



US Army Corps  
of Engineers®  
Far East District

# EAST GATE EDITION

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## District offers college students a distinct engineering and cultural experience

By Stephen Satkowski  
FED Public Affairs

**T**he Far East District is hosting interns for the 15th year as the partnership with the Advancing Minorities interest in Engineering (AMIE) Program continues. Three students from historically black colleges are getting hands on experience in all aspects of engineering.

"It is very exciting to be a part of the largest U.S. Army Corps of Engineers project in history and I hope to

see it when it has been completed," said Joey Reid, one of the three interns interning at Humphreys area offices.

Reid, a student at Hampton University in Virginia studying architecture, said he loves seeing the world and learning about his trade in an exotic environment.

"I absolutely love traveling so being able to come overseas as an intern is an amazing experience," said Reid. "Being able to experience different cul-

tures and ways of life is something I've always loved doing. My time in Korea has been awesome so far, from the food to the people to the experiences."

Reid said he hasn't decided whether he wants to work for the corps or a private architectural design firm, but his goal is to improve the lives of others.

"I hope to be able to make communities better by creating buildings and spaces for interaction and ultimately rebuild and reconnect broken areas of the world," said Reid.

After a brief respite, the AMIE program began again at the district in 2009 thanks to Adrian Devillasee, who himself was a FED AMIE intern in 2000 and 2002.

"The things I learned about the U.S. Army Corps of Engineers and the Far East District (FED) helped me to determine which path I wanted to take when I graduated," said Devillasee.

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**Advancing Minorities interest in Engineering (AMIE) intern David Lee observes work at a construction site at U.S. Army Garrison Humphreys. (FED file photo)**








*Far East District resource management team members visited construction sites on U.S. Army Garrison Humphreys July 30. Humphreys area office area engineer Greg Reiff gave an overview briefing on the Korea Command Operations Center, 8th Army headquarters building, Far East District headquarters building, and other ongoing projects on USAG Humphreys. This visit was a great opportunity for resource management team members to meet face to face with staff down at USAG Humphreys. (FED file photos)*



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



## **District offers college students a distinct engineering and cultural experience**

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“The corps missions and the people that I worked with made it an easy choice to come back to Korea in 2009. Once I came back to FED one of my personal goals was to get the AMIE program up and running again to have AMIE interns here during the summer getting as great an experience as I did when I was here as an intern.”

David Lee, a senior majoring in mechanical engineering at Southern University in Baton Rouge, Louisiana seized the opportunity to come work for FED believing it would help distinguish him in his future job search.

“Being able to put this on my resume sets me apart in a big way and will open doors for me,” said Lee. “I believe companies will see this and want to know how was it over here and I could share all of my wonderful experiences.”

Lee is keeping his options open but hopes to work for the Army Corps of Engineers someday soon.

“I don’t know where because there are possibilities all over the world but I have enjoyed this organization and I hope to be a part of it one day,” said Lee.

For Brenae Martin, a recent graduate of Morgan State University in Baltimore, Maryland majoring in civil engineering, engineering was last on her mind entering high school.

“I was introduced to a high school engineering program known as Project Lead the Way and this started the interest and passion for this particular field,” said Martin.

She said the opportunity to intern with the corps was too hard to pass up.

“The Corps has so much to offer



*(Above) AMIE intern Brenae Martin poses for a picture at a construction site at U.S. Army Garrison Humphreys.*



*(Left) AMIE intern Joe Reid poses for a picture at a construction site at U.S. Army Garrison Humphreys. (FED file photos)*

country that is so different from the U.S. and what I am accustomed to.”

Martin also hopes to work for the corps, another government agency or a private engineering firm and obtain her masters of business administration.

and has awesome opportunities in the field of civil engineering,” said Martin. “I was excited to learn as much as I could while applying the principles I learned in college to real everyday work and being in Korea was an added benefit. There is so much to see from exploring the different cities, food, and culture. It has been great to see another

“I would like to thank the FED for this awesome opportunity,” said Martin. “Everyone has been so helpful and welcoming. I have learned a great deal in my time here. This is my third internship experience and it is by far the best one!”



# A gift from home for FED Soldiers

**By Stephen Satkowski**  
FED Public Affairs

**D**espite being more than 5000 miles from the continental United States, Soldiers from the Far East District were reminded that they are still on the minds of many back in America.

The Blue Star Mothers of America, Inc. Oklahoma Chapter 1, based in Tulsa, sent care packages to each service member of the Far East District August 4. Each Soldier received two personal letters, a book, hygiene items, socks, candy, snacks, stationery and a multitude of other practical items, including a little history about the National, Oklahoma and Tulsa Blue Star Mothers organization.

"I was delighted to receive a care package and all the great comfort items enclosed," said Maj. Al W. Flowers, deputy area engineer, Humphreys area office. "I am also encouraged by the patriotic pride and love of Americans for their Soldiers. The Tulsa chapter of the Oklahoma Blue Star Mothers shared their love and support for the FED troops overseas and we are very grateful for it."

The Blue Star Mothers of America are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans.

In past years they have sent 74,123 care packages to

members of the Armed Forces, giving more than 250,000 military personnel a little bit of love from home.

"We just want to be a blessing to our servicemen and women and let them know how much we love and support them," said Sandra Bixler of the Tulsa chapter of the Oklahoma Blue Star Mothers. "I realize that we sometimes have service members who do not get those special things that help them know that they are loved and missed."

The gesture was not lost on those FED Soldiers receiving the shipment from back home.

"It is great to get such a special package full of things that remind me of home!" said 1st Lt. Michael Mouw, Korea Programs Relocation Office, Medical Facilities Project Manager. "Thank you to the Blue Star [Mothers of America] and the authors of the letters that were in the package!"

*U.S. Army Corps of Engineers Far East District Soldiers received care packages August 4 from the Oklahoma Blue Star Mothers of America, Inc. Blue Star Mothers of America have over 6,000 members from over 200 Chapters throughout the nation. They are mothers, stepmothers, grandmothers, foster mothers and female legal guardians who have children serving in the military, guard or reserves, or children who are veterans. (FED file photo)*



# **From the commander:** ***Thank you for doing GREAT things:***

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



**Gabriel Garcia**  
Information Management  
Commander's Award for Civilian Service



**Sin Mi-a**  
Engineering  
Commander's Award for Civilian Hwang



**Sgt. 1st Class Diomedes Tuazon**  
Workforce Management  
Meritorious Service Medal



**Yi Won-chong**  
Information Management  
30 Years of Service Award



**Yo Kyong-il**  
Information Management  
30 Years of Service Award



**Hyon Ok-kyong**  
Programs and Project Management  
30 Years of Service Award



**Chris Kim**  
Engineering  
25 Years of Service Award



**Kim Chin-ok**  
Logistics Management  
20 Years of Service Award



**Jun Kang**  
Information Management  
15 Years of Service Award





**Jae Kim**  
Information Management  
15 Years of Service Award



**Eden Shin**  
Contracting  
15 Years of Service Award



**Kwang Coh**  
Engineering  
10 Years of Service Award



**Mun Sang-pom**  
Engineering  
10 Years of Service Award



**Kar Kin Lee**  
Programs and Project Management  
5 Years of Service Award



**William Sheehan (right), Far East District project manager, said farewell to the district last week. He will attend the Master of Business Administration (MBA) program at Pennsylvania State University. He worked for the district from March 11, 2013 to August 8, 2015. Thank you for your service and we hope to see you again! (FED file photo)**



# Building *Safety* Strong

## ARMY SAFE IS ARMY STRONG



### *Be an Ergonomics Expert*

Ergonomics is a word you hear a lot in the workplace these days, and it affects your safety, health, productivity, and comfort on the job. General aches and pains, stiffness, numbness, tingling in the fingers, swelling of joints, weakness, and loss of dexterity are examples of the symptoms associated with ergonomic injuries. Some of the activities or work arrangements which can cause these symptoms include: repetitive work, lifting, reaching, stretching or bending, awkward placement or design of tools, pounding or pushing movements, tool or equipment vibration or maintaining one posture for a long time.



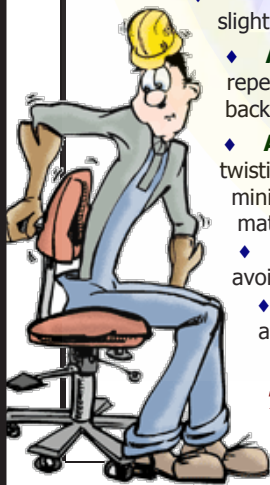
#### *Examine your work area and your work routines for these problems:*

- ◆ Tools that do not fit your hands.
- ◆ Awkward work positions, causing you to reach overhead, twist your wrists at an angle or work stooped over.
- ◆ Uncomfortable seating.
- ◆ Work benches and desks at an uncomfortable height.
- ◆ Equipment controls you find hard to reach or read.
- ◆ Inadequate lighting.
- ◆ High noise levels.
- ◆ Equipment vibrating excessively such as poorly designed power tools or poorly maintained vehicles.

#### *Improving Your Individual Work Situation:*

You can play an important part in improving your individual work situation to best suit you. You and your supervisor can work together to improve your work environment to help you prevent problems such as back injuries and repetitive strain injuries.

- ◆ **Adjust your work station.** This might mean raising or lowering a chair, changing the level of your work bench or obtaining a platform to stand on. Adjusting the angle of a drafting board or repositioning a computer screen can greatly improve comfort and performance. You can also rearrange lighting to see your work without having to lean forward.
- ◆ **Adjust your chair or stool for comfort.** Use a footrest when sitting in a chair to raise your knees slightly above the height of your hips. When standing, use a footrest so you can vary your position.
- ◆ **Adapt your tools.** Adjustments to tools such as longer, padded, or angled handles can lessen repetitive strain. Avoid handles which cut into the hand. Use tools designed to keep your hands, arms and back in a comfortable, natural position while you are working.
- ◆ **Arrange your work.** Lay out materials so that you can reach them without excessive stretching, twisting or bending. If you are assembling materials, arrange them so you can pick them up with a minimum of reaching. Avoid arrangements where you have to lean forward and reach at an angle. Store materials on a shelf rather than on the floor to minimize lifting.
- ◆ **Take a break.** Organize your work to allow you to switch from one task to another. This will help avoid back strain and repetitive strain. Take advantage of scheduled breaks to stretch and move around.
- ◆ **Be aware.** Pay attention to how you feel while you are working. Make adjustments in your work area to prevent strain on your muscles.



***The benefits to you of applying ergonomics are improved health, safety, and comfort. Your organization benefits too, with greater productivity.***





**Bernadette Osterhaus**  
Construction  
Came from Veterans Affairs Medical  
Center, Washington D.C.



**Chris Causey**  
Korea Programs Relocation  
Came from Humphreys



**Dallas Carlisle**  
Construction  
Came from Sacramento District



**Gary Desmarais**  
Construction  
Came from Philadelphia District



**James Hayes**  
Construction  
Came from Jacksonvill District



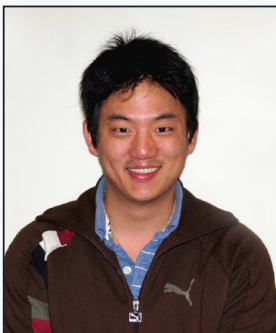
**Kevin Doogan**  
Construction  
Came from Yongsan



**Robert Do**  
Information Management  
Came from Osan Air Base



**Capt. Cesar Mercado**  
Logistics Management  
Came from Fort Buchanan,  
Puerto Rico



**David Ham**  
Construction  
Transferred to Department of Energy, Wash.



**Michael Geer**  
Construction  
Transferred to NAVFAC, Cuba



**Tracie Le**  
Construction  
Transferred to Hawaii



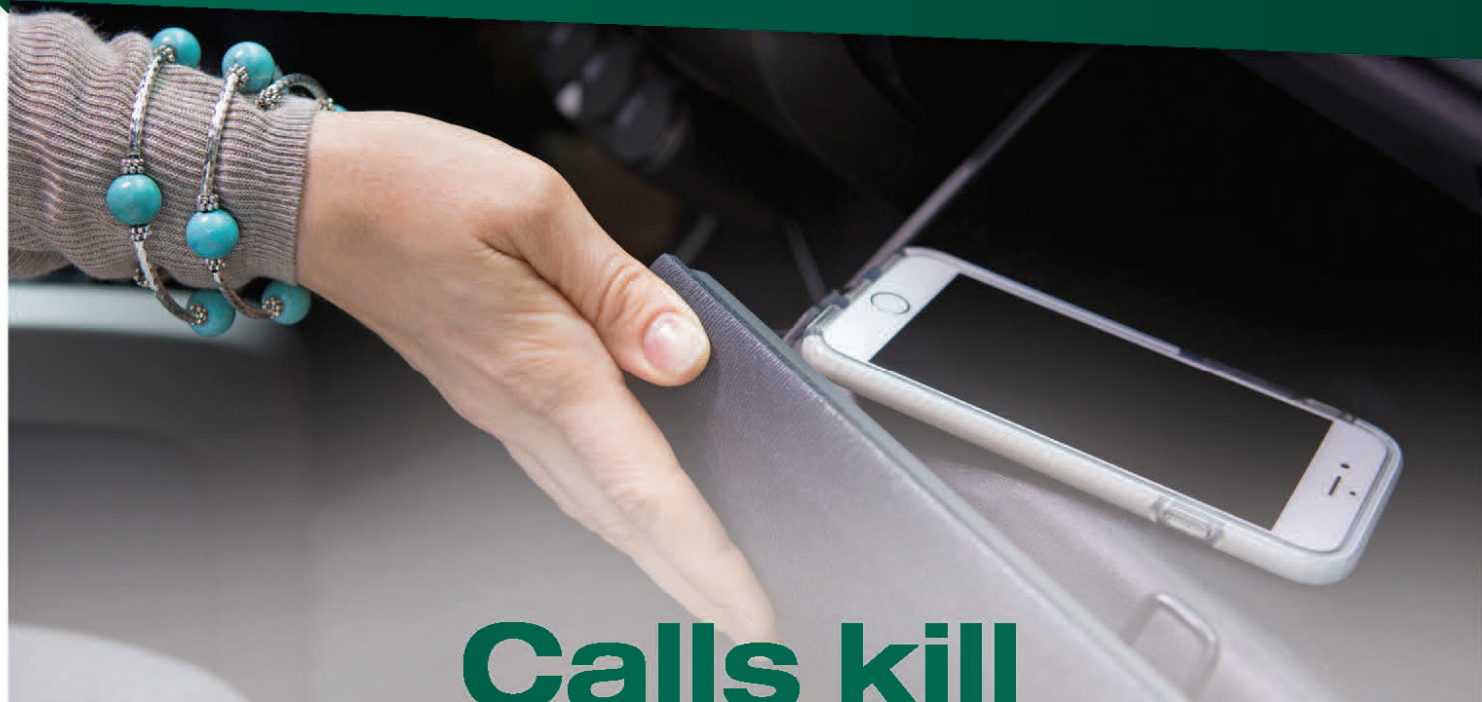
**William Sheehan**  
Programs and Project Management  
Moved to Pennsylvania





## Take the **Focused Driver** Challenge

An estimated 1 in 4 crashes involve cell phone distraction, handheld or hands-free. Choose to drive cell free.



# Calls kill

Hands-free is not risk-free

Find out why at [nsc.org/cellfree](http://nsc.org/cellfree)