

Nora Takes Shape in Newburgh



Integral pieces of the [\\$30 million tunnel boring machine \(TBM\)](#) that will be used to repair a leak in the 85-mile-long Delaware Aqueduct have begun to arrive in Newburgh. The 176,000-pound cutter head support was brought to the site on a 197-foot long mega-transport truck bed riding on 74 wheels. Also arriving over the past several days have been the cutter head itself and the front, rear and tail shields. The rear shield houses propel and articulation cylinders and weighs 154,000 pounds. Additionally, the trailing gear, a series of cars that ride on rails and will be towed behind the TBM, are also on site. Earlier this year, DEP announced that the [massive TBM would be named Nora](#) after trailblazing suffragist and engineer Nora Stanton Blatch DeForest Barney.

Spotlight on Safety

Hard Hats

Hard hats protect workers from head injuries due to falling objects, low ceilings and, when properly rated, exposed electrical conductors. They are the first line of defense against head injury, but only when worn correctly. Most head injuries can be avoided if the proper head protection is used and maintained.

Here are some maintenance tips every hard hat user should know:

- inspect your hard hat before and after each use
- always wear hard hats as per manufacturers' specifications
- always keep your hard hat properly adjusted

- replace hats that have deep cracks in the shell or have a dull color and avoid using stickers that may cover cracks
- replace hats that were involved in an impact accident or dropped from any elevation

The Occupational Health and Safety Administration does not specify the service life of a hard hat. Therefore, each worksite should review their hard hat usage and decide when to replace hard hats accordingly. Like all personal protective equipment, caring for hard hats properly can help extend their service life. For more information, visit [DEP's Protective Equipment Policy](#).

At DEP, everyone is responsible for safety. If you or anyone on your team is concerned about your working conditions, it's okay to ask your supervisor or your bureau's EHS liaison how they can help. If you've still got questions, you can call the EHS Employee Concerns Hotline. It's DEP's responsibility to acknowledge and fix unsafe situations, procedures, and practices. With your help, we'll not only get the job done, we'll make it safer for ourselves, our coworkers, our families, and our city. CALL (800) 897-9677 OR SEND A MESSAGE THROUGH [PIPELINE](#). HELP IS ON THE WAY.

Special Guest *Commissioner's Corner*



Zoe Ann Campbell, DEP's Deputy Commissioner for Human Resources and Administration, is a guest commentator this week.

As summer approaches, many college students look forward to finally putting down the books, reconnecting with friends, traveling or simply taking it easy. However, for 135 dedicated young people, this summer was spent working alongside nearly 6,000 professionals at DEP as part of our summer internship program which included partnerships with The National Science Foundation, Ladders For Leaders and the Summer Youth Employment Program.

Competition was fierce and applications for DEP internships started flying in as early as February, with over 2,000 resumes being received. Clearly, the word was out that an internship at DEP could be instrumental in providing a student with terrific insight into choosing a future career. In fact, what better example of how a summer internship at DEP can shape one's life than Acting Commissioner **Vincent Sapienza**, who was a summer intern in 1981, and began working full-time for the agency two years later.

This summer's program allowed our interns to get an inside peek at the critical work DEP employees perform every day, while also affording them the opportunity to make meaningful contributions to many of our programs and projects. Interns were assigned to projects throughout DEP, at both in-City and upstate watershed facilities. They also were assigned to the OIT Help Desk, attended

administrative trials and hearings, worked with the Asbestos Taskforce, and worked on EEO and ODHR initiatives.

DEP's summer internship program is an integral part of our continuing effort to attract and retain DEP's next generation of talented and diverse leaders, which is why we have maintained our position as one of the top water utilities in the nation. With approximately 50% of DEP's current workforce eligible to retire over the next 10 years, inspiring and developing talent for the future is essential. This summer, our staff worked hard to attract interns from the five boroughs, and from as far north as Canada, south as Louisiana, and west as California. Schools represented by this year's class included McGill, Carnegie Mellon, Yale, Columbia, Cornell, the City University of New York, the State University of New York, Tulane, and the University of Minnesota Law School. I am so very delighted and proud of the composition of this year's class, as the best sustainable ideas, strategic approaches and solutions are generated when we actively seek input from employees and/or interns who come from diverse backgrounds.

The program's closing ceremony culminated last Wednesday with summer interns showcasing their skills and talents. Their energy and enthusiasm, coupled with a thirst for knowledge, was contagious and definitely served as an inspiration to all of us. I also want extend huge thanks and kudos to everyone at DEP for their involvement in this year's program, with special acknowledgement to **Grace Pigott**, the entire Organizational Development and Human Resources team, intern supervisors and other bureau partners for once again coordinating and facilitating an exceptional program.

The Lawn Rangers of Rondout



Sheep have been deployed to Rondout Reservoir to help maintain the facility's grassy fields. [Previously stationed at Neversink Dam](#), the sheep are part of a process known as intensive rotational targeted grazing which is an environmentally-friendly, money-saving method of managing large swaths of land. The technique limits the use of heavy machinery, fuel and chemicals, reduces greenhouse gas emissions, suppresses invasive plants and increases biodiversity, and allows manpower to be used for other projects. Many government departments and authorities, including the New York City Parks Department and the New York State Bridge Authority, have used sheep or goats in recent years to manage their properties.

Welcome Aboard!



Yesterday, 22 new employees attended orientation and received an overview of the department from Deputy Commissioner for Human Resources and Administration **Zoe Ann Campbell**, Deputy Director for Human Resources Management **Herb Roth** and HR Specialist **Grace Franco**. We hope everyone will join us in welcoming them to DEP!

Austin Conway, **Wyatt Davis**, **Jasmin G. Torres**, **Tolga Yilmaz** and **Jie Yuan** with BEDC; **Hannah P. Doherty**, **Cathy P. Hollingsworth**, **Mohammad Radmehr**, **Rupert Sibbles** and **Kyle Curtis Winslow** with BEPA; **Sergiy Bulbakh**, **William Burtis**, **MD M Hoque** and **Cheong Fai Wong** with BWSO; **Ryan Doherty** and **Daniel L. Montanez** with BWT; **Hy Bui** and **Carmela Fabbrocile** with CDBG; **Samantha Catalanotto**, **Myrna Hanna** and **Ingrid Young** with Commissioner's Office; and **Conor Bulger** with OD&HR.

We welcome your feedback! To submit an announcement or suggestion, please email us at: newsletter@dep.nyc.gov.

An Amazin' Time With the Mets



Join your family, friends and DEP coworkers on September 24 at 1:10pm at Citi Field to watch the Mets take on the Washington Nationals during the 4th Annual DEP MLB Day. Discounted seats in the Promenade Reserved, Bud Light Landing or Baseline Box sections are available for sale, however tickets are limited and will be sold on a first come, first served basis. Tickets can be purchased through this special online offer. All fans in attendance will receive a 2018 Magnetic Schedule. For more information, or to purchase 15 tickets or more, please contact Barry Gorman at 718-565-4318 or bgorman@nymets.com.

Anxiety: Then and Now



run away from the situation, the lion is no longer a threat therefore your stress and anxiety is gone. In today's world, acute stress does exist, but the majority of anxiety-provoking stressors come from chronic stress rooted in uncertainty, much of which is based in looking ahead. Will I be able to pay rent next month? Does this position provide long-term job security?

*A note from **Kaitlyn Maceira**, LMHC, CASAC, with the Employee Assistance Program (NYC EAP)*

Everyone has learned of the evolution of the human being over time. Our change from cavemen to present day has been documented in physical and environmental changes, but rarely do we discuss the evolution of our mental health. Thousands of years ago, anxiety was considered a positive thing. It motivated us to take immediate action in order to change the current stressful situation. This type of anxiety was built for solving problems and protection, as thousands of years ago, people faced different types of problems—they were short-term and acute: you see a lion across the plain, your stress rises, you

Regardless of the type of anxiety one is dealing with, it is stressful on any level. Over the years, while we have experienced more anxiety, we also have gained healthier and more effective coping skills such as meditation, exercise, utilizing your support system and journaling. Stress and anxiety impact each person differently, and what works to relieve it differs from person to person. The important thing is being able to identify and address it. Utilize healthy coping skills, ask for help and find support.

If you or anyone you know is suffering from anxiety, free and confidential support services are available to all NYC employees and their family members through the NYC EAP. Contact us by phone at 212-306-7660 or email at eap@olr.nyc.gov.