



Yankee Engineer



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Building Strong ®



Honoring 53 years of service to the nation

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Yankee Voices



Bill Scully and Bobby Byrne

Choose right foods to combat stress

We all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- Leafy greens. Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- Turkey. The tryptophan in turkey boosts serotonin levels, relieving depression.
- Salmon. Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.
- Cashews. The zinc in these nuts can reduce anxiety and depression.

Words worth repeating

"Don't follow the crowd, let
the crowd follow you."

- Margaret Thatcher

NFFE 1164 - Legislation of Interest to Federal Employees

House Bill H.R. 340: Rebalance for an Effective Defense Uniformed and Civilian Employees (REDUCE) Act would cut the size of the DOD civilian workforce by 15%, or almost 115,000 jobs, while failing to reduce the Department's workload. The DOD would be asked to do the same amount of work with less resources.

House Bill H.R. 4585/Senate Bill S. 2669: Federal Adjustment of Income Rates (FAIR) Act of 2016 would increase by 3.9% in FY2017 the rate of basic pay for federal employees under the statutory pay systems (relating to the General Schedule, the U.S. Foreign Service, and the Veterans Health Administration) and for prevailing rate employees. This bill would also authorize a locality pay adjustment of 1.4%.

House Bill H.R. 532: The Federal Employees Paid Parental Leave Act would provide four weeks of paid leave to those who adopt, foster, or have a child.

House Bills H.R. 1658 and H.R. 4461 would change policies on "official time" for certain union duties, take away federal payroll deductions for union members, and establish requirements and procedures for organizing new locals.

For more information on Federal Legislation go to <https://congress.gov>. For more information about the National Federation of Federal Employees, go to <http://nffe.org>.

Back to School Month

As summer draws to a close, back-to-school season is in full effect. Remember to safely share the roads with school buses, pedestrians, and bicyclists, and provide children with the necessary knowledge to stay safe at school. Whether children walk, ride their bicycle, or take the bus to school, they—and the motorists around them— should remember to take proper safety precautions.





Jim Conway explains an ongoing project to Director of Military Programs, Mr. Lloyd Caldwell, and NAD's Linda Monte on the tour on Hanscom Air Force Base.



Mr. Lloyd Caldwell, Director of Military Programs tours one of the classrooms at Hanscom Middle School.

Corps of Engineers Director of Military Programs tours military construction projects at Hanscom Air Force Base

Mr. Lloyd Caldwell, USACE Director of Military Programs, paid a visit to several New England District projects on Hanscom Air Force Base while he was in the area, Aug. 11.

Prior to heading to Hanscom, Mr. Caldwell visited Col. Christopher Barron, New England District Commander, in the early morning. There he met with members of the New England District team and NAD's Linda Monte, who traveled

with him on the tour. The projects that Mr. Caldwell visited were the Hanscom Medical Clinic and the Hanscom Middle School. Michael Clinard and Jim Conway of Construction Division were on hand to conduct the tours and answer questions. Before returning to Washington, D.C., Mr. Caldwell ended his visit by attending Bill Scully's retirement lunch to wish him the best.

Corps of Engineers awards contract to restore tidal marsh site in Apponagansett Bay in Dartmouth

By Timothy Dugan
Public Affairs

Restoration of a tidal marsh site in Apponagansett Bay in Dartmouth, Mass., will be completed under the terms of a \$68,850 contract recently awarded by the U.S. Army Corps of Engineers, New England District.

Work will be accomplished by Fusiform, Inc., of New Bedford, Massachusetts. The contract was awarded on June 13. The restoration of a tidal marsh site in Apponagansett Bay involves removal of earth fill from a section of an abandoned cart path built over a portion of the marsh and tidal channel, adjacent to Star of the Sea Drive in Dartmouth.

The earth fill restricts tidal flow in the upper portions of the bay, and the removal of a section of the fill will open up a small channel to allow flow into and out of the upper bay. The cart path contains an historic granite-block culvert adjacent to the work area. The culvert is to remain intact and not impacted from the construction work.

Approximately 80 feet of the cart path in the vicinity of the filled tidal channel will be removed, with the remainder of the cart path to remain intact.

The existing fill to be removed has a crest elevation of three to four feet above the mean lower low water (MLLW) and is 20 feet wide at the crest, covering approximately 0.12 acre of the earth-fill area.

The constructed tidal channel will be approximately 65 feet long and have an invert of -3.5 feet MLLW. Stones on the surface of the excavation footprint will be placed along the edges of the excavated channel and near the entrance of the cart path to Star of the Sea Drive. Excavated material will be trucked three miles from the site by paved roads to Dartmouth Highway Department on 976 Russells Mills Road.

Work requirements will be managed by the Corps of Engineers under the supervision of a Corps' Quality Assurance Representative to assure compliance with contract requirements.



Archeologist Kate Atwood begins the process of sorting through dirt and rocks to look for artifacts.

Photos provided by Planning.

Archeologists conduct survey near Ball Mountain Dam

A team of New England District archeologists and assistants traveled to Jamaica State Park, downstream of Ball Mountain Lake in Vermont, to conduct an archeological survey at a site that is part of a potential District project.

The survey took place on June 27-30 and again on July 19-22. "There is a proposed project to widen certain sections of the West River Trail which was originally an old railroad bed," said archeologist Kate Atwood. "The District wants to get heavy equipment to the foot of the dam in case they have to do any major maintenance in case of a failure."

According to Atwood, the team looked at areas of archeological sensitivity along the trail since it goes right along the entire length of the West River. The survey was performed in compliance with Section 106 of the National Historic Preservation Act. "We have to take into account cultural resources as part of any federal undertaking," explained Atwood. "In this case we knew there were archaeologically sensitive areas and known sites. We had to identify if there were any other sites or extensions of the existing sites in the area before we could determine if there were going to be any issues to take into account."

The team dug test pits in areas where the District planned proposed truck pull-offs to compensate for the narrow trail. The pull-offs would allow trucks to pull over to make way

for trucks coming from the opposite direction. Those areas were previously determined to be archeologically sensitive. The team laid out linear transects and then dug a line of test pits in certain areas that were known to be archeologically sensitive. The size of the transects varied, with one about 240 feet long. "There are just certain flat areas that would be sensitive for sites to have Native American archeological sites," said Atwood. "These are the areas we tested."

One might assume in this day and age that there would be high tech devices to scan the soil for arrowheads and ancient tools. The reality is much different. "We have shovels and we have a tool that we call a screen," said Atwood. "It's on feet and has handles and there is a screen with one quarter inch squares."

Atwood explained the archeologists place soil onto the screen and shake. The dirt falls through the tiny openings leaving rocks and any artifacts behind. The work is labor-intensive – the archeologists dig test pits 2'x2' deep. "You dig down to what we call the glacial till or approximately three feet, whichever comes first," said Atwood.

Still, this type of work isn't all bad. "It's a lot of fun," said Atwood. "You get to play in the dirt."

In addition to Atwood, New England District's other archeologist Marc Paiva worked on the survey. Assisting were



Archeologist Marc Paiva studies material left in the sifting screen.

Mike Kaminski, Grace Moses and Ken Levitt. One assistant would record findings while the others helped dig and sift through the soil looking for artifacts. In the end, the team found a few stone flakes that were a by-product of Native stone tool making along with modern items such as glass, charcoal, shotgun shells, a portion of a railroad spike, and a marble. “The flakes that we found were across the trail from a known, very large, very significant archeological site, so it’s probably just an extension of that site,” said Atwood.

Had the team found anything, the process would have



Kate Atwood prepares to take measurements of a test pit.



Kate Atwood removes material from a test pit for analysis.

been a lot lengthier and more detailed. “Anything we find we record it, wash it and bag it up,” said Atwood. “We send any artifacts to the Vermont Heritage Center where they curate items indefinitely for scholarly research.”

Additionally, Atwood said that more test pits would have been dug around any positive test pit (with artifacts). “Test pits are usually 24 feet apart, but we would dig 12 feet away in the cardinal directions – north, south, east and west – to define the limits if there’s a site. If those are negative, then it’s what we call an isolated find. That is what we found at Jamaica State Park.”

The New England District archeologists look at every District project to see if a survey is warranted, but according to Atwood, many times there has already been disturbance. “We look at some maintenance dredging that the work has already disturbed what may have already been there,” she said. “But we do coordinate everything with the state historical preservation officer as well as the tribes to determine if they have any concerns. Most of the time, I would say that 90-percent or more of our projects are mostly just letters that indicate a negative no effect on historic properties.”

Atwood will be creating an end of field work letter and soon after a final report. Although no other surveys are planned for this fiscal year, you never know what next year’s projects will dig up for the archeologists.

Bill Scully retires with over 50 years of federal service

In a ceremony on Aug. 11 the career of New England District's most senior and distinguished employee was celebrated as over 145 people, some who flew in from as far away as Arizona, traveled to the Café Escadrille Restaurant in Burlington, Massachusetts to honor William C. Scully, Deputy District Engineer, Programs and Project Management.

Bobby Byrne, Distinguished Civilian Gallery member, retired Chief of Programs and the other half of the "dynamic duo" served as Master of Ceremonies. "The Lone Ranger had Tonto, Batman had Robin, and poor Bill had me," he joked.

Byrne introduced Scully's family as well as dignitaries from Headquarters in Washington, North Atlantic Division, and many former Commanders and the many retirees that were in attendance. Byrne talked about the very beginning of Scully's federal career, which began on his college campus when a recruiter asked him to join the U.S. Air Force. After his honorable and faithful service, Scully joined the Corps in New England in 1968, hired by another New England District legend – Dick Reardon.

Byrne had the audience laughing when he spoke about Bill's impeccable handwriting and about the small offices they shared with smokers and how some modern inventions such as the "computer" were not to Scully's liking.

Scully became the Deputy Division Engineer for Project Management in 1990 and remained in that position until his retirement. The projects Scully was responsible for are too numerous to list, but some of the higher profile projects were: finding a new headquarters for the New England District; work for the Border Patrol, Hanscom Air Force Base and the Environmental Protection Agency.

Byrne said that Scully has been a member of the Society of American



Col. Barron shakes Bill Scully's hand after presenting him with the Bronze De Fleury Medal.

Photos by Brian Murphy

Military Engineers since the very beginning and that he was an active member of the NED Golf League and the now defunct NED Bowling League.

Col. Christopher Barron, New England District Commander, began the long list of the day's speakers. He said that he had a hard time finding what to say to a man who served 53 years. Col. Barron asked the audience to go back in time to the 1960's and reflect on the missions that were in place at that time. "For the most part the missions haven't changed, but some of them have evolved," he said.

He said that the success of the missions are a result of the commitment of the New England District team and that Scully has devoted his entire career to assist in the mission's success.

Col. Barron said that Scully welcomed him with patience and understanding when he first came on board as commander. "No question was too trivial to ask," said Barron. "He made my transition as fast and as gentle as possible."

Col. Barron presented Scully with

the Meritorious Civilian Performance Award, the second highest award a civilian can attain. Approved by Lt. Gen. Todd Semonite, Scully received the award for his 48 years of service to the Corps of Engineers.

In addition, Col. Barron recited some history and then presented Scully with the Bronze De Fleury Medal, the first medal struck by Congress, for his 48 years of dedicated service to the Corps of Engineers.

Lloyd Caldwell, the Director of Military Programs and a senior SES at the Corps Headquarters, said he has known Scully for about 15 years and when they first began attending the Regional Management Board, it was apparent to him the esteem the others in the North Atlantic Division had for him. "It was not an easy transition to work together at NAD," he said. "Bill was in the forefront of it. He is leaving a tremendous mark here. The District and Division are better because of him. He is the ultimate professional."

Mr. Caldwell presented Scully with a print of the iconic representation of

the castle which was originally created in the 1800's.

Cathy Shuman from Corps Headquarters said that she didn't have the good fortune to work with Scully as long as others, but he often helped her put out fires. "Bill always had the answer," she said.

Shuman read letters from Ms. Jo-Ellen Darcy, ASA for Civil Works and Maj. Gen. Donald Jackson, both congratulating Scully on his retirement. When she finished reading them, she presented them to Scully.

All of the former commanders in attendance got up and said a few words of thanks and appreciation to Scully. They included Col. Carl Sciple, Col. Philip Harris, Col. Cliff Richardson, Col. Mike Meuleners, Col. Thomas Feir, and Col. Charles Samaris.

Rose Schmidt, Engineering/Planning, said that Scully stood up the District's Regional Center of Expertise for Groundwater Modeling in 2009. She presented him with a rock from Joint Base Cape Cod that had special significance. "It's nice having leadership behind you," she said. "You've been behind us the whole time. You've been our rock."

Brian Murphy, Information Management, said that he worked with Scully for 17 years. The audience laughed at Murphy's impersonation of Scully's soft spoken voice that often wreaked havoc with his audio equipment. "I'm going to miss those moments," he said.

Murphy presented Scully with a pictorial history of all the Chief of Engineers who were from New England from himself, Angie Vanaria, Steve Andon and Julie Mackley.

Gary Morin told stories about playing golf with Scully and his grandsons. Reminding Scully about modern technology, Morin presented Scully with a ball marker and a putter. "Hopefully you'll get to spend more time



Col. Christopher Barron, Col. (ret) Tom Feir, Bill Scully, Col. (ret) Cliff Richardson, Col. (ret) Philip Harris, Col. Charles Samaris and Col. (ret) Carl Sciple.

playing golf," said Morin.

Scully's grandson Dan was the last of the speakers. Everyone in the audience knew Scully as a consummate, meticulous professional, but he and his brothers know him as Grandpa. "He plays golf with his grandsons on Sunday, offering advice when we need it," he said. "He carves up the turkey on Thanksgiving and plays Santa on Christmas Eve, artfully arranging the presents under the tree as only an engineer would while the rest of the house sleeps. He's been the greatest role model, grandfather and pal that a boy could ever ask for."

Dan concluded by saying that Scully had always been his hero and hopes that Scully's retirement means that they can spend more time together.

Col. Barron had many gifts to present Scully. The first was a flag flown over the U.S. Capitol by Sen. Jack Reed's request. The flag came with a certificate of authenticity.

Next he received two large cards from attendees with many messages of well wishes contained inside them. He also received a framed picture of the two New England District headquarters – the former Waltham site and the current Concord Park office.

The final gift was the Concord Minuteman statue, which Scully said

meant a lot to him. Col. Barron ended the list of speakers and read a letter from Maj. Gen. Stanley Genega and presented it to Scully.

When it was his turn to speak, Scully said that he was overwhelmed. He thanked Angie Vanaria, Sally Rigione, Judy Antonellis and Julie Mackley for organizing the lunch and Byrne for serving as Master of Ceremonies. He said that he was glad that his family could experience the uniqueness and the bond of the Corps family. "We give so much of our lives to the Corps family," he said. "It is a great love that we have for the Corps and each other."

Scully said that he's seen and done a lot during his career. "Technology and leadership styles have changed over the years, but the people haven't," he said.

The soon-to-be retiree said that he had mixed emotions about retiring. "It will be nice not to think about the business," he said. "It will be nice to play golf with my grandsons because we are the perfect foursome. Thank you from the bottom of my heart."

Family members that accompanied Scully to the lunch were his wife, MaryAnne, daughter Donna and her partner Lou Ferreira, and grandsons Dan, Chris and Nick.



Photo by Brian Murphy

Ann Kosel, Chief of Real Estate, presents Barbara Duffin with a photo of the New England District headquarters, both when it was in Waltham, Mass., and now in Concord, Mass.

Duffin retires from Real Estate with 41 years of federal service

It is not uncommon for members of the New England District team to dedicate most, if not all, of their careers to the Corps of Engineers, working quietly without fanfare, and wanting to retire the same way.

Barbara Duffin, Real Estate, is one such person; but with 41 years of federal service and with the strong ties she forged throughout her distinguished career, her friends and co-workers insisted that she be publicly recognized.

A retirement pizza lunch was held in Duffin's honor July 21 in the Maine/New Hampshire Conference Rooms at the Concord Park Headquarters in Concord, Massachusetts. The venue was packed to capacity, with many well-wishers spilling out into the hallway for a chance to wish her well.

Ann Kosel, Chief of Real Estate, hosted the official portion of the lunch. She welcomed the audience and gave an extensive recap of Duffin's long and distinguished career. Kosel concluded by thanking Duffin for all her help and said her willingness to assist others and her great, positive attitude when helping out others if they had a problem was much appreciated.

Lt. Col. Daniel Herlihy, Deputy District Engineer, presented Duffin with her retirement certificate and a Commander's Coin for her many years of dedicated service to the District. Gifts given to Duffin during the lunch included a framed photograph of the District's headquarters both in Concord and Waltham, Massachusetts. She also received

Disney dollars for an upcoming trip she has planned to Disney World in Orlando, Florida.

Barbara Duffin began her career with the Corps of Engineer in 1974, working in Resource Management. Prior to joining the Corps, Duffin worked for the Boston Naval Shipyard. She moved to the Philadelphia District from June 1978 to July 1979 and then returned back to the District in New England. In 1986, the IRS called Duffin away for three years and then returning in 1989 and remaining until her retirement. Duffin served her last 17 years of her career in Real Estate Division. During her career with the Corps in New England, Duffin also selflessly volunteered to deploy in support of the Corps Disaster recovery efforts. Her deployments included Hurricane Rita (2005), Hurricane Katrina (2006), Hurricane Gustov (2008) and the EF5 tornado that hit Joplin, Missouri (2011).

Family members who attended the lunch with her was daughter Helen Madhi, also a Real Estate Team Member, son Ronny, his wife Caitlin and their daughter Teagan. Retirees who came to wish Duffin well were Donna Russell, Bob Batt, Quentin Walsh, Gladys Leone and Joanne Shaughnessy. Former Real Estate Team Member Linda Baker also attended.

Duffin plans to continue to pursue genealogy and travel to Nova Scotia and Ireland to see where her ancestors lived. She also has other travel plans, such as her Disney Trip, in the near future.



Interns Jessica Rudd, Lauren Jacobs, Doug Fransioli, Jere Masey and North Dakota State ROTC Cadet Devin Bykonen on the Cape Cod Canal Railroad Bridge.

Photos provided by Construction Division.

Construction, Engineering/Planning host ROTC Cadet's visit to New England District

ROTC Cadet Devin Bykonen, a student from the University of North Dakota, visited the New England District in July to learn what it's like to be an engineer for the Corps of Engineers.

During his month-long experience, Bykonen, who is majoring in mechanical engineering, shadowed engineers in Construction and Engineering/Planning to learn about the missions of the Corps of Engineers.

Some of the work he was able to assist with included groundwater contamination sampling for Joint Base Cape Cod, drill samplings at Birch Hill Dam and reviewing plans for projects to included Westover Air Reserve Base.

Cadet Bykonen also went on many site visits that featured the varied missions of the District. They included the Muddy River Project and the MEPS Building in Boston, the Fort Devens Firing Ranges in Ayer, the Cape Cod Canal in Buzzards Bay, and the New Bedford Harbor Superfund Site, the New Bedford Hurricane Barrier in

New Bedford, all in Massachusetts, and the Fox Point Hurricane Barrier in Providence, Rhode Island.

"My time at the New England District was a great learning experience," he said. "From the contracting award process to the civil engineering, it was extremely interesting and opened up my view of how the Corps of Engineers works."

Cadet Bykonen also gained

an admiration for the New England District Team. "The people were so knowledgeable," he said. "It was great to pick their brains and to be able to ask them anything about engineering after college and future career opportunities."

The soon-to-be mechanical engineer plans to graduate college, continue in the National Guard and, hopefully, pursue a career with the Corps of Engineers.



Cadet Devin Bykonen visits the New Bedford Hurricane Barrier.



Park Hosts Maria and Dennis Dube, Ted Robbins, Patrick Shull, Sharon Clark, Brenda Goessling and Brian Phelps assist Park Rangers Jean Hixson and Glenna Vitello pass out safety material before the derby.



This little angler caught her first fish at the derby.



Participants of all ages enjoyed fishing at Westville Lake. Photos provided by Westville Lake.

Westville Lake holds annual fishing derby

by **Glenna Vitello**
Park Ranger, Westville Lake

Local families enjoyed a beautiful morning of fishing at Westville Lake in Sturbridge, Massachusetts, June 18. Seventy-five parents and kids enjoyed learning to fish and all about water safety.

Held at the Westville Recreation Area Boat Ramp for the second year in a row, the event was a big success. Participants were able to catch and release fish from the Quinebaug River

with the help of the Volunteer Park Hosts and Park Rangers. Anglers ranged from age 4 to 75.

Each participant was greeted individually and offered a loaner pole as well as shown how to bait their lines and to cast.

Park Rangers gave a safety briefing about specific water safety issues of fishing from shore and boats.

The Park Rangers also asked which children knew how to swim and then talked to them about how to stay

safe in the water. After the briefing, the children were given water safety flying discs, activities books and floating key bobs. Fishing poles were borrowed from Massachusetts Fish and Wildlife for the day. Volunteer Park Hosts Maria and Dennis Dube, Ted Robbins, Patrick Shull, Sharon Clark, Brenda Goessling and Brian Phelps helped teach the younger participants to fish and served snacks and hot dogs.

Park Rangers Jean Hixson and Glenna Vitello organized the free event.



Racers prepare their hydroplane boats to race at West Thompson Lake.

Photos by Catherine St. Andre

Boating enthusiasts participate in races at West Thompson Lake

Boat racing enthusiasts gathered at New England District's West Thompson Lake to participate in the annual hydroplane boat races, July 9-10. The Connecticut Outboard Association hosted the event. Nearly 90 racers registered to compete for the top position and over 100 spectators cheered them on.

Recreational opportunities abound at West Thompson Lake. According to New England District's recreation brochure, the main stem of the Naugatuck River supports trout and warm water fish species and is designated as a trophy trout stream and a broodstock salmon area by the Connecticut Department of Environmental Protection. Leadmine Brook is

stocked with brown-, brook- and rainbow trout.

Facilities include rest rooms, drinking water, horseshoe pits, uncovered picnic area, hunting, remote control model aircraft field managed under a cooperative agreement with the Connecticut Nutmeg Flyers, and a designated motorized trail bike (seasonal, 2-wheel only) and snowmobile area (seasonal).

West Thompson Lake is open from the third Saturday in April through Columbus Day. For up-to-date information, especially for motorbike and snowmobile area availability, call (860) 283-5540. The website is www.nae.usace.army.mil/Missions/Recreation/ThomastonDam.aspx.



Water enthusiasts race their boats across West Thompson Lake.

Dredging up the past



Head Dam Operators from the Thames River Basin pose for a picture during the annual Dam Operators Conference, November 4-5, 1970. Back row: James Roberts. Second row: Bernie Manor, Saul Cooper, Frank Fogarty and Russ Peppler. Front Row: Dan Clark, Stan Alexander, John Clarkin, Carl Buswell, Jr., and Rex Altomare.

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