BG Ronald Johnson visits 121 Hospital

On October 24, 2001, Brigadier General Ronald Johnson, new POD commander, and the command inspection team from the Pacific Ocean Division (POD) visited the project site of the 121 Hospital in Yongsan. Mr. Norm Boeman, Hospital Resident Engineer, escorted BG Johnson on a tour of the site.

This construction project is a combination of Military Construction and Minor Construction. It includes 3 major phases and various other Minor Construction phases.

For this project, US Army Corps of Engineers and the Health Facility Project Office are coordinating to ensure construction activities progress as quickly as possible with minimum disruption to the delivery of quality health care.

(continued on page 5)
From the Commander

GREAT START TO A NEW FISCAL YEAR

Far East District is off to a great start in Fiscal Year 2002. We began the year with the Design-Construction Evaluation by Pacific Ocean Division, followed by a Command Inspection and BG Johnson’s first visit to FED. Initial reports from both inspections have been excellent. The District continues to perform superbly, delivering great projects, on time and within budget. BG Johnson was thoroughly impressed by the magnitude of our workload and the talent we have in so many offices. Hats off to all offices for continuing to excel!

We have big plans for continued improvement this next year. We have completed our District OPLAN, which details initiatives for improving every office. If you are not aware of the initiatives in your office, ask your Division/Office Chief. Shortly we will also have new posters throughout the District which will outline some of these tasks. I encourage each of you to read and be familiar with at least your office’s goals. I remind everyone to set high standards and goals and embark on the journey of continuous improvement. As Michelangelo put it, “The greatest danger for most of us is not that our aim is too high, but that it is too low and we reach it.”

Over the next six months we will be developing our Quality Management System for ISO 9001 certification. ISO 9001 is an internationally recognized certification of quality. Many of FED’s contractors are currently ISO 9001 certified. This should mean that they consistently deliver their projects and are always seeking ways to improve. The FED Quality Management System will outline our most significant project delivery processes and how we intend to measure and improve each. This System will mirror our Project Management Business Process, which is the Corps of Engineers standard for project management.

There are many areas for improvement throughout the District. Every office in FED has a direct or indirect role to our project delivery system. I am absolutely convinced that we have the talent and creativity to make these improvements. I need all employees to be on a personal crusade for improvement. Dee Hock was quoted as saying “The problem is never how to get new, innovative thoughts into your mind but how to get the old ones out.” All of us need to challenge the status quo methods in which we support our customers. We should endeavor to make our customers raving fans who would never consider getting their support elsewhere. I challenge every employee to begin this “improvement journey” by taking a first step. This can be as simple as cleaning up your office space or recommending a quicker process to your supervisor. Get an attitude and a passion for improving.

Again, thanks to all for a tremendous year-end and quick start on the new Fiscal Year.

Essayons!

COL Kuhr

Check out the Far East District web site at http://www.pof.usace.army.mil
Safety

Is your back killing you?

by Edward Primeau

...Mine did a few weeks ago and I wasn't alone. Eight out of ten people will have a problem with back pain at some time during their lives. Low back pain and injuries attributed to manual lifting continue to be one of the leading occupational health and safety issues faced in the workplace.

Back injuries occur for a number of reasons. Back strain and fatigue are probably the most common problems. A number of things can cause strain and fatigue, including: bad posture, awkward positions, and over-reaching. Back strain is a muscle injury and is usually very painful. But it can be cured through prolonged rest and careful exercise.

Everyone sits and stands differently. No matter what position you are in, if you have good posture your back will maintain the “S” curve shape. This shape provides the proper balance to the spine. To maintain the best standing posture you should stand tall, hold your head high, tilt your hips forward, and tuck your chin in. If you find yourself standing for long periods on time, place one foot in a slightly elevated position, changing the high foot periodically.

Sitting is one of the most stressful positions your body can be in. For good sitting posture; keep both feet flat on the floor, have your knees above your hips, and keep you back against the support of the chair. When sitting for prolonged periods, get up and stretch. This also applies when you are driving. Take breaks and get out of the car and stretch.

Let's not forget that we spend several hours a day sleeping (hopefully not at work). For the best sleeping posture: use a firm mattress, sleep on your side, with your knees bent, or on your back, with a pillow under your knees. I also find that when I hurt my back the position that provides the most relief is to lie on the floor with my feet up on a chair and my knees at a 90-degree angle. This position puts the least amount of stress on the back.

The most serious back injuries can occur from slips, trips, and falls. These injuries can include fractured vertebrae and damaged spinal cord nerves. Therefore, it is essential to keep areas clean, dry and orderly to prevent such accidents.

Improper lifting can also cause back injuries. It most often results in tears in the discs between the vertebrae or pressure on spinal nerves. The maximum load for a one-person lift should not exceed 51 pounds.

As you lift, always...
- Keep your head forward.
- Your lift will be more balanced and the curves in your spine will stay balanced and aligned.
- Breathe out as you lift.

When lifting items such as suitcases, use a partial squat lift. Place one hand on a fixed surface (such as a table or stool) or on your thigh. Keep your back straight, push your buttocks out and slowly lower yourself down to reach the object’s handles. Grasp the object and look forward. Push down on the fixed surface or on your thigh. Lift upwards following your head and shoulders.

When lifting things out of a car trunk use the following technique. Stand as close to the object as possible with knees slightly bent. Do not bend your waist. Push your buttocks out. Lean your legs against the car for support. Use your legs and hips to lower yourself down to the object. Grasp the object firmly with both hands. Look forward. Lift upwards following your head and shoulders.

The treatment of any back condition should have two goals: to relieve the immediate problem and to reduce the risk of re-injury. Medications are used to control: pain, inflammation, muscle spasm, and sleep disturbance. While exercise plays an important role in achieving both these goals many studies have shown that people who exercise regularly have far

(Continued on page 10)
The Deputy's Word

by LTC Charles Markham
Deputy Commander

Relationships

I just returned from attending the Deputy and District Engineer Course at Fort Belvoir, Virginia. It turned out to be a great learning experience. Even though I've been the Deputy here for over 17 months, there were many new and emerging topics discussed. I'd like to share a few thoughts with you.

We were privileged to listen to many important speakers, including the Assistant Secretary of the Army, Civil Works, the Honorable Mr. Mike Parker, the Chief of Engineers, LTG Flowers, the Deputy Commanding General, MG Van Winkle, the Director of Military Programs, BG Strock and the Director of Civil Works, BG Griffin. All spoke about the challenges we face in the future, but there is no mission USACE can't accomplish.

An overriding theme of the talks we heard was about relationships. LTG Flowers reiterated the “relationships are what the U.S. Army Corps of Engineers is all about...if we don’t get this down we will never achieve his intent.” At the course, everyone was mainly talking about their District’s relationship with their local Congressmen and Senators. The Chief even had a chart that rated the District’s relationships with Congress as he saw it. This raised the blood pressure of a few of the District Engineers in the course! Since FED doesn’t have a direct relationship with Congress, I tried to think of what important relationships we do have, here in Korea.

After a short time, I came to the realization that every employee in FED deals with important relationships every day! From COL Kuhr with the CINC, General Schwartz, to a Resident Engineer and his local DPW, to our Dispatcher and an employee signing out a vehicle. We all must take a step back and look at our relationships within and outside the District. Are we “delighting” the customer? Are we exceeding his needs and wants? Have we built a relationship of trust and confidence? Do we communicate well with them?

While you’re examining customer relationships, I challenge you to look at your personal relation

FED employees are doing an outstanding job in building and keeping the good relations with co-employees.

ships in your life too. Is the relationship with your spouse and children as strong as it could be? How is your spiritual relationship with God? I recommend we all take a look inside too.

The District recently had an unfortunate accident on a project site that resulted in the death of contractor employee. As with all accidents, this terrible incident could have been prevented. Again, I urge all of us to look closely at what we do everyday and ensure you’ve conducted a risk assessment. Accidents are preventable.

So, as always, be safe and remember, “There is no substitute for safety!”

Serving you and the District.
BG Johnson visits 121 Hospital

(continued from page 1)

Mr. Norm Boeman briefs (left to right) Mr. Tom Ushijima and BG Johnson, POD Commander, on the scope of the demolition of the existing “F” wing of the hospital.

BG Johnson says farewell to Mr. Norm Boeman as COL Wesley, 121st General Hospital, and COL Gregory Kuhr, FED Commander, look on.

Question of Ethics

by Gilbert Chong

Question of Ethics will become a monthly regular column for the East Gate Edition. Its purpose will be to increase your awareness of ethics. It should be a consideration in your daily decision-making process. The fact patterns in the following scenarios are generalized, so think about how they might apply to you.

1. Barry learns his agency will award a multi-billion dollar aircraft contract to Hugeco Defense Corporation. Before award can be made, he calls his stockbroker and places an order to buy stock in Hugeco.

2. Mary is a USACE employee, and is also an officer in an environmental activist organization. Mary has been working on a long-range project to build a dam that would have some impact on a local wildlife refuge. At the monthly meeting of the environmental organization, Mary announces the proposed dam project prior to any public announcement by the agency. The environmental organization immediately begins planning for opposition to the dam.

What is wrong with Barry’s and Mary’s activities?

(The answers are on page 12)
**FED Cleans!**

On a warm clear day in October, FED stepped outside with brooms and water hose to clean up this 45-year old compound.

All work and no play? Never!

FED team members put on their jeans, working gloves (some rubber), and their serious cleaning faces to enjoy this biannual event and made it an “All Work and All Play” day.

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**November Focus**

**Name:** Ms. Song I. Bliss  
**Branch:** IMO  
**Job Title:** Computer Specialist  
**Hometown:** Joong-gu, Seoul

Is your family with you in Korea?
Yes, my husband works at the GeoTech Branch in FED and his name is Doug Bliss. We also have our 16-year old son, Brian Bliss, with us in Korea.

How long have you been in Korea?
Well, on this tour, this will be our 9th year. We came in 1993. I think we will stay for another 2 or 3 years, depending on the situation.

What did you want to become when growing up?
I’ve always been interested in fixing things, like TVs, VCRs and computers. So, I used to take everything apart at home and try to put it back together. Unfortunately, nothing got put back together…Then, when I was in high school, I wanted to design and build cars.

What is one thing you will miss the most about Korea when you leave?
Food! I love all Korean food, except dog food. And then I will miss my family members and friends, exactly in that order!

What is your biggest achievement in life?
My son. The fact that I was able to produce a life is still very amazing to me. Raising my son gave me a lot of headaches and pain, sometimes, but the joy he bring me outweighs them all.
A beautiful Friday, free food, and good company...what more can you ask for at a Year-End Party?

Beauty and the Beast? Ms. Lowanda Allmond of the Executive Office, who helped organize the Year-End Party, poses with one of the prizes for the raffle drawing.

Welcome to the FED Burger Flippers! Mr. Gil Kim of Engineering Division and Mr. Tom Larkin, Resident Engineer of the Norther Resident Office, flipped and flipped until there was NO MORE!

Party Baby! Major Paul Baker joins the party line with his 10 month old daughter, Rebekah Grace Lee Baker.

The Party Line! The line was long and no cutting was allowed...so I had to yell, "Don't you touch that last piece of chicken!"
Courageous Channel

by Julie Park

As in every Non-Combatant Evacuation Operations (NEO) exercise, also called Courageous Channel, each of the fourteen stations at the Evacuation Control Center (ECC) were routine.

Due to the threat of biological terrorist attacks and after the tragedy in New York and Washington, a sense of relief and safety, as well as sadness and threat, were the common feelings shared by many of the participants in this year’s NEO exercise in Korea.

For those who have been through the NEO exercise in the past, the exercise provided a chance to go over the evacuation plan again in case of a contingency. For those who have never been through the NEO exercise before, like myself, it was an educational experience.

This year’s NEO wardens from FED were Ms. Marsha Smith, Mr. Ted Kwon, and Mr. Ed Cho. Neo Wardens are responsible for notifying noncombatants of reporting or assembly procedures and serve as liaisons between noncombatants and units or organizations. As always, FED’s NEO wardens served at the ECC in Hannam Village.

I went to my very first NEO exercise at the ECC in Hannam Village on Friday, October 19th, around 0900. It was still early and only a few people were in front of me. There was no line at the entrance or throughout the whole exercise.

I was certain my packet would have some critical paperwork missing and that someone from the check point was going to tell me that I would have to be left behind if this was a real situation. I know my luck and I knew something was going to prevent my first exercise from being smooth and normal. I just knew it.

At my first stop, the initial in-processing stage, I ran into SGT Hylton from 121 General Hospital in Yongsan.

“The only changes this year from the last exercise is that security is much more enhanced,” said Hylton when asked about how the current terrorist threats have made an impact on the planning of this exercise.

“Unlike last year, we only have one entrance and one exit. Also, briefing is much more in-depth than before”, added Hylton.

I asked if she had seen a lot of concern or hostility due to the current threat.

“No, everything ran very smoothly and people are very
whizzed through the medical control center, the transportation station, the 10% station, legal station, passenger manifest station and the protective Mask Training station.

At the last station, the comfort station, a familiar face, Mr. Ted Kwon of PPMD, welcomed me. He was the NEO warden from FED at the ECC in Hannam Village for that day.

After munching on a couple of chocolate chip cookies and several others cookies that I cannot remember, I asked Kwon how he feels about this whole experience.

"I'm enjoying this experience. We are all here helping each other out and taking care of our own. The real Army Team Building Spirit!" said Kwon.

This certainly was the most military experience I have had in Korea. I know I will be taken care of during my stay here and during my departure from here should something happen. I just have to make sure I'm prepared to take care of my own family members!

Mr. Park and Ms. Lee share a few laughs with the service members at the initial inprocessing station.
LG & Samsung receive Commander's Certificate of Construction Excellence

On October 16, two contractors, LG and Samsung Engineering and Construction companies, received the FED Commander's Certificate of Construction Excellence.

The two companies were being recognized for their timely completion of the contract, as well as their outstanding safety records. These two contractors exceeded their required performances and produced quality products.

This was the second Certificate of Construction Excellence for LG Engineering and Construction. They also received two Quarterly Quality and Safety Award at TRO prior to this award and FED’s Quarterly Safety Award.

“TRO was a difficult job. However, I think the key to our success was the cooperation and understanding between our team and the FED team”, said Mr. Kim, Kon, Project Director from LG Engineering and Construction.

Samsung also is no stranger to receiving recognition from FED for their excellent performance and safety records. This was not only their second Construction Excellence Award, but they also received a Safety 2000 award as well as the Third Quarter Safety Award 2001.

“We believe in doing everything possible to improve the building control and to deliver the best quality product to our client”, said Mr. Kim, Soo-moon, Executive Vice President of Special Projects and Presidential Aid of Samsung Corporation.

“We consider this recognition as an encouragement to do better in future projects,” added Kim.

Is your back killing you?
(continued from page 3)

fewer problems with back pain. Exercise stimulates the body’s natural pain controlling hormones and actual decreases pain perception.

However, it is always smart to consult your physician prior to starting any exercise program for the first time.

Congratulations to MAJ Paul Baker!

Please join us in congratulating MAJ Paul Baker for being nominated as the USACE 2002 Military Federal Engineer of the Year.

All federal government agencies nominate one civilian and one military nominee each year, and this year MAJ Baker was selected by the USACE.

MAJ Baker was selected for his outstanding engineering achievements as well as his active involvement in community service.

How does he feel about this whole thing?

“I was pleasantly surprised when I first heard about it. It’s very humbling to be able to represent USACE.”

Well, anyone who can be so modest about such a high honor must well deserve it. Congratulations!
Things to do...

Wholesale Plant and Flower Market

In addition to a vast underground arcade, near the Express Bus Terminal is an extensive market for live and dried plants and flowers. Visitors can find wholesale flower markets at the Terminal Flower Market (tel. 02-535-2118) located in the underground shopping mall and Gangnam Flower Market (tel. 02-595-0306) on the 3rd and 4th floors of the Daehae building next to the terminal building for the Youngdong and Honam (bus) lines.

The Hansan Flower Market in the underground shopping mall has over 50 flower shops handling flowers, pottery for flowers, and other materials. Visitors can also find interior items, artificial flowers, wrapped flowers, and flower baskets, making it a perfect place to purchase flowers for gifts. You can also find fabrics for making cushions, curtains, and other things on the 3rd and 4th floors of the Seoul Express Bus Terminal. Shops are open 9:00-21:00 daily, except for the 1st and 3rd Sundays of each month.

COEX Mall

COEX Mall is an integrated shopping, culture, education, and leisure complex in the heart of Seoul. Connecting the Convention and Exhibition Center (COEX) and World Trade Tower with the Samseong subway station (line 2), the area contains over 85,000 square meters of underground dining, shopping, and family entertainment facilities. The COEX Mall offers everything from international foods to the latest books and CDs in a traffic-free and all-weather environment. The Mall also spills outside into one open-air section.

Did you know...

When I came to Korea, one of the cultural differences I found very difficult to understand was when I saw businessmen finish up a whole bottle of Soju during lunch and go back to work. Korean people like to say drinking makes them feel friendlier and more open, and after a session or two you will see why.

Korean people consider drinking as part of their work and business. Singing constitutes an integral part of the good times, and it is difficult to find a place in Korea that does not include at least one singing room (called a noraebang). However, the singing often begins after dinner right in the restaurant, and everyone is encouraged to join in the fun.

(continued on page 12)
Did you know...

(continued from page 11)

As we approach yet another holiday season in Korea, I thought it might be nice to know where and how it all came about...

1. The Origin of Korean Alcohol

The Chinese character, 'ju' for alcohol derives from a special pot used for fermentation. It has a pointed bottom and amphora-like shape, making it easy to separate out sediment that has settled to the bottom. The Korea word, 'sul', originated from su (meaning water in Chinese) and buil (fire). This came to be abbreviated over time into sul. The term fired water came from the boiling appearance of fermenting liquid.

There is an old saying that goes 'water was created by god, sul was created by humans.' The origin of alcohol is steeped in mythology. In Egyptian mythology, Isis' husband Osiris taught the god of grain how to make beer. In Greek-Roman mythology, it was Dionysos-Bachus. In the Old Testament, Noah was the first to make alcohol. In Chinese mythology, princess Weechok created the first alcohol.

What about Korea? The first alcohol story appears in Jewang-Ungi, one of Korea's historical archive books. It tells of a king who uses alcohol to seduce a woman and make her pregnant. Her son's name, in Chinese characters, was Sul. Although there is little written evidence of the origin of alcohol in Korea, this does not prove that it was introduced from China. It is possible that the process was introduced to Korea and China simultaneously by the first migrating tribes moving from Manchuria into China and the Korean peninsula. Korea has a long history of sul and fermented foods.

2. Sul in Goguryeo

Goguryeo was the northernmost of the three kingdoms on the Korean peninsula from the 3rd century to the 7th century (the Three Kingdoms Era). Archaeological evidence indicates that the Goguryeo culture had a highly developed tradition of fermented foods and drink. At that time they made drinks using nuruk (fermentation mix) and malt. The methods used today were developed 1,700 years ago. Recorded methods of making sul date from as early as A.D. 430. Gasahyop, the governor of the Sadong peninsula, recorded the technique during the Wei Dynasty of China. The Sadong region neighbored the Korean peninsula and was familiar with its customs. This technique for making sul was transferred to China and Korea's Silla Kingdom. In China it became the fine liquor Gokaju. In Silla it became known as the drink of poets.

* Did you know... "Sul" will continue with "Sul in Baekje" in next month's East Gate Edition.

Answers
from Question of Ethics

(from page 5)

1. Barry has used non-public information for his own personal gain in violation of 5 CFR 2635. 702. His actions may also violate laws prohibiting use of insider information.

2. Mary violated 5 CFR 2635. 703 by disclosing information that has not been disseminated to the general public and has not been authorized to be disclosed upon request.
사령관 메세지

2002 회계년도의 성공적 시작

COL Gregory Kuhr

FED는 2002 회계년도를 성공적으로 시작하였습니다. 우리는 이번 회계년도를 Pacific Ocean Division의 Construction Evaluation과 Command Inspection 그리고 BG Johnson의 첫 번째 방문으로 시작하였습니다. 그리고 이 두 감사의 결과는 매우 흥분할 만한 것이었습니다. 당 지구는 계속하여 높은 품질의 project를 지정 기간과 예산 내에 성공시키고 있으며 BG Johnson은 우리의 많은 업무량과 각 사무실의 투어한 인력을 갖춘 인상을 받고 돌아 가셨습니다. 여러분 모두에게 박수를 보냅니다!


당 지구 내에는 아직도 많은 분야에서의 개선과 개발이 필요합니다. 각 사무실에서는 우리의 project delivery system에 관한 정책적인, 또는 간접적인 역할을 맡고 있습니다. 저는 여러분의 능력을 지킬 수 있으며, 우리가 개선과 개발을 성공적으로 이루어 내기에 충분한 능력과 창의력을 소지하고 있다고 곧게 믿고 있습니다. "무엇도 어렵게 새롭고 창의적인 아이디어를 놓느냐가 아니라, 어떻게 오래된 아이디어를 지워 버리느냐 이다." 라고 말합니다. 우리는 우리의 고객 만족에 더 이상 큰 힘을 기울여 그들을 우리 고정 고객이 될 수 있도록 만들어야 합니다. 저는 이것을 이루기 위한 첫걸음을 여러분에게 권하고 싶습니다. 그것은 단순히 자신이 무엇을 깨닫지 못한다는 것이 될 수도 있고, 더욱 효율적이고 운영 방안을 상사에게 추천하는 일일 수도 있습니다. 여러분 모두가 개선을 위한 열정을 가지고 근무하시기를 바랍니다.

결국, 다시 한 번 성공적인 2001 회계년도의 마무리와 2002 회계년도의 시작을 감사드립니다.

Essayons! 쿠파 대령
부사령관메세지

by LTC Charles Markham
Deputy Commander

지역 정부와의 원만한 관계

U.S. Army Corps of Engineers에게 가장 중요한 것은 ------------------------

요한 것은 지역 정부와의 원만한 관계를 이루는 것이며...이 원만한
관계가 형성되지 않는 한 USACE는 그 목적을 달성할 수 없다.”
이번 course에서 대부분의 사람들은 그들의 district과 지역 정부
또는 상의원과의 관계를 말하고 있었습니다. 공병감독은 이 관계
을 강조하기 위해 각 district과 그 지역 정부와의 관계를 평가한
차트를 보여 주시기도 하였으며 이 차트로 인해 몇몇 긴장한 참가
자들을 볼 수 있었습니다. 우리
FED는 지역 정부와의 관계 형성
에 해당되지 않기 때문에 저는 지
역 정부 대신 한국 정부와의 관계
를 생각 해 보았습니다.

그리고 저는 FED의 모든 직
원이 매일 중요한 관계를 형성하
고 있다는 생각을 하였습니다.
COL Kuhr와 GEN Schwartz의
관계에서부터 시작하여 Resident
Engineer와 지역 DPW의 관계,
Thanksgiving Day? 미국의 추석

11월 말이 되어 가로수마다 나뭇잎들도 얼마 남지 않아서, 건바람이 코끝을 시리게 하고, 미국인들은 가족을 찾아 교향으로 들어간다. 바로 추수감사절 연휴가 시작되는 것이다. 추수감사절 (Thanksgiving Day)은 크리스마스와 더불어 미국 최대의 명절이다.

사실로 휴일은 11월 넷째 주 목요일이지만 휴일인 것은 주가 시작되면서 미국은 물론 휴일 분위기가 만연한다. 먼저 백화점과 슈퍼마켓에서는 추수감사절 바넷차임을 대대적으로 시작하고 사무실에서는 삼심으로 모여 휴일 계획에 대하여 점검을 나누고 한다.

사람이 따라서는 책상에 옷을 친 휴일 혼란을 비롯하여 추수감사절과 관련된 소품으로 장식하기도 한다.

휴일 전날인 수요일이 되면 벌써 많은 사람들이 교향을 찾아 떠나기 때문에 식사점의 주차장은 필사적으로 치닫는다. 수요일이 아이들 중 학교도 오전 수업만으로 끝나고 오후부터 전국의 교통지로와 공항은 귀성객과 휴일을 즐기려는 여행객들로 붐비기 시작하는데 우리나라의 추석 귀성행정과 다름없다.

추석의 원래 목적은 음식을 마련하고 추수감사절에는 각지에 흘러서 생각가 오랜만에 교향으로 돌아오는 가족을 위해 음식을 마련하는 데 본격적으로 다룬다. 추수감사절의 전통적인 음식은 친정조 요리다. 지금은 친정조의 배수로 나무대로의 독특한 속을 탐색한 다음에 야생과 버터를 뿌려져 야생이 먼저 타지 않게 음식이 잘 쌓이면 오랜에 넘어 구워내는 친정조 요리는 우리나라 추석의 콩과 같은 식이다. 부산의 상인들이 한국의 날이 되면 삶은 떡국이 친정조 요리로 끌어들인 시간이 오래 걸리기 때문에 밤 늦게까지 준비하여 새벽 일찍 오전에 넘어놓으면 정실 식사에 먹기 알맞도록 굽혀 지는 것이 다.

친정조에 걸어 빚지 않고 나와 오는 것이 크래반베리 (Cranberry)다. 크래반베리는 아메리카 인디언이 식용하고 약용으로 재배하기 시작한 것인데, 섭탕을 낮고 즐겨서 잘의 상태로 만들어 친정조 와 함께 넣는다. 이와 함께 감자와 고구마 떡이 나는데, 양과 야파라거스 등의 야채가 들어간다. 식사 후에는 보호에 만든 달콤한 파이가 디저트로 빠지지 않고 나온다.

행정에 유독 신경 쓰는 미국인도 이날 하루만은 기름진 음식을 마음껏 먹고 즐긴다. 그래서 추수감사절 다음날은 몸체의 활력을 유니한 빈식이 된다.

미국의 추수감사절 행사에서 빠져 놓을 수 있는 것이 바로 'Macy' 라는 백화점에서 주최하는 뉴욕시의 파레이다.

일은 휴일이 아니어서 연방정부는 금요일에 정상적으로 근무한다. 다만 대부분의 기업은 금요일을 쉬고 그 다음 날인 연방공휴일에 일하는 경우가 많다. 실사 금요일에 쉴지 않는 직장이라 하더라도 대부분의 경우 휴일 후가를 내서 연휴를 즐기는 것이 일반적이 다.

추수감사절은 뉴잉글랜드 지방의 플라이머드에 도착한 영국의 주민들이 농사를 지어 추수한 것을 신에게 감사드리기 시작한 것 으로서부터 시작하였다. 종교의 자유를 찾아 도착한 그들에게는 신 대륙에서 무사히 한해를 보낸것에 대해 이상한 감사드리기에 위하여 아침 집합장을 찾아 죽음을 벌인 것이다. 이러한 죽음의 전형이 각 지역별로 지키지다가 1863년에 이르러 아브라함 링컨 대통령이 전국적으로 추수감사절을 선호하여 지금까지 이어져온 것이다.

생산의 기반이 돼 있던 옛날 사람들은 한해의 수확을 감사드리기 위해서인 뜻이 있기는 마찬가지다. 그럼에도 우리의 추석이나 미국의 추수감사절은 같은 뿌리를 갖고 있다. 빠져 놓어 있던 가족이 오랜만에 만나 반절을 나누며 시간을 보내는 것도 우리의 추석이나 다음을 말이다. 할아버지들은 손자들이 다시 모여 나와서 야경 경기하는 것도 추수감사절이 주는 만큼의 즐거움이다.

굴이 다른 점을 찾는다면 우리 추석 제사 준비 때마다 피하기 마련이던 생각듯도 가계부에 신용이 갔다며 눈물로 쫓어내는 그때를 반해 미국의 추수감사절 연휴는 각 백화점이나 식료점이 오히려 대체 활발한바에 연말을 준비하는 쇼핑시즌이라는 점이다고 할까. 아무래도 이번 기회에 미국의 추수감사절을 미국식으로 즐겨 보는 것도 나쁘지 않을 듯 싶다.

미국의 추수감사절 행사에서 빠져 놓을 수 있는 것이 바로 'Macy' 라는 백화점에서 주최하는 뉴욕시의 파레이다.

1911년에 만들어진 추수감사절 포스트카드
Talk Tips


PPMD

Have you reviewed the draft PMP? PMP 초안을 검토 해보셨나요?

* 여기서 PMP란?
Project Management Plan. PMP는 이를 대로한 프로젝트를 다자인부터 예산, 그리고 공사 스케줄까지 모든 과정에 있어 관리하고 경영해 나가는 계획을 적은 계획안입니다.

EXECUTIVE OFFICE

The colonel’s schedule got pre-empted.
대령님의 스케줄이 뜻대로 밀렸습니다.

* pre-empted: 위 문장에서는 “다른 빌 수있는 일 때 문에 뜻대로 밀리다”는 뜻으로 쓰여집니다. 외국어 뜻대로 무어의 옆이 없을 경우에 위의 문장을 이용해서 줄을 채웁니다. (예: Our appointment was pre-empted due to an urgent meeting with a client.)

LG 건설과 삼성 건설이 Commander’s Certificate of Construction Excellence 상 수상

지난 10월 16일 LG 건설과 삼성 건설 회사가 FED Commander’s Certificate of Construction Excellence 상을 수상하였다.

이 두 회사는 뛰어난 안전 기록을 유지하고 예상된 기간 내에 높은 품질의 제품을 생산해 내었으며 이 상을 수상하였 다.

이번 Construction Excellence Award 가 LG 건설 회사에게 는 두 번째였으며, 이 밖에 LG는 Quarterly Quality and Safety Award를 동부천에서 이 회 사장, 그리고 FED’s Quarterly Safety Award를 시상하는 등 화려한 시상 경력을 가지고 있다.

LG 건설의 건축 업무 상무 김 금 씨는 “동부천 작업은 원 단 작업이었습니다. 하지만, 저희 팀과 FED 팀 사이의 원만한 협조와 이해가 있기에 좋은 성과를 올릴 수 있었고, 더 나아가 이런 상을 받을 수 있었다고 생각합니다.” 라고 수상 소감을 말씀하셨다.


도덕에 대한 질문

“도덕에 대한 질문”은 이번 달 East Gate Edition을 시작으로 정기적으로 여러분을 찾아 떠나립니다. 이 컬럼의 목적이 여러분에게 도덕에 대한 인식을 높일 수 있는 기회를 제공하고, 여러분의 일상생활에서 어떻게 또는 모든 결정 과정에 있어 도덕성에 대한 인식이 얼마나 일부가 될 수 있도록 하고자 하는데 있습니다. 아래의 상황 설정은 매우 보편적이므로 다음 상황이 여러분에게 어떤 영향을 미칠 수 있을지에 대해 생각해 보시기 바랍니다.

1. 배리라는 본인이 기관에서 수익의 대상으로 향후 계약을 모회사에 수탁하려는 것을 미리 알고, 자신의 주식 증권에 전환해 그 회사의 주식을 다량 구 입한다.

2. 배리는 USACE의 직원이자 환경 운동 단체의 간부이기도 하다. 배리는 직장에서 직업하고 있는 장기적 유지 프로젝트가 해당 지역의 야생 동물 보호에 피해를 끼치다는 것을 알고, 이 프로젝트가 공식 발표 되기도 전에 환경 운동 단체의 회의에서 이 사실을 알 린다. 이후 환경 운동 단체에서는 즉시 탑건을 반대하는 운동을 준비하다. 위의 두 가지 상황에서 배리와 메리의 행동 중 잘못된 점은 무엇이었나?

“배리와 메리의 행동 중 잘못된 점은 무엇이었나?”

당신의 의견을 공유하면 더 많은 분석 및 학습 기회를 얻을 수 있을 것입니다.