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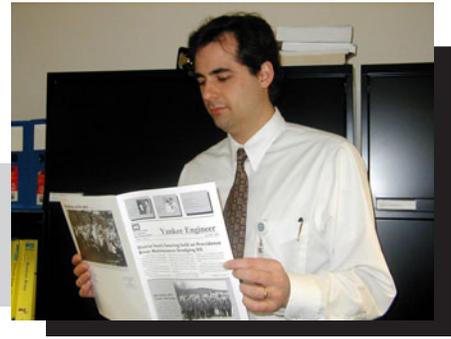
February 2002



Corps Projects at Westover Air Reserve Base
See story on page 8

Yankee Voices

Jayson Ilic
Engineering/Planning



Presidents' Day

Presidents' Day was originally the combination of two federal public holidays – Lincoln's Birthday (Feb. 12) and George Washington's (Feb. 22) which had been celebrated separately.

In 1971, President Richard Nixon proclaimed them one single day. Over time, the holiday has been expanded to honor not just the first and sixteenth president, but all former presidents of the United States. (*Ideas Unlimited*)

Words worth repeating

In matters of taste, swim with the current; in matters of principle, stand like a rock.

- *Thomas Jefferson (1743-1826), Third President of the United States*

Cover: The Westover Area Resident Office is overseeing the construction of the new Westover Air National Guard Base's Air Traffic Control Tower. The tower is only one of several projects being undertaken by the New England District. (Photo by Ann Marie Harvie)

Congratulations

...to **Paul O'Brien**, Survey Section crew chief, on the birth of his first grandson.

...to the Morses Pond Culvert Site Design Project Team who were selected as the WE Committee's Team of the Month for February. The team, composed of **Phil Durgin, Jennifer Flanagan, Scott Flanagan, Tom Marcotte, Scott Michalak, Ian Osgerby, Rose Schmidt, Jenny Tan, and Brian Waz**, represented the New England District on the \$3 million project for remediation of chromium contaminated soils and sediments at the site in Wellesley, Mass.

...to **Martha Labbe** who was selected by the WE Committee as its Employee of the Month for February. Martha received the honor due to her "outstanding job in designing and presenting RESUMIX training for employees and supervisors of the New England District."

Sympathy

- ...to Planning retiree **Earl Perkins** on the passing of his brother, Jan. 4.
- ...to the family of former Reservoir Control employee, **Tim Buckelew**, who passed away, Jan. 11.
- ...to **Kim Kaminski-Donaher**, Human Resources, on the passing of her father, Jan. 14
- ...to **Susan Lee**, Regulatory, on the passing of her father, Jan. 18.
- ...to **Ruth Ladd**, Regulatory, on the passing of her father, Feb. 6.

Welcome

John Babbs, Jr.
Benjamin Piteo
John Winkelman

Construction/Operations
Engineering/Planning
Engineering/Planning

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Commander's Corner: Pedal to the METL

by Col. Brian E. Osterndorf
District Engineer



This month we celebrate the accomplishments of all Americans through remembrance of the achievements of black Americans. Particularly poignant is our memory of Dr. Martin Luther King, Jr.'s, "I have a Dream," speech.

I too have dreams, admittedly not as grand as Dr. King's, but important to me, anyway. I have a dream that the Red Sox will win the World Series this year. Or next year. Or any year. There are others kind of like that. But the dreams aren't as important as the reality that we make of the dreams we do have.

One of the dreams that I have that is important is of a District that has identified the key things it needs to do in order to fully accomplish its responsibilities to serve the nation. In addition to having identified these essential tasks, my dream District will also understand the performance standards associated with each of those tasks; that is, we would know what we would have to do to accomplish the tasks successfully. Moreover, each of the divisions, branches and offices of the District would have their own sets of tasks and standards, which when executed to clearly defined standards, would in turn make the district successful. And so too their sub-elements, all the way down to the individual members of the District. Each person in the District would know what he or she had to do in order to make their teams or organizations successful.

The dream gets better because in addition to knowing what had to be done and how well it had to be done, my dream organization and District personnel would be able to evaluate themselves against these standards, and know what they needed to sustain and what they needed to improve on. Each individual would, in similar fashion, craft a development plan that would ensure that he or she could plan for training and developmental assignments. Whereas the identification of tasks and standards begins at the top and works its way down,

and then is fed back up, our self-assessments start at the bottom and work their way up. Ultimately, I dream of a completely open and integrated process, where everyone can know everything, and thus contribute to the whole.

Wait, this gets even better. My completely open and integrated dream process is very dynamic, and while the essential tasks won't change very often, if at all, we might periodically raise our standards, and we certainly would be continuously assessing our performance and seeking ways to improve. And as a District, we make decisions on how to invest resources that are consistent with these assessments.

Is this a great dream or what?! The best part is that we have the means to turn the dream into reality, and are starting that top down essential task identification already. The Army has a doctrine (no surprise, the Army has a doctrine for everything) for this, and calls it the METL, or Mission Essential Task List, process. But as I described above, this is more than just developing a task list; this is an integrated process reaching up and down through the organization to get and keep everyone oriented the same way.

We will need to work this hard for the next several months, and it will involve each of you. You see, my dream isn't just about the District Engineer sending out a list of tasks and then asking you to read it, and post it, and follow it, etc. If we are all to really believe in what we are doing, then everyone will have to be involved.

As a member of an organization or team, if you or other members aren't trained to perform the essential tasks you have to perform in order for the team to be successful, or if your team doesn't know that it has to accomplish several collective tasks to standard in order for the branch or division to be successful, and so on, then this whole idea won't work. In other words, we as a District have to have the active participation of everyone.

The first step is to learn what METL is all about; ask questions, force the issue. Become avid about wanting to be part of an organization or team that values knowing what they have to do and how well they have to do it, that can see how their contributions make the rest of the District successful and have the courage to evaluate themselves, personally and as an organization, against a standard. Share the dream.

Mission Essential Task List

- ✓Execute Water Resources Program
- ✓Execute Environmental Programs
- ✓Execute Military Program
- ✓Provide Support To Others
- ✓Respond To Civil Emergencies/
Disasters And Warfighting Needs
Of The Army



Jeff Perchak, Westover Resident Office, shows the view from the new air traffic control tower to the WE Committee Bus Tour. The old tower (in the background) will be torn down during phase III of the project.

WE Committee Bus Trip: Employees get a tour of District projects at Westover

The Work Environment Committee hosted a bus trip to Westover Air Reserve Base Jan. 29. The trip gave District employees working in Concord the opportunity to tour some of the projects the agency works on throughout the region.

"The idea for the trip was on the agenda and the committee decided Westover was the best place to go," said WE Committee member Marilyn "Bonnie" Ortiz of the New Bedford Resident Office. Bonnie organized the event for the committee. "I received an e-mail from Jim Crawford asking if I would like to be the point of contact for the trip. I work in the field over an hour and a half away from the Concord headquarters. It is a disadvantage in a lot of ways because you really don't get involved as much or meet others, so I decided to do it for that reason."

The first stop on the tour for the group was the Westover

Resident Office, located in the former housing section. Eight people currently work at the office: Ray Goff, Resident Engineer; Sue Loubier, Secretary; Charlie Marney, Construction Representative; Darrell Moore, Project Engineer; Jeff Perchak, Team Leader/Project Engineer; John Sujat, Construction Representative; Randy Sujat, Construction Representative; and Champak Shah, Project Engineer. Scott Leonard, Construction Representative is on loan from the Eastern Area Office. Dave Friedt, Architect intern, is on the intern rotation.

Ray and Jeff, who accompanied the group for the day,



Workers cut the brick wall of the Westover Barracks to make room for an air conditioner.

reviewed the agenda at the resident office and presented a safety briefing before the tour. Because the projects were under construction, hard hats and steel-toed boots were a must for everyone.

After the safety briefing, the group met with Gordon Newell, Public Affairs Officer for Westover Air Reserve Base. Mr. Newell guided the group on a base tour and explained the role of the Air Force Reserves in the current War on Terrorism. Mr. Newell also gave a detailed history of the base. “Westover has been in operation since 1940,” he said. “The base served as a bomber training base and port of embarkation/debarkation during World War II, as a staging point for the Berlin Airlift, a headquarters of the Military Airlift Command (MAC) system through 1955, and then as a major base of operations for the Strategic Air Command (SAC) until 1974.”

Since May 19, 1974 Westover has been an Air Force Reserve Base. From that time until October 1987, the 439th Tactical Airlift Wing operated C-130 Hercules and C-123 Provider aircraft. The wing converted to C-5s in 1987 and the unit eventually became designated as the 439th Airlift Wing.

During the tour, Mr. Newell pointed out the large C-5 aircraft to the group. Each plane, according to Mr. Newell, costs \$186 million. “The C-5 Galaxy is the second largest aircraft in the Air Force,” he explained. “It is capable of delivering, to any location in the world, completely equipped combat units, support forces and all types of supplies including large and heavy weapons and vehicles and outsized cargo that can be carried by no other airplane. Without refueling, the Galaxy can airlift 50 tons of cargo for 5,940 miles or 82 tons for 5,000 miles.”

Following the tour of the Air Force Base, Ray and Randy guided the tour group to the project sites that the District is currently involved with. Stops included the new air traffic control tower, the new MEPS building, and the renovation project of two barracks. For more details on these projects, see story on page 10. The bus trip ended after the project tour.



Scott Leonard explains the process of constructing the MEPS building during the tour.

Laura Lally, Regulatory, said she enjoyed the trip. “I loved the fact that we could go up into the tower,” she said. “How many jobs allow you to go out into the field offices to see where the real work is done?”

The Westover Resident Office has been stationed at the Westover Air Reserve Base for about 20 years. In addition to the numerous military projects the office is currently working on at Westover, the Westover Resident Office is also in charge of civil works and environmental projects in Vermont, Western Mass., and Conn. The office is also in charge of operations and maintenance work at the Corps flood control projects in the Naugatuck River Basin and the Lower Connecticut River Basin. The Corps flood control projects that the office covers are the Naugatuck River Basin, the Upper Connecticut River Basin, the Knightville and Littleville Dams of the Lower Connecticut River Basin, and Westville Lake Dam of the Thames River Basin.

Concord Park employees who attended the bus trip were Thomas Ayau, Ann Marie Harvie, Laura Lally, Elaine Law, Gladys Leone, and Helen Newcomb. *(Photos and story by Ann Marie Harvie.)*



Jeff Perchak takes the group through the yet-to-be-completed air control tower at Westover.

Pentagon construction ahead of Sept. 11, 2002, completion goal

by Rudi Williams
American Forces Press Service

Workers are ahead of schedule in repairing the huge hole sliced out of the Pentagon Sept. 11, 2001, by a terrorist-hijacked airliner.

Brett D. Eaton, communications director of the Pentagon Renovation Program, said 100 to 200 employees a week have been able to return to the building as fast as workers rebuild sections. More than 1,000 employees so far are back from leased office space in surrounding communities, he said.

More than 24,000 military and civilian employees fill the Pentagon every workday. Thousands were displaced when the airliner slammed into the building, killing 125 people on the ground, Eaton noted. "By the one-year anniversary, Sept. 11, 2002, people will be able to look out of their office windows on the E Ring deck to watch ... a dedication ceremony that the Army Corps of Engineers are planning for a memorial," Eaton said.

Until about a month ago, crews were working around the clock, seven days a week, slowly knitting and weaving together the Pentagon's broken wings. Now, they work 20 hours per day, six days a week, with Sundays off.

"This is fast-track-type work. We're working two 10-hour shifts, six days a week," said Keith Curtin, a construc-



Photo by Jim Garamone

Smoke and flames rise over the Pentagon as firefighters work to put the flames out following the crash of a hijacked airliner into the building Sept. 11, 2001.

tion superintendent. "We have many more people than you normally have on a job this size trying to get the work done as quickly as possible."

About 700 workers are on site during the day and 300 at night, he noted. Curtin and other workers started renovating the 60-year-old Pentagon wedge by wedge in 1997. They no sooner stepped back to admire their first rebuilt wedge when the crashed airliner demolished it. The building withstood the attack as designed -- strength and security features added to the renovated section are credited with saving many Pentagon workers' lives, he said. Curtin said the goal now is to rebuild the wedge as quickly as possible. Their deadline is Sept. 11, the first anniversary of the terrorist attack.

"I think I speak for the entire renovation program and all the contractors when I say how great a feeling it is to

be a small part of rebuilding the nation's military headquarters," Eaton said. "It's a feeling of pride we all have for being able to contribute any way we can. Everyone here realizes they're a part of history. They're helping to rebuild a national icon."

Congress recently provided additional money to speed the entire Pentagon renovation project. The scheduled completion has moved up four years to 2010, Eaton noted.

When the outermost wall of the destroyed wedge is replaced, the Pentagon's exterior will look almost exactly as it did before the terrorist attack, Eaton noted. The interior, once again, is being rebuilt with reinforced concrete and other safety and security measures that will make it stronger and more modern than the rest of the building, he added.

The Pentagon cost \$50 million to build in the early 1940s. The total renovation cost now, including rebuilding the damaged area a second time, is about \$3 billion. Once completely renovated, the Pentagon will have all new mechanical, electrical and plumbing systems, elevators and escalators, cable management systems, improved fire and life safety systems and flexible ceiling, lighting and partition systems.

A large sign is being erected at the crash site that reads: "'Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America.' President George W. Bush, Sept. 11, 2001."

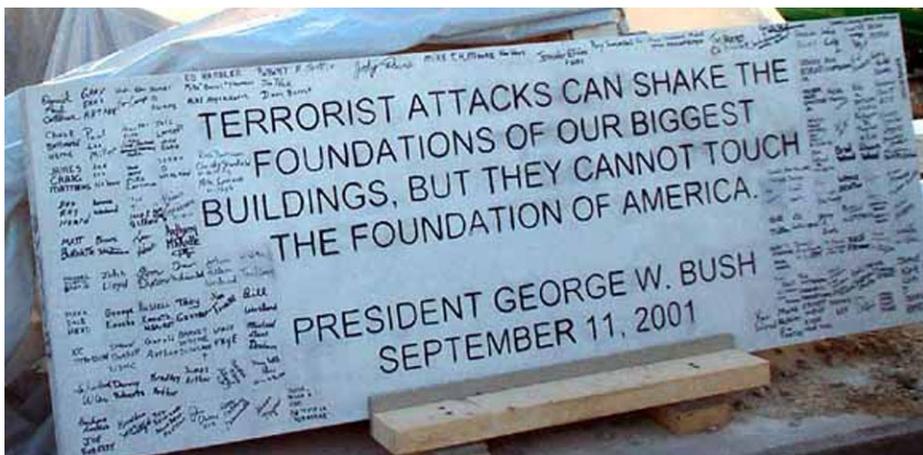


Photo by Rudi Williams

Renovation plans call for this engraved stone to be placed at the crash site during dedication ceremonies on Sept. 11, 2002.



Charlie



Frank



Jimmy



Sheila

Maven' On...

Contracting Chief retires with 30 years

Charlie Coe, Chief of Contracting, decided in January to heed the call of the golf course and become a retiree. To celebrate his decision to retire and to wish him well, over 130 friends, co-workers, retirees, and contractors braved an ice storm and made their way to the Officer's Club at Hanscom Air Force Base in Bedford, Mass., for his retirement party. Charlie retires with 30 years of federal service.

Michelle Kewer served as Master of Ceremonies. She introduced Col. Brian E. Osterndorf, District Engineer, who presented Charlie with a Commander's Award for Civilian Service. Charlie received the award for his distinguished service to the New England Division/District from January 1977 through December 2002.

"During his tenure as Contracting Officer, Mr. Coe has demonstrated that he is a dedicated and caring professional," said Col. Osterndorf as he read the certificate. "Mr. Coe's insight, advice and enthusiasm have significantly contributed to the ability of the New England District and the Corps of



Col. Osterndorf pins on Charlie's Commander's Medal before retiring him from the Corps of Engineers.



Photos by C.J. Allen

Sheila Winston-Vincuilla digs into one of the huge sandwiches served at Charlie's retirement party.

Engineers to meet its missions. This award is given in recognition of Mr. Coe's demonstrated commitment to Government service and numerous contributions to the United States Army Corps of Engineers, New England District."

Col. Osterndorf also presented Charlie with his retirement certificate and pin.

Bill Scully, Deputy District Engineer for Project Management said a few words in Charlie's honor. He said he knew him for his entire career with the Corps and that there were many people who appreciated working with him. "We've all gained from your experience," he said.

Although he doesn't plan on seeing him at the hockey rink where Charlie referees, Bill did say that he would see him on the golf course. Bill concluded his remarks by wishing Charlie and his family the best in his retirement.

Dick Carlson, Chief, Construction/Operations, recognized members of the Massachusetts State Police who attended the celebration. Dick said that it was a nice tribute to see so many people brave the weather to honor Charlie. Dick talked about the good relationship Construction/Operations has had with Contracting. "Contracting plays an important role in the work that we do," he said. "We really depend on them."

He ended his time at the podium by expressing appreciation to Charlie for all the work he's done for Con-Ops.

Everyone in Contracting Division made their way up to the front of the room to perform a spoof on the David Letterman show entitled, "Top 10 Reason's why Charlie will be missed."

Contracting presented their now retired boss with the movie, "Charlie's Angels," packages of Bounce™ fabric softener and Snuggle™ fabric softener, a collage of pictures featuring Contracting Division, and a Norman Rockwell porcelain figurine entitled, "The Runaway," to match the



Charlie pals around with retiree Bob Gauvreau at the retirement party. Over 130 people braved harsh weather conditions to wish Charlie the best.

picture he already owns, a Bunker Hill plaque, and a monetary gift.

When Charlie got up to speak, he acknowledged his family, the state troopers who attended, and all the friends that he's made at different companies. He also recalled another retirement that happened on the same night as his retirement from the Corps. "Twenty-five years ago tonight, I was on my last patrol for the State Police," he said.



Charlie holds up the Norman Rockwell figurine, "The Runaway," he received as one of his retirement gifts. The figurine matches the Rockwell picture that Charlie already owns.

Charlie told the audience that he enjoyed his time with the Corps in New England. "Contracting worked seamlessly with other Divisions," he said. "Everybody here gets along fine. We're one big family."

He concluded his remarks by saying that he and his wife, Sue, will not be strangers.

Charles W. Coe joined the U.S. Army Corps of Engineers in New England in 1977 following his retirement from the Massachusetts State Police.

The U.S. Air Force veteran has spent all of his federal career with the Corps of Engineers in the contracting arena. Charlie holds a B.S. in Political Science from Boston State College.

Family members who sat with Charlie at the head table included his wife, Sue, son, Larry Coe, Larry's wife, Dianne, and their children, Alex and Katy. Daughter Sandy Masters and her friend, Steve Sostilio, also attended as did Charlie's sister-in-law, Linda Mclean, and niece, Donna Lynn Green.

Retirees who attended Charlie's reception were Lt. Col. (ret.) Mike Bradbury, William Coleman, Ann Dogherty, Bob Gauvreau, Joe Ignazio, Kathleen Kewer, Andy Lamborghini, Al Laraway, Bob Maki, Bernie Manor, Fred Moehle, Stan Rankin, Richard Reardon, Ellie Russo, Jack Ryan, Ed Williams, and James Wong.

Representatives from the following companies attended Charlie's party to wish him the best: Roy F. Weston, ECC, Foster-Wheeler, AMECO, Jacobs Engineering, and Nobis Engineering. Keith Hubbard, Small Business Administration, and Dave Congdon, SBLO, Hanscom were also present at the event as were former Massachusetts State Policemen Nick Decola, Ken Carew, and Bruce Willis.

Michelle Kewer, Rachael Raposa, and Eva D'Antuono organized the retirement party.



Charlie's grandchildren, Alex (left) and Katy (right) assist him in cutting the retirement cake during the party.



Col. Osterndorf retires Jim Crawford by fastening his retirement pin to his jacket lapel.



Paul Cooper said of his first creation, "I couldn't have done it without you, Sheila."

Thanks for the Memories:

Coulter, Crawford celebrate retirement decisions at Hanscom

A retirement luncheon for Jim Crawford and Sheila Coulter was held at the Officer's Club at Hanscom Air Force Base in Bedford, Mass. Co-workers and friends totaling approximately 120 people attended the event.

Sheila retired with 37 years of service. Jim retired with 34 years of service. Both are from Construction/Operations.

Farrell McMillan acted as Master

of Ceremonies for the luncheon.

Joan Gardner began the luncheon with a good-natured roast for Jim. "Instead of going over your career like everyone else does, I thought I'd do it in a unique way," she warned.

Upon opening his file, Joan discovered his original transcripts from Northeastern University. Knowing Jim was a stickler for good grammar and English, Joan told the audience that she

was shocked to discover Jim's grades in that subject were a little less than an "A."

Joan teased Jim about all of the letters of commendation he received during his career, most especially the ones that he earned for organizing Dam Conferences and Founder's Day. "Were these the precursors to you chairing the WE Committee?" she asked.

Jim's brief writing career did not escape Joan's skewer, nor did his attendance at the Harvard extension school or his work with the WE Committee. Joan concluded her roast and wished Jim the best of luck on his retirement.

Paul Cooper took his time at the microphone to discuss Sheila. Paul said he wanted to go through her file for some talking points but, "It was so thick, I couldn't lift it."

Covering her federal career, which began as a GS-2 in Contracting at the former Fort Devens, Paul commented that when Sheila worked for Devens, she moved from office to office a great deal. When Devens finally closed, buyouts were made available to eligible



Sheila gets a standing ovation after leaving the podium.

Photos by C.J. Allen



Presents for Jim: Joe Bocchino had a Topps™ Baseball card made for Jim, and Tom Fredette passed on an inspirational poster.

personnel. "Sheila was 15 days short of a buy out, so she came to the Corps," he explained.

Paul told the audience that there were several candidates for the job that Sheila applied for. What clenched the job for Sheila, according to Paul, was the fact that she showed up for the interview in a state police cruiser. (Dick Carlson, Chief of Construction/Operations would later explain that Sheila's car had broken down. She was able to convince a passing state trooper to give her a ride to Waltham.)

Although she brought a lot of her skills from Fort Devens, Paul laughed, "when Paul Battista talked to her about the budget, she was like a deer in the headlights."

Paul said that Sheila took care of people both professionally and personally. "She even took my daughter to 'Take Your Daughters to Work Day' when I was not able to," he said.

Paul mentioned her work in organizing the WE Committee Craft Group. He said he would miss her and concluded his remarks by showing Sheila a quilt that he made. "I couldn't have done it without you," he said.

Chip Faulkner, Jim's oldest friend, was the next speaker. He told the audience a few stories of their childhood. "Being friends with Jim has been a trip," he said. "I'd take a shot from a BB gun for him."

Fellow sports fan Joe Bocchino said

that although he has known Jim for 30 years, he had never had the opportunity to work with him. "I think of him as a teammate," Joe recalled. "He has a tremendous arm and could hit a softball a country mile."

Joe presented Jim with a baseball card featuring Jim in his softball uniform.

Col. Brian E. Osterndorf, District Engineer, presented Sheila with a Commander's Award for Civilian Service. According to the citation, Sheila contributed immeasurably to the quality of leadership in the New England District. "Her ability to handle a wide range of multi-faceted tasks in an excellent and timely manner attests to her positive can do attitude that has produced an excellent working relationship not only with the District, but with many federal, state, and local agencies," read Lt. Col. John Rovero as Col. Osterndorf fastened Sheila's retirement certificates and pins.

Col. Osterndorf then presented Jim Crawford with a Meritorious Service award for his unique and extremely professional management skills and leadership over the years. "He is highly respected by superiors, peers and subordinates working tirelessly to accomplish missions. He is extremely loyal with a high sense of duty," read Lt. Col. Rovero as Col. Osterndorf fastened the medal. "His efforts on consistent implementation of operation and maintenance

programs, the NAE Quality Assurance Plan, O&M, Construction and Readiness budgets assured that deadlines and standards were met. Mr. Crawford actively participated in and helped develop outreach and recruitment programs and initiatives. He participated fully and corporately as a member of the Council of Deputies, the Strategic Planning Group, the Market Team and the Project Review Board. He was heavily involved in the WE Committee. His ability to ensure the overall operation of the Construction/Operations Division makes him a dedicated and committed leader whose dedication reflects great credit on himself, the United States Army Corps of Engineers, and the Department of the Army."

After presenting Jim with his medal, Col. Osterndorf retired Jim and Sheila and gave them their retirement pins.

Both Jim and Sheila thanked everyone for attending their luncheon and thanked Joan Gardner, Brenda Faragi, Gladys Leone and Pat Mulvey for organizing the lunch.

Sheila's two daughters, Patricia and Wendy, and her mother, Phyllis McGurn, joined her at the luncheon. Jim was accompanied to the lunch by his sons, Sean and Tim, and his friend, Chip Faulkner.

Retirees who attended the luncheon were Charlie Coe, Ray Francisco, Joe Ignazio, Bernie Manor, Dick Reardon, Ellie Russo, and Jim Wong.



Frank and his wife, Judy, enjoy a quiet moment at the retirement party.



Over 140 people crammed the American Legion Hall in Sandwich to celebrate with Frank.

Frank Ciccone, Cape Cod Canal, bids farewell after 40 years of service

Scenic Cape Cod, Mass., set the stage for a farewell dinner in honor of Frank Ciccone, Engineer-in-Charge of the Cape Cod Canal, who decided to join the retired community. Frank retired with over 40 years of federal service.

Friends and co-workers traveled to the American Legion Hall in Sandwich, Mass., on Jan. 11 to wish him well.

Over 140 people attended. Fran Donovan served as Master of Ceremonies. Speakers included Steve Andon, Dick Carlson, Kevin Conneaney of U. S. Customs, Tom Greenway, Roger Mathurin, Joe Ignazio, Barry Johnson and Greg Folino of the Bourne Recreation Authority, Bill Norman, and Col. Brian Osterdorf, District Engineer.

Frank received many parting gifts from friends that included a gift certificate from a local restaurant; a plaque from the Bourne Chamber of Commerce; an Adirondack two-seater chair and table with cushions; a mantel clock; a specially designed golf shirt and hat; and a plaque and golf

shirt. Peter Closson of Esco Terminal presented Frank with a joke gift. Col. Osterdorf ended the celebration by presenting Frank with a Meritorious Service award for his many years of dedicated service and his retirement certificate and pin.

Members of Frank's family who were present at the party were Frank's wife, Judy, his son, Frankie, and wife, Kerry; his son, David, and friend, Erin; his son, Michael, and his friend, Jen. In addition, Frank's sisters, Gloria and Rosemary, were present at the head table.

Retirees who welcomed Frank into their ranks were Nick Avtges, Carl Boutilier, Jack Caffrey, Charlie Coe, Kevin Conneaney, Leo Cremonini, George Diefenback, William Donovan, Bob Gauvreau, Bill Haskell, Joe Ignazio, Andy Lamborghini, Fred Moehle, Fred and Catherine Ravens, Richard Reardon, Carl Sciple, Vinnie Vallesio, Mike Varney, and James Wong.



Photo by Kevin Burke

One of the many presents that Frank received during the retirement celebration was an Hawaiian shirt.



Since Frank is the last Engineer-in-Charge at the Cape Cod Canal, the office decided to present him with the sign as a memento.



The U.S. Coast Guard regarded the old India Point Railroad Bridge to be a navigational hazard.

India Point Railroad Bridge removal project is complete

Story and photos by Tom Rosato
Programs/Project Management

The New England District recently completed the demolition and removal project of the India Point Railroad Bridge in Providence, Rhode Island.

The \$1.4 million removal project included the demolition and removal of the swing-type center span of the India Point Railroad Bridge. It did not include demolition and removal of the fixed span of the bridge located on the East Providence shore. Work consisted of the demolition and removal of the steel superstructure comprising the center span portion of the railroad bridge, the supporting center pier, and the protective wooden fender system. A sunken tugboat, the GASPEE, was also removed. It was lodged within the bridge's fender system



In addition to the bridge, the tugboat GASPEE, lodged during a 1938 hurricane, was also removed.

as a result of the 1938 Hurricane.

The India Point Railroad Bridge was originally constructed in 1902. It is a long out-of-service swing span railroad bridge owned by the city of Providence that crosses the Seekonk River. The Coast Guard declared the bridge a hazard to navigation and the city of Providence subject to fine should the bridge not be removed. Authorization for the New England District to demolish and remove the center span of the India Point Railroad Bridge was originally contained in the Water Resources Development Act (WRDA) of 1986 and later re-authorized at a higher cost in WRDA 1996. The non-Federal sponsor, the city of Providence, must share 50 percent of the cost of the work.

As part of this project, the New England District performed an Historic American Engineering Record (HAER) documentation of the bridge at the request of the Rhode Island State Historic Preservation Officer. This documentation was accepted by the National Park Service and transmitted to the HAER Collection of the Library of Congress. The Railroad Bridge was also marketed by the New England District for a 30-day period as part of this process. Because no takers came forth, the demolition and removal contract was awarded. A stipulation of the congressional authorization was that revenue derived from the sale of scrap from the bridge was to be credited toward the non-Federal share.

The contractor for the New England District was Great Northern Site Corporation of Everett, Mass. Construction management services were provided by the New Bedford Resident Office.

Military work:

Westover Resident Office supports Corps' military mission with projects

The New England District's Westover Resident Office have kept very busy in past years with projects at Westover Air Reserve Base in Chicopee, Mass. Currently, three projects are ongoing at the Base.

Bob Martin is the project manager for all projects at the site. Raymond Goff is the Westover Resident Engineer, and Jeff Perchak is the Project Engineer.

Air Traffic Control Tower

The new air control tower will replace the existing tower, which was built in 1962. The 105-foot tall structure is deteriorated and in need of replacement. The old tower has limited equipment space, lacks training space as well as administrative and management functions. The tower also has substandard mechanical systems, and is inadequate to meet the needs of the current mission. "At its current height, view of all aircraft on the east ramp is not possible over the large C-5A aircraft," said Jeff.

The project, which will cost a little over \$4 million, began in May 2000, will



Photos by Ann Marie Harvie

The new Air Traffic Control Tower project is expected to be completed in May.

be completed in three phases. The first phase – constructing the new 123-foot-high tower is near completion. Phase

two will allocate time for Westover personnel to install new equipment and some of the old equipment from the existing tower to the new.

The final phase will be the demolition and removal of the existing tower. Phase two and phase three of the project should be completed this May. Randy Sujat is the Construction Representative. Eastern General, of Springfield, Mass., is the current contractor.

MEPS Building

Westover Resident Office is currently building a 23,120-square-foot Military Entrance Processing Station (MEPS) on the base to move the facility from downtown Springfield, Mass.

"Young people will in-process here from all branches of service," said Ray. "This facility will be much improved over the current one."

"Right now, employees are paying about \$90 per month to park near the facility in Springfield," said Jeff. "When the MEPS building is complete and they move here, they won't have to pay for parking."

Work on the \$4.3 million single-story structure began in November 2000. The project includes the headquarters, testing, medical, liaisons, music and paging systems, operations and reception and orientation area.

Supporting facilities will include electric services, fire protection and alarm systems, paving, walks, curbs, and gutters, parking, storm drainage, and information systems.

Work is expected to be complete in July. The Construction Representative is Scott Leonard. The Contractor is Atlas Construction of Brooklyn, New York.



The new MEPS building will provide modern facilities and more parking than the current facility in Springfield.

Repair Airman Quarters Buildings 5104 and 5105

Work on this \$6.7 million project consists of the renovation of two existing visiting airman lodging facilities having 71 rooms each. Existing central latrines in each facility will be abandoned and airman rooms renovated to provide private bathrooms. Renovations include repairs and remodeling of all rooms, lounges, hallways, HVAC, and covered exists. "Essentially, we're gutting the inside and rebuilding each room from scratch," said Jeff.

All necessary architectural, mechanical, and electrical work will be included. New elevators will be installed in accordance with the Americans with Disabilities Act. Work began in September 2001. The project is expected to be complete in December. "Currently, the contractor, TLT Construction of Wakefield, Mass., is four weeks ahead of schedule," reported Ray. The Construction Representative for this project is John Sujat.

The final project that is currently ongoing at Westover Air Reserve Base is the Willimansett Brook Streambank stabilization. This \$438,349 project consists of installing gabien baskets along the stream banks. The project began in February and should be complete in April. The contractor of this project is Hilltop Construction. The project engineer is Darrell Moore.

The Westover Resident Office has been onsite for approximately two decades. Past projects that the New England District has performed for Westover Air Reserve Base include the construction of a new firehouse, a pullout hangar, and a new weapons storage vault; remodeling the a DC hangar, the Open Mess, the Base Gym and Hangar #7 which included providing an ex-ray machine; upgrading taxiways; rebuilding the ends of the runways; and capping a landfill. Projects that the resident office is working on offbase include raising homes out of flood level in Milford, Mass., and Superfund projects in Stratford, Conn., and Pittsfield, Mass.



Improvements to these barracks include handicap access, air conditioning, and a bathroom for each living space.



The New England District constructed a new firehouse for Westover Air Reserve Base in recent years.



Repairing Westover's runways is only one of many past projects completed by the New England District.

Valentine's Day made special thanks to WE Committee

The WE Committee celebrated Valentine's Day, Feb. 14, by delivering special treats to New England District employees from friends and co-workers. The treats, which were either chocolate truffles or a gift certificate to Dave's Café, smiles on the faces of the 80 Valentine's Day recipients.

Marie Wojtas organized the event that served the dual purpose of raising morale and raising funds for future WE Committee endeavors.

"The WE committee wanted to offer something for co-workers to express their gratitude and thanks to team members and colleagues," she said. "It's a nice way to start your Valentine's Day with chocolate truffles or a gift certificate for a coffee and muffin at Dave's Cafe."

"It was a great way to start the day!" agreed Judy Antonellis, Engineering/Planning, upon receiving her little gift. "It was nice."

"I was very surprised to receive my goodie," said Lauren Levesque, Engineering/Planning. "It made me feel special -- like somebody appreciated me."

WE committee members Shari

Valente, Bob Meader, Chris Godfrey, Duban Montoya, Colleen Jacquet, Greg Penta, and Marie Wojtas made the sales and deliveries. Although sending small Valentine's Day gifts to friends and co-workers at the New England District isn't new, this is the first Valentine's Day event held at the new Concord facility.

According to Marie, this year's event was so successful, it probably won't be the last. "I think we will do one next year," she said. "Maybe we'll try to think of other options to offer as gifts, too."

"I think that events like this improves morale," said Lauren. "It adds excitement and suspense to the ordinary routine of the work day or week!"

Judy agreed with Lauren. "Especially when they are sincerely sent," she said. "I was pleasantly surprised."



Colleen Jacquet delivers a Valentine's Day goodie to Nancy Kelly.

Health and Wellness



American Heart Month: Are you at risk? Take the test and find out

Brenda L. Fernandes, TSgt, USAF
NCOIC, Health and Wellness Center
Hanscom Air Force Base

February is American Heart Month and the Hanscom Health and Wellness Center is here to help you. If after taking this Healthy Heart quiz you are concerned about your risk of heart disease please feel free to contact us during normal duty hours. We have a variety of information on tobacco cessation, weight reduction, physical fitness and more.

The hours at the Wellness Center are 7:30 a.m. to 4:30 p.m. Monday through Friday. We close at noon on the first Friday of the month. You can also reach us by calling 781-377-6560. We would love to show you our Stress Free Zone.

Healthy Heart I.Q.

Answer "true" or "false" to the following questions to test your knowledge of heart disease and its risk factors. Be sure to check the answers and explanations on page 12 to see how well you do.

1. The risk factors for heart disease that you can do something about are: high blood pressure, high blood cholesterol, smoking, obesity, and physical inactivity. T F
2. A stroke is often the first symptom of high blood pressure, and a heart attack is often the first symptom of high blood cholesterol. T F
3. A blood pressure greater than or equal to 140/90 mm Hg is generally considered to be high. T F



4. High blood pressure affects the same number of blacks as it does whites. T F

5. The best ways to treat and control high blood pressure are to control your weight, exercise, eat less salt (sodium), restrict your intake of alcohol, and take your high blood

pressure medicine, if prescribed by your doctor. T F

6. A blood cholesterol of 240 mg/dL is desirable for adults.

T F

7. The most effective dietary way to lower the level of your blood cholesterol is to eat foods low in cholesterol.

T F

8. Lowering blood cholesterol levels can help people who have already had a heart attack.

T F

9. Only children from families at high risk of heart disease need to have their blood cholesterol levels checked. T F

10. Smoking is a major risk factor for four of the five leading causes of death including heart attack, stroke, cancer, and

lung diseases such as emphysema and bronchitis. T F

11. If you have had a heart attack, quitting smoking can help reduce your chances of having a second attack. T F

12. Someone who has smoked for 30 to 40 years probably will not be able to quit smoking. T F

13. The best way to lose weight is to increase physical activity and eat fewer calories. T F

14. Heart disease is the leading killer of men and women in the United States. T F

(Test prepared by the National Heart, Lung, and Blood Institute, National Institutes of Health)

Continued on page 12

American Heart Month: Test results and facts

Continued from page 11

1. **TRUE.** High blood pressure, smoking, and high blood cholesterol are the three most important risk factors for heart disease. On the average, each one doubles your chance of developing heart disease. So, a person who has all three of the risk factors is eight times more likely to develop heart disease than someone who has none. Regular exercise and good nutrition are essential to reducing high blood pressure, high blood cholesterol, and overweight. People who exercise are also more likely to cut down or stop smoking.

2. **TRUE.** A person with high blood pressure or high blood cholesterol may feel fine and look great; there are often no signs that anything is wrong until a stroke or heart attack occurs. To find out if you have high blood pressure or high blood cholesterol, you should be tested by a doctor, nurse, or other health professional.

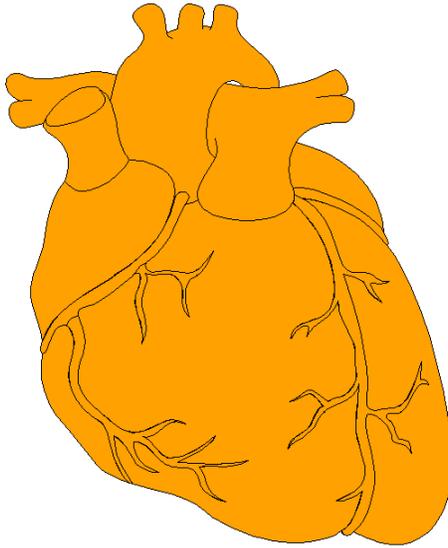
3. **TRUE.** A blood pressure of 140/90 mm Hg or greater is generally classified as high blood pressure. If the diastolic pressure, the second or lower number, is between 85-89, a person is at an increased risk for heart disease or stroke and should have his/her blood pressure checked at least once a year by a health professional.

4. **FALSE.** High blood pressure is more common in blacks than whites. It affects 29 out of every 100 black adults compared to 26 out of every 100 white adults.

5. **TRUE.** Recent studies show that lifestyle changes can help keep blood pressure levels normal even into advanced age and are important in treating and preventing high blood pressure. Limit high-salt foods which include many snack foods, such as potato chips, salted pretzels, and salted crackers; processed foods, such as canned soups; and condiments, such as ketchup and soy sauce.

6. **FALSE.** A total blood cholesterol of under 200 mg/dL is desirable and

usually puts you at a lower risk for heart disease. A blood cholesterol level of 240 mg/dL or above is high and increases your risk of heart disease. If your cholesterol level is high, your doctor will want to check your levels of LDL-cholesterol ("bad" cholesterol) and HDL-cholesterol ("good" cholesterol). A HIGH level of LDL-cholesterol increases your risk for heart disease, as does a LOW level of HDL-cholesterol.



7. **FALSE.** Reducing the amount of cholesterol in your diet is important; however, eating foods low in saturated fat is the most effective dietary way to lower blood cholesterol levels, along with eating less total fat and cholesterol. Choose low-saturated fat foods, such as grains, fruits, and vegetables; low-fat or skim milk and milk products; lean cuts of meat; fish; and chicken. Trim fat from meat before cooking; bake or broil meat rather than fry; use less fat and oil; and take the skin off chicken and turkey.

8. **TRUE.** People who have had one heart attack are at much higher risk for a second attack. Reducing blood cholesterol levels can greatly slow down (and, in some people, even reverse) the buildup of cholesterol and fat in the walls of the arteries and significantly reduce the chances of a second heart attack.

9. **TRUE.** Children from "high risk"

families, in which a parent has high blood cholesterol (240 mg/dL or above) or in which a parent or grandparent has had heart disease at an early age (at 55 years of age or younger), should have their cholesterol levels tested. All children over the age of two years and all adults should adopt a heart-healthy eating pattern as a principal way of reducing coronary heart disease.

10. **TRUE.** Heavy smokers are two to four times more likely to have a heart attack than nonsmokers, and the heart attack death rate among all smokers is 70 percent greater than that of nonsmokers.

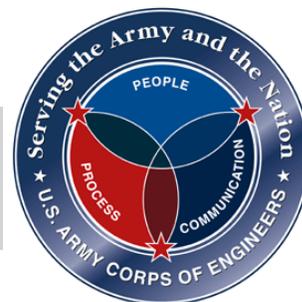
11. **TRUE.** One year after quitting, ex-smokers cut their extra risk for heart attack by about half or more, and eventually the risk will return to normal in healthy ex-smokers. Even if you have already had a heart attack, you can reduce your chances of a second attack if you quit smoking.

12. **FALSE.** Older smokers are more likely to succeed at quitting smoking than younger smokers. Quitting helps relieve smoking-related symptoms like shortness of breath, coughing, and chest pain. Many quit to avoid further health problems and take control of their lives.

13. **TRUE.** Weight control is a question of balance. You get calories from the foods you eat. You burn off calories by exercising. Cutting down on calories, especially calories from fat, is key to losing weight. Combining this with regular physical activity, like walking, cycling, jogging, or swimming, not only can help in losing weight but also in maintaining weight loss. A steady weight loss of 1/2 to 1 pound a week is safe for most adults, and the weight is more likely to stay off over the long run.

14. **TRUE.** Coronary heart disease is the #1 killer in the United States. Approximately 489,000 Americans died of coronary heart disease in 1990, and approximately half of the deaths were women.

30 Second Commercials



Nick Forbes, Engineering/Planning



I am the Dam Safety Program Manager for the New England District in its Engineering/Planning Division. My job requires oversight of the Corps of Engineers Dam Safety Program in the New England District to

assure that the 31 Corps dams in New Hampshire, Vermont, Massachusetts and Connecticut comply with relevant federal and Corps dam safety requirements.

This program typically amounts to several million dollars annually and addresses issues such as training of personnel, regular inspections of New England District dams and collection and reporting of project field data necessary to monitor conditions of the projects. Assuring dam safety compliance requires coordination of schedules and funding requirements among several design sections within New England District to complete projects and studies associated with dam safety and other operation and maintenance goals.

This program is funded under the District's O&M program, and associated activities require frequent coordination with Construction/Operations Division. Because of this,

I maintain regular contact with their personnel and with the Programming Section to appraise them of Engineering/Planning Division's progress with ongoing projects. When revisions and/or modifications are necessary, this information is forwarded to them so that projects can continue uninterrupted or its funds can be reprogrammed for more critical requirements.

Additionally, I maintain frequent contact with personnel at the Corps headquarters and division offices, other federal agencies, state and local governments, private organizations and the general public on matters related to dam safety. These occasions include attendance and presentations at professional society conferences, representation at public meetings and acting as the Corps point of contact for many and varied requests for information related to dam safety.

Recently, I have acquired the responsibility for preparing inspection reports following completion of the periodic inspections at the District dams and hurricane barriers.

The inspections address structural, mechanical, electrical, hydraulic and geotechnical issues associated with project features and are completed for about six projects a year so that a five-year interval can be maintained between inspections.

Robert Russo, Engineering/Planning

Hi folks! I have finally arrived. I made it to the 30-second commercial. My Federal career is now complete. Or is it? To tell you the truth working for the Corps of Engineers is as cool as you want to make it. We have been empowered. I've pretty much been a fixture here in Engineering/Planning for many years now. I've been able to take on temporary assignments over at the EPA, FEMA and Germany to add to my work experience and to help where I can.

My federal career started back in New York District where I was assigned to Regulatory Branch. I then transferred to the Military Projects Management Branch. I briefly left the Corps to work at the Bedford, Mass., VA Hospital down the street. Since I returned to the Corps, I have been a member of Planning (The Head of the Fish) group where I'm trying not to grow roots at my desk!

My time in Planning has been diverse. I have been

exposed to a variety of civil works water resource projects. I attempt to help implement the Corps Continuing Authorities Program. Congress annually funds the Corps to study, design and build various water resource projects.

These projects range from flood control, streambank/shoreline erosion protection, navigation and environmental restoration.

One last point I would like to make, is that all you folks are very important to me. After all, with the amount of kids that I have you guys are the only adult contact I will have for the next 10 years. Best of wishes. Essays!



Dredging up the past . . .



Joe Ignazio, then Director of Planning, and Col. Michael S. Meuleners, then Division Engineer, look over paperwork during the Coastal America groundbreaking ceremony for the Galilee Saltmarsh Restoration Project in this Oct. 15, 1996 photo.

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