



U.S. ARMY



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BUILDING STRONG®



District Captain runs marathon in Antarctica

See story on page 4

Yankee Voices

Lyford Beverage: Bryan Paul and Doug the Lobster



Sympathy...

... to the family of retiree and Distinguished Civilian Gallery Member **John Clarkin**, who passed away Dec. 26, 2023. He served in the U.S. Army Security Agency as a Morse code interceptor for three years during the Korean War.

... to the family of retiree and Distinguished Civilian Gallery Member **Paul Pronovost**, who passed away Jan. 11. He was commissioned a second lieutenant in the U.S. Army and went to Jump School at Fort Benning, where he earned wings as an airborne combat engineer.

... to **Randy LeCuyer**, Construction, on the passing of his father, **Ernest LeCuyer**, who passed away Jan. 19.

Words Worth Repeating

"We shall overcome because the arc of the moral universe is long, but it bends toward justice."
- Dr. Martin Luther King, Jr.



Lt. Col. David MacPhail with the Toys for Tots donations from the New England District team.

Photo by Linnea Shirley

District holds another successful Toys for Tots Drive

The New England District team once again demonstrated their soft spot for children in need by donating new, unwrapped toys during the annual Toys for Tots toy drive. This year marks 26 years that the New England District has participated in the U.S. Marine-sponsored event.

This year, New England District team members donated 190 toys – 15 more than last year.

Olivia Beaulieu headed up the toy drive at Concord Park and coordinated with the U.S. Marines to pick up the toys. Ann Murphy Adley and Mo Serdinia assisted Beaulieu during the toy drive.

The primary goal of Marine Toys for Tots is, through the gift of a new toy, to help bring the joy of the holidays and send a message of hope to America's less fortunate children. The U.S. Army Corps of Engineers, New England District is proud of its long partnership with the U.S. Marines in achieving this very important mission.



Commander's Corner:

Dr. Martin Luther King, Jr. Holiday

by Col. Justin R. Pabis, PE
New England District Commander

Monday, Jan. 15 is the Dr. Martin Luther King, Jr., holiday. This year marks the 29th anniversary of the National Day of Service which was created to honor the life and legacy of Dr. King and to encourage all Americans to volunteer to improve their communities. The theme of this special day is, "A Day On, Not A Day Off."

Dr. King was truly an extraordinary man. He advocated for nonviolent resistance to overcome injustice as a means of helping to lift racial oppression.

He created change with organized sit-ins, marches, and peaceful demonstrations that highlighted issues of inequality. He became a third-generation Baptist minister, following in the footsteps of his grandfather and father.

Dr. King's work for peace and equality didn't go unnoticed. He received the Nobel Peace Prize in 1964 – the youngest person to ever receive this high honor.

Sadly, he was taken too soon. On April 4, 1968, Dr. King was assassinated in Memphis, Tennessee on the balcony of his hotel. He was in Memphis to lead a march in support of striking sanitation workers. He was only 39 years old.



Dr. King has some significant ties to Massachusetts. The Bay State Banner reported that he first came to Boston in 1951 to study at Boston University's School of Theology and he received a Ph.D. in Philosophy in 1955. Dr. King also met his future wife, Coretta Scott, who was studying at the New England Conservatory of Music. Although the Kings left the Boston area to move to Georgia, they returned to the city to lead a demonstration as part of the fight against racism in Boston Public Schools and to participate in two boycotts. On April 22, 1965, Dr. King led a protest march before delivering a speech to a joint convention of the two houses of the general Court of Massachusetts at the State House. This speech was his first in front of any state legislature in

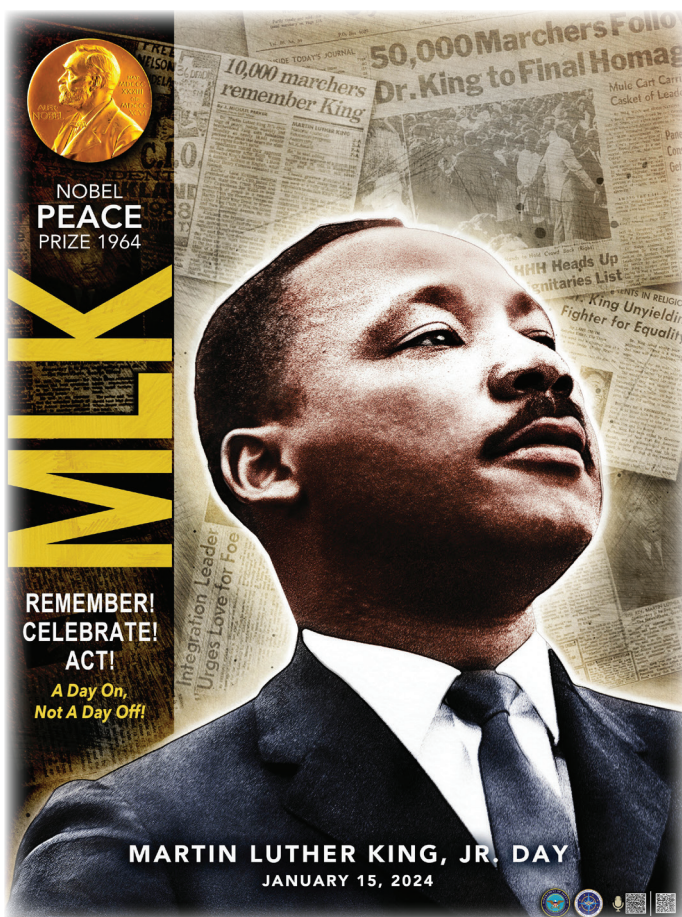
the country. Dr. King's efforts led to the passing of The Massachusetts Racial Imbalance Act the same year of that speech.

The first official Martin Luther King Day, the only federal holiday that commemorates an African American, was celebrated on January 20, 1986. Then, in 1994 Congress designated the holiday as a National Day of Service making the third Monday of January every year as the Martin Luther King, Jr. Day of Service.

Dr. King dedicated his life to a dream of equality and challenged the nation to not judge people by the color of their skin, but by the content of their character. He is remembered as a husband, father, friend, and fierce advocate for the betterment of all people.

On January 15, I encourage you to honor his memory by performing an act of service that would benefit your community.

Reference: <https://www.baystatebanner.com/2020/01/16/martin-luther-king-jr-s-boston-legacy/>



District Captain runs marathon in Antarctica



Captain Sarah Hoyt runs on icy terrain during the Antarctic Ice Marathon.

Photos provided by Capt. Sarah Hoyt

Capt. Sarah Hoyt has a busy life – she’s a wife, mother and U.S. Army Service member currently serving within the New England District’s Construction Division. Hoyt is used to keeping a fast pace as she is also an avid runner. However, she doesn’t just run at the local park – she’s an eight marathon, two ultra marathon Veteran, who just completed a race in Antarctica, Dec. 13. The Antarctic Ice Marathon is recognized by the Guinness Worlds Records as the Southernmost Marathon on earth.

“The Antarctic Ice Marathon was a once in a lifetime experience!” she said.

Hoyt said that the Antarctic Marathon’s environment was very different than other marathons she ran in the past.

“Conditions were between 30 and 50 mph winds with wind chill in the negative teens,” she said. “Due to the ozone hole in the stratosphere, I was

required to wear sunscreen on any exposed skin.”

Hoyt was more than up for the challenge. She completed the race in the middle of the pack at six hours and 48 minutes. She said that despite

the harsh conditions, competing in the Antarctic Ice Marathon was well worth running.

“The terrain was an ice desert paradise! Absolutely beautiful and breathtaking! If ever given the chance



Capt. Sarah Hoyt running her first Marathon in Seattle, Washington.

to go back, I would in a heartbeat!"

The captain, who has been serving at the New England District since July 2023, has 9 years of active-duty service under her belt – two years in the U.S. Navy and seven years with the U.S. Army. Hoyt's journey to Antarctica began in 2011 in Seattle when she was enlisted in the U.S. Navy.

"When I was in the Navy, I saw an ad for the 2011 Seattle Marathon while stationed at the Naval Base Kitsap-Bangor, Washington," she said. "At that point, I had never run longer than half-marathon distances. I decided to try and check 'run a marathon' off my bucket list."

Competing in the Seattle Marathon taught Hoyt a lot about racing and started her on her path to running many more, eventually leading her to Antarctica.

"It was both amazing and torturous at the same time," she said about the experience. "It was wonderful seeing so many people running the race and spectators providing support."

Although overall the Seattle Marathon was an enjoyable experience, the mistakes of a first-time runner surfaced early on in the run.

"It was cold and raining," she said. "I was under dressed and not prepared nutrition-wise. My legs started cramping at mile 16 and from that point on it was a battle between my mind and my body."

Hoyt won the battle and finished the marathon, taking the lessons she learned from Seattle and other competitions afterward that helped her evolve as a runner. She learned how to choose the right shoes, nutrition and clothing for the right terrain and distance.

"I am more knowledgeable about extreme long distance running, like marathons and ultra marathons. The races are more thrilling and enjoyable," she said.



Capt. Sarah Hoyt (right) at the finish line of a marathon she raced in Chile.

One important lesson she learned is that not all races are the same and knowing the running environment is crucial to success.

"Most of my marathons are on road and most of my ultra marathons are on trail," she said. "However, the Antarctica Ice Marathon is on snow and ice, which I would consider to be a trail race. Normally, I would bring a running vest with me that has water, electrolytes and snacks. But since the conditions

in Antarctica was so cold, there was a first aid station every few miles and the race coordinators recommended not to run with a camelback hydration pack because the hose has the potential to freeze."

Hoyt's goal is to run a race on every continent. So far, the Antarctica race was the third.

"It's an amazing opportunity to run in a location that the majority of the world population doesn't visit," she said.

Hoyt likes racing alone, but she also really enjoys making it a family affair. She has run multiple half marathons with her husband and runs in a race with her husband's aunt at least once a year. Even her five-year-old son has heard the call of the finish line. Although too young for marathons now, Hoyt's son may be her new marathon partner when he's older.

"He loves to run," said Hoyt. He always wants to join me on the treadmill when I'm running," she said.

Hoyt will be crossing another continent off her marathon list when she competes in the Prague International Marathon on May 5 in Prague, Czechia. This marathon will check off the European Continent and will bring her continents to four out of seven.



Capt. Sarah Hoyt running a marathon in Missouri.

New England District cuts ribbon on Phase II of Muddy River project



Col. Justin R. Pabis addresses the audience at the Muddy River ribbon cutting ceremony.

Col. Justin R Pabis, PE, New England District Commander, joined Boston Mayor Michelle Wu and other partner representatives in Boston, Massachusetts on Nov. 29, 2023, to cut the ribbon to signify the completion of Phase II of the Muddy River Flood Risk Management Project.

"This phase of the project is in the footprint generally between Leverett Pond to Boylston Street in Boston and Brookline, Massachusetts," said Col. Pabis. "We dredged about eight feet of sediment for flow conveyance in the Back Bay Fens and five areas of restriction to flow in the Riverway section of the Muddy River."

Col. Pabis explained that work on the \$36.5 million project also included excavating the sand bar island at Leverett Pond and removed invasive reed grasses from the wetland and riparian areas that were affecting flow conveyance.

"After we removed the river sediments and invasive reeds, we planted emergent vegetation in the wetland zone, and trees and shrubs to restore the riparian ecosystem in the project's upland areas," he said.

The Muddy River Flood Risk Management Project came about in response to the October 1996 storm that caused severe flooding along the Muddy River and several tributary areas.

"Our goal through flood risk management was to increase flood control, with ancillary benefits of improved water quality and enhanced aquatic and riparian habitat within the Muddy River," said Col. Pabis. "I am proud to say we have achieved those objectives."



Col. Justin Pabis (second from right) joins officials in cutting the ribbon on the Muddy River project.



Phase II of the Muddy River Flood Risk Management Project is complete.

The District team and their partners held a ribbon cutting for the Phase I completion in April 2017.

Col. Pabis said that although the construction project is complete, the District will continue to monitor the Muddy River and urged the local community to continue to maintain the environment and to ensure it never falls into neglect and disrepair again.

“Thank you to the city of Boston, the town of Brookline, the Department of Conservation and Recreation and the Massachusetts Executive Office of Energy and Environmental Affairs for being such great partners,” said Col. Pabis. “Without your assistance, this project could not have been so well executed.”

Col. Pabis also recognized Project Manager Jennifer Flanagan and her team and contractor Charter Contracting Company for all their outstanding work.

Col. Pabis, a Massachusetts native, said that he played “Dirty Water,” during his change of Command ceremony in July 2023 because it is an iconic song for Boston.

“I’m proud to say due to dedication and hard work of all our partners, the Charles River is no longer dirty and now the Muddy River is anything but Muddy,” he said. “Hopefully the only time we hear about dirty water and the Fens is in the same conversation is when we talk about Dropkick Murphy’s covering “Dirty Water” on St. Paddy’s Day in Fenway.”



Col. Justin R. Pabis, PE and Boston Mayor Michelle Wu speak during the ribbon cutting ceremony.



Col. Justin R. Pabis, PE and the Muddy River project team.



Photos provided by Coalition for a Better Acre

The New England District Team and members of a Coalition for a Better Acre with the food donations by the New England District. The food was distributed to five Veteran organizations.

District team holds food drive competition to benefit local Veterans

When news that the Army/Navy football game was coming to Gillette Stadium in Massachusetts, New England District team members quickly took sides.

“Go Army! Go Navy!” could be heard in the hallways leading up to the game. That competitive spirit inspired Linnea Shirley, Public Affairs, to channel that energy for good.

Shirley, a U.S. Air Force Veteran, quickly organized the first New England District’s Army vs. Navy Food Drive to benefit local Veterans. She set up two containers at the front lobby of New England District Headquarters at Concord Park, Concord, Massachusetts – one representing the Army team and one representing the Navy team – and put up flyers advertising the competition that would run from Nov. 1 through Dec. 6, 2023.

“I’m very passionate about Veterans and being able to help them. The holidays can be a very tough time for a Veteran and if this helps in even a small way, it is worth it.” said Shirley about what inspired her to start the food drive. “Being able to incorporate the Army/Navy game to engage with

employees made it even more special.”

Almost as soon as the containers went up, the competition was on, and donations began to appear. The voluntary food drive spoke to the competitive who wanted their team to win and the compassionate who wanted to assist Veterans in need.

“The New England District team really came through for the Veterans and provided a variety of non-perishable

food in jars, cans and sealed packets.” explained Shirley. “Each donation item was worth one point towards their team and if it was a bulk item, I counted how many items were in the package.”

Shirley emphasized that the New England District team live and work in the community so the food drive was personal to many who have a Veteran in their lives.

In the end, much like the football



Col. Justin R. Pabis, PE, Lt. Col. David MacPhail and PAO's Linnea Shirley bring in donations from the Army/Navy Food Drive.

game, Army came out victorious with a 264 to 243 win. In total the New England District team donated 507 food items, an amazing turnout for the first ever food drive.

Shirley, Col. Justin Pabis, PE, New England District Commander, Lt. Col. David MacPhail, Deputy District Commander, Emily Berry, Executive Office and Air Force Veteran Alex Wagner, Safety, delivered the food to the Coalition for a Better Acre in Lowell, Massachusetts where representatives from all five agencies receiving the donations gathered to pick up food to distribute to Veterans. Those agencies were:

- Lowell Vet Center
- Lowell Community Based Outpatient Clinic (Dept. of Veteran Affairs)
- Lowell Veteran Service Office
- Lowell Senior Center
- Coalition for a Better Acre (Lowell)

Col. Pabis commended Shirley for her hard work that made the food drive



Col. Justin R. Pabis, PE, New England District Commander, unloads the car trunk onto a cart.

so successful.

"Linnea did a really great job coordinating the drive," he said. "Thank you for putting this together for our Veterans."

No special prize was given to the

Army side of the competition, except bragging rights that they won over Navy. When the New England District team comes together for a just cause, there are no losers. Navy can try again at next year's food drive.

Portsmouth Harbor dredging complete

By Susanne Grant
Construction Division

Cashman Dredging and Marine Contracting Co. LLC started dredging Portsmouth Harbor in Portsmouth, New Hampshire on Jan. 23 and work was completed Jan. 31.

The authorized Federal Navigation Project (FNP) for Portsmouth Harbor consists of five 35-foot-deep segments along the Piscataqua River referred to as the New Castle Reach, Seavey Island Reach, Portsmouth Reach, Boiling Rock Reach, and the Newington Reach with a 35-foot-deep turning basin following the Newington Reach.

The work of this \$1,475,530 project within the FNP included advanced maintenance dredging of two shoaled areas within the Newington Reach to achieve the specified required depths and the in-river placement of dredged material at the designated in-river dredged material placement site within the Piscataqua River.



Cashman's dredge heads out to Portsmouth Harbor to work.

Photo by Bill Phelan

Recognitions, activities highlight annual Holiday event

The New England District Team celebrated the holiday season, and each other, with a holiday celebration at the Concord Park headquarters in Concord, Massachusetts, Dec. 15, 2023. Before food and festivities commenced in the Cafeteria, Col. Justin R. Pabis, PE, New England District Commander, held a ceremony in the theater. The event was also streamed for those who could not attend in person.

The colonel said that he sent out his 90 assessment in November and wanted to emphasize that his top priority is to ensure the team has a safe and secure work environment where everyone felt welcome and were afforded opportunities to excel.

Col. Pabis said that he had been to many of the projects in Connecticut, Rhode Island, Massachusetts, New Hampshire and Vermont, and would continue to visit the field offices.

"I still need to get to the Regulatory Offices, but I have to tell you, I'm really impressed by what I've seen so far," he said. "I'm looking forward to spending more time out in the district with our teammates continuing to see everything we do and hopefully participating where I can."

Col. Pabis said the one of his biggest priorities is communication and that he wants to highlight what every teammate does. He asked for the team's assistance by including Public Affairs when planning site visits, conducting training or anything noteworthy so that they could publicize it.

The District Commander moved onto recognizing three individuals who deployed to serve in larger USACE missions. Capt. Ryan Hall supported the European Command as the Operations Officer for the Logistics Support and Infrastructure Program Office Team. Capt. Hall, who was present for the live event, received a Commander's Coin.

Thuyen Nguyen is deployed to Kuwait serving as a structural engineer in support of Operation Inherent Resolve.



Photos by Brian Murphy

Bryan Paul and Doug the Lobster high-five Lt. Col. David MacPhail during the party.

He will return to the District later in 2024.

Gary LaCroix, who was unable to attend the event, received a Civilian Service commendation medal from the Integration Division for his work during a four-month detail at USACE Headquarters in the Directorate of Military Programs. LaCroix spent his tour investigating Architect-Engineering contract practices.

"Although we are recognizing these three specific individuals for what they've done beyond the borders of New England, I'd like to say a big thank you to the many team members that supported the District right here at home during recent emergency events, especially the Vermont floods," said Col. Pabis. "Many of these team members have already received awards, but I want to acknowledge their efforts and hard work."

Col. Pabis said that local stakeholders appreciated the team's day to day work. In fact, a senator felt compelled



Festive sweater contestants wait for judgement.



Wrapping relay contest.



Rebecca Gaudreau and Tammy Turley examine the basket offerings during the holiday basket silent auction.

to show his appreciation with accolades that were sent to the District for them just in time for the ceremony. The two Regulators were awarded certificates of Congressional recognition from Sen. Ed Markey.

“Sen. Markey sent accolades for Paul Maniccia and Charles ‘Norm’ Farris,” he said.

The awards arrived at the District just hours before the official ceremony. Scott Acone, Deputy District Engineer for Programs and Project Management, stepped up to the microphone and explained the special award the two men received.

“They really went above and beyond,” said Acone. “Down on the Cape, there are a lot of dredging projects. Because of that, they tend to ask a lot of our folks in Regulatory asking for permits so the dredge can go from harbor to harbor.”

After the presentation, Col. Pabis said he wanted to institute a new tradition at the district – the awarding of Department of the Army Civilian Service pins for those who have served for ten or more years as a Department of the Army Civilian. New England District team members were asked to fill out a survey so those eligible could receive the award. Team members went up to receive their pins. Those who didn’t fill out the survey but were eligible were encouraged to contact Emily Berry to get a pin. Col. Pabis stated that this award would be given out every holiday party moving forward.

After the awards portion of the ceremony was concluded, Col. Pabis took a couple of questions from the audience. Questions included what he wanted for Christmas (he wanted a dirt bike for a long time, but now not sure what he wants this year), what he thinks is the best part of the District (our people) and what needs work (communication).

Col. Pabis thanked Engineering Division and the WE Association for hosting this year’s event and asked everyone to make sure that they check in with each other as the holidays



Judges select the winner of the gingerbread bridge contest.

are not easy for some.

Dave Margolis followed Col. Pabis and spoke about the lunch and the different activities planned for the day.

The Holiday Party team had an enjoyable day planned for attendees who paid a small fee to cover expenses. The day began just before the official ceremony with breakfast served in the Massachusetts/Connecticut Room. After the official ceremony, the team enjoyed a catered Italian lunch served by New England District leadership. Desserts were supplied by team members who wanted to enter the Potluck Dessert Showdown.

Activities held throughout the day included a festive sweater contest, gingerbread bridge competition, ornament decorations, trivia competition, macramé gnome Santa, wrapping relay, and a Yankee swap. Jovial music played throughout the day and the WE Association’s biggest fundraiser, the holiday basket silent auction, brought in funds that will benefit the New England District team.



Kristen Paul works on the gnome craft.

Dredging up the past



Jerry Nunziato and Lt. Col. John Rovero call numbers for the Yankee Swap during the 2005 Holiday Party.