



US Army Corps
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Far East District

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Humphreys transformation continues as ribbon is cut on mini mall project

By Stephen Satkowski
FED Public Affairs

A ribbon cutting ceremony was held for a troop mini mall at U.S. Army Garrison (USAG) Humphreys Nov. 8. The Far East District was instrumental in the design and oversaw construction on the building, part of a project that includes an auditorium, community activities center, post office and chapel in the surrounding areas.

“This project provides vital facilities, intentionally located adjacent to enlisted personnel housing and senior leader quarters, that directly contributes to the physical, mental, emotional, and spiritual needs of Soldiers stationed at USAG Humphreys,” said John Noll, Far East District Project Manager, Korea Program Relocation Office.

Five buildings, built for four different organizations with different preferences and ways of doing business, was just one of the challenges during the project, said Noll.

“This project had five unique buildings that required their own special care and attention,” said Noll. “Although there were significant design and construction challenges on this project, the project delivery team came together and implemented creative solutions to work through each and every



Dignitaries from U.S. Army Garrison Humphreys and Army and Air Force Exchange Service gather to cut the ribbon on a mini mall Nov. 8 at Camp Humphreys. (Photo by Bryan Williams)

one of them. The contractor, end users, Directorate of Public Works, Ministry of National Defense-Defense Installations Agency and the Far East District worked seamlessly to provide USAG Humphreys with a project that placed quality and safety above all else.”

Noll said his working relationship with the Army and Air Force Exchange Service (AAFES) was critical to seeing this project to a successful conclusion.

“Throughout the entire project,

AAFES provided constant support, positive contributions to group discussions, and gave their input to solving problems, producing results, and putting Soldiers and their families first,” said Noll.

The mini mall project was awarded on Dec. 31, 2012, and turned over to the garrison on Sept. 14 for a total construction period of three years and eight and a half months.



Soldiers, civilians and Korean national employees of the Far East district undergo nuclear, biological and chemical training and proper wear of their gas mask at the district compound on Oct. 26. (Photos by Stephen Satkowski)



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FED engineer briefs American Society of Civil Engineers on Korea Relocation Program

By Brandon Tolliver

FED Korea Program Relocation Office

Earlier this fall, at the 2016 American Society of Civil Engineers' (ASCE) Convention in Portland, OR, I presented a technical abstract titled, 'U.S. Army Corps of Engineers (USACE) \$10.7 billion Korea Relocation Program'. My submission was selected from 235 abstract submissions to fill 40 available session slots during the convention.

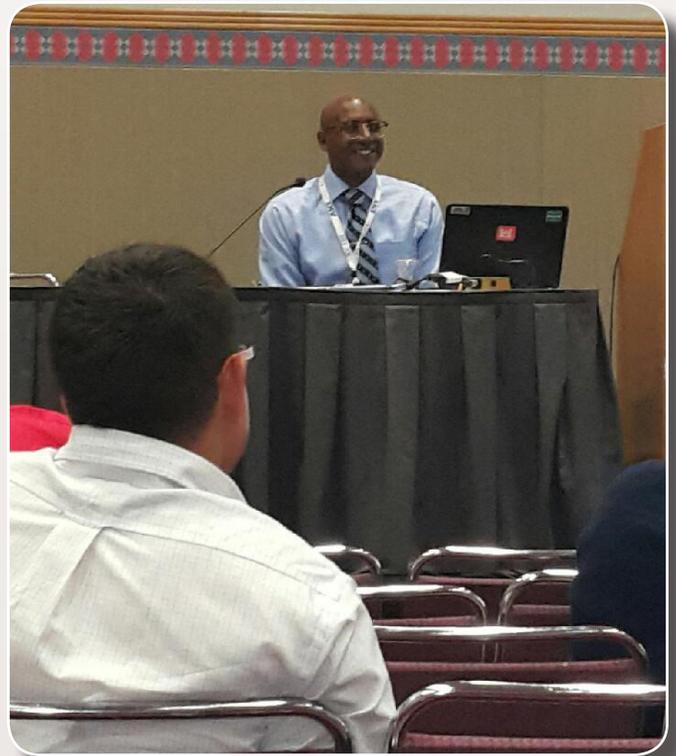
Founded in 1852, the American Society of Civil Engineers represents more than 150,000 members of the civil engineering profession worldwide and is America's oldest national engineering society. ASCE's vision is to position engineers as global leaders building a better quality of life.

My presentation was categorized in the 'significant projects' topic field, which is intended to cover mega projects and multidisciplinary views on the feasibility, planning, design, construction, costs, public process, value, innovation, sustainability, and resiliency of the project discussed.

My session, which afforded all attendees 1.5 professional development hours (PDHs), gave a brief overview of the entire Yongsan Relocation Program. I spent a significant portion at the start addressing the initial earthwork required to prepare the newly acquired land for construction. The volume and magnitude of the earthwork was a major point of interest to many of the professionals there. We also had a discussion on some of the lessons learned thus far, including stakeholder management, cultural differences,

and construction quality. I was especially encouraged by the positive feedback I received when we discussed how the Far East District's dedication to quality required some time extensions to the schedule. It was reassuring that my peers found it to be honorable that USACE does not sacrifice the overall quality and sustainability of our construction to meet a specific deadline. I ended the presentation with an update of many of the marquee projects, which I referred to as generic titles such as 'headquarters' or 'office building two'.

I made my business cards available at the area where attendees had to register. I was very surprised to get so much feedback and inquiries about the project. My most treasured correspondence was from a professor at West Point, who commended the presentation, and requested to collaborate on some training problems based on the earthwork executed here at U.S. Army



Brandon Tolliver, Far East District engineer at the Korea Program Relocation Office, gives a presentation at the American Society of Civil Engineers' Convention on Sept. 29, 2016. (FED file photo)

Garrison Humphreys.

Overall, this was a great experience. I was proud to be able to showcase the type of work we are doing here in the Republic of Korea with such a respected group of peers and colleagues. Presentations like this help dispel the myth that government agencies only work on cookie cutter standardized small scale projects. I believe this can be a useful recruiting tool in the future.

1st Lt. Johannes Olind competes in Ironman triathlon in China

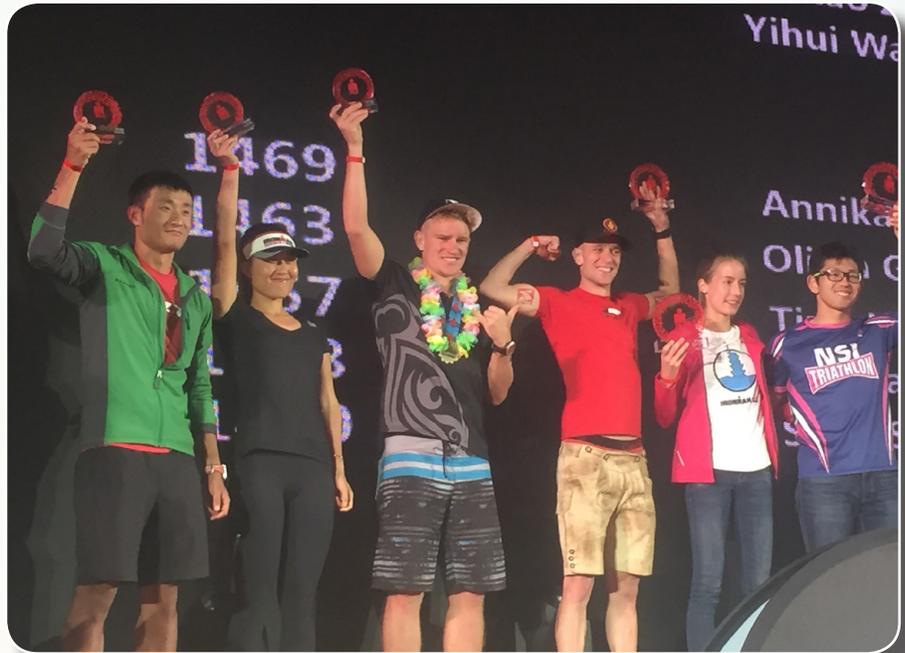
By Stephen Satkowski
FED Public Affairs

1st Lt. Johannes Olind, Liaison officer at the Far East District's Korea Program Relocation Office, competed in an Ironman triathlon in Hefei, China Oct. 16 placing third in the 25-29 age group and 69th overall. The accomplishment was even more notable, considering more than 1000 Chinese athletes competed as well as 600 foreigners from 59 countries.

"I decided to participate because this race offered 50 qualification slots for the Hawaii Ironman and I saw this race as the best chance in my life to qualify for Hawaii," said Olind.

The Hawaii Ironman, which includes a 2.4 mile swim, 112 mile bike and a 26.2 mile run, was the first Ironman competition ever and has been held every year since 1978. It has a rich history of competition and serves as the Ironman world championship and is the pinnacle of the sport for professionals and amateurs alike. Olind's interest in competing in triathlons was sparked when he was stationed in Hawaii in 2014. His enthusiasm and drive for the sport has only grown since then.

"I have built up to the Ironman 70.3 distance and am very competitive at this distance within the amateur [men] 25-29 years old division having now completed 9 of them," said Olind. "I have never attempted a full Ironman because I have focused my training on the 70.3 distance (half Ironman) so Hawaii Ironman seemed unattainable until I learned about the races in China and pounced on the opportunity."



1st Lt. Johannes Olind (third from left) holds up a trophy for placing 3rd in the Mens 25-29 year old division at the Ironman triathlon in Hefei, China Oct. 16. (Fed file photo)

Olind trained for the competition in China with a group of fellow triathletes at Camp Humphreys. The group took part in quite a few excruciatingly tough bike rides around the Pyeongtaek area.

"They are great and it helps integrate people interested in triathlons to the Korean triathlon series as well as pushing each other to become stronger through tough training," said Olind. "Korea is a great place to swim, bike, and run; and thankfully there are many opportunities to race in triathlons in Korea too."

Olind's goals in China were to earn a spot for Hawaii and finish under 4 hours and 30 minutes. He did both, finishing in a time of 4 hours and 29 minutes.

"The course was built for speed, in that lake that was totally calm leading to a fast swim, a giant three lane brand new highway was completely closed off to vehicular traffic just for biking, allowing us to hammer the bike course and then the run was nice and flat," said Olind. "Additionally, many of the amateur foreign athletes that came were some of the best in the world all vying to punch their ticket to Hawaii, so this heightened level of competition also contributed to fast times for all athletes."

Olind will compete in triathlons in Korea for the remainder of October and then plans to take the remainder of the year off. In 2017 he will continue with his training as he plans to build up his endurance for the Hawaii Ironman competition in Oct. 2017.

Building Strong in Korea!



Construction projects continue to come on line at U.S. Army Garrison Humphreys. As the design and construction agent for United States Forces Korea, the U.S. Army Corps of Engineers Far East District is at the forefront of one of the largest transformation and construction projects in Department of Defense history. The new facilities, shown here, range from headquarters, to housing to mini malls and encompass a wide variety of operation and quality-of-life facilities. (Photos by O Sang-song)



Osan Elementary School opens



Osan American Elementary School had a ribbon cutting ceremony Oct. 25 welcoming students for the school year. Known as the millennial school construction project, Far East District engineers designed the facility incorporating 21st Century specifications. It's the first one in the Department of Defense Dependent Schools-Pacific region with this design. (Photo by Jamie Hagio)

On Oct. 19 Richard Stump, Regional Vice President, Society of American Military Engineers (SAME), presented the SAME RVP Medal to the Far East District's Dr. Michael Neaverth (pictured left), The RVP Medal is in recognition for Dr. Neaverth's outstanding service to SAME as an active member for the Korea Post. Dr. Neaverth has supported the SAME within the Korea Post in various capacities to include webmaster, secretary, VP North and as a leader on various Korea post engineering related activities. Dr. Neaverth is currently serving Chief, Air Force, Business Process, and Reports Branch, Far East District, U. S. Army Corps of Engineers. (Photo by Stephen Satkowski)





The Far East District hosted a Proponent-Sponsored Engineer Corps Training (PROSPECT), “DD Form 1391 Preparation” Course from Oct. 31 to Nov. 4 at the district compound in Seoul. Donna Thompson from the Louisville District has been teaching the course since 1991 and Mike Hansler from Office of the Assistant Chief of Staff for Installation Management, provided relevant instruction to better enable students in DD1391 preparation and military construction programming. Students participated from various organizations in Korea to include the U.S. Army Corps of Engineers, U.S. Forces Korea and Eighth U.S. Army. Pictured on the right are Jon, Iwata, Far East District Deputy District Engineers (far left) and Mike Neaverth (far right), Chief of Air Force, Business Process, & Reports Branch. At the Far East District’s Programs and Project Management Division recognizing Thompson and Hansler for their efforts. (Photos by Stephen Satkowski)



Far East District employee Sarah Woo, environmental branch engineer, and Jennifer Moore (small picture), project manager, completed the U.S. Army Corps of Engineers Leadership Development Program (ULDP) Level 3 and were presented with a certificate of recognition Oct. 12. This 2-year program offers participants the opportunity to develop and expand their regional leadership perspectives. (FED file photos)



Pacific Ocean Division Commander and Division Engineer Col. (P) Peter B. Andrysiak (second from left) and Far East District Commander Col. Stephen H. Bales (center) tour the medical and dental complex Nov. 2 at U.S. Army Garrison Humphreys. Col. (P) Andrysiak's visit to the Republic of Korea coincided with a rehearsal of concept drill, which provides an opportunity to familiarize senior Army leaders with Eighth Army's dynamic mission requirements for Korea and explain the plan for transformation and establish a common operating picture. (FED file photo)



Donald Needham (center), Far East District medical resident office engineer, was awarded the Bronze de Fleury Medal for his service Nov. 2. He has been working as an Army civilian for more than 12 years serving Installation Management Command and U.S. Army Corps of Engineers. (FED file photo)



Steven Heesuk Dong, Far East District Project Manager - Forward Osan Air Base, was presented the commander's award for civilian service by Col. Stephen H. Bales, FED Commander Nov. 8 for his more than seven years of service to the district. Dong distinguished himself with professional execution of various quality project management efforts providing outstanding support to a critical stakeholder. (Photo by Stephen Satkowski)



Building *Safety* Strong

ARMY SAFE IS ARMY STRONG



Thanksgiving Safety

Thanksgiving is a holiday that brings friends and family together to share a good meal, conversation and laughter. But Thanksgiving also comes with several health hazards, including an increased chance of fires and food poisoning. Take a few minutes to review these Thanksgiving Day safety tips, and enjoy the holiday without worry.

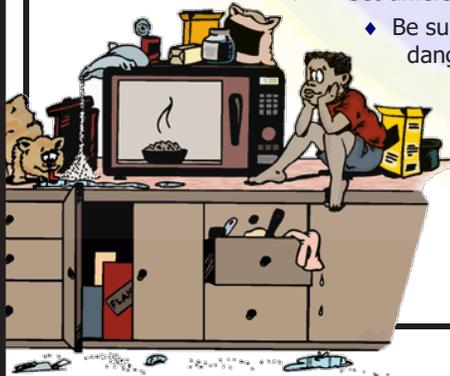


Don't Invite Bacteria to Dinner

- ◆ Using soap and warm water, wash your hands for at least 20 seconds before and after handling food, using the bathroom or touching pets.
- ◆ Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.
- ◆ Wash cutting boards, counters, and utensils often. Use two cutting boards, one for washed produce and one for raw meat and seafood.
- ◆ Separate raw foods from cooked foods, to avoid cross-contamination. Wash fresh vegetables and fruits in drinkable running water.
- ◆ Start holiday cooking with a clean stove and oven.
- ◆ Cook foods to at least the internal temperature that kills harmful bacteria. For example, whole poultry should be at least 85° C (185° F).
- ◆ Keep hot foods hot and cold foods cold.
- ◆ Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- ◆ Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.

Keep these general safety tips in mind whenever you cook up a feast

- ◆ Make sure your smoke alarms are working. Test them by pushing the test button.
- ◆ Don't leave the kitchen while frying and grilling. If deep frying a turkey, keep the fryer outside, away from walls, fences and other structures. Make sure all stoves, ovens, and ranges have been turned off when you leave the kitchen.
- ◆ Keep pot holders and food wrappers 3 feet away from the stove or other hot surfaces. Kids should stay at least 3 feet away also. Make sure the handles of pots and pans are facing inward.
- ◆ Keep the floor clear so you don't trip over kids, toys, pocketbooks, or bags.
- ◆ Avoid loose clothes, especially those with long sleeves, while cooking.
- ◆ Keep knives out of the reach of children.
- ◆ Set timers to keep track of turkeys and other food items that require extended cooking times
- ◆ Be sure electric cords from an electric knife, coffee maker, plate warmer, or mixer are not dangling off the counter within easy reach of a child.
- ◆ After guests leave, walk around the home making sure that all candles and smoking materials are extinguished



Just because we get to take a break from dieting on Thanksgiving, doesn't mean we can throw caution to the autumn winds. Remember these suggestions and have a happy and safe holiday.

HERE IT COMES

Riding Into Winter

The autumn and winter months can be an especially dangerous time for riders. With days getting shorter and temperatures falling, motorcyclists must adjust their riding techniques accordingly. Are you Ready ... or Not?



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.

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?



<https://safety.army.mil>