



Spring Valley: Then and now

By Joyce Conant
Public Affairs Office

The Spring Valley Formerly Used Defense Site project continues to keep Baltimore District project delivery team members busy investigating and cleaning up a 661-acre neighborhood located in northwest Washington, D.C. During the World War I era, the site was known as the American University

Experiment Station and was used by the U.S. government for research and testing of chemical agents, munitions and protective equipment.

For nearly 15 years, the team has planned, coordinated and executed numerous projects to remove munitions-related items, arsenic contaminated soil, and AUES-related glassware and debris, as well as test for groundwater contamination.

The initial investigation at Spring Valley began Jan. 5, 1993, when a private contractor unearthed buried military ordnance while digging a utility trench in the Spring Valley neighborhood. Emergency officials from Washington, D.C., were called and they notified the U.S. Army Technical Escort Unit, who initiated an emergency response. This response resulted in the removal of 141 ordnance items (43 suspect chemical items) from a munitions burial pit.

A site-wide remedial investigation immediately followed the emergency response and continued through 1995.

Greg Johnson, chief of Resource Management, was one of the first on site following the emergency response.

“At the time, I was working for EA Engineering, Science, and Technology and we were the Baltimore District’s FUDS investigation firm. I got a call on Sunday night the weekend of the initial discovery to show up for a meeting on Monday morning at the site,” he said. “Within a week, my firm, working

with Lan Reeser and the Baltimore District Hazardous Toxic and Radiological Waste team, developed a preliminary report confirming that the subject site was a part of the former American University Experiment Station and officially initiating a FUDS investigation project with recommendations for the initial ordnance and environmental studies.”

Fifteen years later, Reeser, a design team leader for Baltimore District, is still an active member of the

Spring Valley Project Team, and a great source for continuity.

“In 1993, when the Spring Valley site was first discovered, I had been working on the FUDS Program for approximately three years,” Reeser said. “My primary job was to evaluate



(Courtesy photo)

World War I Soldiers train with stokes mortars at the American University Experiment Station in 1918, now known as Spring Valley.

(continued on page 3)

In
this
issue:

District employee earns top award



Page 4

New Partnership is Underway



Page 6



U.S. Army Corps
of Engineers
Baltimore District

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District Engineer:
Col. Peter W. Mueller

Public Affairs Chief:
Carolyn Jackson

Editor:
Katisha Draughn

Contributors:
Christopher Augsburger
Joyce Conant
Angela Moore
David Ruderman
Jennifer Walsh
Chanel S. Weaver



Commander's Comment

Disciplined People — A Vital Resource!

By Col. Peter W. Mueller
Commander and District Engineer

“The best people don’t need to be managed — guided, taught, led yes, but not tightly managed.” This is a quote regarding the idea of *Disciplined People*, taken from Jim Collins’ book, *Good to Great*. This is one of the three key tenets I described in my November 2007 Commander’s Comment. But how does this apply to the Baltimore District?

I view this as an absolutely critical characteristic we all must embrace to allow us to operate efficiently and effectively. *Disciplined People* are teammates who are self motivated, intelligent, who understand their responsibilities and standards and aggressively strive to meet those standards each day. They are driven to excellence and passionate about their contributions. As large as the District is, with the breadth of our mission and diversity of our customers, we need employees who are empowered to act at their level to get our job done. This enables decentralized execution of our mission. *Disciplined People* are the foundation of any good organization and perpetuate the development into a great organization. But, *Disciplined People* also know when they need additional resources or appropriate approvals for actions that may exceed their capability.

Disciplined People allow the Chain of Command to focus on providing intent, strategic planning, direction, resources, training and leadership — rather than micromanagement which can hamstring an organization like ours. Empowerment encourages employees to do their best, and produces an environment where people feel valued, enjoy their jobs and then attract more *Disciplined People* to join their ranks.

In my travels around the District, I see

examples of *Disciplined People* throughout our organization. Our Hazardous Toxic and Radioactive Waste mission continues to thrive and get the job done with little fanfare, but plenty of hard work. Real Estate requires discipline to serve multiple diverse customers. Washington Aqueduct requires *Disciplined People* to operate effectively 24/7. The Realty Services Field Office gets their job done through the work ethic and dedication of superb people. Our operations projects require *Disciplined People* to manage day-to-day operations of critical facilities. Project engineers, quality assurance representatives, and field staff must be disciplined to assure we deliver quality projects. The list is endless — contracting officers, planners, project managers, regulatory personnel, design engineers, support staff and debris teams — every position we have requires dedicated, disciplined team members to ensure we execute our mission to standard.

Leaders must evaluate if we are developing and encouraging these characteristics in employees. We must evaluate how we lead, train, mentor, resource, encourage and empower. Team members should consider a self assessment or ask for feedback on whether they display these important characteristics. This tenet can be summarized in a quote from Dr. Martin Luther King, “That old law about an eye for an eye leaves everybody blind. The time is always right to do what is right.” These remarks are on the mark — *Disciplined People* “*Do What’s Right, and Always Do Their Best!*” They constantly and consistently enhance the team and are absolutely vital in Accomplishing Our Mission. *Disciplined People* are our most vital resource!

Army Strong, Engineer Ready – Essayons!

Spring Valley (continued from the cover)

hundreds of properties on the Baltimore District FUDS inventory list by determining whether the properties met all the criteria to be declared a Formerly Used Defense Site and whether there were any environmental or safety hazards left behind by the Department of Defense when the property was excised.”

Reeser said the process was rather slow and methodical, normally taking six to 12 months to complete each property. The Spring Valley site was not on his inventory list at the time, but based on the discovery of a chemical munitions disposal pit in a residential neighborhood, it immediately became his number one priority.

“While the emergency response action was being executed by the Technical Escort Unit, I was tasked with conducting the property evaluation, officially known as an Inventory Project Report, to determine property and project eligibility,” said Reeser. “With the tremendous effort provided by the consultant and the review team, I am very happy to report that the Spring Valley INPR was completed and officially declared a FUDS within 16 days of the initial discovery, enabling USACE to move seamlessly into the site-wide remedial investigation phase following completion of the emergency response action.”

Mark Baker, historian for Baltimore District, has also been working on the Spring Valley project since the beginning. Because of his military history background, Baker was asked to provide plans for the District’s next step.

“I was asked to write up a research outline for Spring Valley, which I thought would end my involvement with the project,” Baker said.

Baker was asked to brief Col. Richard Capka, then-Baltimore District commander, and was told that since he wrote the plan he should be the one to implement it.

Baker continues to go through historical documents to gather more clues about what occurred at Spring Valley during the World War I-period.

“There is always the potential to find something new,” said Baker, “It’s like a big jigsaw puzzle — every once in a while something new will develop and more pieces will fall into place.”

During the initial investigation, more than 1,900 anomalies

were identified. Anomalies are disturbances in the electromagnetic field that may be indicative of metal objects below the ground surface. A team of technical experts reviewed the geophysical data and recommended a total of 840 anomalies for further study or removal. Nearly all of the anomalies were determined to be metallic debris from property development, but one piece of ordnance, a spent Livens smoke round, was found. Two other ordnance rounds were anonymously left at the project office trailer. Approximately 20 other pieces of ordnance scrap items were also found. All of these items were safely removed from the site. No additional burial pits were identified and no additional chemical warfare materiel was found.

All of the findings were documented in a Remedial Investigation Report in June 1995. This report was followed by a No Further Action Record of Decision also in June 1995. In this decision, the Army took responsibility for any future actions required if additional munitions or contamination related to past military activities were discovered.

In 1996, the D.C. Health Department reported to the Environmental Protection Agency that they had uncovered new information regarding the Spring Valley site and provided the USACE the results of their independent review of the site. This opened up a series of new investigations, which continues today.

These activities include the removal of munitions and AUES-glassware and debris items, groundwater testing, and the removal of arsenic-contaminated soil.

Several properties have already had their contaminated soil removed — 72 by excavation and backfilling, and 15 tentatively complete by phytoremediation, an innovative technology that uses ferns to uptake arsenic from the soil.

“Our goal is to get as many of the 40 remaining properties done as possible in 2008,” said Ed Hughes, newly-assigned program manager, who has been a project manager on Spring Valley for six years.

Hughes said more than 45,000 tons of arsenic-affected soil has been removed from the Spring Valley site since 2002.

In October, the District began removing munitions-related items from the fourth and last-known burial area. The current schedule involving the needs and priorities of the entire Spring Valley investigation and cleanup goes into fiscal year 2011.

“There is always the potential to find something new. It’s like a jigsaw puzzle — every once in a while something new will develop and more pieces will fall into place.”

-Mark Baker
Baltimore District Historian

OPS PM helps bridge gap between war and peace

By Chanel S. Weaver
Public Affairs Office

When Brian Walls, a project manager in Operations Division, deployed to Afghanistan in November 2003, he made some sacrifices. He left his family, friends, and familiar surroundings in the United States to support recovery operations in a war zone.

But when Walls returned from his deployment in May 2004, he wanted to do more. Over the next two years, he deployed to Kabul, Afghanistan, two additional times to support the Global War on Terrorism.

Although he performed some initial work building a base for the Afghan national army, Walls said he became quite attached to his job as the project manager for the construction of the Afghanistan-Tajikistan Bridge — a bridge linking the two countries. This passion for his work is what motivated him to keep going back.

“I thought it was good to give the project some continuity and have one project manager from start to finish,” he said.

He even worked as the project manager for the bridge between deployments while he was here in Baltimore.

In January 2006, the Corps began construction on the bridge. Nineteen months later the bridge was completed on time and under budget.

Walls said the bridge is important because it links Afghanistan

with its neighbors and significantly improves trade and commerce in the area.

During his work on the high-profile bridge, Walls frequently met with officials from both the Afghanistan and Tajikistan government. Hamid Karzai, president of Afghanistan, and Emomali Rahmonov, president of Tajikistan, personally thanked him for his service.

“I’ll always remember those men and the people of Afghanistan and Tajikistan,” said Walls. “I still keep in touch with many of them, and I don’t think I’ll ever forget my time there.”

In recognition of Walls’ performance on the \$50 million Afghanistan-Tajikistan Bridge, he received the Meritorious Civilian Service Award, signed by Lt. Gen. Robert L. Van Antwerp, chief of Engineers, during a ceremony in the City Crescent Building Jan. 22.

Webster Shipley, who served alongside Walls in Afghanistan Engineer District, said Walls was well-deserving of his award.

“Brian proved to be a steady performer at a time when focus and clear thinking was a requirement and calmness prevailed,” said Shipley. “His undertaking the project management of the Afghanistan - Tajikistan bridge was truly “service above self.”

Now that he’s home, Walls said he plans to spend more time with his wife and their two children. He is also working on a long-term project to refurbish his home.

Although Walls does not have any plans to return to Afghanistan, he does offer some advice to District employees who are thinking about deploying overseas to support recovery operations.

“I think everybody who deploys should do it with an open mind,” said Walls. “This is a once-in-a-lifetime opportunity to see work at a record pace. It’s more work and more engineering than you’ve ever done in your life, but the work is certainly rewarding.”



(Photo courtesy of Brian Walls)

Brian Walls stands in front of the Afghanistan-Tajikistan Bridge after it was completed in 2007. Walls was the project manager for the bridge during his deployment to Afghanistan.

Helping the District run: Resource Management

By Jennifer Walsh
Public Affairs Office

Greg Johnson loves to run.

Whether it is short distance running, five kilometer races or the Army Ten-Miler, he is always ready to strap on his iPod and see where his feet will take him.

“I’m more of a ‘life is a journey, not a destination’ type of person,” said Johnson, chief of Resource Management.

Unlike some of his colleagues, Johnson’s Corps journey did not begin after college. After graduating from the University of Delaware in 1986 with a master’s degree in environmental engineering, he began working for the private industry. At one point, the U.S. Army Corps of Engineers was one of his clients.

“I always found the Corps to be technically competent, focused on providing good service and very much of high integrity,” said Johnson.

In 1999, Johnson applied and was selected as the chief of Hazardous, Toxic and Radioactive Waste branch in Engineering Division. He continued his Corps journey with a tour in Europe District as the chief of the Environmental branch and later held positions in Baltimore District as deputy chief of Programs and Project Management Division and deputy chief of Engineering Division. In 2004, Johnson was selected as the chief of RM.

As the District’s chief financial officer, Johnson is responsible for the financial, fiscal and business management of the District. These responsibilities are managed by three branches.

The budget branch handles the financial management of the organization. The branch focuses on the District’s operating budget, including how the money comes in and how it is spent.

Did you know...

- Johnson is a youth coach because his 16-year-old daughter and 12-year-old son are interested in sports.
- He enjoys reading and counts “Oh, the Places You’ll Go” by Dr. Seuss among his favorites.
- He enjoys traveling and has visited 46 states. He still needs to visit Oklahoma, Arkansas, Oregon and Idaho.
 - Johnson met his wife at the University of Delaware and they have been married for 20 years.
- He worked for three summers in the National Parks of the West, including one for the National Park Service at Yellowstone National Park.



(Photo by Jennifer Walsh, Public Affairs)

Greg Johnson, chief of Resource Management, and Lorie Moses, an administrative assistant in RM, review a document.

The finance and accounting branch handles the fiscal management of the organization. Members of this branch know the ins and outs of fiscal law — the rules for using money — and ensure the proper use of District funds.

The management, manpower and quality assurance branch performs the organization’s business management functions. This branch focuses on how the organization is run and handles tasks such as manpower projections, organizational structure and design and quality assurance of timekeeping, travel orders and credit cards.

Within the three branches, there are 28 employees. Although most employees work on the 10th floor of the City Crescent Building, others provide RM support in different divisions and offices.

“All of the divisions have someone responsible for their budget,” said Johnson. “Our sense is we find it’s better if the accountable budget person works in the chain of command of that organization.”

Johnson said he finds it beneficial when his employees are familiar with the specific divisions they are assisting, but he also wants his staff to be familiar with the whole organization.

“If we’re going to be good business consultants, we have to understand the business,” said Johnson.

To familiarize his staff with District projects, Johnson arranges three to four office trips a year to project sites.

Although Johnson’s days consist of developing his staff, handling finances and being a business consultant to the organization, he can sum it all up in just a few words.

“It’s all about challenge and service.”

New partnership helps unfunded projects

By Cori Brown
Operations Division

As any good manager will tell you, you need the right partners to get the job done. The U.S. Army Corps of Engineers' Natural Resources Management Community of Practice just added another ally that will significantly enhance their partnership capabilities — the Corps of Engineers Natural Resources Education Foundation.

Lt. Gen. Robert Van Antwerp, chief of Engineers, and Peter B. Lewis, president of the CNREF Board of Directors, signed a Memorandum of Understanding marking the beginning of this landmark partnership during the Environmental and Natural Resources Conference in San Antonio, Texas, last year.

“The Corps is extremely proud to enter into this innovative partnership with CNREF,” said Mary Coulombe, the Corps' chief of Natural Resources Management. “This foundation will allow the Corps to work on many different environmental and recreation projects and improve visitor experiences and environmental conditions.”

CNREF breaks new ground as the only national non-profit organization dedicated to stewardship of environmental, cultural, educational and outdoor recreational resources associated with the Corps' national Natural Resources Management mission. The foundation will bring potential partners together with the Corps to support approved but unfunded natural resources projects. The foundation's specific goals include providing additional financial and volunteer support for Corps recreation and natural resources projects; assisting local and regional Corps of Engineers support groups in raising funds for enhancement projects; facilitating partnerships between the public and private sectors and the Corps of Engineers; and educating decision-makers and the public about the importance of the Corps' stewardship mission in conserving natural and cultural resources and providing public recreation opportunities.

Once the foundation receives information from Corps projects, it will determine whether there are activities that meet its supporting criteria of emphasizing long-term community engagement with the Corps, volunteerism, education and interpretive services and environmental stewardship. Activities the foundation decides to support must have the necessary environmental clearances, planning documentation and partners



(Photo by Rusty Morton, Southwestern Division)

Lt. Gen. Robert Van Antwerp, chief of Engineers, and Peter Lewis, president of the Corps of Engineers Natural Resources Education Foundation Board of Directors, prepare to sign the Memorandum of Understanding at the Natural Resources Conference in San Antonio, Texas, last year.

already engaged or identified.

On a local level, grants from the foundation could be used in a variety of ways: Raystown could continue to sponsor an intern who presents science programs to children; Tioga-Hammond Lakes might wish to expand their fish habitat program; and Jennings Randolph Lake could build a trail around a pond near the campground. With grants from the foundation and help from local partners, the projects can leverage resources and form closer ties with their communities.

CNREF will also support the Corps through individual and corporate memberships open to everyone, including current Corps employees and Corps retirees. Through CNREF, Corps officials envision benefits to project sites that include improvements to hiking trails, development of interpretive brochures, campground rehabilitations, development of teacher education materials, habitat restoration and protection of cultural sites.

The foundation will also promote the Corps' recreation values of providing high quality, family-oriented recreational opportunities close to home, healthy lifestyles, and conservation and sustainment of natural resources for future generations.

For more information about CNREF, visit their Web site at www.Corpsfoundation.org.

Understanding the dream:

The memory of Dr. Martin Luther King Jr. still lives

By David Ruderman
Public Affairs Office

The Baltimore District marked Martin Luther King Jr. Day with an observance Jan. 22. Deputy District Engineer Lt. Col. John H. Osborn opened the program by noting Baltimore's long historic connection with the pursuit of freedom, and a representative of Sen. Barbara Mikulski read words of support and praise from the senator.

More than 100 employees attended and were treated to a two-pronged presentation as District Equal Employment Opportunity Specialist Kim Brewton spoke on "Understanding the Dream." His dual approach cast light on both Martin Luther King, the man, and the movement he built, which so profoundly changed America in his lifetime, and whose impact continues to be felt today by all Americans.



(Photo by Katisha Draughn, Public Affairs)

Kim Brewton, Equal Employment Opportunity Specialist, speaks to District employees at the annual Dr. Martin Luther King Jr. Observance Jan. 22. Brewton gave insight on King's education, his accomplishments and the dynamic movement he helped build.

He retraced the path of King's life: a middle child confident enough to question authority; an academic ace who skipped his senior year of high school and completed a bachelor's degree in sociology at the age of 19; and an ordained Baptist minister who returned to academia to complete a Ph.D. in philosophy by age 26.

Brewton recounted King's involvement with the Montgomery, Ala., bus boycott of 1955, at a time when the U.S. Supreme Court was about to rule that racial discrimination was illegal, sending shockwaves through all layers of American society. At that critical juncture King took up the banners of equality and nonviolence, and through a blend of deep philosophical commitment and worldly savvy forged the progressive forces afoot in the land into an unstoppable movement.

"He knew the only way he could galvanize the masses was through the church," said Brewton.

But King was also a savvy, 20th-century leader who knew he had to work the then-growing electronic media, especially television, to get his message out to all Americans. As a result, "Men and women around this country realized that we have a problem," Brewton said.

Brewton outlined the cascade of legislative initiatives adopted to address those perceived problems: The Civil Rights Act of 1964 and the adoption of Title VII; the Age Discrimination in Employment Act of 1967; the Rehabilitation Act of 1973; the Americans with Disabilities Act of 1990; and the Civil Rights Act of 1991. All are links in the chain of a nation's painful growth and groping toward the realization of its own lofty ideals, he said.

"This country is trying to do something that's never been done on this planet since the dawn of man," said Brewton. The evolution continues today with the debate regarding such issues as legal rights and sexual orientation, religious belief and rights, questions of reprisal, and the ethical and legal questions raised by technological and medical advances.

"As you can see, this is not just about African-Americans, not just about women, not just about minorities . . . It's about a country trying to define itself," said Brewton. "This is where the action is, because it's about all of us; that's what the dream is all about."

February is American Heart Month

Are you keeping your heart happy?

By Katisha Draughn
Public Affairs Office

What is the number one killer among Americans? You guessed it — heart disease.

According to the American Heart Association, 79.4 million people in the United States have some form of cardiovascular disease and nearly 930,000 die of the disease each year, which equals one death every 33 seconds.

“I think this comes from poor eating habits, certain lifestyles and stress,” said Betsy Andreyca, registered nurse in the City Crescent Building’s Health Unit.

According to Andreyca, smoking, age and genetics are also contributing factors.

Although she acknowledged that you can’t change your age or genetics, you can do many things to keep your heart healthy, such as getting exercise and watching what you eat.

February is a great month to focus on these habits since it is American Heart Month – a month dedicated

to raising awareness about such cardiovascular problems as heart disease, stroke, high blood pressure and congestive heart failure. During the month, Americans are educated about the causes and the risks of heart disease and how to reduce the chances of getting the disease.

Watching the types of food one eats is important for a healthy lifestyle. Whole grains and fruits and vegetables are rich in fiber, which helps lower cholesterol. The potassium in fruits and vegetables also help control blood pressure.

“Eating too much fast food and foods that are high in fat can contribute [to heart disease],” said Anita Roundtree, program manager for the FEDS Fitness Center.

Eating foods that have less fat, less sodium, fewer calories and more fiber can help reduce the risk of heart disease.

There are many habits District employees can practice that will help reduce their risk of acquiring

(continued on page 10)

Quick Poll: What are some ways that you keep your heart healthy?



Kimm Rockey
Indian Rock Dam

“I walk the dog every night and I am a volunteer firefighter — we have our own weight training and exercise equipment.”



Bertha Brownson
Office of Counsel

“I have changed my eating habits, I try to exercise more and keep a smile on my face every day.”



Jeff May
Contracting Division

“I do cardio several times a week, I do breathing and relaxation techniques and I put flax seeds in my juice.”

Safety as a top priority in 2008

By John Houvener
Safety and Occupational Health Office

The year is a month old, but that doesn't mean you can't resolve to be safe in 2008. This is a good time to reflect on the success of your Division/Office/Section/Team Safety Program in 2007, but it's also a good time to identify areas where you can improve. As you know, safety should always come first no matter what you're doing or where you happen to be, so take a look back and try to determine if in fact safety did always come first and whether or not you managed to meet your objectives. If you didn't, or there were a few near-misses, perhaps you'll need to undertake some new initiatives in 2008. Here are a few hints for how to improve:

Hunt down and eliminate hazards

One initiative that you might consider is to turn the spotlight on workplace hazards. For example:

- Take a second look at the layout and condition of work areas.
- Examine tools and equipment to make sure they are safe for employees to use (and review maintenance schedules to make sure they stay that way).
- Observe the way employees work (you might be surprised at how many unsafe behaviors you observe).
- Check to make sure that appropriate personal protective equipment (in good condition) is readily available to all workers and that they're using it.



- Identify potential fire, chemical, electrical, or other hazards throughout your facility and take action to eliminate them.

Emphasize training

Employee training is probably the most important aspect of any successful safety program and is a big priority for the Baltimore District Safety Office.

- Check Occupational Safety and Health Administration standards for training requirements (many regulations have very specific requirements).
- Make sure training sessions are interactive and provide plenty of opportunities for questions and discussion.
- Take advantage of training offered within the District as well as available technology to enhance and expand your training options.
- Provide lots of demonstrations and hands-on experience during training sessions.
- Don't forget that supervisors and managers need training too.

Encourage employee participation

If employees at all levels in the organization are actively involved in promoting workplace safety, your safety initiatives for 2008 are much more likely to achieve objectives and improve overall safety.

- Encourage employees to make suggestions about how to improve workplace safety (and then be sure to give their suggestions serious consideration!).
- Involve employees in problem-solving when challenging safety and health issues arise.

Recognize and reward safe behavior

Finally, don't forget to show your gratitude for the efforts employees, supervisors, and managers are making to create a safer workplace. Use the \$afety Bucks program and on-the-spot awards to reinforce safe behavior and positive safety attitudes. Let employees know that their safety is your top priority this year, and ask them to join you in making it their top priority as well.

Resolve to make 2008 a safer year. Take some time now to consider your personal safety resolutions.

In Memoriam

Valerie Pence



Valerie Pence, a senior budget analyst in the Resource Management Office, died Jan. 18. She was 52.

Pence began her career in 1973 as a clerk-steno. In 1985, she earned an accountant position in the Quality Assurance and the Revolving Fund Section in RMO. She received a promotion to the Military Accounting Section, where she handled the Homeowners Assistance Program processing home acquisitions and sales of HAP properties. She was also pivotal in the success of the conversion to the Corps of Engineers Financial Management System. Pence received a promotion as a financial analyst with the Washington Aqueduct where she prepared budgets, handled escrow accounts and established annual water rates. In 2005, she returned to RMO as a budget analyst. Pence was considered an expert within the office and was often relied upon to solve many complex issues. Her knowledge, expertise and problem solving skills contributed to the success of RMO.

George L. Monch



George Monch, a retiree from the Washington Aqueduct, died Jan. 10. He was 79.

Monch began his career with the Washington District, U.S. Army Corps of Engineers, on April 14, 1947. Working in the Flood Control Branch from his office at the McMillan Reservoir, Monch generated drawings in support of projects in Maryland and West Virginia. When Washington District was absorbed into Baltimore District, Monch transferred to the Washington Aqueduct and became part of the Engineering Branch. For the next 43 years, Monch worked on many of the key projects that were designed and built to support the expansion and modernization of the water treatment operations. Monch was a definitive resource for engineering and maintenance branches whenever they needed to consult on particular details of a project that had been done years before. Monch retired from Washington Aqueduct in May 2007 after 60 years of service.

American Heart Month

(continued from page 8)

heart disease or any other form of cardiovascular disease.

“Employees can take the stairs instead of taking the elevator, go for a short walk on their lunch break, bring their lunch instead of going out to eat or they can visit the fitness center,” said Roundtree.

According to the University of Maryland Medical Center, screening is also an important way to prevent heart trouble. Adults 25 years old and older should have their cholesterol screened and should also be screened for diabetes starting in their 20s.

With education, proper eating habits and exercise,

cardiovascular disease can be decreased and Americans can continue to have healthy and happy hearts.

What's happening during American Heart Month?

- The FEDS Fitness Center will be conducting cholesterol screenings Feb. 11 through Feb. 15 from 8 a.m. to 12 p.m.
- The Health Unit will conduct a cardiac risk profile and blood pressure screening.

ABC's of preventing cardiovascular disease:

- Avoid tobacco
- Become more active
- Choose good nutrition

Gateway to Fort Detrick...



(Photo by Doug Valentine, Fort Detrick Visual Information)

Officials from Fort Detrick and Frederick County tour the new Remote Truck Inspection Station at Fort Detrick Jan. 14. Built by Baltimore District, the \$4 million facility features gamma ray technology that gives security officers greater insight into what's being brought on post. The new gate is also built with state-of-the-art manmade, natural and mechanical barriers that allow for vehicle queuing and a holding area off the street without creating a security risk.

Baltimore District's Annual Awards Ceremony



Thursday, April 17

10 a.m. - 12 p.m.

Baltimore Convention Center
1 West Pratt Street

All employees are encouraged to attend

Harvest for the Hungry Program kicks off

The District's Harvest for the Hungry Program has started and will run through March 31. Harvest for the Hungry is a campaign that benefits the Maryland Food Bank. Its mission is to provide food and necessary items to those who are less fortunate. Suggested items to donate are canned meat, peanut butter, macaroni and cheese, oatmeal, breakfast cereal, pasta, powdered milk, canned fruits and juices, canned vegetables, diapers and toilet paper.

The Harvest for the Hungry point of contacts are Sandra Hanson, PPMD; Debbie Singer, CO; Greg Crizer, EN (Civil Works Branch); Chelsea Robinson, EN (Design Branch); Kenneth Baumgardt, PL; Mary Ascherl, OP; Carla Wall, RE; Mary Jenkins, CT; Angela Moore, PA; Christine E. Jacoby, OC; Lorie Moses, RM; and Bonnie Rathbun, SA.

For additional information contact Mark Harris at (410) 962-2018 or Ron Humphrey at (410) 962-2022 in the Logistics Office.

There will be a Bake Sale Bake Off to raise money for Harvest for the Hungry on Thursday, Feb. 14 in Room 7000-C.