NYC Environmental Protection

Bill de Blasio, Mayor
Vincent Sapienza, P.E., Commissioner

WEEKLY PIPELINE

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# Special Guest Commissioner's Corner



**Anastasios Georgelis**
Deputy Commissioner
Water and Sewer Operations

DEP's Bureau of Water and Sewer Operations (BWSO) operates and maintains approximately 7,500 miles of sewers running beneath the streets of the five boroughs, work that is critical to protecting public health and the environment.

When an existing sewer is in need of a significant repair or replacement, unfortunately the work can be quite disruptive to the community. To minimize any disruption, where practical we have been implementing a sewer re-enforcement technique known as slip-lining, which is also less costly for our ratepayers.

Recent work to rehabilitate sewers in the vicinity of JFK Airport included a 1,300-foot run spanning from a chamber at 150th Avenue and 147th Street to a chamber at South Conduit Avenue. After weighing several options, a plan was devised to use the slip-lining process so that there would be minimal construction disruption to the surrounding neighborhood and airport operations. Slip-lining is much more cost effective than traditional pipe replacement in that it eliminates the need for extensive excavations and the need to build out an expensive and extensive bypass system.

For this fix, 42-inch polymer pipes with fiberglass reinforcement was chosen. These pipes are easy to install, feature leak-free, rubber-ring sealed joints and can handle high-flow capacity (the typical flow for this sewer is about 10 million gallons per day).

Two 22-foot deep trenches were dug on either side of the run, and 10-foot sections of pipe were installed using a hydraulic jacking frame that pushed the pipe through the existing 48-inch pipe. Airbags were also used to secure the just-installed pipe in place when preparing the next segment. Grout was used to fill the space between the existing 48-inch pipe and the new 42-inch pipe.

This repair should ensure a reliable sewer system that will provide uninterrupted service to the southern Queens community. I want to thank all of the BWSO personnel that were involved in this critical repair effort.







# Spotlight on Safety

## Staying Healthy in the New Year

Now more than ever it is important to take steps to stay healthy. Since we are staying home more to reduce the spread of COVID, we should incorporate physical activity into our day to reduce the risk of other chronic health conditions:

- Try to get at least 30 minutes of physical activity in each day.
- Eat healthy, balanced meals and drink plenty of water.
- While you work, remember the importance of ergonomics to avoid repetitive strains that can lead to joint and muscle pain.
- Ensure your workspace allows you to maintain proper posture, take breaks, stretch, and rest your eyes throughout the day.
- Get a good night's sleep, aim for at least 7 hours per night.
- Remember your mental health is important too; if you are feeling stressed, try yoga, meditation, or reach out to someone for help.
- Continue to do your part to stop the spread of COVID-19 by staying home if you are sick, wearing face coverings, maintaining social distancing, and washing your hands often.

WorkWell NYC offers many programs to help city employees maintain their physical and mental health. Visit the WorkWell NYC and the Centers for Disease Control and Prevention websites for to learn more.

**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 EH&S EMPLOYEE CONCERNS. HELP IS ON THE WAY.**

# Dealing with Distractions



**Jonathan Glotzer**
Director of Staff Support and Assistance

Without the physical distance normally provided by being at your worksite or office, our home lives can be major distractions in two distinct ways. First is the sudden interruption from people around you, urgent household issues, neighbors' noise, a child's demands (who may be remote learning), etc. Then there is the distraction that affects our concentration when we are reminded of things that need to be done around the house simply because they are in our immediate awareness. These are things that we normally would not give much thought to such as doing the dishes or laundry. To address distractions, here are some tips:

- Discuss expectations and schedules with members of your household to minimize interruptions.
- If you need to focus for a prolonged period, turn off email notifications and put your phone away. There is a level of addiction to smart phones and having them close by is a tempting distraction.
- If household chores are distracting, do them first before starting work.
- Make sure you have mealtimes worked into the day. When we are hungry it is hard to focus on anything else. Interestingly, sometimes when we are acutely focused, we might not consciously recognize hunger cues but instead notice a difficulty organizing thoughts.
- Take a break. Just like when we are in the office or working onsite, we take time out for lunch, a leg stretch, or something to give our minds a break. A time-out when working from home is just as important to help re-energize.
- For more tips on teleworking, please see Weekly Pipeline, Volume 11, Issue 537.

## Other difficulties

Teleworking can be a mixed bag of advantages and limitations. On the positive side, it allows us to avoid exposure to COVID, save time and money on commuting, and attend to our children who may also be at home.

***To continue reading this article, please visit The Source.***

**DEP VIRTUAL SUPPORT GROUPS**

**Join Director of Staff Support and Assistance Jonathan Glotzer as he facilitates "Multitask Parenting" every other Thursday at 4pm, "Coping with Post Pandemic Stress" every other Thursday at 4pm, and "Coping with Isolation and Loneliness" every Friday at 2:45pm. If you are interested in joining one or all of these virtual sessions, please contact Rachel Reeves at rreeves@dep.nyc.gov. Space is limited.**

# Serve Your Community Board

Borough presidents and New York City Council members are now accepting applications for community board appointments. Community boards are volunteer advisory groups that provide key neighborhood input to city agencies and elected officials. Community boards play an important role in improving the quality of life for all New Yorkers. Community boards have a variety of responsibilities, including dealing with land use and zoning issues, assessing the needs of their own neighborhoods, and addressing community concerns such as landmarks, transportation, parks and education.

Anyone can attend a community board meeting and non-board members may apply to join or work on board committees, which helps provide additional expertise and manpower. There are 59 community boards spread throughout the city. For more information, visit the Mayor's Community Affairs Unit website.

# Recovery Operation at Muscoot




After the discovery of an anomaly on the bottom of Muscoot Reservoir in Westchester County during a regular study of the reservoir floor, a DEP Police dive team used an underwater camera to locate and identify a sunken vehicle before engaging state and local partner agencies last week to initiate a recovery operation. After a few hours of on-site preparatory work, an old station wagon was pulled from the reservoir and handed over to state officials for further analysis. As a precautionary measure, Hazmat crews from the Bureau of Water Supply (BWS) followed up by placing booms around the area of the reservoir where the recovery operation took place. With open lines of communication and an emphasis on inter-agency coordination, the entire operation went smoothly and ensured the continued protection of the City's water supply. Kudos to the DEP Police and BWS staff who were a part of this operation.




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