



## Engineers look for new sources of energy at Tobyhanna Army Depot

**By Christopher Augsburger**  
Public Affairs Office

Everyone is going “green” these days, and the U.S. Army Corps of Engineers is on the leading edge. From energy-saving roofs to using grasses as a renewable source for fuel, members of Engineering Division’s Hazardous, Toxic and Radioactive Waste Branch are using their expertise to find new and innovative ways of producing alternative sources of energy at Tobyhanna Army Depot.

“I’m very passionate about sustainable energy,” said Betsy Hall, an environmental engineer for the U.S. Army Corps of Engineers, Baltimore District. “These are important initiatives that we are all proud to be a part of.”

Hall, Jason Walter and James Bynum, all from Engineering Division, have embarked on a series of studies at the Army depot aimed at saving the installation on energy costs and reduce the amount of non-sustainable energy used.

One study involves the construction of green roofs, a specially designed structure that impacts the amount of heat lost or stored and maximizes the use of storm water.

In 2006, the Corps constructed a test green roof designed like a grid, made up of multiple 4-inch deep, 2.5 feet by 4 feet recycled plastic bins containing low growth vegetation. This modular design type not only arrives at the job site planted and ready for installation, but allows flexibility in each bin’s location and rearrangement to accommodate future issues and maintenance.

“The roof has already incurred a 25 percent energy savings and a 10 percent reduction in storm water [since installation in 2006],” said Michael Parrent, pollution prevention program



*(Photo by Mike Parrent, TYAD Environmental Office)*

**The green roof at Tobyhanna Army Depot in Gouldsboro, Pa., shows the grid design made up of recycled plastic bins with low growth vegetation. The way the roof is built allows for flexibility in grid location and rearrangement to accommodate future issues.**

manager from the TYAD Environmental Office.

The energy savings only takes into account the heat savings. However, the advantage of a green roof is that it not only helps to insulate in the winter, but aids in keeping the roof cool in the summertime, according to Hall. The Corps intends to monitor air-conditioning usage this summer to capture additional energy savings.

“We expect the energy savings to increase to 40 percent,” said Parrent.

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U.S. Army Corps  
of Engineers  
Baltimore District

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## Commander's Comment

### *Celebrating Our Team's Successes!*

**By Col. Peter W. Mueller**  
Commander and District Engineer

Camden Yards — home to the Orioles, Ravens Stadium, the Sports Legends Museum, members of the Downtown Partnership, the revitalized Inner Harbor, even the synchronized activities on the large construction sites. Spend time in downtown Baltimore, and you will see plenty of icons that represent teamwork. The same is true when you consider the outstanding performance of the Baltimore District — our successes are all about teamwork, too!

Babe Ruth once said, "The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." Teamwork is the key element that allows us to attain our greatest accomplishments. That is why TEAM was the theme of our April Awards Ceremony and Town Hall meeting. As an organization, we would fail if we did not have project delivery teams at the center of all we do. Our matrixed teams — teams composed of individuals with specialized talents, diverse backgrounds, abilities and cultures — are the source of our success.

Our annual awards ceremony is a key event. It allows us to recognize our superb accomplishments, honor the hard work that goes into executing our mission and helps put into perspective the enormous workload we are executing as a daily routine. Our team effort produces a synergistic effect — the output — the quality products and services we provide to the Nation. As your commander, I am honored to serve with you, and I am excited to help each of you see the wide spectrum of accomplishments of our professional team.

I offer special congratulations and thanks to

our long serving teammates. This year Steven Hall, James Hawk and John Kelly celebrate 40 years of service to our federal team. We also recognized the tremendous years of service of the newest member of our Gallery of Distinguished Civilian Employees, Augustus Richard Price Jr. Congratulations to our Federal Executive Board nominees — key members of the federal team in the Baltimore area. Accolades to our teammates who have been nominated for USACE awards and to our Baltimore Harbor Debris Team, recognized for rescuing a fellow mariner. And of course, well done to all 36 project delivery teams (*see below*) who we recognized at our ceremony and to their team leaders that took the time to submit their group's accomplishments for recognition!

The great football coach Vince Lombardi summed it up, "Individual commitment to a group effort — that is what makes a team work, a company work, a society work, a civilization work." This is what makes the Baltimore District and the U.S. Army Corps of Engineers work too!

Army Strong, Engineer Ready — Essayons!

#### **Baltimore District Team Awards**

##### Honor Awards

- Military Advanced Training Center at Walter Reed
  - Walter Reed Army Medical Center Buildings 18/T-2 Team
- Whitney Point Lake Section 1135 Project

##### Merit Awards

- Field Exploration Core Drill Team
- Fort Belvoir /DIA FY 2007 Year End Support Team
- Lackawanna River at Scranton, PA (Plot & Green Ridge) Project
- Chester River Maintenance Dredging
- National Geospatial-Intelligence Agency
  - Poplar Island Cell 6 Closure Project
  - Range Clearance and Disposal Pits
- TCRA in Surf City on Long Beach Island, NJ

*(continued at the bottom of page 8)*

## Tobyhanna Army Depot (continued from the cover)

If this estimation is accurate, recovering the costs of installing the original green roof can occur over the lifespan of the roof. One set of the monitoring equipment will also be moved to another building for a direct comparison of the existing green roof to that of a traditional roof. Due to the success of the original green roof wing, the remaining wings will undergo green roof transformation this summer, thereby adding approximately 45,000 square feet of plantings to the existing roofing.

“We anticipate similar results on the additional wings,” said Bynum.

Green roofs are not the only green project going on at the Depot.

The Corps has also initiated a biofuel study on the growth and harvesting of upland switchgrass on a 20 to 30 acre landfill.

“We asked the question: why not find another way to utilize this land?” said Walter.

Switchgrass is known for its ability to grow in nearly any kind of soil because of its non-invasive characteristics and requires little maintenance.

“Therefore the idea is to grow, harvest and use these 6 foot high stalks as a biofuel source,” said Walter. “The primary focus for this biofuel study is to heat a building on post, which is made up of three individual sections each that are 200 feet in length.”

One drawback that has come from this study is that 20 to 30 acres may not be enough land to produce sufficient amounts of switchgrass to heat these bays through the entire northeastern

Pennsylvania winter. Therefore, the Corps team decided to examine a potential alternative called miscanthus giganteus — a hybrid grass that was bred for high biomass production, long life, high tolerance and sterility. Studies have shown miscanthus produces up to three times the biomass, has twice the life span (20 years versus 10 years) and sequesters more carbon dioxide than that of switchgrass. Also, because of its sterility, miscanthus is non-invasive; thereby alleviating any worries of the plant overrunning other indigenous plants or crops, according to Walter.

The Corps team continues to examine other potential sources for energy. One new option being studied is the use of waste streams on the installation.

“If the Depot produces enough wood based waste, this could supplement the switchgrass in its heating roles,” said Walter.

If most of the waste is wood based in nature, there is the possibility of electrical power generation as well as heating from one incineration unit.

Alternative energy and energy reduction is becoming more essential every day. The U.S. Army Corps of Engineers has recognized this need and stepped up to the challenge.

“I hope projects such as these here at Tobyhanna Army depot will open the door to other green initiatives in the future,” said Bynum.

Hopefully, Tobyhanna Army Depot is just a sample of what is to come.

*\*Betsy Hall and Jason Walter, Engineering Division, contributed to this article.*

### Quick Poll: What are some ways you help take care of the environment?



**Mary Ascherl**  
Operations Division

*“My husband and I recycle plastics, we have switched over to the cloth shopping bags and we switched to new lightbulbs to save energy.”*



**Fred Furney**  
Planning Division

*“I ride a bicycle to work to save gas.”*



**Angie Blizzard**  
Real Estate Division

*“I recycle paper and junk mail and reuse plastic bags. When I take a walk, I often pick up trash off the ground.”*



# Volunteers lend a helping hand at Raystown Lake

Story and photos  
by **Katisha Draughn**  
Public Affairs Office

As doughnuts, coffee and juice filled the picnic tables at the Tatman Run Boat Launch area at Raystown Lake, visions of cleaning up plastic bottles, trash and rubbish filled volunteers' heads.

More than 120 volunteers joined the U.S. Army Corps of Engineers and the Friends of Raystown Lake Organization April 19 to take part in this year's Raystown Lake Volunteer Cleanup Day event.

"It gives people a way to connect with the larger Corps entity and they can feel like they contributed to a worthwhile cause," said Melissa Herheim, coordinator for the Cleanup Day event and park ranger at Raystown Lake. "It also allows them to help clean the lake and understand their impact on the environment."

Herheim and the Raystown Lake staff members divided the volunteers into several groups, each of whom traveled by boat to clean up designated areas of the shoreline.

"I liked walking through the woods and picking up the trash," said Harley Heffner, a 14-year-old volunteer.

After hours cleaning the shorelines, volunteers brought the trash to a recycling station so they could sort out the recyclables.

All tolled volunteers collected approximately three industrial sized dumpsters worth of trash and recycled 83 bags of trash.

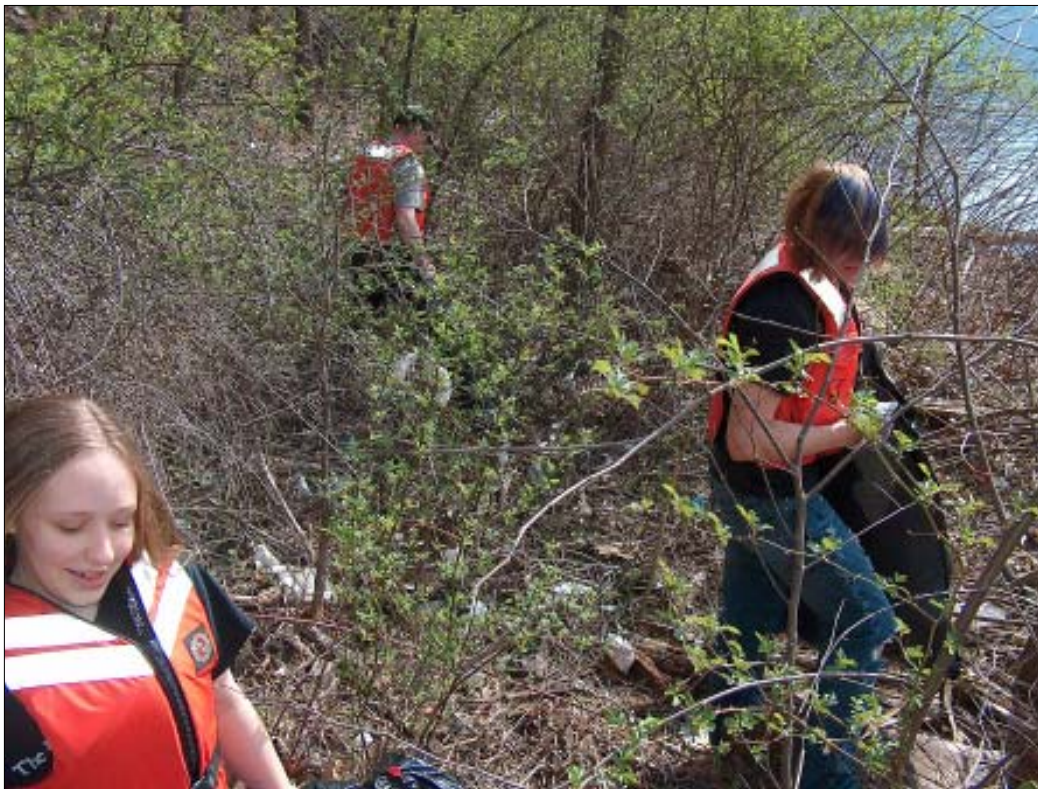
Programs like these are important to continuing the vitality and integrity of the lake and its recreational areas, said Herheim. Not only does it provide an opportunity for the community to become more involved in the health of the lake, it also provides children, adults and other volunteers a chance to learn

more about the environment and the amount of effort required to preserve these natural resources.

A particularly good sign that these programs are making a difference is that the annual cleanup program at Raystown Lake has shown significant signs of growth. The 120 volunteers this year represents more than twice the volunteers from last year, which means a cleaner park for visitors. The volunteer corps was made up of environmental organizations, civic clubs, educational institutions and individual volunteers.

"The volunteers are fantastic," said Kathleen Jones, board member of the Friends of Raystown

*(continued on page 5)*



Volunteers clean up trash along one of the areas of the shoreline at the Raystown Lake Volunteer Cleanup Day event April 19. More than 120 volunteers spent their Saturday cleaning up trash and rubbish at the lake. At the end of the day, the volunteers collected three dumpsters worth of trash.

## Raystown Lake Volunteer Clean Up Day (continued from page 4)



Tara Whitsel, park ranger at Raystown Lake, helps some volunteers recycle trash at the recycling station. The volunteers recycled 83 bags of trash at the event.

Lake and an education professor at Juniata College in Huntingdon, Pa. "Some 60 to 70 percent of the trash we cleaned up can be recycled."

After a long morning of cleaning areas along the shoreline and recycling necessary materials, the Raystown Lake staff was happy to see another successful Volunteer Cleanup Day event under their belts.

# Corps breaks ground for DISA headquarters

By David Ruderman  
Public Affairs Office

More than 400 dignitaries and guests assembled on a spring green golf course fairway on Fort Meade, Md., April 16, to attend a ceremonial groundbreaking for the new Defense Information Systems Agency headquarters that will be built on the site.

The U.S. Army Corps of Engineers, Baltimore District, will construct a multi-story campus complex for DISA, a combat support agency of the Department of Defense, on a 95-acre site that is presently part of a golf course in the center of the 90-year-old military installation.

The Corps awarded a \$369 million contract to the Virginia-based Hensel-Phelps Construction Company to build the headquarters. DISA will locate more than 4,000 employees, currently scattered across several locations in Northern Virginia and around the country. Construction is scheduled to take three years.

"This is one of the biggest moments in the history of DISA," said the agency's director, Air Force Lt. Gen. Charles E. Croom Jr., as he traced DISA's history in his remarks.

"Thanks to the Corps," said Croom. "You are doing it on time and on schedule. We appreciate the partnership we have built with you."

The move will reinforce the installation's role as the nation's main center for intelligence and information related activities under the Base Realignment and Closure mandate



(Photo by David Ruderman, Public Affairs)

**Brig. Gen. Todd T. Semonite, North Atlantic Division commander and Col. Peter W. Mueller, Baltimore District commander, meet with approximately 20 District employees at the DISA Groundbreaking April 16. Semonite and Mueller praised the team for their diligence and urged them to maintain their commitment to the three-year project.**

established by Congress in 2005, said Fort Meade commander, Col. Kenneth O. McCreedy.

"The Corps is deploying its teams to accomplish BRAC projects up and down the Atlantic seaboard," said Brig. Gen. Todd T. Semonite, the Corps' North Atlantic Division commander. "To the casual bystander, today's ceremony marks only a beginning, but for our teammates in the Corps' Baltimore District, today is a milestone on a journey that began two years ago. Nor is it the end of that journey."

Construction activities will be visibly underway by July, said Hensel-Phelps vice president, Steven Speer.



# Designing the District's projects: Engineering

Story and photos by  
**Jennifer Walsh**  
Public Affairs Office

**S**tan Gembicki is a traveler at heart. With many time shares to his name, he can be found in Maui, Lake Tahoe or Myrtle Beach throughout the year. Although he enjoys vacationing now, he was not always so eager to leave the office.

"My wife converted me into a vacation person," said Gembicki, chief of Engineering. "I'm really a workaholic who loves his job."

Gembicki started working for the federal government in 1968 as a summer student in Baltimore District's Planning Division. After graduating in 1970 from Johns Hopkins University at the age of 20, he was hired as a junior engineer trainee in Baltimore District. Gembicki briefly served in the U.S. Army as a second lieutenant after being hired, but returned to Baltimore District when his

active duty commitment was revised to an active reserve commitment. In 1973, he became a geotechnical engineer.

"I stayed technical for almost 20 years," said Gembicki. "I enjoyed the science and art of being a geotechnical engineer."

In 1992, Gembicki began taking supervisory positions such as the chief of foundations and pavements section in the geotechnical branch and assistant chief of Engineering Division. In 1997, he became chief of Engineering Division in Baltimore District.

"You reach a point in your career where you want to help steer the direction the Corps is going," said Gembicki. "You go from building projects to building teams who build projects."

As the chief, Gembicki is responsible for the engineering studies, design, specifications and plans needed to produce the District's projects.

"Our main responsibility is design," said Gembicki. "We take the conceptual scopes of work from our customers and design the facilities required to meet the water resources, infrastructure and environmental needs of our Nation."

There are four branches within the division—the civil works branch, military design branch, geotechnical branch and hazardous, toxic and radioactive waste branch.

In the civil works branch, employees focus on projects such as flood damage reduction, water supply, water quality and environmental restoration in the Potomac and Susquehanna River basins.



**Stan Gembicki, chief of Engineering Division, and Bruce Ware, deputy chief of Construction Division, review design plans for one of the District's projects.**

The military design branch provides the division's vertical design services for both military and international and interagency support customers. In this branch, there are positions such as architects, interior designers, structural engineers and technical support staff.

The geotechnical branch focuses on the use of soil and rock as construction materials and as support for building foundations and pavements. The employees in this branch are experts on asphalt, concrete, dams and levees and specialty deep foundations.

The hazardous, toxic and radioactive branch is one of two HTRW Design Centers in the North Atlantic Division and only one of four Munitions and Explosives of Concern Design Centers for the Nation. They are responsible for the pre-design, design and removal activities involving chemical, radioactive and other hazardous waste and munitions.

The division has approximately 230 employees. Although most of them are housed at the City Crescent Building, there are also employees at Fort McHenry, military installations and the integrated program offices.

"We call ourselves the quiet professionals," said Gembicki. "Our folks generally work behind the scenes utilizing technology and science to bring to reality the concepts and needs of our customers and the Nation."

According to Gembicki, taking time to mentor and develop his staff is one of the top three priorities he has each day.

"Every successful leader was mentored at one time or another by someone who told them they had the talent and the potential for greater challenges," said Gembicki.

Gembicki usually leaves his office door open during lunch breaks so staff can stop by to talk about their professional develop-

ment or a challenge they may be facing.

In addition to mentoring his staff, Gembicki also takes the time to mentor other employees throughout the District. He is the Career Program Manager for all the engineers and scientists in the District; he runs the Department of the Army Intern Program for the District; and he teaches resume writing, interviewing and new supervisor classes.

"The most enjoyable part of my day is mentoring other people," said Gembicki. "One talent I have is seeing the talent and potential in others."

The second priority Gembicki has each day is setting aside time for strategic thinking.

"It's my job to be strategic," he said. "I have to look out five years down the road and predict what emerging missions may be coming and how to resource them."

The third priority is sorting through the new tasks the division receives each day. By delegating certain tasks, he is able to ensure their timely and successful completion.

"As organizational leaders, you have to

leverage the talent of others to succeed," said Gembicki.

Although he stays busy at work, Gembicki also has a full personal life. He has been married for 30 years to his wife and together they have three sons. Gembicki also has a son from a previous marriage. He said he also loves spending time with his first granddaughter, who is 18 months old.

According to Gembicki, family plays an important role in his life, and he considers the Corps to be his second family.

"Like any family we don't always agree with each other," said Gembicki. "But when the chips are down, we know we can always depend on each other."

Overall, Gembicki said he finds satisfaction in his role as an engineer and a mentor.

"By being an engineer you touch the lives of so many people in so many different ways."

## Did you know...

- Gembicki is a history buff and enjoys studying military engineers throughout history.
- He enjoys spending time in nature, whether it is at an ocean or in a forest.
- His paternal grandparents are from Poland and his maternal great-grandparents are from Ireland and Germany.
- He knew he wanted to be an engineer when he was in the sixth grade.
- He plans on retiring in March 2009.



**As the chief of Engineering Division, Stan Gembicki is responsible for the engineering studies, design, specifications and plans needed to construct District projects.**

## Awards Ceremony emphasizes the value of teamwork

**By Joyce Conant**

Public Affairs Office

More than 500 District employees gathered at the Baltimore Convention Center to participate in the 2008 Annual Awards Ceremony April 17.

This year's theme — "TEAM," which stands for **T**rust, **E**xcellence, **A**ll about people and **M**otivation — was often referred to as "TEAM Baltimore" by both Col. Peter W. Mueller, District commander and guest speaker Brig. Gen. Todd T. Semonite, North Atlantic Division commander.

"Our ceremony is all about Team Baltimore — all about teamwork and what makes us successful," said Mueller, who opened the ceremony.

Each year, Baltimore District invites project managers to nominate teams for the Baltimore District Team Awards. For 2007, 36 teams were nominated and considered for recognition. A panel of the District leaders selected three teams for Honor Awards, eight teams for Merit Awards, 12 teams for Special Recognition Awards and 13 teams for Recognition Awards.

Army Achievement Medals were awarded to Capt. Tom Donahue, Jason Cockerille and Jon Perry from the Debris Removal Team, for rescuing a private citizen whose boat capsized in Baltimore Harbor in January.

Joseph Schwing, Engineering Division, was awarded the Superior Civilian Service Award for his performance while serving as a member of the Global War on Terrorism team in Afghanistan.

Augustus Richard Price was inducted into the Gallery of Distinguished Civilian Employees. Price spent his entire 34-year federal career in Baltimore District as a geotechnical engineer,



*(U.S. Army Corps of Engineers photo)*

**The Whitney Point Lake Section 1135 Project Team receives the Honor Award from Baltimore District Commander, Col. Peter W. Mueller and North Atlantic Division Commander, Brig. Gen. Todd T. Semonite at the Awards Ceremony April 17. The team received the award for working to award a construction contract on the Whitney Point Lake Section 1135 project. For 2007, 36 teams were nominated for District Team Awards.**

and later as chief of that branch.

Richard Howell, Executive Director of the Baltimore Federal Executive Board, helped to recognize those who were nominated for FEB awards.

Howell congratulated the nominees and thanked Henry Dunn, from the Information Management Office, for his many years of assistance to the FEB.

"It's truly been an honor to be part of Baltimore District's award ceremonies since 1983," said Dunn, who is retiring in June. "These ceremonies are just one way we can show our appreciation to the people and the teams who do so much."

### **Baltimore District Team Awards** (continued from page 2)

#### **Special Recognition**

- Fort Detrick FY07 Year End Awards Project
- Fort Detrick Remote Truck Inspection Station
- Guided Missile Maintenance Facility
- Jennings Randolph Lake Physically Challenged Hunt
- Jennings Randolph Lake Project
- Land Development Boundary Wall Project
- MEC in Clamshells Project
- Northern Virginia Flood Damage Technical Services Project
- Public Law 84-99 FY07 Rehabilitation and Repair Contracts
- Radford Army Ammunition Plant VA-Installation Restoration Program
- Spring Valley Formerly Used Defense Site Remediation
- Watervliet Arsenal Building 135 Shrink Pit Evaluation

#### **Recognition Awards**

- APG Chemical, Biological, Radiological Sample Receipt Facility Design and Award
- Comprehensive Storm Water Study for the Town of Berlin, MD
- Eastern Region Army MMRP Site Inspections
- Emergency Backup Power for Baltimore District HQ
- Engineer Proving Ground Joint Wetland Permit Application
- Masonville Dredged Material Containment Facility Regulatory Permit Decision
- Molly Ann's Brook Local Flood Protection Project Real Estate Transfer
- Operation Range Assessment Program
- Picatinny Arsenal IRP Program (FY 2007)
- Radiological Assessments for BRAC 05
- Rapanos Case Instructions Implementation
- Raystown Lake Multi-Use Mountain Biking Trail Project
- USAMRIID Stage 1 Design

# Don't take falls lightly

*They are the number one cause of lost time accidents in the District*

By USACE Headquarters

It's easy to take the subject of falls lightly — unless you or someone you know has had a serious fall. Then you realize how deadly this commonplace accident can be. Millions of people are injured or killed by falls every year. Most of these falls occur on the same level. That means they do not involve a fall from a height above ground level. Instead, most falls occur from slipping on a slick surface or tripping over an object. To understand how a fall occurs, we have to review a little high school physics.

Three forces are involved in falls — friction, momentum and gravity.

- Slips occur when there is not enough friction between your foot and the surface you are walking on. That is why you slip on surfaces such as ice, wet floors and banana peels — there isn't enough friction to slow your foot down.
- The next principle is momentum, which is at work when you trip over something. Your feet are stopped by the object, but momentum carries the rest of your body forward.
- The final principle is gravity. When you lose your balance by slipping or tripping, the force of gravity pulls you down.

## **Here are some tips for fall prevention:**

- Keep clutter picked up. Common causes of falls are debris, tools and materials on the floor.
- Arrange work spaces so there are clear passages for walking. Remove or cover cords and cables on walking routes. Store boxes of materials away from traffic areas.
- Close desk and cabinet drawers and doors as soon as you are finished using them. Many accidents are caused by tripping over them.
- Keep walking surfaces free of water, oil and mud. Watch especially for slippery surfaces on sidewalks, stairways, in entryways, around machinery, in lunch areas and washrooms.

- Wear footwear which will prevent slipping and tripping. Avoid slippery soles and wear well-fitting, correctly fastened footwear.
- Work areas and traffic routes must be well-lit. Report or replace burned out light fixtures.
- Stick to established traffic routes. Falls can be caused by taking shortcuts through areas which contain unexpected obstacles.
- If you must walk on a low-friction, slippery surface, take small, deliberate steps.
- Use the handrail on stairways. Never run up or down the stairs. Do not store any objects on the stairs and do not permit others to do so.
- Report any walking surface hazards such as obstacles, loose carpet, tile or stair treads.
- Never use makeshift climbing devices. Get a step stool or ladder and use it properly, if you must reach a higher surface. Do not stand on chairs!
- If you do start to fall, there are things you can do to lessen the impact and prevent injury. You should relax your muscles. Do what you can to protect your head and spine from injury. Try to land on a soft, fleshy part of your body.
- Roll in the direction of the fall so that you do not stop all at once.





## *Women see their vision at the Federal Women's Conference*

**By Katisha Draughn**  
Public Affairs Office

Women from many federal agencies attended the 26th Annual Baltimore Federal Women's Conference at Martin's West March 26. The theme for this year's conference was, "Women's Art: Women's Vision!"

The conference was hosted by the Baltimore Federal Executive Board, which represents all federal agencies and installations throughout the state of Maryland.

The morning speaker was Joni Daniels, founder and principal of Daniels and Associates. Daniels spoke on the topic, "Power Tools for Women."

"We need to know what the tools are, what each tool's purpose is and determine what is stopping us from using those tools," said Daniels.

With her humor and vivacious energy, motivational speaker, Pegine Echevarria, entertained the audience as she served as the afternoon speaker.

More than 600 people attended the conference, which featured workshops and trainings on Adobe Photoshop, conflict management, mentoring, public speaking, business writing and investing.

Kim Brewton, Equal Employment Opportunity Specialist in the EEO Office, was the presenter of the Conflict Management and the Moment of Truth workshop.

"I love to enlighten people about the world I have seen,"



*(Photo by Katisha Draughn, Public Affairs)*

**Shavette Bradley and Felecia Johnson from the Real Estate Division, stop at a jewelry vendor during one of the breaks at the 26th Annual Baltimore Federal Women's Conference March 26.**

said Brewton. "I try to find an equal level of participation with my audience."

Shavette Bradley, a realty specialist in the Real Estate Division found the conference to be very informative and beneficial.

"It allowed women to get together one day a year and meet other women from different agencies," said Bradley. "I would recommend everyone attend this event in the future."

## *Lunch and Learn Wellness Seminar*

### *"Healthy Blood Pressure"*

*Sponsored by FOH Health Unit and Joyce Elder, USACE EEO Disability Awareness Special Emphasis Manager*



**Date: Thursday, May 22**

**Time: Noon - 1 p.m.**

**Location: EEOC Conference Room  
Fourth floor**

*Bring your lunch and join us!*



## Helping those in need...



(Photo by Katisha Draughn, Public Affairs)

Lt. Col. John Osborn, Baltimore District's deputy commander, congratulates members of the Harvest for the Hungry planning committee on successfully collecting 4,122 items for the annual campaign. They are (from left to right) Mark Harris, LO; Angela Moore, PA; Debbie Singer, CO; Lorie Moses, RM; Mary Jenkins, CT; Chelsea Robinson, EN; and Greg Crizer, EN. Not pictured are Ron Humphrey, LO; Bonnie Rathbun, SA; Doris Faulkner, EN; Sandy Hanson, PPMD; Carla Wall, RE; Mary Ascherl, OP; Christine Jacoby, OC; Kenneth Baumgardt, PL; and Kristina Spirko, HR. The committee also raised donations for the campaign, which included a raffle, resulting in five District employees winning gifts. The winners were Mary Jenkins, CT; Steve Golder, OP; Debbie Bubb, RE; Rolando Sanidad, CO; and Larry Mathena, EN. Way to go Baltimore District!

## Baltimore District's "Check It" Program May's Theme is Military Personnel



Maj. Patrick Dagon, Deputy District Engineer for Support Operations, and Lt. Col. John Osborn, Deputy District Engineer, check the Emergency Evacuation Route Map, which shows District employees the proper direction to take when evacuating during an emergency.

## Contracting Division presents Baltimore District's Annual Organization Day Picnic!



Friday, June 20

10 a.m. - 4 p.m.

Centennial Park in  
Columbia, Md.

### Additional details

- There will be fishing at the lake, a sports contest and many other family games and activities.
- Early bird tickets will be on sale May 5 to 16. Kids ages five to 12 are \$10 and adults are \$14.
- The menu is as follows: quarter pound all beef hamburgers, veggie burgers, beef hot dogs, barbecued baked beans, corn on the cob, tangy barbecued chicken, country style potato salad, creamy macaroni salad, primavera pasta salad, cold sliced watermelon, assorted cookies, assorted sodas and iced tea.

*We are taking a day off to go to the park! See you there!*