



US Army Corps  
of Engineers  
New England District

Volume 37, No. 11

# Yankee Engineer

August 2001

## Corps of Engineers reissue nationwide permits Corps seeks continuance of state permit program in New England

While the U.S. Army Corps of Engineers solicits comments from the public on its proposal to reissue its nationwide permits, the Army engineers in New England, having already implemented programmatic general permits in all six New England states, will request the authority to set-aside the reissued nationwides in order to avoid duplication and confusion.

The Corps six state general permits complement and enhance the comprehensive wetland protection programs throughout the six-state New England region and are individually tailored to the needs of each state.

According to Christine Godfrey, chief of the Corps New England regulatory division, these state general permits allow applicants to do work for which a state permit has been issued utilizing a process that reduces delays and paperwork for applicants and allows the Corps to devote its resources

to the most significant cases while maintaining the environmental safeguards of the Clean Water Act.

“Working hand-in-hand with each state, we have been able to implement a permitting program for all six New England states that both protects aquatic ecosystems and works in concert with the state environmental authorities,” said Godfrey. “Therefore, to avoid duplication and confusion, and to retain the program efficiencies, streamlining and simplification already achieved, we will request our North Atlantic Division to set-aside the nationwide permits in all six New England states.”

The U.S. Army Corps of Engineers published its proposal to reissue nationwide permits (NWPs) on August 9, 2001 in the Federal Register. Nationwide permits authorize discharges of dredge and fill material to waters of the U.S. for activities with

minimal environmental impacts.

The Corps proposed to increase environmental protection for some activities, such as discharges associated with coal mining and projects within a floodplain. The revised permits are the result of extensive consultation with the Environmental Protection Agency and other Federal agencies.

As with the six New England state general permits, “the revised (nationwide) permits will do a better job of protecting aquatic ecosystems while helping the regulated public with clearer, simpler language.” said John Studt, Chief of the U.S. Army Corps of Engineers Regulatory Branch.

Both the New England programmatic and the nationwide permits are general permits that authorize categories of activities which the Corps has determined will have minimal impacts on the aquatic environment, individu-

*Continued on page 11*



Photo by C.J. Allen

### Cutting the ribbon on success

*Participants gather around the base of the water tower at the August 10 ribbon cutting ceremony on Cape Cod. The ceremony marked the completion of the water supply system at the Massachusetts Military Reservation.*

*In August 1999, the New England District began work to provide MMR and surrounding communities on the Upper Cape Cod with a three-million gallon per day drinking water supply system. The project consists of four interrelated activities; water source development, environmental documentation, design, and construction. The project was completed on time and under budget.*

# Yankee Voices

Alfred Minincleri  
HRO/PAO



## Welcome

Kirk Bargerhuff, Eng/Planning  
Adam Burnett, Eng/Planning  
Yong Choe,  
Resource Management  
Tim Dugan, Public Affairs  
David DuLong, Eng/Planning  
David Friedt,  
Programs/Proj. Mgmt.  
Anna Peine, Contracting  
Alan Williams,  
Programs/Proj. Mgmt.

## Sympathy

...to **Jerry Nunziato**, Information Management, on the passing of his sister, February 14.  
...to **Lenny (Con/Ops) and Kathy (Eng/Plng) Bucciarelli** on the passing of Lenny's mother, August 8.

## Words worth repeating

Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.  
- Sandra Carey

## Retiree enjoys new web pages

*(The following e-mail was sent to Larry Rosenberg regarding the District's new recreation web pages.)*

Joe Leo Ledgere here, retired LCRB manager in 1986. You may not remember me, but I'm still around. I just wanted to forward my thanks to whoever made up the home pages for all the projects. One great job! I enjoy visiting all my old projects and reliving the pleasant memories. Thanks again.

I recall back in 1977-78 when we went into the ranger program. We had a visiting ranger from the Kentucky area. At the time, he indicated it would take ten to 20 years to have the ranger program running as it should. He was right, and today we see the rangers doing great in our New England District. I miss the Corps, but enjoying retired life. Now I am able to visit all the Corps project on my computer.

Best wishes to all in the District.

Joe Ledgere

## Non-VA Emergency Care Covered for Some Veterans

A major improvement in providing emergency care to some uninsured veterans recently took effect. A Department of Veterans Affairs (VA) press release reports that the VA will now reimburse non-VA hospitals for emergency services provided to eligible veterans who have no other means of payment.

To qualify, veterans must: (1) be enrolled in VA health care; (2) have been seen by a VA health care professional within 24 months; and (3) carry no other form of health insurance, including Medicare or Medicaid. If any third party pays all or part of the bill, VA cannot provide reimbursement. When these conditions are met, the veteran pays nothing.

The VA pays 70 percent of the applicable Medicare rate, and VA payment is considered payment in full. The VA will pay for private-sector emergency care only until the veteran can be safely transported to a VA facility. For more information about the emergency care benefits, contact your nearest VA health care facility or call 1-877-222-VETS (8387).

Additional Veterans Health information can be obtained from Military.com's Veterans Health Care Benefits section: [http://www.military.com/Resources/ResourceFileView?file=Veterans\\_Health.htm](http://www.military.com/Resources/ResourceFileView?file=Veterans_Health.htm) (*militaryreport.com*)

YANKEE ENGINEER is an authorized unofficial Army newspaper under provisions of AR 360-1 published monthly. Views and opinions expressed are not necessarily those of the Department of the Army. Contributions from readers are solicited, but publication depends on judgment of the editor. No payment will be made for contributions. Published by the Public Affairs Office, New England District, U.S. Army Corps of Engineers, 696 Virginia Road, Concord MA 01742-2751, 978-318-8777. Printed by the offset method on recyclable paper by the Defense Printing Office in Boston, Mass. Circulation 1600. The YANKEE ENGINEER can be found on the World Wide Web at <http://www.nae.usace.army.mil/news/yankee.htm>

District Engineer .....Col. Brian E. Osterndorf  
Chief, Public Affairs .....Larry Rosenberg



Editor .....Ann Marie R. Harvie  
Media Relations Officer.....Timothy J. Dugan  
Public Affairs Specialist.....Sally M. Rigione

# Commander's Corner:

## Welcome To My Laboratory...

by Colonel Brian E. Osterndorf  
District Engineer



I recently agreed to conduct two experiments here in the New England District. One of these experiments is self-inflicted, er..., self-initiated, and the other comes from an initiative from USACE.

The USACE initiative is, on the surface, an accounting change, but

we hope that it will have secondary benefits as well. The experiment that we signed up to conduct, for about seven months, beginning next fiscal year, is to consolidate our departmental overhead rates and establish one rate for Project Management, Construction, Engineering, Planning and Contracting. USACE is currently making the determinations about how the experiment will be conducted and which districts will participate. As a bit of explanation, we charge our customers for the work that we do and the services we provide. The rate we charge includes not only the direct labor you each provide, but a share of the expenses of running the operation. The organizations I listed above (with one exception) currently pass on charges for such items like rent and office supplies (overhead); because some of these expenses vary between our own internal divisions, each of these divisions charge a different rate. The rest of the District also passes our costs on to customers; we charge a different overhead rate called G&A (General and Administrative). This last group included Contracting Division. Contracting, under this initiative, will change the way they charge and be assigned a departmental overhead rather than charge at the G&A rate.

As you look at the participants in this Consolidated Departmental Overhead (CDO) initiative, you should recognize that they form the nucleus of the Project Delivery Team (PDT). One of the benefits we hope to derive from this initiative is to achieve better teamwork and a closer working relationship between divisions. We speculate that several other things will change as well, and one of the reasons I wanted to participate in the experiment is that I wanted to see first hand the metrics we would establish to assess experiment results, and then monitor the results to make sure we collectively knew what to expect if CDO is adopted as a business practice. By the way, future additions to the CDO

practice could include Real Estate and Operations.

The second (in-house) experiment involves evaluating potential alternate work site arrangements for District personnel. We are reaching the point that technology will allow us to do some things differently than we have traditionally, but more importantly, you are, by federal government standards, a senior, mature and well-educated work-force. If changes in work arrangements are conceivable, they have the best chance for success in a work-force like ours. We will set this experiment up deliberately and are putting a great deal of effort into identifying how we will conduct this test

---

**'...only solid, confident organizations can step up to try new things and deliberately and objectively weigh risk and benefits to determine whether the organization and its customers will benefit.'**

- Col. Brian E. Osterndorf, District Engineer

---

and measure results. Again, we can speculate on some of the things we expect to find out, but this experiment can provide us the hard data and analysis we need to make informed decisions.

Although these two initiatives are considerably different, and the genesis and outcomes are not related at all, there are some elements in common. First, both experiments will involve detailed assessments derived from clear and measurable metrics – we do that kind of thing very well and I know that Steve Andon, the Project Manager for the alternate work arrangement experiment, and his team are already working to define those metrics. Second, both experiments require a sophisticated work-force to participate and help identify the consequences and impacts of these potential changes. Again, you fill that requirement well.

Another thing to keep in mind, and certainly something that I considered when making the decisions to participate, is that only solid, confident organizations can step up to try new things and deliberately and objectively weigh risk and benefits to determine whether the organization and its customers will benefit. An organization that struggles to just survive or which doesn't have the vision to see itself as something different or better cannot devote the energy, resources and intellectual capital to something new. We will find out whether either of these experiments, or anything else we may try, actually cause us to adopt something permanent, but as a vital, thriving organization, just knowing that we dare to try something different is a great result in itself.

# Enjoy summer fun at District recreational facilities

by Will Rogers  
Construction/Operations

It's August -- the summer seems endless and the Red Sox are attempting to win ball games as regular as the chimes on the clock. Yet for some reason, you're a little uneasy ... something has been forgotten. What is it? Your family has seen all the new movies, you have eaten your fill at all the weekend barbecues and you have enough sand in the car to create your own beach in the backyard. But something is still missing; it's right there in front of you, but you can't quite put your finger on it.

One day, sitting in traffic looking through the dead bugs on your windshield, it finally hits you! Those lovely, beautiful, squished dead bugs. Suddenly you remember they're part of nature. Yes! Those summer outings you have shared with families and friends over the years since you were just knee high to a grasshopper that is missing from this year's summer.

For an instant, you're magically transported to those days of your youth. Every detail of each adventure, and misadventure, come fondly to mind.

You remember those days of quietly hiking along trails under the branches of the trees with sun coming through the leaves and the gentle peacefulness of the forest. Maybe for you it was camping on the shoreline of a serene lake with the sound of a crackling fire breaking the silence of the night.

Some of us remember launching the old canoe and witnessing nature's spectacles unfold all around us, as we silently slipped by on the crisp currents of a nearby stream. Or maybe you recall some lazy afternoons, before the shopping malls, sitting on the dock fishing with your girls and sharing those special moments between fathers and their daughters.

These are the priceless memories missing this summer! These feelings haven't been irretrievably lost, we have just allowed them to become overshadowed by others in our fast paced lifestyles. Fortunately for us, we work for the New England District. This part of the country is blessed with ponds, streams, rivers, lakes, mountains and untold miles of multiple-use trails.

The Corps of Engineers manages over 30 project sites - some with developed recreation areas and others still in

all their natural glory. These facilities provide a wide spectrum of outdoor opportunities, are safe and well maintained. Best of all, each of our homes is easily within a couple of hours of driving time to one of these locations.

Most areas feature small lakes with facilities designed for daytime activities like picnicking among the trees, fishing from tranquil shorelines or from your boat, and hiking or biking abandoned logging roads, railroad beds and country roads.

Some areas have much larger lakes and provide facilities for boating and water skiing, hunting in fields and woodlands, mountain biking, and even off-road motorcycle riding. A couple of our parks now have disc golf courses. Many lakes have swimming beaches, interpretive trails and groomed, well-marked hiking trails.

Several areas offer overnight campsites that are easily reached by car, trail or boat. Each of the lakes have special places for viewing wildlife throughout the various seasons of the year. All of our developed recreation areas, trails, picnic areas, rest rooms and overhead shelters are accessible by persons with disabilities.

Park rangers provide interpretive programs and short hikes covering topics in natural resources, botany, outdoor sciences, animal tracks, local history, dam tours, star gazing, water safety, wildlife, mapping, compass, archaeology, forestry, and cultural history throughout the summer. Many parks offer "Junior Ranger" programs for children and give them a unique opportunities to learn.

Want to have a family reunion and your backyard isn't big enough? Hold your reunion outdoors in the shade of one of our group picnic areas. Each group picnic area can be reserved ahead of time, has several picnic tables and large barbecue grills. Many have water available and some provide electricity (15-amp service) for an addi-



Children enjoy the beach at Buffumville Lake.

Photo by Jean Hixson



Photo by J. Kevin Burke

***Park Ranger Tom St. Denis conducts an interpretive program at the Cape Cod Canal.***

tional nominal charge. Perhaps you would like to host your classic automobile clubs annual picnic? Or maybe, you want to suggest having the dog trials closer to home this year? Or maybe, you want the model airplane club to host this summer's fly in? All of these activities may be accommodated at various parks through the issuance of special use permits.

Many of the activities our families are involved with through school, church, scouts, youth groups, clubs and organizations all have one common trait. They all need a place for them to be held. The District's parks and recreation areas provide excellent facilities for many of these activities and events from beach parties to weddings. Picnic shelters, group picnic and camp sites, and special use permits sometimes require a fee to be paid by participants. Our park managers and rangers are happy to discuss the details of any event with you, your family or your community group.

New England District's recreational areas are located throughout Connecticut, New Hampshire, Vermont and Massachusetts. All are within easy driving distances from your home, have signs pointing the way and are on well marked roads.

Day use facility fees range from \$1-\$3 per carload, campsites range from \$10-\$20 and group areas range from \$40-\$130. Fees are charged based upon the type of facility needed, group size and the utilities needed during the event. The Corps of Engineers does not have a special membership program nor does it offer an annual pass for our campgrounds. However, the Corps does offer a day use pass for \$25 which is good for one year and provides daily access to beaches, swim areas, boat launches and individual picnic sites. Many of these fees can be reduced by 50 percent for park visitors, and their families, who have been issued Golden Age or Golden Access cards.

The federal Golden Age and Golden Access program is accepted nationwide at all Corps lakes and many recreation areas managed by other federal agencies including the National Park Service, Bureau of Land Management, Bureau of Reclamation, U.S. Forest Service, and the U.S. Fish and Wildlife Service. The Golden Age card costs a one-time fee of \$10 and is for persons who have celebrated their 62nd birthday.

The Golden Access card is issued free of charge and is for persons who

have a permanent disability. Both cards provide for a 50 percent reduction in entrance and certain recreation user fees, are good for a lifetime and can be replaced free of charge by any participating agency if they become torn, tattered or damaged. The program was initiated during the Nixon administration and has provided thousands of seniors and persons with disabilities an excellent value. All eligible individuals are encouraged to participate in the program. With one of these cards, the price for an annual day use pass issued by the Corps is \$12.50.

Further savings with the other federal agencies in the program can really add up. For example, the annual National Parks Pass for entrance fees, issued by the National Park Service, can be purchased for only \$25 instead of \$50.

You can begin planning your summer outing by stopping by the Public Affairs Office and asking for a copy of the "Recreational Opportunities at Federal Flood Control Reservoirs and the Cape Cod Canal 2001." You can also access parks information by visiting [www.nae.usace.army.mil/recreati/recreati.htm](http://www.nae.usace.army.mil/recreati/recreati.htm) or from the district's intranet web page at <http://naeiis/> and clicking on the word "Internet," then select the state you're interested in visiting or clicking on the word "Recreation."

Another web site for federally managed recreation areas is <http://www.recreation.gov> which lists recreation and parks information by agency but also provides a handy activity search engine. You can also stop by Con/Ops in the Technical Services Section and pick up park brochures for many of the lakes and the popular Lakeside Recreation in New England brochure.

Please practice good safety habits in all recreational activities, wear appropriate clothing and always wear your life jacket when participating in activities on or near the water. Enjoy your summer!

# Focusing on District Park Rangers

By Richard Carlson  
Chief, Construction/Operations

In an effort to become better acquainted with the responsibilities and day-to-day activities of Park Rangers in New England, District leaders will be visiting various projects in the months ahead to accompany Park Rangers on scheduled or ad hoc visitor assistance programs. When our leadership participates in such operational activities, the roles and duties of Park Rangers will be better appreciated and understood as we plan and make management decisions.

On my recent visit to the Cape Cod Canal, I was pleased to experience a walk to historic Sagamore Hill. While viewing parts of the recently completed Sagamore Marsh Restoration Project, Park Rangers explained the history of the land area from early Native American days up through World War II when 155mm guns were installed to defend the Canal entrance and the entire Cape Cod Bay area. The types and evolution of plants, trees, and animal life in the natural area were explained.

During my visit, departing Summer Ranger Abigail Howes, who has been doing evening programs, bikes hikes, walks, and tours for four years, was passing on her knowledge of the walk to a more recent arrival, Summer Ranger Justen Walker. Ranger Walker is currently a college student at the



Photo provided by Dick Carlson.

Dick Carlson (center) accompanies departing Summer Park Ranger Abigail Howes (right) as she introduces Summer Park Ranger Justen Walker (left) to the Sagamore Hill Walk at the Cape Cod Canal.

Massachusetts Maritime Academy. Ms. Howes will be leaving for a career environmental permanent position with a private sector firm. In addition to training by regular Park Rangers, Cape Cod Canal staff use Summer Rangers with proven skills to train the more junior Summer Rangers to carry on the visitor programs. Each week, Cape Cod Canal Park Rangers host 14 scheduled- and many other special activities – at many different locations for the many visitors in summer. While weather and the number of participants vary, the Park Rangers must arrive on time and be fully prepared for each Interpretive Program. Many of these programs often require Park Rangers to have new technology skills with knowledge in the preparation and de-

livery of computer projected presentations. Even guest speakers, I understand, now expect special computer or electronic equipment support requirements from the Park Rangers.

This project visit and many others we hope to have in the coming year will broaden understanding and help guide and establish future policy decisions, leadership roles, and directions for the New England District Park Rangers. In particular, we hope to explore the broader types of contributions Park Rangers are making at higher and more responsible management levels within the U.S. Army Corps of Engineers.

I encourage all of you to get out and explore our projects. If you've never been and would like to go, please let me know!



Greg Penta, Regulatory, and Judy Antonellis, Engineering/Planning show off their team awards.

## Commander presents team awards to District

In August, the Executive Office distributed duffel bags emblazoned with the Corps logo and "Excellence 2000" to New England District employees as a "thank you" for their outstanding team work last year.

Col. Osterndorf came up with the idea to recognize the District as a single team unit over a year ago at the District's annual Corporate Board meeting. "I wanted to put an emphasis on the team because we conduct business as a team," he said.

(Continued on page 11)

# Bob Abbott retires after 25 years of service

Friends and co-workers of Bob Abbott held a retirement luncheon in his honor at the Powder Keg Pub, Hanscom Officer's Club, at Hanscom Air Force Base, Aug. 3. Bob retired from the New England District's Real Estate Division with 25 years of service.

Quentin Walsh, Bob's long-time friend and co-worker, served as Master of Ceremonies. Bob Batt began the luncheon by saying grace before the meal.

Joe Redlinger, Chief of Real Estate, was the first to speak. He said that although he worked with Bob for little over a year, he knew that he could count on Bob to get the job done. "If an appraisal had to be done on short notice, he'd be right there to volunteer to do it," he said.

When it came to volunteering, according to Joe, "He was very good about taking overseas assignments. He's been all over the world-- Europe, Italy, Korea and the greatest hardship assignment: Hawaii."

Joe presented Bob with a card and gift certificates for various locations from the attendees. He also retired Bob by presenting him with his retirement certificate, which was signed by Col. Brian E. Osterndorf, District Engineer.

Bob's wife, Barbara, fastened the retirement pin on his shirt while Joe read the citation. "I wish to extend to you a personal thanks and appreciation of the United States Army for the many years of service you have given to our country," he read.

Lt. Col. John Rovero, Deputy District Engineer, said he worked with Bob when he was involved in the Union. "I came here a little over three years ago and right away we got into negotiations of labor contracting," he said. "I got a lot of help from Bob and I really appreciated



*Bob Abbott and his wife, Barbara, say good-bye to the New England District.*

that."

Lt. Col. Rovero presented Bob with a District coin. "Congratulations and good luck," he said. "Remember that we're not far away."



*Barbara fastens Bob's pin during the retirement portion of the luncheon.*

With all of the formal presentations over, it was Quentin's turn to take over the microphone and roast his friend, despite Bob begging him to be nice. The room erupted in laughter with his jokes and stories about Bob. "I'm going to assume that everyone here would like to wish him well on his way, and not just delighted to see him go," he said. "He has an interesting Corps career, one that a lot of people could learn about enjoying life and smelling the roses as life passes," he said.

Bob thanked everyone for coming and thanked Quentin and Rosalie Tekeyan for putting together his luncheon. "My 25 years were great," he said. "It was a great ride with a lot of highs and not many lows."

Bob is now working for the town of Hingham.

Retirees in attendance were Roger Parker and Ed Fallon. Rick Gamache, formerly of Real Estate and now of FAA, also attended.

# Stay-in-Schoolers are an important part of the District work force

This summer, the New England District has broken its own record by hiring 102 summer students, stay-in-schoolers, and Co-Ops to help lighten the workload of its full-time employees.

For offices with limited support, students are as crucial as regular employees. “We normally have four stay-in-schoolers on board, one for each branch,” said Christine Godfrey, Chief of Regulatory. “They are normally great workers, with good attitudes and lots of energy. They help in a variety of administrative tasks, and also with field work.”

Lauren Faucher has worked in Regulatory for three summers. She recently graduated with her Bachelor’s Degree in Social Work and is going on to Boston University for her Master’s in Social work. “I like working here because of the flexibility,” she said. “Everyone is really great about remembering that I go to school and fit my hours to my school schedule.”

Kara Wakeham is a two-year Regulatory veteran. She recently graduated from UMASS Lowell with her undergraduate in Criminal Justice and with a certificate in Paralegal studies. She plans on working for the District as she enters law school. Kara agrees with Lauren that the program for students is very accommodating to her schedule. “It’s really easy to pick classes without worrying if it will fit my work schedule,” she said. “The people in Regulatory are willing to do anything to help me with my future.”

Bob Hanacek, Project Manager at Thames River Basin and a former stay-in-schooler, agrees that the program is



From left: Students Kalene Garbarz, Ashlee Worthing, and Lauren Faucher sort the mail in Regulatory.



Photo by Sally Rigione.

Summer Park Ranger Leo Cook is enjoying his experiences at Barre Falls Dam.

essential to the District. He employs ten students and five temporary employees. “We would be hard pressed to run our parks without them,” he said. “This is a valuable program which gives us the opportunity to directly hire and work with bright, enthusiastic college students while giving them job experience and a paycheck. Our summer Park Rangers get to do the fun jobs that you imagine a Park Ranger does like hiking trails, leading nature walks, and patrolling parks on bicycles. They also talk to more visitors, get more dirty jobs, and take more of the evening, weekend and holiday shifts than our career employees. They do a great job representing the Corps in our parks.”

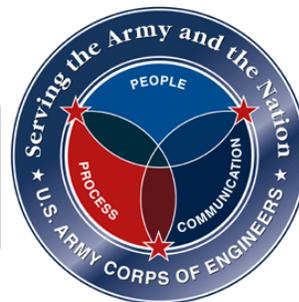
Approximately 75 percent of the students hired by the District this year work in the Field Offices. Leo Cook is working his first summer with the District as a Summer Ranger at Barre Falls. He is a student at UMASS Amherst working on a degree in Environmental Management. Leo is also an Eagle Scout. “Working with Ralph Gendron is giving me the experience that I need for my future career,” he said. “I’m planning on coming back next year.”

Students may be employed year round and have a flexible schedule of work assignments. The program is open to all students – high school, undergraduate, graduate, and vocational/technical.

Students enrolled in GED courses and are pursuing a GED diploma meets the definition of student.

For more information on the program, please contact Program Manager Susan Rodkey, Human Resources.

# 30 Second Commercials



## Ella Minincleri, Executive Office

Hi, my name is Ella M. Minincleri and I work in the Executive



Photo by Alfred Minincleri

Office as the secretary to the Deputy Commander. It is my duty to know the whereabouts and events that the commander and his deputy are engaged in, as well as the ongoing projects that exist within the Corps of Engineers.

Where I've only worked in the Executive Office since October 2000, I'm in the learning stages in how this office operates. Of course, having served on the military side a few years ago (Air Force), I'm very capable and understand the military protocol.

It's my job to direct the customer to the right people, support the Corps as a whole, and to have a clear vision into what job projects are at hand with the Corps. If I don't have an answer or need help, I seek it out. I'm eager to learn and take courses to help my job performance.

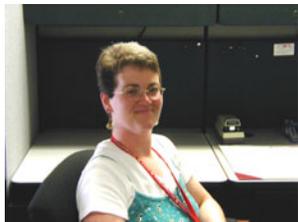
Besides my daily administrative duties, events will come up that allow me to be a part of outside activities. I was asked to help coordinate this year's 27th Annual 2001 Federal Support Awards Program. From phone calls, to spreadsheets, framing certificates, (splitting nails) and making arrangements for the Corps Ranger Color Guard... this job was ready. I served with the District Commander and the Executive Assistant in giving out the

awards that took place at the Boston Park Plaza Hotel.

I also help and support two other offices within the Corps on their newsletter. This involves receiving articles, editing, copy/paste and setting them up in their final format. It's challenging to surf the web site to find and select the appropriate pictures for the articles. Once the link is set up to our web page, I distribute the newsletter through e-mail to our employees and a few associates outside our office. I'm excited about my job – got a promotion in coming to the Executive Office and find great prestige in working for the colonels at the Corps of New England. I give my best in supporting the Corps mission and strive to make my job, a job well done. Essayons/ Aim High!

## Sally Rigione, Public Affairs

Being the district community relations' advisor is a fun and exciting job. Each day is different from the previous one.



I have many opportunities to converse with the public about the Corps and our missions by coordinating pub-

lic meetings, public hearings, speaking engagements, participation at fairs and responding to general inquiries received through the telephone and e-mail. Responding promptly to requests can be challenging, sometimes requiring in-depth research. This research helps me learn about our changing missions.

Due to past staffing shortages, I also shared the responsibilities as the District's media relation's officer.

During the last five months, I prepared news releases pertaining to regulatory permits and District projects as well as facilitated responses to newspapers, television and radio stations for media inquiries throughout the six state New England region. I coordinated the District's state update reports, distributed newspaper clippings as well as maintained an analytical database of these articles. Hi my name is Sally Rigione.

***How about you? The Yankee Engineer is seeking District employees to provide their 30 second commercials for publication in future issues. The Chief of Engineers has asked every Corps employee to develop 30 seconds worth of information that describes your role and how you provide quality service to the citizens of New England. If you have your commercial ready and would like to participate, please e-mail Ann Marie Harvie.***

# Health and Wellness



## Tobacco Use is More Than a Health Threat

by **Becky Mueller**  
Health Promotion Manager, Health and Wellness Center

The Centers for Disease Control and Prevention (CDC) lists smoking as the leading cause of preventable disease and death in the United States. So what? We've all heard the news, we know how bad smoking and chewing tobacco is for us. We know it causes cancer and emphysema and leads to heart disease. The "so what" is that these effects of tobacco use not only harm our health but also impose a substantial economic toll on the Department of Defense, as well as on employees and society in general.



In 1997, lost workdays as a result of smoking-related illness cost \$87 million in annual productivity losses. These losses in full time equivalents (FTEs) are greater than the actual number of FTEs on active duty at 40 percent of all Air Force installations.

Are you thinking about quitting chewing or smoking? Then start off by becoming a health-concerned tobacco user: think about how your use of tobacco affects your health and your family's health; observe the ways non-smokers respond to your smoking habits and observe other smokers, paying attention to the negative aspects of the habit.

Consider quitting by taking out a pencil and paper and

listing your "pros" and "cons" of quitting; review it often to see if things change. Talk to a few ex-smokers; ask them why and how they have quit. Learn from your own experience; if you've quit in the past, think about what was helpful and where you went wrong.

When you have an urge for tobacco, wait one minute before lighting up or dipping/chewing. Keep a tobacco log for one week, listing exactly when, where, with whom and why you used tobacco and try to identify the triggers that make you want to smoke or dip/chew--your morning coffee, after a meal, etc. Go tobacco-free for several hours and reward yourself for every step you take.

Once you've decided to quit, set a quit date and sign a contract with yourself. Ask your spouse or friend to stop with you. Have your teeth cleaned and discard all your cigarettes, lighters, cans of chew, and ashtrays. For as long as necessary, avoid places such as bars and parties where you are likely to want to smoke/chew. Ask for help; join a tobacco cessation program at the Health and Wellness Center or contact the American Cancer Society or American Lung Association for classes in your area. Internet quit sites are also quite popular. You can save money you would have spent on tobacco and reward yourself periodically--after going without tobacco for 24 hours, one week, one month, at the end of the year.

For more information on tobacco cessation programs and resources available to you, call the Health and Wellness Center at (781) 377-6560.

## Congratulations...

...to **Cathy (Demos) Rogers**, Engineering/Planning and **Will Rogers**, Con/Ops Division on their marriage.

...to **Peter Cox**, Contracting retiree, and his wife, **Liz**, on the birth of their first grandchild, **Davin Bries Cox**, July 4. The parents are **David and Katie Cox**. Peter and Liz have also made the decision to retire and have relocated to the Charlotte, NC area where their other son, Peter and his wife, Heidi, reside.

...to **Chris and Paul Battista** (Construction/Operations) on the birth of their child, July 31.

... to **LTC John Rovero**, **Larry Rosenberg**, **Tim Winter**, **Mark McNerney**, and **Brian Murphy** for being named Team of the Month for August by the WE

Committee. The team received the recognition for their work on revamping the District's Internet and Intranet sites.

...to **Tim Coleman**, Western Area Office, who was selected as the WE Committee's Employee of the Month. Tim received the award for "his outstanding service on a regular basis," and his response to a recent water crisis at Natick.

Tim also received a Commander's Coin from Brig. Gen. Mattox, Commander at Natick, for his efforts in restoring water service to the base after a broken water line threatened to seriously disrupt base operations, including sensitive lab tests.



*Capt. Michael Fitzgerald arrived at the District in July.*

## The new face at the District

The New England District recently welcomed a new officer to the agency. Capt. Michael F. Fitzgerald joined the New England District on July 9. He replaces Capt. Jan Malaikal who has moved on to another assignment.

Unlike most officers who come to the District, Capt. Fitzgerald did not have far to move. Before arriving at the District, Capt. Fitzgerald was assigned to 3rd Brigade, 78th Division (Training Support), at Devens, Mass. as an Engineer Observer/Controller Team Chief. "My primary responsibility was to coach, teach, and mentor National Guard Engineer units in Connecticut and Rhode Island," said Capt. Fitzgerald.

Other assignments included two

years in Korea, two years at Ft. Hood, Texas, and one year at Ft. Polk, Louisiana in addition to schooling at Ft. Leonard Wood, Missouri.

Capt. Fitzgerald is a 1991 graduate from United States Military Academy with a Bachelor of Science in Civil Engineering. He also holds a Master of Science in Engineering Management from the University of Missouri-Rolla, which he earned in 1996. His military awards include two Meritorious Service Medals (MSM), one Army Commendation Medal (ARCOM), and one Army Achievement Medal (AAM).

Capt. Fitzgerald is temporarily stationed at Fort Devens and will transfer to Concord Park in future months.

## Corps of Engineers reissue nationwide permits

*Continued from page 1*

ally and cumulatively, when conducted in accordance with the permit conditions. The Corps will, however, continue to require an individual permit for any project, whether covered by a general permit or not, which it determines would have more than minimal environmental impact.

The Corps headquarters in Washington D.C. will conduct a public hearing on September 12, 2001 to solicit public comments on the nationwide permit program as a whole or on the individually proposed permits on a national level. The public record for the hearing will close on September 22, 2001. (PAO News Release)

## Commander presents team awards to District

*(Continued from page 6)*

With the idea in place, Col. Osterndorf then left it up to Lt. Col. John Rovero to come up with ideas on the type of award to be given. "I wanted something that was appropriate for the District," said Col. Osterndorf. "Something that everyone could use and that would remind them that we are a team."

The idea for the duffel bag came to Lt. Col. Rovero when he saw Bill Herland's bag with the District and Safety insignias. "Everyone can use a duffel bag for the gym, and it is also in keeping with Lt. Gen. Flowers' 'Be Healthy' portion of his philosophy," he said.

With the type of award decided and after screening contractors and negotiating the best deal with the help of Contracting's Norman Krause, the duffel bags were delivered in late July. Employees were given the choice of a red bag with white lettering or a gray bag with red lettering.

The bags have gone over quite well with the recipients. "When I was told that the entire District was getting a bag as a result of the total District accomplishments, I thought it was a very nice gesture," said Paul Marinelli, Engineering/Planning. Paul uses his red duffel bag daily at the District gym.

Col. Osterndorf and Lt. Col. Rovero were involved in personally distributing the bags to each office, both in the field and at the Concord Park headquarters. "This is a District team, and we wanted to make sure that everyone knows that we do appreciate their contributions to the team," said Col. Osterndorf. "The bags are an opportunity for Lt. Col. Rovero and I to deliver the message, as well as the bags."

## Dredging up the past . . .



*(Background) Donna Russell and Lt. Col. James Hughes prepare to give out awards at the May 1992 NED Bowling Banquet in Woburn, Mass. (Foreground from left) Fred Robichaud, Jim Wong, Operations retiree and Distinguished Civilian Gallery, Peg Robichaud, Water Control retiree, and Susan Wong-Gibbons savor their well earned Championship trophy for the year.*

Public Affairs Office  
New England District  
U.S. Army Corps of Engineers  
696 Virginia Road  
Concord, MA 01742-2751  
Meter Code 40

Presorted Standard  
U.S. Postage  
Paid  
Concord, MA  
Permit No. 494