



Planning team wins award for flood protection efforts at Naval Academy

By Christopher Augsburger
Public Affairs Office

The worst hurricane to hit the Chesapeake Bay region since 1933 made landfall in September 2003, causing 17 deaths and more than \$3 billion in damages, according to the National Oceanic and Atmospheric Administration.

At the U.S. Naval Academy in Annapolis, Md., the hurricane caused the worst flooding in its history and more than \$120 million in damages. It knocked out 50 percent of the classrooms and laboratories, forcing students into gymnasiums, bleachers, berthing barges, trailers and other types of makeshift classrooms. It was an experience the Academy does not want to encounter again.

To reduce the effects of future storms, the Naval Academy turned to Baltimore District for assistance with flood protection in November 2004. They asked the Corps to develop, evaluate and compare various flood damage reduction alternatives, such as constructing levees, waterproofing facilities or elevating areas of the Academy.

“We wanted to prevent something like the damages from Hurricane Isabel from ever happening again,” said Navy Capt. Mike Doyle, the Academy’s director of Public Works.

Because of the historical, geographical and time-sensitive challenges of the project, it would take an

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(Photo courtesy of U.S. Naval Academy)

Fitch Bridge is impassable during the height of flooding caused by Hurricane Isabel in September 2003. The extensive flooding affected 50 percent of the Naval Academy’s facilities.

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“Woman of the Year”



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U.S. Army Corps
of Engineers
Baltimore District

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Commander's Comment

Our support to the Fort Myer Military Community

By Col. Robert J. Davis
Commander and District Engineer

This month, I'd like to showcase Fort Myer in northern Virginia and Fort McNair in the District of Columbia, commonly referred to as the Fort Myer Military Community, and highlight a few of our efforts to support their missions. These historic installations provide administrative, housing, recreational and other support to active duty, reserve component, retired military personnel and Department of Defense civilians and families stationed or living in the region. Also, numerous senior military residents of FMCC are instrumental in forming policies that impact the entire future of our nation.

Fort Myer traces its origin as a military post to the Civil War. Since then, it has been an important Signal Corps post, a showcase for Army cavalry, site of the first flight of an aircraft at a military installation and, unfortunately, the site of the first military air fatality. Most of the buildings on Fort Myer were built between 1895 and 1908 and have been designated historic landmarks by the U.S. Department of the Interior and the Commonwealth of Virginia. "Quarters One" was completed in 1899 as the post commander's house, but since 1908, it has been the home of Army chiefs of staff, including

generals George C. Marshall, Omar N. Bradley, Douglas MacArthur and Dwight D. Eisenhower.

The first military test flight of an aircraft was made from the Fort Myer parade ground in 1908 when Orville Wright kept one of his planes in the air for one minute and 11 seconds. The second test flight ended in tragedy when, after four minutes aloft, the aircraft crashed. Wright was severely cut and bruised, and a passenger, Lt. Thomas Selfridge, became the first powered aviation fatality.

The U.S. Army Band (Pershing's Own) and the U.S. Army School of Music moved to the post in 1942, joined later by the U.S. Army Chorus. The Army's oldest infantry unit, the 3rd U.S. Infantry

(The Old Guard) was reactivated in 1948 and assigned to forts Myer and McNair to become the Army's official ceremonial unit and security force in the Washington metropolitan area.

Baltimore District's support to Fort Myer includes the recent renovation of Conmy Hall — the Army's indoor ceremonial venue

— and construction of a new Old Guard Motor Pool. Future projects include construction of a barracks complex and a child development center.

In the District of Columbia, Fort Lesley J. McNair is located on the point of land where the Potomac and Anacostia rivers join. It has been an Army post for more than 200 years, third only to West Point and Carlisle Barracks in length of service. The

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(Photo by Susanne Bledsoe, Information Management)

The National War College at Roosevelt Hall on Fort McNair has educated Soldiers for centuries. Baltimore District's support to the fort includes the construction of Lincoln Hall and a physical fitness center.

Giving Back:

Washington Aqueduct employee takes water treatment to the classroom

Jay Nolan, an environmental engineer from the Washington Aqueduct's Dalecarlia Water Treatment Plant, was the guest speaker for Amidon Elementary School's Environmental Protection Day March 6.

The event was held at the D.C. school to teach its 5th and 6th graders the basics of treating drinking water. Samuel Bryant, an Environmental Protection Agency volunteer, who also mentors and tutors students and teaches 6th grade environmental science at the school, sponsored the event.

The day began with a presentation of "Tomac to Tap", an environmental play written and directed by Bryant, which traces water from the Potomac River through the conventional treatment process to faucets in the students' homes.

Students then assembled pipe sections one at a time and described the various stages of water treatment (coagulation, flocculation, sedimentation, etc.) until the pipe reached a home.

Following the play, Nolan explained the treatment process used by the Washington Aqueduct to reinforce to the students the importance of what they were learning. Nolan also answered numerous questions from the students concerning water treatment processes.

Marcia Stokes and Erica Young, 6th grade teachers at Amidon, provided

assistance to make the Environmental Protection Day a success.

Editor's Note: Information for this article was compiled from sources at Amidon Elementary School, the Environmental Protection Agency and the U.S. Army Corps of Engineers.



(Photo courtesy Amidon Elementary School)

Students at Amidon Elementary School hold pipes as they learn about water treatment processes. Jay Nolan (far left), of the Washington Aqueduct, visited the school to explain how the Aqueduct treats drinking water.

Commander's Comment (continued from page 2)

military reservation was established in 1791 on about 28 acres of what then was called Greenleaf Point. Maj. Pierre C. L'Enfant included it in his plans for Washington, the Federal City, as a major site for the defense of the capital.

In 1901, the post was called "Washington Barracks" and was the home of the newly formed Army War College and the Army's center for the education and training of senior

officers. The Army War College was reorganized as the Army-Navy Staff College in 1943 and became the National War College in 1946. The college became the National Defense University in 1976. The post was renamed in 1948 to honor Lt. Gen. Lesley J. McNair, commander of Army ground forces during World War II. Fort McNair has been the headquarters of the U.S. Army's Military District of Washington since 1966.

Baltimore District's support to Fort McNair includes the construction of Lincoln Hall at the National Defense

University and a physical fitness center (for which we expect to award a contract by the end of this fiscal year).

The FMMC is rich in history and its residents and leaders have formed an integral part in shaping our nation's policy and future. It is an honor to be part of the dynamic and important FMMC team and to support the garrison commander, Col. Tom Allmon, and his initiatives!

— Essayons

Information management staff awaits results of A-76 study

By Joyce M. Conant
Public Affairs Office

Employees within the Corps' Information Management/Information Technology offices are awaiting the results of an A-76 commercial activities study.

The study, which began in June 2004, was conducted in response to the President's Management Agenda, which requires all federal agencies to streamline and become more effective.

The results of the study will indicate whether IM/IT services within the Corps of Engineers will be provided by the government through its most efficient organization or be contracted

to civilian enterprise. The study results will be announced simultaneously across the Corps by commanders in town hall meetings with IM/IT employees.

No matter what the outcome of the competition is, the current structure of the IM/IT office within the Corps will be different from what it is today.

Gary Maul, chief of IM, Baltimore District, said there are more than 1,300 government workers affected Corps-wide.

The Baltimore District has 33 government employees and 10 contractors who could be affected by the study results. Many have taken advantage of resume building classes offered by the District to prepare them for the future, regardless of the study's outcome.

"I've encouraged all of my employees to update and prepare their resumes and to apply for new jobs," said Maul, who reviewed more than 15 resumes for his staff.

"I don't want to lose my employees, but at the same time, I want to help them look out for their futures."

This is also apparent within the staff.

"I've been trying to encourage my fellow workers to stay motivated and do a good job – which is hard when there are no certainties," said Jim Abbott, the District's lead IT employee.

District employees can help ease the transition for their IM/IT coworkers.

"Some employees received surveys from LMI (Logistics Management Institute (a non-profit government consulting firm)) and I encourage them to fill them out," said Maul. He said the surveys will be used to establish a "baseline" of customer satisfaction with current Information Management services across the Corps.

"Most people can't do their jobs without some type of technology – and our job is to provide and support this technology," said Maul.

The services provided by IM/IT include, but are not limited to: information management, planning, purchasing, phone services, computers, photography, automation such as personal computer software, CAD, GIS, engineering applications, email, websites; help desk, communication services, video conferencing, radio services, information assurance, records management, printing and publications and a variety of visual information services.

With all the uncertainties and with the restructuring of the current IM/IT services imminent, the District's executive office has a great deal of confidence in its IM/IT staff.

"This has been a very trying time for our IM employees," said Col. Robert J. Davis, commander of Baltimore District.

"Their stress levels are high, and we are trying to do as much as we can to ease their burden. I have witnessed first-hand how dedicated these employees are to the mission.

"Even with an uncertain future, they continue to excel and step up to the plate to provide the first-rate services we receive on a daily basis," he said.

"I encourage all our employees to understand what our IM staff is going through and to help them in any way possible."



(Photo by Susanne Bledsoe, Information Management)

Terry Slavens, a contractor in the Information Management Office, assists Larry Smith, a budget analyst in Resource Management Office, with a computer problem. Slavens is one of 43 District employees and contractors whose job could be affected through the A-76 study.

Naval Academy (continued from cover)

award-winning effort to complete this study, and that's exactly what the Corps produced.

Baltimore District named the U.S. Naval Academy Flood Damage Reduction team the 2005 Planning Team of the Year in March. The nomination was forwarded for consideration at the regional level.

"This project truly showed all the signs of the outstanding product we produce for our customers," said Robert Gore, deputy chief of Planning Division. "They communicated well, adjusted to changing timelines and used ingenuity to develop a study that met the demands of the customer."

Because the Academy is surrounded by scenic water views and includes historical buildings, the team used multiple approaches, according to Stacey Underwood, the Corps' project manager.

"We used all of the tools in the flood damage reduction toolbox," she said.

Typical flood reduction projects identify strictly structural solutions, such as levees or flood walls, or strictly non-structural solutions, such as dry flood proofing, wet flood proofing or relocation. But given the location of the Academy, the team combined both methods to create a hybrid of options that would best reduce the impacts of future storms.

The team comprised members from Baltimore District's Planning and Engineering Divisions, along with members from the Corps' National Non-Structural Flood Proofing Committee from the Omaha and Huntington Districts.

"The team was extremely hard working," said Underwood. "When issues arose, they responded quickly, and they were dedicated to providing the best product to the customer."

The team presented the Academy with 23 alternative plans for flood damage reduction for their main yard and 14 alternative plans for other individual buildings.

"Stacey Underwood and her team did an exceptional job of investigating and solving each problem, professionally, to provide us with a quality product," said Bert Taylor, a civil engineer for the Academy. "A project like protecting the Naval Academy from flood waters has many complex issues and constraints."

Based on the Corps' analysis, Academy superintendent



(Photo courtesy of U.S. Naval Academy)

A storm surge from Hurricane Isabel results in flood elevations equivalent to a 100-year flood, making Brownson Road impossible to navigate.

Vice Adm. Rodney Rempt combined multiple options to create a single plan that includes constructing about 4,000 linear feet of flood walls, dry flood proofing two entire buildings, dry flood proofing one or two sides of six buildings so that the buildings will act as flood walls, and a combination of wet and dry flood proofing of one building.

"We are happy with the results, as is the superintendent," said Doyle. "The Corps did a great job."

The Corps estimates the construction cost of the selected plan to total about \$22.8 million.

"We're proceeding now to obtain funding," said Doyle.

While the Academy begins the process of putting these flood reduction measures in place, it will still be able to take action in the event of another storm. As part of the study, the Corps prepared a flood preparedness plan for the Academy to implement at times of potential high water.

The flood protection plan is a separate document that addresses the threats of flooding and provides specific recommendations and tools for preparedness and mitigation actions based on anticipated flood levels. The Corps used a geographic information system to develop maps for various flood elevations showing which buildings, roads and utilities would be flooded.

"This study will allow us to move forward to protect the Naval Academy's buildings and infrastructure from the next flood event," said Taylor.

Maryland Port Administration honors District's Operations chief as 'Woman of the Year'

By Chanel S. Weaver
Public Affairs Office

Chris Correale, Baltimore District's chief of Operations Division, has never been a person who enjoyed the lime-light. When she began working for the Corps' Wilmington District as a summer student in 1972, her motive was not to achieve fame, but to earn money for college.

So when Correale learned that she was selected as the Maryland Port Administration's Woman of the Year for 2006, she was astounded. She was certainly not expecting to receive such a prestigious award.

"I was very surprised to see that I had won because I had no idea I was being considered for the award," said Correale.

The MPA presented the award to Correale during their Women's History Month celebration at the World Trade Center in Baltimore March 23.

Although Correale was surprised to be selected for the award, officials from the MPA who have worked with her said she is well-deserving of the recognition.

"Chris Correale is an exemplary professional," said Kathy Broadwater, deputy executive director of the MPA.



(Photo by Tex Jobe, Information Management)

Kathy Broadwater, (left) deputy executive director of the Maryland Port Administration, and Chris Correale, chief of Operations Division, chat during the MPA's Women's History Month Celebration March 23.

"As a colleague, she takes the time to understand important issues and find workable solutions to the most challenging problems."

As chief of Operations Division, Correale has witnessed firsthand the relationship that Baltimore District has with the MPA.

"We primarily work with MPA to dredge Port of Baltimore channels," said Correale. "We also work with them on studies to find dredged material placement sites that are environmentally friendly and could lead to environmental restoration projects."

Correale said that working with the Port has been a real pleasure.

"I have enjoyed working with the port staff because they are very professional and knowledgeable."

The task of managing dredging operations at the port is not the only area that Operations Division oversees. The office is also responsible for managing local flood protection projects and flood damage reduction reservoirs, dredging shallow draft navigation projects and operating the Department of the Army permit program for the Baltimore District.

Correale, 53, has a rich history in the environmental field. She has served in her current position for eight years, and served as the chief of the District's Hazardous, Toxic and Radioactive Waste branch in Engineering Division from 1991 to 1998.

Stan Gembicki, chief of Engineering Division, said that Correale has always embodied the Army values.

"Chris is a charismatic leader who cares deeply for her people, our nation, and the public we all serve," he said.

Correale was also chief of the Environmental Resources Branch, Planning Division in Wilmington District for several years.

Correale has a bachelor's degree in chemistry from Catawba College and a master's degree in environmental sciences and engineering from the

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Mendelsohn wins 2005 Planner of the Year

By Christopher Augsburger
Public Affairs Office

Mark Mendelsohn stepped out from behind the scenes and into the spotlight in 2005 to become Baltimore District's Planner of the Year.

After starting his career in federal service more than 13 years ago as a biologist providing support service to projects big and small, he volunteered to take over the management of two highly visible, important and politically sensitive project studies — the Poplar Island Expansion Study and the Baltimore Harbor Dredged Material Management Plan.

In addition to his new role as project manager, he continued his responsibilities as a biologist on several other projects, such as the existing Poplar Island environmental restoration project, and supported Regulatory Branch in preparing the Masonville Dredged Material Containment Facility environmental impact statement.

Through his leadership and management skills, he brought each project through an assortment of

challenges and obstacles to a successful conclusion.

"The remarkable thing about Mark's accomplishments this past year is that being study manager on these projects was new to him," said Dan Bierly, section chief in the Civil Project Development Branch of Planning Division. "He has been an outstanding biologist for us for years, but when he

offered to take over the Poplar Expansion and DMMP — two tremendously important and high-visibility efforts — it proved what kind of character he has."

As the District's 2005 Planner of the Year, Mendelsohn is now in the running for the Planning Excellence Award, a national award handed out by HQUSACE.



(Photo by Susanne Bledsoe, Information Management)

Mark Mendelsohn (center) participates in a planting event at Poplar Island, Md., last June. Mendelsohn was named Baltimore District's 2005 Planner of the Year for his management of the Poplar Island Expansion Study and the Dredged Material Management Plan.

Correale (continued from page 6)

University of North Carolina at Chapel Hill.

In her spare time, she enjoys collecting fountain pens, reading spy novels and doing yard work.

John Chubb, chief of Construction Division, said Correale is an asset to the Corps.

"As a partner, I can always

count on Chris for sound advice regarding the most complex issues," said Chubb.

Just as Baltimore District employees appreciate Correale's work ethic, Correale said she enjoys working with District personnel.

"We have an outstanding team in the District, and that makes my job easy," said Correale. "District employees work on studies and projects that cross

functional lines, and everyone always does what is necessary to get the job done."

Correale does not take all the credit for her award.

"I really view this award as an award for the whole District team who works on Maryland Port Administration projects — it's the team that makes me a successful account executive for the MPA."

Women's conference promotes building communities

By Angela M. Moore
Public Affairs Office

The annual Federal Women's Conference, sponsored by the Baltimore Federal Executive Board, was held March 23 at the Marriott in Hunt Valley, Md. The theme for this year's conference was "Women: Builders of Communities and Dreams."

The morning keynote address was delivered by Mary D'Ambrogi, the executive director of the Governor's Office of Community Initiatives. D'Ambrogi told conference participants that they could make a difference by volunteering in their local communities.

"I believe we all have a duty to help our fellow man," said D'Ambrogi.

More than 700 participants attended the event. The attendees participated in such breakout sessions as: "Mind and Learning Styles" and "Social Security and How it Affects Women."

Roz Trieber, creator of HUMORFUSION and author of *Live Life Laughing: An Innovative and Imaginative Approach to Living a Healthier, Happier and More Prosperous Life*, was the afternoon keynote speaker.

Trieber addressed the issue of stress and explained how stress can lead to a number of health problems. She

encouraged the participants to begin their day with a smile. "Learn to laugh at yourself and enjoy the moment," said Trieber.

Gloria Richardson, a building management specialist in Real Estate Division, said the conference was quite beneficial.

"I enjoyed the conference because it was very informative overall," said Richardson. "The training that was offered served as a good learning tool for enhancing one's career."



(Photo by Angela M. Moore, Public Affairs)

Although they were certainly in the minority, a few men did attend the Federal Women's Conference, including Kevin Mainquist (left) and Bob Blama of Operations Division.

**"I believe we all
have a duty
to help our
fellow man."**

-Mary D'Ambrogi
Executive Director,
Governor's Office of
Community Initiatives



(Photo by Angela M. Moore, Public Affairs)

District employees (from l to r) Barbara Church, Shelia Salter and Gloria Richardson review conference materials during a break at the Federal Women's Conference March 23.

April is Stress Awareness Month:

Follow these tips to alleviate stress

We've probably all felt stress. Sometimes it's brief and highly situational, like being in heavy traffic. Other times, it's more persistent and complex — relationship problems, an ailing family member, a spouse's death. And sometimes, stress can motivate us to accomplish certain tasks.

Learning to deal with stress effectively is a worthwhile effort, even if you already consider yourself capable of handling anything life sends your way.

Many of the most common long-term stressors — family illness, recovery after injury, career pressures — often arise without warning and simultaneously. Stress management is particularly valuable if your family has a history of hypertension and other forms of heart disease.

Identify the cause. You may find that your stress arises from something that's easy to correct. A psychologist can help you define and analyze these stressors, and develop action plans for dealing with them.

Monitor your moods. If you feel stressed during the day, write down what caused it along with your thoughts and moods. Again, you may find the

cause to be less serious than you first thought.

Make time for yourself at least two or three times a week. Even ten minutes a day of "personal time" can help refresh your mental outlook and slow down your body's stress response systems. Turn off the phone, spend time alone in your room, exercise or meditate to your favorite music.

Walk away when you're angry. Before you react, take time to mentally regroup by counting to 10. Then look at the situation again. Walking or other physical activities can also help you work off steam.

Analyze your schedule. Assess your priorities and delegate whatever tasks you can (e.g., order out dinner after a busy day, share household responsibilities). Eliminate tasks that are "shoulds" but not "musts."

Set reasonable standards for yourself and others. Don't expect perfection.

Editor's Note: Information for this article was compiled from the American Psychological Association. For more tips on how you can alleviate stress, visit apahelpcenter.org.

Quick Poll:

How do you relieve stress?



"I smoke a cigarette, but I am proud to say that I have gotten down to smoking two cigarettes per day."

Vicki Rohr

Logistics Management Office



"I take time to pray, keep a Bible on my desk and surround myself with Christian music."

Russa Bryant

Operations Division

"We just work through our BRAC and P2 difficulties."

Kelvin Hux (left)
and
Cliff Kid
Engineering Division



April 22: Earth Day

What you can do to save the Earth

Saving the Earth is a big project, but if each one of us does a few helpful things, it becomes a step toward the goal. Here is what you could do:

- **Recycle.** Save your bottles, cans, tires and paper so they can be used again. You could be surprised where they end up. When the Super Bowl was held on Ford Field in Detroit, it was played on FieldTurf, a multilayered system made from recycled tires and tennis shoes, along with sand, to create a cushioned playing field. It recycled 250,000 old tires.

- **Stop burning your trash.** When the trash is burned, it releases toxins into the air. Items that produce poisons include bleached paper, some inks, and painted or treated wood.

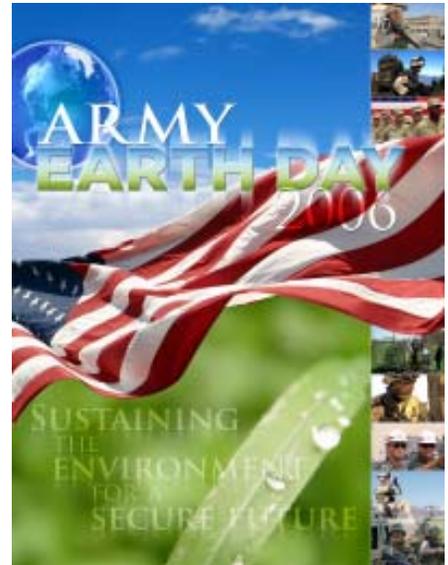
Plastics such as those found in wrapping tubing, piping, flooring, toys,

and jugs contain poisonous polyvinyl chloride. The poisons form because the temperatures in burning barrels are too low to destroy them. Smoke carries the toxins, which can cause breathing problems. When they settle on the soil, they can be carried off by rainwater and ultimately contaminate ground water.

- **Reduce paper trash.** Use both sides of a sheet of paper. Save documents with your computer keyboard rather than printing them out. When you need a handout, count how many people will get it and print only that many.

- **Reuse computer disks and recycle toner cartridges.** Check your supplies before you order more. Organize pens, pencils, markers, paper, clips, notes and tape refills so you know what you actually need.

- **Take toxics off your home shopping list.** Choose biodegradable and



non-toxic cleaning products. Use only latex paints.

- **Shop wisely.** Before you buy something that could end up in the trash, ask yourself if you really need it.



James Simms and son, Ryan

U.S. Army Corps Of Engineers

Annual Bring Your Child to Work Day

Thursday, April 27
8 a.m. - 3 p.m.

Ages 8-14

Registration Deadline:
April 20

*Permission slips are available in the
Equal Employment Opportunity Office.*



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Baltimore Convention Center

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9:30 a.m.

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American
Red Cross

April 7

8 a.m. - 1:30 p.m.

4th Floor
EEOC Conference Room

Contact Stephanie Matthews at ext. 2087 for more information.

Speakers Bureau

Don Snyder, chief of Navigation Branch, OP, spoke March 23 at York College of Pennsylvania about the missions of the Corps and the Corps as an employer.



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Baltimore Newsmakers



Maryland residents have until Midnight April 18 to file their federal and state tax returns.