

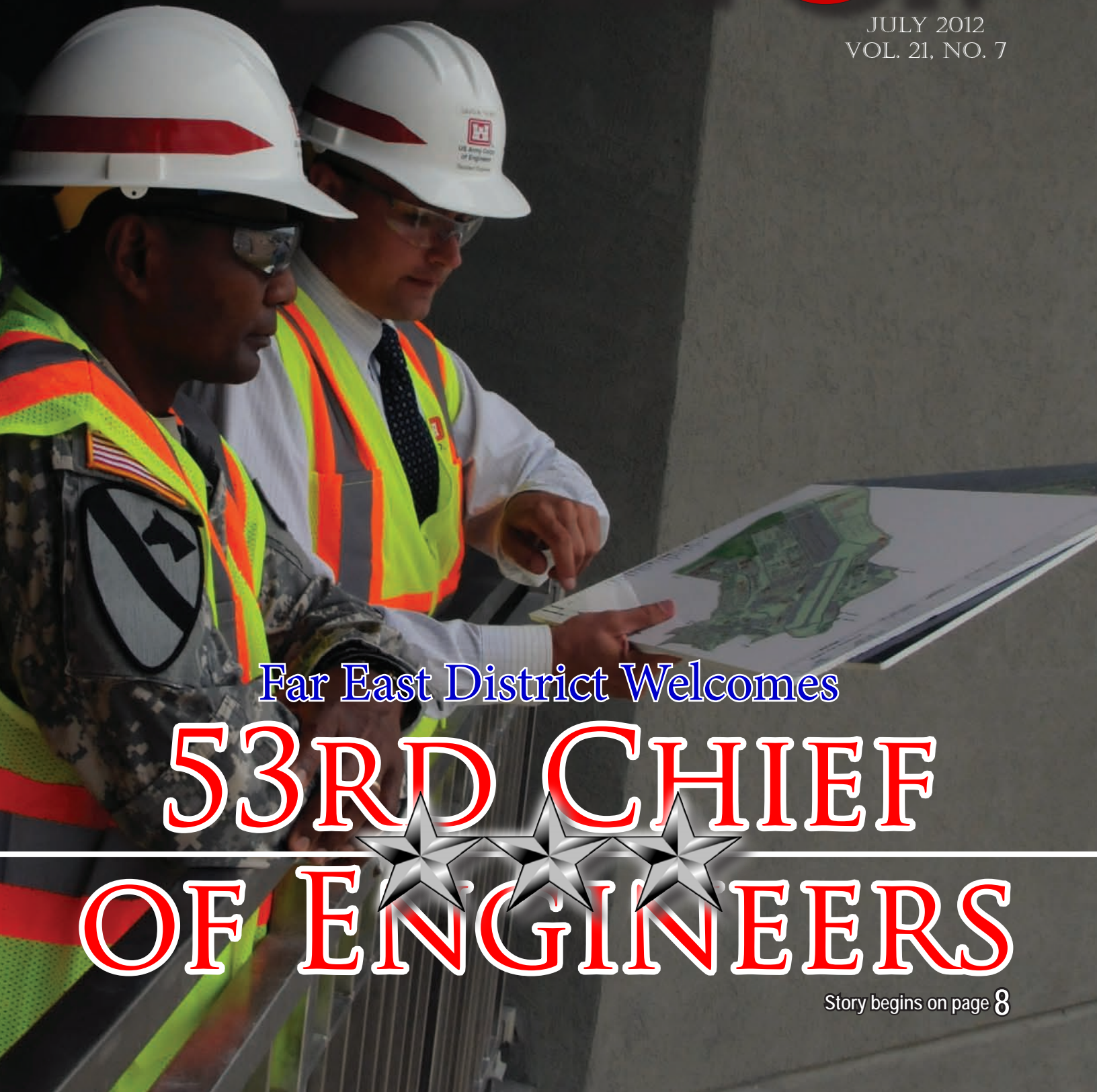


US Army Corps  
of Engineers®  
Far East District

# ***EAST GATE*** ***EDITION***



JULY 2012  
VOL. 21, NO. 7



Far East District Welcomes

# 53RD CHIEF OF ENGINEERS

Story begins on page 8

# Inside **EAST GATE** EDITION



**US Army Corps  
of Engineers®  
Far East District**



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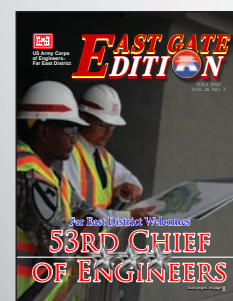
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Check out the Far East District web site at

[www.pof.usace.army.mil](http://www.pof.usace.army.mil)

## **On the cover**



Lt. Gen. Thomas P. Bostick, the Commanding General of the U.S. Army Corps of Engineers, listens to Dave Talbot, FED Family Housing Resident Office resident engineer, as he briefs him on construction progress at U.S. Army Garrison Humphreys July 17.

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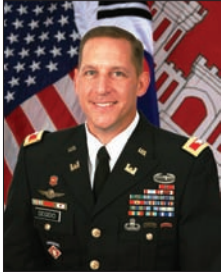


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## Commander's Corner

**Col. Donald E. Degidio, Jr.**

*To the Great Team of the Far East District and our entire Team of Teams,*

July was a great month for the Far East District.

This month we hosted Lt. Gen. Thomas P. Bostick, our 53rd Chief of Engineers and commanding general of the U.S. Army Corps of Engineers. During his visit, Lt. Gen. Bostick visited with top U.S. and Republic of Korea leaders, including Deputy Minister of Defense Lee Young-geol and the U.S. Forces Korea commander, Gen. James D. Thurman.

It is a very special occasion to have the chief out here, especially so soon after his assumption of command on May 22. The fact that he chose the Far East District as his first Pacific stop should reinforce the Pacific level of importance within the USACE mission.

Visiting along with Lt. Gen. Bostick was the deputy commanding general for Military Programs and International Affairs, Maj. Gen. Kendall Cox. We look forward to having him back again for a few days in mid-August as a part of the upcoming exercise, Ulchi Freedom Guardian 2012.

As we prepare for UFG, I want everyone to be focused on accomplishing our tasks safely and efficiently. UFG is a collaborative annual peninsula-wide exercise that allows us a great training opportunity to exercise what we would do in contingency or crisis. Through UFG as well as other exercises throughout the year, we ensure that the Far East District is ready to respond if the Combined Forces Command and U.S. Forces Korea are called to defend the Republic of Korea from aggression.

As a part of the exercise, we will focus our efforts on the various Forward Engineering Support Teams deploying from the United States. These teams provide support to the district and the U.S. Forces Korea and Combined Forces Command and are a vital asset to our warfighting capabilities. If you have the opportunity to work with any of these teams, please ensure that you welcome them to the Far East District team.

While we are preparing for the exercise, our Republic of Korea hosts will be celebrating Liberation Day on August 15. This day recognizes the end of Japanese control over the Korean peninsula at the end of World War II. I encourage all of us to learn about the significance of this day as it holds deep meaning to our hosts to memorialize this event in their history.

As I close, I ask that if you have a few extra minutes, take a look at our new Web site. It looks great and has been completely redesigned to be more informative, functional and in line with the professional USACE brand.

Thanks for all you do each and every day!

To our great Alliance – Katchi Kapsida!

To our great Corps – Essayons!

One Team Building Strong® in Korea!



## KPRO: working (and playing) hard at Humphreys

**By Patrick Beard and Chris Cormier**  
Korea Program Relocation Office

**T**he Korea Program Relocation Office (KPRO) was born out of the task given to the U.S. Army Corps of Engineers Far East District to construct a new home for U.S. Troops stationed in Korea. KPRO is the preferred organization for managing projects that support this strategic realignment of U.S. Forces, commonly known as Korea Transformation.

To accomplish this enormous mission, KPRO was organized into two teams: the Project Execution Office and the Program Support Office. Project Execution provides management of job site security, C4I (command, control, communications, and computers), and ensuring that proper first aid is always available. Program support manages staff training and also liaisons with U.S. Forces Korea and the Republic of Korea Government.

Working closely with Construction Division's Humphreys Area Office (HAO), these two organizations manage over \$10 billion in design and construction, supporting the transition and relocation of troops from all areas of Korea to U.S. Army Garrison Humphreys. KPRO handles all aspects of project management and works in concert with HAO to deliver facilities throughout the recently expanded garrison. As more projects complete design and enter construction, the two offices continue to have a lasting impact on the shape of Humphreys.

Project management and construction management are complementary forces that, like the Taegeuk (yin yang) symbol on the Korean flag, balance each other to ensure timely delivery of quality facilities. Seamless transfer of responsibility from design to construction requires cross-organizational teamwork and communication.

A relaxing day in the sun does not hurt either.





KPRO recently joined forces again with HAO to boost morale and reinvigorate the team spirit at Humphreys during the 55th Far East District Organization Day, a day to celebrate the district's founding.

The chief of KPRO believes that it is important that the people who work together should also be allowed time to play together. Organization Day gives all the employees a chance to get to know each other outside the work environment.

In 1957, little did the founders of the Far East District know in June of that year that 55 years later these summer months would be fast paced and sometimes hectic as the district undertakes it's largest program ever. Organization Day could not have had a more perfect timing as a day for relaxation.

The summer months are prime for construction, and it's not uncommon to see lines of orange vested personnel and distinguished visitors in hard hats ebbing and flowing from the recently completed Program Management Office. As buildings continue to spring from the soil of the garrison's new lands, more eyes are turning to this multi-billion dollar program.

With the changing face of military construction in the U.S. and the reevaluation of U.S Forces presence in Asia, interest in the projects and programs at Humphreys is at an all time high. Recent notable visitors such as the Army Chief of Engineers and USACE Commanding General Lt. Gen Thomas P. Bostick and Deputy Secretary of Defense Ashton B. Carter are a testament to the importance of these essential programs in Korea.

With all of this and more, these days KPRO is very busy, but at the same time there has never been a more exciting and fulfilling time to be a part of this great organization: the Far East District. Here's to another 55 years of Building Strong in Korea!



*(Above) Korea Program Relocation Office and Humphreys Area Office employees enjoy lunch during the Far East District's 55th Organization Day June 29. (FED File Photo)*

*(Below) The high school project currently underway at U.S. Army Garrison Humphreys is a quality of life project by the Far East District and managed by the Korea Program Relocation Office. (Photo by Patrick Bray)*





# Love what you do and do what you love

By Sgt. Maj. David Breitbach  
FED Sergeant Major

Throughout my life I have had three passions that have shaped and guided me through the years. According to my mother, from the time I was four years old I had already decided that when I grew up I was going to be a carpenter, a Soldier, and a baseball player. You see, on my fourth birthday I was given a carpenter's tool box. That year one of my Uncles, who was in the Army, gave me my first set of Army fatigues. My mother, who loves to tell stories about her children much to our embarrassment says that I did not take that uniform off for a week except to let her wash it. That summer I was given my first baseball glove. That was in 1964. Go ahead and do the math and you will know how old I am. As it turns out I have lived a life that still involves all three of my passions.

That tool box and uniform lead me down a path that I still walk today. I worked on my first construction job when I was five. I helped our neighbor build a fence for his horses. To a five year old that horse pen was huge. I was thrilled to be out in the sun, banging nails all day and when it was done I had my first payday; a whole 25 cents! I would hang around the carpenters building houses in my neighborhood watching and learning, most did not mind as long as I did not get in the way and I would do the clean-up after they quit for the day; taking all the scrap lumber and nails I could carry off to my backyard to build my own house.

In school as a student I was not in the highest academic standing, teachers all would say I did not work to my potential and that was true. I knew that I was not going to go to college and I had intentions of going to join the Navy and become a Seabee like my father was, but in stepped my uncle who gave me that first uniform only to convince me that the Army was a better choice and so began part two. With the Army I was fortunate to be in units that had great troop construction projects; I spent most of 1984 on a project just south of the Imjin River. I was even assigned to be a carpentry instructor. I reached a point in my life where I wanted to have a career in construction and left the active Army and entered the Army Reserve. I move to Phoenix where my life as a carpenter took off. Over the years I had the great fortune to have worked at the largest nuclear power plant in the United States, I have built bridges, built and remodeled countless commercial buildings and what



I love to build most; custom homes. There is a special satisfaction knowing that I was part of a team that took someone's vision of a home and made it a reality, I considered it to almost like being an artist.

Life is full of twists and turns and I have been more than a little fortunate to have been able to be assigned to the U.S. Army Corps of Engineers as it has allowed me to continue to be a Soldier associated with three of its largest and most challenging construction programs in USACE history. Working in Iraq and being part of the reconstruction efforts, the Fort Bliss Expansion Program and now with the Far East District and the mission at U.S. Army Garrison Humphreys. Putting on my hard hat and going out to a construction project site and just the sights and sounds of the machinery and tools and workers in action gets my heart going a bit more; that fact that I am still wearing a uniform just makes it that much better.

I mentioned in the beginning that I had three passions and I did not mention baseball again; I will save that for another time. That tool box I got when I was four; well that is long gone but the Army fatigue shirt and the baseball glove have somehow survived and are both safe and secure in a drawer at home to someday be passed down to grandchildren. If there is a message I want to convey to the readers it is that having a job you really love makes going to work a pleasure and not a chore. 🇺🇸





Sgt. Major David Breitbach (right), FED Sergeant Major, looks over a road extension project at Ft. Bliss, Texas prior to his assignment at FED. Breitbach enjoys being an engineer and the many exciting projects that come along with the job. (Photo provided by Sgt. Major Breitbach)



(From left to right) Sam Adkins, Tim Masters, and Steve Kim at a project site at Camp Carroll love what they are doing for U.S. Forces Korea. (Photo by Patrick Bray)

(From left to right) Boon Lim, Tim Masters, and Vincent Pecchia from the Souther Resident Office enjoy each other's company before a groundbreaking ceremony. (Photo by Patrick Bray)





## Far East District Welcomes

# 53RD CHIEF OF ENGINEERS

By Patrick Bray  
FED Public Affairs

**T**he Far East District welcomed Lt. Gen. Thomas P. Bostick, commanding general of the U.S. Army Corps of Engineers and Chief of Engineers, on his first visit to Korea July 16-17.

Bostick became the 53rd U.S. Army Chief of Engineers when he assumed command May 22. Since then he has spent the past seven weeks on the road touring the various districts and their projects and meeting a workforce of about 600 Soldiers and more than 37,000 civilians.

Even though Korea was his next stop, Bostick prioritized this visit due to the multi-billion dollar Yongsan Relocation and Land Partnership Plans, currently USACE's largest project. The two plans are bilateral agreements between the Republic of Korea and the U.S. to consolidate U.S. Forces which are currently spread out over the peninsula. The majority of U.S. Forces will relocate to U.S. Army Garrison Humphreys in Pyeongtaek, about 40 miles south of Seoul, by 2016. He also focused on the U.S. strategic shift to the Asia-Pacific region.

"As we look to the future, this is going to continue to be a very important part of the world. We've already pulled out of Iraq, we're pulling out of Afghanistan, and we're already starting to see a lot of the focus to the Far East," said Bostick. "It is pivotal that we are successful in this region. So we are going to put all of our energy into this effort."

Col. Donald E. Degidio, Jr., FED commander, escorted Bostick throughout his visit.

"Lt. Gen. Bostick recognized the superlative actions of the District and the strategic impact the engineers are having regarding the multi-billion dollar transformation effort," said Degidio. "The district is partaking in a tremendous transformation effort, especially within the YRP and LPP framework."

Bostick was given a helicopter July 17 of the expansion project at Humphreys. The aerial tour is the only way to fully understand first-hand the magnitude of the scope of work being done to improve and expand the existing installation.

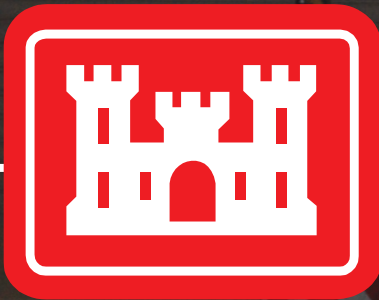
During the tour Greg Reiff, area engineer for the district's Humphreys Area Office, briefed Bostick on the installation's expansion, the progress of some of the projects, and some of the challenges FED has overcome to get to where it is today.

Continued on page 10.



*Lt. Gen. Thomas Bostick, Chief of U.S. Army Engineers and Commanding General of the U.S. Army Corps of Engineers, meets with Vice Minister of National Defense Lee Young-geol July 17 during Bostick's visit to the Republic of Korea July 16-17. During his two-day visit, Bostick met with U.S. and Korean military officials and toured the multi-billion dollar construction project at U.S. Army Garrison Humphreys, about 40 miles south of Seoul. Bostick's visit to the Corps of Engineers Far East District in Korea was his first overseas district visit since assuming command May 22. The Corps of Engineers has about 37,600 military and civilian personnel providing project management and construction support in more than 100 countries. (Photo by Jason Chudy)*





*Lt. Gen. Thomas Bostick, the Chief of U.S. Army Engineers and Commanding General of the U.S. Army Corps of Engineers, speaks to members of the Far East District in Seoul July 16. This was his first visit to the Republic of Korea since assuming command May 22. (Photos by Patrick Bray)*





Continued from page 8.

“The aerial tour is the icing on the cake for these types of visits. When you actually see it from the sky, it gives a whole new perspective to the extent of this program,” said Reiff. “We are essentially taking what were once low-lying rice paddies and turning these into a city. On paper or PowerPoint you might see individual buildings, but up there you get the whole thing. It lets you better visualize the many complexities and challenges of an undertaking of this extent.”

Back on the ground, Bostick addressed FED personnel at a “castle call” meeting at the base gymnasium and used the opportunity to refer back to what he saw on the aerial tour.

“There is a lot of work yet to be done and all of that work is going to get done by the folks on the ground here [in this room],” said Bostick. “If there is a place to be to do work in construction, this is it. I don’t think you could be in a better place to practice your trade.”

Following the “castle call” Bostick was able to visit some of the Humphreys project sites. Dave Talbot, resident engineer at the district’s Family Housing Resident Office, took Bostick to the new housing towers and showed him a mock-up room. From there they proceeded to the 12th floor of the tower where Bostick was able to get an impressive view of the ongoing land development and construction of numerous projects.


Bostick also met with many key leaders in the Korea Ministry of National Defense and U.S. Forces Korea to discuss the role of the entire team of teams who are working together to make the relocation project possible. He met with Gen. James D. Thurman, Commander of United Nations Command/Combined Forces Command/U.S. Forces Korea. He was also able to meet with Korea Vice Minister of National Defense Lee Young-geol.





“The Chief of Engineers visit to the Republic of Korea was of strategic and operational importance to both our ROK-U.S. Alliance and that of U.S. Forces Korea and our U.S. service components,” said Degidio. “He thoroughly enjoyed his visit to the Far East District and Korea.”

Throughout his tour Bostick stressed the importance of the work being done by FED for the military, the Republic of Korea, and for the United States of America by emphasizing that that work could not be done without the district’s people who work by the motto “one team building strong in Korea.”

“The Corps of Engineers is the greatest engineering organization in the world and you are part of that,” said Bostick. “It’s all about people.” 

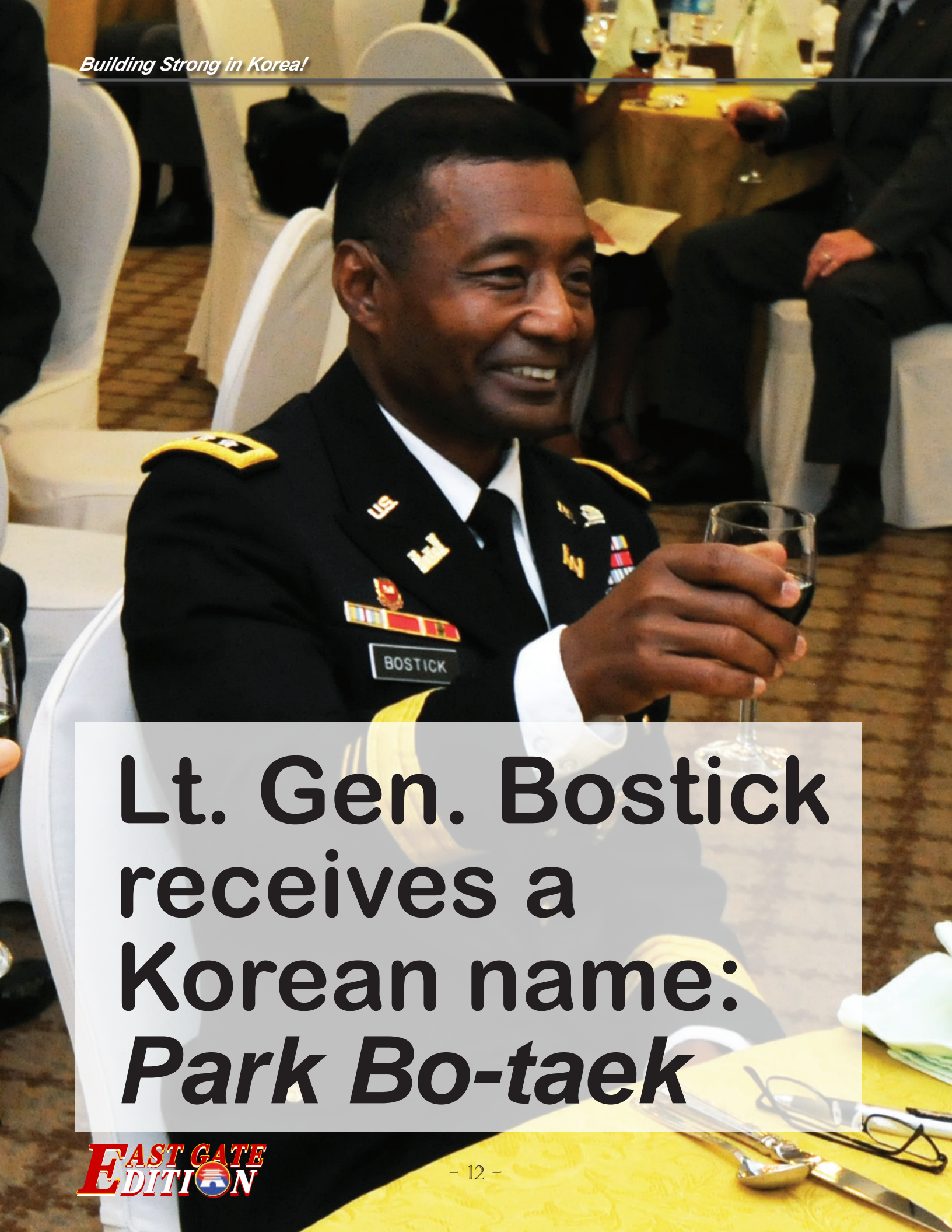
*(Opposite page) Lt. Gen. Thomas Bostick listens to Dave Talbot, FED Family Housing Resident Office resident engineer, as he briefs him on construction progress visible from the 12th floor of the new housing towers July 17. Bostick, the Chief of U.S. Army Engineers and Commanding General of the U.S. Army Corps of Engineers, was in Korea July 16-17 meeting with U.S. and Korean military officials and touring the multi-billion dollar construction project at Humphreys. Bostick’s visit to the Far East District was his first visit to Korea since assuming command May 22. (Photo by Patrick Bray)*

*(Right) Lt. Gen. Thomas Bostick listens to Far East District area engineer Greg Reiff during a flight to U.S. Army Garrison Humphreys, as he briefs him on construction progress at the facility, about 40 miles south of Seoul. Bostick, the Chief of U.S. Army Engineers and Commanding General of the U.S. Army Corps of Engineers, was in Korea July 16-17 meeting with U.S. and Korean military officials and touring the multi-billion dollar construction project at Humphreys. Bostick’s visit to the Far East District was his first visit to Korea since assuming command May 22. (Photo by Jason Chudy)*

See more photos of Lt. Gen. Bostick’s visit at  
[www.flickr.com/photos/fedpao/sets](http://www.flickr.com/photos/fedpao/sets)





A photograph of Lt. Gen. Bostick, a Black man, smiling and holding a glass of red wine. He is wearing a dark blue U.S. military uniform with yellow epaulettes and several medals on his chest. A name tag on his left chest reads "BOSTICK". He is seated at a table with a yellow tablecloth. In the background, other people are seated at similar tables, and the setting appears to be a formal dinner event.

# **Lt. Gen. Bostick receives a Korean name: *Park Bo-taek***



**By Patrick Bray**  
FED Public Affairs

**L**t. Gen. Thomas P. Bostick, Commander of the U.S. Army Corps of Engineers and 53rd U.S. Army Chief of Engineers, was conferred with a Korean name July 16 during a ceremony at the Korea Ministry of National Defense.

Suh Jin-sup, Chairman of the Republic of Korea-U.S. Alliance Friendship Association, conferred Bostick with the name Park Bo-taek. The family name "Park" is derived from the Korean pronunciation of the letter "P," Bostick's middle initial. The U.S. Army Corps of Engineers, Far East District Headquarters is located on Eulji-ro (Eulji Street) in Seoul. Therefore Eulji is chosen as the origin for his family name.

Bo-taek is a combination of the Chinese characters "Bo," meaning "treasure," and "taek," meaning "house" together which sound similar to Bostick. "Bo" was chosen out of consideration of his responsibilities as commanding general of the U.S. Army Corps of Engineers and "Taek" for his responsibility to provide project management and construction support to 250 U.S. Army and Air Force installations worldwide.

"I noticed the inclusion of the Korean word 'Taek,' meaning house," said Bostick. "This is particularly important to me because I believe that one of the U.S. Army Corps of Engineers' greatest missions is providing the best facilities possible in which our service members can live, train, and work."

Bostick now shares the same family name with former Korean President Park Chung-hee, who played a major role in Korea's economic development, and former U.S. Ambassador to Korea Alexander R. Vershbow, whose Korean name is Park Bo-woo.

The bestowal of a Korean name is an important part of Korea's history and dynamic cultural heritage, but before receiving a Korean name, Bostick already had a familial connection with Korea going back to the 1950-1953 Korean War.

"My father, Army Master Sgt. Sidney Bostick, was one of the Soldiers who fought in this far-away land many years ago, and so it is especially meaningful for me to be honored by Chairman Suh and the wonderful Korean people this evening," said Bostick.



# 박보택

Continued from previous page

Bostick was also bestowed with the rank of honorary fifth degree black belt by Grand Master Lee In-ho of the American Taekwondo Association. Bostick is now a lifetime member of the association.

Maj. Gen. Paul Crandall, U.S. Forces Korea chief of staff for transformation and Bostick's West Point classmate and friend, proposed a toast at the ceremony.

"I have had the privilege of knowing Cadet Bostick for 38 years, since we were cadets," said Crandall. "It was evident to me and others from even those very early days that Cadet Bostick was clearly destined to serve with distinction and rise to the rank of general officer."

To strengthen the Alliance, the ROK-U.S. Alliance Friendship Association has bestowed Korean names on many American leaders. Bostick is now one of those leaders to receive a name. U.S. President, Barack Obama was given the name "O Han-ma." U.S. Secretary of State Hillary Rodham Clinton was named "Han Hui-sook." Gen. Walton H. Walker, former Eighth U.S. Army commander, who died during the Korean War, was named "Gu Wung-su." 🇺🇸

## What's in a *Korean* name?

By Kim Chong-yun  
FED Public Affairs

**W**hat do Korean names mean? Korean names consist of a family name followed by a given name. Although pure Korean names are gaining popularity nowadays, the overwhelming majority of Korean names are Sino-Korean, which has a meaning that must refer back to Chinese to understand. Therefore to figure out the meaning of a Korean name you need to know what Chinese characters are used for the name. Otherwise it is really hard to say what the name exactly means.

There are about 280 Korean family names currently in use, and the three most common, Kim, Lee, and Park account for nearly half of the population, according to the 2000 census. Also, last names are not always one syllable. This is uncommon but there are around a dozen two-syllable last names, such as Nam-goong and Hwang-bo.

Each family name is divided into one or more clans, which are identified by a specific place and trace its origin to an ancestor. For example, when you say you are a "Kimhae Kim," that means you are a Kim clan member, originally from Kimhae region.

Korean given names are usually two syllables. Each syllable has an individual meaning originated from its Chinese character. One of the two characters in a given name is sometimes shared by all people in a family generation. For example, siblings or cousins share the same character in their given names in the same fixed position and the other character is unique to the individual. 🇺🇸





Suh Jin-sup, chairman of the Republic of Korea-U.S. Alliance Friendship Association, points to Korean characters on a scroll as he reads them to LT. Gen. Thomas Bostick, the Chief of U.S. Army Engineers and Commanding General of the U.S. Army Corps of Engineers, during a "Korean naming ceremony" July 16. Bostick was given the honorific Korean name Park Bo-taek by the association during his visit to the Republic of Korea, where he met with U.S. and Korean military officials and toured the multi-billion dollar construction project at U.S. Army Garrison Humphreys, about 40 miles south of Seoul. Bostick's visit to the Corps of Engineers Far East District in Korea was his first overseas district visit since assuming command May 22. The Corps of Engineers has about 37,600 military and civilian personnel providing project management and construction support in more than 100 countries. (Photo by Patrick Bray)



# What does it mean to be a Far East District summer hire?

**By Connor Dunwoody**  
FED Public Affairs

*Editor's note: Every summer the Far East District gives an opportunity to students from various educational backgrounds and levels the opportunity to learn about the U.S. Army Corps of Engineers. This month and next month the East Gate Edition will highlight cadets, Advancing Minorities' Interest in Engineering interns, and summer hires as they share their unique learning experiences.*

**B**eing a summer hire at the Far East District's Public Affairs Office has given me an amazing opportunity to learn new skills that I can use in any professional field that I choose to enter. Since I began working at the U.S. Army Corps of Engineers I have been able to develop certain skills such as writing, organization, and communication. I believe these skills will follow me in every single job that is presented to me. These not only help in my professional work setting from day to day but it also helps me take a greater step into adulthood.

Responsibility is something I have had to develop on since I started working. Developing responsibility, however, is not always a negative experience. I have faced positive experiences such as being responsible for a good day's work or being responsible for helping make a project above the standard. These situations also help me develop better self esteem which then improves my ability to communicate with others. Communication is key when dealing with other people in an office setting. Helping pass on a message is extremely important when on a strict time table. Being able to communicate concerns and ideas during a meeting is also important for team building and a successful final product. I believe working with the public affairs office has helped build up all of these skills to help me in the future.

While being a summer hire, I was able to visit U.S. Army Garrison Humphreys. It was an amazing opportunity to take in such a large and expansive project. It is a very impressive undertaking. I was also able to take part in the preparation of Lt. Gen. Thomas P. Bostick's first visit to the Far East District. Work was difficult at this time, everything needed to be completed in perfect time and with precision. It was a great feeling when all of our hard work was recognized and appreciated by such an important guest. I know that now I can really appreciate the amount of work and foresight that goes into such an event.

One final aspect of working with the Far East District that should not be overlooked was my ability to make new friends and the opportunity to get to know the people that I work with and interact with on a daily basis. I have found that the people within the Corps of Engineers have created a close and compassionate family and everyone was especially kind in welcoming me. The people I have encountered here have become my personal friends who have shown me more than enough understanding, patience, and compassion. I would just like to take a moment to thank those people and to let them know how much I appreciated their kindness. I owe FED so much for helping me learn and develop professional skills and introducing me to such a friendly and understanding work environment.



*See summer hire awards on page 26.*




*Connor Dunwoody (left), FED summer hire, receives a plaque from Jason Judy, FED Public Affairs Office, July 27 for his work during the summer 2012. (Photo by Kim Chong-yun)*

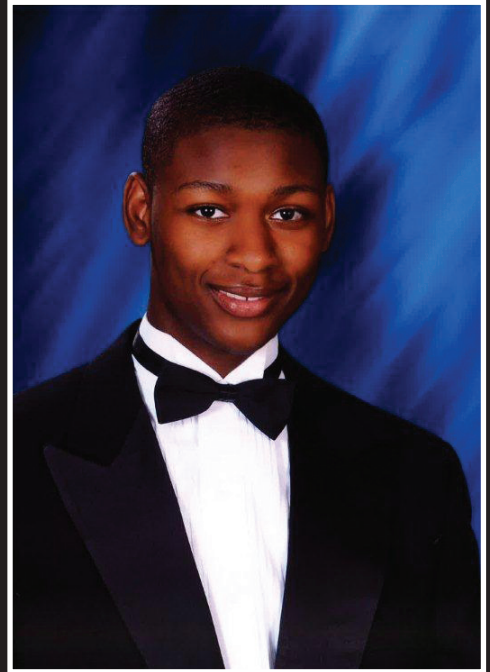


# Congratulations *again* to the Class of 2012!

By Patrick Bray  
FED Public Affairs

**D**uring the summer months, universities and high schools open their doors and recent graduates are excited to get out into the “real world.” This is a season of celebration for many proud parents whose sons and daughters just graduated. Here are a couple of more recent graduates in the U.S. Army Corps of Engineers Far East District family. 

*Hunter Mc Guire Gordon Dandridge, V, son of Hunter Dandridge, deputy resident engineer at FED's Pyeongtaek Resident Office, was among the first students to graduate from Daegu High School at Camp Walker June 8 (the school opened last fall). He received an award from the school for academic excellence, Student of the Quarter, and also received a scholarship from Omega Psi Phi Fraternity. His future plans are to attend Keimyung University in Daegu to study International Relations. (Photo by Daegu High School)*



*Rebecca H. Cho, daughter of David J. Cho, FED Engineering Division, graduated from the University of California, San Diego with a Bachelor of Arts in Communication. Her future plans are to serve an internship with the San Diego Foundation, a non-profit organization for improving community quality of life. (Photo provided by Cho Family)*





# UNION SPOT LIGHT

## Mental Health

**By Chon Kyong-Ho**  
FED Engineering Division

It is almost the end of the fiscal year, a time when all of our FED members are busy and stressed. This year especially with the wage freeze, the stress added could be worse. Therefore, this month I would like to write about stress. The information on stress, which is the definition, the cause, and ways to relieve stress are all gathered information from other sources. Let's all not be stressed too much because however long the night, the dawn will break, and the sun will shine brighter than ever. FED members, take care of your health in this annoying, hot weather.

### 1. Defining Stress

The word stress is derived from the Latin word 'stringer' meaning 'draw tight.' Throughout the late 1930's and early 1940's Dr. Hans Selye, who was a professor and director of the Institute of Experimental Medicine and Surgery at the University of Montreal, was the first to give a scientific explanation for biological stress, he said the cause of stress was from an external stimulation and the non-specific response of an organism caused by the stressor is called stress. This response is related with the adrenal cortical hormone and is caused when your body is physically imbalanced.

### 2. Cause of Stress

Cause of stress can be divided into two sources, the external stressor and internal stressor.

#### (1) External stressor

- physical environment: noise, bright light, confined spaces, severe weather conditions
- social relationship: disrespect, orders, arguing with others
- social organization: rules, policies, procedures, deadlines
- big events in life: death of family members, job loss, promotion, child birth
- day to day complications: commuting, mechanical failure, object loss
- health issues: disease, operations, burns, low blood sugar, radiation, to name a few

#### (2) Internal stressor

- lifestyle choices: caffeine, sleep deprivation, over scheduling, new experiences
- negative self talks
- pessimistic mindset, no self confidence, overly anxious about problems, inferiority complex, uncertainty on future
- mind traps
- unrealistic expectations, self-righteous attitude, exaggerated strained thoughts
- personal characteristic that easily develops stress: perfectionist, workaholic, timid personality

### 3. How to relieve and manage stress

The best way to relieve stress is to get rid of the situation or the cause of what is causing you to be stressed. But you can't always get rid of the situation or the cause. When in circumstances like these, you should make efforts to change the way you behave and think to escape from the stressful situation.


#### (1) Relax (relax breathing method)

- Breathe in deep through your nose and hold your breath for a while.
- Breathe out slowly.

#### (2) Change of thought

- Change your way of thinking that everything must be perfect.
- Not everyone has to think and act the way you do.
- Try to change your negative self talks to positive ones.
- Don't worry too much about things that may happen.

#### (3) Change your attitude

- Prioritize your work and accomplish those one at a time.
- Don't be self-conscious.
- Look for hobbies or things to do other than work.
- Plan something special for yourself and do it.
- Try doing your favorite exercise. 



# UNION SPOT LIGHT

## 정신건강론

By Chon Kyong-Ho  
FED Engineering Division

우리 동지들이 가장 바쁘고 스트레스를 받는 시준인 회기 말이 돌아왔습니다. 올해는 작년부터 계속된 임금동결까지 겹쳐져 더욱 심적인 고통이 많을 것으로 사료됩니다. 이에 스트레스에 대한 정의 및 원인, 해소방법에 대하여 문헌 참고하여 기술해 보았습니다. 우리모두 스트레스 받지말고 밤이 길면 새벽이 멀지않고 그때 떠오르는 태양은 더 찬란하게 빛날것임을 믿어 의심치 않습니다. 동지 여러분 덥고 짜증스러운 날씨에 건강조심 하세요.

### 1. 스트레스의 정의

스트레스라는 말의 어원은 라틴어의 'stringer'로서 '팽팽하게 죄다'라는 뜻에서 유래되어 stress라는 용어로 쓰이기 시작했다. 1930년대 후반과 1940년대 전반에 걸쳐 셀리(Selye)박사는 과학적 영역에서 최초로 스트레스 개념을 제시하였고 스트레스를 일으키는 외부적 자극을 스트레스 요인이라 하고, 스트레스 요인에 의한 유기체의 비 특이성 반응을 스트레스라고 칭하였다. 이러한 반응은 부신피질 호르몬과 관계가 있고 신체적 불균형 상태에 의해 초래된다고 보았다.

### 2. 스트레스의 원인

스트레스의 원인에는 외적원인(external stressor)와 내적원인(internal stressor)으로 나눌 수 있다.

#### (1) 외적 원인

- 물리적 환경 : 소음, 강력한 빛, 한정된 공간, 극심한 추위와 더위
- 사회적 관계 : 무례함, 명령, 다른 사람과의 격돌
- 조직사회 : 규칙, 규정, 형식절차, 마감시간
- 생활의 큰 사건 : 친족의 죽음, 직업상실, 승진, 출산
- 일상생활의 복잡한 일 : 통근, 기계적 고장, 물건의 잃어버림
- 건강상의 문제 : 질병, 수술, 화상, 저혈당, 방사선 등

#### (2) 내적 원인

- 생활양식의 선택 : 카페인, 수면부족, 과중한 스케줄, 새로운 경험
- 부정적인 자신과의 대화
- 비관적인 생각, 자신혹평, 과도한 근심 걱정, 열등감, 미래에 대한 불확실성
- 마음의 울가미(mind traps)
- 비현실적 기대, 독선적인 소유, 과장되고 격화된 사고
- 스트레스가 잘 생길 수 있는 개인 특성 : 완벽주의자, 일벌레, 소심한 성격

### 3. 스트레스의 해소방법 및 관리법

스트레스를 해소하기 위해서는 스트레스를 받은 그 상황이나 원인을 제거하는 것이 가장 좋은 방법이다. 하지만 언제나 그 상황과 원인을 제거할 수는 없다. 이럴 경우에는 나의 생각과 행동을 변화시켜 스트레스 상황에서 벗어날 수 있도록 노력해야 한다.

#### (1) 이완(이완 호흡법)

- -깊이 코를 통해 숨을 충분히 들이 마시고 그 대로 숨을 참는다.
- 천천히 숨을 내쉰다.

#### (2) 생각 바꾸기

- 완벽해야 한다는 사고에서 탈피한다.
- 남들도 나와 같이 생각하고 행동해야 한다는 생각을 버린다.
- 부정적인 자기 대화를 긍정적으로 바꾸도록 노력한다.
- 나중 일을 미리 걱정하지 않는다.

#### (3) 행동 바꾸기

- 일의 우선순위를 정하고 한 번에 한 가지씩 해낸다.
- 남의 눈을 너무 의식하지 않는다.
- 일 외에 좋아하는 취미활동을 갖도록 한다.
- 자신만을 위한 일을 계획하여 실천한다.
- 좋아하는 운동을 한다. 🇸🇰





**By FED Equal Employment Opportunity Office**

Diversity Illustration by Ashley Shoemaker, Middle East District

**T**he U.S. Army Corps of Engineers, Far East District holds a Special Emphasis observance program. Behind each program, Special Emphasis Program Managers have arranged many of the events in order to inform the workforce about the different cultures and backgrounds that make up the Far East District's workforce .

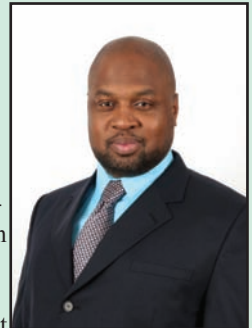
However, many people may not be aware of the many functions and roles of the manager. Being a Special Emphasis Program Manager is more than just organizing the observance programs. The managers' contributions in the workforce help achieve the Far East District's goals and commitment to diversity.

**Black Employment Special Emphasis Program**

*Program Manager: Shawn L. Washington*

*Recognition: African American/Black History Month (February)*

Shawn Washington, a graduate of Trident University International's School of Technology Management in Cypress, California, has been a part of U.S. Army Corps of Engineers for 27 months. He started his federal career first with 13 years of honorable military service and then continued on as a civilian. He is presently a Workforce Management Liaison Specialist with the Workforce Management Office at the U.S. Army Corps of Engineers, Far East District. He has taken on the responsibility of Black Employment Program Manager, which is one of many additional duties assigned to him.



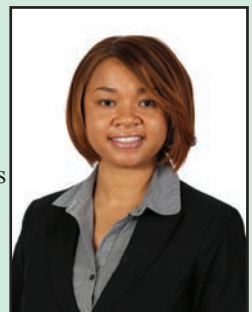
"The Black Employment Program serves as an organizational liaison to recruit and assist in barrier analysis in efforts to set a goal for the District in attracting a diverse working environment," said Washington. This particular program represents the District's commitment to continue to grow a diverse workforce. Washington also stated that Diversity is building a team of people with different backgrounds, distinct experiences, and unique points.

**Federal Women's Special Emphasis Program**

*Program Manager: Khadijah Y. Freeman*

*Recognition: Women's History Month (March)*

Khadijah Freeman is the Far East District's Program Information Specialist in the Information Management Office. Prior to serving with the Far East District, Freeman was a Loan Specialist/Staff Accountant with the Patriot Loan Company. She has been a Special Emphasis Manager for two years and has enjoyed helping women in their employment and career advancement. She received a Bachelors in Business Management/Project Management from Columbia Southern University. Freeman is also a U.S. Army Veteran having served on Active Duty for five years and completing tours in Yongsan, Korea; Fort Bragg, North Carolina; and Fort Campbell, Kentucky. She has been married for nine years to Master Sgt. Calvin Freeman and is the mother of two children.



Freeman encourages women to use career enhancing tools such as mentoring, shadowing assignments, and cross training. "My goal is to see to it that women are provided information on career planning, upward mobility, special training (cross training, special details and assignments), continuing education opportunities, and balancing work and family that helps improve self-confidence and competitive status with men," said Freeman.

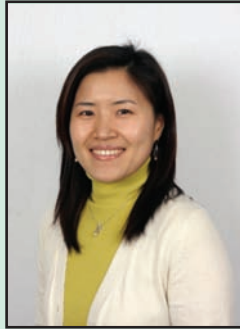


### Asian Pacific American Special Emphasis Program

*Program Manager: Kim Chong-yun*

*Recognition: Asian Pacific American Heritage Month (May)*

Since 2006, the Asian American/Pacific Islander Heritage Program Manager has been Kim Chong-yun. She has been employed at the Far East District since 2004 when she joined the Public Affairs Office as a writer/editor. She is responsible for editing and publication of the East Gate Edition, a monthly magazine for the District.



A native of Seoul, Korea, Kim attended Hankuk University of Foreign Studies, Seoul and holds two Masters Degrees in English Linguistics and Teaching Korean as a Foreign Language. She is also a graduate of the Defense Information School's Editors Course, 2006.

"Every May, I've organized this program for several years but the programs have never been the same or similar. That proves how dynamic and diverse Asian-Pacific American cultures are," said Kim. "The program is a good opportunity for Asian-Pacific Americans to let people know about their traditional heritages, and for others to learn and experience Asian-Pacific cultures."

### Hispanic Employment Special Emphasis Program

*Program Manager: Rogelio (Roger)*

*E. Preciado*

*Recognition: Hispanic Heritage Month (15 September-15 October)*

Roger Preciado, a Project Manager with FED's Korea Program Relocation Office, has only worked in Korea for less than a year and already volunteered to lead the Hispanic Employment Special Emphasis Program. Preciado was born and raised in Panama and left the country just two days short of the December 31, 1999 expiration date of the 1977 Panama Canal Treaties (Torrijos-Carter). He since has worked as an engineer in different assignments at Ft. Buchanan, Puerto Rico; Heidelberg, Germany; Brussels, Belgium; and currently USAG Humphreys, Korea.



"To me, FED could very well also mean 'Fully Embracing Diversity' as this is one organization that truly reflects a melting pot of cultural diversity. However, I feel that Hispanics are still underrepresented, and my goal is to make this change. Hispanics currently represent an immense human capital resource in the US. We just need to find out how to tap into it and bring them over to FED," said Preciado. He knows that the Hispanic Employment Special Emphasis Program is the way to go to achieve this goal.

### Individuals with Disabilities Special Emphasis Program

*Program Manager: Robert L. Slentz*

*Recognition: National Disability Employment Awareness Month (October)*

Robert Slentz, a disabled veteran, has served in the Air Force for 22 years and has served with FED for five and a half years. He is assigned as a Construction Representative at Humphreys Area Office, Family Housing Resident Office. He is a graduate of Louisiana Tech University, Barksdale Air Force Base, Louisiana.



Slentz has collateral duties as the Special Emphasis Program Manager for Individuals with Disabilities. "My goal is to help others with disabilities by ensuring hiring officials are aware of recruiting programs for Individuals with Disabilities," said Slentz. "I also want to help individuals with disabilities get reasonable accommodations as required."


### Native American/Alaskan Native Employment Special Emphasis Program

*Program Manager: Keysha A. Cutts-Washington*

*Recognition: National American Indian Heritage Month (November)*

Keysha Cutts-Washington, a Project Manager for the Korea Programs Relocation Office (KPRO), has served as the Special Emphasis Program Manager for the Native American Heritage Program for the past three years. She also serves as the Program Manager for Far East District's (FED) Advancing Minorities Interest in Engineering (AMIE) Intern Program.



As a member of the FED Special Emphasis Programs Team, Cutts-Washington has had the opportunity to develop both personally and professionally. She is afforded the opportunity to make significant contributions to the recognition and appreciation of achievements of all Americans, while developing a unique appreciation for different cultures and a zest to continue to learn more. Working to assist the District in its goal to recruit and retain a competent, capable, and diverse workforce, through increased awareness, mutual respect, and understanding, has been very rewarding for Cutts-Washington. She is encouraged when employees take the time to offer feedback on the Special Emphasis Observances and pleased when they share that they actually learned something. She is very optimistic that the District is making significant strides to practice and promote policies and partnerships that increase and enhance everyone's awareness of importance to embrace the historical and cultural diversities of each affinity group recognized by the Special Emphasis Programs. 





# *Building **Safety Strong***

## **ARMY SAFE IS ARMY STRONG**



### *Safe At Home*



#### **Falls**

- Use non-slip rugs and mats
- Remove loose carpets, cords and other trip hazards
- Keep walkways and stairs free from clutter, toys and other trip hazards
- Don't place cords under rugs
- Keep stairs well lighted
- Use the handrails going up and down stairs
- Use a step ladder instead of a chair



#### **Electrical**

- Purchase and use only approved equipment
- Don't place cords under heavy furniture or tack up
- Don't overload cords or circuits
- Unplug appliances when not in use
- Ground major appliances
- Cover unused outlets to protect children from accidental electricution



#### **Fires**

- Put a smoke detector on the ceiling of every room
- Put carbon monoxide (CO) detectors on a wall outlet in each sleeping area
- Keep an A-B-C fire extinguisher in an open, easily reached location
- Check detectors and extinguishers monthly
- Change out detector batteries every six months
- Plan at least two ways out and meet at a pre-determined place





*Michael Neaverth  
PPMD*



*Daniel Shin  
Contracting Division*



*Steve Cho  
PPMD*



*Haley Rieck  
Engineering Division*



*Amber Houston  
Construction Division*



*Steve Ozoa  
Engineering Division*

# Jason Chudy

## Public Affairs Office

### *My Plan*

I help the Corps Build Strong in Korea by...

- Providing top-quality service to the district, division and headquarters by ensuring that our stories are told
- Being the best-possible supervisor, mentor, co-worker, subordinate as possible to each and every member of the Far East District team
- Using my nearly quarter-century of experience in the military public affairs field in Asia, Europe and the United States to best support our missions



## *My Plan, My Face*

### **My Plan**

I help the Corps Build Strong in Korea by (What piece of the puzzle do I provide to ensure the U.S. Army Corps of Engineers goes from Good to Great?)...

- Which Far East District operations plan actions and tasks do I support?
- Which Pacific Ocean Division implementation plan action do I support?
- Which Corps of Engineers command plan goals and objectives do I support?
- What unique contributions do I make to FED, POD, USACE, and our Nation?

### **My Face**

I am Building Strong in Korea by...

- Fun things I do
- People and Family
- Hobbies
- What else?

### *My Face*

I am a key person in the Corps by...

- Traveling, learning about Korea, and reading
- Daughter, Beatrix, 5, in the U.S.
- I greatly enjoy my time in Korea and am very lucky to be with the Far East District





**Maria Lee**

**Executive Office**



### *My Plan*

I help the Corps Build Strong in Korea by...

- I focus the districts efforts to understand and engage key audiences to create, strengthen, or preserve conditions favorable for the advancement of Corps of Engineers interests' policies, and objectives through the use of coordinated programs, plans, themes, messages, and products.
- I ensure that all of our district leaders communicate command intent with "one voice."



### *My Face*

I am a key person in the Corps by...

- I truly love the Corps mission.
- I think the people I work with are great and it's super fun working with them.
- I love listening and learning about everyone and everything.

**Would you like to share your "My Plan, My Face?"**

If you are a Far East District civilian or Soldier, simply send yours into the Public Affairs Office and you could be featured in the next East Gate Edition!

# From the Commander

## *Thank you for doing GREAT things:*

(Right) Col. Donald E. Degidio, Jr., commander of the Far East District, recognizes the Logistics Management Office's Facilities and Services Branch for their support during the visit of the 53rd Chief of Engineers Thomas P. Bostick. The Facilities and Services Branch ensured that the FED compound was maintained, cleaned, and presentable for the chief's visit.

(Below) Col. Degidio recognizes the Far East District's summer hires for 2012 for the hard work they accomplished from June through August.



(Below) The Far East District's Resource Management Office was the overall first place winner in the 55th Organization Day sporting events June 29.







Col. Donald E. Degidio, Jr.

## 사령관 코너

최고의 극동 공병단 팀과 모든 팀들에게,

7월은 공병단에 중요한 달이었습니다.

이번 달은 제53대 미육군공병감이신 토마스 보스틱 중장님께서 한국을 방문하셨습니다. 방문 기간동안 보스틱 중장님은 이용걸 국방부 차관, 제임스 서먼 주한미군사령관과 같은 한·미 주요인사들을 만나셨습니다.

올 5월 22일에 부임한 보스틱 중장님께서 부임 후 바로 우리 공병단을 방문한 것은 매우 특별한 일입니다. 중장님이 태평양 사단의 첫번째 행선지로 극동공병단을 선택한 것은 USACE 임무 중 태평양 지역이 가지고 있는 중요성을 다시 한번 나타내 주었습니다.

보스틱 중장님과 동행하였던 미 육군공병단 군사계획 및 국제정세 담당 부사령관이신 캔달 콕스 소장님께서 8월 중순에 시작하는 을지프리티엄가디언 훈련에 참여하기 위해 한국을 다시 방문할 예정입니다.

다가오는 훈련을 준비하며 우리에게 주어진 훈련 임무를 안전하고 능률적으로 완수하시길 바랍니다. 매년 한반도 전역에서 실시되는 이 훈련은 전시 및 비상시 우리가 해야할 일을 연습할 수 있도록 합니다. 을지프리티엄가디언 훈련 및 다른 훈련들은 우리 극동공병단이 한미연합사령부와 주한미군의 지시를 받아 공격으로부터 대한민국을 지킬 수 있도록 준비시켜 주고 있습니다.

우리는 을지프리티엄가디언 훈련을 위해 미국에서 파견되는 다양한 Forward Engineering Support Team 들을 중점으로 지원할 것입니다. 이 팀은 공병단, 주한미군, 그리고 한미연합사령부를 지원하며 우리의 전시 수행능력에 있어 중요한 자산입니다. 여러분이 이 팀들과 함께 일을 하게 될 기회가 생긴다면 그들이 극동 공병단 팀에 온 것을 환영해 주시기 바랍니다.

우리가 훈련을 준비하는 동안 대한민국은 8월 15일 광복절을 맞이합니다. 광복절은 세계2차대전의 종전과 함께 한반도가 일제 강점기에서 해방된 것을 기념하는 날입니다. 대한민국 역사에 있어 매우 의미깊은 날인 만큼 여러분 모두 광복절의 의미를 되새겨 보는 시간을 갖길 바랍니다.

끝으로, 시간이 있으실 때 공병단의 새로운 웹사이트를 방문하시길 바랍니다. 새로운 사이트는 새로운 디자인으로 기존 사이트보다 많은 유용한 정보를 제공하고, 실용적이고 전문적인 USACE브랜드에 부합하는 사이트입니다.

매일 애쓰시는 여러분께 감사드립니다!

우리의 최고의 동맹에게 - 같이 갑시다!

우리의 최고의 공병단에게 - 에세이온!

한반도에 강한 건설을 수행하는 하나의 팀!



SOLDIERS LEADERS CIVILIANS FAMILIES

# Take 5

for Sports and  
Fitness Preparation

- Minimize injuries with proper planning before physical activities.
- Sports and physical training produce the most injuries.
- Proper gear and equipment play a role in injury prevention.
- Clothing should be light, loose and comfortable.
- Don't go out in extreme heat; stay indoors for activities.

*Take 5 ... then take action.*



ARMY STRONG™



<https://safety.army.mil>

ARMY SAFE  
IS ARMY STRONG

A BAND OF BROTHERS  
& SISTERS

