



JANUARY 2015 VOL. 24, NO. 1

## District intern program sets new employees on right path

By Philip Lung-wun Siu FED Construction

he Department of the Army internship program gives interns the opportunity to understand the various roles played within the U. S. Army Corps of Engineers. It provides a big picture into what the Corps of Engineers does and the chance to master your new career field. The experience that we take away is dependent on the career goals and the personality of the individual and this determines how much is accomplished and learned.

My time as an intern started when I boarded the plane to Korea. It was very nerve-wracking because I had never been out of the country before. I was not sure what to expect when I landed. All I had heard about Korea was from what my uncles had told me about their many trips there. Learning the culture and customs was challenging and I still struggle to understand the finer points of Korean culture, although I believe I have adjusted well and am thankful my coworkers have been patient with me.

The first year of my internship was with construction division. I had never done construction before coming to Korea, so everything was new to me. I had taken a few classes dealing with management and construction scheduling, but had never applied the lessons on a real world project.

The first few months involved learning about the projects that were managed by the central resident office and team building with my coworkers. The time was well spent as I got to understand their specialties, career history and learning their hobbies outside of work. I was given a few projects to administer and got hands on experience learning the finer details of managing construction projects - from scheduling, to resolving problems to project updates and payment. One of the projects I managed was the renovation of a collective protection system (CPS). The CPS filters out chemical and biological agents in the air, and is a system that is not often found in the United States.

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Philip Lung-wun Siu, Far East District intern poses for a picture. (FED file photo)



Far East District project manager David Schlesinger and Steve Farkus from Louisville District teamed up to hold a prospect Architect-Engineer (A/E) Contracting Course at the Far East District from Dec. 8 – 12 with 40 district members attending. The course provided a concentrated overview of A/E contracting to the students. At the end of the course, certificates were awarded to the students that passed the course after an examination. (FED file photos)









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## **Employee spotlight: Basil Meyer**

By Stephen Satkowski

FED Public Affairs

asil Meyer, construction representative at the Seoul Project office, has engineering in his blood.

"My father was a carpenter," said Meyer. "He could look at something and replicate it and I just got bit by the engineering bug watching and learning from him. Engineering just seemed to fit with me. When it came to crunching numbers or where to put things - how much to put in, what type of materials. I've always loved it. I ate it up!"

A retired Army combat heavy construction engineer, Meyer's first duty station was at Camp Humphreys in 1979.

"It's changed quite a bit"

Since that time he has come to appreciate everything South Korea has to offer

"The culture, food and entertainment it's all great," said Meyer. "Meeting the locals in the countryside is always fun. They're really friendly and they appreciate that I'm interested in their culture."

Meyer has worked with the Far East District since 2003 and has overseen projects at installations across the Republic of Korea.

"I've been everywhere from the Demilitarized Zone on down," said Meyer. From Camp Falling Water and Camp Red Cloud to Yongsan, Humphreys and Kunsan I've been pretty much everywhere in this country."

Meyer said some of his most rewarding projects in his time with the district include doing a complete makeover of Warrior Base, near the Demilitarized Zone.

"We built the barracks, headquarters and support facilities," said Meyer. "It went from nothing but old beat up tents with a few permanent buildings to Soldiers being able to take hot showers and have buildings to protect them."

Continued on the next page



#### **Employee spotlight: Basil Meyer**

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The K-16 commissary is another project that Meyer takes pride in.

"Before we built the commissary there people only had one row of shelves for items, now they have an 8,100 square foot facility," said Meyer.

Meyer's next move will be working with the district at U.S. Army Garrison Humphreys where he is set to move

in April 2015. When he eventually goes back to the United States he'd like to continue working for the Corps.

"If I can make a career out of the U.S. Army Corps of Engineers and retire when I'm 70 that would be perfect," said Meyer. "We have a good track record when it comes to safety and quality construction. "They have a lot to offer and I have just as much to offer them."

### **ROK-US** friendship forum



Col. Philip Keller, Lt. Col. Julie D'Annunzio, Capt. Joseph Claros (from center to right) and several Far East District military members hosted a United States-Republic of Korea Friendship Forum for 56 Korean Reserve Officers' Training Corps (ROTC) cadets at U.S. Army Garrison Humphreys on Dec. 13. The forum was to share historical and cultural knowledge with future Korean officers to strengthen the ROK-US alliance. The cadets were also given a tour of construction sites at Humphreys. (FED file photos)



Far East District members Pak Sam-kun, Elisa Beck, Col. Bryan S. Green, Jon Iwata, and Sgt. Maj. David Breitbach (left to right) made a visit to the United Nations Cemetery in Busan on Dec. 16. Construction of the memorial was managed by the U.S. Army Corps of Engineers Far East District on behalf of American Battle Monuments Commission.

(above right) During his visit to the United National Cemetery in Busan, Far East District commander Col. Bryan Green presented a district coin to a Korean military policeman who is guarding the entrance of the United Nations Cemetery on Dec. 16. (FED file photos)

#### District intern program sets new employees on right path

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My other great experience was with the programs and project management division (PPMD). PPMD was extremely helpful in describing the administrative process for all projects and how it proceeds from project conception, through construction, and finally turnover. Loren Chin, military branch chief, programs and project management division, was especially

supportive with helping me decipher each section covering military construction (MILCON). This was instrumental in helping me understand the project management process that goes on before the project is turned over to construction division.

The intern program sets participants up for a great career. It is an opportunity to appreciate the work performed by all the divisions and leads to a better understanding of the team and components behind the mission. I look forward to continuing my incredible learning experience here.

# District teams up with Seoul American Middle School for earthquake tower challenge

By Stephen Satkowski FED Public Affairs

he U.S. Army Corps of Engineers Far East District and Seoul American Middle School teamed up once again and held the second annual earthquake tower challenge competition Jan. 9. Students were tasked to build structures out of straw, paper clips and straight pins and district engineers tested their ability to withstand an earthquake on a specially designed shaker table.

"It gave us a way to see how buildings work", said Nina Furner, eighth grade student at Seoul American Middle School. "Instead of just hearing a lecture in class this gave us a fun way to learn." The tower challenge, along with the toothpick bridge competition, is part of two flagship activities by the district promoting science, technology, engineering, and mathematics, better known as STEM, to Department of Defense Dependent Schools (DoDDS) Korea.

"We have the practical expertise and the teachers instruct on the engineering disciplines," said Doug Bliss, geotechnical and environmental engineering branch chief. "We join together to help the students learn more in this field of study."

Last year's earthquake tower challenge stimulated a lot of discussion and interest in the field of engineering prompting this year's towers to be more structurally sound.

"Last year nobody made it past the first sandbag (sandbags are placed on the structures to test their design)," said Jack Donoghe, eighth grade student at Seoul American Middle School. "This year quite a few did, so we are definitely learning and building more sound structures."

The Far East District promotes STEM activities throughout all DoDDS schools in the Republic of Korea. The next activity at Seoul American Middle School will be the toothpick bridge competition in April.



# FED donates for North Korean refugees and their families



The U.S. Army Corps of Engineers, Far East District Wellness Committee collected food, clothing and toy donations during the fall of 2014 for North Korean refugees and their families. The FED was one of many participating service branches that consolidated donations to create a "coalition of forces." Nearly 1000 pounds of items were collected. (FED file photos)

#### Commander's Breakfast



U.S. Army Corps of Engineers Far East District employees and Col. Bryan S. Green, district commander and engineer (in red), met on Dec. 5 for an informal "commander's breakfast" meeting at district headquarters. The get together provides opportunities for employees to listen and speak to the commander about any concerns through small group sessions. This monthly meeting is voluntary for all employees. (FED file photo)

## **Kunsan dormitory renovated**



## **New barracks at Camp Carroll**

Here are some recent construction photos of the new barracks at Camp Carroll. The cold weather can't stop southern resident office engineers working hard to complete this project on time! Building strong in Waegwan! (Photos by Sgt. Maj. David Breitbach)



#### Choi received coin of appreciation



Chris Choi, Far East District resource management officer, was awarded a coin of appreciation on Dec. 2 at Far East District headquarters from Col. Michael Naughton, Eighth Army Assistant Chief of Staff, for his efforts on training a 2nd Infantry Division Department of the Army intern for a government job interview in the resource management field. (FED file photo)

## What's in FED History



Today's Far East District has its feet firmly planted on the ground, or even under the ground's surface. But it hasn't always been the case. The District's aviation section was established in the late 1960s. This photo shows the section in the early 1970s. The section provided aviation support to the District construction sites and project offices located throughout the peninsula. Many of the projects were on isolated mountain tops and were located in areas from the southern tip of the Republic to the DMZ. In 1983, the section had five aviators and five enlisted maintenance personnel flying two UH-1H helicopters. Two years later, in late 1985, the District had a fixed-wing C-12 on its way and pilots on order. The section disbanded three years after that on Sept. 30, 1988.



U.S. Army Corps of Engineers
Far East District
Building Strong in Korea since 1957





## EEO CORNER

#### Martin Luther King, Jr. Holiday

#### **FED Equal Employment Opportunity**

.S. Army Corps of Engineers, Far East District observes January 19, 2015 as Martin Luther King, Jr's Holiday. The theme for the holiday stays the same for each passing year, "Remember! Celebrate! Act! A Day On...Not A Day Off." The holiday celebrates the civil rights leader's life and achievements while encouraging people to reflect on the principles of nonviolent social change and racial equality.

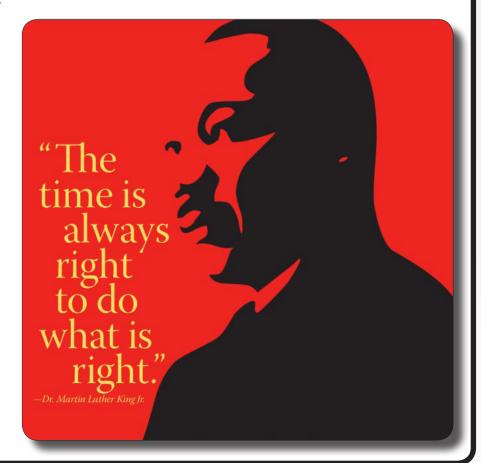
Dr. Martin Luther King, Jr. had faced many troubles during his lifetime to make his dream of racial equality come true. He practiced nonviolent protests by leading marches and organizing sit-ins as well as performing workshops in nonviolent techniques. He assisted in gathering volunteers for rallies and protests.

Dr. King was also arrested for violating an injunction that prohibited public civil rights demonstrations. During his time in jail, the police placed Dr. King in solitary confinement allowing no contact with the outside world. Eight days later, on April 20th, Dr. King was released and proceeded to lead a group of children on a march in order to emphasize the hope for the future.

Even when violence was prevalent and growing, Dr. King implored

African Americans to answer violence with peace. Finally, with the help of the nation and the federal government, the Civil Rights Act of 1964 was signed into law leading to desegregation.

Dr. Martin Luther King, Jr. believed in a nation of freedom and justice for all by working tirelessly toward a dream of equality. He encouraged all citizens to live up to the purpose and potential of America. And today we honor his dream. Please come join us as we honor Martin Luther King Jr. with a celebration on January 15, 2015 at 1:30 p.m. in the East Gate Club.





#### Building Safety Strong ARMY SAFE IS ARMY STRONG



#### Safety Office Top 10 New Years Resolutions

- 1. All FED employees and contractors go home safely every day, with all the body parts they came to work with.
- 2. Achieve zero fatalities for the upcoming year.
- 3. Meet all new employees face-to-face.
- 4. Require all employees to complete Employee Safety training.
- 5. Require all Supervisors to complete Supervisors Safety training.
- 6. Require all Managers to complete Managers Safety training.
- 7. Encourage an increase in near-miss reporting.
- 8. Ensure all employees know the members of the Safety Office by name and recognize their faces.
- 9. Convince other Division Chiefs and Supervisors to utilize the Safety Office more often for planning and prevention.
- 10. Create and promote a safety culture that all FED employees are proud to be a part of.

#### January, Deadliest for Carbon Monoxide Poisoning

According to the Centers for Disease Control and Prevention, the first month of the year is the worst for carbon monoxide poisoning. At least two people die each day from carbon-monoxide poisoning in January. Cold weather increases the use of gas-powered furnaces as well as the use of risky alternative heating and power sources (portable generators, charcoal briquettes, propane stoves or grills).

- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoalburning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.
- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.

#### **SAFETY TRIVIA**

People who are physically inactive can lose as much as three percent to five percent of their muscle mass per decade after age 30.

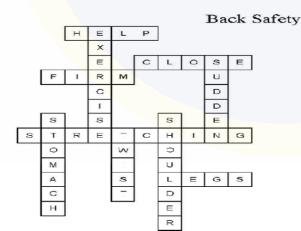
The number of fat cells in your body is determined at birth. A gain in body fat does not increase the number of fat cells, but rather the size of the existing fat cells.

Sedentary individuals are about twice as likely to develop heart disease as those who are more active. Heart disease is the leading cause of death in the United States.

During vigorous exercise your body loses essential water equaling about 2 to 3 percent of your weight in an hour. You need to replace this water to prevent heat exhaustion and dehydration.

Studies have shown that there is a definite mind/body connection, and that the many benefits of exercise also include enhanced memory and creativity.

One common problem for beginners is "overtraining", or adopting a "more is better" philosophy.



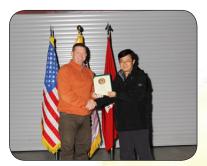


How many of us feel after the holidays!

## From the commander:

#### Thank you for doing GREAT things:

Congratulations to these employees who were recognized for their hard work and dedication!



Sin Yong-ung
Engineering
15 Years of Service Award



Seuk Hwan Son Executive 15 Years of Service Award



Mark Johnson Information Management 15 Years of Service Award



Jason Kim
Engineering
30 Years of Service Award



Pae Un-hwan Logistics Management 35 Years of Service Award



Tracy George Executive De Fleury Medal

Congratulations!
Way to go!



Tom Kwiat Korea Programs Relocation Certificate of Appreciation





Abby Aylesworth Construction Locally hired



Alex Canonizado Construction Came from Veterans Affairs, NV.



Brandon Toliver Construction Came From US Embassy to Ethiopia



Christine Kastl Construction Locally hired



Conrad Howard Contracting Came from Atlanta Division



Guy Kuroiwa Construction Came from Honolulu District



Simmon Kim Construction Came from Honolulu, Hawaii



Philip Abbott Construction Came from Baltimore District





David Kam Contracting Retired



Mark Dembeck Korea Program Relocation Transferred to Huntsville, Ala.



Tae Y. Yu Construction Retired



Yang Sun-hyo Contracting Retired

