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New CAC at Camp Humphreys

Seoul, Korea — On Friday, January 15, 1999, LTC Mark Cain, Deputy Commander, Far East District, U.S. Army Corps of Engineers, represented the District at the grand opening of the new community activities center (CAC) at Camp Humphreys.

“This is probably the finest facility of its kind,” said MG Carl Freeman, Commander, 19th Theater Army Area Command (TAACOM), during the grand opening ribbon cutting ceremony.

The Far East District’s Central Resident Office personnel supervised the construction of this first of its kind in the Army, \$9 million, 40,000 square foot facility, which is a prototype for the CAC of the future.

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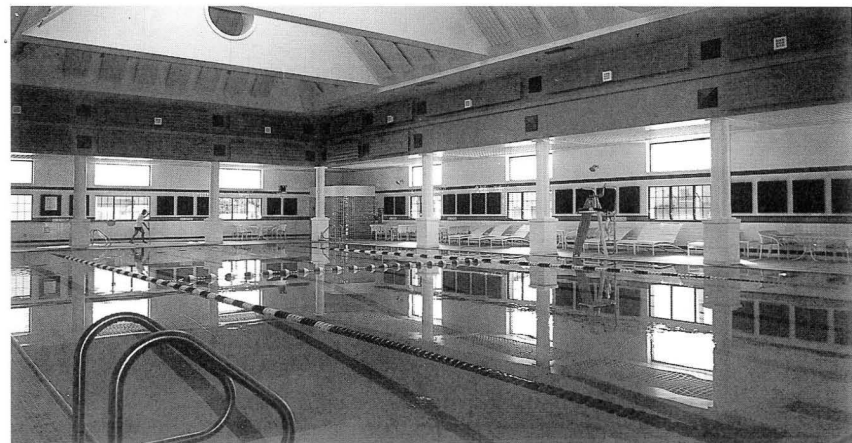
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The new community activities center at Camp Humphreys opened for business on January 15, 1999.



LTC Mark Cain (4th from right), Deputy Commander, Far East District and other dignitaries cut the ribbon during the grand opening ceremony for the Camp Humphreys community activities center.



The new community activities at Camp Humphreys includes a large indoor swimming pool.

From the Commander



COL David J. Rehbein

There's a sign I have hanging over my desk. It's been with me for years. It says:

"A nation that draws too broad a distinction between its warriors and its scholars will be dependent upon thinking by cowards and defense by fools."

- Thucydides

Thucydides, the ancient Greek historian, was a pretty smart old bird. He recognized the limitations that one-dimensional experience and training brings to complex jobs. As a soldier, I've tried to be pretty balanced in my education and experience. It's something the Army supports - not only for its uniformed personnel, but for its civilians also. It's also a bedrock of my philosophy as a commander. Our education and training make all the difference in our ability to be effective as an organization; and here, I mean the greater organization - USACE. Some might contend

that we in the Far East District don't have time for training and education, after all, we only have one and two year tours of duty. Some might even suggest that we shouldn't train much at all . . . let some stateside District do that when you're there on another assignment - after all, we ought to spend that time executing! Well, I don't buy it.

We've done really well in having people selected for and attending the Sustaining Base Leadership and Management School (formerly Army Management Staff College). If you are selected I fully intend to let you go - even at the expense of the rest of us having to work shorthanded on critical programs. After all, your training and education will pay off for the Corps-at-large whether you stay with the Far East District or go elsewhere in the Corps. I feel the same way about the other training and schooling that the Corps and the Army offer. Our people are the most important part of the District and the Corps, and our proper investment in individual training is the right thing to do for employees and their personal future as well as making the Corps a more capable organization. I know we have no cowards here in Korea. Neither do I want any

fools as we execute important missions in the future for the Army and the Corps.

Essays!

COL Rehbein

Join us for National Engineers Week activities

February 20-26

Kickoff

5-K Fun Run on Feb. 20

Presentations

throughout the week

Finale

Engineer Ball on Feb. 26

Check out the Far East District web site at [Http://www.pof.usace.army.mil](http://www.pof.usace.army.mil)

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District Commander: COL David J. Rehbein Public Affairs Officer: Gloria Stanley Photographer: Yo, Kyong-il

Safety

Food Safety Tips

1. It was estimated that about 36% of food-borne disease in the home is caused by **CROSS-CONTAMINATION**. An example of this is preparing chicken on a cutting board before using it to prepare a salad.
2. One of the most talked about food culprits is **SEAFOOD**. Eating raw fish or shellfish is the most frequent cause of seafood-borne illnesses.
3. Consumers with compromised **HEALTH CONDITIONS** that impair their health defense systems should not eat **RAW SHELLFISH**. These conditions include: cirrhosis of the liver; chronic alcohol use; cancer (especially if taking anti-cancer drugs or radiation treatment); diabetes mellitus; chronic kidney disease; inflammatory bowel disease; any person receiving immunosuppressive or acid-reducing drugs; and steroid dependency.
4. Generally, the populations to take **SPECIAL** care include: senior citizens, pregnant women, and very young children.
5. **REFRIGERATE** live clams, mussels, crabs, lobsters, and crayfish in well-ventilated containers and then cover with a damp paper towel or cloth.
6. Keep **FROZEN** seafood products at 0 degrees F or below.
7. **DO NOT THAW** frozen seafood at room temperature or under warm water. Thinner parts of the seafood thaw faster and the outer edges may start to spoil before the center has thawed. Thaw frozen seafood in the refrigerator (about 18 hours per pound) or under cold running water (about 1 hour per pound).
8. The United States Department of Agriculture estimates that approximately seven million Americans will suffer from **FOOD POISONING** this year. You have quite possibly thought you were sick with the flu while in reality, suffering from food poisoning.
9. When **STORING** food check the temperature of your refrigerator with an appliance thermometer you can buy at a variety or hardware store.
10. The refrigerator should run at 40 degrees F, the freezer unit at 0 degrees F. In general, keep your refrigerator **AS COLD AS POSSIBLE** without freezing your milk or lettuce.
11. Put packages of **RAW** meat, poultry or fish on a plate before refrigerating so their juices won't drip on other food. Raw juices often contain bacteria.
12. Without power, the refrigerator section will keep food cool 4-6 hours depending on the kitchen temperature. Without power, your freezer should keep frozen food for 2 days. A half-full unit should keep things frozen for 1 day, as long as you keep the doors **CLOSED**.
13. Generally, any thawing food that still has ice crystals or feels refrigerator-cold can be **REFROZEN**.
14. **THAW** food in the microwave or refrigerator, **NOT** on the kitchen counter.
15. Always **MARINATE** in a glass dish in the refrigerator - not on the counter. **DO NOT** re-use the marinade from raw meat unless you boil it for five minutes.
16. **WOOD CUTTING BOARDS** are very hard to clean because germs hide in the cracks. Consider using **PLASTIC, GLASS, or MARBLE CUTTING BOARDS** instead. However, wood can be cleaned with bleach.
17. When taking the burgers off the grill, don't put the cooked hamburgers on the **SAME** platter which held the raw patties.
18. Ground beef kept frozen at 0 degrees F will maintain its quality up to four months.
19. To be sure **BACTERIA** are destroyed, cook hamburgers to 160 degrees F (medium doneness) or until the center is no longer pink and the juices are clear.
20. **AFTER COOKING**, ground beef can be stored in the refrigerator for three to four days or frozen up to three months.
21. We've been warning you of the danger of **UNDERCOOKED** meats. You should also be aware that the National Cancer Institute has cited a study that says that the longer you grill or fry beef - cooking it at high temperatures for a long time - the greater the risk of stomach cancer.



February Safety Slogan:

*"Gambling with Safety
may cost you your life!"*

The 2IC's Corner



by LTC Mark Cain
Deputy Commander

Odds and Ends

This month's section will again be odds and ends

First, I'd like to officially welcome Mr. Mitchel O. Glenn to the Far East District. Mitchel will assume responsibilities as Chief of the Emergency Management Office (EMO) effective February 17, 1999. Mr. Glenn was formerly the Director of Public Works at Camp Carroll. He brings an extensive in-country experience to the District and the EMO; he is no stranger to Korea. Mitchel is also a Major in the Army Reserve and is currently assigned to the 412th ENCOM. Join me in welcoming our new arrival!

I would also like to recognize Mr. Pat Crays' superb efforts in the EMO over the last few years. Mr. Crays has carried the workload of two or three folks and has produced remarkable, tangible results. His efforts have made the District more prepared for contingency than at any time in its past. Let me extend my personal thanks to you Pat. Keep up the great work!

With two folks in the EMO, the District can continue to make strides toward improving our readiness to respond to a

natural disaster (like the August '98 floods) or a contingency situation. I solicit your continued cooperation in supporting these two men's efforts in the EMO.

By the way, Mitchel, Pat, and I will be at JED the first week of March. We'll finish planning for the RSOI exercise events with POD and JED. A RSOI concept brief is available from your Division Chiefs. I strongly encourage you to view it. It will give you a rough outline of upcoming RSOI attractions.

For those of you who haven't stopped by, I suggest you visit S-81. Bring your hardhat. It is clearly not the "FED Hilton" any more! We are well on the way to converting this old billet into our new EOC. The structural modifications are underway (O&M work . . . it is always neat stuff!).

In other facilities business, the DPW recently completed the electrical surveys for S-15 (IM & CD), S-20 (ED), S-62 (Exec Office & PPM), S-67 (CT, SO, PA, EM, etc.) and S-68 (RM & LM). All these buildings are overloaded. LM has received the specifics from the DPW and will pass these surveys on to Engineering Division for design. Depending on the cost estimates, we will start all or part of the electrical upgrades this

fiscal year under the JOC.

A new Hazardous Materials (HAZMAT) storage container is in place behind the motor pool. This will bring us into compliance for the storage of HAZMAT on the compound. This is really a great initiative on the part of LM and F&M. Like most projects we do on the compound, this container was funded out of the District's "hide" with no help from the DPW.

In related news, both A-E's have recently acquired more, badly-needed space. AMKOR has expanded into the old dining room and kitchen area of the East Gate Club and has vacated their portion of T-9. TJD now has all of T-9 (behind S-20). We anticipate both A-Es will increase staff to deal with the large design workload. The increases in floor space should accommodate some of this growth.

As discussed last month, we will be renovating T-109 shortly. I ask anyone with personal property in T-109 or T-114 remove it as soon as possible. Supply items in T-109 will be displaced to T-114 in the very near future. So, we must maximize the use of all available storage space. Any non-government items must be removed. Thanks for your cooperation in advance.

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New CAC at Camp Humphreys

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"This new building consolidates facilities that were previously housed in quonset huts," said Mr. Bob Ingram, Project Engineer, Central Resident Office, Far East District, who took over the project a little over a year ago.

Among the CAC's features are an 82 feet x 46 feet indoor swimming pool, a hot tub that will hold up to 13 people, and separate locker rooms for men and women each of which include a sauna. There is also a hydraulic chair for handicap access to the pool. Four music rooms are available for those who want to practice playing music and there is also an aerobics/dance room. An arts and crafts area includes mat/framing, a photo lab, and ceramics facilities. There is a game room with pool tables, ping pong tables and video games; a computer room set up for 9 computer stations; a television lounge, a lounge in front of a fireplace; a snack bar; and many other amenities. The state-of-the art auditorium which has a stage can be divided into two areas by a recessed wall partition will seat 450.

"We were restricted before to an audience of 200 people, which meant USO shows, for example, previously had to be done in the gymnasium," said Mr. Felteus Edwards, Manager, Community Activities Center.

"In 20 years of military and civilian service I have never seen a facility like this which was paid for by soldier dollars," Edwards added.

The CAC staff includes six full-time employees, 2 part-time employees and two contract bus drivers. CAC-sponsored activities will include a mix of minimum charge and free events.



The new community activities center at Camp Humphreys includes a computer room which accommodates nine computer stations.

Hon. Joseph Westphal visits FED projects at Camp Red Cloud

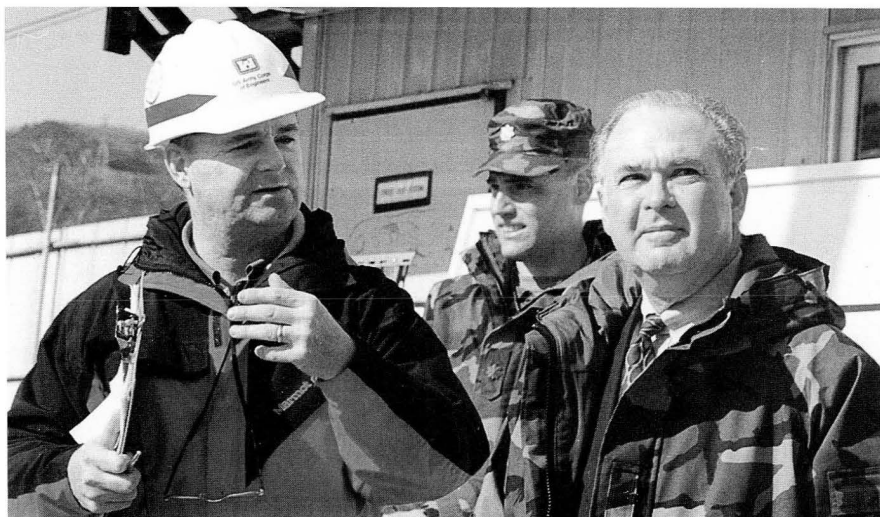
by Gloria Stanley

On January 28, 1999, Honorable Joseph W. Westphal, Assistant Secretary of the Army for Civil Works, toured construction projects at Camp Red Cloud.

As the Assistant Secretary, Dr. Westphal provides executive direction and leadership to the U.S. Army Corps of Engineers civil works program, administration of the Arlington National Cemetery and oversees some aspects of implementation of the Panama Canal.

Mr. Curt Lypek, Project Engineer, Uijongbu Project Office, Far East District (FED), briefed Dr. Westphal about the three projects for which FED is managing the construction contract.

These three projects, costing \$28 million, include two 200-person standard design barracks; three 200-person standard design barracks and company operations building at a second site; and a consolidated club at a third site.



Mr. Curt Lypek (right), Project Engineer, Uijongbu Project Office, briefs Honorable Joseph Westphal, Assistant Secretary of the Army (Civil Works), on District Projects at Camp Red Cloud.

FED and Material Support Center commend Daeho Construction

by Gloria Stanley

On Monday, January 11, 1999, LTC Mark Cain, Deputy Commander, Far East District (FED), presented Daeho Construction Company representatives with a letter of appreciation signed by COL Donald E. Plater, Commander, Material Support Center - Korea.

Daeho Construction was represented by Mr. Hwang, Hyun-Jong, General Project Manager, and Mr. Kang, Chang-Sik, Managing Director.

The firm was the construction contractor for a cold storage addition to the Pusan Storage Facility. FED provided oversight of the contract for the Material Support Center - Korea. Daeho was recognized for its outstanding performance during the construction of the addition.

"All the frozen food for prepared meals for U.S. Forces Korea personnel is stored at the Pusan facility before it is distributed to the units throughout Korea for use in their dining facilities," said Mr. Sam Adkins, Resident Engineer, Southern Resident Office, FED.



LTC Mark Cain (left), Deputy Commander, FED, presents a letter of appreciation signed by COL Donald Plater, commander of the Material Support Center - Korea, to Mr. Hwang, Hyun-Jong (center) and Mr. Kang, Chang-Sik of Daeho.

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FED celebrates arrival of new drilling equipment

by Doug Bliss

On February 1, 1999, the Far East District held a ribbon cutting ceremony on arrival of new drill and well maintenance equipment. FED now has a new well drilling rig, two new 10-ton pump hoists, and a new exploratory boring rig. The Foundations and Materials (F&M) Branch operates these rigs during foundation investigations and water well field activities.

The equipment was procured with HQUSACE funds (\$1.8 million). An additional well drilling rig and an exploratory boring rig will arrive in April 1999. The new equipment replaces rigs that are obsolete and difficult to maintain from long years of service (11-23 years).

"We have been in the foundation drilling and ground water development business for over 34 years," said Mr. Douglas Bliss, F&M Branch Chief.

"With state-of-the-art field equipment, FED enters a very exciting period of enhanced geotechnical services for USFK customers," Bliss added.

The new equipment offers significant technical and safety advances over the older rigs. Soil and rock formations can now be drilled to 1,500 feet. The rigs can drill angle holes, are capable of large diameter borings, and are outfitted for environmental investigations.

Successful procurement of this equipment is due to the efforts of many individuals, some no longer at FED. Special thanks to the FED Executive Office, CEPOF-RM, CEPOF-CT, and CEPOF-LO, as well as Mike Lockamy, Adham Hemdan, COL James Hickey, and Mr. Al Hu (CEPOD-RM).



FED ribbon cutting dignitaries include (l-r) Mr. Maxwell Kim, Mr. Oh, Chin-Sok, Mr. Glenn Matsuyama, Mr. Doug Bliss, Mr. Howard Blood, COL David Rehbein, LTC Mark Cain, Mr. Harry Kim, Ms. Nancy Tullis, Mr. Bill Baker, Ms. Charlotte Stockwell, and Mr. Walt Petersen. (photo by Mr. Kyong-Il)



The District foundation and well drilling teams are anxious to put the new equipment into action. (photo by Mr. Yo, Kyong-Il)



F&M Branch celebrates the arrival of the new drilling equipment by hosting a reception after the ribbon cutting ceremony. (photo by Mr. Yo, Kyong-Il)

FED and Material Support Center commend Daeho

(continued from page 6)

"If there had been any glitch a lot of food would have been lost, but Daeho was able to keep part of the facility in operation at all times during construction," Adkins added.

This was a CY92 Republic of Korea funded project to provide a 20,000 square feet addition to the existing cold storage plant, doubling its chill storage capacity and increasing its frozen storage capacity by 25 per cent. The project also required replacement of the outdated anhydrous ammonia cooling system with a new refrigerant system. Also a supplemental agreement was added to the contract for repair of the elevated water storage tank at the Pusan Storage Facility.

The contract was completed on September 11, 1998, for a total cost of \$8 million.



Congratulations to Ms. Maeng, Hui Yong



COL David Rehbein, District Commander, presents Ms. Maeng, Hui Yong, with her certificate of retirement during a ceremony on Friday, January 29, 1999.

New Team Member

Mr. Thomas W. Spoerner arrived at FED on February 3, 1999, as part of an HQUSACE effort to create a worldwide, virtual office of forward



deployed individuals capable of delivering O&M management engineering services, and training to DoD installations and Major Command organizations as well as other Federal facilities. During his previous assignment, Spoerner managed technical assistance programs, A-E contracts and research projects, wrote technical guidance and policy, provided installation-level technical support, and was a frequent contributor to the DPW Digest while working at the U.S. Army Center for Public Works.



2 IC's Corner

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To close, I'd like to pass on an article that I saw recently. With our heavy workload, it is applicable. Brian Tyson, CEO of Coca-Cola Enterprises, had this to say at a recent University graduation: "Imagine life as a game in which you are juggling five balls in the air. You name them - work, family, health, friends and spirit - and you're keeping all of these in the air at the same time. You will soon understand that work is a RUBBER ball. If you drop it, it will bounce back. But the other four balls - family, health, friends and spirit - are made of glass. If you drop one of these, they will irrevocably be scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life."

Let's make sure we keep track of these other four GLASS balls while we execute our program. ESSAYONS!

