



East Gate Edition

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A ribbon cutting and two ground breakings at Osan Air Base

To say the Far East District is busy these days is an understatement, but even so, attending three project ceremonies in one morning is not something often seen on the daily agenda of the District Commander or other District team members. However, the morning of June 4, 1999, was an exception to the rule involving ceremonies at Osan Air Base.

First was the ribbon cutting for a new four-story, 56,000 square feet, 156 person (78 rooms), enlisted dormitory.

"The \$8.9 million building is the first 1 + 1 type dormitory built at Osan," said Mr. Steve Cho, Programs and Project Management Office, Far East District. The 1 + 1 construction means each person has their own room, but two people share one bath and kitchen.

Airmen are expected to begin occupying the dormitory when the furniture arrives in one to two months. *(continued on page 6)*



During the ribbon cutting ceremony for a new dormitory at Osan Air Base, COL David Rehbein (2nd from left), Commander, Far East District, presents the key to the new dormitory to BG Robert Dierker (right), Commander, 51st Fighter Wing, who transfers the key to SSgt Nicholas Pelham.



Mr. Jack Church (left), Chief, Construction Division, Far East District, and COL David Rehbein, Commander (2nd from right), Far East District, join BG Robert Dierker (right), Commander, 51st Fighter Wing, and the other dignitaries in throwing ceremonial shovels of dirt during the ground breaking ceremony for a new enlisted dormitory at Osan Air Base.

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From the Commander



COL David J. Rehbein

I used to belong to a unit that had as its motto:

And the Lord said, "Whom shall I send, and who shall go for us? Then said I, Here I am. Send Me." Isaiah 6:8

Being in the Army gives one many ways to find significance in that phrase. Getting "sent" somewhere . . . or volunteering to "go" is something we can all understand . . . especially in an overseas district.

Aside from the more serious business of being willing to step forward in the nation's defense, there's the somewhat more ordinary fact of regular moves. Summer is the normal time for rotations and we'll see our share of them here. The Army will be sending many of us to somewhere else for new opportunities . . . and we'll see a goodly number of new arrivals.

Looking back on my time in the Army, Leila and I have moved 16 times in the 24 years we've been married. That averages out to once every 18 months. *(I'm sure glad the Army issued her to me at West Point . . . she was already used to the mobile life . . . but then, that's a story for another column!)*

My two grown daughters went to three different high schools in four years . . . and so has my son, Chris, who's leaving for college in a few weeks. That kind of turbulence has helped us to become sensitive to the needs of people just arriving at a new duty station.

Even though we have lots to do, our first priority in receiving new employees should be to make sure they and their families have a smooth transition to a new home, can get all the "administrative" details of driver's licenses, school registration, medical care, and the myriad of other concerns taken care of with as much help as we can give them.

I'd rather have someone take an extra day or two to get properly settled than to have them worrying about it over the next several months because we didn't get it quite right the first

time.

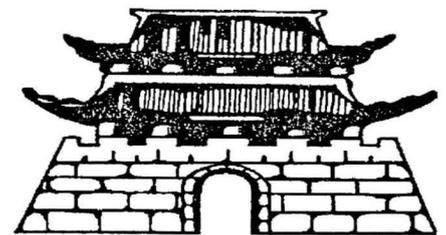
Let's also make sure that we take the time to bring new employees around to each of the Divisions and separate offices. . . . show them around the compound . . . so that they get an initial sense of where we all are and what we do.

It's important for us to help the new folks coming in to feel a part of the team from day one - and similarly, to make sure those who are leaving us know we appreciated their role on our team, and to send them off with proper recognition of their contributions.

Though the people change, the District remains constant as the best in the Corps!

Essays!

COL Rehbein



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

by David McCracken

The human body, being warm blooded, maintains a fairly constant internal temperature, even though constantly exposed to varying environmental temperatures. To keep your internal body temperature within safe limits, your body must get rid of its excess heat, primarily through varying the rate and amount of blood circulation through the skin and the release of fluid onto the skin by your sweat glands. These automatic responses, which usually occur when the temperature of the blood exceeds 98.6 degrees Fahrenheit, are kept in balance and controlled by the brain.

If heat loss from increased blood circulation through the skin is not adequate, the brain continues to sense overheating and signals the sweat glands to shed large quantities of sweat onto the skin surface. Sweat evaporation cools the skin, eliminating large quantities of heat from the body.

As environmental temperatures approach normal skin temperature, cooling of the body becomes more difficult. If air temperature is as warm as or warmer than the skin, blood brought to the body surface cannot lose its heat. Under these conditions, the heart continues to pump blood to the body surface, the sweat glands pour liquids containing electrolytes onto the skin surface and the evaporation of the sweat becomes the principal effective means of maintaining a constant body temperature.

Sweating does not cool the body

unless the moisture is removed from the skin by evaporation. Under conditions of high humidity, the evaporation of sweat is decreased and the body's efforts to maintain an acceptable body temperature may be significantly impaired.

These conditions adversely affect your ability to work in a hot environment. With so much blood going to the external surface of the body, relatively less goes to the active muscles, the brain and the other internal organs. Strength declines and fatigue occurs sooner than it would otherwise. Alertness and mental capacity also may be affected. People who must perform delicate or detailed work may find their accuracy suffering and others may find their comprehension and retention of information lowered.

Certain safety problems are common to hot environments. Sweaty palms can cause lack of grip, dizziness or the fogging of safety glasses can result in slips, trips or falls. Wherever molten metal, hot surfaces or steam exist, the possibility of burns from accidental contact also exists.

Aside from these obvious dangers, the frequency of accidents appears to be higher in hot environments than in moderate conditions. One reason is that working in a hot environment lowers your mental alertness and physical performance. Increased body temperature and physical discomfort promote irritability,

anger and other emotional states which sometimes cause workers to overlook safety procedures or may divert attention from hazardous tasks.

Excessive exposure to a hot work environment can bring about a variety of heat-induced disorders.

Heat Stroke is the most serious health problem associated with working in hot environments. It occurs when the body's temperature regulatory system fails and sweating becomes inadequate. The body's only effective means of removing excess heat is compromised with little warning to the victim that a crisis stage has been reached.

A heat stroke victim's skin is hot, usually dry, red or spotted. Body temperature is usually 105 degrees Fahrenheit or higher, and the victim is mentally confused, delirious, perhaps in convulsions or unconscious.

Anyone with signs of heat stroke requires hospitalization. However, first aid should be immediately administered. This includes removing the victim to a cool area, thoroughly soaking the clothing with water and vigorously fanning the body to increase cooling. At a medical facility, the cooling process should be continued and the victim should be monitored for complications which often accompany heat stroke. Early recognition and treatment of heat stroke are the only means of preventing permanent brain damage or death. *(more on heat conditions next month)*

The 2IC's Corner



by LTC Mark Cain
Deputy Commander

I recently received this article from an old mentor who is now the USFK Liaison at the Pentagon. I thought it would be worthwhile to share it with you for this month's article. I believe it reinforces the concept that we are only as good as the folks around us....

Sometimes in the daily challenges that life gives us (*particularly with our massive workload this Fiscal Year*), we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason....

CMDR Charles Plumb, a US Naval Academy graduate, was a jet fighter pilot in Vietnam. After 75 combat missions, his plane was hit and destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent 6 years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience.

One day, when Plumb and his wife were sitting in a restaurant, a man from another table came up and said, "You're CMDR Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty

Hawk. And you were shot down!"

"How in the world did you know that?" he asked.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude.

The man shook his hand and said, "I guess it worked!" with a smile.

"It sure did. If your chute hadn't worked, I wouldn't be here today," Plumb assured him.

Plumb couldn't sleep that night, thinking about that man. "I kept wondering what he might have looked like in a Navy uniform, a Dixie cup hat, a bib in the back, and bell bottom trousers," he said. "I wondered how many times I might have seen him and not even said good morning, how are you or anything, because I was a fighter pilot and he was just a sailor."

Plumb thought of the many hours the sailor had spent on a long wooden table in the packing room of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the life of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?"

Everyone has someone who provides what they need to make it through the day. Plumb also

points out that he needed many kinds of parachutes when his plane was shot down over enemy territory—he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Plumb's experience reminds us all to prepare ourselves to weather whatever professional or personal storms that lie ahead. As you walk through your life... recognize the people who pack your parachute.

I just spent three days at the EUSA Retreat Center on Namsan and had some time to reflect. This story came to mind. During the weekend, I was responsible for all the admin and logistics to make this particular retreat occur. There were plenty of people packing my parachute over the weekend making things happen. The same is true here at FED. My special thanks to all of you who are packing my parachute everyday.

Now it is your turn. At FED, at home, and at play, who is packing your parachute? Check it out! You might be surprised...

See you around the District.

Dr. Michael J. O'Connor, CERL Director, visits the Far East District

Recently, Dr. Michael J. O'Connor, Director, U.S. Army Construction Engineering Research Laboratory (CERL), spent a week in the Far East District. He also represented the U.S. Army Engineer Research and Development Center (USAERDC), the umbrella organization in headquarters USACE for all the Corps' laboratories, during his visit.

One of his goals was increasing awareness, within the District and among our many partners, of services available from CERL and the other Corps' labs. His itinerary included meetings with USFK Assistant Chief of Staff Engineer, 7th Air Force Engineer, Osan Air Base civil engineer, and the Director of Public Works, 34th Support Group. O'Connor was also the guest speaker at the monthly meeting of the Seoul Post of the Society of American Military Engineers.

CERL executes a \$70 million annual research and development program which creates and fields technology to ensure military installations support a trained and ready Army in an environmentally sustainable and affordable manner. CERL also supports the Corps' civil works and military engineering missions. It has a staff of 400, including 300 federal employees and 100 University of Illinois faculty, students, or other contract employees. CERL's two divisions, Facilities and Installations, conduct research in three business areas: facilities

acquisition and revitalization; installation operations, and land management.

USAERDC research areas include combat engineering, topography, installations (*facility acquisition and installation operations*), environmental quality, and civil works. It's virtual team includes 1240 scientists and engineer experts; \$1.2 billion in research facilities and equipment; and an over \$400 million annual program.



Dr. Michael O'Connor, tells the members of the Soul Post of the Society of American Military Engineers, about the USAERDC services available to their organizations, during the June meeting. He was the guest speaker.

About 45% of the USAERDC work is direct military, 42% is direct civil works, 13% is reimbursable civil works, and 33% is military reimbursable work.

Since Dr. O'Connor became the CERL Director in 1996, one of the accomplishments he is most proud of is the laboratory

management system and the energy program.

"Previously, the laboratories worked more independently, now they have a more integrated capability," said O'Connor.

He joined CERL in 1974 and through the years has served as a team leader for the former Facility Systems Division, division program manager, division chief, and chief of CERL's infrastructure laboratory. Just prior to his assignment as CERL Director in 1996, he served as its Technical Director for two years.

"Previously, there was more support of the command, many more technical reports, but now we provide full product life cycle R&D, transport and implementation," said O'Connor when asked how things had changed through the years.

"Getting a first hand look at challenges in Korea, visits to the camps, and bringing an increased awareness to Korea of the lab capabilities have all been productive results of this trip," O'Connor said.

Having spent time with the Honolulu District and the Pacific Ocean Division, just before coming to the Far East District, O'Connor departed Korea for a few days with the Japan District before heading back to the U.S.

Dr. O'Connor holds both a bachelor and master of science degrees from the University of Illinois at Urbana-Champaign (UIUC). He also earned a Ph.D in Mechanical Engineering from UIUC.

A ribbon cutting and two ground breaking ceremonies at Osan AB

(continued from page 1)



Dignitaries, including COL David Rehbein, Mr. Lynn Ray, and Mr. Fred Davis from the Far East District, toss the ceremonial first shovels of dirt symbolizing the beginning of construction of the new dining facility at Osan Air Base.

Second was the ground breaking ceremony for a second dormitory with same design as the first dormitory.

"Three more units like these are programmed, with the next one scheduled to be started next spring," said Mr. Steve Cho, Programs and Project Management Division, Far East District.

The third ceremony was the ground breaking for a new buffet style dining facility which will overlook the golf course at Osan Air Base. The 27,000 square foot building is a ROK funded quality of life project and will have seating capacity for 360 people.

"It is a leading edge new design concept project and has the potential to become the Air Force prototype for future dining facilities," said Mr. Lynn Ray, Programs and Project



An artist's rendering of the dining facility to be built at Osan Air Base.

Management Office, Far East District.

This is also the first time the Far East District used the Functional Analysis Concept Development (FACD) process during the design of a project. This program was developed by Mr. Mike Koga, of the Navy Facility Engineering Command. Basically, it was a 14-day meeting of key people involved in the project: Mr. Mike Koga, who was the facilitator; Mr. Lynn Ray, facilitator and designer;

Chief Tom Tully, Air Force Superintendent of Dining Facilities, MWR; and Mr. Won Kim and Mr. Gary Yi of AMKOR, the Architect-Engineering firm.

A conceptual design with drawings, programming costs, and a partnering agreement between the Far East District, the Air Force, and AMKOR, were the three major results of the process.

The FACD process resulted in fewer design changes and cut at least two months off the design

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process.

The original program amount for the dining facility was \$6 million for a 20,000 square foot building, which would not have met the needs of the Air Force. The FACD process allowed this to be corrected at the beginning of the design process.

"This is the type of problem that would have shown up during concept design and would have suspended the project because of the cost or need to reduce the size of the project," Ray said.

Since using it at the beginning of the design phase for this dining facility in 1997, the District has used the FACD process several more times with equal success, according to Ray.



(Above) COL David Rehbein, Commander, Far East District, addresses the attendees at the dining facility ground breaking. (Below) BG Robert Dierker (right), COL David Rehbein (center), and Mr. Cho, Kang muk, President, Pumyand Construction, prepare to drink a toast to a successful second dormitory project at Osan Air Base.



New Team Members

MAJ Pete Helmlinger joined FED on May 15, 1999, as a project engineer at the Tongduchon Resident Office. He has 11 years of



military service. He served in the 65th Engineer Battalion in Hawaii and the 14th Engineer Battalion at Fort Lewis, Washington. Helmlinger also served as the aide-de-camp to the Pacific Ocean Commander for one year in 1992. He holds a Bachelor of Science Degree in mechanical engineering

from West Point and a Master of Science Degree in civil engineering from Stanford University. He is also a registered professional engineer in Virginia. Helmlinger's hobbies include running and mountain biking.

Ms. Song, Sop -sun joined FED on May 24, 1999, as a secretary at the Uijongbu Project Office. She comes to FED from



serving as the secretary to the Assistant Director of Personnel Activity (MWR) at Camp Red Cloud (CRC) for two years. Prior to that she served as an Accounting Technician in the Financial Management Division (MWR) at CRC. Prior to that she worked for the USA Federal Credit Union at Yongsan for 20 years. Ms. Song's hobbies include bowling and snow skiing. Her home town is Tobong-Dong, Seoul. She is married to Mr. Hong, Se-uz, and they have a daughter, So-yon, and a son, Sang-hyok.

(continued on page 8)

New Team Members

(continued from page 7)

Mr. Lee, Sik-jung, joins FED from the Federal Aviation Administration, Alaska Region, to work as a quality



assurance engineer with Central Resident Office at Osan. He has a BS in electrical engineering from the University of Washington and a MS in business administration from Texas A&M University at Texarkana. Mr. Lee and his wife, Jae, have a son Caleb and a daughter Petra.

SGT Curles L. Butler joined FED on May 18, 1999, to serve as a quality assurance representative at Tongduchon Resident



Office. He has 19 years of military service. Butler has served in the Honduras and Panama. He has been a platoon sergeant for three years and comes here from Fort Stewart, Georgia. Butler's home town is Pelham, Georgia and he attended Pierce College. His hobbies include softball, baseball, horseback riding, sight seeing, weight lifting, racquet ball, and gardening. Butler and his wife, Paula, have three children Cynthia, Shanithia, and Cornelius.

Mr. Bruce H. Kim joined FED on May 23, 1999, to serve as an electrical engineer in the Quality Assurance Branch,



Construction Division. His prior position was two years at the Air Force Space Command at Buckley Air National Guard Base in Colorado as a project engineer/project manager for various military construction and O&M projects during a buildup of Buckley. Prior to that he worked at the Base Civil Engineering Office also at Buckley Air National Guard Base. Kim has a bachelor's degree in electrical engineering, and also in Math and Computer Science, from the University of Colorado. He also holds a Master of Science degree in electrical engineering from the University of Colorado. Kim is also a registered professional engineer in Colorado. He would like to play more golf while he is in Korea. He and his wife, Hee-j, have a son, Alex, and a daughter, Alice.

Congratulations

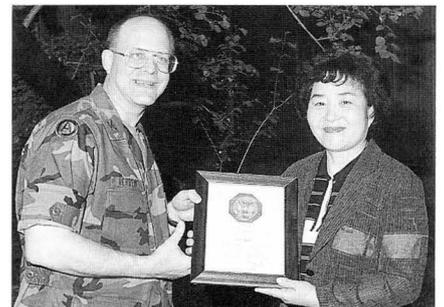
Mr. Ken Gardner, ED,
top score for male
and

Ms. Yun, Chan-suk, IM
top score for female
in the FED Bowling
Tournament which raised
approximately \$345.

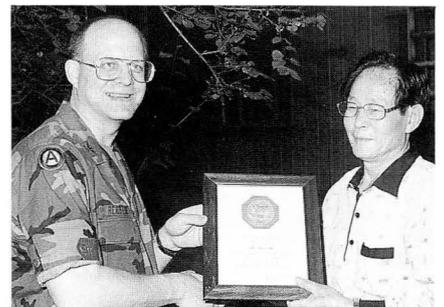
Town Meeting June 2, 1999



Mr. James Chin, ED, receives the Korean Service Medal.



Ms. Yi, Pong-hui, ED, receives award for 40 years of service.



Mr. Pak, Kwang-ung, IM, receives award for 40 years of service.



Ms. Maeng, Hui-yong, LO, receives award for 30 years of service.