

Yankee Engineer

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Building Strong

®



*District, Coast Guard collaborate
to accomplish storm damage repairs
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Yankee Voices

Sheila Winston-Vinculla, Charlie Coe and Eva Marie D'Antonio



High blood pressure is preventable and controllable

High blood pressure is a leading risk factor for heart disease and stroke, the first and fourth leading causes of death in the United States. Nearly 1 in 3 U.S. adults – 67 million people – has high blood pressure, and more than half – 36 million – don't have it under control. High blood pressure costs the nation almost \$131 billion a year in direct health care costs.

Adequate treatment and control of high blood pressure can reduce the risk of heart attacks and strokes, heart failure, and chronic kidney disease, and can save lives.

To learn more about blood pressure, visit www.cdc.gov/bloodpressure/.

Words worth repeating

"No one is useless in this world who lightens the burden of it for anyone else."

- Charles Dickens

Suicide Prevention Month

The Secretary of Defense, the Secretary of the Army, Chief of Staff of the Army, and Sergeant Major of the Army published two proclamations highlighting the importance of the DoD Suicide Prevention and Army Ready and Resilient Campaigns in observation of Suicide Awareness Month.

I am proud to say that over the last several years of increased USACE workload, operational tempo in emergency responses, and continued contingency and stability operations, all our employees (both those who deployed and those who remained at home and supported) excelled in meeting missions. However, during this time, there have been many strained relationships with loved ones, physical illness and injury brought on by stress, and the less obvious battles with behavioral health and traumatic brain injury.

In support of the jointly signed proclamations, I ask that all USACE leaders increase their fostering of a climate of trust that supports help-seeking behavior. This includes being proactive in ensuring that all USACE members and their families are aware of their local Emergency Assistance Program (EAP) phone numbers, the phone number for the confidential USACE National Critical Incident Stress Management (CISM) peer supporters at 314-925-5250, the USACE Command Chaplain COL(CH) Philip Wright at 202-714-7338, and USACE Command Surgeon CDR Thomas Janisko at 202-604-7966, as well as the names and contact information of the local USACE resiliency trainers.

USACE team members should use the "Buddy System" to ensure their co-workers and friends are healthy. If someone is exhibiting potential suicidal warning signs, signs of risk taking behavior, or had a recent change in behavior that is not typical, approach them and ask candidly if they need help, are suicidal, and then ensure that they get the proper help to be safe. Remember "ACE"...ASK if they are thinking about suicide, CARE for them by calmly controlling the situation and actively listening, and ESCORT them to professional help (e.g. Chaplain, USACE Critical Incident Stress Management Staff, Medical/Nursing Staff, Police, or a Supervisor).

As a reminder, the National Suicide Prevention Lifeline phone number is 1-800-273-TALK (8255) or text number is 838255; these services are free and confidential and are available to any individual who wants to talk about a stressor in their life. Please during this Army Suicide Awareness Month, and every month, take care of one another and offer help to those who are in crisis.

Thomas P. Bostick

Lieutenant General, United States Army

53rd Chief of Engineers

Essayons...Building Strong...Army Strong!



Algonquin Gas Transmission application public meeting held to listen to pipeline expansion concerns

By Timothy Dugan
Public Affairs Office

Algonquin Gas Transmission (AGT), LLC is seeking a permit from the New England District to conduct work in waters of the U.S. in conjunction with expanding existing interstate natural gas pipeline systems in Connecticut and Massachusetts. The project purpose is expansion of Algonquin's existing pipeline system from Mahwah, New Jersey and Ramapo, New York, in order to deliver up to 342,000 dekatherms per day of natural gas transportation service to the Connecticut and Massachusetts markets.

This work is proposed in wetlands and waters adjacent to the AGT MLV-19 pipeline in the city of Danbury, Conn.; Line 36A in the towns of Cromwell and Rocky Hill, Conn.; and the E-1 system in the towns of Lebanon, Franklin, Norwich and Montville, Conn. In the Commonwealth of Massachusetts, a new lateral pipeline is proposed off of the existing I-4 pipeline in the towns of Westwood, Dedham and West Roxbury.

Work regulated by the Corps is water body crossings and the placement of permanent or temporary fill in wetlands and streams along the proposed natural gas pipeline route. Other portions of the proposed project with impact to U.S. waters will be undertaken in the state of New York and are the subject of a concurrent permit application to the Corps' New York District.

The Federal Energy Regulatory Commission (FERC) is the lead federal agency for the review of this project proposed by Algonquin Gas Transmission which is identified as Docket No. CP14-96. As lead agency, FERC has prepared a Draft Environmental Impact Statement (DEIS) in accordance with the National Environmental Policy Act (NEPA). FERC issued the Draft EIS on Aug. 6. Additional project information is available at 866-208-FERC.

Regulated work proposed in this permit application involves the discharge of permanent backfill over approximately 1.4 acres of waters and wetlands as pipeline trench backfill and discharge of temporary fill in wetlands and waters for construction in conjunction with the installation of 21.9

miles of new, and/or replacement, gas pipeline known as the Algonquin Incremental Market (AIM) Project. Included in the project is the replacement of 13.5 miles of existing pipeline with new, larger pipeline and the installation of 8.4 miles of new pipeline with associated rights-of-way. New rights-of-way will be obtained for three of the four project segments. Work will impact approximately 5,694 linear feet and 28.26 acres of U.S. waters and/or wetlands affiliated with the Still River,

Sawmill River, Kohanza Brook, Dividend Brook, Susquetonscut Brook, Johnnycake Brook, Elisha Brook, Stony Brook and Falls Brook. An estimated 69 waterbodies and 86 wetland areas are proposed to be temporarily and/or permanently impacted in Connecticut and Massachusetts.

FERC held public meetings to accept comments on the Draft EIS and the proposed project on Sept. 8 at the Holiday Inn in

Dedham, Massachusetts on Sept. 9 at the Holiday Inn in Norwich, Connecticut; on Sept. 10, at the Danbury City Hall in Danbury, Connecticut; and on Sept. 16, at the Crystal Lake Golf Club in Mapleville, Rhode Island. The Corps participated in the FERC public meetings to receive and consider public comments on activities regulated by the Corps.

The AIM project also includes work within the state of New York under the regulatory boundary of the Corps' New York District that will be processed by the New York District under permit application number NAN-2014-00402-EYA. FERC held a public meeting in New York on Sept. 15, in the Muriel H. Morabito Community Center in Cortlandt Manor, New York.

The application for the federal permit was filed with the Corps in compliance with Section 404 of the Clean Water Act, which regulates the discharge or fill of material in U.S. waters, including wetlands. The Corps' New England District public notice, with more specifics on the proposed work, can be viewed on the Corps website at: <http://www.nae.usace.army.mil/Missions/Regulatory/PublicNotices.aspx>. Public comments on this permit application to the Corps in New England (file #NAE-2013-1233) were accepted until Sept. 19.



Photo courtesy of SpectraEnergy.com

Employees of Algonquin Gas Transmission work on a pipe along its Northeast Expansion.

District, Coast Guard collaborate to accomplish storm damage repairs

The New England District entered into an agreement with the U.S. Coast Guard, July 29 to replace navigation structures lost or damaged due to storm damage while they repair breakwaters in Rockport, Massachusetts and Block Island, Rhode Island. The agreement will also allow additional work for other planned, upcoming breakwater repairs.

Two years after Superstorm Sandy hit East Coast waters, clean up in the aftermath is still ongoing. While the New England District is repairing the breakwaters in Rockport and Block Island, they are also constructing and placing Aid to Navigation bases for the U.S. Coast Guard. "The base for an Aid to Navigation is a 5-foot by 5-foot block of concrete," said Ed O'Donnell, Chief of Navigation. "The block sits atop our stone structure and a navigation light, or day beacon is bolted onto it."

Work to construct the base includes excavating within armor stone, placing an 8-foot by 8-foot diameter manhole and filling with rock lining and 4,000 per square inch (psi) concrete. Anchor bolts will be placed on top of the foundation. The actual tower that sits on top of the base will be installed by the U.S. Coast Guard.

According to O'Donnell, if a breakwater gets damaged in a storm, most oftentimes the Aid to Navigation is damaged as well. Both need to be repaired. "Since we are paying money to design, solicit a contract and construct the breakwater, it's cost effective for the Coast Guard to request us to just add this small amount of work to our project," he said.

The small effort pays off for the Coast Guard in a big way, saving the agency the burden of doing a solicitation for work, saving money because the contractor is already onsite doing work and saving time because the base can't be built and installed until the breakwater is repaired. The New England District's support of the Coast Guard on these projects is in keeping with the USACE Campaign Plan's Objective to Support the Warfighter.

Block Island Harbor of Refuge is located on the east side of Block



Block Island Harbor.

Island, about 13 miles southwest of Point Judith Harbor, Rhode Island, and about 25 miles southeast of Stonington Harbor, Connecticut. Work to repair the breakwater will include, but not be limited to, mobilization and demobilization, furnishing, delivery, and placement of new armor stone to replace stones displaced during Hurricane Sandy, and to fill in gaps and low points along the jetty. The repair work will involve reconstructing the breakwater to pre-storm conditions including side slopes and crest height. "The quantity of stone to be placed include approximately 2,400 tons and the size of the stone is estimated to be 10-14 tons on the trunk of the structure and 18-22 tons on the head of the structure," said Project Manager Dan Stenstream.

Various sections of the jetty will require dismantling prior to rebuilding with new stone so that pre-storm elevations and side slopes can be matched and the large armor stone can be properly aligned and interlocked.

Repairs to Bearskin Neck Stone Jetty in Rockport, will consist of repairing the 540-foot-long jetty also damaged during Hurricane Sandy. Although the ocean side of the jetty has retained its shape/authorized dimension, 400 feet of the jetty contains voids 5 feet deep along the crest profile and voids 5-10 feet deep along the harbor side slope. The head at the east end of the jetty is missing along with the U.S. Coast Guard Aid to Navigation that was mounted there.

Work to repair the jetty will include delivering and installing approximately 4,000 tons of 14-19 ton armor stone and 6,000 tons of 4-8 ton armor stone to repair the jetty to authorized dimensions," said Project Manager Steve Dunbar.

The work on this project also includes replacing displaced armor stone to fill in existing gaps in the jetty. A majority of the 18-19 ton stone will be used to reconstruct the last 30 feet, which is the head of the jetty. Repairs will require substantial moving and re-handling of existing stones to obtain the required interlocking placement. The New England District has received bids for both projects and anticipates awarding the work in the near future. Work is estimated to start this fall and be completed by spring 2015.

Under a second, more detailed agreement, the District is also performing stone revetment construction work for the U.S. Coast Guard Station at Point Judith in Narragansett, Rhode Island. That project consists of placement of 7,000 tons 4-8 ton stone protection in front of 600 LF of an existing seawall and 380 cubic yards (CY) of underlayer stone, 125 CY of stone bedding, 100 CY of crushed stone, and 160 CY of gravel fill for a 150-foot reach where Hurricane Sandy damaged the seawall and scoured the inclined natural slope behind it," said Project Manager Steve Dunbar, who drafted and coordinated execution of both agreements with the U.S. Coast Guard. Award of this contract is expected in September.

District signs STEM agreement with Schools to Careers Program

The New England District team expanded its opportunities to introduce students to the fields of Science, Technology, Engineering and Mathematics (STEM) when District leadership signed an education partnership agreement with the Schools to Careers Partnership, (SCP) July 28 in the Executive Office at Concord Park, Concord, Massachusetts.

Entering into the Education Partnership agreement with SCP supports the Corps of Engineers' Campaign objectives, "Shape the Work Force of the Future," and "Increase STEM and Wounded Warrior initiatives."

The SCP services about 4,500 students that attend public schools in the Massachusetts District's of Avon, Blue Hills Regional Technical School, Canton, Dedham, Holbrook, Milton, Norwood and Randolph. SCP Director Katherine Touafek will work with New England District's STEM coordinator Mark Anderson to provide opportunities for District engineers and scientists to meet with students through various



Photo courtesy of Schools to Careers
Park Ranger Samantha Gray speaks to students during a School to Careers event held at the Cape Cod Canal.

outlets and expose the students to STEM and encourage them to pursue careers in the sciences—hopefully with the Corps of Engineers.

Some of these opportunities could include mentoring after school, NASA Rocket Clubs, providing speakers for Green Careers Seminars, providing judges for science fairs and providing speakers for science classes.

According to its website, SCP was founded in 1996 and brings together

schools with businesses, legislative and nonprofit organizations to give students and teachers meaningful experiences that will impact their knowledge, talent and vision to achieve.

In addition to the SCP agreement, the New England District Team recently signed an education partnership agreement with Concord Public Schools. The town of Concord serves more than 2,000 students grades Kindergarten through Grade 8.

Guidance for federal employees during the election year

The New England District's Office of Counsel team has put out the following guidance for federal employees for the upcoming election year:

Political Activities: The midterm election in the United States will take place on Nov. 4 and there are a number of state and local primaries currently underway. DoD has published its Public Affairs Guidance for Political Campaigns and Elections reiterating long-standing policy that DoD personnel acting in their official capacity may not engage in activities that associate DoD with any partisan political activity, campaign or election. The Secretary of the Army has also issued Election Year Guidance by Memo dated July 29, 2014. DoD Directive 13.4410 and AR 600-20, para 5-3, provide guidance

concerning the political activities of officers and enlisted members of the Active Army, the United States Army Reserve, and the Army National Guard. The political activities of federal civilian employees are governed by the revised Hatch Act, 5 U.S.C. § 7321 – 7326, 5 C.F.R. Parts 733-734, discussed in more detail below.

Hatch Act: Political activity by federal civilian employees is governed by a federal law called the Hatch Act, and by the Act's implementing regulations. The law's purposes are to ensure that federal programs are administered in a nonpartisan fashion, to protect federal employees from political coercion in the workplace, and to ensure that federal employees are advanced based on merit and not based on political affilia-

tion. Guidance on what you may and may not do regarding political activity is available from these sources. First, the Hatch Act regulations are found in Part 734 of Title 5 of the Code of Federal Regulations (or 5 CFR Part 734, for short). Part 734 is at: <http://www.gpo.gov/fdsys/pkg/CFR-2014-title5-vol2/pdf/CFR-2014-title5-vol2-part734.pdf>

Permitted political activities are listed in sections 734.202 through 734.208 while prohibited political activities are listed in sections 734.302 through 734.307. The definitions are found in section 734.101.

On the website of the U.S. Office of Special Counsel (OSC), there is a FAQ section regarding the Hatch Act for federal employees at <https://osc.gov/Pages/HatchAct.aspx>.



Jim Doucakis and Gladys Leone at their retirement celebration.



Sean Dolan and Christine Johnson-Battista served as celebration hosts.

Doucakis and Leone retire from Construction Division

Construction Division held a joint retirement celebration for Jim Doucakis, Resident Engineer, Boston Resident Office and Gladys Leone, Lead Office Administrator at Kimball Farm in Westford, Massachusetts, July 22. Leone retired with 29 years of service. Doucakis had 35 years of service prior to retiring.

Approximately 72 people attended the event that included an unlimited ice cream bar, unlimited bumper boats, mini golf, driving range and nine hole pitch and putt. Amidst the sugar rush from all the ice cream and the adrenaline rush from all the activities, Sean Dolan, Chief of Construction, held an official award/retirement ceremony under one of the facility's tents and served

as Master of Ceremonies. Christine Johnson-Battista joined Dolan at the microphone to assist with MC duties.

In addition to Dolan and Johnson-Battista, Jim Morocco made a presentation during the celebration. Gifts that both honorees received were Concord Minuteman Statues, tile/hot plates with scenes of Concord, Massachusetts, and gift cards. Doucakis also received a Corps of Engineers mug. Leone received a Corps of Engineers travel mug.

Lt. Col. Charles Gray, Deputy Commander for the District, presented Leone with an Achievement Medal for Civilian Service and Doucakis with the Commander's Award for Civilian Service. Lt. Col. Gray also presented both honorees with their retirement

certificates and pins as well as Commander's Coins.

Both of Construction's newest retirees plan to rest up before spending time with their families and traveling.

Doucakis was accompanied to the event by his wife Maureen, daughter Liz and son Stephen. Family members that attended the retirement celebration with Leone were her husband John, son John, son Brian and granddaughters Tori and Madison.

Retirees that came to welcome Doucakis and Leone into New England District's retirement community were Joan Gardner, Conrad Menard, Lynne Bleakney, Joe Bocchino, Ross Huntington, Paul Battista, Gary Cooper, and Craig Hysler.



Gladys Leone receives an Achievement Medal for Civilian Service from Lt. Col. Charles Gray.



Lt. Col. Charles Gray presents Jim Doucakis the Commander's Award for Civilian Service.

Photos by Brian Murphy

At the height of hurricane season, FEMA urges preparedness

September's National Preparedness Month reminds us of the importance of preparing for hurricanes. The Federal Emergency Management Agency (FEMA) recommends the following measures to take before, during and after a hurricane:

Before a Hurricane

To begin preparing, you should build an emergency kit and make a family communications plan.

- Learn the elevation level of your property and whether the land is flood-prone. This will help you know how your property will be affected when storm surge or tidal flooding are forecasted.
- Identify levees and dams in your area and determine whether they pose a hazard to you.
- Learn community hurricane evacuation routes and how to find higher ground. Determine where you would go and how you would get there if you needed to evacuate.
- Reinforce your garage doors; if wind enters a garage it can cause dangerous and expensive structural damage.
- Plan to bring in all outdoor furniture, decorations, garbage cans and anything else that is not tied down.

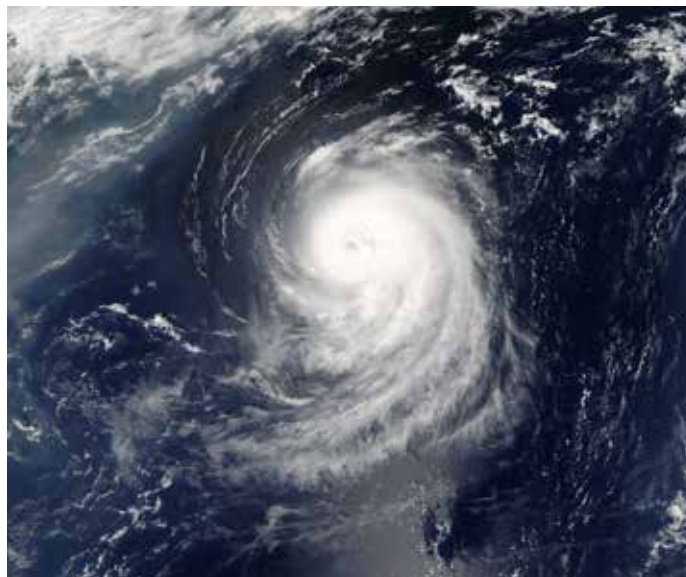
During a Hurricane

If a hurricane is likely in your area, you should:

- Listen to the radio or TV for information.
- Turn off utilities if instructed to do so. Otherwise, turn the refrigerator thermostat to its coldest setting and keep its doors closed.
- Turn off propane tanks.
- Avoid using the phone, except for serious emergencies.
- Ensure a supply of water for sanitary purposes such as cleaning and flushing toilets. Fill the bathtub and other larger containers with water.
- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm – winds will pick up again.
- Take refuge in a small interior room, closet or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.
- Avoid elevators.

After a Hurricane

- Continue listening to a NOAA Weather Radio or the local news for the latest updates.
- Stay alert for extended rainfall and subsequent



Satellite photo of Hurricane Irene.

flooding even after the hurricane or tropical storm has ended.

- If you have become separated from your family, use your family communications plan or contact the American Red Cross at 1-800-RED-CROSS/1-800-733-2767 or visit the American Red Cross Safe and Well site: www.safeandwell.org.
 - If you evacuated, return home only when officials say it is safe.
 - If you cannot return home and have immediate housing needs, text SHELTER + your ZIP code to 43362 (4FEMA) to find the nearest shelter in your area.
 - Drive only if necessary and avoid flooded roads and washed-out bridges. Stay off the streets. If you must go out watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads and sidewalks.
 - Walk carefully around the outside of your home and check for loose power lines; gas leaks and structural damage before entering. Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes.
 - Use battery-powered flashlights in the dark. Do NOT use candles. The flashlight should be turned on outside before entering – the battery may produce a spark that could ignite leaking gas if present.
 - NEVER use a generator inside homes, garages, crawlspaces, sheds or similar areas, even when using fans or opening doors and windows for ventilation. Deadly levels of carbon monoxide can quickly build up in these areas and can linger for hours, even after the generator has shut off.
- For more information and other emergency tips, visit FEMA's website at www.ready.gov.

Dredging up the past



Delia Vogel, Farrell McMillan, Rick Magee and Joan Gardner show off a sand table built by the District as part of the agency's Big E! exhibit Sept. 12-29, 2002. At the end of the event, the District donated the table to the Brightside Children's Home in Holyoke, Mass.

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