



East Gate Edition

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MG Milton Hunter, Director of Military Programs, USACE, (*right*) visits the Child Development Center construction site at the Yongsan Garrison. He was accompanied by COL (P) Carl Strock, Pacific Ocean Division Commander, during a recent visit to the Far East District.

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From the Commander



Three years ago we embarked on a journey together. A journey of many steps - a growing military construction program; robust host nation program; implementation of CADD; the integration of new, enhanced information management techniques into our work processes; the building of an information management infrastructure; reorganization. A journey of change. Once started, we can never return to the way it was.

Our journey has confirmed many age-old concepts -- not complex or difficult to comprehend, startlingly simple, even elegant with the truth they convey. Uncomplicated. But we appear incapable of learning and implementing, unleashing the power of these concepts because we are too busy re-discovering them. Certainly you can add your own to those listed.

Treat everyone with dignity and respect. Live consideration of others.
 The strength of organizations lies in their diversity. Embrace it.
 A mind once stretched never returns to its original dimensions.
 The future belongs to those who seek out and embrace change.
 Safety is a force multiplier. Live our Safety Pledge.
 Project management works. Join the project management team.
 Say what you do. Do what you say. Evaluate any discrepancy between "Say" and "Do", and Drive On!
 Pursue the power of partnering.
 Your attitude determines your altitude.
TEAM: Together Everyone Achieves More.
 An organization that cannot look at itself critically will wither and die.

Barbara sends her love and her thanks for your support and concern. Your many emails, telephone calls, and prayers have sustained her. She regrets not saying good bye personally.

Open your hearts to Dave and Leila Rehbein. They are wonderful people and are a great command team. Introduce them to the world-renowned hospitality of the FED family.

I am very proud of each of you. Continue to do your best. Thank you for all that you do for the alliance.

The journey continues.

Building for peace on the frontiers of freedom!

COL James L. Hickey

*"There is nothing more difficult to take in hand,
 more perilous to conduct, or more uncertain in its success,
 than to take the lead in the introduction of a new order of things."
 Niccolo Machiavelli*



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



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Safety

Last month's article dealt with severe heat disorders. This month's topic is less severe disorders and how to prepare for the heat.

Heat Cramps

Heat cramps are painful spasms of the muscles that occur among those who sweat profusely in heat, drink large quantities of water, but don't adequately replace the body's salt loss. Drinking large amounts of water dilutes the body's fluids while the body continues to lose salt. Shortly thereafter, the low salt level in the muscles causes painful cramps. The affected muscles may be part of the arms, legs, or abdomen; but tired muscles (those used in performing the work) are usually the ones most susceptible to cramps. Cramps may occur during or after work hours and may be relieved by taking salted liquids by mouth.

Fainting

A worker who is not accustomed to hot environments and who stands erect and immobile in the heat may faint. With enlarged blood vessels in the skin and in the lower part of the body due to the body's attempts to control internal temperature, blood may pool there rather than return to the heart to be pumped to the brain. Upon lying down, the worker should soon recover. Moving around can prevent further fainting.

Heat Rash

Heat rash, also known as prickly heat, is likely to occur in hot, humid environments where sweat is not easily removed from the skin surface by evaporation and the skin remains wet most of the time. The sweat ducts become plugged, and a skin rash appears. When the rash is extensive or when it is complicated by infection, prickly heat can be very uncomfortable and may reduce a worker's performance. The best prevention is to rest in a cool place part of each day and by regularly bathing and drying the skin.

There are many ways to reduce heat stress. Acclimation, work-rest regimen, and engineering controls are ways management can assist in alleviating heat stress. Employees must be intimately involved in their own heat stress prevention. In the course of a day's work, a worker may produce as much as two to three gallons of sweat. Because so many heat disorders involve excessive dehydration of the body, it is essential water intake during the workday be equal to the amount of sweat produced. Most workers exposed to hot conditions drink less fluids than needed because of an insufficient thirst drive. A worker, therefore, should not

depend on thirst to signal when and how much to drink. Instead, drink five to seven ounces of fluids every 15 to 20 minutes to replenish body fluids. There is no optimum temperature of drinking water, but most people tend not to drink warm or very cold fluids as readily as they will cool ones. Whatever the temperature, it must be palatable and readily available to the worker. Individual drinking cups should be provided.

Heat acclimatized workers lose much less salt in their sweat than do workers who are not adjusted to the heat. The average American diet contains sufficient salt for acclimatized workers even when sweat production is high. If for some reason, salt replacement is required, the best way to compensate for the loss is to add a little extra salt to the food. Salt tablets should not be used.

PERSONS WITH HEART PROBLEMS OR THOSE ON A "LOW SODIUM" DIET WHO WORK IN HOT ENVIRONMENTS SHOULD CONSULT A PHYSICIAN ABOUT WHAT TO DO UNDER THESE CONDITIONS.



July Safety Slogan:

Be patient today,
not a patient tomorrow.

Military Corner

by LTC Dale Knieriemen



Well, I guess it is my time to say good-bye to all of you. During the last three years, I have been fortunate to be able to share my life with you and be there to share yours. This district is so very lucky because you are all truly a family. You care for and take care of each other during the good and the bad times. I am extremely lucky to have been a part of that family. You will all be in my thoughts and more importantly, my heart forever.

The district has changed, but like a person, it grows, matures and changes with time. I have made some of those changes and I have been affected by all the changes just like you have. Personally, I have grown, matured, and changed right along with the district and I am better for it and know I will be a better person and officer at my next assignment.

I am looking forward to reporting in as the Deputy Commander for the New Orleans District because it is something new and I like new things. That is why I came to Korea in the first place. On the other hand I am sad because I will miss all of you, beautiful Korea, and the hospitality of the wonderful Korean people.

I will leave here on 30 July and report for work at the New Orleans District on 3 August. I will only be an e-mail message away and I hope you will all continue to send me e-mail and keep me in your thoughts. If you are ever in New Orleans you must stop in and see me. You are always welcome.

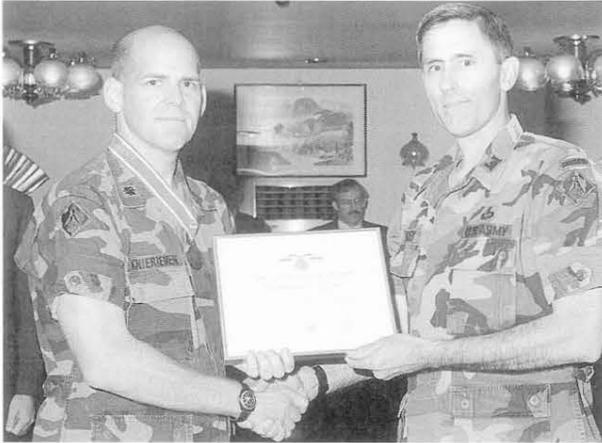


Worth Repeating

*The pessimist sees difficulty in every opportunity.
The optimist sees the opportunity in every difficulty.*

*Winston Churchill
British Statesman
1874-1965*

Deputy's farewell provides an opportunity to recognize his many outstanding contributions to the District



LTC Dale Knieriemen receives the Meritorious Service Medal, presented by COL James Hickey.



LTC Dale Knieriemen receives the deFleury Medal, presented by COL James Hickey.



It was a full house of well wishers at the East Gate Club for LTC Knieriemen's farewell (roast) as he gets ready to move to the New Orleans District.

LTC Dale Knieriemen's next assignment is as New Orleans District's Deputy.



A collage of photographs depicting his three years here at FED was one of many special gifts presented to LTC Knieriemen by members of the FED team.



Many wished LTC Knieriemen their personal good wishes following the luncheon.

District Commander's farewell Luau provides the opportunity for FED to honor one of FED's most energetic commanders



Following the many presentations, COL James Hickey, District Commander, reflects on this three years at FED commenting on how proud he is of the FED team and accomplishments are because of their hard work.



Harry Kim, Chief, Contracting Division, presents COL Hickey with a custom made fan.



Jack Church, Chief, Construction Division presents COL Hickey with a wooden Korean figurine with a special engraved plate on the base.

FED will miss COL Hickey and his wife, Barbara.

COL Hickey's next assignment is as Chief, Combat Maneuver Division, Force Development Directorate, Office of the Deputy Chief of Staff for Operations and Plans at the Pentagon.



COL Hickey receives a special version of the coveted Tongdaemun Award.



One of the event highlights was the wonderful Hawaiian dancers who performed several dances following the presentations and meal. Even Scott Bearden, PPMD, CPT Steve Walker, PPMD, and the honoree, COL Hickey, received a quick hula lesson and joined the dancers to perform for the group.

MG Milton Hunter visits FED Projects



Medhi Mezzani, NRO, shows MG Hunter and COL (P) Strock around the interior of the Child Development Center building. The project is 99 percent complete.



Tim Phillips, NRO, brief MG Milton Hunter, Director of Military Programs, USACE, and COL (P) Strock, Commander, Pacific Ocean Division, about the Child Development Center Project (CDC) at Yongsan Garrison.



MG Hunter spent a few minutes at an FED partnering session for the Dragon Hill Lodge Project during his trip.



Doug Bliss (civilian), Chief, F & M Branch, briefs MG Hunter about the new drill rig (left) to be used in FED's well drilling program.

New Team Member

CPT Rafael Lopez arrived at FED on June 15th to serve as a project engineer at the Central Resident Office in Osan. His



hometown is Miami, Florida. Lopez has a Bachelor of Science degree in computer engineering from the University of Florida and a Master of Science degree in Engineering Management from the University of Missouri in Zolla. He is a member of the Army Engineering Association and his interests include running and hiking. Lopez and his wife, CPT Marsha Lopez, have two children, Mary Elizabeth and Joseph Andrew. Marsha Lopez is Commander, HHB I-43 ADA, at Suwon.



Team effort saves trees at Chinhae Navy Site

by Mike Heffernan

During construction of the new Navy Bachelor Enlisted Quarters at Chinhae Navy Site, the very tight construction area required trees to be removed from the east end of the building. This was to facilitate construction of a retaining wall. Lieutenant Jason Faunce, Public Works Officer, at Chinhae, asked if FED could somehow save these trees. Mr. Pak, Sam-Kun, Quality Assurance Representative, FED Pusan Project Office, started coordinating and the FED engineering design team got right to work and came up with a zig and zag design that modified the original wall and accomplished the request -- saving the trees.

Two challenges remained. The trees had to be protected during all the construction such as backhoe work, formwork, and concrete placement. Second, survival of the trees depended on seven feet of fill on their trunks for landscaping and backfill for the retaining wall.

Mr. Kim, Yong-Kuk, project manager for the contractor (ICC), and the public works office staff got together and discussed a "creative landscaping" approach to these challenges. Mr. Kim took the lead and came up with a protective well design with a removable grate to allow natural rainfall and a pleasant pentagon settee to top it off. He then carefully supervised ongoing construction at all times, protecting the trees. The wall relocation and tree wells were completed for less and \$6,000 and no time growth.

None of this would have been possible without the talented individual professional effort of many people in Engineering Division, Programs and Project Management Division, Construction Services Branch, Contracting Division, and Mr. Pan, Chae-Yong, SRO, expediting the RFPs from negotiations through modifications.



Ms. Peggy Grubbs, PPMD, (right) presents farewell gifts to Ms. Isabel McConnell, PPMD, as her husband watches the presentation. The McConnells are returning to the United States.

Organization Day - June 19, 1998

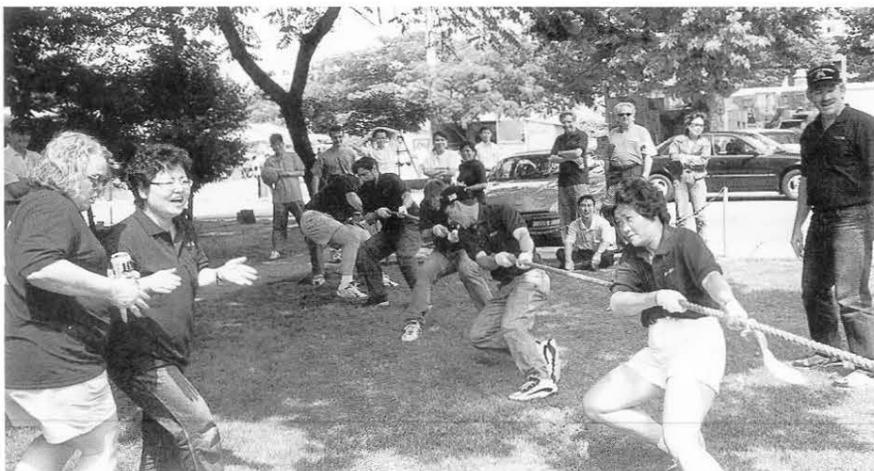


There was see-saw.

The fun included three-legged sack race. . .



. . . and of course, everyone's favorite, the tug-o-war.



Organization Day - June 19, 1998



The crowd cheered for their favorite arm wrestler (*above and top right*).



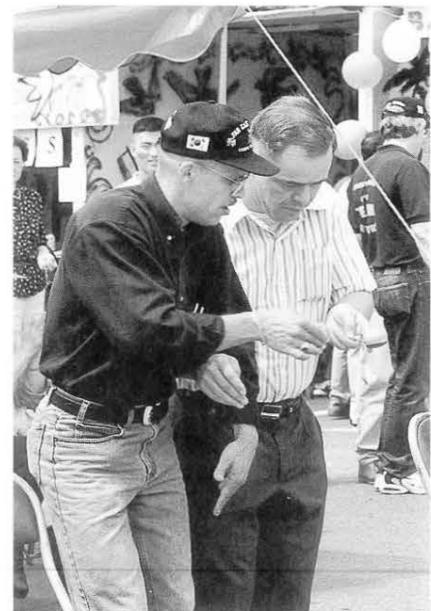
Others wound up in the Jail (*below and right*).



Organization Day - June 19, 1998



There were pies in the face, BoBo the Clown made balloon animals for the children, not to mention an egg carrying contest.



Organization Day - June 19, 1998



Additional favorites were the baseball throw (*above*) and the darts (*below*). Thanks to the Logistics Team and everyone else who played a role in putting together a great day of fun for all.

