

U.S. Army Corps of Engineers, New England District, Volume 50, No. 8 June 2017

Building Strong

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Yankee



Beyond hard work: Focus on results for career success

Hard work is essential to career success, but it's not the only factor that can help you advance and grow on the job.

Focus on these additional elements:

- **Purpose.** Remember why you're working what you're trying to achieve in your career. Chances are it's more than just a paycheck.
- Stay fixed on your purpose and you'll make better decisions moving forward.
- **Development.** Never stop looking for opportunities to master new skills and grow, both professionally and personally.
- The more you know about your industry and yourself, the better positioned you'll be for advancement.
- **Determination.**Believe that you can accomplish your goals, whatever they are.

Yes, you may fail along the way, but your belief in yourself will see you through the dark times.

(First Draft Magazine)

Muddy River Flood Risk Restoration Project garners Environmental Business Council Honor

The awards for the Muddy River Flood Risk Mitigation and Restoration Project keep coming in.

New England District contractor Charter Contracting Company, LLC, announced via social media, May 8 that the



Environmental Business Council (EBC), New England has named the project the winner of its Nicholas Humber Environmental Energy Award for Outstanding Collaboration. The project received the award, "in recognition for the daylighting and restoration of the Muddy River to reduce flooding risk and restore urban green space; true to Frederick Law Olmsted's original concept."

The collaborators named for this project were the New England District, Charter Contracting Company, LLC, the Massachusetts Department of Conservation and Recreation, Massachusetts Department of Environmental Protection, the city of Boston, town of Brookline, GZA Environmental and Fort Hill Companies, LLC.

The award is named in honor of Nicholas Humber, President of Burn Management and active member of the EBC. He was a passenger on American Airlines Flight 11 and was killed when it crashed into the World Trade Center, Sept. 11, 2001.

A ribbon cutting ceremony marking the completion of Phase 1 of the project took place on April 21. The Muddy River Flood Risk Mitigation and Restoration Project also won the Associated General Contractors of America's Alliant Build America Award earlier this year.

YANKEE ENGINEER is an authorized unofficial Army newspaper under provisions of AR 360-1 published monthly. Views and opinions expressed are not necessarily those of the Department of the Army. Contributions from readers are solicited, but publication depends on judgment of the editor. No payment will be made for contributions. Published by the Public Affairs Office, New England District, U.S. Army Corps of Engineers, 696 Virginia Road, Concord MA 01742-2751, 978-318-8777. Printed by the offset method on recyclable paper by the Defense Printing Office in Philadelphia, Pa. Circulation 1600. The YANKEE ENGI-NEER can be found on the World Wide Web at http://www.nae.usace.army.mil/news/yankee.htm. ON THE COVER: Volunteers from AmeriCorps, Cape Cod pick up trash along the banks of the Cape Cod Canal during the Cape Cod Canal Clean up event.



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A kayaker wrestles with the white water releases from Birch Hill Dam.

Photo provided by Birch Hill Dam

Corps supports canoeists, rafters on Millers River with Birch Hill Dam, Tully Lake white water releases in Royalston

By Timothy Dugan Public Affairs

The U.S. Army Corps of Engineers, New England District, from Birch Hill Dam and Tully Lake Dam, both in Royalston, Massachusetts, held controlled releases of water on Saturday and Sunday, April 8-9, 2017 to provide adequate river flows for recreational canoeing, kayaking and rafting on the Millers River, according to Corps of Engineers officials.

The Corps of Engineers provided 1,300 cubic feet per second (cfs) of water release flows from Birch Hill Dam and 400 cfs from Tully Lake Dam for the weekend events, according to Project Manager Jeffrey Mangum in Royalston.

Various events by local groups took place at Athol-Orange, including the 54th annual River Rat Race on Saturday; the Sunday Pro Race on Sunday; and the Kayak Race on Sunday. Events by local groups took place in Erving to include the Zoar Outdoor Rafting on Saturday and the Zoar Outdoor Rafting on Sunday.

Construction of Birch Hill Dam was completed in 1942 at a cost of \$4.8 million. The 1,400-foot-long, 56-foot-high dam can store 16.2 billion gallons of water. To date, flood

damages amounting to more than \$80.3 million (\$257.9 million, adjusted for inflation) have been prevented. The state-leased Lake Dennison Recreation Area offers many recreational opportunities, including camping, hiking, hunting, swimming, picnicking, boating, fishing, mountain biking, horseback riding, snowmobiling and cross country skiing, and attracts more than 250,000 visitors annually. For details contact the Park Ranger staff at 978-249-4467 or visit the website at: www.nae.usace.army.mil/BirchHillDam.

Tully Lake Dam, on the East Branch of the Tully River in Royalston, is 1,570 feet long and 62 feet high. Completed in 1949 at a cost of \$1.7 million, the dam has a reservoir storage capacity of 7.1 billion gallons of water. Tully Lake Dam has prevented flood damages of \$29.1 million (\$81.1 million, adjusted for inflation) since it was constructed. More than 100,000 visitors annually enjoy picnicking, hiking, boating, camping, mountain biking, disc golfing, fishing, hunting and cross country skiing.

For details contact the Park Ranger staff at (978) 249-9150 or visit the website at: www.nae.usace.army.mil/TullyLake.



Lisa Winter demonstrates coastal erosion during one of the day's activities.

Photos by Brian Murph

Children explore engineering and science during annual STEM event

There is a time of year when the New England District opens its doors to young people providing them a glimpse of what it is like to work for the U.S. Army Corps of Engineers, New England District. That day, Take Your Daughters and Sons to Work Day, took place April 21 at the Concord Park Headquarters in Concord, Massachusetts.

About 29 children ages 8-12 visited the District to take part in the all-day event sponsored by the Federal Women's Program and the Equal Employment Opportunity Office. Scott Acone, Deputy District Engineer for Programs/Project Management, began the day by greeting the children and wishing them an exciting day.

The children separated into three groups following an ice breaker led by Tina Chaisson. This year Chaisson named the groups after three fast food

chains – McDonald's, Wendy's and Burger King -- and broke the children into six activities, three in the morning and three after lunch, for a total of 45 minutes each session. The groups rotated through all of the activities so no one missed an opportunity to see and learn something.

"Friction is Everywhere" took place in the Concord Park Cafeteria. The session explained what friction is, how we measure it and why it's important to engineers.

Mike Riccio and Doug Fransioli were also involved with the session. The children learned about slip forces and angles related to friction by stacking different materials and by loading materials on different surfaces to see how friction changes with the change in angle.

During the hands-on portion of the

activity, the children got a chance to plot the friction angle of their own shoes.

Lisa Winter, Megan Burke and Patrick Blumeris hosted the coastal erosion activity in the Massachusetts and Connecticut Conference Rooms. During the session they explained how waves can change the shape of the beach and what engineers can do to protect the beach and buildings along the coast. The trio demonstrated this point using a model. The children also learned about barrier islands, breakwaters and jetties and other ways to protect the coast.

The Egg Drop Experiment, operated by Taylor Bell, Dan Vasconcelos and Christine Jacek, took place in the New England Conference Room and the Building 1 stairwell leading to Logistics. This activity challenged kids to design a protective container to prevent an egg



Marie Esten shows participants a core sample during the Underwater Sampling and Survey activity.



Paul Young talks about rocks and minerals during the Geology activity.



Christine Jacek checks for egg breaks during The Egg Drop Experiment.

from breaking upon impact.

The Egg Drop Experiment team encouraged the children to get creative with their containers, building only with materials provided to them. Once the children finished their creations, the activity moved from the New England Conference Room to the stairwell. The containers were tested by dropping them 10, 20 and 30 feet. Jahmar Reeves was one of the few whose egg survived the 30-foot drop. "I was so excited to be able to drop the egg myself at 30-feet and win!" he said.

After a pizza lunch where the children could reconnect with their sponsors and update them on their day, the children were back in their groups and off to the last three activities for the day.

The "Underwater Sampling and Surveying" activity explained that scientists and engineers sometimes need to know what is at the bottom of the ocean and how they get the information. Hosts Marie Esten, Aaron Hopkins and Mike Narcissi came up with some fun activities for the children to get an idea of how New England District engineers and scientists collect information at the sea bottom floor.

These included having the children perform core samples on cupcakes and guiding their team mates to find "underwater treasure" using special cameras and walkie-talkies.

Viola Bramel and Christine Jacek hosted the Water Safety activity in the Concord Park Cafeteria. This highenergy activity included life-jacket races "in the rain," a cold water challenge and scenario games based on real-life, recent safety events. "This was an activity that encouraged teamwork, got the kids moving and taught skills that could save lives," said Bramel.

"I really liked Water Safety," said Hanna Rausch when asked about her day at the District. "The games were fun."

Her sister Cecilia agreed. "I liked that we were actually participating instead of just listening to someone talk to us."

Paul Young, Jessica Rudd and Tracy Dorgan had an impressive display of rocks, minerals and fossils in the New England Conference Room. Pointing to items from their display, the team talked about how rocks, minerals and fossils form and that they are surrounded by them.

All of the children touched and held samples of the display to include gold, silver, copper, diamonds, clams, whalebone, wood, a dinosaur footprint and fossilized animal droppings. Dorgan told the children that many of the items they were touching came from New England.

At the end of the day, as a special treat, Young gave away mounted samples of rocks, minerals and fossils by picking children's names from the day's participants. Children whose names were not called still got a chance to bring home as many unmounted rocks, minerals and fossils they could carry away from Young's collection.

"My favorite activity was the geology," said Hayden Bargerhuff. "It had lots of fossils. I have my own rock collection at home."

Harmoni Rodrigues enjoyed handling the samples during the geology activity. "I liked all of the diamonds!" she said.

In addition to the hosts, Jackie DiDomenico, EEO Officer, Denise Kammerer-Cody, FWP Manager, Jerry Nunziato, Ann Marie Harvie, Brian Murphy and Marilyn Ortiz assisted behind the scenes throughout the day.

New England District Recreation Areas Celebrate Earth Day

The 47th annual world wide celebration of Earth Day to commemorate the beginning of the environmental movement was held at three New England District projects where volunteers worked to clean up the recreation areas and improve the environment, April 22.

The Cape Cod Canal in Massachusetts, in partnership with AmeriCorps, Cape Cod, the town of Barnstable, and the Massachusetts Service Alliance, held their annual event. Although overcast and raining, over 149 pairs of hands performed trash clean up along the canal and expanded the pollinator garden. At the end of the event, volunteers were able to fill 164, 50-pound trash bags, making the canal a much cleaner place. Mashpee National Junior Honors Society members created a marine debris Biodegradation Time Line for one of our recreation area display cases.

In addition, several local environmental groups took advantage of the event and its theme. Groups had displays and activities for cleanup volunteers as well as the public. Exhibitors who braved the bad weather to spread their environmental messages were the International Fund for Animal Welfare; the National Marine Life Center; Waquoit Bay National Estuarine Research Reserve; Sustainable Cape; AmeriCorps, Cape Cod; Red Cross; the Barnstable Country Bee Keepers



AmeriCorps, Cape Cod volunteers walk along the Cape Cod Canal during the cleanup event.

Photo provided by the Cape Cod Canal.

Association and the Mashpee National Junior Honors Society. Cape Cod Canal Team members who ran the District portion of the event were Samantha Gray, Michele Breen and Kyle Henderson.

West Hill Dam in Uxbridge, Massachusetts, in partnership with the Bay State Trail Riders, Inc., organized a cleanup event of their own. West Hill and the Bay State Trail Riders have been partnering on the project's Earth Day events for the last 26 years.

An estimated 22 volunteers donned gloves and other cleanup equipment to clear five miles of brush removal, pick up debris caused by wind and rain storm damage, clean and clear over 15 water bars and picked up about 25 pounds of litter from the project. Viola Bramel served as New England District's

coordinator for the event this year.

The team at West Thompson Lake in Connecticut held three small events during April and May. Approximately 25 volunteers came out to help. During those events, local Boy Scouts picked up litter and performed trail maintenance; local group The Yankee Flyers split wood for the campground and the Connecticut Outboard Association, a local hydroplane boat group, used their boats to pick up litter and debris along the shoreline of West Thompson Lake. Team members that hosted the events were Catherine St. Andre, Michelle Cucchi and Mark D'Amato.

According to the Earth Day Network, an environmental nonprofit organization, the first Earth Day on April 22, 1970, activated 20 million Americans from all walks of life and is widely credited with launching the modern environmental movement. The passage of the landmark Clean Air Act, Clean Water Act, Endangered Species Act and many other ground breaking environmental laws soon followed. Twenty years later, Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage.



Photo by Saran Szemetny.

Volunteers at West Hill Dam are suited up for the inclement weather and ready to go during the Earth Day event.



Students tour the New Bedford Harbor Superfund Site for the day as part of the three day Bioengineering Symposium.

Photo by Mark Anderson

New England District holds day-long event in support of School To Careers' Bioengineering Symposium

The New England District once again collaborated with the Schools to Careers Partnership to sponsor a daylong event as part of the Program's three-day Bioengineering Symposium, April 19.

"This is the second year the District has done a full site tour—last year we toured Muddy River—but this is the fourth year we have participated in the overall event," said Mark Anderson, STEM Coordinator for the New England District. "The first two years were just a USACE 101 discussion with the students."

Twenty-two 10th and 11th grade students gave up some of their April vacation to attend the symposium. The students came from a variety of schools to include Holbrook, Blue Hills Regional Technical, Avon, Canton, Dedham, Milton, Norwood and Randolph.

New England District team members started the day by meeting the students at the Blue Hill Regional Technical High School for a USACE 101 discussion. "Following the briefing, students traveled to New Bedford, Massachusetts and received a tour of the entire New Bedford Harbor Superfund site before returning home," said Anderson. According to Anderson, the School to Careers Partnership event organizer, Katherine Touafek, said the students enjoyed their experience with the New England District team. "She said the students were buzzing on the bus ride back to Canton," he said. "It was obvious the New Bedford Harbor Superfund story and the education and career path discussion at the end of the day struck a chord with them."

Anderson praised the New England District, Environmental Protection Agency team, including Project Manager Ellen Iorio and Resident Engineer Kevin Coleman, for the positive experience they created for the students. "They took time out of their day to impact the lives and future decisions of the students," he said. "They made the day a rousing success."

The educational partnership agreement between the District and the School to Careers Partnership has been in place since July 28, 2014. The agreement is one of several the District has with local educational institutions. The partnership is in keeping with the Corps of Engineers objectives to shape the workforce of the future and to increase STEM and Wounded Warrior initiatives.

Employee Spotlight:

Sean McDonald, Cape Cod Canal



Sean McDonald, Cape Cod Canal Manager.

Photo provided by the Cape Cod Canal.

Sean McDonald is the Canal Manager at the Cape Cod Canal in Buzzards Bay, Massachusetts. "I am responsible for the supervision, development and execution of the overall operations and maintenance program at the Canal, the Hurricane Barrier in New Bedford, Massachusetts and the Fox Point Hurricane Barrier in Providence, Rhode Island," he said. "This work encompasses navigation, recreation, environmental stewardship and flood risk management activities."

McDonald joined the New England District team in June

2016. "This is my first official USACE job," he said. "The majority of my career has been spent in facility engineering, working for Installation Management Command in Europe."

McDonald said he had the opportunity to work for Europe District in a developmental assignment as part of the Defense Senior Leaders Development Program. "While there I experienced the inner working of USACE as the program manager responsible for the European Reassurance Initiative Program."

The Cape Cod Canal Manager holds a Bachelor of Science degree in Civil Engineering from Northeastern University in Boston, Massachusetts and a Master of Science in National Security Strategy from the National War College in Washington, D.C.

When asked about what he enjoys most about working for the District, McDonald said, "The people are outstanding and the mission is compelling. Everyone that I interact with is a true professional and it makes coming to work every day a pleasure. Seeing all of the great things that our employees are doing to support the organization and the public really pushes me to try my hardest."

After being away from New England for so long, McDonald said he has enjoyed being back and rediscovering what it has to offer.

"My office is situated in a fantastic location – Cape Cod – and it is a real treat to be able to travel around and reacquaint myself with this great region."

District holds public meeting on solar photovoltaic system

The New England District held a public meeting, May 23 at the Oak Ridge School in East Sandwich to answer questions on the agency's proposal to lease up to approximately 6 acres of federal, government-owned property in Bourne, Massachusetts, to a private sector entity for the development, operation and maintenance of a solar photovoltaic (PV) System.

Col. Christopher Barron, New England District Commander joined Erika Mark, Project Manager on the agenda to welcome residents and provide an overview of the project. Other team members who were available to answer questions were Sean McDonald, Cape Cod Canal Manager, Eric Pedersen, Deputy Chief, Operations Division; Anne Kosel, Chief, Real Estate, and team members Grace Moses and Megan Burke.

The energy produced by the solar PV system would provide the Cape Cod Canal Field Office and the New

Bedford Hurricane Protection Barrier a reliable source of renewable energy. Public Comments about the proposed project were taken through May 31.

The purpose of the solar project is to provide the Cape Cod Canal (and its associated infrastructure) and the New Bedford Hurricane Barrier (NBHB) with a secure and reliable renewable energy source.

Both the Canal and NBHB are currently supplied with electricity from private sources. It is projected that the solar project will save the government about \$180,000 annually after implementation.

Currently no percentage of electrical power purchased by the Corps for the Canal or the NBHB comes from renewable energy sources.

The draft Environmental Assessment, public notice and other documents are available for review at: http://www.nae.usace.army.mil/M/issions/ProjectsTopics/cccppa/.

Play It Safe While Enjoying America's Waterways

Before you head out for a day on or near the water, the U.S. Army Corps of Engineers (USACE) encourages you to make sure you have life jackets for everyone and that you wear them.

In the last 10 years, 88-percent of all USACE public water-related fatalities were men and 68-percent were between the ages of 20 and 60, according to data compiled by the USACE National Operations Center for Water Safety. The center also reports that 84-percent of all public water-related fatalities involved people not wearing life jackets and found that the greatest number of water-related fatalities involved people swimming in areas not designated for swimming. In addition, 27-percent of boating fatalities involved people falling overboard.

A life jacket can help save your life by allowing time for rescue. It takes an average of 60 seconds for an adult to drown and just 20 seconds for a child to drown. Swimming ability also decreases with age.

Swim at a designated swim beach.



Rafting near Ball Mountain Dam.

These areas have been inspected to provide a safe swimming environment. At all USACE beaches you swim at your own risk so adults please watch your children, because most people drowned within 10 feet of safety. Many shorelines at USACE lake and river projects have drop offs and you can be in water over your head instantly or

pulled under by the current.

Always wear the right size and type of life jacket for the activity you are enjoying. Life Jackets Worn... Nobody Mourns. Learn more at www.PleaseWearlt.com. For more information on USACE recreation sites and activities, visit www.CorpsLakes. us. (USACE Press Release)

Corps of Engineers awards contract to paint Old Route 132 Bridge at Union Village Dam in East Thetford

by Timothy Dugan Public Affairs

Aproject to paint the Old Route 132 Bridge at the Union Village Dam in East Thetford, Vermont, will be completed under the terms of a \$212,171 contract recently awarded by the New England District.

Work will be accomplished by Coatings Unlimited, Inc. of Bridgeton, Missouri. The contract was awarded on Feb. 8. Once the notice to proceed is issued the work will be authorized to start.

The project is anticipated to take approximately one month to complete

and be accomplished in 2017.

Work components of this project include: complete a maintenance brush-off blast of all steel members of the bridge, including the deck grating; apply a stripe coat of micaceous iron oxide reinforced zinc-rich moisture-cure polyurethane paint; and apply two top coats of micaceous iron oxide reinforced zinc-rich moisture-cure polyurethane, with aluminum, paint.

The project will be managed by the Corps of Engineers and all work will be accomplished under the supervision of a Corps' Quality Assurance Representative to assure compliance with contract requirements.

Union Village Dam, a drybed reservoir project on the Ompompanoosuc River in Thetford, is a 1,100-foot-long, 170-foot-high earthen structure capable of storing 12.3 billion gallons of water in a 740-acre lake.

Construction on the \$4.1 million dam was completed in 1950, and since that time the facility has prevented damages of more than \$58.8 million. More than 41,000 visitors annually enjoy picnicking, swimming, hiking, fishing, hunting and snowmobiling available on Union Village's 991 acres of land and water.



A paintball participant lies in wait for a victim during the paintball tournament.

New England District Has Blast at Annual Paintball Tournament

by Jess Levenson Public Affairs

The Alpha Dogs lay still in the paintball field. Unlike all the other Dogs, Peter Hugh was still alive. He waited in the shadows for a sign of the last Zeta Warrior. A sudden thump came from above. His eyes darted to the watchtower and there was the Zeta. He knew her—they had worked together for decades and their sons were close friends. Peter lowered his weapon...then raised it again. A ball of paint smacked the rival warrior, ending the game. "Oh, great! My jeans are ruined!" cried the Zeta Warrior. Peter grinned and shrugged, "war is war."

Peter Hugh is a veteran of an uncommon regard. He has been a civil engineer at the New England District for 37 years and has been whittling items off his bucket list for the last seven. He joined a WWII Airborne Parachute Team, led skydiving crews, and survived a martial arts tournament. But one of Hughes' biggest thrills is leading the New England District's annual paintball wars.

This year's battle between the Alpha Dogs and Zeta Warriors took place at Action Games Paintball in Tewksbury, Massachusetts, April 28. The Zeta Warriors defeated the Alpha Dogs in a heated series, 5-4.

Mike Tuttle, Project Manager - Military Branch, PPMD, is

one of the many troops Hugh has recruited to play paintball since the first event in 2011. Tuttle advanced from paintball newbie to captain of the Zeta Warriors, and is this year's event organizer. "The reason I got into paintball was because of Peter's enthusiasm for the sport. It's infectious," Tuttle said. "He's like the cruise director from *The Love Boat*."

"I was the first player out on my first match," recalled Hugh. "I lasted about a minute on the second. But I had such a blast."

Newbies Steve Jones, Jess Levenson, and Oliver Hugh had just arrived and already felt like they had a target on their backs – as well as arms, legs, torso, and face. They saw veterans sporting camouflage uniforms, custom rifles, fresh accessories, and confidence. Levenson rubbed his shoulder, soothing the coming welt; Jones scowled at his tee-shirt and muttered, "Why didn't I bring any cool gear?" Instead, the newbies were issued routine equipment and encouraging words. All the troops then hurried off to battle.

The Alpha Dogs took the first two games. Game 1 was a hotly contested shoot out, though the diehards made mincemeat of the newbies. After the paint cleared, Kristine Blanchette was the last Dog standing. In Game 2, half of Tuttle's mask dripped with yellow paint as he coached teammate Bill Walker. When reminded he had been 'killed,' Tuttle explained, "I'm an angel."

"Yeah, a fallen angel!" countered Hugh.



Participants scramble to avoid getting shot with paint during the District's tournament.

In the race to five wins, the Dogs already had two.

The Zetas then ripped off a three-game winning streak despite Alpha Dog Mike Looney's marksmanship. "I saw fear in their eyes," he said.

Looney earned the moniker "The Leviathan" for his monster performance, yet Zeta newbies Jones and Levenson survived longer and contributed to the team's success.

Both squads took a break after Game 5 and rested in the lobby. Troops reloaded, rehydrated, and discussed strategy. The newbies regaled their heroism while resembling Jackson Pollock paintings. Everyone brandished their gear once more and returned to the field as songs like "Hit Me With Your Best Shot" and "Another One Bites The Dust" played over the lobby speakers.

The Dogs pulled out the next two games to go ahead 4-3. In the tie breaking match, Oliver Hugh sealed the win by stealing the Zeta flag and dodging sniper fire all the way back to Alpha base. "I'm really proud of him," Hugh said, with his son Oliver in his arms.

The Zetas faced elimination, but both teams felt the grog of war. Sweat poured down faces, troops were haggard and hungry. Tuttle hauled everyone together and addressed the group: "Thank you for coming!" he rallied. "This couldn't be

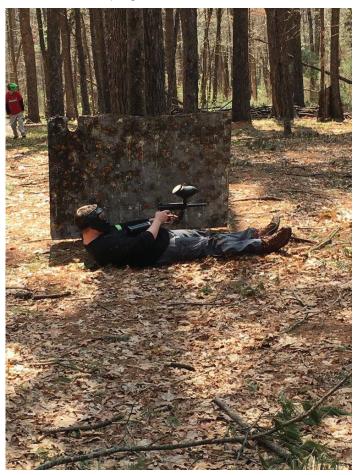
done without all of you. Remember to have each other's backs and finish strong!"

The Zetas did just that, clinching the series with two resounding victories. Warriors shrieked and raised their weapons to the sky as the referees announced the final tally, 5-4. Captains Hugh and Tuttle surprised their teams with a barbecue lunch in the lobby to end the day.

Jones laughed about his experience. "I was anxious about paintball, but you learn quickly to get over any nerves," he admitted. "Everyone made it super fun – giving me pointers, pumping me up, everything full throttle. Real talk, though – winning the series makes me look forward to next time even more."

Tuttle is happy a new set of troops are ready to take on the tradition. "Behind the scenes, Peter is always putting together fun events like this where the main goal is teambuilding and bringing folks together," he said. "The newbies found out first-hand and can't wait to get back out there."

The Alpha Dogs included Peter Hugh, his son Oliver, Kristine and Herm Blanchette, Mike Looney, his cousin Sebastian Martinez, Bob Garrahan, and Patty Bolton's son Mike. The rival Zeta Warriors featured Mike Tuttle, his son Connor, Bill Walker, Steve Jones, Todd Randall, his son Ethan, Brendan Sprague and Jess Levenson.



This paintball participant shows he can shoot at any angle.

Dredging up The past



Park Ranger Jamie Kordack captivates her audience during her animal presentation during the Hodges Village Dam Family Fun Day, June 12, 2004.

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