



U.S. Army Corps
of Engineers
Far East District

East Gate Edition

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FED participates in groundbreaking, June 29, 1999

Construction to begin on first flood recovery project



COL David Rehbein, District Commander, is a guest speaker at the groundbreaking for the first major construction project of the flood recovery program.



Distinguished guests at the groundbreaking listen to COL Rehbein's remarks during the groundbreaking ceremony for the bachelor officer's quarters at Camp Casey and Camp Hovey.

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It hardly seems like almost a year has passed since 40 inches of rain fell on Korea last August, causing devastating flood damages at many U. S. Military installations on the peninsula.

The U.S. Congress passed special legislation for the flood recovery which included \$125 million for major construction.

The first contract was awarded March 30, 1999, for two bachelor officers quarters, one at Camp Casey and one at Camp Hovey.

On June 29, 1999, the groundbreaking ceremony was held for these facilities. The anticipated occupancy date for them is October 2000.

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From the Commander



COL David J. Rehbein

Many of you know that I like Western (cowboy) music. I guess I like those songs because they're almost always about nature, friendship, and honest work. Some of you may have even heard my attempts to sing some of the old classic melodies-- complete with Cowboy Yodeling?

I also enjoy classic old singing cowboy western movies from the 1930's, '40s, and '50s. These movies featured such famous American cowboy stars as Gene Autry and Roy Rogers. To me, these movies captured what was good about American ideals. The heroes were polite and brave, good and evil were clearly defined, and truth and justice always triumphed in the end. I suppose that for some folks that's a bit too idealistic . . . but it suits me just fine. These were movies that the whole family could enjoy without the fear of misleading children with the much less

wholesome values that have crept into modern entertainment.

Okay, so this is all well and good - but what's an Engineer District Commander doing writing about cowboy music and movies in his District newsletter? Fair enough . . . I was going through some of my things recently and came across the rules for the Roy Rogers Riding Club. Roy was one of my special cowboy favorites when I was young, but even more so now that I'm an adult. That's because he really lived the wholesome cowboy image both on and off the screen.

Anyway, I thought these simple rules worth sharing:

1. *Be neat and clean.*
2. *Be courteous and polite.*
3. *Always obey your parents.*
4. *Protect the weak and help them.*

5. *Be brave but never take chances.*

6. *Study hard and learn all you can.*

7. *Be kind to animals and care for them.*

8. *Eat all your food and never waste any.*

9. *Love God and go to Sunday School regularly.*

10. *Always respect our flag, and our country.*

While the code of conduct was meant for Roy's young fans, they sound like pretty good advice for us grownups too.

Keep up the good work and thanks for all you've done during my first year in the District.

Essays!
COL Rehbein

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

Safety

by David McCracken

Last month's article discussed the affect of heat on the body and the more severe cases of heat related disorders. In this article, I will discuss the less severe disorders and how to prepare for the heat.

Heat Cramps

Heat cramps are painful spasms of the muscles that occur among those who sweat profusely in heat, drink large quantities of water, but do not adequately replace the body's salt loss. Drinking large quantities of water tends to dilute the body's fluids, while the body continues to lose salt. The low salt level in the muscles then causes cramps. The affected muscles may be part of the arms, legs, or abdomen; but tired muscles (*those used in performing the work*) are usually the ones most susceptible to cramps. Cramps may occur during or after work hours and may be relieved by taking salted liquids by mouth.

Fainting

A worker who is not accustomed to hot environments and who stands erect and immobile in heat may faint. With enlarged blood vessels in the skin and in the lower part of the body due to the body's attempts to control internal temperature, blood may pool there rather than return to the heart to be pumped to the brain. Upon lying down, the worker should soon recover. By moving

around, and thereby preventing blood from pooling, you can prevent further fainting.

Heat Rash

Heat rash, also known as prickly heat, is likely to occur in hot, humid environments where sweat is not easily removed from the surface of the skin by evaporation and the skin remains wet most of the time. The sweat ducts become plugged, and a skin rash soon appears. When the rash is extensive or when it is complicated by infection, prickly heat can be very uncomfortable and may reduce a worker's performance. This can be prevented by resting in a cool place part of each day and by regularly bathing and drying the skin.

There are many ways to reduce heat stress experienced by workers. Acclimation, work-rest regimen, and engineering controls are ways management can assist in managing heat stress.

Employees must be intimately involved in their own heat stress prevention. In the course of a day's work in the heat, a worker may produce as much as two to three gallons of sweat. Because so many heat disorders involve excessive dehydration of the body, it is essential water intake during the day be about equal to the amount of sweat produced. Most workers exposed to hot conditions drink less fluids than needed. A

worker, therefore, should drink five to seven ounces of fluids every 15 or 20 minutes to replenish the necessary fluids in the body. There is no optimum temperature of drinking water, but most people tend not to drink warm or very cold fluids as readily as they will cool ones. Whatever the temperature of the water, it must be palatable and readily available to the worker. Individual drinking cups should be provided.

Heat acclimatized workers lose much less salt in their sweat than workers who are not adjusted to the heat. The average American diet contains sufficient salt for acclimatized workers even when sweat production is high. If, for some reason, salt replacement is required, the best way to compensate for the loss is to add a little extra salt to the food. Salt tablets should not be used.

CAUTION: *Persons with heart problems or those on a "low sodium diet" who work in hot environments should consult a physician about what to do under these conditions.*

July Safety Slogan

*"A little brew
can blur your view"*

The 2IC's Corner



by LTC Mark Cain
Deputy Commander

"Shake it off and step up!"

The following story is courtesy of my younger brother who found it encouraging during some recent back surgery. I find this story fits our situation in FED quite well. Over the last year, we have faced some very challenging situations and these challenges will continue into the next year. We have plenty of critics and we can certainly benefit from that criticism if we approach it from the right perspective. Read on...

A story is told of a farmer who owned an old mule. The mule fell into one of the farm's old dry wells. The farmer heard the mule 'braying' or whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving it. Instead, he called his neighbors together and told them what had happened... and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back... a

thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back he should shake it off and step up! This he did, blow after blow.

"Shake it off and step up... shake it off and step up... shake it off and step up," he repeated to encourage himself. No matter how painful the blows or distressing the situation seemed the old mule fought "panic" and just kept right on shaking it off and stepping up!

You're right! It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him, actually helped him... all because of the manner in which he handled his adversity.

That's life! If we face our problems, respond to them positively, and refuse to give in to panic, bitterness, or self pity... the critics or adversities that come along to bury us usually have within them the potential to benefit and help us out! Remember that forgiveness, faith, and hope are all excellent ways to "Shake it off and step up" out of

the wells in which we find ourselves!

We are starting to emerge from our well. The District has done a magnificent job executing the Flood Restoration Program. However, we have some new challenges ahead. The "short-fused" K-2 160th Aviation Regiment projects and the Korean Training Center are examples. There are more. Let's continue to "Shake it off and step up!"

"We are starting to emerge from our well!"

Another old saying is probably also appropriate, "That which does not kill us, makes us stronger!" Before this is all over, we will be some serious weight lifters.

Essayons!!!

See you around the District!!!

POD Equal Employment Opportunity Officer visits Far East District

Ms. Anita Naone, who visited the District in June, is the Pacific Ocean Division's Equal Employment Opportunity (EEO) Officer. She visits the Far East District about once a year to talk to managers and update them on EEO issues. She also visits the 34th Support Group (ASG), Yongsan, which is the District's servicing office for EEO issues.

Ms. Monte Howard, Resource Management Office, is the District's liaison with the 34th Support Group office, but is not an EEO Officer. Employees should contact the 34th Support Group (ASG) about individual EEO issues.

"Keeping managers educated about EEO, performance standards, and having a work environment free of discrimination and harassment are some of the challenges an EEO Officer faces," said Naone.

EEO, Affirmative Action, and diversity are three different issues, according to Naone. EEO is maintaining a professional workforce representative of society; Affirmative Action is the regulations enacted to accomplish EEO; and diversity is understanding the differences (*ethnic, geographical, educational, and cultural*) in people.

Naone has concerns from the EEO perspective about the District's heavy workload and the fact that the District is understaffed.

"Some managers do focus on diversity," Naone said when asked about the strengths of the District's EEO program.

"And with the new AEP in place there will be more opportunities to do more in support of the program and make it strong."

"We are instituting a successful outreach program, planting seeds in grade school students, encouraging their entering the engineer and scientific fields in the future," Naone said.

Two Districts are partners with the Advancing Minority Interests in Engineering (AMIE) organization, which provides summer hires from predominately minority colleges and universities. Alaska District has six students this year. Japan District is in its third year as a partner with AMIE and has two students this year.

"It is a form of establishing mentorship," Naone said.

At the district level, their participation in workgroups and committees is a good method of developing leaders.



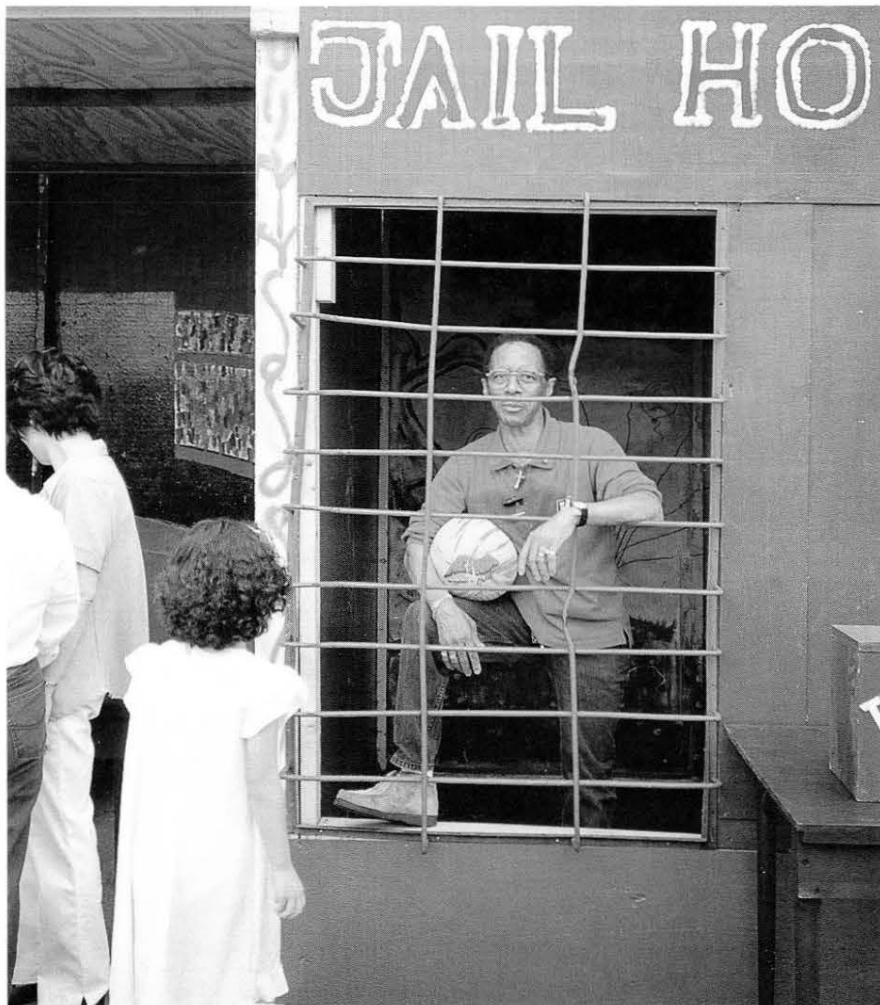
COL David Rehbein, District Commander, presents Ms. Peggy Grubbs, Programs and Project Development Division, with the Superior Civilian Service Award at the farewell luncheon held in her honor.



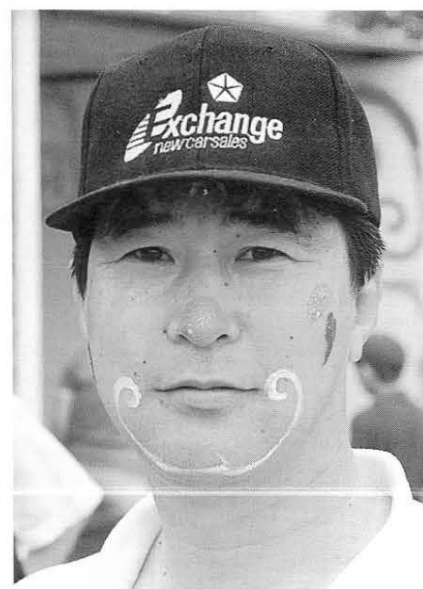
COL David Rehbein, District Commander, presents Ms. Anita Alcantara, Resource Management Office, with the Commander's Award for Civilian Service at an award ceremony on June 29, 1999. She is now at POD.

FED celebrates Organization Day - June 18, 1999

Bill Baker, LMO,
was the first person
to go to jail.



Face painting was
all the rage among
both children and
adults.



FED celebrates Organization Day - June 18, 1999

Cholesterol and blood pressure checks were among the day's activities.



The eating contest was a big hit with everyone.

Who can forget the arm wrestling?



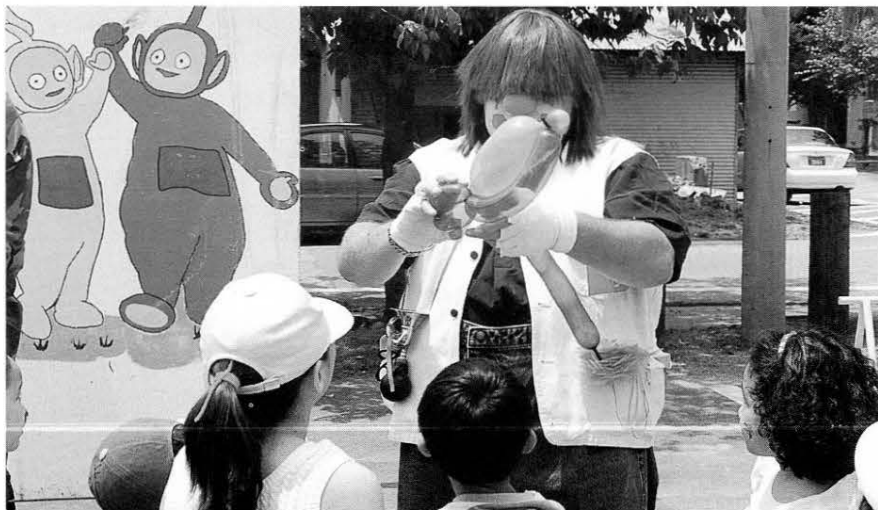
(continued on page 8)

FED celebrates Organization Day - June 18, 1999

(continued from page 7)



It was a great
family day
for the
Far East District
team.



And of course,
BoBo the clown
was there making
balloon animals
for the children.

FED celebrates Organization Day - June 18, 1999



FEDsters enjoy
playing
the traditional
Korean game
of Yut.

The Tonduchon
Resident Office
team wins
the famous,
or is it infamous,
tug-o-war.



Glenn Matsuyama
accepts the
first place award
for kick volleyball
on behalf of
Engineering Division
from COL Rehbein,
District Commander.



First MCA flood recovery project construction to begin

(continued from page 1)



Dignitaries, including COL David Rehbein, District Commander (5th from right); Mr. Jack Church, Chief, Construction Division (2nd from right); and Mr. Harry Kim, Chief, Construction Division (right); toss out the first shovels full of dirt at the groundbreaking.

The Tongduchon Resident Office, which is managing the construction contract for this project, had \$46.5 million in placement for FY98, is anticipating \$41 million in FY99; and in FY00 expects its construction placement to be \$96 million.

To accomplish the flood recovery mission, FED set up a flood section with three project managers in the Programs and Project Management Division (PPMD). The District coordinates its actions with the Directors of Public Works (DPWs), the Commanders and

Staff Engineers at 19th TAACOM, Eighth U.S. Army, and our higher headquarters at Pacific Ocean Division and USACE in Washington, D.C.



Ribbon Cutting Ceremony for CDIP Barracks at Cp Humphreys

The completion of the first CY95 Combined Defense Improvement Program (CDIP) project, an Apache Fielding Barracks, at Camp Humphreys, was celebrated at a ribbon cutting ceremony on June 25, 1999.

This 200-person, \$6 million, Apache fielding barracks is the first of three. There is a similar Apache fielding barracks being built at K-16 and a similar Patriot barracks being built at Osan Air Base.



Mr. Sam Adkins and the other honored guests receive a boutonniere as they arrive at ribbon cutting ceremony at Camp Humphreys for the first of three CY95 CDIP barracks projects. Similar 200-person barracks are being built at K-16 and Osan Air Base.



Mr. Lenny Kim, PPMD (right), translates for Major Kim, Young-in, of the Ministry of National Defense, Defense Procurement Agency, Republic of Korea, who served as the emcee for ribbon cutting ceremony.



BG Lee, Kyung-won, Chief, Installation Dept., Defense Procurement Agency, Ministry of National Defense (4th from right); COL David Rehbein, District Commander (3rd from right) put on ceremonial gloves in preparation for the ribbon cutting.



(l-r) COL House; BG Lee, Kyung-won, Chief, Installation Dept., Defense Procurement Agency, Ministry of National Defense, Republic of Korea; and COL David Rehbein, District Commander, propose a congratulatory toast to the successful project.

New Team Members

Mr. Chris Y. Kim joined FED



on June 21, 1999, to serve as a project manager in PPMD. He previously served as an

engineer at USFK, ACofS, and the 19th TAACOM, and for the DPW at Pusan as a master planner. He also worked at the civil engineering unit, U.S. Coast Guard, Oakland, California. Mr. Kim's home town is Alameda, California, and he is a registered architect in California. He has a bachelor's degree in Architecture from California Polytechnical State University and a master's degree in architecture and urban design from UCLA. He enjoys jogging, golfing, and weightlifting. He and his wife, Stephanie have three children, Frances, Esther and Joshua.

Ms. Won Mi Baker joined



FED on May 10, 1999, as a Record Manager in IMO. She previously served as an administrative

assistant at Eighth U.S. Army, HQ, MWR Division. Prior to that she was a field representative for the University of Maryland. Ms. Baker and her husband Bill, Chief, Supply Branch, LMO, have a son, Christopher.

Mr. David Yang joined FED



on July 6, 1999, to serve as an engineering technician in PPMD. He previously served as a

project manager for Fastening Specialty, Inc., mechanical engineer for Yahiku Associates, Inc., project engineer for Hawaiian Dredging and Construction, and project manager for Pacific Planning and Engineering. He has a degree in mechanical engineering from the University of Hawaii. Mr. Yang and his wife, Laurie Lee, have a son Alex and a daughter, Erika.

Mr. Hong, Song H. joined FED



on June 21, 1999 to serve as a supply technician in LMO. He recently retired from the Army after 22 years

of service. His last assignment was with G-4 at EUSA. He is working toward a bachelor of science degree in Management Studies at the University of Maryland and expects to graduate in May 2000. He is a volunteer member of Seoul International Rescue Corps, Special Unit of the Korean Red Cross. He enjoys sports such as golf, bowling, softball, and sand volleyball. He and his wife, Danhee, have two daughters.

Choe, Turley, and Walker honored as Employees of the Year



At the 1999 Excellence in Federal Government Awards luncheon in Honolulu, Hawaii, on June 8, 1999, three Far East District employees were recognized: (l-r) SFC Steven Turley, NRO, as Enlisted Service Member of the Year; Ms. Choe, Si-cha, CD, as Federal Employee of the Year (Clerical and Assistant Category); and CPT Stephen Walker, PPMD, as Military Officer of the Year.



Correction

In the June issue, New Employees section, Mr. Jung, Lee-sik's name was incorrectly reported as Mr. Lee, Sik-jung and SFC Curles Butler's rank was incorrectly reported as SGT. EGE regrets the error.