

East Gate Edition

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PACAF Awardees

Thomas J. Davis/Jung-II, design excellence; Fred Davis, Construction Project Manager

When the Pacific Air Force Command (PACAF) 2000 design and 2000 design & construction agent awards were announced in October, the Far East District was elated.

One of our A-E firms, Thomas J. Davis/Jung-II (TJD), received the award for Design Excellence. Mr. Fred Davis, Assistant Chief of Construction Division and Acting Resident Engineer for the Central Resident Office (CRO), received the award for Civilian Project Manager of the Year in Construction.

"This is significant - they chose an Army guy for an Air Force Award," said COL David Rehbein when he presented Davis with his award.

TJD has been doing design work for the Far East District for 25 years and recognized Specifically for design of a visiting quarters project at Osan Air Base.

"The team is what makes it happen," said Davis crediting the CRO team for his receiving the award. "I lead like the coach of a team."

Davis, who was recently selected as the Assistant Chief, Construction Division, was the Resident Engineer, CRO, for 3 years. Prior to that he served as

Chief, Quality Assurance Branch (QAB), Construction Division, for 2-1/2 years, 2 years as Acting chief, and 2 years in the QAB for a total of 10 years with Construction Division. Prior to that he was in the Engineering Division for 2-1/2 years as design project manager for Air Force projects.

Also he spent 4 years active duty in the Air Force, one of which was at Kunsan Air Base, where he was Chief of Design for the Red Horse Detachment. Davis has a



"The team is what makes it happen," said Mr. Fred Davis upon receiving his PACAF award.



Mr. David Dougherty, President and General Manager, accepts the award for TJD.

bachelors degree in civil engineering from the University of Tennessee and an MBA in management from Golden Gate University in San Francisco.

During FY99, Davis supervised the inspection and administration of \$54 million of construction placement for Air Force contracts out of a total \$87 million in contracts for CRO.

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From the Commander



COL David J. Rehbein

The Longer We're Here, the Younger We Get!

I consider myself a pretty young man, but I guess that's all a matter of perspective. I celebrated my birthday a few weeks ago, and after my family had sung "Happy Birthday" to me, I asked my 8 year old son, Timothy, how many years older than he was I. He rather quickly figured that out, so then I asked him how old would I be when he was my age. He scrunched up his face and started calculating, then stopped, looked at me in a puzzled way and said "Dead!" Well, I knew the number was going to be fairly large, but I still plan to be alive and kicking when I reach it.

One of our more eloquent generals, Douglas MacArthur, once said:

"Youth is not entirely a time of life; it is a state of mind. Nobody grows old by merely living a number of years. People grow old by deserting

their ideals. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair."

If that's true, then the Far East District truly is one of the youngest in the Corps! Faith, self-confidence, and hope. What a great way to capture the spirit of the District. Now, I've sometimes been accused of being an incurable optimist, but it's easy around here. At the District Commanders Conference in Washington at the end of October, the Chief of Engineers, LTG Ballard, described what great strides the Corps is making in establishing our reputation and becoming more relevant in service to the Army. He mentioned specifically the Far East District and the kudos he personally received from GEN Tilleli and LTG Petrosky. We certainly have garnered other's faith in us, but more importantly, we have faith in our own abilities. And the future is bright...no need for despair here! The District's operating budget for FY00 is about \$34 Million – a significant increase over last year. We'll finally be able to really make a dent in improving the aging infrastructure here in the Compound. We've grown from about

285 employees a year ago to 355, and we won't stop growing until we hit about 375. You'll see an additional Resident Office established this year for the 121 Hospital Renovation project...and RSOI and UFL get better every year with more realistic participation of the District, the growth of tele-Engineering, and the standard use of TCMS. At the PACAF engineer conference a few weeks ago, District team members received special recognition in two very special ways. First, our own Fred Davis, Central Resident Engineer, received the PACAF award for Construction Project Manager of the Year, and our AE partner TJ-Davis/Jung-II received the PACAF award for design excellence for their work on the Osan Temporary Lodging Facility. Who knows, with all this good news, we might even soon get a T1 line for the District!

We're only getting better with each passing year, and we're younger and more vibrant every time you look at us. That's because the people of this District are the best in the Corps. Faith, Self-confidence, and Hope. I brag on you every opportunity I get. What a privilege to command here. Thanks for all you do. Hoo-ah!

Essayons!
COL Rehbein

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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Safety

Stress and the Common Cold

The cold season is upon us and your stocking up on vitamin C, right? Hold off on taking mouthful quantities of cold remedy C because studies at the Carnegie Mellon University in Pittsburgh show a close link to stress and colds.

The May 1998 issue of *Health Psychology* (American Psychological Association) writes that the Pittsburgh scientists report that chronic stress that lasts a month or more plays a major part in susceptibility to infection from cold viruses. The research also points out that the two stress inducers that put a person most at risk of catching cold were being unemployed or underemployed, or having difficulties with friends or relatives.

When researchers compared different groups of people to those who were subject to simple, routine stress, they discovered that individuals who experienced severe stress for more than a month but less than six were twice as likely to develop cold symptoms. For individuals whose stress extended beyond two years, the risk quadrupled. People with interpersonal difficulties were at twice the risk for colds. Work related stress increased the risk

by three and a half times.

So, this season why not substitute the vitamin C and ward off those annoying colds with a brisk walk, deep breathing exercises, yoga or your preferred form of stress reduction. Here's some stress management tips to follow.

1. *Become aware of your stressors and your emotional and physical reactions. Notice your distress. Don't ignore it. Don't gloss over your problems.*

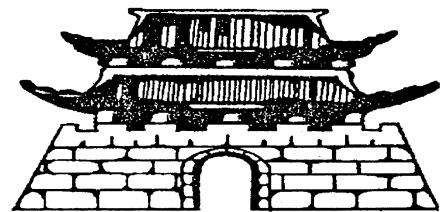
2. *Recognize what you can change. Can you change your stressors by avoiding or eliminating them completely?*

3. *Reduce the intensity of your emotional reactions to stress. The stress reaction is triggered by your perception of danger...physical danger and/or emotional danger. Are you viewing your stressors in exaggerated terms and/or taking a difficult situation and making it a disaster?*

4. *Learn to moderate your physical reactions to stress. Slow, deep breathing will bring your heart rate and respiration back to normal.*

5. *Build your physical reserves. Mix leisure with work. Take breaks and get away when you can.*

6. *Maintain your emotional reserves. Pursue realistic goals that are meaningful to you, rather than goals others have for you that you do not share.*



November Safety Slogan

"Safety is never an accident. It is always the result of high attention, sincere effort, intelligent direction and skillful execution. It represents the wise choice of many alternatives."

The 2IC's Corner



by LTC Mark Cain
Deputy Commander

As some of you know, I spent the last couple of weeks at the USACE Commander's Course in Fort Belvoir, Virginia. This course is required for all District Commanders and is strongly encouraged for Deputy District Commanders and Deputy Division Commanders too. It was nice to see some old acquaintances and to return to the former home of the Engineer School. I attended the Basic and Advance Courses there. It was another homecoming similar to returning to the Far East District last summer. Driving around Fort Belvoir brought back some great memories of my first years in the Army.

Since the Commander's Course is only taught once a year, this was my first opportunity to attend. I am glad that I went. I wish I could have attended earlier. My approach on issues involving USACE would be different. Although much of what was discussed was not directly applicable to what we do, my perspective was greatly changed. I realized that what is obvious to us in Korea, and what we believe requires little explanation, is definitely not obvious to the folks back in CONUS. Our issues require a great deal of up-front information to be clearly understood.

First, a little background is in order. The intention of this course is to give Commanders and Deputies the basic information that they need to be successful in their respective Districts or Divisions. Most of the Commanders and Deputies in attendance had been in their positions at least 3-4 months. They had experienced a lot of the situations that were discussed in the course but had little if any information or previous experience on how to deal with these situations correctly. The course was team taught by

representatives from the Norfolk and Fort Worth Districts and selected folks from HQ, USACE slipped in from time to time. The District Commanders and their staffs did a great job. The discussions were frequently spirited and at times very blunt. I know most folks walked away much smarter about District and Division operations than when they arrived. So, I believe the course objectives were met. The thrust of the course was directed toward stateside Districts. OCONUS attendees had to "read between the lines."

It is now very clear to me that the Far East District and our CONUS counterparts live in very different worlds. The stark differences between a civil works based District and a military construction based District are like night and day. A CONUS versus OCONUS comparison makes those differences even greater. Certainly, the bureaucracy to accomplish routine tasks in the states is truly formidable. The time to accomplish simple tasks is glacial. I believe we are very fortunate to be living in Korea, working in FED, and operating under the overwatch of POD.

I was shocked by some rather obvious routine processes that our stateside friends are still figuring out. The best example is the concept of project management. Even more basic, assigning a PM to a project. Some Districts are still trying to figure out work arounds to avoid change. Another good example is the Resource Management Board. We have Divisions that are meeting a lot and doing little. Our RMB is gradually making things happen. These are but two examples. I can go on and on. The course was sobering, but at the same time I felt very good about our work environment, who we are, and what we are doing.

We are light years ahead of the stateside Districts. Yes, there is always room for improvement, but we are getting stuff done and done quickly and professionally. Our Division is guiding us forward to accomplish programs that other Districts and Divisions are still piecing together or dreaming about.

The Far East District is a unique organization. While other Districts are having difficulty just executing normal operations, we are executing our District tasks, running an installation, as well as a motor pool, and are a big part of war fighting operations on the peninsula. There is just no other District in USACE's inventory that can compare. Our counterparts are simply amazed at what we do. In fact, they're professionally jealous. More than one course attendee quizzed me during breaks or over dinner about how we get business done. I was very proud to tell them how we do things and what we have accomplished.

Since what we do is so unique, we must make sure we tell our story loud and clear. We have got to ensure that the folks inside the beltway are aware of who we are, what we do, and how we get stuff done. Do not assume that other Districts or other Divisions or Headquarters know what we do day to day. They don't; believe me.

As you conduct your day to day business, remember this. You are working in one of the finest Districts (if not the finest) in the U.S. Army Corps of Engineers. There is not a doubt in my mind when I tell you this. Be proud of who you are and what you have done!

See you around the District. . .

Chief of Engineers 1998 Contractor Safe Performance Award winner—Daeho

By Gloria Stanley

Many outstanding construction contractors work for the U.S. Army Corps of Engineers every day, however, the Far East District has one of the best of the best. Daeho Corporation, the Far East District's nominee, received the distinguished Chief of Engineers 1998 Contractor Safe Performance Award. Daeho was commended for its excellent safety performance during the construction of a cold storage addition project at Pusan, Korea.

"We are very proud to receive this important award," said Mr. Kim, Sung-Hoon, President, Daeho Corporation.

This Republic of Korea funded project required the contractor to provide a 20,000 square feet addition to the existing cold storage plant and also required the contractor to replace the outdated ammonia cooling system with a new refrigerant system. A supplemental agreement was awarded to repair the elevated water storage tank at the facility. The ammonia system and the water storage tank became focus issues for the safety personnel of both the government and the contractor.

In addition to outstanding safety compliance in all phases of the construction, Daeho's execution in the three high risk areas of ammonia removal, fall protection, and confined spaces were noteworthy.

Ammonia, a highly dangerous gas, can corrode body tissues, inflict severe burns, eye injuries, or even cause a fatality. The

contractor recognized if the risk could be reduced by reducing the exposure time, it would be a safer operation. By working with project partners to develop a two-phase plan, exposure time was reduced and actually minimized daily operations at the facility.

The water tower was over 100 feet high and required extensive scaffolding (nearly 11 miles of

said Sam Adkins, Resident Engineer, Southern Resident Office. "They were big on teamwork before team was a buzzword."

Daeho also has ongoing projects for the Far East District's Central Resident Office, including collective protection system projects at both Osan and Kunsan Air Bases. They are also finishing construction of a bowing



Mr. Kang, Chang-sik, Managing Director; Mr. Kim, Sung-hoon, President, Daeho; Mr. Mike Heffernan, SRO; Mr. Sam Adkins, Resident Engineer, SRO; Mr. Pak, Sam-kun, Pusan Project Office; Mr. Hwang, Hyun-jong, Central Area Manager, Daeho; and Mr. Sam Barnes, Safety Officer, Far East District join in celebrating Daeho's recognition.

steel tubing) to facilitate structural repairs, sand blasting, and painting. Interior sand blasting and painting of the water tower also required significant safety planning.

"Without help from God, I could not have done this," said Mr. Hwang, Hyun-jong, Central Area Manager for Daeho Corporation.

"They receive a lot of support from their home office in Seoul,"

alley project at Osan Air Base.

"Daeho is a very professional, first class operation," said Mr. Fred Davis, Assistant Chief, Construction Division. "They are astute, up front, and responsive to issues."

"They are willing to take on challenges; they go out and get done what needs to be done," Davis added.



FED supports the Corps' unique 249th Battalion (Prime Power)

by Gloria Stanley

In case you weren't aware of it, the U.S. Army Corps of Engineers has a battalion of electrical experts keeping power flowing for the army — the 249th Engineer Battalion (Prime Power). The 4th Platoon of the battalion's A Company is permanently stationed at Camp Humphreys, on the Korean Peninsula. A Company headquarters is at Fort Lewis, Washington and the battalion is headquartered at Fort Belvoir, Virginia, and reports directly to the Deputy Chief of Engineers in Washington, D.C.

From October 13 to November 13, A Company was in Korea focusing their expertise on conducting generator maintenance, circuit breaker maintenance, ground grid installation, infrared survey's and overhead distribution system installation across the Korean Peninsula. They were here training their wartime mission by supporting the Foal Eagle Exercise as well as training for their similar peacetime mission of providing support during disaster relief. During a Korean wartime contingency, A Company will fall under direct command of the 412th Engineer Command.

The Far East District Logistics Management (LMO) and Information Management Offices (IMO) provided support during their recent visit to Korea, which is the first time three of the four A Company platoons have come to Korea for training at the same time.

"FED provided resources they



(left) Staff Sergeant Roy Braatz, who has been with the 249th for 2-1/2 years, removes for testing one of 9 low voltage circuit breakers and 11 molded case circuit breakers at a 293rd Signal Company facility at Camp Carroll.

needed to get set up on the ground," said Ken Pickler, Logistics Management Office, Far East District. LMO provided such resources as office space, vehicles, and transportation needs; IMO provided computer log-on capability.

"They reimburse us for any expenses and as a favor to the District, they conducted a couple of power surveys for us," Pickler added. "The 249th has really been great to work with and we are fortunate that the District and the 412th have been able to work so well together."

The vision of bringing the entire company to Korea was recognized over a year ago. The cost of having a contractor do this work is four to six times that of bringing Prime Power soldiers to Korea for the same job.

The 19th TAACOM developed a priority work list, with tasks varying at each installation. The primary focus has been for back-up power generation systems and

maintenance of current transformation systems.

"One of the most interesting projects was the installation of an overhead distribution line and ground grid at the Masan Ammunition Depot," said 1Lt. Tammie L. Williams, Executive Officer, A Company.

During this kind of collective training, they are able to train their soldiers to solve unique electrical problems of Korea. Doing work for the 19th TAACOM was the perfect fit because it allowed the company to work all across the peninsula.

"Soldiers were able to get out on the ground and see what they might encounter; what they would have to work on during a contingency," said Williams.

The Prime Power Specialists attend a year-long prime power school at Fort Belvoir, Virginia, and are experts in their field when they are assigned to the 249th.

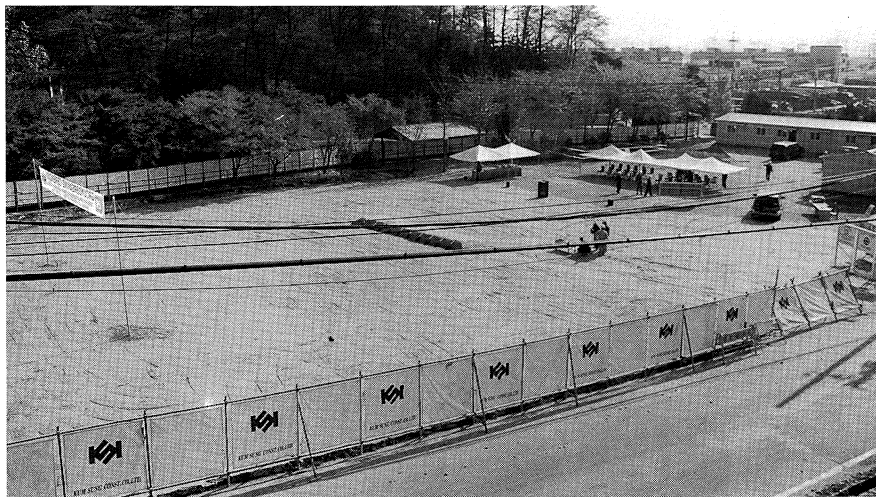


New library, community service center construction begins at Camp Howze

The groundbreaking ceremony for a library and community service center project was held at 2p.m. on Monday, November 8, 1999.

Among the officials attending the groundbreaking to get the new quality of life project under way were COL David Rehbein, District Commander, and COL Charles Cardinal, Commander, Area I.

Part of the flood supplemental program, the \$2.5 million project is scheduled for completion in October 2000.



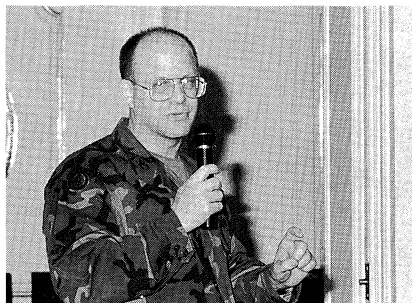
The site of a new library and community service center at Camp Howze is made ready for the groundbreaking ceremony on November 8, 1999.

Far East District, USFK ACoS, Engineer host the HNFC Conference

Another first for the Far East District! On October 21-22, 1999, the Far East District and USFK, ACoS, Engineer, co-hosted the annual Host Nation Funded Construction (HNFC) Conference sponsored by the USCINCPAC. Held at the Sofitel Ambassador Hotel in Seoul, it was first time the conference was held in Korea.

In addition to the engineers involved in the HNFC programs in Japan and Korea, but OSD, DA, Joint Staff Engineer, USACE, PACAF, POD, and USCINCPAC personnel participated.

In addition to informative discussions and briefings on issues regarding both Korea and Japan, the attendees toured HNFC and flood MCA project sites at Camp Casey and Camp Castle. Next year's conference will be held in Hawaii.

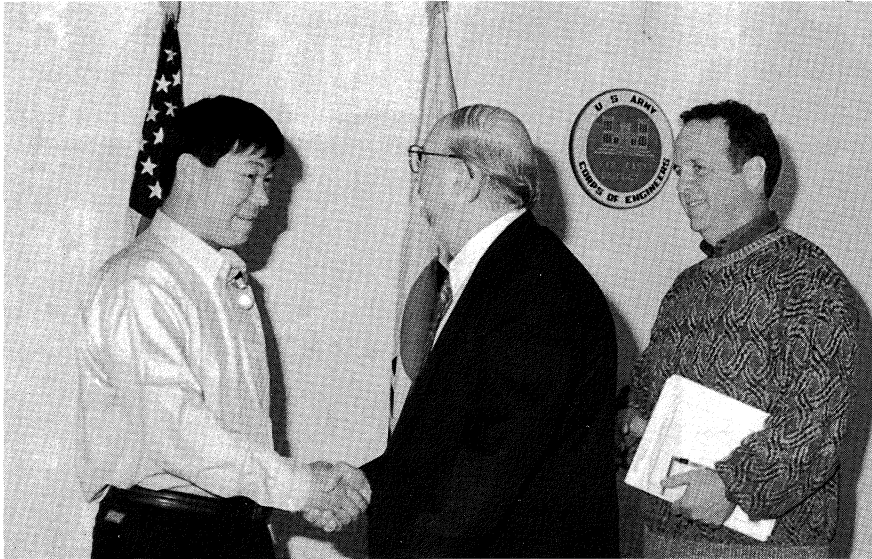


Speakers at the conference included COL David Rehbein, District Commander (left), Mr. John Iwata, USFK Engineer, and Mr. Lee Ruddle, OSD.

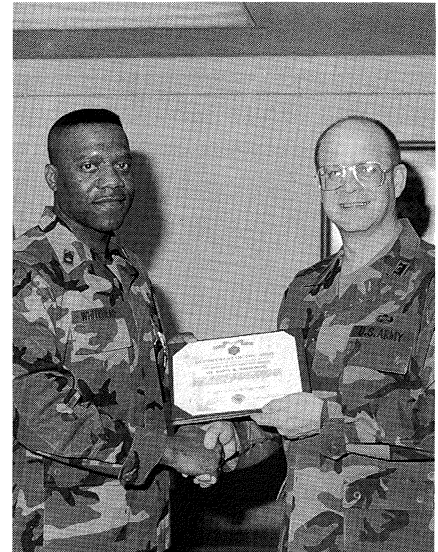


Host Nation Funded Construction Conference attendees participate in discussions.

Farewell and congratulations to Mr. Wayne Joh and SFC Danny Whitehead



During an award ceremony on November, 5, 1999, Mr. Jack Church, Chief, Construction Division, and Mr. Woody Bargar, Resident Engineer, Tongduchon Resident Office (TRO), say farewell and congratulate Mr. Wayne Joh (TRO), who is going to the Japan District. COL David Rehbein, District Commander, presented the Superior Civilian Service Award to Mr. Joh, during the ceremony.



SFC Danny Whitehead receives the Army Commendation Medal from COL David Rehbein, District Commander.



COL David Rehbein, District Commander, presents a certificate of appreciation to the Quality Assurance Branch and the Construction Services Branch, Construction Division, on behalf of the Pacific Ocean Division. Both Branches were recommended for support in the execution of the \$140 million Korea Flood Recovery Military Construction program. (left) Mr. Norm Boeman, Chief, Quality Assurance Branch, accepts the award on behalf of that Branch. (right) Mr. Chang, Yong-ung, Construction Services Branch, accepts the award on behalf of that Branch.