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Far East District

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Pre-fab duplexes will provide transitional housing for 50 CRC officers

The grass isn't planted and the furniture hasn't arrived yet for 25 new pre-fabricated duplexes at Camp LaGuardia, but the nearly completed \$2 million project will soon provide transitional quarters for 50 officers stationed at Camp Red Cloud. Officers will live in the duplexes until two new MCA 48-person bachelor officer's quarters (BOQs) are built at CRC. The new BOQs are scheduled for completion in the fall of 2001 and will have the same space and amenities as the 400-sq. ft. duplex units.

This is the first time the Far East District has acted as the government agent to supply building materials. The duplexes are basically kits. Everything was picked from a catalog, manufactured in the U.S., shipped over here, and then assembled by a contractor here on the peninsula.

Pitched roofs, a different siding, semi-covered porches were custom options specified by the district for inclusion in the custom designed kits.

Rather than concrete foundations, steel skids were used so that the duplexes can be moved.



These pre-fabricated duplex will provide housing for officers stationed at Camp Red Cloud while two new 48-person BOQs are being built. The \$10 million BOQs are part of the flood supplemental and are scheduled for completion in the fall of 2001.

Each unit has one bedroom, a combined living/dining area, a fully equipped kitchen and a bathroom.

"There have been some challenges on this project," said Mr. Lynn Ray, Project Manager, Programs and Project Management Division (PPMD). "The major one was finding space in the Uijongbu area that would hold 25 duplexes and also had access to Camp Red Cloud."

"Another challenge was the lack of utility, sewer, and water line accessibility," Ray added.

The transitional BOQs were turned over to the DPW on March 10, 2000, with officers expected to move in late March or early April.



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From the Commander



COL David J. Rehbein

Safety is the first rule!

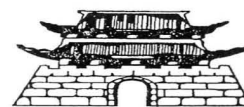
The Far East District has had a safety record that everyone else in the Corps envies. I want us to keep it that way. Our safety officer, Sam Barnes, is one of the best in the business. But he doesn't do it alone and our achievements in safety belong to all of us. We are all safety officers - that's the only way we can continue to be as good as we've historically been.

Over the last several months we've had some accidents that should give us all pause. Fortunately they all turned out to be relatively minor...but each one had the potential to have been much worse. Thank God no one has been seriously hurt or killed. One of the accidents involved a boom hitting some

overhead powerlines, another was the collapse of a crane that was undersized and being used improperly, and the most recent was a small fire set by welding sparks. Now, none of these were caused by FED personnel; they were all the results of actions of contractors working on our projects. However, it should remind us that each one of us is a "safety officer" and responsible to stop unsafe practices whenever and wherever we see them. While it is true that some of us have more opportunity to see the construction sites than others, we all spend time in and around our FED offices. When you see something questionable going on I expect you to stop it or notify your supervisor about the activities. As to our construction sites, many of us get out to see projects even though we aren't QARs. Not only that, we have so many things going on that anywhere you go, on or off duty, you're liable to drive by an FED construction site. If you chance to see something that doesn't look safe, and

there's no one around wearing one of those white hard hats with the Corps' red stripe, then call the safety office, the nearest resident office, or call me. Our QARs can't be everywhere at all times. I want to make sure our whole team is working together to thwart any chance that an accident occurs that will seriously hurt someone. I charge each one of you to aggressively watch for unsafe practices and crush them out wherever we discover them. Nothing we're doing is worth someone's life or permanent disablement.

ESSAYONS!
COL Rehbein



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

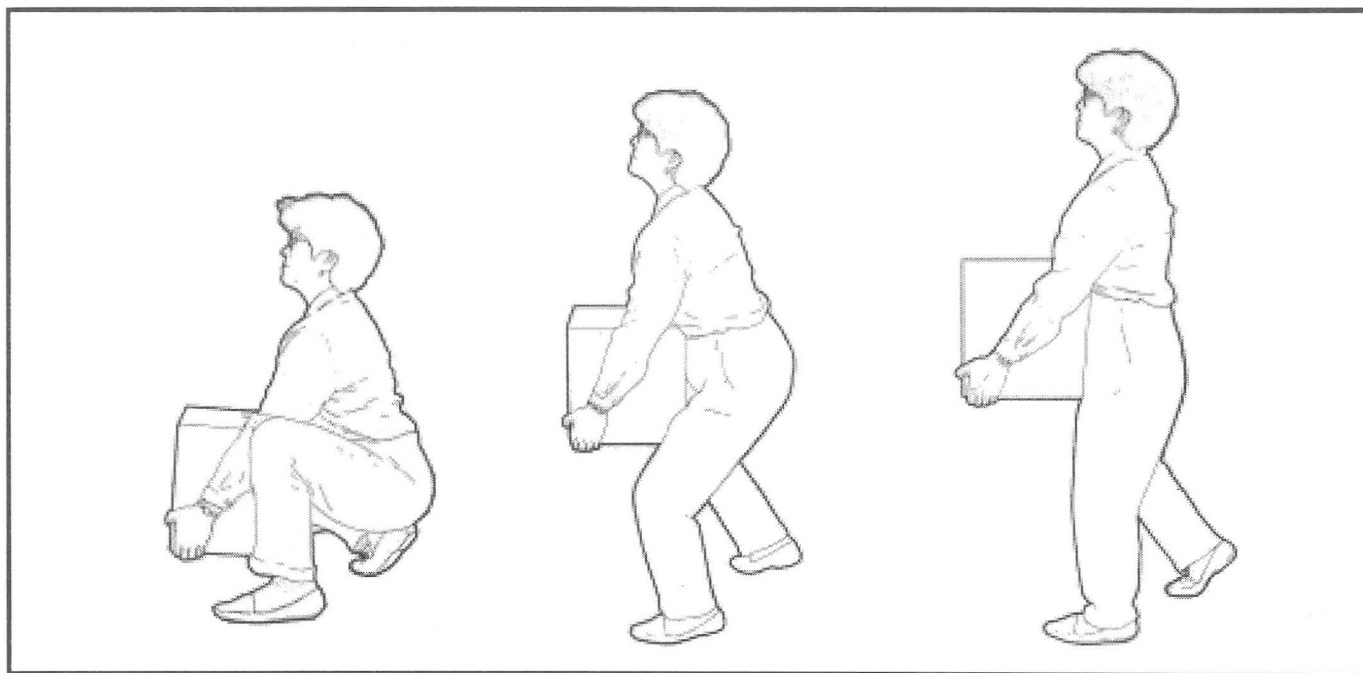
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District Commander: COL David J. Rehbein Public Affairs Officer: Gloria Stanley Photographer: Yo, Kyong-il

Safety

Preventing back injuries is a major workplace safety challenge. According to the Bureau of Labor Statistics (BLS), back injuries account for one of every five workplace injuries and illnesses. In fact, one-fourth of all compensation indemnity claims involve back injuries, costing industry billions of dollars in addition to the pain and suffering borne by employees. According to the BLS, four out of five injuries associated with manual materials handling tasks (placing, carrying, holding, lowering and lifting) are to the lower back and three out of four occur while the employee is lifting. Although no approach has been found for totally eliminating back injuries caused by lifting, risk can be significantly lowered by proper lifting methods.

Basic Lift (Diagonal Lift) – This lift is the most common method of good lifting technique. Use the basic lift for objects small enough to straddle where you have enough room to use a wide stance.



1. Get close to the object.
2. Stand with a wide stance: put one foot forward and to the side of the object.
3. Keep your back straight, push your buttocks out, and use your legs and hips to lower yourself down to the object.
4. Move the load as close to you as possible.
5. If the box has handles, grasp the handles firmly and go to step 9.
6. Put the hand (*that is on the same side of your body as the forward foot*) on the side of the object furthest from you.
7. Put the other hand on the side of the object closest to you. Your hands should be on opposite corners of the object.
8. Grasp the object firmly with both hands.
9. Prepare for the lift: look forward.
10. Lift upwards following your head and shoulders. Hold the load close to your body. Lift by extending your legs with your back straight, your buttocks out, and breathe out as you lift.

If you are doing this lift correctly, your head will lift up first, followed by your straight back.

If your hips come up first and you must bend your back as you straighten up, you are doing this lift incorrectly.

March Safety Slogan:

*"Avoid that run-down feeling --
Obey stop signs."*

The 2IC's Corner



by LTC Mark Cain
Deputy Commander

This month has been a real challenge. The workload has picked-up again (some would say that it never stopped) and the District is busy. However, for me, the week of 14-18 February was particularly difficult. On Monday and Tuesday, Emergency Management hosted the POD OPLAN Conference. On Wednesday and Thursday, Logistics Management supported the USFK Engineer Conference. FED's Troop Call was run concurrent with the USFK Engineer Conference. The Executive Assistant orchestrated Troop Call. The District's soldiers took a PT test on Thursday and qualified on the 9mm pistol on Friday. The annual Engineer 5K run for National Engineer Week took place on Saturday. And that evening, the Engineer Ball was held at the Sofitel Ambassador Hotel. RM had the lead for the Ball. So, as you can see or imagine, there was a lot of "moving pieces." The probability for one of these events to "crash and burn" was very high. I was a bit worried about our ability to successfully pull this all off...

However, the scripture's "...Oh ye of little faith..." clearly applies. I should have known better. The Far East District's reputation is execution. I'm sorry I doubted. Once again, we came through with flying colors. This month's article is a public thanks for the individuals, in the FED family, who made the week of 14-18 February happen. It is not my intention to embarrass or overlook someone. I want to give credit, where credit is due.

First is the OPLAN Conference. I would like to thank Mitchel Glenn, Pat Crays, and Jerry Giefer. Everything from pick-up of the AED, JED, POD, and USACE folks at Kimpo through resolving the RSOI concept and funding went smoothly. The conference's objectives

were clearly accomplished. Good job!

Next is the USFK Engineer Conference. This was "last minute" effort. USFK Engineer could not schedule cost free space on Yongsan for the conference and looked to FED. LM provided T-109, coordinated USFK Engineer's efforts to get the conference set-up, and picked-up the attendees in the "yellow submarine." I want to thank Walt Petersen, Ken Pickler, Bill Baker, Choe, Myong-Chae, Chong, Hyong-Kun, Na, Ki-Wan, and Yi, Tong-kun. Super support!

As usual Larry Drape and Dave Wilson did a great job with the administration and logistics for Troop Call. Thanks, Larry and Dave, for working all the details to make Troop Call happen. You are unsung heroes. SFC Davis and CPT Eisenhower get credit for running a great, as well as safe, 9mm range. My thanks go to both of you. I think all the troops had a wonderful time "launching rounds" down range. I did! I would be remiss if I did not thank our Commander for the new red polo shirts on behalf of CPT Baker, CPT Eisenhower, and myself. COL Rehbein can give you the details...

Dave Wilson was squarely in the spotlight for the 5k fun run. Thanks Dave for setting-up the event up! Great job! In addition, I'd especially want to thank AMKOR, TJD, and KMCA for the contributions that made the event possible. Without your financial support, the fun run would not have occurred. THANKYOU!!!

A special "Gold Star" goes to Monte Howard for the Engineer Ball. Planning, coordinating, and setting-up a large social event, like the Engineer Ball, is not easy. However, Monte, you made it seem so. You stepped into the breach,

when no one else was willing to volunteer across the mountain in Yongsan, and did all the real "heavy lifting" for the event...virtually unassisted. Larry Drape, Lee Jones, Riki Rice, CPT Baker, his wife, Sarah, and Mr. Yo also deserve recognition. Larry, thank you again, for coordinating with the supporting cast, as necessary, to make this event a success. Lee and Rikki, I appreciate your efforts selling tickets. CPT Baker and Sarah thank you for stepping forward and immediately contributing to the success of the event even though you just arrived in FED. Mr. Yo thanks, for all you did, from the invitations to the photos...as usual, another fine job! I would like to thank and recognize our door prize sponsors: Ms. Moon, Grace Flower Shop, Dragon Hill Lodge; Mr. Yu, In-Su, Mr. Philippe Dugauquier, and Mr. Raetus Balzer, Sofitel Ambassador Hotel; Ms. Veronique Landis, Crafter, Second Hand Rose Thrift Shop, Pillows and Throw; Ms. Rogers, Crafter, Crocheted Throw; Ms. Lee, Young Suk, Collection Leather Ware, Dragon Hill Lodge; Ms. Roxanne Holland, Dragon Hill Lodge; Mr. Joe Nieves, Party People Inc.; Ms. Barbara Yim, ONETel, Inc.; the Navy Club; and the USO. THANKS A MILLION! Most of all, I extend my sincere appreciation to the Sofitel Ambassador Hotel for everything you did to make the Engineer Ball a success. In particular, thank you Mr. Yu, In-Su. You always do it right! And we need to thank the Korea Post of the Society of American Military Engineers (aka SAME) for their generosity. SAME's financial contribution served as the initial seed money to get things moving and substantially reduced ticket costs. ESSAYONS!

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FED's "Tae Kwon Do" Kim referees 2000 U.S. Open Taekwondo Championships

There are more than 700 athletes from 30 countries. There are 33 referees from 20 countries. It is the 2000 U.S. Open International Taekwondo Championships at Blaisdell Arena, Honolulu, Hawaii, in February 2000. And, Mr. Hwa-ryong Kim, who works in the Far East District's Engineering Division, was one of those 33 referees and received the award for "Best Referee".

Kim also serves as Chief, International Relations Dept. of the Technical Committee for The Korea Taekwondo Association. He began as a referee 15 years ago and referees an average of three international events each year.

He has been selected to referee at the World Cup 2000 in April and is anxiously waiting to find out if he will be invited to referee in September at the Olympics in Sydney, Australia.



Mr. Hwa-ryong Kim referees 33 matches at the 2000 U.S. Open International Taekwondo Championships in Honolulu, Hawaii.



We all know about Change of Command ceremonies, but did you know Construction Division has "Change of Cup" ceremonies? Mr. Pete Perez found out when he "assumed command" of the Central Resident Office on February 7. Mr. Jack Church (center) passes the CRO RE cup to Perez as he assumes command of CRO from Fred Davis (left.), former "commander", now the Deputy for Construction Division.



It was Troop Call, February 18th, 2000. LTC Mark Cain (r), CPT Paul Baker (c), and CPT John Eisenhower (l) were up to the task at the firing range on Yongsan. Cain came in first; Baker was second; Eisenhower placed third, and then the commander and reigning pistol champion, COL Rehbein. It was an upset! Cain, Baker and Eisenhower had earned their "I beat the Colonel" shirts and are now the FED pistol champions.

National Engineer Week Events

Engineer Week 5k Run

by David Wilson

On February 19, 2000, the weather was perfect for the National Engineers Week 2000 5k run/walk sponsored by AMKOR, Thomas J. Davis, A&E Inc., and the Korean Military Contractors Association. This year's run brought out 139 runners and walkers who came from as far away as the DMZ to the north, and Taegu to the south of Yongsan. The youngest participant was eight years old.

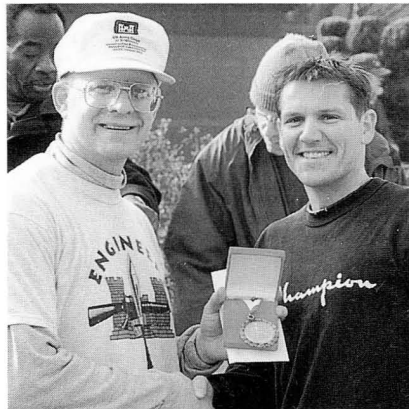
New course records were established in the overall male category as well as several of the other men's and women's categories.

At the conclusion of the run, COL David Rehbein, Commander, Far East District, presented the winners with a SAME, USFK or FED coin. The event ended with fifteen lucky winners of a drawing each receiving a Dragon Hill Lodge gift certificate.

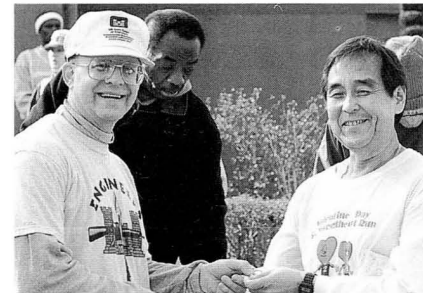
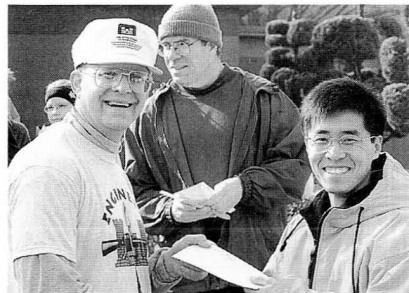
The sponsors and run organizers thank all those who participated and hope to see you next year!



And the race is on!



COL Rehbein presents a Gold Medal and Dragon Hill Lodge gift certificate to Shannon Swords, overall male winner, and Jeong Grewatz, the overall female winner. Shannon established a new Engineer Week 5k Run record with a time of 17:09.



(Above left) Mr. Pak, Chun-pom, F&M, wins a Dragon Hill Lodge gift certificate and Mr. Glenn Matsuyama (above right), Engineering Division, receives a coin for winning his age group. COL Rehbein presents the prizes.

Engineer Ball

The annual Engineer Ball held at the Sofitel Ambassador Hotel on February 19, 2000, was well attended by members of the engineering community. There was the traditional mixing of Engineer Punch, singing of the Engineer Song, toasting, dancing, and, eating of good food.



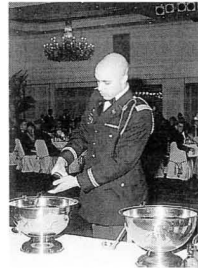
National Engineer Week Events



Toasting.....



Singing.....



Mixing of the Engineer Punch.....



And, of course, dancing.

FED takes engineering to SAHS

The objective of National Engineers Week is to spread the word on the valuable service engineers make to society and our nation. This year's celebration focused on educating Seoul American High School students on the various professional disciplines that support the District's engineering mission in Korea.

On February 24, 2000, demonstrations and displays were presented throughout the day. More than 200 students had the opportunity to learn about Computer Aided Drafting and Design technology, geographic information systems, computer modeling for environmental investigations, geotechnical engineering, geology and geophysics, microscopic

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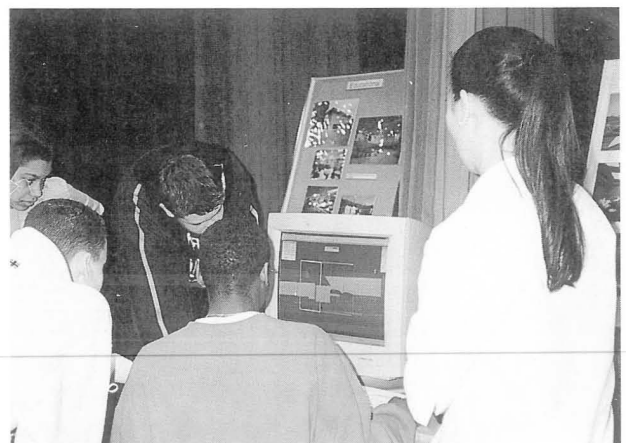
2IC's Corner

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Outside the week of 14-18 February, Engineering Division's Foundations and Material Branch sponsored National Engineer Week at Seoul American High School on 24 February. Doug Bliss had the lead for the District. Doug, you made the difference. Without your efforts, this event would not have occurred. No one on Yongsan stepped forward to lead. You did the right thing and I really appreciate it. My special thanks to you on behalf of the District and the future Engineers from SAHS. FED's Ilmar Tarikas; Kim Se-Kon; Dr. Pak Chun-Pom; Pak Song-Hyon; Pak Chong-Pin; Chris Vaia; Yi Chong-Song; Ko Son-Cha; and Glenn Matsuyama; AMKOR's Tom Church; TJD's Jocelyn Go and Fidel Aduanta and KMCA's Cho Kang-Muk also deserve recognition. Thanks, all of you, for being on-station at SAHS and working with the young men and women that are the tomorrow of our profession. I give my thanks once again to AMKOR, TJD, and KMCA. This time, for your displays. To all, well done!

Once again, FED made it happen. If I have failed to recognize any one of you that stepped forward, I apologize in advance. My thanks to those that are not mentioned in above text but contributed. Anyhow, it is time to close and get this article to the PAO. God bless you all.

See you around the District!



National Engineers Week -- FED takes engineering to SAHS

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analyses of rocks and asbestos, global positioning satellite surveying and environmental awareness. Posters illustrated some of the outstanding military construction projects in Korea.

FED's Foundations and Materials Branch, AMKOR, TJD, KMCA, 19th TAACOM EP&S, and the 34th Support Group Environmental Office provided personnel and displays for the event. During the four school periods teachers brought their 9th and 11th grade classes to the school auditorium where ten display stations were set up. After a few welcome remarks by Doug Bliss, Chief, F&M Branch, the students were divided into groups and were led through presentations at each display. Students got a glimpse of the diverse techniques, issues and challenges involved in engineering projects, which hopefully sparked an interest in science and engineering careers. The enthusiastic response from SAHS teachers, students, and administration mean a repeat performance for next year's National Engineers Week!



Mr. Chris Vaia, Environmental Section, demonstrates how personal protective clothing and equipment are used on environmental investigations.



Mr. Kim, Se-kon, F&M Branch, talks to students about geological engineering.

New Team Members



Mr. Kim, Yong-hae joined FED on January 10, 2000, as an electrical engineer in the Mechanical &

Electrical Section of Design Branch. His home is Seoul and holds a degree in electrical engineering from Dankook University. Prior to joining FED, Kim worked as an electrical engineer at TJD-JI A/E for 15 years and Dong-Bu Construction Company for seven years. He enjoys fishing and football.



Mr. Walt Diefendorf joined FED on February 2, 2000, as a quality assurance representative

at the Uijongbu Project Office. His hometown is Farmington, Illinois and has a Bachelor of Science degree in Industrial Arts Education from the University of Hawaii at Manoa. He previously worked as Asst. Superintendent for M.B. Kahn Construction in Columbia, S.C. Diefendorf enjoys woodworking- cabinet and furniture making..

Farewell, we'll miss you!



Mr. Sam Barnes, Chief, Safety and Occupational Health Office, presents Mr. David McCracken, who is departing for Germany, with a plaque. McCracken also received the Commander's Award for Civilian Service.



SFC Steven Turley receives the Army commendation Medal from LTC Mark Cain, Deputy Commander, FED.