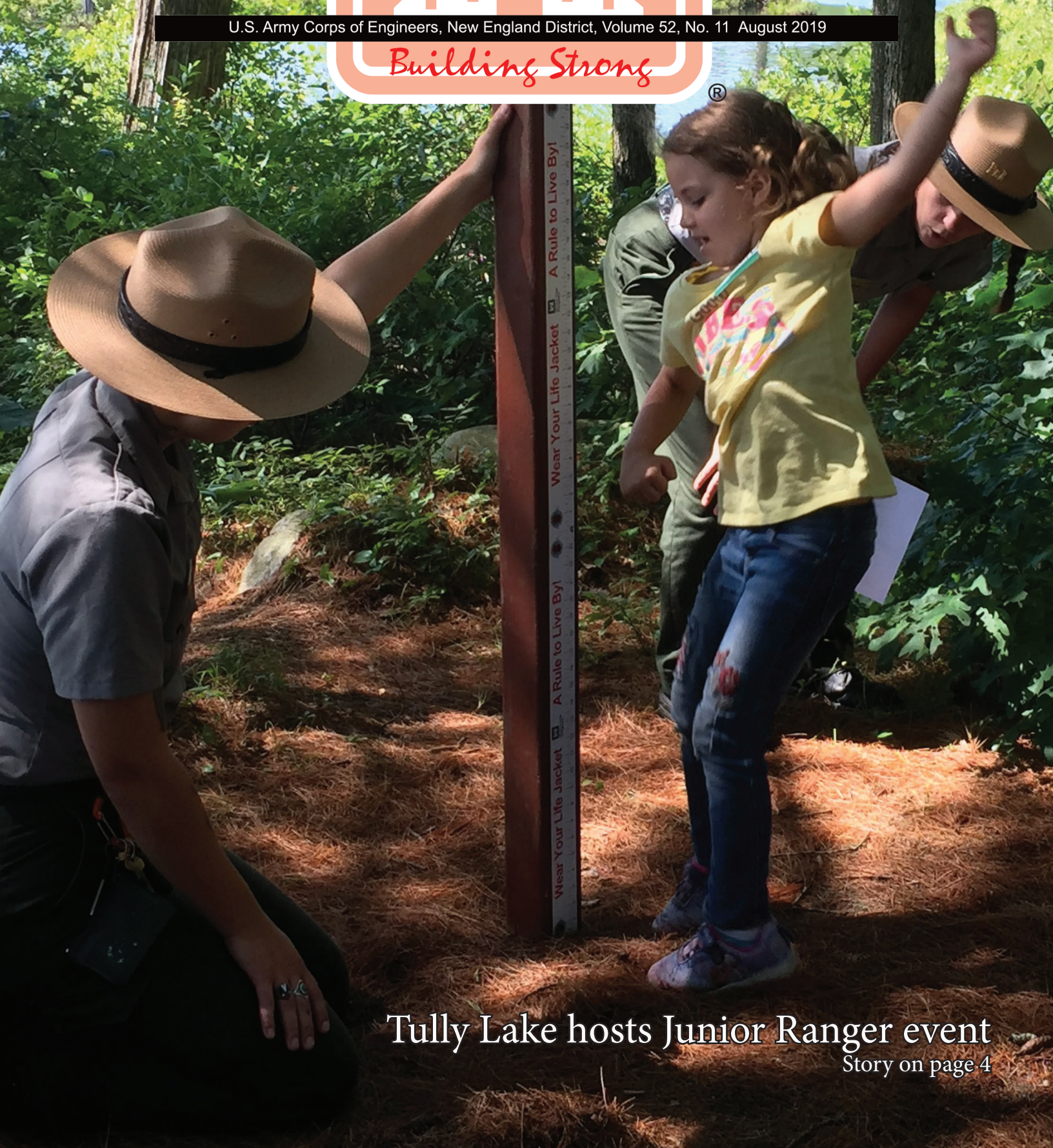


Yankee Engineer

U.S. Army Corps of Engineers, New England District, Volume 52, No. 11 August 2019

Building Strong®



Tully Lake hosts Junior Ranger event

Story on page 4

Yankee Voices

Leadership Development Program Panel participants



Watch your magnesium when you take vitamin D

If you're taking vitamin D, you might want to pay attention to how much magnesium you're getting as well. The Health News website reports that scientists say vitamin D can't metabolize effectively without sufficient amounts of magnesium, which transforms the vitamin into usable form inside a human body. Magnesium helps the liver and kidneys convert vitamin D into an active form and is necessary for transmitting the vitamin through the bloodstream.

Men should get 420 milligrams of magnesium per day, according to the recommended daily allowance, and women should take 310 milligrams.

Symptoms of a magnesium deficiency include:

- Lack of sleep
- Muscle spasm
- Eye twitching
- Irregular heartbeat

(First Draft Magazine)

West Branch Reservoir drawdown planned: Upcoming Corps work at Colebrook River Lake

By Timothy J. Dugan
Public Affairs Office

Repairs to the Hydraulic Cylinders and Position Indicator Rods at the Colebrook River Lake Dam on the West Branch of the Farmington River in Colebrook, Connecticut, will be completed under the terms of a \$1,145,000 contract issued recently by the New England District. Work will be accomplished by Marine Diving Solutions, LLC of Aurora, Colorado. The contract was awarded on July 10.

The Corps anticipates construction will extend over a two-to-three month period in the fall of 2019. Repair work should not greatly impact downstream water levels, activities and fish and wildlife habitat, according to Corps of Engineers officials.

Prior to this work, the Hartford Metropolitan District will draw down the West Branch Reservoir behind Goodwin Dam to about 580 feet over a period of about 30-35 days in order to do this work. It will remain at this level until construction work is completed and then slowly be raised to normal levels. The pool level behind the Colebrook Dam will remain at normal levels.

This drawdown will prevent hydropower production at Goodwin Dam during this period, but water will continue to be released downstream of Goodwin Dam for water activities and fish and wildlife habitat on the West Branch of the Farmington River. Once work starts at Colebrook Dam the Corps will continue to operate two of three sets of gates as needed. One set of gates will be closed by dropping a 9,500-pound bulkhead in front of the gates so work can be done. Each set of gates will undergo this same closure operation to make repairs.

The Hartford Metropolitan District Commission (MDC) is currently removing its turbines at Colebrook Dam and performing other work there. This work will be completed before Corps work starts.

Colebrook River Lake D on the West Branch of the Farmington River was completed in 1969 at a cost of \$14.3 million. At capacity, the 1,300-foot-long, 223-foot-high dam can impound a lake of 1,185 acres containing 16.56 billion gallons of water. To date, the project has prevented damages of \$92.7 million.

YANKEE ENGINEER is an authorized unofficial Army newspaper under provisions of AR 360-1 published monthly. Views and opinions expressed are not necessarily those of the Department of the Army. Contributions from readers are solicited, but publication depends on judgment of the editor. No payment will be made for contributions. Published by the Public Affairs Office, New England District, U.S. Army Corps of Engineers, 696 Virginia Road, Concord MA 01742-2751, 978-318-8777. Printed by the offset method on recyclable paper by the Defense Printing Office in Philadelphia, Pa. Circulation 1600. The YANKEE ENGINEER can be found on the World Wide Web at <http://www.nae.usace.army.mil/news/yankee.htm>. ON THE COVER: Emerson "Emmie" Rabbitt leaps like a hare during Tully Lake's Animal Olympics portion of their Junior Ranger Program. Photo by Ann Marie R. Harvie.



District Commander: Col. William M. Conde
Chief, Public Affairs: Elizabeth D. Gosselin
Editor: Ann Marie R. Harvie
Media Relations Officer: Timothy J. Dugan
Community Relations Advisor: Sally M. Rigione
Web Content Manager: Vacant

District Leadership Development Program hosts Industry Leader Panel

The New England District's Leadership Development Program (LDP) hosted its 4th annual Industry Leader Panel, Aug. 22 in the District Theater.

The event was a Q&A style discussion, where program participants asked leadership-centric questions to a panel of senior leaders from external agencies and corporations, who in turn offered experiential insight gained over the course of their careers.

Current LDP participants, their mentors and the District Leadership were all invited to the event, themed "Leading Healthy Teams."

Col. (ret.) Alonna Barnhart, Federal Emergency Management Agency; Col. (ret.) Barton Barnhart, U.S. Department of Energy; Anjna O'Connor, Border Infrastructure Program Management Office, U.S. Army Corps of Engineers, Southwest Division (who participated via video conference); and Vivian Vitale, Veracode, served as this year's panelists.

Maj. Mark Gillman, New England District Deputy Commander, and Michael Riccio, LDP Director, welcomed the audience and started the event with opening remarks before turning it over to LDP participant and event emcee, Kiersten Haugen, who introduced the panelists and led the discussion for the afternoon.

Panelists briefly introduced themselves and their general approach to the event's theme of leading healthy teams, but they spent the majority of the three-hour event fielding questions from current LDP program participants. Program participants came to the event prepared to discuss concepts such as growing and developing team members, managing conflict within teams and fostering an overarching culture of camaraderie and accountability.

"The Industry Leader Panel has



Panel participants introduce themselves to the audience and take questions.

Photos by Brian Murphy

quickly become a highlight event within the LDP program year," Riccio said. "It's a pretty unique opportunity for employees to engage in a meaningful conversation with senior leaders across the professional spectrum on how to grow both personally and professionally. We've been really fortunate over the first few years with who has been willing to participate in the event and the level of experience

they've brought to the panel, so we're excited and hopeful to keep it going for years to come."

After Riccio made closing remarks panelists and program participants were invited to attend an optional, informal networking session off-site. Jessica Rudd, Kiersten Haugen, Brian Balukonis, Mark Anderson and Mike Bachand recruited the panel and coordinated this year's event.



Maj. Mark Gillman addressed the audience during the Industry Leader Panel.



The newest Tully Lake Junior Rangers pose for a picture with their Summer Ranger mentors after the graduation ceremony.

Photos by Ann Marie R. Harvie

Tully Lake Summer Park Rangers turn kids into Junior Rangers

What better way to spend a perfect summer day than to be breathing in fresh air and learning about the great outdoors? That's exactly what 30 children ages 6-12 did when they traveled to Tully Lake in Royalston, Massachusetts to participate in the Junior Ranger Program, Aug. 6 and 9.

Tully Lake's Summer Park Rangers were enthusiastic about the idea of running a Junior Ranger event and showing kids how wonderful being out in nature can be, according to Park Manager Jeff Mangum. "I thought it was a great idea," he said.

"We hoped the kids would walk away with an appreciation of nature, to get out and enjoy it more," said Summer Park Ranger Ashley Casello. "We also hoped to instill some environmental stewardship in them."

When Jamie Paluck heard about the program via Tully's Facebook Site, he thought the same thing as Casello and brought his daughters, Halyee and Taylor. "We live just down the street, so it was nice to hear about a program like this so close to home," he said. "I wanted my children to learn how to be a Ranger and how to take care of the environment."

The children gathered at the

recreation area pavilion and the Park Rangers began the day talking to them about what it was like to be a Park Ranger and how important it was to take care of the environment. The discussion soon moved on to Water Safety. Park Ranger Samantha Hutchins, assisted by Park Ranger Tansy Remiszewski, showed the children the proper way to wear a life vest. "I can't emphasize enough how important this is," said Hutchins as she adjusted her life vest.

Hutchins selected two children out

of the group and had one try on the life vest while the other helped her alter the fit, making sure everyone knew how to do it.

After the life vest demonstration, the Summer Park Rangers and their Junior Ranger recruits walked over to a clearing next to the pavilion where they participated in an ice-breaking session. Each child introduced themselves and named an animal that started with the first letter of their name. The session led to many giggles and discussions of



Evan Holloway demonstrates his mimicking skills during a game of animal charades.



Grady Vancott shows off the leaves he collected on the nature walk.

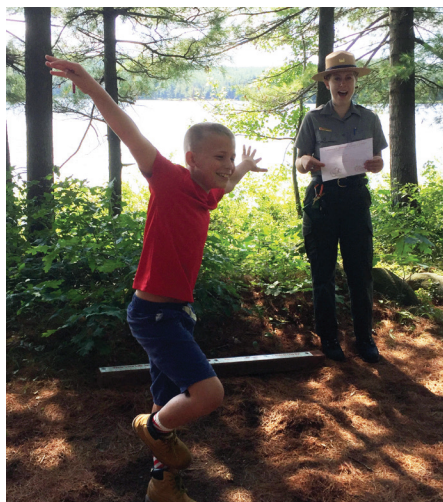
the wildlife the children chose.

Once the introductions were made and new friendships were forming, the Summer Park Rangers took their excited charges on a brief nature walk through Tully Lake's nature trails. While walking, the Rangers identified various trees and plants that were growing alongside the trails.

At the end of the hike, the children received worksheets to record the results of the next event, the Junior Ranger Wildlife Olympics. They were split into three groups and each group rotated through one of four Olympic trials: leaping like a snowshoe hare; standing on one leg like a Great Blue Heron; jumping like a bison and sprinting 25 yards like a pronghorn. The children recorded their times and distances to share with their parents while being encouraged by both the Rangers and their fellow recruits. When asked which was his favorite Olympic event, Evan Holloway didn't even have to think about it. "I liked standing on one foot like a Great Blue Heron the best!" he said.

Cameron Gould favored the more active events. "I loved the hike and the jumping!" he said.

The future Junior Rangers and the Summer Park Rangers hiked back to the pavilion, selecting leaves and plants that they identified along the



Corbin Hubbard stands on one leg like a Great Blue Heron during the Wildlife Olympics.

way to use for their next activity –leaf rubbing. After a brief demonstration by Remiszewski, the children went to work. Some of them were creative with their rubbings, crafting all sorts of colorful scenes and backgrounds to complement their leaves. Others concentrated exclusively on the beauty of their selected vegetation and created detailed, suitable for framing, recreations of their leaves. "Finding the leaves was my favorite thing," said Emmie Rabbitt, who made more than one leaf-rubbing project.

The Summer Park Rangers kept the creativity flowing with the next craft – creating windsocks out of recycled materials. As Casello prepared the materials, Hutchins and Remiszewski gave the "almost there" Junior Rangers instructions on how to assemble their wind socks. Like the leaf rubbing project, the children could decorate their windsocks any way they liked. While working on his project, Corbin Hubbard could not contain his joy and excitement about working to become a Junior Ranger. "I love it!" he said. "I want to come here every day. I wish I could."

The final activity for the action-packed day was a game of animal charades in the clearing next to the shelter. Each child picked a New England animal name out of Hutchins'



Mya Oja tries on a life vest as Nieve Morris looks on during the Junior Ranger Program.

bag and acted out the animal for the other children to guess. It was one last chance for them to show off their creativity and to expend that last bit of energy. Most kids got multiple turns before they returned to the shelter to receive paper Junior Ranger hats to color and pledge cards to recite during the impending graduation ceremony.

Donning their newly colored hats, the children returned to the clearing, recited their pledge from the card and received their Junior Ranger patches. Hutchins, Casello and Remiszewski posed with their newly-minted Junior Rangers as their parents captured the moment. As the children left, the Summer Park Rangers presented them with goodie bags filled with water safety coloring books, New England animal tracking forms, rulers and temporary tattoos. Parents received water safety-themed reusable bags and utility clips. "I think it went really well," said Remiszewski as she watched some of the Junior Rangers root through their goodie bags. Many of the parents seemed to agree as they thanked the Summer Rangers as they left. "I've never been to Tully," said Maggie Balins, who brought her granddaughter Mya. "We're outdoors people, so we're always looking to do something outside. It was a wonderful experience for both of us. We're coming back for sure."



Members of the Restoration Advisory Board arrive at Gould Island in the early morning hours.

Photos by Elizabeth Gosselin

District team tours Gould Island Restoration Project

Members of the New England District team traveled to Jamestown, Rhode Island, on Aug. 15 to meet invited guests for a short boat ride to tour Gould Island. The District team has been tasked with performing investigations and studies in support of the environmental restoration of a portion of the island that was once used by the U.S. Navy. About 35 people participated in the tour. Guests included members of the South Gould Island Restoration Advisory Board (RAB), federal, state and local officials as well as members of the local media.

The Community Co-chair of the South Gould Island (RAB) requested the District's support in conducting the tour to provide invited guests a better understanding of the current environment and physical conditions of the island, according to New England District Project Manager Tony Silva.

"The project is an environmental restoration project that is being consulted by the Corps of Engineers under the Formerly Used Defense Site (FUDS) component of the Department of Defense's Defense Environmental Restoration Program (DERP)," said Silva. "A key aspect of the tour was to identify

areas of the island currently under evaluation as part of the ongoing Corps-led environmental restoration program, structures/physical hazards currently eligible for removal under the Corps' Building Demolition and Debris Removal (BD/DR) program and structures/physical hazards that are not eligible for removal under the Corps' congressionally mandated authority."

Silva said the scope of work would include a background file review, remedial investigation (RI), and field activities that are currently in progress. "Work will include developing an RI report that presents the findings of the investigation and evaluates risk levels," said Silva. "There will also be a feasibility study report identifying potential environmental remedies, a proposed plan identifying the selected remedy and a decision document formalizing the proposed solution, all with an objective of achieving site closure under the FUDS program."

This southern portion of Gould Island is a Formerly Used Defense Site (FUDS) which was used by the U.S. Navy from 1920 to 1973. The authority to conduct a FUDS

investigation comes from the Defense Environmental Restoration Program (DERP), a congressionally directed program that emphasizes the identification, investigation and cleanup of hazardous and toxic waste; unexploded ordnance; buildings and other structures and debris at current and former military facilities.

“Gould Island was purchased by the government in 1918 to serve primarily as a naval torpedo testing facility. The southern two-thirds of the island that comprises the FUDS site has housed numerous facilities and structures that supported these operations including seaplane ramps and aircraft hangars, a torpedo assembly building, warhead/materials storage bunkers, a boiler house, incinerator, maintenance facility, firehouse, and associated infrastructure to support operations,” said Silva. “This southern portion of the island was transferred from the U.S. Navy to the state of Rhode Island after 1973 and is currently used as a bird sanctuary.”

Of the approximately 56 acres which comprise Gould Island, the U.S. Navy’s Naval Education and Training Center (NETC) still has jurisdiction over the 16.6 acres of land on the north end of the island. This portion of the island will not be investigated and is not eligible for investigation under the DERP/FUDS program.

The Navy exceded approximately 39 acres of Gould



A RAB member inspects a former structure on the south end of Gould Island.

Island to the General Services Administration (GSA) in 1972. Of these 39 acres, approximately 16.9 acres were transferred to the Department of Interior, Bureau of Outdoor Recreation. That land was then transferred to the state of Rhode Island in 1975. In 1989, the GSA conveyed the remaining land, 22.25 acres to the state of Rhode Island. The 39.15 acres of property currently owned by the state of Rhode Island is managed by their Fish and Wildlife Department as a wildlife habitat and bird sanctuary. The island is heavily overgrown by trees and brush.

“We will be working to investigate this former naval facility on Gould Island with minimal disruption toward the local habitat,” said Silva. “Due to the potential impacts the project may have on this community, we have established a Restoration Advisory Board for this project. This board will serve as a point of contact between the community and the Corps of Engineers, allowing us to identify and address community concerns and needs as they arise.”

Members of the New England District team who accompanied Silva on the tour were Gary Morin, FUDS program manager and Beth Gosselin, the New England District’s Chief of Public Affairs.



David Sommers, Co-chair, South Gould Island Restoration Advisory Board discusses the island during the tour.

Dredging up the past



Photo by C.J. Allen

Lt. Col. Brian Green (from left), Richard Carlson, Phillip Morrison and Michael Curran and their partners, Friends of West River Trail, celebrated the transformation of “36 Miles of Trouble” into “36 Miles of Fun” during National Trails Day, June 5, 2014 at Ball Mountain Dam in Vermont.

First Class
U.S. Postage
Paid
Concord, MA
Permit No. 494

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