

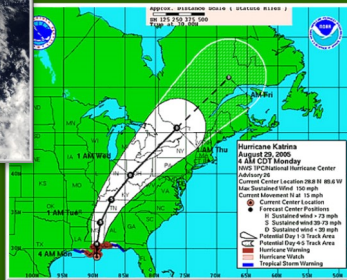
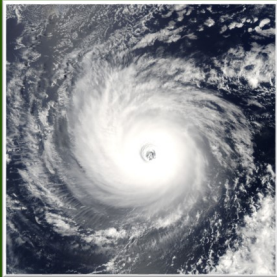


# PONTCHARTRAIN PARTNERS, LLC. *Lakeside*

March 2017 Issue



A monthly insight into PPLLC



**Projects 1096**

**Task Force Hope**

**&**

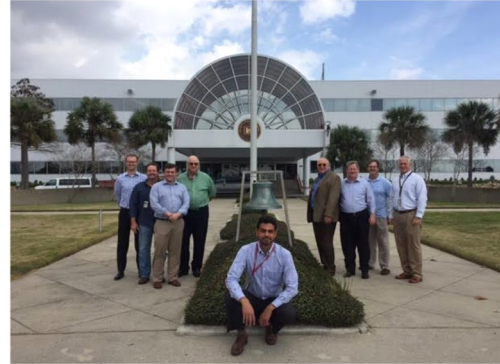
**Projects 1115**

**The Waterborne**

**Commerce Statistics Center**

**Project Manager**

Brooke Woods



*Pictured Left to right : Erich Soraghan, Donald Lovett, Andrew Cruppi, Jim Marshall, Ali Aljaberi, Bob Rowlette, Phil Meric, Kenny Parsons and Brett Perry . (Job 1069-S)*

For the past 4 years PPLLC has teamed with Evans – Graves Engineers, Inc. to provide contract support personnel to Task Force Hope. Currently, there are 9 positions split between PPLLC and EG. TFH is an integral part of the US Army Corps of Engineers New Orleans District, and we are very proud of the continued excellent support our team members provide.

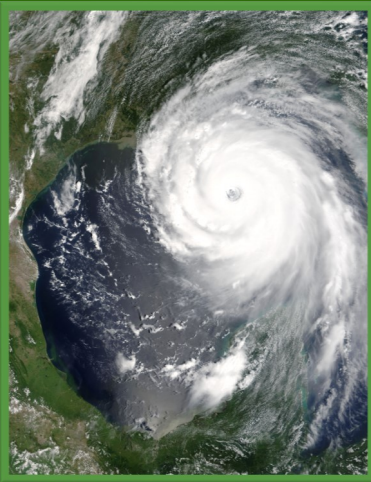


## **PROJECT 1096**

Task Force Hope (TFH) was established by the U.S. Army Corps of Engineers to provide planning, program management and project management onsite support for the planning, design and construction of the Greater New Orleans Hurricane and Storm Damage Reduction System (HSDRRS).

This support includes managing resource activities, budgets and schedules using Primavera, performing public affairs activities, creating and maintaining a project management database, preparing and managing cost estimates, conducting technical reviews, managing construction materials testing QA activities, managing construction activities, participating in value engineering studies, developing QA/QC procedures, preparing process for cost sharing management, and preparing various reports such as





## PROJECT 1096 –S

### PROJECT 1115-S

The Waterborne Commerce Statistics Center (WCSC) is part of the Navigation & Civil Works Decision Support Center (NDC) which provides for the coordination of navigation information within the USACE, the Department of Defense, with all Federal and non-Federal agencies and private partners and the general public to assure effective data collection and dissemination strategies, as well as Federal statistics standardization. NDC provides timely and accurate data and management decision support information for the Civil Works (CW) business functions through the collection, management, processing, distribution, evaluation, and analysis of data, output, and performance information on the U.S. navigation system and other CW Business Lines across the entire USACE water infrastructure portfolio. For the navigation system, this includes national data such as commodities, tons, ton-miles, vessel movements and lockage's; physical characteristics information for locks, commercial ports, facilities, vessels and waterways; and operation and performance data for dredging and locks. Other CW business line information includes the

Individual Environmental Reports, Project Description Documents (feasibility level study), and Alternative Evaluation Reports. The scope of work included performing analysis and preparing documents for Louisiana Coast Area Ecosystem Restoration project, Louisiana Coastal Protection and Restoration study, CWPPRA, and Mississippi River Gulf Outlet project.



## PROJECT 1115



*WCSC contract personnel: Stuart Williamson, Dani Alexander, Regard Hahnemann. (1115-S)*

performance of USACE public works infrastructure, including facilities for hydroelectric power generation, recreation, flood damage reduction, environmental stewardship and the regulatory program.

Currently, PPLLC provides 4 personnel in the form of Data Management Specialists and Statisticians to assist WCSC in the modernization of their in-house software programs into a modern computer programming language that will improve the efficiency of data processing and publication of waterborne statistics. Our personnel have hit the ground running and we look forward to a continued successful contract with the WCSC.





## Welcome New Employees!

**Bobby Dorris , Operator**

Job 1107 USACE YRB

**Terrie Pearson, SSHO**

Job 1089 Barksdale AFB Turf Project

**Scott Shaffstall, QC/Superintendent**

Job 1089 Barksdale AFB Turf Project



The following employees are celebrating anniversaries with PLLC.

**Raymond C. Brown 1 year 3/28/16**

**Donnie E. LaCombe 1 year 3/23/16**

Thank you for your time and dedication.



Photo left side to right side: Yvette Patton, Thu Vo, Makeda Miller, Brooke Woods, Malissa Gioia, Cierra Erwin, Maite Pinto, Carly Colomb and Raven Melrose.



Pontchartrain Partners presented a rose to each of the ladies in the corporate office on Valentine's Day.

**A BIG THANK YOU TO DANNY, TIM, BART & JAMES FROM ALL OF US!**



# Happy St. Patrick's Day



## DID YOU KNOW???

St. Patrick wasn't Irish! The biggest misconception about St. Patrick was that he was Irish. In spite of the fact that everyone dyes their hair red

and throws on their best buckled shoes to commensurate the saint, he has nothing to do with Irish culture—at least not until after his childhood. Born in England circa 385, St. Patrick didn't make his way to Ireland until Irish pirates kidnapped him at age 16. From there, he started his journey to converting the Irish to Christianity and becoming an Irish patron saint.

Read more little know facts about St. Patrick's Day @

<http://www.biography.com/news/st-patrick-little-known->



Donald A. Lovett 3/2

Karen Dorsey 3/12

Maite P. Pinto 3/13

Phillip L Jones 3/16

Robert M Sarver 3/22

Allan A. Howell 3/26



Partner Bart Cook celebrated his 40TH Birthday Feb 6, 2017.



Corporate office employees who celebrated birthdays in February



Receptionist/Administrative Assistant, Raven Melrose celebrated her 25th birthday, February 7th.

# Health & Wellness

## OFFICE WORKERS CAN EXERCISE AT THEIR DESK WHEN CONFINED BY WORK OR WEATHER

Bring gadgets to the office such as hand grippers and stretch cords, can provide great outlets for keeping active for employees stationed at desks.

There are ways to burn off a few calories during office hours, says Selene Razon, a physical education professor at Ball State.

“Studies have shown that long periods of inactivity—including sitting at a desk—increase the risk of cardiovas-

cular disease and cancer,” she said. “I suggest that people do a few simple exercises to get their bodies moving and then stretching and toning at your desk. Moving a little goes a long way.”

Razon suggests:

Start exercising by first parking car as far away from the building as possible and then walking.

Take the stairs whenever possible.

Do exercises at desk, including flexing arms, legs and abs on 30-second intervals.

Get rid of a chair and sit on a medicine/fitness ball while working. Sitting on a ball will tone and strengthen abs.

Stand up and take short walks every 20 minutes.



**Sunday March 19, 2017**

### Race Entry Fees

#### Individual Entry:

40.00 until March 18, 2017  
at 12:00pm CST

**Individual Entry Price  
\$50.00**

**Guinness Challenge  
\$75.00**

### Race Day Registration

Race Day registration is available in the Premium Parking Lot on the corner of Camp Street & Julia Street from 6:00am to 7:30am **ONLY!**

For more information go to;

<http://shamrockinrun.events>

## ACHIEVING FINANCIAL STABILITY

### SECRETS TO CREATING A BUDGET

#### 1. Follow the Money: Track your spending

The first step to developing a budget is to track your spending for at least a month, using a smartphone app, computer program, or old-fashioned pen and paper. Record every purchase no matter how small.

While including all things that “matter,” be sure include fun items. Eliminating fun activities from your budgets is what causes many to fail when trying to keep a budget.

#### 2. Make Savings Contributions Automatically

If you put your money aside before you see it, you won't miss it. Using direct deposit for your savings account is the best way to start saving.

#### 3. Define spending and priorities

Determine the percentage of your earnings needed for

housing and utilities. Everything else is discretionary, for use on food, entertainment, clothing and vacations.

#### 4. Pay with cash

Once you have determined how much to set aside for saving, spending and investing, it's time to make those numbers stick. Using credit cards and debit cards makes it easy to overspend. By spending cash you begin to get a better feel for where your money is going and what your priorities really are.

#### 5. Strategically pay down expensive debt

Pay off the card with the highest interest rate(s)) first. Paying consistently every month is key to paying off debt.







## MANUAL MATERIAL HANDLING

For construction workers and contractors, repetitive motions, poor lifting and unsafe handling injuries are some of the most common. Coincidentally, they are also usually preventable by practicing safe lifting techniques. Use these helpful ergonomic guidelines to lift any size load without causing injury to yourself or others.

### Pre-Lifting Techniques

- ◆ Determine whether or not you will need assistance to do the job.
- ◆ Consider size or shape of the load—bulky or shaped building materials could create additional challenges.
- ◆ Determine if you will have to turn or change directions while carrying the load.
- ◆ Find out if the route you will take with the load is clear of obstructions and slip, trip or fall hazards.
- ◆ Make sure your route is not dangerously close to vehicular traffic, especially if it is traveling at high speeds.
- ◆ Make sure you have back support belt and are wearing it properly.
- ◆ Determine what kind of personal protective equipment (PPE) you will need to protect your hands and prevent slippage during lifting.

### Lifting Techniques

- ◆ As close as possible to the load and keep it close to your body.
- ◆ Always bend from the knees and not the back, and lift using your legs.

- ◆ Be aware of your balance.
- ◆ Stand on a stable, even surface, and wear proper foot protection to prevent slips and other injuries.
- ◆ Bring the load down to waist level if lifting from above, and wear a hard hat to prevent head injuries from dropped materials.
- ◆ No matter what you are carrying, always avoid reaching and lifting at the same time.

### Carrying Techniques

- ◆ Look ahead instead of down to make sure your path is clear.
- ◆ Watch out for terrain changes, and avoid carrying up stairs if possible.
- ◆ Have someone else open doors, gates or other closed entries for you.
- ◆ Keep shoulders, hips and feet aligned—do not twist at the waist or change direction by moving your hips.
- ◆ Set the load down on a firm surface if it becomes too heavy or unstable.
- ◆ Watch for pinch or shear points on carts, dollies and hoists.
- ◆ When you are finished transporting the load, set down the corner or edge of the object closest to you first, keeping your finger out from underneath.



# NOLA HAPPENING'S



## **St. Patrick's Parade Tracker**

Sun, March 12 St. Patrick's Day Parade on Metairie Rd. - 12 Noon  
Fri, March 17 Molly's at the Market Irish Parade - 6:00 p.m.  
Fri, March 17 Downtown Irish Club Parade - 6:00 p.m.  
Sat, March 18 Italian-American St. Joseph's Parade - 6 p.m.  
Sun, March 19 Louisiana Irish-Italian Parade (Metairie) - 12 Noon  
Sat, April 1 Irish-Italian Is lenos Parade at St. Bernard - 12 Noon



## What to do with those potatoes you catch @ the St. Patrick's Day Parades???



*Coated with olive oil and baked in a hot oven, these fries are soft and buttery inside and crisp on the outside – the perfect combination.*

**Celebrate St. Patrick's day with some potatoes wedge fries .**

### **Ingredients:**

2 large Yukon Gold potatoes, cut into wedges, ½ teaspoon salt, 4 teaspoons extra-virgin olive oil , ½ teaspoon dried thyme, (optional).

### **Preparation:**

1. Preheat oven to 450°F.
2. Toss potato wedges with oil, salt and thyme (if using). Spread the wedges out on a rimmed baking sheet.
3. Bake until browned and tender, turning once, about 20 minutes total.

