



US Army Corps
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Far East District

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District volunteers continue tradition of helping needy in local community

By Stephen Satkowski
FED Public Affairs

For the ninth year in a row volunteers from the Far East District joined members of the Seoul Jung-gu Saemaul Women's Club Nov. 18 to help make kimchi for the area's needy and elderly.

In total, 2,500 heads of cabbage were converted into 500 boxes of kimchi, a traditional fermented Korean side dish made of vegetables with a variety of seasonings.

The volunteers, including Far East District Deputy Commander Lt. Col. Richard Collins, joined Jung-gu District Mayor Choi Chang-sik in the making of the kimchi. Choi expressed gratitude to district volunteers in helping to feed the most marginalized in his community.

"Thank you Saemaul Women's Club members for preparing this event every year to help the elderly and needy," said Choi. "I can't thank you enough. To make it even more meaningful, volunteers from the Far East District came again this year to support this event. This is why people in this district can have a hearty winter."

Master Sgt. Kimberly L. King, Far East District operations noncommissioned officer in charge, volunteered to experience the Korean culture and give



U.S. Army Corps of Engineers Far East District Deputy Commander, Lt. Col. Richard Collins (third from right), Hope Bales, wife of FED Commander Col. Stephen Bales (far right) and volunteers from the Far East District joined members of the Seoul Jung-gu Saemaul Women's Club to make kimchi for the area's needy and elderly families Nov. 18. (Photo by Stephen Satkowski)

back to the Korean people.

"I wanted to learn from the Korean people how to make kimchi," said King. "To learn about the Korean culture, I think you need to experience the many tastes and smells of kimchi. It is a side dish with almost every Ko-

rean meal and is often times used in the main dish. While applying kimchi base to about the 20th head of cabbage, I noticed that my lower back started to ache. I realized then that kimchi

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(Above) Yu Chang-il, Quality Assurance Representative at the Kunsan Resident Office, briefs Far East District Commander Col. Stephen H. Bales on the hardened aircraft flow thru shelters at Kunsan Air Base Nov. 30.

(Right) Far East District Commander Col. Stephen H. Bales explains the issues with concrete joint cutting for the transient aircraft parking project on Nov. 30 at Kunsan Air Base. Also pictured are Kim U-kon, Deputy Resident Engineer at Kunsan Resident Office (center kneeling) and Chong Song-ho, Quality Assurance Representative at the Kunsan Resident Office (far left).

(FED file photos)



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Check out the Far East District web site at
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51st MDG opens new medical wing

By Staff Sgt. Jonathan Steffen
51st Fighter Wing Public Affairs

The 51st Medical Group phase one hospital expansion was celebrated during a ribbon-cutting ceremony that took place Dec. 12, 2016, here.

The expansion is one of four construction projects to renovate and expand the Osan Hospital that is projected to be complete in 2018 to accommodate the steady influx of personnel and their families.

“The prosperity of Korea over the last 30 years, the move with our normalization and the expansion to command sponsorship and several other factors have made it very necessary to become more of a community hospital,” said U.S. Air Force Col. Krystal Murphy, 51st Medical Group commander.

The expansion has added 26,395 square feet to the hospital that houses a new clinic for family health, women’s health, pediatrics, a command area, education and training, and resource management.

“This is truly about expanding health-care coverage across the peninsula to provide the best medical services, particularly for those here on Osan Air Base,” said U.S. Army Col. Stephen Bales, U.S. Army Corps of Engineer Far East District commander.

The \$34 million expansion enables greater health care capabilities to nearly 15,000 personnel and families living on Osan Air Base.



Representatives from Seohee Construction Company, the 51st Fighter Wing and Army Corps of Engineers Far East District cut a ribbon during the 51st Medical Group Phase One Hospital Expansion ribbon-cutting ceremony on Osan Air Base, Republic of Korea, Dec. 12, 2016. Phase one of the expansion included new clinics for family health, women’s health, pediatrics, and education and training. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)

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Continued from Page 1

making was also a physically challenging process. I looked around at all the elderly women who were continuously slathering cabbage and moving boxes all without stopping. It made me appreciate how much is really put into making kimchi. When I eat it the next time, I think I will really be experiencing the culture of Korea.”

The kimchi will be delivered to more than 500 needy families in the local area this winter. District volunteers have come out to support the kimchi making every year since 2008.

Participants in this annual event transformed more than 2,500 heads of cabbage into 500 boxes of kimchi. (Photo by Stephen Satkowski)



Far East District members got together to celebrate Thanksgiving Day on Nov. 22 at the Drill Rig Shelter. Happy Thanksgiving Far East District friends and family! (FED file photo)



Far East District engineers supported multiple educational activities as part of a Science Technology Engineering Arts and Math (STEAM) youth educational event Nov. 19 at Seoul American Elementary School. Far East District continues to support learning opportunities to promote STEAM. (FED file photos)



Far East District is hosting an architect-engineer (A-E) contracting course for district personnel Nov. 14-18 at the district headquarters in Seoul. The course provides engineers better understanding of the laws and regulations affecting the A-E acquisition process. (Photo by Yi Yong-un)



Happy Holidays everyone!

Far East District headquarters held a holiday party at Dragon Hill Lodge Dec. 12. Thank you all of attending this event, and special thanks to the Wellness Committee for organizing! (FED file photos)





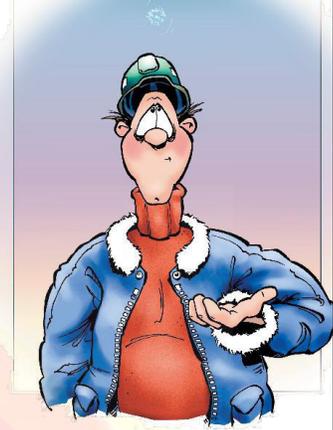
Building *Safety* Strong

ARMY SAFE IS ARMY STRONG



Fighting Off Old Man Winter

For many people, working or playing in cold weather can be a positive experience. You may feel invigorated by the bracing air and feel like doing your work with more physical energy than usual. When it comes to leisure, cold weather offers many enjoyable activities whether it's skiing, skating, snowmobiling or ice fishing. Unfortunately, all the enjoyable aspects of working or playing out in cold weather can turn negative if you are not dressed warmly or dryly enough. Never underestimate winter's blast. They call winter an "old man" but he's far from frail. In fact, he's apt to strike a deadly blow when you least expect it.



Here are some tips for battling old man winter

- ◆ Learn to recognize some of the environmental and workplace conditions that may be dangerous. For example, it needn't be bone chillingly cold, with a howling wind for you to be at risk for developing hypothermia. It can happen in above-freezing temperatures.
- ◆ Learn the signs and symptoms of cold-induced illnesses and injuries and what to do to help others. Use the buddy system - work in pairs so that others can recognize danger signs.
- ◆ Wear proper clothing for cold, wet, and windy conditions, including layers that can be adjusted to changing conditions.
- ◆ Wear the right gloves for the work you are doing. Gloves should have enough insulation to keep you warm and prevent frostbite, but be thin enough so you can feel what you are doing if you are manipulating controls or tools.
- ◆ Avoid exhaustion or fatigue because energy is needed to keep muscles warm. Take frequent short breaks in a warm dry shelter to allow yourself to warm up. Try to schedule outside work or play for the warmest part of the day.
- ◆ Try to keep moving while in the cold; don't be still. This helps to keep your body temperature up and circulation moving. If you think you are experiencing symptoms of hypothermia or frostbite, get to a shelter right away and seek medical help.



- ◆ In addition to dressing properly for cold conditions, it's important to eat regularly when you are out in the cold, especially foods high in carbohydrates and fats such as hot pasta dishes. Your body requires an enormous number of calories to shiver and keep warm.
- ◆ When walking on icy and slippery surfaces go slowly and take small steps. Wear shoes or boots with non-slip soles. Special footwear with cleats is available for especially slippery conditions.
- ◆ Eat winter-weight meals. This does not mean a high fat diet, but one with enough calories and nutrients to give you the fuel you need. Consider starting with a breakfast of whole grain cereal and toast.
- ◆ Remember, you can face increased risks when you take certain medications, are in poor physical condition, or suffer from illnesses such as diabetes, hypertension, or cardiovascular disease.

With its cold and often stormy weather, winter presents many safety challenges. Being prepared and following simple safety tips can help you stay safe and warm this season.

HERE IT COMES



Christmas Trees

- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights. These will dry your tree out faster.
- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read the manufacturer's instructions for number of light strands to safely connect.
- Be sure to always turn off Christmas tree lights before leaving home or going to bed.

READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

<https://safety.army.mil>

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

