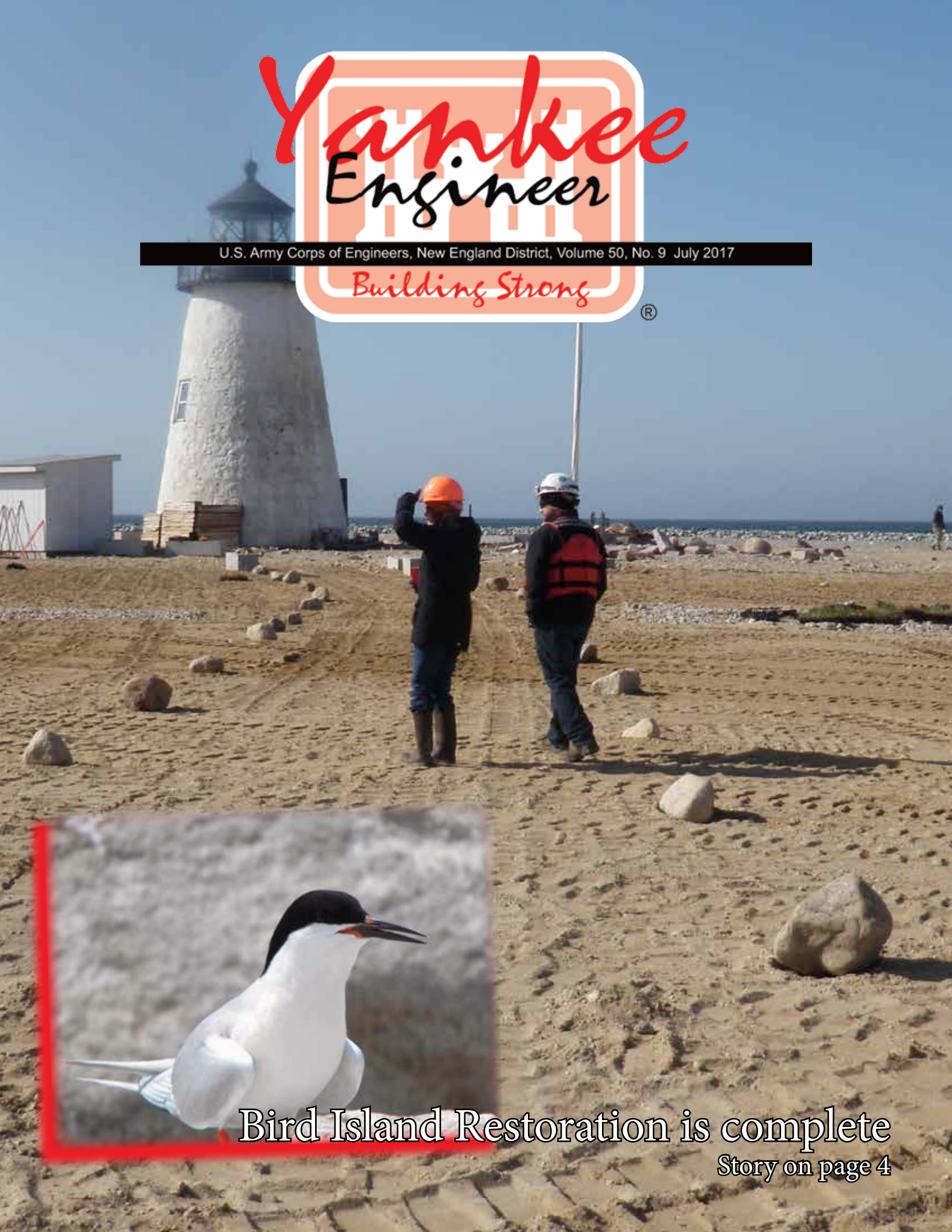


Yankee Engineer

U.S. Army Corps of Engineers, New England District, Volume 50, No. 9 July 2017

Building Strong

®



Bird Island Restoration is complete

Story on page 4

Yankee Voices



Samac Vaghar

A good night's sleep begins with balanced nutrition

If you have trouble getting a good night's sleep, try looking at your diet.

A study by the Institute of Human Nutrition at Columbia University Medical Center in New York suggests that cutting back on sugar and fat, along with increasing the amount of fiber in your meals, may help people sleep better.

Researchers kept track of 26 men and women and found that subjects fell asleep faster and slept more soundly on days when they ate a high-fiber diet. When their meals were high in saturated fat and sugar, they took longer to nod off and tended to wake more often at night.

The scientists note that more research is needed to establish a definite link between nutrition and good sleep. Still, eating better can't hurt.

(First Draft Magazine)

District plans dredging of North Cove Federal Navigation Project in Old Saybrook

By Timothy Dugan, Public Affairs Office

The New England District plans to perform maintenance dredging of the North Cove Federal navigation project in Old Saybrook, Connecticut. The town of Old Saybrook requested maintenance dredging of the project to provide safe access to the cove at all tide stages.

The authorized project provides for an 11-foot mean lower low water deep, 100-foot wide channel from the Connecticut River to an 11-foot mllw deep 12-acre anchorage within North Cove, and then to a 6-foot mllw deep by 17-acre anchorage.

The proposed work involves maintenance dredging to remove shoals in the 11-foot channel and anchorage and the 6-foot anchorage. Natural tidal action and riverine flows result in a high rate of deposition within North Cove. These natural shoaling processes have reduced available depths in both the 6-foot and 11-foot deep anchorages to as little as 3.0 feet mllw and the 11-foot channel depths have been reduced to as little as 4.0 feet mllw. The shoals are hindering navigational access and compromising vessel safety.

The proposed work consists of the maintenance dredging of about 290,000 cubic yards of sand and silt/clay material to return the federal project to its authorized dimensions. The work will be performed by a private contractor, using a mechanical dredge and scows, under contract to the government. The dredge will remove the material from the bottom of the cove and place it in scows which will be towed by tug to the Central Long Island Sound Disposal Site, about 30 miles away, where the material will be released. The work will be accomplished over an 8-month period, between Oct. 1 and May 31.

The proposed work is being coordinated with: U.S. Fish and Wildlife Service; U.S. Environmental Protection Agency; National Marine Fisheries Service; Connecticut Department of Energy and Environmental Protection, Bureau of Water Protection and Land Reuse; Connecticut State Historic Preservation Office; New York Department of State, Coastal Management Program; Mashantucket Pequot Tribal Nation; Mohegan Tribal Nation; town of Old Saybrook and the Old Saybrook Harbormaster. An Environmental Assessment for the dredging and disposal is being prepared.



Employee Spotlight:

Brian Balukonis, Planning Division

Brian Balukonis is the Silver Jackets Coordinator and a Project Planner in the District's Planning Division. "Even USACE veterans ask me to explain my program, since it's relatively new, and different from other parts of our mission," said Balukonis. "Silver Jackets teams facilitate collaborative solutions to state flood risk priorities. My role involves initiating and supporting teams in the six New England states to gather many relevant state, federal, tribal, and local agencies to learn from one another and apply that knowledge to reduce the risk of flooding and other natural disasters. The idea is that no single agency has all the answers, but leveraging multiple programs and perspectives helps form cohesive solutions."

"Based on my involvement with Silver Jackets, I volunteered for the Long Term Recovery Coordinator role in the New England District Area of Responsibility," he said. "I will represent the District within the Natural Disaster Recover Framework addressing infrastructure systems identified for long term recovery."

According to Balukonis, "This has already been rewarding as the training included the recovery process for a New York City table top exercise, Operation Gotham Shield, in which an urban nuclear bomb was detonated in the New York/New Jersey area."

Balukonis is also a Project Manager in the Continuing Authorities Program for several Civil Works projects.

Though employed at the District since April 2016, Balukonis's face and name are long familiar to many. Not only had he worked as a consultant on USACE contracts, building his knowledge of standards and protocols, but his leadership within the Society of American Military Engineers (SAME) helped build relationships.

"SAME feels like family to me, since it's how others



Brian Balukonis explores solutions to resilient coastal communities, Iceland, June 2017.

coached and advised me on my career and development, and how I now pay it forward helping people understand how military engineering ties in with public infrastructure, national security, ethics and more. Of course, we have fun too, from golfing to clambakes."

Having become involved with the SAME Boston Post right after college, Balukonis aided organizational development by launching its website and digital communications, key to its success in attracting and retaining the next generation of engineers and allied professionals. He currently serves on the SAME National Board of Direction and SAME National Executive Committee on his own time.

Balukonis earned his Bachelor of Science degree in Earth Science from Norwich University, the nation's oldest private military college, in Northfield, Vermont.

He is a professional geologist and the SAME Fellow. He enjoys cooking, craft beers, family gatherings and traveling. He recently traveled to Iceland with his wife, Dr. Wendi Goldsmith. "As two married geologists, we were basically in the Disney World of Earth Science, the Land of Fire and Ice," he said. "We collected rucksacks of rock samples, toured glacial lagoons, visited extinct and active volcanos, and admired geothermal springs—including one where the world's deepest borehole extracts supercritical heat from the magma layer to produce power."

Another life highlight was working in New York City from 2008 to 2010 on the 7 Line Subway Extension, mapping bedrock to vouch for the stability of the largest cavern below Manhattan. Of the experience he said, "My 15 minutes of fame was on History Channel's reality show, 'Sand Hogs.'"



Project Manager Brian Balukonis prepares to board a plane to Pleasant Point in Perry, Maine, for a site visit with the project team members.



Final preparation of restoration on Bird Island.

District completes Bird Island Restoration project

The New England District team recently completed a restoration project on an island in Buzzards Bay, Massachusetts that not only saved a valuable habitat for an endangered bird, but also restored a tidal marsh and reopened a tidal creek at a nearby location.

The Bird Island Restoration Project completion ceremony took place at the Marion Natural History Museum in Marion, Massachusetts, June 21. Larry Oliver, Chief, Evaluation Branch, Adam Burnett, Project Manager, and team member Judi Johnson represented the District. They joined the town of Marion, the Massachusetts Executive Office of Environmental Affairs, and the Massachusetts Department of Fish and Game at the event. Oliver praised the partnership between the agencies in getting the project done. "This is truly a collaborative effort and this vital restoration project would not be possible without the talents and dedication of all the individuals, agencies, and groups who supported this effort, especially the local sponsor, the Massachusetts Department of Fish and Game, Division of Fisheries and Wildlife," he said.

Bird Island is a small island, owned by the town of Marion, in Buzzard's Bay at the mouth of Sippican Harbor. It is less than a mile off the coast of Marion and is one of three significant breeding sites that support a majority of the population of federally protected and endangered roseate tern. "Bird Island alone supports 30-percent of

the endangered northeastern population of roseate terns breeding and nesting each year," said Johnson.

According to Burnett, the roseate tern habitat on Bird Island has been deteriorating significantly due to wave action and submergence during storm events. Also in danger is a still-operating historic lighthouse. A 1,100-foot revetment construction in the mid-1800's has deteriorated from storm damage over the years with a 625-foot-long section reduced to piles of rubble.

"The centuries-old rock wall built to help protect the island and lighthouse was in poor condition, and coastal storms had been eroding away the vegetation and sand that roseate terns need for nesting," said Burnett.

Work to restore Bird Island consisted of constructing a new 1,100-foot boulder revetment extending 9.5 feet above mean lower low water using approximately 14,000 tons of armor stone. Work also included using 9,000 tons of specially formulated bird habitat fill, composed of sand, gravel, and cobbles, and revegetating the island with over 12,000 native plants to restore nesting grounds. Restoration of the island will also protect the historic lighthouse.

Because wetlands were filled on Bird Island as part of the restoration process, the project required mitigation work. There was not sufficient space to replace the salt marsh on the island, so the project team selected a nearby alternative location. The project at the Apponagansett Bay in



Adam Burnett (second from left) and team inspect the stone work at Bird Island.

Dartmouth, Massachusetts, involved restoring a tidal marsh and reopening a tidal channel. “This restoration work was completed in 2016 by the Corps, involving the excavation and removal of old roadbed fill across tidal marsh and planting of native marsh grass,” said Burnett.

“The project involved reopening the historic tidal channel, returning tidal flushing to the marsh, and then restoring the salt marsh resource area,” said Johnson.

According to Burnett, the tidal channel opening will restore both the intertidal and sub-tidal channel habitats in the upper portion of the basin.

The Bird Island Restoration Project took about a decade to complete. According to Oliver, the Corps joined in the study in 2002 at the request of the Massachusetts Executive Office of Environmental Affairs. In 2006, the District completed a feasibility study under the Corps Section 206 Aquatic Ecosystem Restoration Program that recommended a plan to restore and protect roseate tern nesting habitat. Through a detailed project report and environmental assessment, the agency recommended reconstructing the revetment around the island and restoring substrates over the island surface for tern nesting. “The Corps and the Massachusetts Department of Fish and Game executed a project partnership agreement on June 30, 2011 to complete the design and construction,” he said.

In 2015 the District completed the project designs and then awarded a construction contract in September 2015. Construction on the island started in December 2015. Cashman Dredging and Marine Contracting Co., LLC of Quincy, Massachusetts received the award for the \$3.6 million construction contract.

The entire project cost is \$5.1 million, which was cost-shared between the District and the sponsor. The federal government contributed 65-percent of the project costs and oversaw the contract. The Commonwealth of Massachusetts contributed 35-percent of total project costs.

The work on Bird Island is already seeing results. “Now in June of 2017, after two construction seasons, we accomplished the goal of a restored and protected island habitat for both roseate terns and common terns,” said Burnett. “As of this spring, we are seeing thousands of terns re-establishing the breeding and nesting habitat on Bird Island, with chicks already emerging,” he said.

“It’s not often that we are able to see the benefits of a project so quickly after completing construction,” said Burnett. “The habitat restoration should continue to benefit this endangered species long into the future.”



Members of the Bird Island restoration team at the Apponagansett Bay Restoration Project at Dartmouth, Massachusetts.

Awards ceremony honors team members past and present; commander's briefing reflects on current successes

The award ceremony to kick off the 242nd Founder's Day celebration took place June 23 in the Concord Park cafeteria. The awards ceremony focused on special achievements New England District team members earned in the past year.

Larry Rosenberg, Chief, Public Affairs, kicked off the awards ceremony by welcoming the audience. "Founder's Day, a moment in time when we, the United States Army Corps of Engineers, celebrate our contributions to our nation... contributions that began some 242 years ago when Col. Richard Gridley was designated the first Chief of Engineers by Gen. George Washington ... and then designed the fortifications on a hill overlooking the Boston Harbor .. fortifications on a hill now known as Bunker Hill," he said.

Rosenberg then attempted to inject humor into his presentation, telling the audience that he had a "bit of insight" of how things really happened; "It was I who came to New England from our nation's capital where I successfully worked to engage with the so-called 'loyalist media' to begin reporting in a more neutral manner," he said. "Anyway, once here I engaged with the regional newspapers of record such as the Boston Gazette, Worcester's Massachusetts Spy and the Providence Gazette to get our message out – yes 'don't tread on me' was one of my best sound bites by the way..."

Col. Christopher Barron, New England District Commander, celebrated his last Founder's Day before his Change of Command in July. "The time has flown by," he said. "We are enjoying all that New England has to offer, but it will be difficult to say goodbye."

Col. Barron said the day was focused on celebrating the Army and



Park Rangers Kyle Fisher and Dylan Dickson, North Springfield Lake, receive Commanders Awards for Civilian Service from Col. Christopher Barron during the Founder's Day awards ceremony.

the Corps of Engineers' 242 years of service to the nation. He reminded everyone that New England District team members get prime bragging rights about the rich history the New England District has within the Corps of Engineers. "You probably know the Corps got its start right here in New England, so my hat's off to all those who have preceded us dating back to Col. Gridley during the Revolutionary War," he said.

The District Engineer said that there are New England District team members currently deployed overseas, far away from their friends and family. He asked the audience to keep them in their prayers for their continued safety. Col. Barron acknowledged special New England District family members in attendance who have come to assist in honoring the late Mike Keegan.

Reviewing the accomplishments over the past year, Col. Barron mentioned the District's total program in the last two years and the District's executed workload was \$530 million. He listed many projects from the various missions of the District. Among those he spotlighted were dredging projects including Pig Island Gut, Miamus River,

Great Salt Pond, Block Island Harbor, Green Harbor and Cohasset Harbor. He praised the team that worked on getting the Kennebec River dredged in time for the USS USS RAFAEL PERALTA to sail. Stage Harbor in Chatham, Massachusetts is nearly complete and Boston Harbor and Housatonic River will both be starting soon.

Repairs completed this year included Hampton Harbor Jetty, Plymouth Long Beach Dike, Block Island breakwater, Point Judith Harbor of Refuge breakwater and Nantucket Harbor jetties. For studies, the District Engineer mentioned New Haven Harbor Improvement Projects, Pawcatuck River Coastal Feasibility Study, Merrimack River Watershed and the Connecticut ecosystem restoration studies. Col. Barron said that the District continues to keep an eye on Long Island Sound in order to advocate for federal, state and public interests. He mentioned that several New England District team members were recipients of the EPA Bronze medal for this LIS project. He welcomed and thanked Mel Cote and Jeannie Brochi for attending Founder's Day.

Col. Barron said that the District's

environmental efforts this year included Milford Pond, Bird Island and Phase 1 of the Muddy River project which also received the Build America Award and an award from the Environmental Business Council. Other completed work included repainting the Railroad Bridge along the Cape Cod Canal. Col. Barron mentioned that the District continues to work on the studies to rehabilitate the Bourne and Sagamore bridges. Sustainability projects continue at the District, to include the Cape Cod Canal Solar Array that will provide all the energy needs for both the Canal and the New Bedford Hurricane Barrier, according to Col. Barron. He also said that Real Estate has been working hard to complete security upgrades at the recruiting centers across New England. Regulatory has processed 2,500 permit requests to include several pipeline projects and In Lieu Fee programs.

Park Rangers and Operations Managers continue their tremendous outreach efforts to the public at the District's recreation areas, according to Col. Barron. "They support Earth Day and Public Lands Day clean up efforts, trail upgrades and have

promoted Water Safety and countless other recreational activities," he said.

Col. Barron said that this past year the District celebrated the 75th anniversaries of Knightville Dam and Surry Mountain Lake Dam and the 50th anniversary of Littleville Lake Dam. "We're looking forward to celebrating the 75th anniversary of Birch Hill Dam later in the year," he said.

Support of the Armed Forces still continues to be a large priority for the District, according to Col. Barron. He named Westover Air Reserve Base, Hanscom Air Force Base, Joint Base Cape Cod and other reserve center locations as some of the District's customers. Completed projects this year included the fuel project at Westover Air Reserve Base, a ground breaking ceremony for new dormitories and work on a new primary school at Hanscom Air Force Base. Col. Barron said that work at the former defense sites all around New England continues, including cleaning up groundwater and disposing of munitions. Future work will include projects in Portsmouth, New Hampshire and Burlington, Vermont.

At the District, Col. Barron said that team members successfully completed

an exercise for an emergency response situation at Concord Park. He said that, across the board, teams continue to do a great job of preparing the projects for storm events including major repairs to the O&M projects and the hurricane barriers to make sure they are always ready for hurricane season.

Col. Barron transitioned his remarks from the past to the future. He talked about the future growth of the District. "There is a lot of work coming," he said.

The District Engineer said that funding is available and approvals have been received to start work on the Boston Harbor Improvement; funding is in to finish Muddy River; Superfund work continues; the District will continue to do work for MIT and Lincoln Labs; work at Hanscom continues; constructing a laboratory for the Food and Drug Administration; work for the National Guard Bureau; Natick Family Housing; Formerly Used Defense Site work; and much more. He said that the workload represents a lot of growth for the District and hopes to be hiring more positions in the future to help with the workload. Col. Barron said that he expects the District to remain balanced

Continued on next page



Five year awards.



10 year awards.



15 year awards.



20 year awards.



25 year awards.



30 year awards.



Ed O'Leary, 35 years.



Larry Rosenberg, 35 years.



Steve Chase, 45 years.

Founder's Day awards...

Continued from previous page

in its workload and will continue to have positive relationships with outside agencies and customers. The role of the Executive Officer will be reworked into more of a Chief of Staff position in keeping with what other districts have.

"We're going to be that kind of organization that at the end of the day we will be the place where the customers go to because they want to, not because they have to," said Col. Barron.

Col. Barron welcomed the new employees and wished the recent retirees the best and thanked them for their service. He told the audience that he sees the District meeting every challenge and every deadline that comes their way. "You have done and will continue to do exactly what the Chief wants you to do, which is to deliver the program," he said.

The District Engineer concluded his last Founder's Day remarks by wishing everyone a fun and safe Founder's Day. "I wouldn't want to be anywhere else than right here, right now, working side by side with all of you," he concluded. "Had I known this opportunity existed sooner, I would have made the jump much, much earlier. This is a great place with great people. I am continually humbled by what I see, and what so many of you do on a routine basis. I am extremely grateful for the opportunity to have been here working along side you over these last three years."

Following Col. Barron's remarks, Scott Acone inducted Karen Adams, Ken Paton and Mike Keegan into the Distinguished Civilian Gallery. (See article on page 10.)

The Keegan family received other honors on his behalf. Col. Barron said a few words before the presentations. "Mike was the type of man that served as the bedrock for which we build our foundation on," he said. "He stood up for what he believed in, he never let anybody down and through his personal example he made sure that everyone knew that somehow, some way the Corps of Engineers would get the job done. He was our colleague and our friend and we miss him every day."

Col. Barron presented Mrs. Donna Keegan with a Superior Civilian Service Award for outstanding service. "Mr. Keegan's leadership and in-depth understanding of the Civil Works Program significantly contributed to the success of numerous Civil Works and Interagency projects," he read.

Col. Barron also presented Mrs. Keegan with a sympathy letter dated October 2016 from then President Barack Obama on the occasion of her husband's passing. The final honor from the New England District was a photograph of the survey boat KEEGAN, renamed in his honor, operating on Boston Harbor.

Mel Cote and Jeannie Brochi, of the U.S. Environmental Protection Agency presented Keegan's family with the citation to EPA's Bronze Medal

for his work on the Long Island Sound project. His was one of several medals New England District team members received for the LIS project. Mark Habel and Steve Wolf also are slated to receive the honor.

Cote and Brochi worked with Keegan for many years on the project and although the official awards were not going to be handed out until the next week, they traveled from Boston to honor Keegan by giving his family a copy of the citation that will be read. Brochi reflected on her personal experiences with Keegan and provided background for the award that Keegan was going to receive.

"The designation for this Long Island Sound Disposal Site would not have been possible if Mike hadn't spearheaded the dredged material plan," she said. "I wanted the family to know that there are a number of qualities that are in the forefront of my mind in working with Mike—dedication, professionalism, knowledge and kindness. His dedication was not just to the Corps of Engineers. It was to the project he was working on and it was to the team and the people that worked with him."

Cote presented the formal award to Keegan's family and read the citation. The project received the award for completing the most difficult, controversial site designations ever conducted in New England.

"Mark Habel, Steve Wolf and Mike Keegan provided strong technical

support throughout the project helping with numerous draft reports, SEIS chapters, rules sections, responses to comments and meeting and responding to comments," he said. "Between them, Mike, Mark and Steve helped plan and attended all the public meetings, workshops and hearings including the presentations on the sediment testing process and disposal site management monitoring."

Cote said that Mike's unexpected death in May 2016 affected every member of the project team as it struggled to complete the project. "We persevered and finished the job in the end," he said. "Mike's memory helped us get over that finish line. Our whole effort would not have been possible without Mike's leadership in getting the regional dredged material management plan across the line, in budget, on time and provided the foundation and groundwork for what we needed to do with our site designations."

Following the presentations to the Keegan family, Eric Pedersen, Acting Chief, Operations presented Dylan Dickson and Kyle Fisher, North Springfield Lake, with Commander Awards for Civilian Service. Pedersen first discussed the Park Ranger position and the diversified roles that a Park Ranger has.

"Nobody knows what the day is going to bring once they arrive at work," said Pedersen. "Regardless of what activity the Park Rangers are doing, they can be summed up in three guiding principles: a Park Ranger protects resources from the people, protects the people from the resources and sometimes protects the people from the people."

Dickson and Fisher were recognized for their actions on July 17, 2016, rescuing two swimmers from distress and preventing a likely double drowning, according to Pedersen. "Their quick response and ability



Donna Keegan receives the citation for the EPA Bronze Award from Jeannie Brochi and Mel Cote of EPA on behalf of her husband, the late Mike Keegan.

to remain calm and collected in an extremely stressful situation speaks volumes to their training and their character," said Pedersen. "Because of the actions of Rangers Dickson and Fisher the two young ladies that were rescued will have the opportunity to live long, productive lives. Their friends and families will be able to enjoy spending time with them instead of wishing they were there."

Lt. Col. Daniel Herlihy recognized several New England District employees who have recently returned from deployment to a combat zone over the last year. Plaques with the deployed team members' names will be displayed with the others in the Building 2 hallway. "After 16 years of combat you tend to take that for granted," he said. "You tend to get numb to the fact that folks are going and putting themselves in harm's way for our country so they can keep us safe."

Three employees deployed and put their lives on hold for nine months and volunteered to go forward into harm's way and assist the military by providing construction and other USACE support forward. One member was activated as part of the war effort as well. The recipients were not present at the ceremony, but Herlihy thought it was important to recognize them on

Founder's Day: Adam Stewart returned from Baghdad, Iraq after nine months of providing structural engineering support.

"Adam went almost immediately after coming off the DA Internship," added Herlihy. "His skill set was needed and Adam answered the call."

Jim Fielding also returned from Baghdad and other areas in Iraq in October 2016 almost spending a year there. While there he provided construction support. "Jim's no newbie to deployment," said Herlihy. "He deployed numerous times."

Master Sgt. Richard Fortuna in Security put his uniform on and spent the better part of the last year in Kuwait and Iraq supporting the fight overseas.

Scott Acone then presented the length of service awards for 5, 10, 15, 20, 25, 30, 35 and 45 years.

Tom Boutilier, representing the Founder's Day Committee, briefly went over the day's activities before wishing everyone an enjoyable day.

Retirees who attended Founder's Day included Bill Scully, Sue Mehigan and Dave Goodrich. This year's Founder's Day Committee consisted of team members from Construction, Safety, Contracting, and Operations for the work in planning and setting up this year's event.

Three inducted into the Distinguished Civilian Gallery

Scott Acone, Deputy District Engineer for Programs/Project Management, inducted three members of the New England District team into the Distinguished Civilian Gallery, June 23 during the Founder's Day ceremonies. The Gallery is the District's Hall of Fame of individuals who have achieved exceptional service over their careers. This year's inductees are Karen Adams, Ken Paton and Mike Keegan.

Acone said he was honored to be able to talk a little about each inductee. "Col. Barron mentioned the people and the things that you do and it's true," he said. "It's very fitting that the Distinguished Civilian Gallery is all about the people. These are the people that we were lucky enough to work with and this is our opportunity to really thank them for the great things they do."

Acone said that the Gallery of Distinguished Employees recognizes former employees that distinguish themselves from their peers. "Members of the Distinguished Civilian Gallery have accomplished their duties to a level that is clearly exceptional and preeminent among others in that position," he said.



Karen Adams

The first inductee was **Karen Adams**, who was joined by her daughter Jackie, son Albert, daughter-in-law Cassandra and granddaughter Evelyn. Adams was the Chief, Permits and Enforcement Branch A in Regulatory Division. She began her career with the Corps in New England on Jan. 1, 1978 as a Civil Engineering Technician. After a number of technical and project management positions, Adams moved to Regulatory Division as a Civil Engineer Project Manager. One of her early projects was as the Senior Project Manager for overseeing the initial permits for the Massachusetts Water Resources Authority's Deer Island Wastewater Treatment facilities. Adams became a Regulatory Branch Chief, managing the permit and enforcement program for work in all waters and wetlands within Massachusetts. She became an expert in the laws and regulations that affect the Corps' Regulatory Program including the National Environmental Policy Act, the Clean Water Act, the Endangered Species Act, the Migratory Bird Treaty Act and the National Historic Preservation Act. Expertise in these areas became critical in the development of the Draft Environmental Impact Statement for the proposed

wind energy-generating project proposed by Cape Wind Associates in Nantucket Sound. The project was the first off-shore wind energy project proposed in the United States. Other high profile projects assigned to Adams included Third Harbor Tunnel under Boston Harbor, the depression of the Central Artery (Big Dig) through Boston, the widening and realignment of Routes 3 and 44; Boston's Fort Point Channel transit tunnel for the Silver Line extension; the Greenbush rapid transit rail line and the South Coast Rail project studies.

During her distinguished career, Adams has received numerous awards to include the Superior Civilian Service Award, Commander's Award for Civilian Service, as well as many performance awards and letters of commendation from Division Engineers. In 2013 she received the Boston Section of the American Society of Civil Engineers Government Civil Engineer Award. Adams retired on July 31, 2015. "This is a great honor," she said. "I still remember how pleased my father was when I first came to work for the Corps of Engineers as a co-op student. He had a great deal of respect for the Corps and its people and he knew it would be a great work experience. As always he was right."

Adams said she was fortunate to work with many wonderful people throughout the District. "New England District does some of its finest work when people from different divisions work together to find the best solution," she said. "I was privileged to work with and learn from many dedicated public servants who believed in the organization and the work that we can all accomplish together. I hope I provided that same kind of example of mentoring to the next generation."



Ken Paton

Ken Paton was next to be inducted. He was joined by his wife, Darlene, daughter Andrea McGroarty, grandson Jack McGroarty and daughter Erica Ouellette.

Paton was a project manager, Military Project Management Branch, Engineering Division.

He joined the Corps in New England in 1986 after working at Fort Devens, the U.S. Forest Service and Army Materiel Command. He began his career as a mechanical engineer in Design Branch where he quickly demonstrated his technical

expertise and experience on both vertical projects and movable bridges at the Cape Cod Canal. Paton moved to Project Management where he became the military program manager. He soon began building strong relationships with the District's customers at Devens, Natick Soldier Systems Center, Westover and Hanscom Air Force Base that continue to this day. He managed multiple high profile projects such as the Hanscom Air Force Base Fitness Center and the Building 1614 addition as well as the Thermal Test Facility in Natick. Paton accepted a detail to Construction Division where he successfully managed construction activities as the project engineer for the Air Force Reserve Center in Rutland, Vermont. He delivered the project on schedule and on budget.

Paton deployed for disaster recovery efforts in both 1998 and 1999 in support of Hurricanes Georges and Floyd respectively. He also deployed to Iraq in 2004-2005 for five months in support of the Corps of Engineers Overseas Contingency Operations to the Tallil Area Office in Iraq. During his deployment, he worked on several critical infrastructure projects, including railway improvements and water treatment and pumping projects. Paton has received numerous accolades for his work to include recognitions for his response to numerous federal disasters in support of USACE; Commander's Award for Civilian Service, Superior Civilian Service Award and Air Force Project Manager of the Year for the Air Force Materiel Command as a USACE Civilian. He retired from federal service on Jan. 3, 2013.

"I'm really humbled," he said. "I have a high view of the Corps of Engineers and to receive this award is just tremendous. Throughout my career, I had so much help from other folks. When I was in Engineering I had supervisors that just pointed me in the right direction. When I got up into Project Management the front office was good and the people who supported me were fantastic across the board."

Paton particularly wanted to thank Contracting Division and Evamarie D'Antuono, Small Business Officer, for their support during his career. "I depended on them to get good contractors and awarding contracts," he said. "They did a great job."

Paton concluded by acknowledging that his tour in Iraq was tough, but the high point of his career. He urged anyone considering deploying to do so.

The final inductee was **Mike Keegan**. Family members who came to receive his honor was his mother, Barbara, wife, Donna, son Chris and grandson Dillon, sisters Kathy, Jackie and Barbara and brother-in-law and District retiree Dave Goodrich.

Keegan was the Chief, Civil Works and Interagency/International Support Project Management Branch, Programs/



Mike Keegan

Project Management. He began his career with the Corps in New England in 1981 following three years with the Chicago District. He began his career as a Planner in Planning Division. In 1988 he was promoted to the Long Range Planning Section Chief. Through a series of developmental assignments, Keegan

was promoted to Chief, Planning Branch responsible for management of the District's programs used to formulate plans to meet navigation, flood damage reduction and environmental restoration needs of the New England Region. Keegan became a senior project manager in Programs/Project Management in 1999. His diverse background and understanding of all aspects of the Civil Works Program made him a strong project manager. Some of his more high profile projects included the Boston Harbor Navigation Maintenance and Improvement Project and the Muddy River Flood Risk Management and Environmental Restoration Project. In 2013 Keegan received a promotion to Civil Works & Interagency/International Support Project Management Chief. Under his mentoring and coaching, the project managers he oversaw executed a significant amount of interagency support projects for the Veterans Administration, Customs and Border Patrol and NOAA.

Keegan was the alternate Chief of Emergency Operations and was involved in overseeing the management of the District's response to the terrorist attack on the World Trade Center in 2001. Keegan was a member of the Corps of Engineers National Water Team and deployed in response to several natural disasters including Hurricanes Ivan, Katrina, Ophelia, Rita, Ike and Gustav. He was a National Subject Matter Expert, advising the Federal Emergency Management Agency on water issues.

Among his awards, Keegan received the Superior Civilian Service Award, numerous certificates of achievement for support during disaster recovery as part of the National Water Team and supporting the response to the 9/11 terrorist attacks. He received the New England District's Federal Women's Program Supervisor of the Year Award in 2015. Keegan passed away suddenly May 18, 2016. Keegan's family accepted the induction on his behalf.

All three inductees will have their pictures and citations posted on the temporary wall for a year before being moved to their permanent positions.



New England District team members dig into the buffet lunch during the annual picnic.



The Founder's Day cake was only one of many desserts to satisfy sweet teeth at the picnic.



Frank Fedele and Greg Lantz.



Badminton was only one of many activities guests could participate in during the Founder's Day picnic.



Karen Adams and her family attended the picnic after the awards ceremony.



Donna and Dillon Keegan pose with a picture of the survey boat, KEEGAN.

Laughter, friendship and activities for all ages highlight Founder's Day

Food and fun were the order of the day during the annual Founder's Day picnic, held at the Concord Park headquarters courtyard, June 23.

The picnic followed the official awards ceremony that celebrated the 242nd anniversary of the Corps' founding.

The picnic featured food and plenty of activities to keep participants of all ages busy.

Family-friendly movies played continuously in the theatre for those

wanting to escape the heat or just sit and relax. For the adults, the Founder's Day Committee offered traditional lawn games such as ladder toss, Kan Jam, corn hole, badminton and a horseshoe tournament. The smaller participants of this year's festivities also had a large variety of things to do. They included bubble blowing, splashing in a kiddie pool with toys and sponges, face painting, tattoos, games, a scavenger hunt and a bouncy house.

Festive music supplied by the

Founder's Day and Work Environment Association filled the air during the event.

Honoring the many achievements of team members past and present works up an appetite, so this year's caterer, Mr. Jack, had the food ready right on time. For a small fee, picnickers had a choice of barbecue chicken, hot dogs, hamburgers/cheeseburgers, veggie burgers, potato and garden salad, watermelon, ice cream and desserts donated by New England District Team members.

Cassulo-Henderson retires from service with 29 years

Retirement luncheon for Regulatory Division's Zina Cassulo-Henderson took place at the Commons, Hanscom Air Force Base in Bedford, Massachusetts, June 21. Cassulo-Henderson retired from federal service after 29 years.

Regulatory Chief Jennifer McCarthy presided over the official portion of the ceremony and presented Cassulo-Henderson with her retirement certificate. "This certificate is presented on the occasion of your retirement," she said. "It is in appreciation for 29 years of service to the Army, the Army Corps of Engineers and the wonderful work you did."

Cassulo-Henderson also received a Bunker Hill plaque for her hard work and dedication to the Corps for nearly three decades. "Lucky for Regulatory that for the last 20 years we had her," McCarthy told the audience.

According to McCarthy, Cassulo-Henderson was a project manager most of those years. "In 2010-2011 Zina accepted the budget analyst job," she said.

"Zina had a F&A background and she jumped in to help them out in Regulatory," said McCarthy. "One of the many things about Zina - she will learn anything. Zina's ability to problem solve dug deep. Thank you for your contribution for your support."

After McCarthy's presentation, Cassulo-Henderson spoke. She first thanked Tina Chaisson and Laura Lally for planning the whole luncheon. She then regaled the audience of stories of her career with the Corps going back to her first day. She tried to include memories of how she met each member of the audience as well.

Cassulo-Henderson said that her first job was a mail clerk in Finance. She worked in an accounting position and then when the finance office moved to Millington, Tennessee she faced a Reduction-In-Force. She transferred



Zina Cassulo-Henderson with her Minuteman Statue.

to Regulatory as a file clerk, and then through a succession of promotions, she became an intern and then a project manager. In addition to her work in Regulatory, Cassulo-Henderson served a six month detail at the Federal Aviation Administration. She also went on numerous deployments for the New England District for Hurricane Recovery Efforts. Some of the hurricane recovery missions she served on included Hurricanes Andrew and Georges. Cassulo-Henderson received recognition for those deployments. Among the other awards she received during her career, Cassulo-Henderson earned the Combined Federal Campaign Eagle Award in 2010.

When she fell ill, the call for leave donations went out. Cassulo-Henderson said the District responded and that she appreciated it very much. After her stroll down memory lane, she thanked everyone for coming. "I love you all in a special way," she said. "Thank you for the party."

After the guest of honor sat down, others got up to say a few words.

Bob Desista thanked Cassulo-Henderson for the walk down memory lane. He complimented her on her thoughtfulness towards her teammates around the District. "Zina thinks of any new additions to families," he said. "You

are sweet. Good luck and enjoy your grandkids."

Paula Kullberg congratulated her coworker and wished her all the best. She joked that Martha Stewart and Rachael Ray should be nervous now that Cassulo-Henderson will have more time to devote to decorations and baking. "Zina is a skilled crafter and baker and very festive in what she makes and celebrates in people's lives," she said. "She is very generous. I learned a lot from Zina. Thank you for your assistance and keep in touch."

Pattie Price of Information Management said she considers Cassulo-Henderson to be a very special person. "I love her," she said.

Husband and New England District Comptroller Bob Henderson rounded out the speakers. "I will miss my carpool mate," he said. "It will be different coming in every day by myself. Luckily, I will see her every day."

Gifts that Cassulo-Henderson received at the lunch included a watch and flowers. She also received a Minuteman Statue during an inhouse reception in her honor. Retirees who attended and welcomed her into the retirement community were Barbara Duffin, Rich Roach, Brian Valiton and Sue Mehigan. Cassulo-Henderson officially retired on June 30.



Viola Bramel shows a young guest which life jackets sizes work and which ones don't.



Some of the smaller fair attendees enjoyed getting inside the kayak and pretending to paddle.



Andrew Labonte shows off one of the animal mounts available for visitors to see and touch during the fair.

Park Rangers take water safety message to local fair

Water safety is a year-round priority for the Corps of Engineers. Now that the warm weather has arrived, the New England District team has increased the frequency of their message, both at the recreational facilities and at local events.

Park Rangers from West Hill Dam participated in the Uxbridge Town Safety Fair at Uxbridge High School in Massachusetts, May 20. Viola Bramel and Andrew Labonte operated the District's Water Safety station.

Hundreds of people attended the fair, with many of them stopping by the West Hill exhibit. "We brought some wildlife animal mounts, turtle shells and a backdrop full of laminated photos of people through the years and how they recreate," said Bramel.

The Park Rangers brought plenty of activities that both entertained and educated young and old about water safety. Among the things to do, the Park Rangers brought a kayak

and assorted life jackets for attendees to try on. "The little ones liked sitting in the kayak to paddle," said Bramel.

The Park Rangers also brought the, "Good Thing I Was Wearing My Life Jacket" photo cut out. Visitors could stick their head into the opening to become a water safety cartoon and then have their picture taken. As people visited the booth, Park Rangers also passed out the new West Hill Dam brochure, information on the Kids in the Park Pass as well as a calendar of events.

West Hill Dam is open year-round. Some of the summer offerings include a natural swimming hole, two sandy beaches, change house, modern rest rooms and a life jacket station. Fishing is available in the main river channel.

For a complete list of what the project has to offer, to include maps and an annual event calendar, please visit <http://www.nae.usace.army.mil/Missions/Recreation/WestHillDam>.

Corps emphasizes water safety at federal recreation areas

By Timothy Dugan, Public Affairs

As summer vacation is here for many and the temperatures climb higher, more people will be recreating near or in the water in New England. Now is the time to think about water safety and boating safety. Each year, an average of 3,880 people drown in the U.S., according to the Centers for Disease Control and Prevention. In fact, drowning is one of the leading causes of injury death for children, aged 1-4. The Corps recently launched a water safety campaign to help people become more aware of water safety practices.

For those recreating near or in the water during the summer, they can reduce the chance of a drowning accident just by wearing a life jacket or taking other precautions. Of the 626 recreational boating fatalities in 2015, nearly 76 percent were drownings, and 85 percent of those victims were not wearing life jackets.

The U.S. Coast Guard counted 4,158 accidents that involved 626 deaths, 2,613 injuries and approximately \$42 million of damage to property as a result of recreational boating accidents. Of those recreational boating-related fatalities, 71 percent involved boat operators who had not received any boating safety instruction. These USGS statistics are available at: www.uscgboating.org/.

The Corps of Engineers, which manages nearly 12 million acres of public lands and waters nationwide, offers safety tips to help recreation seekers and their families stay safe in the water through the summer months.

Alcohol and water activities don't mix

Alcohol is a leading contributing factor to fatal boating accidents, according to water safety officials. Just one beer can impair balance, vision, judgment and reaction time. Research shows that four hours of boating – exposure to noise, vibration, sun, glare and wind – produces fatigue that simulates drunkenness. Boating fatigue combined with alcohol consumption intensifies the effects of both and increases accident risks.

Boaters should know the rules

There are about 11.8 million recreational vessels registered in the U.S. Boaters should take appropriate safety classes, be familiar with governing state laws and have proper safety equipment onboard before boating. Many states require boater education or boat operator licenses. As an added incentive, many insurance companies offer discounts to boaters who have successfully completed a boating safety course. While boating make sure you wear a life jacket – don't just carry one on board. Make sure life jackets are U.S. Coast Guard-approved and appropriately sized.

Most states require children under age 13 to wear life jackets. Know your state law! Don't overload the boat



Kayakers get a safety briefing before entering the water.

(consider boat size, the number of passengers and extra equipment before loading). Check your boat for all required safety equipment. Carry a set of navigational charts. Follow the manufacturer's suggested procedures before starting the engine. Check the weather forecast and get weather updates, and notices of potential storms. File a float plan with family or friends who are not on the boat so someone will know if you are late to return or missing altogether.

Watch your children

Make sure you or someone responsible is watching your children when they are in or near the water. It only takes a child an average of 20 seconds to drown, according to water safety officials. Watch your children at all times when they are around the water. Don't let them wander very far from the adults and never let them go into the water unless you know it.

Learn to swim/know your limits

About two-thirds of those who drown never had the intention of being in the water. It makes sense to learn to swim if you will be around water. Never dive into unfamiliar lakes and rivers – the results can be tragic. Never rely on toys such as inner tubes and water wings to stay afloat. Don't take chances by over-estimating your swimming skills. Reach or throw a flotation device to help someone in trouble. Swim only in designated swimming areas and never swim alone. About half of all drowning victims are alone when they drown.

Water safety must be a top priority for everyone using the nation's waterways and lakes this holiday weekend and through the summer. Millions of people visit Corps of Engineers recreation areas nationwide annually (corpslakes.usace.army.mil/visitors/). Make your visit to any federal recreation area a safe and enjoyable one. Taking water safety precautions saves lives – maybe even your own.

Dredging up the past



Mike Keegan fires up the grill during the 2008 Founder's Day annual picnic held at Hopkinton-Everett Lake in New Hampshire.

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