



# CONSTELLATION

A publication of the  
U.S. Army Corps of Engineers, Baltimore District  
Volume 33, Number 3  
March 2007

## Poplar Island attracts international attention

By Chanel S. Weaver  
Public Affairs Office

Poplar Island — located just off the Chesapeake Bay coastline near Tilghman Island in Talbot County, Md., — has long been a *national* model for habitat restoration and the beneficial use of dredged material.

But the island is now being eyed by the *international* community.

Members of the Chinese Dredging Association visited the island Jan. 17 to meet the project partners and observe firsthand the work that is being done to restore the island, which was recently on the verge of extinction.

For many members of the Chinese Dredging Association, a highlight of their visit was the opportunity to see the wildlife that are returning to Poplar Island.

Since the early stages of its construction, the island has attracted a variety of wildlife, such as the great blue heron, terns, bald eagle and the diamondback terrapin.

The visitors also had the opportunity to observe a beaver — a rare sight on the island.

In addition to wildlife, the Chinese Dredging Association saw how Christmas trees are being recycled at the island. Many citizens across the state of Maryland donated their Christmas trees to the project last December because trees have an important role in providing cover for wildlife.

“The Christmas trees are used as a nesting habitat for ducks,” said Chrissy Albanese, environmental specialist and tour coordinator for the Maryland Environmental Service.

The Chinese Dredging Association was not the first international group to visit Poplar Island. A Japanese



(Photo by Chanel S. Weaver, Public Affairs)

**Members of the Chinese Dredging Association observe the restoration work being completed at Poplar Island in Talbot County, Md. The group toured the island Jan. 17.**

delegation visited the island last June.

“First the Japanese and now the Chinese,” said Kevin Brennan, Corps project manager. “It’s pretty neat to see how one of Baltimore District’s projects has drawn worldwide interest on a creative solution of what to do with dredged material.”

However, Poplar Island has not always been a national model.

In 1846, the island consisted of more than 1,000 acres, but by the 1920s residents began to leave the island as more and more of the landmass fell victim to erosion. By the early 1990s all that remained of Poplar Island was several small clusters of islets rising just above the surface of the water. Reduced to about four

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U.S. Army Corps  
of Engineers  
Baltimore District

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

*Constellation* is an unofficial publication authorized under the provisions of AR 360-1 and published monthly by the Public Affairs Office, U.S. Army Corps of Engineers, Baltimore District, P.O. Box 1715, Baltimore, Md. 21203-1715.

Telephone: (410) 962-2809; fax: (410) 962-3660. It is printed on recyclable paper; press run 1,600. All manuscripts submitted are subject to editing and rewriting. Material from this publication may be reproduced without permission. Views/opinions are not necessarily those of the Department of the Army.

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# Commander's Comment

## *Corporate Solutions for unprecedented workload*

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

The programmed Military Construction and Base Realignment and Closure workload within the Baltimore District geographic boundaries exceeds \$7 billion through 2013. This represents well over 50 percent of the North Atlantic Division's military program and is one of, if not the largest workload for a single district in the U.S. Army Corps of Engineers. These numbers do not include our mission requirements for civil works, hazardous toxic radioactive waste, the Washington Aqueduct, nor our growing Realty Service Field Office programs. This unprecedented workload has required leaders to closely evaluate requirements, challenges and risks associated with accomplishing this mission as effectively as possible. Maybe one district could execute this program, but the stress, obstacles and risks would be extraordinarily high. Our risk analysis has led to a corporate solution.

Brig. Gen. Todd T. Semonite selected a corporate strategy to tackle this challenging program on Jan. 25. It leverages the capabilities of NAD and USACE and employs the USACE 2012 "One Corps" concept. This plan realigns portions of this huge MILCON program to three other districts and the National Museum of the U.S. Army to New England District.

The \$3.3 billion program at Fort Belvoir, Va. will have New York District assume responsibility for execution of the Washington Headquarters Service \$1.1 billion program and Norfolk District for the consolidated hospital program. Philadelphia District will take on responsibility for the command control communications computers intelligence surveillance reconnaissance (C4ISR) campus at Aberdeen Proving Ground. This will reduce Baltimore's MILCON/BRAC workload to \$4.8 billion, still a historic level of work. Our District will maintain responsibility for much of the most challenging work, infrastructure development at both installations, the National Geospatial Agency \$1.3 billion campus, ordnance and explosives/hazardous, toxic, and

radioactive waste clean-up, establishment and staffing of the overarching Belvoir Integration Office, legacy MILCON, all other BRAC work and support functions for all Integrated Program Offices.

A regional project delivery team began detailed planning Feb. 13 and 14 to set conditions for successful transitions and mission execution. Affected District customers and program managers have been briefed. But what does this mean to our District workforce and employees who have been executing these programs? What about future opportunities? We are aggressively working these details, but some basic rules include, employees serving on PDT's for these three programs at Fort Belvoir or APG will remain on these teams. This may mean they could be "administratively transferred" to the new responsible district for the project duration, but will have the opportunity to transition back to Baltimore after completion. Employees interested in serving on any of these project teams will be afforded the opportunity. I expect employees to wonder what a possible temporary transfer may mean to their futures. As we define these answers, you should know that we will look at all the tools available, as we did under our original plan, to develop policies that will take care of our people serving the Corps. I ask that you talk with your supervisors and division chiefs to ensure you have accurate information as you seek any of the superb opportunities that are coming available.

I want each of you to know that I value your dedication and professionalism and I, along with your chain of command, will strive to return that in loyalty to you by the framework we intend to put in place for managing the workforce at the completion of these programs in the out years. The years ahead are exciting as we face this unprecedented opportunity to use our engineering and support skills to build world class facilities that directly support our military. We'll accomplish this great mission through a historic, corporate effort!

— **Essays**

## Poplar Island

(continued from the cover)

acres, Poplar Island's disappearance seemed inevitable.

Rather than allow the island to disappear, the U.S. Army Corps of Engineers, Baltimore District, the Maryland Port Administration and many other federal and state agencies began a mission in 1994 to save the island. The agencies decided to restore the island using clean dredged material from the navigational channels leading to the Port of Baltimore.

The project is expected to be completed in 2014. When it is completed, the island will feature 1,140 acres of both wetland and upland habitat.

Members of the Chinese Dredging Association said their visit to Poplar Island was certainly worthwhile.

"We thoroughly enjoyed our tour of Poplar Island," said Christie Zhang, project coordinator for the Chinese Dredging Association.

"I think the Corps and the state agencies are doing a good job of restoring the island. We are deeply impressed by the beneficial uses of dredged material here, and we will try to use some of the concepts in China."

Mark Mendelsohn, Corps biologist for the Poplar Island project, said he enjoyed talking to the Chinese visitors and answering their questions. He thought the District went the extra mile to ensure the Chinese



(Photo by Chanel S. Weaver, Public Affairs)

**Chrissy Albanese, environmental specialist and tour coordinator for the Maryland Environmental Service, discusses ongoing restoration efforts at Poplar Island with Christie Zhang, project coordinator for the Chinese Dredging Association. Zhang said the group thoroughly enjoyed their visit to Poplar Island in January.**

Dredging Association had a memorable visit.

"It's a good thing one of our District employees, Chanel Weaver, could speak Chinese and greet them in their native language," said Mendelsohn. "It really helped to break the ice."



(Photo by Chanel S. Weaver, Public Affairs)

This group of swans is an example of some of the wildlife that the members of the Chinese Dredging Association observed during their visit to Poplar Island. Since the island's restoration has begun, it has attracted numerous wildlife, including bald eagles, beavers and owls.

# Harvest for the Hungry Campaign kicks off into high gear

**By Katisha Draughn**  
Public Affairs Office

Over the years, hunger in Maryland has become an increasing problem.

There are many families in the surrounding areas who cannot afford to buy groceries or have to decide whether to pay rent or buy food for their household, since money is so scarce.

This is where Harvest for the Hungry can help.

Harvest for the Hungry is a campaign that benefits the Maryland Food Bank. Its mission is to provide food items to those who are less fortunate.

“I believe it’s the greatest thing that one can do — give when they don’t have to,” said Kim Brewton, Equal Employment Opportunity specialist, EEO Office.

And giving is exactly what Baltimore District employees have been doing.

Since the beginning of the campaign in November, employees have poured in all types of food items from breakfast cereal and canned goods to boxed crackers and salad dressing.

“The support from the employees has been great,” said Bert Gonzalez, security specialist, Security Office. “I think everyone has a heart and their compassion plays an important part.”

The Baltimore District has been participating in the campaign for a couple of years and it has always proved to be a great success. The District has worked closely with different agencies and the MFB to ensure they are able to help feed people in need.

The MFB was founded in 1979 by a group of volunteers and the Maryland Food Committee with the goal of supplying food to people who are less fortunate. The volunteers started to distribute food at a warehouse in Baltimore City. Presently, MFB serves 1,000 food providers and has distributed over 12 million pounds of food each year.

Harvest for the Hungry has helped with this success by conducting community canned food drives to help decrease the amount of people who are hungry in the area.

Some causes of hunger in the area are due to poverty, unemployment, low wages, rising expenses and lack of

education or work skills.

According to the MFB Web site, more than 45,000 Maryland residents live below the poverty guidelines and six out of 10 households have had a monthly income of less than \$1,000.

These statistics prove how important Harvest for the Hungry and other food campaigns are.

Employees from the EEO and the Security offices are this year’s campaign coordinators. They have placed large drop-boxes by the elevators on floors seven through 11 and placed smaller drop-boxes in each division office.

“We want to thank all the employees for donating goods to this great cause,” Gonzalez said.

Some suggested food items to donate are canned meat, peanut butter, macaroni and cheese, nuts and seeds, canned vegetables and soup, sauces, breakfast cereal, pasta and canned fruits and juices.

If you have any questions, contact Marie Johnson (410) 962-4558 or Bert Gonzalez (410) 962-4112.



*(Photo by Katisha Draughn, Public Affairs)*

**Bert Gonzalez, security specialist, Security Office and Latoya Evans, student, Office of Counsel, collect donated food items for Harvest for the Hungry. The Harvest for the Hungry campaign started in November and will continue through the end of March.**

# March is National Caffeine Awareness Month

**By Katisha Draughn**  
Public Affairs Office



Coffee. Soda. Tea. Sure, these are all beverages, but they are also beverages that contain lots of caffeine.

March has been designated National Caffeine Awareness Month. This observance was created by the Caffeine Awareness Alliance, which is a non-profit organization dedicated to raising public awareness about caffeine and the negative effects it can cause.

According to the Encyclopedia of Alternative Medicine, caffeine is a drug that stimulates the central nervous system. It can be found in coffee, teas, chocolate and numerous soft drinks.

Millions of working Americans drink caffeine in the morning as a kick start to the day. Not only does caffeine make people more alert, it also makes them less drowsy and can help improve their coordination. It takes caffeine around 15-20 minutes to get into your blood system and the effect can last for about or up to 3 1/2 hours.

Consuming heavy amounts of caffeine can lead to dependence. If a person decides to abruptly stop using caffeine, they may experience restlessness, headaches, fatigue, vomiting or irritability.

Consuming caffeine is a natural habit. It is important to watch your caffeine intake and minimize how much caffeine you need on a daily basis.

## Caffeine Content of Popular Drinks

- Coffee (drip)- 115-175 milligrams
- Coffee (brewed)- 80-135 mg
- Coffee (instant)- 65-100 mg
- Red Bull- 80 mg
- Mountain Dew- 55 mg
- Diet Coke- 45.6 mg
- Dr. Pepper- 41 mg
- Diet Dr. Pepper- 41 mg
- Pepsi-Cola- 37.5 mg
- Diet Pepsi- 36 mg
- Coca-Cola Classic- 34 mg
- Nestea Sweet Iced Tea- 26.5 mg



### Quiz (provided by the Caffeine Awareness Web site)

1. You can't get addicted to caffeine.  
True or False
2. How much caffeine is in a single cup of coffee?  
a) 135 mg  
b) 550 mg  
c) 375 mg  
d) All of the above
3. What happens when caffeine enters your body?  
a) your pupils dilate  
b) your heart beats faster  
c) your muscles tighten  
d) the blood vessels in your hands & feet constrict  
e) all of the above
4. A cup or two of coffee in the morning won't interfere with your sleep at night.  
True or False
5. Which of the following sodas contain the most caffeine?  
a) Coca-Cola  
b) Mountain Dew  
c) Sunkist Orange  
d) Sprite

\*Answers on page 10

*Editor's Note: Information for this article was compiled from the Caffeine Awareness Web site and the Encyclopedia of Alternative Medicine.*

# Rehabilitation and Inspection Program a huge success for the District

By Jennifer Walsh  
Public Affairs Office

Levees may consist of soil and clay, but what they represent is far more important.

They are symbols of strength; the final means of defense between a town and dangerously high waters. When a levee fails, it leaves not only physical reminders of the damage it failed to prevent, but emotional scars on all of those affected by the disaster. Fortunately, the Baltimore District understands the importance of maintaining flood damage reduction projects (FDRP) and is prepared for the unexpected.

In the event of a flood, the U.S. Army Corps of Engineers is authorized under Public Law 84-99 (PL 84-99) to perform emergency operations such as flood fighting and repairing damaged infrastructure. More specifically, the

Rehabilitation and Inspection Program (RIP) component of PL 84-99 allows the Corps to repair eligible FDRPs to their pre-flood conditions. The RIP also allows the Corps to inspect the FDRPs annually to ensure acceptable maintenance practices are in place.

“Our sponsors are the first and main line of defense,” said Jodi Beauchamp, RIP project manager. “Their efforts to maintain their flood damage reduction projects can be the difference between loss of property and loss of life.”

The FDRPs eligible for assistance include flood walls, levees, stream bank stabilization projects, pump stations, relief wells and debris basins.

There are a number of requirements an FDRP must meet to be eligible for assistance, as defined by Engineering Regulation 500-1-1 (ER 500-1-1) and Engineering Policy 500-1-1 (EP 500-1-1), which are documents that interpret PL 84-99 and define the constraints of the RIP. The project must be active in the RIP, properly maintained by a non-federal sponsor and have an inspection rating of minimally acceptable. Additionally, the flood-induced damages must be more than \$15,000 and beyond the financial capacity of the local sponsor to repair. The projects must also fit into two categories for assistance under the RIP. “The first type of FDRP is one that we built and handed over to a non-federal sponsor to maintain,” said Beauchamp. “The other type is one built by a non-federal sponsor that applies for admission into the RIP.”

As part of their project management duties, the Planning Division served as the project manager for the RIP. One of their other duties involved leading a multi-disciplinary District Project Delivery

the Baltimore District’s timeliness with producing concise and well organized decision documents, such as Project Information Reports, which streamlines the process of responding to disaster

“From an engineering standpoint, it’s rewarding when local sponsors have problems due to flooding and we can step in and help them get the projects back on track.”

-Jim Snyder  
Geotechnical Engineer  
Engineering Division

Team, which consists of representatives from construction field offices, local sponsors, the Engineering Division and Emergency Management.

“The consistency that the Planning Division has established for the program is incredible,” said Maria de la Torre, chief of the Emergency Management Branch. “From the office to the field, it’s an overall effort.”

Following a flood event, the RIP is carried out in three phases. The first phase begins when a local sponsor requests an evaluation of their damaged FDRPs to determine if there is federal interest in repairing the project. The evaluation process examines eligibility requirements, alternative solutions, design considerations, costs and environmental impacts. The findings are documented in Project Information Reports (PIR), which are decision documents for determining federal interest.

“North Atlantic Division appreciates

incidents through PL 84-99 and the ER 500-1-1 guidance,” said John Beldin-Quinones, NAD civil disaster program manager.

“Baltimore’s Emergency Management staff and PL-84-99 project manager have been realistic, relevant and conscientious in reporting and utilizing available funding to get the job done.”

Approved PIRs receive funding from Headquarters through the North Atlantic Division for the next phase of the program, engineering and design. Engineering and design plans must be done within 45 days and submitted for construction funding. The projects with approved design plans move into the final phase of the program, construction.

“Once the projects receive construction funds, we have five days to award a contract and until the next storm season to complete the construction on the site,” said Beauchamp.

Last year, two major flooding events in June and November gave the District

the opportunity to use this unique emergency response program. For example, in Bainbridge, N.Y., a channel project with levees was damaged by a major storm in June. Farther upstream, a Section 14 project, which is an emergency repair project requiring immediate attention, was underway to stabilize the shoreline. By communicating with the Section 14 project team, the Planning Division was able to coordinate a joint restoration project.

“The situation was unique because we were able to tie onto an existing contract at the same site,” said Jim Snyder, a geotechnical engineer, Engineering Division, who worked on the project. “It was a good value to the taxpayer.”

The District restored the FDRPs to

pre-flood conditions in less than three months, just in time to protect the community from the November storms.

“From an engineering standpoint, it’s rewarding when local sponsors have problems due to flooding and we can step in and help them get the projects back on track,” said Snyder.

The goal of the RIP is to ensure the safety of communities by maintaining the levels of protection FDRPs provide and having a response plan in place for emergencies.

“If there is only one thing I want people to know about this program, it’s that we have great sponsors, great team members and a great process,” said Beauchamp.



(Courtesy photo)

The flooding last June to Newton Creek in Bainbridge, N.Y. caused substantial damage to the spoil dikes.



(Courtesy photo)

Remedial repairs to the Bainbridge levee consisted of regrading the slopes and placing riprap for protection. Although there was much damage done, Baltimore District restored it to pre-flood conditions in less than three months.

# *USACE Workshop teaches employees about personal transformation*

**By Katisha Draughn**  
Public Affairs Office

Corps employees from as far away as Germany had the opportunity to learn about personal transformation at the 11th annual U.S. Army Corps of Engineers workshop and luncheon held in conjunction with the 21<sup>st</sup> Black Engineer of the Year Awards Conference at the InterContinental Harbor Court Hotel Feb. 15.

This year's workshop hosted many distinguished guests and speakers who gave presentations, which expanded on the theme, "Personal Transformation."

Maj. Gen. Ronald L. Johnson, deputy commanding general, USACE, kicked off the morning with his presentation on mentoring and power networking. Johnson emphasized the importance of mentoring within the organization.

"We are leaders at all levels and we need mentoring to occur at all levels," he said.

Johnson provided the audience information on what it takes to be a mentee, how to seek a mentoring relationship, the mentee character and conversations between mentors and mentees.

Andrea Bias-Streat, acting chief, Project Management Service Center, Programs and Project Management Division, realized the importance of having mentors in an organization.

"It's really good to have mentors and you can have more than one," Bias-Streat said. "You can have a mentor for each goal you

are trying to accomplish."

Following Johnson, Lt. Gen. Carl A. Strock, chief of engineers, USACE, held a town hall meeting with a special awards presentation for Corps employees who have shown great leadership within their organizations.

Strock highlighted the 12 actions for change, the Global War on Terrorism and contingency operations, media and their impacts and enabling capabilities. He also suggested that employees continue to contribute to the USACE mission and strive to constantly keep learning.

Strock then engaged employees with a discussion on transformation in dealing with the external and internal environment.

"A large part of transformation is knowledge," he said. "These are all things we need to understand — in and out of the Corps."

At the luncheon, attendees had the opportunity to network and learn more about other Corps employees and the role they play in their districts.

Leonard Murrell, chief of the contracts and administrative section, Operations Division, Vicksburg District, was excited about attending this year's workshop.

"It gives me the opportunity to meet other Corps staff," he said. "It also gives me a lot of good tools that I can take back to my district."

The afternoon session kicked off with panel members discussing the power of image and first impressions. The employees had the opportunity to engage in open dialogue and ask questions relating to topics of discussion such as how to communicate effectively, personal development, career advancement and how to dress for success.

"We as leaders need to remember that when we step out the door we are not just representing ourselves, we are representing USACE as well," said Col. Yvonne Prettyman-Beck, chief of staff, USACE.

Bias-Streat, who has attended the conference at least six times, thinks it is important and beneficial for Corps employees.

"The Corps is so large and the conference gives employees a perspective on where they fit into the organization," she said.

The conference gave employees tools and resources which will help them learn more about themselves and their professional goals.

"The conference encouraged me to do more self examination, which will benefit me in the long run," Bias-Streat said.



*(Photo by Katisha Draughn, Public Affairs)*

**Col. Yvonne Prettyman-Beck, chief of staff, USACE, James Dalton, regional business director, South Atlantic Division, Atlanta, Ga. and Allen Williams, chief of the Gulf Region Integration Team and Security Assurance Branch, USACE, listen to audience members ask questions at the USACE workshop Feb. 15. The panel members discussed the power of image and first impressions.**

# There's nothing funny about falls

**By John Houvener**  
Safety and Occupational Health Office

Slips, trips and falls have been a sure way to get a laugh in many cultures over the years. Human beings have been falling over their own feet ever since they first began to walk.

However, except in slapstick comedy, falls are simply not funny. In fact, the subject of falls is extremely serious.

Did you know that falls are one of the top leading causes of accidental deaths?

In case you are thinking that falls only danger people who work on scaffolds and steel girders up in the sky, think again. Most falls actually occur on the same level and are caused by simply tripping over an obstacle or slipping on something. In fiscal year 2006, the District's number two cause of lost work time was due to injuries from falls.



## Here are some ways to prevent falls:

- Keep walkways and floors free of obstacles such as boxes, cords and litter. Even objects such as pencils on the floor have caused serious falls.
- Flooring surfaces must be even and secured. Watch out for obstacles such as loose tiles or carpeting.
- Close cabinet drawers and doors as soon as you are finished using them. Many serious injuries have occurred when people fell over unexpected obstacles like an open bottom drawer on a desk.
- Don't run or walk too fast. Adjust your walking speed and style to the surface you are traveling on. If the surface is rough, cluttered, slippery or at an angle - such as a ramp, you need to slow down and take small careful steps.
- Wear safe footwear with low heels and a good fit, keep your shoelaces tied, avoid slippery soles and be sure to wear shoes with adequate tread when walking on icy, greasy or wet surfaces.
- Keep shoes in good repair. A defect such as a nail coming through the heel can cause a person to slip.
- Make sure you can see over or around any load you are carrying.
- Take your near-misses seriously. Let's say you have just skidded across a slick patch of flooring or tripped over an extension cord. You are not injured, but just a little shaken up and embarrassed. Take the time to see why the incident occurred in the first place and identify what can be done to prevent it from happening again. Does the floor need non-skid matting? Should the cord be moved or taped down? Were you hurrying or daydreaming?

It is important to stay alert to slipping and tripping hazards in your work area and the routes that you travel in the course of your day. Watch out for hazards that might put you in danger of a fall. Think of your team members as well. You might know the corner of the rug is loose or that the floor around a particular leak is always wet, but some other unsuspecting person might fall victim to these hazards.

# District's Leadership Development Program students graduate

**By Katisha Draughn**  
Public Affairs Office

The 2006 Leadership Development Program graduation was held at Maggie Moore's Irish Pub and Restaurant in Baltimore Feb. 2. The LDP program provides employees at any grade level with the opportunity to learn about different aspects of leadership, the Army Leadership Doctrine and themselves. The students had the challenge of fulfilling course requirements, participating in team projects and committing hours of personal and work time to the program. The students' training objectives were Be-Know-Do-Learn, which are essential for effective leadership. The program has a competitive application and interview process and is in its fifth year at Baltimore District.



*(Photo by Katisha Draughn, Public Affairs)*

The 2006 LDP graduating class are: (front row, left to right) Christopher Evans, EN; Nathan Barcomb, PP; Jim Simms, PP; (back row, left to right) Alan Warminski, EN; Kevin Brennan, PP; Michael Hitchings, EN; Craig Homesley, RE; Not pictured: Manal Ezzat, PP; Brent Graybill, EN; Rob Moyer, EN.

## Upcoming Annual District Events

### Awards Ceremony

Date: April 10

Time: 10 - 11:30 a.m.

Location: The Sheraton  
Baltimore (formally the  
Wyndham)  
101 West Fayette Street



This year's theme is "We Make a Difference."

### Organization Day

Date: June 22

Time: To Be Announced

Location: Oregon Ridge Park  
13401 Beaver Dam Road  
Cockeysville, Md.



More details to follow

#### Answers to the Caffeine Awareness Quiz (from page 5)

- 1) False    2) d-all of the above    3) e- all of the above    4) False    5) b-Mountain Dew

## PPMD Celebrates Groundhog Day...



Carl Muniz, project manager, Programs and Project Management Division, displays his groundhog mask during the first annual military branch groundhog day breakfast celebration Feb. 2. At the celebration, the employees learned about Punxsutawney Phil and when he saw his shadow.

(Photo by Jennifer Walsh, Public Affairs)

## American Red Cross Blood Drive



**Date: Friday, April 6**

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

**Location: EEOC Conference Room,  
Fourth Floor**

**For More Information contact  
Stephanie Matthews, Human Resources,  
(410) 962-2087**

### Thank you Baltimore District

"I would like to take the opportunity to express my heartfelt appreciation and sincere thanks for the many thoughts, prayers, cards, gift baskets and visits I received from all my friends during my extended illness. Words cannot express how touched I was by the amount of support offered from Baltimore District. I couldn't have asked for a warmer reception upon my return to work on the 5th of February. Thank you also to the Employee Activities Association for the Christmas visit and goodies from Santa and the elf. It truly lifted my spirits."

-Dawn Pisarski