

Yankee Engineer

U.S. Army Corps of Engineers, New England District, Volume 52, No. 10 July 2019

Building Strong

®



Cape Cod Canal holds Water
Safety Day event
Story on page 3

Yankee Voices

July Antonelli, Greg Buteau and Evamie D'Antonio



Take the risk out of exercising

Often we're so eager to start getting into shape that we overdo it, exercising too hard and too fast. Whether you're going to the gym or exercising at home, the American Council on Exercise offers these tips before you start your workout:

- **Stretch sufficiently.** Not stretching before your workout is one of the biggest mistakes you can make. Stretching at least five minutes before you exercise can reduce stress in the muscles and help prevent injuries. Stretching afterward is every bit as important; it helps your muscles recover.

- **Warm up.** A warm up of five minutes or more will deliver needed blood and oxygen to your muscles.

- **Drink a lot of water.** Don't wait until you feel thirsty or dehydrated. Drink water throughout your workout.

(First Draft Magazine)

Words worth repeating

"Life is an escalator: You can move forward or backward; you can not remain still."

- Patricia Russell-McCloud



Photo by Kim Wills

Junior Ranger candidate Eric Wills admires a new friend on Day 2 of Junior Rangers Week at West Hill Dam in Uxbridge, Massachusetts.

West Hill Dam holds Junior Ranger Week

West Hill Dam in Uxbridge, Massachusetts hosted 55 children for their Junior Ranger Week program. Junior Ranger Week, a week of hands-on activities that teaches children about the environment and environmental stewardship, was so popular at West Hill, they held two sessions. The first week, held July 15-19, had 31 candidates participate. The second week, July 22-26 had 24 children come to the program. "Everyone graduated from the program," said Park Ranger Viola Bramel and program leader of 27 years. "Most were Level 1 candidates, but we did have some who were working on Level 2."

Activities the children participated in were: cooking in solar ovens; designing rubber-band power boats and sailboats; trail map reading; sampling flavors and using plant identification keys (field guides) to identify what they were consuming from plants and trees to include root beer, wild grape and sassafras; Catch and Release of fish and aquatic invertebrates; reviewing a water quality index of the species they collected to determine water quality; dam tours; radio reports back to Reservoir Control from the in-house Ranger Station at West Hill Dam and life jacket boat races. On the last day, graduates were treated to a graduation ceremony with patches and a pot luck picnic donated by parents.

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 ENGINEER can be found on the World Wide Web at <http://www.nae.usace.army.mil/news/yankee.htm>. ON THE COVER: Madison and Eric Pedersen try their hand at fishing during the Cape Cod Canal's Water Safety Day. Photo by Elizabeth Gosselin.



District Commander: Col. William M. Conde
Chief, Public Affairs: Elizabeth D. Gosselin
Editor: Ann Marie R. Harvie
Media Relations Officer: Timothy J. Dugan
Community Relations Advisor: Sally M. Rigione
Web Content Manager: Vacant



The 40-foot inflatable, interactive North Atlantic Right Whale was a big hit at the Water Safety Day event.

Photo by Samantha Gray

Cape Cod Canal hosts 14th annual Boating, Water Safety Day

by Timothy Dugan
Public Affairs Office

The Cape Cod Canal team hosted the 14th annual Boating and Water Safety Day on June 29, at the Cape Cod Canal Visitor Center in Sandwich, Massachusetts.

The Corps invited its partners to the event to help promote being safe and responsible while having fun on the water. The Massachusetts Division of Marine Fisheries (DMF) also celebrated their new fishing exhibit recently installed at the Visitor Center. They had staff on hand to engage with visitors as they interacted with the exhibit. Visitors were invited outside to join DMF staff who taught them how to fish in the Cape Cod Canal. To celebrate, a representative from DMF spoke about the exhibit and the partnership between DMF and the Corps.

Partners that hosted exhibits and activities at the event included the U.S. Coast Guard (USCG), the Massachusetts Environmental Police, the USCG Auxiliary, the DMF, AmeriCorps Cape Cod, the American Red Cross, the Buzzards Bay Coalition and Whale and Dolphin Conservation.

Activities that were held at the Cape Cod Canal Visitor Center and the Sandwich Marina included dock tours of USCG and Corps boats, water safety and boating safety activities, games and prizes for the whole family, Dunk-a-Ranger (dunk tank), a new fishing exhibit, a fishing clinic (equipment provided), a 40-foot inflatable North Atlantic Right Whale that participants could climb inside, free vessel safety checks by the USCG Auxiliary, promotional and informational

handouts on water safety and boating safety, and a special visit by Bobber the Water Safety Dog. The USCG Auxiliary also had a damage control trailer where adults could test their skills at solving boat mechanical problems.

The Corps is responsible for operations and maintenance of the Cape Cod Canal, one of the Corps' busiest projects and serving as the gateway to historic Cape Cod. Annual visitation to the Cape Cod Canal exceeds three million. The primary mission of the Cape Cod Canal team is to provide safe navigation to the 20,000 commercial and recreational vessels that transit the 17.4-mile waterway each year. However, the 1,000 acres of land that surrounds the Canal provides diverse recreational opportunities such as hiking, fishing, biking, picnicking and ship watching.

The Cape Cod Canal Visitor Center offers insight into the rich history of the Cape Cod Canal. Exhibits included: a retired 40-foot Corps patrol boat and live radar and camera images of the waterway.

Visitors can captain a virtual boat through the canal; investigate what's inside ships transiting the canal; discover wildlife that live around the canal; view films about canal history, wildflowers and wildlife; participate in free interpretive programs; or relax with waterfront views from chairs on the front deck. The Visitor's Center is open 10 a.m. to 5 p.m., daily from May 1 – Oct. 27, phone: (508) 833-9678. Free admission. For more information on recreation at the Cape Cod Canal visit the website at: <https://www.nae.usace.army.mil/Missions/Recreation/Cape-Cod-Canal/>.

Regulatory's Mitigation Program Manager retires

After 34 years of protecting the environment as the Mitigation Program Manager in Regulatory's Compliance Branch, Ruth Ladd is retired.

Members of the Regulatory team held a retirement brunch in her honor, June 27 in the Concord Park Cafeteria in Concord, Massachusetts. More than 80 family members, friends, co-workers and retirees attended to celebrate her many years of dedicated service and to wish her well in her retirement.

Frank Delgiudice served as host during the official part of the retirement brunch. He introduced Ladd's family and the retirees who were in the audience. Ladd's husband, Larry, received a special recognition for his service in Vietnam from Delgiudice and the audience.

Col. William Conde, District Commander, presented Ladd with a Commander's coin and thanked her for her service to the District and the nation. He was followed by Jon Belmont, who presented Ladd with a retirement certificate and a Meritorious Civilian Service Medal for her outstanding work from August 1991 to June 2019. Delgiudice read the award citation that was signed by North Atlantic Division Commander, Maj. Gen. Jeffrey Milhorn.

Knowing her love for nature and her gardens, attendees gifted Ladd with certificates to L.L. Bean and New England Nurseries.

Ladd began her career with the New England District in 1991, starting in Regulatory's Enforcement Program. She then transitioned into the role of Permit Project Manager in 1997 and became the Program's Senior Wetland Scientist. From 2004, she was the Policy and Technical Services Branch Chief. Through a series of promotions, she became the Mitigation Program Manager, the position from which she retired. "As a



Ruth Ladd poses with her family and Nutmeg, her latest Guiding Eyes training puppy, during Ladd's retirement brunch.

superb leader, scientist, teacher and communicator, Ruth has contributed significantly to the mission and reputation of the Corps of Engineers," said Robert Desista, Regulatory. "She is a nationally-recognized leader in wetland regulation, assessment and mitigation and is frequently in demand as a speaker at governmental forums, stakeholder symposia and training venues."

Desista said that most importantly, Ladd oversaw one of the most challenging and diverse programs in the Corps – that of serving as the District's Mitigation Program Manager. "Her greatest achievement has been the creation of third-party compensatory mitigation programs throughout New England," he said. "Ruth has personally developed relationships

with stakeholders and state agencies in each of the states; has coaxed, persuaded and educated people who were reluctant to try new things to see the bigger picture and think outside of the box; and tirelessly persevered in brainstorming, problem-solving and changing the paradigm."

Ladd is credited with developing in-lieu fee (ILF) programs in five of the six New England states. According to Desista, to date, the ILF programs have collected almost \$50 million and have completed mitigation on over 200 projects that replace and preserve aquatic functions throughout the region. "At the request of other state and federal agencies, she has also facilitated development of ILF programs throughout the nation," added Desista.

Prior to joining the New England

District, Ladd worked for the U.S. Fish and Wildlife Service and the BSC Group.

Ladd is a graduate of Connecticut College, receiving a bachelor's degree in Zoology and Religion and is a graduate of UMass-Lowell, receiving a Masters of Environmental Science.

During her career with the New England District, Ladd received many awards, to include the Federal Woman's Program's Woman of the Year in 1997; the Greater Boston Federal Executive Board (GBFEB) Outstanding Technical and Scientific Employee in 2001 and the GBFEB's Outstanding Community Service Award for her work with Guiding Eyes for the Blind. Ladd is a member of the Society of Wetlands Scientists, New England Chapter, Associate Editor of the Association of Massachusetts Wetlands Scientists and the Maine Association of Wetlands Scientists. She is also a member of the Lexington Conservation Commission. She is co-President of the American Association of University Women – Massachusetts as well as the newsletter editor of the local branch.

Ladd is a church leader, serving on multiple committees at the Hancock United Church of Christ and is on the Board of Trustees for the Manning Association, an organization dedicated to preserving historic property. She is also well known for another type of community service -- a service that not only assists the visually disabled, but brought smiles to many in the District. Ladd is a long-time puppy raiser for Guiding Eyes for the Blind and according to Desista has raised and trained more than a dozen dogs over the past 15 years to promote the independence and self-sufficiency of the visually disabled. Ladd often brought in her puppies to work as part of the training, much to the delight of many of her teammates, who could not resist the calming charms of the four-legged balls of fur.



Ruth Ladd receives a Commander's Coin from Col. William Conde.

Photos by Brian Murphy

Just because Ladd is retiring doesn't mean she's going to hang up her environmental hat entirely. She plans to continue to serve on the Lexington Conservation Commission and walk all of the conservation lands in town. She will continue to raise puppies for Guiding Eyes and is currently working with her 15th puppy, "Nutmeg." Other plans include spending more time in her gardens, biking, kayaking, canoeing

and continuing her spin classes at Hanscom. Ladd has plans to travel around the country by car and spending more time with her grandchildren.

Ladd official retired from service on July 3.

Retirees who attended included Tom Fredette, Bob Meader, Forrest Knowles, Judi Johnson, Mike Sheehan and Richard Roach.



Chief of Staff Jon Belmont presents Ruth Ladd with the Meritorious Civilian Service Medal for her outstanding work while serving at the New England District.



Janice Williams presents William Ragno with a citation for Outstanding Service.

Photos by Brian Murphy

Realty Specialist Ragno retires with more than 30 years of federal service

William “Bill” Ragno, Real Estate Division, recently retired with over 32 years of federal service. A potluck lunch with 17 friends and coworkers was held in the Real Estate Division Office at the District’s Concord Park headquarters, in Concord, Massachusetts, June 26. Ragno served the District as a Realty Specialist in the Recruiting Facilities Program for the last eight and a half years.

Gaelen Daly, Chief of Real Estate Division, and Peter Quinn, Team Lead for the Recruiting Facilities Program, shared hosting duties for the event.

Special Guest Janice Williams, Regional Program Manager from the North Atlantic/Great Lakes and Ohio River Division, traveled from out of state to make a presentation. She represented Kevin Quinette, Office of the Secretary of Defense, Chairman

of the Joint Recruiting Facilities Command. She presented Ragno with a citation for Outstanding Service to the

directly contributed to the New England District’s ability to execute it’s mission,” the citation. states.



Scott Acone presents William Ragno with a Commander’s Award for Civilian Service.

The official portion of the reception ended when Daly presented Ragno with his retirement certificate. Ragno’s friends and coworkers in Real Estate presented Ragno with a gift card, a supply of golf balls and tees, a supply of potato chips and Coca Cola soda.

Ragno began his career with the New England District in January 2011 in Real Estate Division where he primarily executed recruiting upgrades

Recruiting Facilities Program.

Scott Acone represented the Executive Office at the reception and presented Ragno with the Commander’s Award for Civilian Service and a Commander’s coin. “The skill and professionalism he brought to the Recruiting Lease Upgrades Program

and resolving facility issues for Armed Forces Career Centers throughout New England. Some notable projects Ragno worked on at the District included augmenting security and recruiting facilities nationwide as a result of an attack at an Armed Forces Career Center in Tennessee. Working

along with his co-workers, In addition, Ragno obtained and managed three contracts under the Small Business Program for the installation of security enhancements at all recruiting facilities in New England.

Before joining the District, Ragno worked a variety of management and sales jobs for over 20 years. He was also a licensed Real Estate broker in Connecticut and Massachusetts.

A U.S. Army Veteran, Ragno served his country faithfully for 24 years, six as active duty and 18 in the U.S. Army Reserve. He was a commissioned officer, holding the rank of Lieutenant Colonel.

During his time in active duty, he served with the 2nd Battalion, 10th Field Artillery in Fort Benning, Georgia. He served as a reserve officer with the 76th Division (BT/IT) in West Hartford, Connecticut and the 94th Regional Support Command at Devens, Massachusetts. Ragno holds a Bachelor of Arts degree from Western New England College and completed the U.S. Army's Command Staff College's General Staff Officer's



William Ragno reads his retirement certificate before Gaelen Daly presents it to him.

Course. In addition to his service to the country in the military, Ragno generously helped his fellow citizens in his hometown of Enfield, Connecticut by serving in various position throughout the years. These positions included service on the Chamber of Commerce Board of Directors, the Enfield Board of Assessment Appeals, and the Enfield Town Council as Liaison to Public Safety, General Government and Veterans Affairs.

When not aiding others, Ragno enjoys golf and traveling. He is a guitar player in a classic rock and blues band and can also be seen performing solo.

He is a fan of the Boston Red Sox, Boston Bruins, Boston Celtics and cheers for the New York Giants.

Ragno plans to spend time with his mother, brother, children and grandchildren. He plans on continuing to play guitar and hopes to add more golfing into his schedule.

Joanne McCarron retires from the Cape Cod Canal with 31 years of service

After navigating a distinguished 31-year federal career, Joanne McCarron, Office Assistant at the Cape Cod Canal Office, decided to set her sails towards retirement.

About 60 people traveled to the Courtyard Restaurant in Catumet/ Bourne on June 28 to celebrate McCarron's last day at the office helm and wish her well in retirement.

John MacPherson, Canal Manager, hosted the official portion of the lunch. During her brief presentation, Wendy Panto literally rolled out a red carpet and crowned McCarron the Unofficial Queen of the Cape Cod Canal. McCarron received many gifts to include a photo book of memories

created by Richard Patterson, wireless headphones, Boston Bruins hooded sweatshirt, a Yeti wine glass, gift cards and money.

MacPherson presented McCarron with a Commander's Award for Civilian



John MacPherson presents Joanne McCarron with her retirement certificate.

Service as well as her retirement certificate.

Prior to joining the New England District, McCarron worked in the Human Resource Office at Otis Air National Guard Base in Buzzards Bay, Massachusetts. She shared that HR knowledge with her canal co-workers whenever the need arose.

Retirees who attended to welcome McCarron into the retirement community were Frank Fedele, Peter Antonini, Bill Norman, Roger Hagen, Paul Gaudreau, Bob Cannon Bob Blackwell, Tom Greenway, Kevin Burke and Paul Lyver.

McCarron plans on spending time with family and friends and doing some traveling in her retirement.

Dredging up the past



Photo by Mark McInerney

Lt. Col. John Rovero and Edward O'Donnell listen to testimony during a public workshop November 9, 1999. The meeting was held to update the public on what had been accomplished towards preparation of the Final Environmental Impact Statement for the Providence River and Harbor Maintenance Dredging Project.

First Class
U.S. Postage
Paid
Concord, MA
Permit No. 494

Public Affairs Office
New England District
U.S. Army Corps of Engineers
696 Virginia Road
Concord, MA 01742-2751
Meter Code 40