



U.S. Army Corps of Engineers, New England District, Volume 46, No. 8 May 2012

2012

Earth Day Volunteer Efforts Enhance
New England Projects
Story on page 6

Yankee Voices



Cheryl Montgomery and Robert Webb

Congratulations

...to **Col. Charles Samaris**, New England District Commander, on being installed as the Society of American Military Engineers (SAME) President, May 10.

...to **Kim Pumyea**, Contracting, on receiving her Master's in Business Administration from Clark University, May 20.

...to **Raushanah Muhammad**, Contracting, on receiving her Master's in Engineering Management from Tufts University Graduate School of Engineering, May 20.

Sympathy

...to **Zina Cassulo-Henderson** (Regulatory) and **Bob Henderson** (Resource Management) on the passing of **Zina's mother, Vincenzina M. Cassulo**, May 15.

...to the family of Edward MacDowell Lake Project Manager **Jason Tremblay** on the passing of his grandmother, **Evelyn May Tremblay**, May 16.

...to the family of **Bob Davis** of Engineering/Planning Division-Evaluation Branch-Environmental Resources Section, who passed away May 22.

The Truth About the "Base Tan" Sun Safety Tips for Summer

Those tempted to kick off summer by getting a "base tan" should be aware that there is no such thing as a safe, healthy or protective tan. The misconception that a base tan will protect the skin is dangerous; even for those who never burn, prolonged exposure to ultraviolet (UV) radiation can lead to skin aging (including wrinkles, lines and age spots) as well as skin cancer. In fact, about 65 percent of melanomas and 90 percent of non melanoma skin cancers are associated with sun exposure.

"Whether obtained by lying out in the sun or using a tanning bed, a tan damages your skin," says Perry Robins, MD, President of The Skin Cancer Foundation. "A tan is the body's response to damaged DNA in the skin cells — the skin darkens in order to prevent more damage but the person's risk of skin cancer is already increased."

Since sunburns are also associated with higher risks of skin cancer, especially melanoma (the most dangerous form of skin cancer), it's important to avoid both tans and sunburns. This summer and all year long, The Skin Cancer Foundation recommends the following skin cancer prevention strategies:

- **Seek the shade**, especially between 10 a.m. and 4 p.m.
- **Do not burn.**
- **Avoid tanning and UV tanning booths.**
- **Cover up with clothing**, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply one ounce (two tablespoons) of sunscreen to your entire body** 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your doctor** every year for a professional skin exam.

(The Skin Cancer Foundation)



Commander's Corner:

Responsibility

by Col. Charles P. Samaris
District Commander



"The sign, 'The Buck Stops Here,' was on President Truman's desk in his White House office. On more than one occasion President Truman referred to the desk sign in public statements. For example, in an address at the National War College on December 19, 1952, Mr. Truman said, "You know, it's easy for the Monday morning quarterback to

say what the coach should have done, after the game is over. But when the decision is up before you -- and on my desk I have a motto which says, 'The Buck Stops Here' -- the decision has to be made."

- Excerpt from the Harry S. Truman Library and Museum Website

Tuesday, May 22, 2012, was an historic day for the Engineer Regiment as Lt. Gen. Bostick assumed the post of 53rd Chief of Engineers and Commander of the US Army Corps of Engineers. As we welcome the new Chief, we offer our heartfelt thanks to NAD's own Maj. Gen.



Temple who served with distinction as the "acting" Chief for nearly a year. From the USACE perspective, the Chief is responsible for billions of dollars in programs/projects executed by over 37,000 people, and is accountable to Congress and the President. On the operational front, the Chief is responsible for training and equipping over 80,000 combat engineers (and their units) serving in over 21 military specialties, and is accountable to our Nation's Combatant Commanders. So, if you think you're busy...please...just stop! There are very few people out there with the broad scope of impactful responsibility as that of the Chief of Engineers.

Also this month, the NAD Regional Management Board and Command Council (RMB/RCC) met at Fort Hamilton. The primary topic was the regional workload/workforce analysis, with a detailed look at regional and district-level divisions, offices, and branches. Overall, the region is generally balanced through FY13 and FY14, and the RMB/RCC is responsible to manage and report progress and changes. However, districts and their divisions, offices, and branches are responsible to take a hard look at how they are managing

their folks internally. Organizationally, we've been looking at this very closely, but as indicated in the Drucker quote below, each individual leader...and especially the first line supervisor...is responsible to assess their workforce versus workload and proactively anticipate and identify challenges. This is a huge responsibility, and is crucial to the overall health of the district and the region.

Responsibility (or, responsible), like accountability (or, accountable), is one of my favorite words. Often deemed synonyms, there is a subtle difference in application (at least from my personal perspective). In typical usage, one is normally HELD ACCOUNTABLE. Similar, but clearly not the same, one is normally said to BE RESPONSIBLE. While accountable "suggests imminence of retribution for unfulfilled trust or violated obligation (elected officials are accountable to the voters)", responsible implies holding a specific office, duty, or trust (the agency responsible for managing the nation's water resources). Being responsible is being accountable...because you've taken ownership, and hold yourself accountable...even when no one else does. Leaders are willing and able to "stop the buck!"

You should already know that I like definitions, so here is a selection of my favorites for the word responsible. Responsible is 1) having control or authority (over), 2) being accountable for one's actions and decisions, 3) (of a position, duty, etc.) involving decision and accountability, 4) being the agent or cause (of some action), 5) being able to take rational decisions without supervision, 6) being able to answer for one's conduct and obligations, 7) being able to choose for oneself between right and wrong.

So, as you read through this issue of the Yankee Engineer, consider how some of our own New Englanders have taken ownership...and assumed responsibility...for delivering superior results in the service of our region and our Nation! Well done!

"Rank does not confer privilege or give power. It imposes responsibility. The productivity of work is not the responsibility of the worker but of the manager (leader)."

- Peter Drucker

"You cannot escape the responsibility of tomorrow by evading it today."

- Abraham Lincoln

Essays!

Lt. Gen. Bostick assumes command of the Corps of Engineers

Lt. Gen. Thomas P. Bostick became the 53rd U.S. Army Corps of Engineers commanding general and U.S. Army chief of engineers during an assumption of command ceremony, May 22, at Baruch Auditorium, Fort Lesley J. McNair, Washington, D.C. Army Vice Chief of Staff Gen. Lloyd J. Austin III hosted the event.

"I absolutely believe Lt. Gen. Bostick is the right person to lead the Army Corps of Engineers," Austin said during his remarks. "He is one of the smartest, most gifted general officers of our time, with the ability to do well and thrive in any environment."

At USACE, Bostick serves as the senior military officer overseeing most of the nation's civil works infrastructure and military construction. He is responsible for more than 37,000 civilian employees and 600 military personnel who provide project management and construction support to 250 Army and Air Force installations in more than 100 countries around the world.

Bostick also oversees USACE's diverse missions such as hundreds of environmental protection projects; the regulatory permit program to protect, restore and enhance thousands of acres of wetlands; and the emergency response mission to support the Federal Emergency Management Agency.

In addition, as the chief of engineers, Bostick advises the Army on engineering matters and serves as the Army's topographer and the proponent for real estate and other related engineering programs.

"Now, more than ever, the nation needs a lean, agile, strong, capable, competent and trusted Corps of Engineers. One that serves the Army



Lt. Gen. Thomas Bostick, Chief of Engineers

and nation; and one that truly teams with our many military, federal, state, local government, host nation governments, tribal, academia, industry and

non-government partners to solve the engineering and scientific challenges facing the joint force, the nation and the global community," Bostick said.

"I'm committed to working with all our partners to continue the rich traditions of the Corps, meet the needs of this country and always deliver," he added.

Lt. Gen. Bostick graduated from the United States Military Academy in 1978 with a Bachelor of Science degree. He holds a master's in civil engineering and mechanical engineering from Stanford University, and is a graduate of the U.S. Army War College. He is a registered professional engineer in Virginia. New England District Park Rangers Steven Patchkofsky and Marissa

Wright participated in the Assumption of Command, serving as escorts.

(Corps of Engineers Press Release)



Corps of Engineers photos.

New England District's Steven Patchkofsky (left) assists during the Assumption of Command ceremony. Marissa Wright (right) also assisted during the event.

District breaks ground on mental health addition

Members of the New England District team joined their customers, the 66th Air Base Group (ABG) Hanscom Air Force Base, and their contractor, Watermark Environmental of Lowell, Mass., to break ground on a facility that is designed to improve the quality of life for service members in need of mental health care.

The ground breaking ceremony for the new mental health clinic addition took place May 1 at the base in Bedford, Mass. Col. Frank Glenn, Commander of the 66th Medical Squadron said he looked forward to the new facility. "This clinic will serve thousands," he said. "The new facility will increase the quality of care to our patients."

The Colonel thanked the New England District team and Watermark Environmental for making the construction of the facility a reality.

Watermark Environmental's Vice President Joe Spangenberger thanked the New England District for its support on the project, particularly Project Manager Ken Paton, and said that Watermark has met each design mile-

stone on schedule. "We look forward to completing this quality facility on time and on budget," he said.

The \$2.8 million Design Build Construction project consists of constructing a single-story 4,000 square-foot addition to the existing health clinic that is located in Hanscom Air Force Base's Building 1900. Once finished the addition will provide an exterior

covered patient entry as well as provide an internal connection back to Building 1900. The addition will become a fully operational stand alone facility for the base.

"The project will integrate sustainable design facilities and strategies into the design to minimize energy consumption using the United States Green Building Council (USGBC) Leadership in Energy and Environmental Design (LEED) Program," said Paton. "Under this program, the goal for the project is to meet the LEED-NC Silver rating."

The project is scheduled to be completed in February 2013.

Col. Stacy Yike, 66th ABG Commander for Hanscom attended the event as did Base Chaplin, Father Lawrence Smith, who said the invocation. Staff Sgt. Catherine Hreben, 66th Medical Squad, hosted the ceremony and the Air Force Band of Liberty played patriotic musical selections during the ceremony.

The New England District team members who attended the ceremony were Maj. Stephen LaValle, Scott Acone, Jim Conway and Ken Paton.



Artist vision of the new mental health addition.

By Watermark



Photo by Brian Murphy

Col. Stacy Yike, Col. Frank Glenn, Maj. Stephen LaValle and Joe Spangenberger break ground on the site of the new addition.



Volunteers work to clean up debris in the tornado devastated areas of East Brimfield Lake.

New England District projects host Earth Day volunteers

New England District project offices held volunteer clean up activities April 21 and 22 in celebration of Earth Day.

West Thompson Lake in Connecticut, and East Brimfield and Westville Lake and the Cape Cod Canal in Massachusetts all held events.

About 100 people arrived at West Thompson Lake on April 21 ready to work, according to Park Ranger Michelle Dwyer. "We got eight yards of mulch spread at the utility building and we got five cords of wood split for campground firewood," she said.

Volunteers also built up a new canoe take out at the Fabyan Canoe Launch Site, constructed three new information kiosks, repaired a trail bridge, filled pot holes and spread mulch at the apple orchard.



Cape Cod residents pitch in to plant a rain garden at Herring Run.

Photo by Elsa Carey



Volunteers split wood at West Thompson Lake.

Photo by Michelle Dwyer

“Trash was picked up from around the project – a whole 15 yard dumpster and 12 tires,” said Dwyer. “All in all it was a very productive day!”

At East Brimfield and Westville Lake, 93 volunteers came out on April 21 to help clean up debris left over from the June 2, 2011, tornado that devastated the area.

“Volunteers planted 350 tree seedlings and spread 80 cubic yards of wood chips in the tornado devastated area at Westville Lake,” said Park Ranger Tom Chamberland. “They also planted 250 tree seedlings and spread 50 cubic yards of wood chips at East Brimfield.”

Volunteers also removed 15 cubic yards of tornado debris from East Brimfield Lake waters as well as four cubic yards of tornado debris from the land area. The October 2011 snow storm also caused damage to East Brimfield. Volunteers worked to clear 1,500 feet of trail and two acres of wildlife meadow filled of tree debris.

“Our volunteers also performed trail edge and slope stabilization of 500 feet of trail at Westville Lake,” said Chamberlain.

The Cape Cod Canal teamed up once again with partner AmeriCorps Cape Cod and 200 volunteers to hold

the 12th annual Canal Cleanup Day April 21.

“Projects completed were the construction and planting of a rain garden at our Herring Run Recreation Area, painting of a 1,000 square foot mural along our North Service Road, Bournedale trail maintenance, dog waste bag dispensers hung up along North Service Road, staining of stair cases that access our service roads, weeding and mulching existing butterfly garden by last year’s Junior Ranger graduates and a local home school group planted a pear tree,” said Park

Ranger Elisa Carey.

Volunteers also picked up trash along the 7.5 miles North Service Road.

In addition to the clean up events at the District field offices, Buffumville Lake Park Ranger Jamie Kordack attended the Green Health Fair at St. Vincent’s Hospital in Worcester, Mass. “The theme was opportunities for the community to get active and give back,” she said. “I had a table top display with information on our projects and watersheds and where they are, what the Corps does for the environment, volunteerism and recreation.”



Volunteers prepare to launch boats to collect debris in East Brimfield Lake.

Photos by Brian Murphy



Photos by Brian Murphy

Session leader Leanna Martin (second left) helps participants build their ski boats.



Children get their ski boats ready to launch in the kiddie pool.



Children built bridges strong enough to hold large books with just paper.

Popular EEO event teaches engineering/science to children

Children of the New England District team had fun while learning valuable lessons in science and engineering during the District's "Take Your Daughters and Sons to Work Day," April 20.

Held the last day of April vacation annually, the event combines enjoyment and education using hands on activities. About 40 children signed up for this year's event, that was hosted by the Equal Employment Opportunity Office and the Federal Women's Program.

The children were split up into groups named after professional New England sports teams – Celtics, Red Sox, Patriots and Bruins – and then rotated through three 45 minute activities.

The crane activity took place in the New England Conference Room. Kane Turmelle and Drew Cattano showed the children entertaining videos of what happens when cranes do not operate properly. Then the children decorated and designed their own working cranes using only cardboard, string, pencils, hand weights and duct tape. All the cranes were successful in hoisting 5 pound weights without collapsing.

Leanna Martin and Robert Russo, Jr., hosted the ski boat air jet activity in the cafeteria. After a briefing about water safety, the children rolled up their sleeves and prepared for some water fun. Using materials that included Styrofoam trays, balloons and rubber bands, the children created rac-



In addition to all the learning, Jack Kamataris, Zach Kassoy and Hope Stone also made friends during the event.



Children launch bottle rockets to see how far they will go.



During the crane exercise, participants hoisted five pound weights with their creations.



Mike Narcisi shows children what lives in a wetland using life samples.



Event participants look for goodies during the geocaching event.

ing boats. When their boats were ready, each child got to race their creations in a kiddie pool located in the courtyard.

The third morning session was the “Building Big” presentation. Jason Paolino and Rick Kristoff began this event by showing the children videos and photos of different types of bridges. The instructors explained the various forces and loads that act on a bridge or building and then discussed the most efficient shapes to construct a bridge. After the briefing, the children were able to build bridges strong enough to hold three large books, using only paper.

The second half of the afternoon commenced after children joined their relatives for a pizza lunch in the cafeteria. The groups then reassembled for the final three sessions.

The first activity consisted in a lesson of geocaching hosted by Rick Kristoff and Wendy Gendron. The pair presented an indoor learning session in the New England Conference Room that introduced the children to map and compass orientation. The children then began to develop the skills needed to determine a compass heading for a specific location and distance. Once the instructors felt they were ready, the children were split into pairs and given coordinates that would lead them to a goodie bag prize.

Dan Vasconcelos and Amy Bourne educated the children in everything wetlands during their presentation, “Wetlands... the Plants and Wildlife that live in them.” During this session, the children learned all about the many different plants and wildlife that live in the many types of wetlands. Areas discussed included marshes, beaches, ponds and bogs. The students looked and then tried to find them in sample buckets the instructors provided.

The final session for the day was the rocket launching event. After decorating two liter bottles, the children listened to a presentation of aerodynamics, volume and propulsion by Jesse Morill-Winter and Drew Cattano. Once the children had a basic understanding of the science behind water propelled rocket, the children went outside near the Executive Office, also known as the New England District Space Station, to fill their rockets with water and launch them into the air.

Denise Kammerer-Cody is the Federal Women’s Program Manager. Jackie DiDomenico is the Equal Employment Opportunity Officer.

Assistants who helped the instructors at this year’s event were Sarah Rudner, Tina Chaisson, Beth Kuhns, Ann Marie Harvie, Ruth Ann Brien and Mike Narcisi.



Repair work being performed on the Sagamore Bridge.

Photo by Kevin Burke

All Lanes open on Cape Cod Canal's Sagamore Bridge

All four traffic lanes on the Sagamore Bridge, spanning the Cape Cod Canal in Bourne, Mass., opened as of May 19 at 6 p.m., according to officials with the U.S. Army Corps of Engineers, New England District. The steel repairs above the road deck on the Sagamore were completed and traffic control devices were removed. All traffic lanes on both the Sagamore and Bourne Bridges will remain open through the Memorial Day weekend and into the summer season.

Steel repair work will continue below the road deck on the Sagamore and Bourne Bridges until the fall of 2012. There will be occasional times through the fall of 2012 that a one-day lane restriction will be required and put into place to complete the Sagamore Bridge steel repair work.

Bicycle and pedestrian access to the sidewalks also are now available. The \$8.5 million Sagamore Bridge

and Bourne Bridge repair project involves the removal and replacement of structural steel secondary members, strengthening of existing structural steel members, replacement of structural fasteners, removal of selected existing welds, and strengthening of selected gusset plates. Completion of steel repairs is critical to maintaining the integrity of the bridges, vital components of the transportation system for the Cape, the Islands and southeastern Massachusetts. The entire project is scheduled to be completed in the fall of 2012.

Signage will keep motorists advised of travel restrictions. Accessing the Canal website (CapeCodCanal.US, then [Bridge Alerts](#)) will inform motorists of schedule changes. Those who want to be notified of changes to the work schedule can sign up for the Bridge Alerts email notifications. Send an email to: [\[usace.army.mil\]\(mailto:usace.army.mil\) with the subject title "Bridge Alerts." An email alert is sent when there are major changes to the bridge work status or schedule. The Corps will use Facebook at \[www.facebook.com/CorpsNewEngland\]\(http://www.facebook.com/CorpsNewEngland\) and Twitter at <http://twitter.com/CorpsNewEngland> to give updates to the bridge work.](mailto:CapeCodCanalBridges@</p></div><div data-bbox=)

Travelers heading to Cape Cod, or anywhere in Massachusetts, can use the Massachusetts Department of Transportation (MassDOT) 5-1-1 number to receive the latest on traffic congestion. Dial 511 on any cell phone in Massachusetts or dial one of these local phone numbers: Metro Boston: (617) 986-5511; Central Mass: (508) 499-5511; Western Mass: (413) 754-5511. The MassDOT 511 website: <http://www.mass511.com>, also allows users to sign up for alerts for real-time traffic conditions.

(New England District Press Release)



Col. Charles Samaris (left) and the New England District Color Guard march past the Minuteman Statue.

Photos by Brian Murphy



Col. Samaris chats with some of the smaller parade participants.



Parade participants in period costume march through the streets of Concord, Mass.

District Team marches in Concord Patriot's Day parade

Col. Charles Samaris, New England District Commander, joined the Ranger Color Guard in representing the Corps in New England during the Concord, Mass., Patriot's Day parade, April 19. The town invites the District to participate in their annual celebration.

Patriots' Day is a Massachusetts civic holiday commemorating the anniversary of the Battles of Lexington and Concord, the first battles of the American Revolutionary War, which began April 19. Observances and re-enactments of these first battles of the American Revolution occur annually at Lexington Green in Lexington, and the Old North Bridge in Concord.

The three mile parade route began on Everett Street, into Concord Center and then to the Old North Bridge, site of

"the shot that was heard around the world." After a wreath-laying ceremony on the bridge, parade participants headed back past the reviewing area, through Concord Center and then dispersed on Stow Street.

The Corps of Engineers has close ties with the Massachusetts Minutemen, as it was formed during the American Revolution when Gen. George Washington named Col. Richard Gridley of Massachusetts the first Chief of Engineers during the Battle of Bunker Hill in Charlestown, Mass., not far from Concord.

The New England District Color Guard that joined Col. Samaris during the parade were Joseph Faloretti, Merlon Bassett, Mike Curran, Bradley Clark, Steven Patchkofsky, Jason Robinson, Jennifer Samela, and Matthew Coleman.



Mike Curran (seated right) with friends and family during his retirement luncheon.

Photos by Brian Murphy

Mike Curran retires with 38 years of federal service

Mike Curran, Upper Connecticut River Basin Manager and long-time member of the New England District Color Guard, hung up his ranger hat during a retirement luncheon at Pappagallos Restaurant in Keene, New Hampshire, May 4.

About 70 family members, friends and coworkers joined Curran to honor his distinguished 38 years to the District, the Corps and the Nation.

Jim Lewis, Project Manager of Otter Brook/Surry Mountain Lakes, served as Master of Ceremonies. Other speakers included Joan Gardner, Joe Faloretti, Barbara Ingalls, retired Thames River Basin Manager Bob Hanacek and retired Project Manager of Townsend Lake, Ray Ballantine.

The gifts and presentations at

Curran's retirement lunch were numerous. They included a Home Depot gift certificate from all of the attendees, framed pictures of the Upper Connecticut River Basin office and dams; Frisbees for lake side rec-

reation; and a Woodsy Owl key chain. Granddaughter Meredith received coloring books so that she and Curran could color together.

Hanacek presented Curran with an old coot decoy and an Army whis-



Mike Curran (center) greets his guests as they arrive.

tle, "for calling in your wife Barb from kayaking on the lake when you have supper ready," he laughed.

Gardner presented Curran with many enlarged photographs of himself and the other basin managers on various tours of duty.

Faloretti presented Curran with a framed photo of the Basin Managers from the late 1980's, a picture of the New England District Ranger Color Guard and a disk filled with various photos and memories for him to enjoy. On behalf of Tully Park Ranger James West who was not able to attend, Faloretti presented Curran with a T-shirt featuring a picture of Curran petting a wild moose. The caption, "Moose Psychologist," appeared on the bottom of the T-shirt. "A young moose wandered onto his front lawn at home one morning, and on a dare from a neighbor, Mike went up and petted while someone took the picture," explained Faloretti.

Lt. Col. Steven Howell, Deputy District Commander, also said a few words and presented Curran with a Commander's Award for Civilian Service for his many exemplary and faithful years of service, a Commander's Coin, a Bunker Hill plaque, his retirement pin and certificate.

Mike Curran began his federal career with the Corps in New England in 1974 as a Park Ranger for the Thames River Basin. Through a succession of developmental assignments and promotions over his 38 years of distinguished service, he became the Upper Connecticut River Basin Manager. According to friends, Curran's retirement plans include naps, enjoying lake side recreation, spending time with his wife, family, and dog Chester. He also plans on working on home improvement projects to include constructing a stone wall and working on his basement.

Family members who accompa-



Mike Curran receives a Commander's Award for Civilian Service from Lt. Col. Steven Howell.

nied Curran to his retirement luncheon were his wife, Barbara, his mother-in-law, Gloria and his son, Jim.

Distinguished Civilian Gallery members who attended the luncheon were Jim Wong, Andy Andreliunas, Bernie Manor, Dick Carlson, Reese Morgan, Frank Ciccone, Fran Dono-

van, and Jack Boyea. Other retirees who attended to wish Curran well and to welcome him into the retirement community were Bob Hanacek, Bill Norman, Claire Sullivan, Jan Crawford, Frank Turner, Greg Buteau, Paul Marinelli, Dave Shepardson, Phil Morrison, Tim Flynn and Ray Ballantine.



Recent retiree Bob Hanacek welcomes his friend Mike Curran into the retirement community.

New England District celebrates Women's History Month

The Federal Women's Program and the Equal Employment Opportunity Office hosted a celebration in honor of Women's History Month, March 19 in the theatre. This year's theme was, "Women's Education – Women's Empowerment."

Kristen Williams, Ph.D., Political Science Professor and chair of the Women's and Gender Studies at Clark University, served as keynote speaker.

Col. Charles Samaris, New England District Commander, greeted the audience and made the opening remarks. He said that being from a household of just two males – he and his father – and four women – his mother, grandmother and two sisters – Col. Samaris said he grew up in an environment of strong women. "They were all educated," he said. "My mother and grandmother had to fight for it."

The New England District Commander said that some of his best officers were women, and gave some examples of their accomplishments.

Williams gave an energetic talk about the field of political science and the subfield of Political Science – Inter-

national Relations. She also talked about the contributions of feminist scholars in International Relations to the main stream and how they look at war and conflict, gender and its context on war and conflict, and how war and conflict affects women.

"Women are both agents and victims in times of war and conflict," she said. "They engage in peace activism and also in political violence. But they are also victims."

Williams concluded her talk with how she came to work in her field of interest. During her presentation, Williams asked questions of the audience as well as answered them. She also addressed questions audience members submitted to Federal Women's Program Manager Denise Kammerer-Cody in advance of the event.

At the end of Williams' discussion, Col. Samaris and Kammerer-Cody presented her with a Bunker Hill plaque in appreciation for her contribution to the FWP event.

Williams' career focus includes International Relations Theory, Arms Control and International Security,



Photo by Brian Murphy

Kristen Williams receives a Bunker Hill plaque from District Commander Col. Charles Samaris.

Nationalism and Ethnic Politics, and U.S. Foreign Policy. She is the author of several books and articles on ethnic and nationalist conflict.

She is also co-editor of a forthcoming volume, "Beyond Great Powers and Hegemons: Why Secondary States Support, Follow or Challenge."

Williams received her B.A. from UCLA; her M.A. from California State University, Long Island Beach; and a M.A. and Ph.D. from UCLA.

Work Environment Committee holds Opening Day Fundraiser

Red Sox Opening Day is a pretty big deal at the New England District. To celebrate the beginning of the national pastime at Fenway Park, the Work Environment Association (WEA) turned on the game on the television screens in the Concord Park cafeteria and hosted a hot dog fundraiser, April 5.

New England District team mem-



Photo by Brian Murphy

Paige Kimbrough-Rowan and Sue MacDonald distribute hot dogs during the Opening Day fundraiser.

bers and the Community Based Health Care Organization took their afternoon breaks, bought some dogs and watched

the game for a few minutes during the event.

The hot dog snack pack came with cotton candy, chips, popcorn, peanuts and of course Cracker Jacks. About 75 hotdogs were sold.

Attendees were encouraged to wear their Red Sox gear during the event and get in the team spirit.

Sue MacDonald and Paige Kimbrough-Rowan headed the event for WEA. All proceeds from the fundraiser will go toward future events.

Protect Yourself and Family from Ticks This Summer

The nice weather is upon us and as we start spending more time outdoors during spring and into summer, we have to be aware of the risk of tick-borne illness such as Lyme Disease. Gardening, camping, hiking, and just playing outdoors are all great spring and summertime activities. Preventing tick bites should be a part of your outdoor plans. People become infected with the Lyme Disease bacteria when they are bitten by an infected blacklegged tick.

Fortunately there are several tactics you and your family can use to prevent tick bites and reduce your risk of tick-borne disease.

Protect Yourself from Tick Bites:

- Know where to expect ticks. Black-legged ticks live in moist and humid environments, particularly in or near wooded or grassy areas. You may come into contact with ticks during outdoor activities around your home or when walking through vegetation such as leaf litter or shrubs. To avoid ticks, walk in the center of trails.

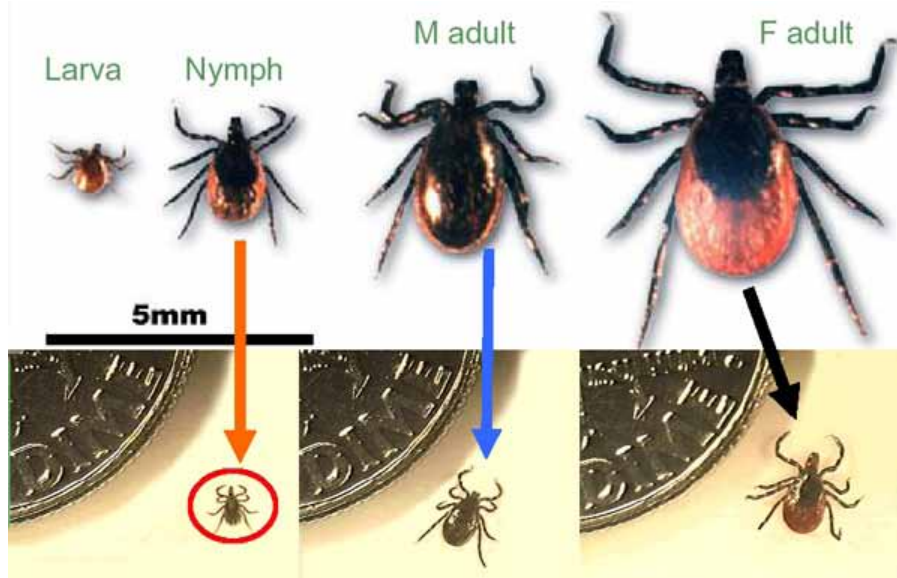
- Use a repellent with DEET (on skin or clothing) or permethrin (on clothing and gear). Products containing permethrin can be used to treat boots, clothing and camping gear which can remain protective through several washings. Repellents containing 20-percent or more DEET (N, N-diethyl-m-toluamide) can be applied to the skin, and they can protect up to several hours. Always follow product instructions! Parents should apply repellents to their children, taking care to avoid application to hands, eyes and mouth.

Perform Daily Tick Checks:

- Check your body for ticks after being outdoors, even in your own yard. Conduct a body check upon return from potentially tick-infested areas by searching your entire body for ticks. Use a hand-held or full-length mirror to view all parts of your body and remove any tick you find. Take special care to check these parts of your body and your child's body for ticks:

- Under the arms

- In and around the ears
- Inside belly button
- Back of the knees
- In and around all head and body hair
- Between the legs
- Around the waist
- Shower soon after being outdoors. Showering within two hours of coming indoors has shown to reduce your risk of being bitten by a tick.



- Check your children for ticks, especially in the hair, when returning from potentially tick-infested areas. See the list above for the places on your child's body to check for ticks. Remove any tick you find on your child's body.

- Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks

that are found should be removed. Placing clothes into a dryer on high heat for at least an hour effectively kills ticks.

- Examine your pets. Ticks can be carried into the home on pets as well. Check your animals often for ticks to avoid them dropping the insects onto furniture or floors.

What to Do If You Are Bitten by a Tick or You Find a Tick on Your Body:

If you find a tick attached to your skin it is important to remove it properly. Using fine-tipped tweezers, grasp the part of the tick that is closest to your skin—you want to grab the head, not the belly. Slowly pull the tick straight out, without twisting it. Wash the bite site with soap and warm water. Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly. Your goal is to remove the tick as quickly as possible—not waiting for it to detach.

There may be a "bulls-eye" rash, and a flat or slightly raised red spot at the site of a tick bite. If you have a tick bite and develop this rash and/or symptoms which may include chills, fever, headache, muscle pain or stiff neck, you should seek medical attention immediately.

For more information visit: www.cdc.gov/ticks/

Dredging up the past



Lt. Gen. Robert Flowers, Chief of Engineers, presents Bill Hubbard with a Commander's Coin during a town meeting in the New England District cafeteria on March 31, 2003.

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