



US Army Corps
of Engineers®
Far East District

EAST GATE EDITION

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New range complex nears completion

By Antwaun Parrish
FED Public Affairs

Warfighters assigned to Osan Air Base will soon have a new facility to improve their marksmanship.

The Far East District Central Resident Office is providing construction surveillance on a 1,710 square meter fully contained small arms range complex. It will utilize conventional design and construction methods that will accommodate the

51st Fighter Wing's mission, operations and activities.

Some of the upgrades to the site are vehicle parking areas, an access road, and sidewalks. Three old facilities are being demolished as a part of the upgrades.

Daniel Koo, Central Resident Office Project Engineer, is currently leading this project and said the range will offer a multitude of ways to help

maintain servicemembers weapons qualifications.

"The old one did not have enough target lanes, this one will provide 14 lanes," said Koo.

Besides the 14 lanes the facility will also include a classroom, weapons cleaning area and supporting areas.

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Pictured is Building 2506 located at Osan Air Base. This facility will be the new fully contained small arms range complex expected to be completed this summer. (FED file photo)



Far East District Korean National Employees Union hosted its annual spring picnic May 20. Employees and family members spent a day at Anmyundo Forest. (Photos by Yo Kyong-il)



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Check out the Far East District web site at
www.pof.usace.army.mil

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This is Koo's first time working on a small arms range and he said he is quite pleased with the progress so far.

"I am pretty happy, because there have been no accidents and the contractors are really doing well," said Koo. "The commander visited last month and he saw the current work

and he was pretty happy."

The final inspection date for the small arms range is scheduled for late summer.

Humphreys dental clinic opens



U.S. Army Corps of Engineers Far East District commander Col. Stephen Bales (second from left) and Korea Program Relocation Office chief Dr. Thomas Karnowski (far left) attended the ribbon cutting ceremony for the new Carius Dental Clinic at U.S. Army Garrison Humphreys May 30. The approximately 40,000 square foot, state of the art clinic is the largest of its kind in the Army. Carius Dental Clinic has 79 dental treatment rooms and is designed to offer a complete range of oral health services to Soldiers, Civilians and other eligible beneficiaries. Building Strong in Korea! (Photo by USAG Humphreys Public Affairs Office)

Geotechnical and Environmental Engineering branch prepares for move to Camp Humphreys

By Antwaun J. Parrish
FED Public Affairs

The Far East District headquarters is scheduled to relocate from Seoul to Camp Humphreys in the spring of 2018, however some parts of the district won't be waiting until then. The Geotechnical and Environmental Engineering Branch's Geology and Hydrology section will relocate by the end of 2017. The 19 personnel include members of the drilling, water well and soil exploration teams.

The move for these teams is due, in part, to the motor pool relocating to Camp Humphreys early as well.

Song Hyon Pak, Geology and Hydrology section chief, said equipment like the drill rig, is used by his team and requires constant maintenance, as it is more than 20 years old. The motor pool staff provides this service which is vital to the success of his section.

"Timely preventive maintenance and repair services of drill rigs, water well maintenance rigs, equipment, and support vehicles is quite essential to successful completion of geotechnical missions," said Pak.

Pak will not immediately relocate with his team as he will remain at the district compound. However, he'll appoint a team lead to handle operations at the new location when he's not present.

"I will need to visit Camp Humphreys once or twice a week," said Pak. "Internally I will make a plan that will ensure proper functioning between the Geotechnical section and Geology and Hydrology section."

Pak said that this move will pose several challenges for him and his staff. At his current location his team is designated its own location within the headquarters compound. However,

the new headquarters building isn't complete so the team will temporarily work within the vehicle motor facility at Camp Humphreys.

While the move presents challenges, Sunhwa Lee, chief of the Geotechnical section, said moving such a small portion of the district to Camp Humphreys can be an advantage for the majority of district personnel moving later to the new headquarters building.

"They will be able to communicate things to others before moving to Camp Humphreys such as lessons learned," said Lee. "Also we are closer to our clients and our projects in Camp Humphreys."

The relocation of the Far East District is a long term project and part of the Yongsan Relocation and Land Partnership Program.



Far East District commander Col. Stephen Bales presented the Commander's Award for Civilian Service to So Su-ok, O Hwa-chin, and Hyon Ok-kyong (left to right) in the programs and project management division on May 30. Congratulations! (Photo by Stephen Satkowski)



Far East District deputy commander Lt. Col. Richard Collins welcomed two interns that will be rotating in different offices as part of the Advancing Minorities interest in Engineering (AMIE) Program on June 2. Joy Dickerson (second from right) is a chemical engineering student from Hampton University in Virginia and Ryan Davis (third from right) is an environmental engineering student from Colorado State University in Colorado. Welcome to the District! (Photo by Stephen Satkowski)



Master Sgt. Kimberly King, Far East District operations non-commissioned officer in charge, works diligently during the Eighth Army Focused Passage 2017 exercise held at Seoul American High School Falcon Gym June 5-9. Focused Passage is a noncombatant evacuation operation (NEO) exercise that the Far East District participates in to validate NEO readiness of its personnel and families. (Photo by Antwaun J. Parrish)



Far East District central resident office hosted a tour for 8 students from Osan American Middle School on May 25. Students were provided a presentation on the U.S. Army Corps of Engineers and the importance of Science, Technology, Engineering, Art and Math (STEAM) by resident engineers Lt. Jae You, Daniel Koo, Yi Chang-hun, and Frank Meleton. They also toured the Pacific House Dining Facility repair and renovation project site. (Photo by Frank Meleton)

The Far East District celebrates Engineer Day, June 9



This month in FED History

- **June** 1987: Health and Dental Clinic at Camp Humphreys opened.
- 1988: Yongsan commissary completed.
- 1997: FED Hydrology and Construction Section won Federal Organizational Excellence award.
- 1999: Combined Defense Improvement Program project at Camp Humphreys completed.
- 1999: Construction of bachelor officer's quarters at Camp Casey and Camp Hovey began.
- 2003: Youth Center at Camp Humphreys opened.
- 2003: Construction of Whole Barracks Renewal Project at Camp Carroll began.
- 2004: Anti-terrorist/Force Protection upgrades at Osan Air Base completed.



Ground breaking ceremony for Osan Air Base Dining Facility, 1994



- 2009: Talon Cafe Dining Facility at Camp Humphreys opened.
- 2012: Construction of new barracks and tactical equipment maintenance facility at Camp Carroll began.

HERE IT COMES



WARFIGHTER SLEEP MANAGEMENT

A Soldier's performance is enhanced by 7-8 hours of quality sleep – but that is not always possible in the Army. As a rule of thumb, Soldiers should get as much sleep as much as they can, when they can.

Leaders and Soldiers can implement the following strategies to manage Soldiers' sleep debt:

GARRISON SLEEP QUALITY

Ensure dark, quiet, comfortable sleep environment and address conditions in barracks/family housing that interrupt quality sleep (e.g., garbage pick-up at 4 a.m.; routine fire alarms at night)

REVERSE CYCLE PHYSICAL TRAINING

Delay start of duty day (e.g., until 8 am) and conduct PT in the afternoon instead of morning to synchronize with Soldiers' circadian rhythms, reduce stress, and increase cognitive functioning

SLEEP BANKING

Plan ahead and increase your daily amount of sleep up to two weeks prior a period of limited sleep

TACTICAL NAPS

During sustained operations take a short nap when opportunities allow

"NAPPUCCINOS"

Drink 12 oz of coffee and then take a 30 min nap; must be able to fall asleep quickly.

CAFFEINE

Can help short-term alertness at the proper dose and frequency for the situation – see article for doses*

* see <https://safety.army.mil/shrinklink/152>

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. #Armysafety

The U.S. Army Combat Readiness Center has the tools to keep you and your Soldiers safe, both on and off duty. Visit us online at <https://safety.army.mil>.

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

