



# CONSTELLATION

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## Baltimore District employees receive top awards

By Christopher Augsburger and David Ruderman  
Public Affairs Office

Two employees from the U.S. Army Corps of Engineers, Baltimore District, received awards from the chief of Engineers, Lt. Gen. Robert L. Van Antwerp, at an awards banquet during the Corps' 2008 Summer Leaders Conference in Pittsburgh, Pa., Aug. 4.

Mike Rogers was named U.S. Army Corps of Engineers 2008 Program Manager of the Year, and Michael Ogden received the agency's 2008 Construction Management Excellence award. Both awards recognize Corps employees who have distinguished themselves through their professional

excellence, achievement and superior performance, according to Van Antwerp.

Rogers is the program manager leading the design and construction program for the National Geospatial-Intelligence Agency (NGA) project at Engineer Proving Ground at Fort Belvoir, Va. NGA's New Campus East (NCE) is a \$1.77 billion, 2.4 million square foot campus representing one of the largest military design and construction programs ever undertaken by the Corps.

"The size, magnitude, schedule and stakeholders are challenges that we are overcoming with good teamwork from the customer to the contractor," said Rogers. The NGA project will involve more than 2,700 workers by its construction peak, scheduled for April 2010.

As the chief of the NGA Integrated Program Office, Rogers manages the planning, design and construction of the largest single agency consolidation in BRAC history. He also oversees the design and construction of nearly \$100 million of Army BRAC-funded infrastructure improvements on the site, as well as ensuring the team integrates construction with the activities of NCE's active information technology contract (\$1.4 billion), deployment contract (\$50 million), security contract (\$35 million) and is the key advisor on NCE's Base Operating Support contract.

Rogers, who has been with the Corps for 18 years, says he is flattered and honored, not only by the award itself, but also by the affirmations he has received from colleagues and from senior NGA leaders since the award was announced. "The accolades from the people I work with and aim to serve are as meaningful to me as the award itself," he said.

Michael Ogden, resident engineer of Baltimore District's New Cumberland, Pa., office, is the recipient of the U.S. Army Corps

*(continued on page 3)*



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

Mike Rogers (right), program manager for the National Geospatial-Intelligence Agency at Fort Belvoir, Va., receives the 2008 Program Manager of the Year award from Lt. Gen. Robert L. Van Antwerp, chief of Engineers, at the Summer Leaders Conference Aug. 4.

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U.S. Army Corps  
of Engineers  
Baltimore District

[http://  
www.nab.usace.army.mil](http://www.nab.usace.army.mil)

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## Commander's Comment

### Checking our Corporate Azimuth!

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

Soldiers on patrol do it, hikers in the wilderness do it, families reviewing financial goals do it; at some point we all do an "azimuth check." We analyze our long term objectives to see if we are on course. Under Lt. Gen. Robert L. Van Antwerp's leadership, HQUSACE has been conducting an internal analysis since our 52nd Chief of Engineers took command last summer. During the USACE Summer Leaders Conference (SLC), Aug. 4 - 8, our senior leaders laid out a clear direction for the years ahead. The chief also recognized a number of individuals including the USACE Construction Manager of the Year, our own Mr. Michael Ogden, and the USACE Program Manager of the Year, Mr. Mike Rogers. Congratulations! But, here are three key azimuths we should all be aware of.

First and most important, was the focus on program execution across the board. Execution, Execution, Execution! The chief emphasized, "Say what we're going to do and do what we say!" This remains our District focus. This year alone, we have obligated over \$1 billion, executed \$1.03 billion, including nearly \$467 million in construction placement. Our whole team is focused on our priority end-of-year-objectives.

Second, the chief unveiled our new corporate vision and restated mission. Our shared vision is to be: "*A GREAT engineering force of highly disciplined people working with our partners through disciplined thought and action to deliver innovative and sustainable solutions to the Nation's engineering challenges.*" This vision is what we should all strive for and the ultimate compliment would be for our clients and stakeholders to think about us in this manner. Our restated USACE mission is now: *Provide vital public engineering services in peace and war to strengthen our Nation's security, energize the*

*economy and reduce risks from disasters.*

Van Antwerp also presented the four overarching goals for our worldwide organization:

1. Deliver USACE support to combat, stability and disaster operations through forward deployed and reachback capabilities;
2. Deliver enduring and essential water resource solutions through collaboration with partners and stakeholders;
3. Deliver innovative, resilient and sustainable solutions to the armed forces and the Nation; and
4. Build and cultivate a competent, disciplined and resilient team, equipped to deliver high quality solutions.

Third, the general presented the new Corps-wide plan to meet Global War on Terror requirements in Operation Iraqi Freedom and Operation Enduring Freedom in Afghanistan. North Atlantic Division and South Atlantic Division will lead the effort to resource the workforce needs of the Gulf Region Division Central District (GRC). There will be more direction on how we execute this mission, but GRC will become our priority for volunteers. This new direction will enable us to co-locate team members from our regional team and build confidence and synergy.

Finally, Van Antwerp did provide his view of "metrics." He laid out four considerations for measuring our progress toward becoming a "Great" organization. They are: 1) Achieving superior performance for all missions; 2) Setting the standard for our profession; 3) Having a unique and positive impact on our Nation and other Nations; and 4) Building to Last!

The three azimuths, along with the chief's metrics, should assist us in understanding the priorities and the direction of this superb organization we are all a part of in service to our Nation. It helps us see where we are headed! If you get a chance, check in with Ms. Cyndi Geppi in our Resource Management Office. She represented the District as our emerging leader at this year's SLC. Congratulations Cyndi!

Army Strong, Engineer Ready, ESSAYONS!

## Top awards (continued from the cover)

of Engineers 2008 Construction Management Excellence award.

In his 30-plus year career with the Corps, Ogden has consistently achieved superior results in the management of complex construction projects, whether in the military, civil or environmental spheres.

He is known among his peers for an outstanding ability to foster communication among customers and contractors to streamline the project delivery process, while remaining exceptionally responsive to the customer's needs. In recent years, Ogden has been a critical force behind the Warehouse Modernization Program at Defense Depot Susquehanna, Pa., which began in 1998.

Since its inception, the project has turned over five new warehouses, valued at more than \$83 million. Ogden provided the guiding force behind the shared decision to employ standard details on all the warehouses, thereby streamlining construction and controlling costs.

Ogden's ability to synergize Corps, garrison and contractor efforts to achieve outstanding performance levels indicates insight, interpersonal skills and foresight gained through years of experience. But Ogden said he started out like most engineers — a well-trained acolyte.

"I'm an expert because I made a lot of mistakes," he said self-deprecatingly. "When I first started 33 years ago, I got a job with the Corps and I thought, 'I'll work for three years and then I'll get a real job.'"

But he cut his teeth on major dam and levee projects in Pennsylvania, and the Corps became his calling.



(Photo by Ann Johnson, Fort Belvoir Integration Office)

**Mike Rogers (center in white shirt) provides a site visit of the National Geospatial-Intelligence Agency to (from left to right) Maj. Gen. Bo Temple, Capt. Jesse Bisnette, Lt. Col. Eric Harter and Wesley Wright (back row).**



(U.S. Army Corps of Engineers photo)

**Michael Ogden (right), resident engineer of Baltimore District's New Cumberland, Pa., office, receives the 2008 Construction Management Excellence award from Lt. Gen. Robert L. Van Antwerp, chief of Engineers, at the Summer Leaders Conference Aug. 4.**

"I didn't think much of it at the time," said Ogden. "I realized that I just really liked the idea of seeing a project coming from the idea, to the plans and specifics, and seeing it come into being. Where else could you get exposed to such a wide variety of projects and disciplines?" he asked.

"There were mentors in my life, guys who had gray hair, that I would go to when I had questions; some of the guys are still around the District. Then over the years, people started coming to me, young engineers and interns. And I realized I was the guy who had the gray hair," he said.

In recent years, Ogden spearheaded the District's largest ever cost-reimbursable Superfund project, while simultaneously helping the Environmental Protection Agency navigate a sea of legal and technical challenges. He has also been a key player in the evolution of the Corps efforts to revamp and improve its levee inspection process.

"He's a construction professional. He's the guy people go to for advice on complex technical issues," said John Chubb, Baltimore District's Construction Division chief. "He's got super leadership skills and mentoring ability. There are scores of junior engineers who have benefited from Mike's guidance and example. He's got Corps blood in his veins, and he's always got a satisfied customer."

"Mike Rogers and Michael Ogden represent the best of the Army Corps of Engineers," said Col. Peter W. Mueller, Baltimore District commander.



## Walter Reed partnering agreement shows commitment to Soldiers

By Christopher Augsburger

Public Affairs Office

Henry Ford once said, “Coming together is a beginning; keeping together is progress; working together is success.” That’s just what leaders from Walter Reed Army Medical Center, the U.S. Army Corps of Engineers, Baltimore District, and 14 contractors accomplished July 18 when they gathered to sign a partnering agreement that will ultimately prove Henry Ford right. Their mission is to work together to provide wounded warriors a world class medical facility at Walter Reed Army Medical Center.

“This is *our* hospital; this has a direct impact on *our* Soldiers,” said Lt. Col. John Osborn, the District’s deputy commander. “Staying on schedule will go a long way.”

Gathered together at Walter Reed Army Medical Center, representatives from government agencies and contractors signed a partnering agreement aimed at synchronizing construction schedules and activities. This process enables the partners to effectively program the movement and staging of construction equipment and workers in order to help the hospital maintain its status as a world class medical facility. An equally, if not more



(Photo by Christopher Augsburger, Public Affairs)

The U.S. Army Corps of Engineers, Baltimore District, senior leaders from Walter Reed Army Medical Center, and 14 contractors gathered July 18 to sign a partnering agreement aimed at synchronizing construction schedules and activities. Each signature represents their commitment to help the hospital maintain its status as a world class medical facility.



(Photo by Sharon Taylor Conway, Walter Reed Army Medical Center)

**Contractors begin the diverse mission at Walter Reed of building new ramps and sidewalks, conducting asbestos abatement, removing old waste and medical gas pipes, executing several roofing projects, upgrading fire alarm systems and installing new doors and security features.**

important benefit, significantly minimizes any adverse effect on a Soldier’s recovery experience and environment.

Approximately 100 amputees reside at Walter Reed, and many of the wounded warriors are battling through post-traumatic stress disorder and traumatic head injuries, according to Col. Bruce Haselden, Walter Reed garrison commander.

“We still get patients in every week from Iraq and Afghanistan,” said Haselden. “But no matter how busted up they get, they are here with the intention of going back to fight.”

The contractors have a diverse mission, including new ramps and sidewalks, asbestos abatement, removal of old waste and medical gas pipes, roofing projects, fire alarm systems, the installation of new doors and security features and other infrastructure needs. In all, contractors will make \$33 million worth of improvements to the hospital by September 2009.

“The partnering agreement documents are our commitment with our construction contractors to cooperatively provide the highest quality facilities for our brave Wounded Warriors of the Iraq and Afghanistan wars,” said Mimi Bistany, the project manager at the Walter Reed Army Medical Center.

“This partnership is critical for us,” said Kevin O’Brien, the vice president of Kalimex Incorporated. They will have the responsibility of constructing the stairs, ramps and other building repairs. “It makes it easier to work through challenges because we are able to meet face-to-face with our ultimate customer — the Soldier.”

# Utilizing the law: Office of Counsel

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

Ever since David Cooper was a young man, he had a close connection to the Corps of Engineers.

“I was born in Iowa, grew up in Nebraska, and lived along the Missouri River for the first 18 years of my life,” said Cooper, Baltimore’s new District Counsel. “The Corps had a big, positive presence there.”

In the 1950s, a public-private partnership built a big bridge on dry land in Cooper’s hometown of Decatur, Neb. The Corps then moved the “Mighty Missouri” under the bridge. Cooper’s encounter with the Corps back then would certainly not be his last. Little did he know, he would find himself reuniting with the Corps once again.

Cooper advanced academically, eventually finding his way to the study of law. He received a Bachelor of Arts degree from the University of Nebraska, a Juris Doctor Law degree from Northwestern University in Chicago and a Master of Science degree from the London School of Economics in London, England.

Cooper sought career opportunities that showcased one of the things he is truly passionate about — making the law work to get things done. He held positions such as senior attorney for the Treasury Department/Internal Revenue Service in Washington, D.C.; senior advisor for the Peace Corps in Lodz, Poland; principal of his own consulting firm in Washington, D.C., for 14 years; and assistant counsel for the Corps’ Transatlantic Programs Center in Winchester, Va. Last month, Cooper became Baltimore District Counsel.

As the District’s chief legal officer, Cooper is responsible for providing legal advice and support to the District Engineer and



**Latoyia Evans, a clerk in Office of Counsel, talks with David Cooper, District Counsel, about an administrative issue.**

divisions on a wide range of subjects, such as federal procurement law, regulatory matters and environmental concerns.

“The Office of Counsel’s services are available for all aspects of the District’s missions and for all work of the District’s divisions,” said Cooper.

Attorneys in the Office of Counsel are routinely assigned particular projects and coordinate with members of project delivery teams (PDT) if there are any legal questions or issues.

“The sooner and more frequently our attorneys communicate with other PDT members, the more likely we are able to resolve any legal issues quickly and simply,” said Cooper.

Cooper loves his work with the Corps, and stresses to his colleagues in his office about the importance of serving their clients and meeting their needs.

“We should always offer practical solutions and legal alternatives — never just a simple ‘no,’” he said.

The Office of Counsel is comprised of 24 employees. In addition to the District Counsel, there are four administrative support professionals, who assist the attorneys and other professionals and 16 attorneys — including one who is currently deployed to Afghanistan. The office typically has one law clerk and two student interns, who provide legal research, administrative support and any other assistance needed.

Although Cooper just recently became the District Counsel, he is looking forward to serving the commander and accomplishing the mission.

“I’ve always liked working with professionals who build things,” said Cooper. “And it’s great to be able to use my legal skills to help them get it done.”

## Did you know...

- Cooper played a prison extra in the 1993 movie, *Schindler’s List*.
- He loves to travel and has recently been to Shanghai and Beijing, China.
- His parents owned and operated a 250-seat steakhouse in Nebraska for 30 years.
- He has one older brother and one older sister (twins) both retired and living in Nebraska.
- He has a Cairn Terrier named “Iagan” (who thinks he is a Great Dane).

# Get to know the Harrisburg Area Office

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

Nestled on the small installation of the Defense Distribution Center in New Cumberland, Pa., sits an office building that encompasses the “quiet professionals.”

Harrisburg Area Office is its name and construction management is its game.

The Harrisburg Area Office — and its resident and project offices — is a field office that falls under the Construction Division. Its mission is to provide construction management for the District.

“We are known as the ‘eyes and ears’ for the District,” said Denis duBreuil, chief of the Harrisburg Area Office.

Once a contract is awarded on a construction project, the Harrisburg Area Office is responsible for administering that project.

“We ensure that all provisions of the contract are met,” said duBreuil.

This includes reviewing the quality of the construction, interpreting contract documents, analyzing the contract and offering negotiable solutions if there is any sort of issue.

The office works with projects for military customers in Pennsylvania and West Virginia, such as Defense Distribution Center, Letterkenny Army Depot, Carlisle Barracks and Tobyhanna Army Depot. They also work on civil works and environmental restoration projects located in the Susquehanna and Upper Potomac River basins, such as the Scranton Local Flood Protection Project, the Wyoming Valley Levee Raising Project, C & O Canal Rewatering and Dents Run Acid Mine Drainage Restoration projects. They also support the Operations Division by managing projects at their various dam sites.

The office is more than 70 miles away from the City Crescent Building (CCB), but there is still constant communication with the “home” office. They are in contact with Programs and Project Management Division, for schedule and money issues; Engineering Division, which has engineers and architects for help in solving technical issues; and with Contracting, Office of Counsel, Safety and Operations for the many other types of issues encountered while running an office away from the CCB.

Although the Harrisburg Area Office has no more than 20 employees, their heavy workload speaks volumes. Those 20 employees support and are supported by another 22 employees



**Denis duBreuil (left), chief of the Harrisburg Area Office, and Dennis Morgan, a civil engineer, review documents on a construction project.**

at various resident and project offices throughout the state.

“I like dealing with the people and solving all sorts of challenges,” said duBreuil.

The office consists of administrative professionals, project engineers, quality assurance representatives, office engineers and interns.

John Eckenrode has been a project engineer with the Harrisburg Area Office for 25 years. He manages different projects, answers all correspondence from the contractor, resolves technical issues, processes submittals and payment estimates and enforces safety at the project sites.

“It gives me the opportunity to be out in the field working with the contractors,” he said.

Eckenrode is currently managing the 125,000 square foot Consolidated Maintenance Facility on the installation. This building will consolidate all the installation’s plumbing, mechanical, carpentry, cabinetry and vehicle maintenance shops at one centralized location.

While the project engineer is out at the project sites, the office engineer is usually in the office dealing with contract funding, modifications and other contract administration issues.

“I get to work on several projects and see the big picture,” said T. Scott Frick, office engineer.

The Harrisburg Area Office’s unique mission allows the employees to be physically closer to the customer.

“The reason this office is successful is not because of me, but because of the great staff I have working for me,” said duBreuil.



# Corps completes renovation on former wind tunnel laboratory

Story and photos  
**by David Ruderman**  
 Public Affairs Office

The Baltimore District completed a three-year, \$31 million renovation of Building 120 — an electronic training simulator designed to give Soldiers the edge in combat — at Aberdeen Proving Ground, Md., Aug. 22. The Aberdeen Test Center ordered the upgrade as a critical element of the Aberdeen Common Control Node of the Future Combat System Combined Test Organization.



In addition to workspace for systems designers and testers, the facility includes a 100-seat theater for multi-media presentations, breakout rooms for after-action review and a computer center.

**Jeff Price (left), John C. Grimberg Co. job superintendent, and Rick Burcham, Baltimore District project engineer, review finishing touches being made to Building 120 during the last week of the three-year renovation.**



**This distinctive plaque greets visitors to the completely renovated testing center. It also serves as a reminder of the facility's past service to the Nation.**

“It’s actually one of the best jobs we’ve had, with the customer and the contractor working well together,” said Rick Burcham, Baltimore District’s project engineer. “It’s been the epitome of partnering.”

That partnership has produced an ultra-modern facility clearly rooted in its past. Building 120 was originally built in 1944 as a center for ordnance and ballistics testing, and the upgrade maintains the industrial feel of that time. Interior materials and finishes were chosen as subtle reminders of links to the past. Large murals of photos from the 1940s and 1950s set the tone.

“The whole intent was to respect and preserve the history of the building, and to impose the new use on top of it,” said Fred Hiser, design architect from Whitman, Reardon & Associates. “It’s a story of adaptive re-use. When you think about what they were doing then, and what they’re doing now, it’s not that different. The medium is different.”

## **Quick Poll: What is the most rewarding part for you about working on a military construction project?**



**Marie Lima**  
 Resource Management Office

*“I enjoy the opportunity to go out to the project sites, see what is important to the people and being a part of something.”*



**Jim Payne**  
 Programs and Project Management Division

*“Seeing the project from the planning, design and construction phase and seeing it used by the customer — with the end result being a happy customer.”*



**Vaso Karanikolis**  
 Planning Division

*“Working with customers to ensure that all environmental aspects of the project are considered.”*

## Construction intern helps customers in Afghanistan

By Joyce Conant  
Public Affairs Office

Stories about the Department of the Army Corps of Engineers interns and what they achieve can be so intriguing — so is that of Valdez Blackwell, who is currently deployed to Kabul, Afghanistan.

Blackwell, who earned a Bachelor of Science degree from Morgan State University in Baltimore last year, began his internship at Fort Myer with the Construction Division. He has been overseeing Corps projects in Afghanistan as a construction representative since May.

“I volunteered to come to Afghanistan because I know I am helping the country. I can see the progress in the development and the hope inside the people,” he said.

Blackwell said he loves to travel to different parts of the world and enjoys learning about new cultures and people and what they think in regards to their country and the outside world.

Blackwell works with a team that oversees the construction of a \$7.6 million design build project that will provide office space, a dining facility and a recreation area for the Afghan marshals and their investigators.

As the construction representative, Blackwell provides quality assurance and safety at the construction sites; ensures that the contractors are following design specifications, as well as building a quality product; fills out daily and weekly reports for the project managers and ensures contractors are paid promptly; attends weekly meetings to report project status; helps to resolve potential problems; and makes sure the contractor is staying on schedule.

“Valdez is doing a good job,” said Sang Hun Kim, an area engineer in Afghanistan. “He is a valuable asset to the office and essential for mission accomplishment.”

In addition to the duties of the job, Blackwell interacts with the local Afghans on a daily basis. He said they want to see new roads, buildings and a more stable government.

“They’re people just like we Americans are — they laugh, they party, they cry, they think, they do all the things we do, but slightly different,” he said. “The

locals who want to see a change are all for us being here in Afghanistan and they help us to the best of their abilities.”

William Breckinridge, a contracting officer and construction representative who works with Blackwell, said that in addition to doing a great job in Afghanistan, Blackwell jumps in wherever he is needed and cares about conducting quality work.

“His relationship with the local nationals is great...,” said Breckinridge. “His sense of humor and caring for others shows each and every day. His willingness to learn and do things correctly makes it easy on me.”

Blackwell’s family supports his decision to volunteer for duty in Afghanistan.

“My family is very supportive of me being here,” he said. “At first my mother disagreed with my decision and could not understand why I would volunteer for such a thing, but told me as long as I am helping others, then that is what’s important.”

Blackwell said his mother worries sometimes, but tells her that is normal.

“I tell her to refrain from watching the news and that the information she gets will be directly from me,” he said.

Blackwell is scheduled to return to the District in late October or early November.



(Courtesy photo)

Valdez Blackwell (center) looks over a new construction site just north of Kabul, Afghanistan with two of his personal security detail.



# Throw out unsafe practices

By John Houvener

Safety and Occupational Health Office

How often have you thought, “I shouldn’t be doing this, but...” and had that thought affirmed by a heart-stopping slide off the ladder or teeth-clenching zap while trying to install a new ceiling light?

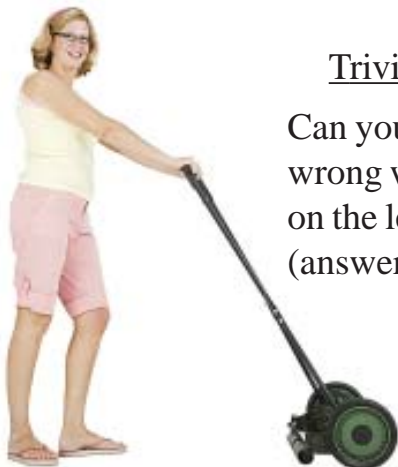
## The Proof is in the Stats

Bad consequences of unsafe actions at home seriously injured twice as many American workers — 6.8 million — while off the job in 2006, as occurred while they were on the job, according to the National Safety Council. And that same year, of 49,000 deaths from injuries among U.S. workers, 90 percent of those occurred off the job.

## If You Don’t Take Risks at Work, Why Take Risks at Home?

Lulled by the misperception that home inherently is a safe place, countless workers who use safe work practices on the job sometimes take enormous risks at home. Why?

One reason is that people who are tired from working several days in a row are often almost as busy on their days off painting their homes, cutting lawns, clearing leaves from gutters and performing a number of other tasks. Tackling a job at home when one is tired or one’s heart or head isn’t into it sets the stage for rushing, taking shortcuts and not paying attention to the job being done.



## Trivia Question

Can you find five things wrong with the picture on the left?  
(answer on page 10)

## Unsafe Practices

Here are some other unsafe home practices that can cause serious injury or death:

- Performing any electrical work on live circuits. You should shut off the power at the breaker first.
- Standing at or near the top of ladders, placing a ladder on unstable ground or not bringing the ladder bottom out one foot for every four feet of height being climbed. Over-reaching while on a ladder is another dangerous practice.
- Using a propane barbecue inside a garage because of inclement weather. The carbon monoxide it generates could kill you. Never use a gas-powered portable generator or other carbon monoxide-generating device indoors.
- Mowing a lawn or weed-whacking in shorts and sandals. Wear pants and a long-sleeved shirt and use safety glasses, steel-toed boots and hearing protection.
- Leaving garden tools, such as rakes, on the ground. Stepping on one can cause a nasty injury.



- Winging a home improvement project. If you lack knowledge or experience, hire someone to do it or get a friend or relative who knows what he or she is doing to help you.
- Digging without knowing what lies beneath your property, in terms of utility connections, piping and wiring. If you plan to erect a fence, plant a tree, install a pool or a basketball hoop, call your state or municipality for the location of gas and utility lines prior to the excavation.

There are many other examples of unsafe acts that people perform around the house, but all of them can have the same deadly consequences.

If you are tired or rushed, you are far more likely to take chances and end up hurt.

Remember, September is National Food Safety Education Month. For more information, go to the food safety Web site at <http://www.foodsafety.gov>.

This year’s theme: Foodborne Pathogens: Your Family’s Health is in Your Hands. Viruses: They’re in Your Hands.

## My question is...

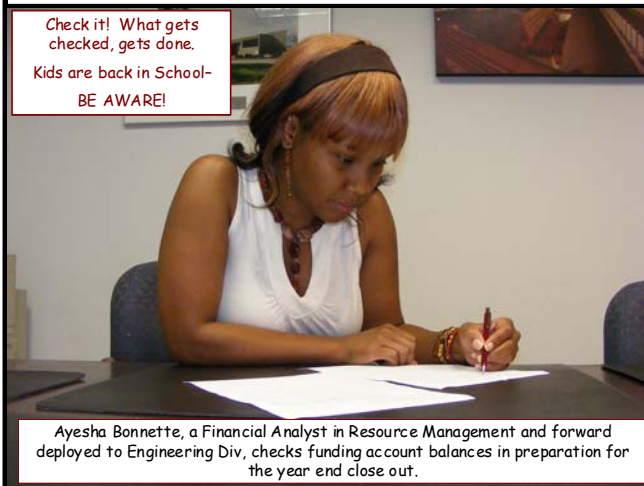


Col. Peter W. Mueller, Baltimore District commander, meets with employees during the Brown Bag Luncheon in the City Crescent Building July 24. The luncheon provided new and current employees a chance to meet with the commander, ask specific questions, discuss some of the projects and hear about Corps and Army programs that offer employees an opportunity to further their education and experience.

*(Photo by Christopher Augsburger, Public Affairs)*

*Baltimore District's  
"Check It" Program  
September's Theme is:  
Resource Management*

Check it! What gets checked, gets done.  
Kids are back in School-  
BE AWARE!



Ayesha Bonnette, a Financial Analyst in Resource Management and forward deployed to Engineering Div, checks funding account balances in preparation for the year end close out.

## Mark your calendars!

Baltimore District's Hispanic Heritage Month Celebration

Date: Monday, Oct. 6

Time: 1:30 p.m.

Location: EEOC Conference Room  
Fourth Floor

*For more information, contact  
Kim Brewton, EEO, at (410) 962-6135*

### Answers to the trivia question from page 9

- 1) The lady should be wearing pants, instead of shorts.
- 2) She should have on steel-toed boots, instead of flip flops.
- 3) She is not wearing safety goggles.
- 4) She should have on a long sleeved shirt, instead of a tank top shirt.
- 5) She is not wearing proper hearing protection.

# Safety and Wellness Fair attracts employees, educates about importance of healthy living

By **Katisha Draughn**  
Public Affairs Office

As District employees made their way around the room, looking at pamphlets and brochures, representatives from several health agencies prepared to offer important information and advice on a topic that has grown increasingly popular throughout the years — healthy living.

Baltimore District hosted the 5th Annual Safety and Wellness Fair July 15 and 16 with representatives from the U.S. Army Center for



*(Photo by Garron Webb, Public Affairs)*

**Bob Blama and Kevin Mainquist from the Operations Division, look at a men's health fact sheet at the District's annual Safety and Wellness Fair July 15.**

Health Promotion and Preventive Medicine, the Federal Occupational Health Office and the Federal Employees Fitness Center.

"We had another great fair this year, and we had a great turnout," said John Houvener, chief of the Safety and Occupational Health Office.

At the two-day event, District employees had the opportunity to learn about nutrition, ergonomics, cancer, the hazards of smoking, skin care, asthma, poison prevention, boating safety and hurricane prevention.

"It was interesting to learn about the effects of smoking, alcohol, exercise and weight management," said Chris Woodward, an architect intern in the Construction Division.

Free glaucoma testing, blood pressure checks and massages were also available for employees.

"Our in-depth, interactive safety and wellness discussions on a variety of topics are customized to focus on the areas that we as a District are concerned with, including topics like fall protection and vehicle operations, as well as the specific needs of our employees," said Houvener.

The Safety and Occupational Health Office emphasizes the importance of safety by publishing goals and milestones in the District Safety Management Action Plan and prevention efforts are discussed at the District staff meetings and also at the quarterly Safety Committee meetings, said Houvener.

"Our health and safety fairs are just one of the tools we use to promote employee safety, health and wellness," said Houvener. "A healthy, fit and safe employee is a happy employee that we're likely to retain for a long time."



## September Lunch and Learn

### "Men's Health Issues"

*Sponsored by the FOH Health Unit and presented by Michael Naslund, MD*

*Director of 'The Prostate Center of MD' and Professor of Urology-University of Maryland Medical Center*

Date: Thursday, Sept. 18

Time: Noon - 1 p.m.

Location: EEOC Conference Room, Fourth Floor

**Bring your lunch  
and join us!**

