superfund. These Acts mandate short-term removals, where actions may be taken to address releases or threatened releases requiring prompt response, and long-term remedial response actions, which permanently and significantly reduce the dangers associated with releases or threats of releases of hazardous substances that are serious, but not immediately life threatening. Cleanups at formerly used defense sites and on Native American lands are examples of work grouped into specific programs under his Section.

Now located on the first floor of the District Office, Goodrich and his team were relocated from the old Annex and are working to become more integrated with District employees. Excluding the two interns, he and five of his staff have worked for the Corps for less than three years. The lack of familiarity with the Corps could be viewed as a disadvantage for this team, but their desire to succeed and numerous



Wies Brewer

“Since 1993, Congress has appropriated funding annually to address environmental impacts to sites of significance to Native American tribes,” said Project Manager Carol Wies Brewer.

“In 1996, the Native American Lands Environmental Mitigation Program (NALEMP) began, aimed specifically at addressing past Defense Department actions on Tribal lands. These lands are evaluated in comparison with other Tribal lands as to the risk level for prioritization for cleanup, instead of being evaluated against non-Tribal land.”



In Jan. 2011, the District was asked to conduct an assessment of a former Army Air Field on Fort Sumner, N.M, to determine if there was possible contamination. Enough indication of possible contamination was found to move the project to the Site Inspection phase. A Site Inspection involves the collection and analysis of soil and groundwater samples to verify if there are actual contaminants and what (if any) impact on the environment.

public-sector connections have helped them surmount obstacles.

“The section is comprised of two long-term Corps project managers, two relatively new graduates, and five others with many years of private-sector environmental experience,” Goodrich said. “It is a strong group with diverse technical and project management backgrounds; I believe this team can handle any problem thrown their way.”

Goodrich said he expects fiscal year 2012 projects to be of a slightly lesser magnitude than 2011, in the \$45 to \$50 million range. Nevertheless, he said his high-functioning team stands ready to accept projects whenever and wherever they develop.

All photos courtesy of Environmental Project Management Section.

Team Finds Live WWII-era Fuse While on Bombing Site Visit



—As planned, Environmental Project Manager Trent Simpler, Environmental Engineers Henry “Hank” Domme, Mark Phaneuf and Hannah Wolfman, and New Mexico Environment Department representative Julie Jacobs conducted a site walk on a former WWII bombing range on Albuquerque’s west side Feb. 3, but the walk led to something not entirely planned — *By Kristen Skopec, Public Affairs*

The group made the visit to the practice bombing range, near Double Eagle II airport, used as a target for 100-pound general purpose bombs, to inspect the foundations of a few structures left behind when the military decommissioned the range.

“We were looking at what was left of the foundations when Henry “Hank” Domme spotted a 100-series fuse that was suspected to contain live explosives,” Simpler said.

The group alerted the Corps’s contractor who came to the site with the material needed to safely dispose of the fuse, using a small shaped charge and detonator, and without electronics or a timer.

After contacting the aircraft tower, City of Albuquerque and local fire department, the contractor entered the fenced site to place sandbags around the fuse to catch shrapnel.

“We weren’t surprised to find something, since we know there is munitions debris on the site, and we have a contract with TPMC for the surface clearance of any live ordnance on the range for that purpose,” Simpler said. “As a matter of fact, we are getting ready to award a contract to use Metalmapper (a device for subsurface ordnance identification), and the site visit was also meant to prep to award the second contract.”

Simpler suspects the fuse,

which was safely made inert by the contractor, remained on the range when a bomb hit the ground but didn’t have a high-order detonation and separated. Or, he said, it was part of a double-fuse bomb (nose and tail), and one of the fuses functioned and the other was knocked off.

“I am always telling people the “Three R’s— Recognize, Retreat and Report,” Simpler said. “When we found the fuse, we didn’t know what state it was in so we treated it as if it was about to go off. And, in this case, like so many others, it was still live.”



Army Holds Net-Zero Conference to Posture Installations for Efficiency

In late January, three District employees, Armando Avalos, Bill Loveland and Walter Migdal, attended the Army Net-Zero Energy Installations Conference in Chicago, Ill.

The focus of the conference was to look at the technologies needed to achieve ultra low or net-zero energy, water and waste usage at Army Installations. Two of the Army’s pilot installations are Fort Bliss and Fort Carson.

“One key aspect gleaned from the conference was the need for designers and architects to meet and coordinate very early in the design process to optimize mechanical and electrical systems with the architectural considerations (paint choices, roof lines) to achieve the goal of net-zero energy usage,” Migdal said. “While many facilities have a long way to go, the Army appears to be moving in the right direction.”

Tracking Progress After Raton's Tenacious Track Fire

By Elizabeth Lockyear, Public Affairs

The last remnants of the wildfires were extinguished months ago, but hard-hit communities in the District are still cleaning up and repairing damages from the fires last summer.

One such community is Raton, N.M.

The "Track Fire" originated June 12, 2011, on the northern outskirts of Raton and quickly burned close to 27,800 acres. Thousands of trees died in the watershed in Sugarite Canyon around Lake Maloya, which straddles the New Mexico-Colorado border.

Lake Maloya is important because it's the town's primary water source. With no intervention, town officials feared extensive erosion from high water flows would carry ash, dirt and debris into the streams feeding Lake Maloya, fouling the water, making it turbid and difficult, if not impossible, to treat.

Burnt tree remains and the limited ground-cover that didn't burn offered little protection against erosion and high water flows from the monsoon rains that typically hit Raton in late summer. To reduce the risk to the town's water supply, town officials called the District even while stumps still smoldered. Under Section 404 of the Clean Water Act, the Corps has to approve actions that affect streams and wetlands. Several of the emergency mitigation actions required the Corps' approval.

Raton applied for, and received, an Emergency Individual Permit approving the

construction of sedimentation retention basins within existing ephemeral streams or adjacent to stream wetlands in three of Lake Maloya's major tributaries — three basins in New Mexico and one in Colorado. According to Deanna Cummings, regulatory project manager in the District, these basins are an "effort to try and retain sediment before it gets into the lake."

This past year, Raton was fortunate — there were only a couple of big storms, the retention basins worked and Lake Maloya wasn't contaminated. People fishing in the lake still catch live fish — a good sign. And while new trees will take years to mature, there was some grass recovery this year, and officials are hopeful this will continue in the next growing season as ground-cover vegetation helps slow erosion.

The concern is that this summer's monsoon season could be worse than 2011. Generally, the second and third years after a major fire are when the flood peak events are at their highest. The first year is approximately 10 times the normal peak; the second year it increases to approximately 200 times normal. Cummings said that it "then slowly goes down as vegetation increases." Cummings added that Raton is looking at active management in the watershed for five to seven years to protect the lake.

The town's plan is that as the basins fill with sediment, town workers will restore them and build more basins upstream, replacing the first basins. The permit will be modified to add new basins as needed. Currently seven basins have been constructed. One basin in Segestrom Reach is approximately half full; the others vary in how full they are.

While constructing a basin, the first foot of soil is set aside because it contains a seed bank. This will be used to help restore vegetation in the basin after it fills with sediment. In spite of the damage, the fire has the potential to assist in ameliorating past damage from logging, grazing and other area land uses and enables progress toward environmental restoration.

Town workers have built seven berms, so far, as part of an effort to keep debris and sediment from going downhill into Lake Maloya.



Photo courtesy of Deanna Cummings

District Happenings

Corps Helps Creek Regain Its Curves

By Kristen Skopeck, Public Affairs

If you think about it, rarely does a perfectly straight line occur in nature. When a man bends, or in this case straightens, elements of nature to suit his purpose, it can result in negative consequences.

Approximately 50 years ago, a creek blew out during a storm on a Colorado man's property in the San Luis Valley, just south of Poncha Pass, and started to realign itself. At the time, the landowner saw an opportunity to straighten about a mile of the creek, and he intervened. However, in a few years, the creek turned into a ditch and remained that way until recently.

The straightening removed two thirds of the creek's meandering, which sped up the water, causing the creek to become incised (cut downward) and lose all contact with the floodplain. The vegetation surrounding the creek had relied on the creek's flooding, so it dried up on either side.

About two years ago, individuals from the Colorado Department of Parks and Wildlife conducted surveying and monitoring of Gunnison Sage Grouse in the landowner's area, as the property



Photo by Hildreth Cooper

Historically, the Gunnison sage grouse occupied southwestern Colorado, southeastern Utah, northwestern New Mexico, and northeastern Arizona. But, according to the Fish and Wildlife Service, its range has been reduced to seven separate populations in southwestern Colorado and southeastern Utah. Of the approximately 4,500 breeding Gunnison sage grouse, some 3,900 inhabit the Gunnison Basin in Colorado.

is adjacent to state-owned land. The state employees witnessed the troubled creek and damaged grouse habitat and contacted the United States Fish and Wildlife Service (USFWS) and USDA's Natural Resources Conservation Service (NRCS) to see if something could be done to restore the creek's curves.

They also approached the landowner to discuss programs that would cost-share the work and to explain why the work would result in improvements to his grazing areas.

The federal agencies came to the Corps to ask for regulatory assistance. They knew a "dredge and fill" permit would be required from the Corps to change the creek, as well as technical advice on the best way to do so.

"The Corps is responsible for

implementing Section 404 of the Clean Water Act, which includes issuing dredge and fill permits in situations affecting 'waters of the U.S.,' said Regulatory Project Manager Hildreth "Coop" Cooper in the Albuquerque District's Durango Regulatory Office. "I reviewed the plans to relocate the creek's channel. They included forming two earthen embankments, re-excavating the old channel and re-establishing native vegetation. I made some modifications to avoid and minimize impacts. For example, the plan called for creating a pond and excavating in wetlands adjacent to the creek, and it wasn't necessary. It would amount to removing wetlands and valuable feeding

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habitat for the sage grouse.”

Obtaining permits for work of this kind is a legal requirement. The responsibility for enforcing this law fell to the Corps when Congress passed the Clean Water Act, because the Corps already had authority under the Rivers and Harbors Act to keep certain waterways navigable for commerce and national security. However, the U.S. Environmental Protection Agency retains ultimate oversight of the Clean Water Act.

“Permits do not cost anything,” Cooper said. “NRCS applied for the permit in the landowner’s name, and this permit fell under a category of permits called ‘nationwide permits.’ They are relatively easy to obtain because the work results in minor negative impacts.”

Last year, most of the work on the creek took place, except for

the restoration of a small area of disturbed wetland that will be addressed this spring.

Also, due to last year’s drought, the replanting of the vegetative component of the project couldn’t be finished.

Cooper said he has done one compliance inspection, but the ground was frozen and snow covered. He said he will go back in the spring or mid-summer to do another.

“I will look at the amount of bare ground that was created during the project, because I want to make sure it gets replanted,” he said. “Also, I need to look at the best way to restore the small damage that was done to the wetlands. Monitoring is an important component of any stream restoration project. We will continue monitoring the vegetation and the response of the new channel and propose adjustments to ensure the

stream continues to develop as designed.”

Ultimately, the project will help the landowner by allowing more moisture to reach his soil, and it will give him the ability to fence off areas and rotate his cattle, making for better herds.

It will also enhance the habitat of the sage grouse, considered by the USWFS to be “warranted but precluded” from listing under the Endangered Species Act.

“All the data says the sage grouse is warranted for listing, but it is precluded because of priority actions to get other species listed,” Cooper said. “In the meantime, the grouse’s status will remain a ‘candidate’ for listing. However, as demonstrated by this project, the USWFS will continue doing good things for the species in hopes that future listing can be avoided.”

South Pacific Division Commander Visits El Paso Resident Office and Projects

During a visit to project locations managed by the District’s El Paso Resident office, Division Commander Col. Mike Wehr (third from right) spent time learning about the staff.

In the photo (back): Capt. Chris Herold, Lt. Col. Jason Williams, Art Aranda, Geri Blackford, Col. Wehr, Ray Macias (front): John D’Antonio, Karla Benitez, Natalie Tapia, Jesse Duarte and Jorge Lugo discussed significant projects and challenges in and around El Paso. (At Right): Resident Engineer Ray Macias (center) and Alan Blast (quality control specialist on left) show Col. Wehr construction progress on a new Border Patrol Station in Fabens, Texas.



Photos by Ronnie Schelby



Wounded Warrior Team Member Meets President Obama

By Kristen Skopec, Public Affairs

During President Obama's State of the Union Address from the United States Capitol Jan. 24, he mentioned a recent visit to Andrews Air Force Base where he welcomed home some of our last troops to serve in Iraq. He said, together, they offered a final, proud salute to the colors under which more than a million of our fellow citizens fought, and several thousand gave their lives.

The words had profound meaning for the District's Security Officer Master Sgt. Bernie Lujan who was wounded in Afghanistan and was attending as a member of the Warriors in Transition



Photo Courtesy of Master Sgt. Lujan

Program from New Mexico.

After the address, Lujan was able to meet the President and

members of Congress. He said the experience is one he will never forget.

Deputy Commander Promoted to Lt. Col.

District employees came together to celebrate the promotion of Deputy Commander Richard C. Collins to the rank of Lt. Col. on Feb. 2. Prior to the event, our military members (L to R) Capt. Ryan Robinson, Lt. Col. Jason Williams, Maj. Richard Collins, Maj. Phil Bundy, Master Sgt. Bernie Lujan and Master Sgt. Fernando Vasquez gave Collins a bolo tie.

At right, Collins was "pinned" by his son and posed for a photo with his wife, children and in-laws.



Photos by Ronnie Schelby

New Faces! District Welcomes New Teammates



Marcy Leavitt is the Texas/New Mexico Branch Chief of the Albuquerque District's Regulatory Division. She previously worked for the New Mexico Environment Department for 23 years, where she held various positions, including Director of the Water and Waste Management Division and Bureau Chief of both the Surface and Ground Water Quality Bureaus. Leavitt has been responsible for many initiatives to improve New Mexico's water quality, including designation of wilderness headwater streams as Outstanding National Resource Waters and statewide watershed and ecosystem restoration projects. She also worked on development of legislation, regulations and policies and was involved in successful stakeholder negotiations that resulted in agreements with the public and regulators.

Beth Pitrolo is Assistant District Counsel for the District. She has been involved in a variety of environmental programs, including Hurricane Katrina remedial response, Clean Water Act litigation, CERCLA cleanup activities associated with radioactive waste from the Manhattan Project, and is an instructor for the Visitor Assistance and Operations Management and Policy PROSPECT courses. She has worked for several districts, including Huntington, Memphis and Europe District, and has served several temporary details at the Corps' headquarters. She was previously an Assistant Attorney General in the Environmental Bureau of the Illinois Attorney General's Office, where she litigated environmental enforcement and compliance actions.



In a historic ceremony, Brig. Gen. Margaret W. Burcham became the first woman to be promoted to general officer in the U.S. Army Corps of Engineers on Jan. 27, in the Corps' Washington, D.C. headquarters.

"This promotion has given me the opportunity to keep serving for several more years and to keep doing a job that I'm passionate about," she said.

Brig. Gen. Bercham is commander of the Great Lakes and Ohio River Division. Retired Lt. Gen. Robert Van Antwerp, former chief of engineers, hosted the event.



Fitness Training Offered Free to District Employees

On Monday and Wednesday afternoons, employees can often be seen near the District Office as they run, walk, bend, twist, jump, pump iron, balance on a wobbly 2x4 and groan loudly on the bike path near the Girl Scout's building.

Their workouts have attracted the attention of random walkers, cyclists, curious people from nearby buildings and even a flock of Sandhill Cranes in the adjacent arroyo, but the participants think many of their peers are missing out.

"The District has been great about supporting employee health, but not nearly as many people who could take advantage of the programs do," said Project Manager Tom Plummer.

According to Jim Jaffe of



Photo by Ronnie Schelby

the Safety Office, who administers the President's Fitness Challenge and other health-related programs, the next opportunity to sign up for free fitness is Mar. 12.

"This time, to account for people of all fitness levels, the class will be broken into two groups, beginners and advanced," Jaffe said.

The program is conducted on a quarterly basis through a contract the Corps has with Nancy Halpin of La Luz Fitness, LLC, who was a registered nurse for 10 years and is now a sports and wellness personal trainer. For more information about the program, call Jim Jaffe at 505-342-3175.

Employee Resource Group Changes Name to Disability Interest Group—DIG

Zachary Bangel, a vocational rehabilitation counselor from the New Mexico Commission for the Blind, attended a meeting of the Disability Interest Group, DIG, and shared his story. Bangel's sight has been steadily deteriorating from a retinal disorder called retinitis pigmentosa, which leads to incurable blindness. He brought various technological tools he uses to help him in his work, like

BrailleNote Apex, a notebook for sight impaired, which includes an area where Braille surfaces; and an Apple iPhone Siri, which uses voice to send messages, schedule meetings and place calls. He also brought a Pebble Portable CCTV (magnifying glass) which features text magnification 2 times to 10 times larger.



DIG also welcomed Archaeologist Jeremy Decker who spoke about diabetes. For info call: 505-342-3482



Albuquerque District Family Readiness Network (FRN) Overseas Contingency Operations (OCO) News

Send one (1) FREE "Flat Rate" USPS Box overseas
per month!

Please contact Crystalin Medrano or Memrie Clarke



Brown Bag Event! MPR MAIN on 21 Feb. 2012 @ 1130.

Families Welcome!

OCO Deployment Info

Before beginning the volunteer process for Overseas Contingency Operations, discuss your interest in deployment with your immediate supervisor. When you have notified your supervisor of your interest, then follow the simple steps outlined below to get started.

- The first step is to update your resume with your latest and greatest accomplishments. The Army Resume Builder – Resumix is the preferred format.
- Next, contact your District Deployment Coordinator for a Request for Deployment (RFD) form. Complete the form and have it signed electronically by your supervisor. Submit the signed RFD with your current resume to the District Deployment Coordinator. The District Deployment Coordinator will submit your RFD and resume to the Division Deployment Coordination Administrator (DCA) for consideration.
- There is a current need for individuals with MilCON and Contracting experience. If you are interested in a deployment opportunity that may also be a temporary promotion, visit the Army Civilian Services website: <http://www.armycivilianservice.com/> to apply via a Vacancy Announcement. Best qualified applicants will be referred to the selecting official for consideration. This is a competitive process and applying via the competitive process or via the DCA process does not guarantee selection.

For more information or for assistance with the deployment process, contact the SPA District Deployment Coordinator, CPT Ryan Robinson at 505-342-3465 or by email: Ryan.Robinson@usace.army.mil or Theresa Rogers at 505-342-3267 or by email: theresa.l.rogers@usace.army.mil. Civilian Personnel Advisory Center (CPAC) specialist is available to assist with questions you may have regarding the online application process.

Swiftwater Rescue Course Offered

Certification for lifesaving-river rescue, this course conforms to International Rescue Instructors Association standard for Swiftwater Operations (or Swiftwater Technician recertification) and meets USDOJ criteria for river safety. For this session, the curriculum is tailored to address the needs of field researchers operating boats on southwestern rivers.

When: Mar. 30-April 1, 2012

Where: Pilar, New Mexico and the Rio Grande

Tuition: \$350

Instructors: Steve Harris and John Weinmeister

Registration: Closes on March 3, at which time full tuition will have been paid.

Prerequisites: Registrants must certify their physical fitness, possess strong swimming ability. 48 hours minimum river navigation experience preferred.

Equipment: Students must supply their own aquatic thermal protection (wetsuit or dry suit), sturdy water-type footwear, gloves, personal flotation device, thermal headgear, helmet; bring lunches and drinking water (at least 2 liters per day).

Evaluations: On day three, students will test their practical skills: Swiftwater swims, contact rescues, rope rescues

and setting a mechanical advantage system. Successful performance must be demonstrated in order to receive certification.

Registration:

Rescue Southwest
c/o Far-Flung Adventures
P.O. Box 707

El Prado, NM 87529

Phone: 800-359-2627 Fax: 575-776-1443

e-mail: farflung@taosnet.com

Course Director: Steve Harris
steve.harris39@gmail.com or
575-751-1269.

A Reminder NOT to text and drive

A concerned employee left this comment in the comment box: It is getting more common that

I see fellow employees texting in their POVs while leaving work. In addition, last week, I witnessed an APD officer running through a stop sign, turning right without signaling, all while texting. Fact: Texting while driving increases your chances of a crash by up to 8 to 23 times. Fact: In 2009, 5,474 people were killed and an estimated 448,000 people were injured in motor vehicle crashes involving distracted driving.

Please share and promote the "I Pledge to w82txt campaign." Wait to Text is a community awareness campaign to encourage drivers not to text while behind the wheel.

Finance Corner

What is the Total Labor Multiplier (TLM)?

The Total Labor Multiplier, or TLM, is an industry standard measure of operating efficiency, but it is also used in the Corps to establish in-house labor cost estimates for projects.

TLM is computed by equitably allocating all indirect costs (overhead) across direct production costs. The Corps classifies and allocates indirect costs three ways; general and administrative overhead (G&A), departmental overhead (DOH) and effective labor costs (EFF). SPD's current operating rates are: G&A = 22%, DOH (in CDO cost pool) = 48%, and EFF = 53%. To calculate TLM, we start with effective labor cost, which equals base labor rate plus 53%, or 1.53. Next, we add the combined overheads $1.53 \times (1 + .22 + .48)$, for a TLM value of 2.60. This means that if "X" is an electrical engineer and earns \$50 per hour, SPD allocates $\$50 \times 2.60$, or \$130 for each hour of X's labor to the cost of projects. In industry, cost analysts watch TLMs to set benchmarks for their own financial performance. Identifying and reducing unnecessary indirect costs is the most effective way to maintain a competitive TLM.



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