



U.S. Army Corps
of Engineers
Far East District

East Gate Edition

November 2002

Volume 12, Number 11



Inside

From the Commander	2
Far East District wins PACAF Construction Agent of the Year award	7
Discovering Northern Resident Office	8~11
Whole Barracks Renewal Project takes off	12
Tennis anyone?	13
Hangul pages	17~20

This month's Focus: Northern Resident Office

(Back row, from left to right) Mr. Daryl Jackson, Mr. Kenneth King, Mr. Kang, Hosin, Mr. Michael Bray, Ms. Ko, Un-kyong, Mr. Larry Shockley, Mr. Harry Kye, Mr. Robert Lipsey, Mr. Dickson Ma, Mr. David Hahn, Ms. Chon, Hye-kyong, Ms. Marsha Smith, Mr. Ronald Hodge, Mr. Nam, Sung-hyon and Mr. Kerwin Donato. (Front seated, from left to right) Mr. Yi, Yun-hak and Mr. Michael Onuma. Not pictured are Mr. Thomas Larkin, Mr. David Flynn, Mr. John Forgue, Ms. Mikki Lamberskin, Mr. Kim, Yon-sik, Mr. Emmett Billiott and SSG Adam Zepeda. (Read the full story on page 8)

From the Commander



COL Francis Kosich



Thanksgiving



Thanksgiving is my favorite holiday. For one, it's the highlight of Fall, my favorite season of the year. Fall brings football, cool, clear, crisp weather, football, beautiful foliage, and... did I mention football? Second, Thanksgiving, like Chusok, is a time to gather with family and friends, break bread, and give thanks for all we have. All too often, we get consumed in the day-to-day activities of our lives, always in a hurry to get somewhere with too much to do and too little time. Often we lose sight of what we have and take things for granted, blessings of which those less fortunate only dream. There are times when we feel we've been wronged or treated unfairly and we start to feel sorry for ourselves. It's easy to become mired in pity because we deserve better right? Or do we?

I'm reminded of the story of the teenager who complains to

his parents of all the restrictions associated with living at home that are cramping his so-called style. "Let me get this straight," the father replies, "your clothes are always clean, the fridge is always full, and you've got a warm bed to sleep in; yeah, you've really got it tough." I'm also reminded of something my Father said to me right before I came into the Army. "Just remember, nobody owes you a living," he said. And he was right, success and credibility are earned and if you don't like your lot, do something to improve it. I can't tell you how many times I've reflected on these words to help me focus, get engaged, and give my best effort.

All too often, however, we fail to reflect on the graces we have vice what we want or lack. Some of our greatest gifts are taken for granted and I can always count on Thanksgiving to give me cause to reflect on all the things for which I am thankful. So

what am I thankful for? I'm thankful for my health; I'm thankful for the food we eat, the water we drink, and the air we breath; I'm thankful for a loving wife, three great children and caring family and friends; I'm thankful I live in a country that cherishes individual freedoms and stands up for basic human rights both here and around the world; I'm thankful for the opportunity to serve my country as a soldier; I'm thankful to be currently serving in such a wonderful country as a proud member of the Far East District, making a difference for soldiers and families on the peninsula.

These are just a few. I know there's more. I guess I've got too many other things on my mind to remember them off hand. Good thing Thanksgiving's just around the corner.

See you on the ground.

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

Safety & Health

Holiday Safety

by Ralph Youins

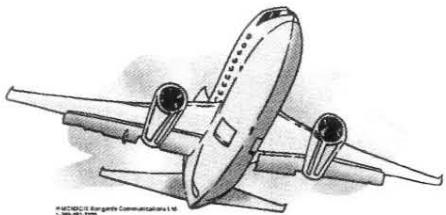
Safety and Occupational Health Office

In a few short weeks we will enter the most festive times of the year celebrating Thanksgiving, Christmas and New Years. Each of these holidays has unique, special, and different traditions yet you can find specific hazards associated with them. Below are tips to keep your holiday a joyous one:

Health and Travel Safety Tips for Airline Passengers

Most travelers expect a carefree vacation, leaving worries and troubles behind. The loss of personal property, a minor illness or accident, however, can turn a great holiday vacation into one that you would rather forget. By becoming a well-informed traveler and planning ahead, you will be better prepared to protect your health and safety when traveling. When planning a cruise vacation, tour or air travel, consider the following:

1. Do not carry large quantities of cash. Travelers checks provide personal security and can be replaced. Also, carry only credit cards you will use on vacation. Canceling lost or stolen credit cards is inconvenient and sometimes difficult on a vacation.



2. When traveling to a foreign country always consult your travel agent regarding required travel documents such as passports, visas and tourist cards. It is a good idea, however, to always carry proof of citizenship, preferably a passport.

3. Pack a photocopy of your passport separately from the original. This will expedite the replacement process if the original passport is lost or stolen.

4. Mark all luggages with your name and address, using an employer's address if possible. Burglars may often case airports and use luggage address tags to identify potential targets.

5. With advance notice, most cruise lines and airlines can accommodate special dietary needs. Your travel agent can make those arrangements.

Stay Safe on the Road With Proper Attitude

An article in Roadsmart, a publication of the Amoco Motor Club, says that one approach to safe driving is to maintain the proper attitude, especially when it comes to traffic factors beyond your control. Here are five suggestions to help you keep calm and reduce your chances of a traffic incident:

- It sounds a little vengeful, but if you see drivers who switch lanes without using signals, speed excessively, and drive recklessly in general, try to remember the police probably will catch them eventually. Don't allow yourself to get uptight about others' driving habits or try to get even with them on the road.
- If you're stuck in traffic, remember other drivers around you probably have the same problems you have; they may be late for an appointment, too. This set of circumstances is not a plot against you.
- Be polite on the road. It's one way to avoid possible hostility and violence from other drivers.
- Try to take an alternate route to work every once in a while. It can perk you up and keep you alert at the wheel. While most of us basically are considerate drivers, we all make occasional mistakes; we forget to use a turn signal or we unintentionally cut someone off. Find a way to make an apologetic gesture to the other driver to help diffuse any anger you might have caused.

The Deputy's Word



by LTC Paul D Cramer
Deputy Commander

Hello, winter has settled in and we are fast approaching a new year. With that I decided to share with you some tips from the American Heart Association on exercise success. If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or other chronic health problems you should consult with your doctor for a medical evaluation before beginning a physical activity program. Specific recommendations are:

Choose activities that are fun, not exhausting.

Add variety. Develop a repertoire of several activities that you enjoy. That way, exercise will never seem boring or routine.

Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.

Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work an activity into your day another way.

Use music to keep you entertained.

Surround yourself with supportive people. Decide what



kind of support you need. Do you want someone to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Allow you time to exercise by yourself? Go with you to a special event, such as a 10-kilometer walk/run? Understand when you get up early to exercise? Spend time with your children while you exercise? Try not to ask you to change your exercise?

Share your activity time with others. Make a date with a family member, friend or co-worker. Be an active role model for your children.

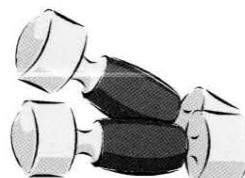
Don't overdo it. Do low-to-moderate level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Work towards a goal of exercising three or four times per week for 30-60 minutes.

Keep a record of your

activities. Reward yourself at special milestones.

Remember, nothing motivates like success. Developing and maintaining your desired level of personal fitness has to be planned. You don't become a couch potato or a body builder over night it takes a commitment, desire and patience to achieve both. I know the vast majority of us fall somewhere between these two extremes and would like to stay at an ideal weight and level of personal fitness. Decide where you want to be and develop your desired end state, then set milestones and work toward achieving your intermediate goals, before long you will reach your desired end state. Develop a plan before you make this years resolution to lose weight or become more active and maybe the resolution will last longer than two weeks.

From my family and me, we wish each member of the FED team and his or her family a happy holiday season!



The Chin Report



by Allen Chin,
Deputy for Programs and
Project Management

Cell phones

Everyone knows what they are. They're the piece of magic communication everyone sticks in their ear to talk to their friends, family and coworkers. In Korea, they're also called "Hand Phone". In Korea the cell phone has become a cultural phenomena. It's part of everyone's life and has brought people closer together and made the world smaller. At the Far East District many of the managers have them and they are very useful when we need to reach someone at a project site or after work. But cell phones can be a nuisance in meetings and in the office.

From my personal experience, I have seen several

instances where everyone was disturbed by a cell phone ringing in the middle of a meeting when the meeting was getting serious (my phone too). I went to a conference last month with hundreds of people in the audience when the speaker's cell phone went off and he stopped talking to answer it. Some of you may remember at the end of Jackie Chan's film, "Rush Hour" when Chris Tucker's cell phone rang in the middle of a scene. So remember to shut off your cell phone or turn to vibration mode when in an important meeting.

I know that the use of cell phones are getting more widespread in America, but it is not as widely used as in Korea. When I travel on the subway or go shopping, I see most people talking on the phones, sending messages, or just playing with them. On the subway the other day, I saw a woman talking and laughing to herself and I thought she was crazy. But I looked closer and she had a hands free accessory and headphone for the cell phone.

Cell phones can be dangerous especially when people talk on the phone while driving. Cell phones are also dangerous when someone talks on the phone while walking and doesn't pay attention to traffic. But cell phones are incredibly useful and handy because they can be used in emergencies and parents and children can have more peace of

mind knowing they can just reach out and call someone. There is no doubt that the technology of the cell phone is advancing and they are here to stay. There is also no doubt that the cell phone is a great wonder that can link people throughout the world. It is a wonder what people, especially the younger generation, would do without cell phones these days. I think they might panic and not be able to function in their everyday routine.

There is no doubt that the cell phone is a technological marvel and is getting more amazing everyday. There are cell phones that can project video images so that you can actually see who you are talking to. That's probably bad for kids who tell their parents they are studying, but they're actually having fun somewhere else. Someday they will have cell phones that can function as a handheld palm device, microcomputer and video camera. They might even have a micro cell phone implant in people's heads so you don't even have to carry a cell phone and the phone is voice activated by verbal comments. What I think is that it would be nice to be a cell phone maker and wireless provider because I could get rich in this business.



Regina's View

MUSIC IS A UNIVERSAL LANGUAGE

by Regina Adams

Chief, Resource Management Office

Music is a universal language. I have had many occasions to test this theory and determine that it is grounded in fact. The most recent test was a month or so ago at Tom Ushijima's POF farewell dinner. We had dinner and, as usual, the table division was by organizational boundaries with the exception of the makeshift head table. Attendees sat around talking in their table groups about things germane to that group of people. The evening was pleasant, but most of the conversation was local and in Korean if the table was comprised mostly of Koreans and English if the opposite was the case. Once we completed our meal and began toasting/roasting Tom, the language was English and those comfortable with English, public speaking, and/or the composition of the group proceeded to share their experiences with Tom. This part of the evening also went well and everyone laughed and discussed the comments of the presenters. Those individuals you already knew were those you knew at the end of the dinner. There was not a formal presentation of attendees nor any attempt by those present to introduce themselves to anyone they didn't already know.

As we began to disband for the evening, I heard some of the guys talking about going to Karaoke. I wasn't interested and had tentative "after" plans so I



proceeded to leave with a couple of the other women. We stood in a group outside the dining area waiting for other members of our group (RM) to walk back to the compound when the sole female remaining requested we accompany the group to Karaoke. We agreed to one hour of song and/or dance, so we all proceeded to find a place big enough to continue the festivities. Now, as mentioned before about co-mingling, on the walk over none of the people who didn't know each other made efforts to interact. Neither did I.

The Karaoke room was a little more confining, so we sat closer together, but again everyone grouped according to the people they knew. Conversation was pleasant, but restricted to members of the smaller groups and then, as if by magic, things miraculously changed. The music started and the many groups became one group. People began to select their

favorite (rehearsed) tunes and the lines of division dissipated. There was no longer the separatism of men, women, Koreans, Americans, but just one group - SINGERS - "getting their song on." The most timid/shy people got up and sang in front of the same group with which not an hour before they'd refused to speak. Individuals who previously reverted to separate corners lingering only with the familiar began to co-mingle and intermingle with individuals of different native tongues, gender, and organizational status. There was true unity of purpose and spirit and this unity was brought about by none other than music. Yes, some were more accomplished than others, but none exhibited any more self-confidence, self-esteem, or pride in their personal capabilities. You could tell each performer had sung before and was pleased with his or her abilities. The longer we stayed (now in our third hour) the more each person shared. The more we shared, the closer the group became, letting go of the barriers which separated us like language, skills, gender, culture, status and just genuinely having fun.

Now ladies, and I'm speaking only to the ladies, we have some real live "crooners" at POF. As usual, the group was predominately male so I, one of the three ladies in attendance, could pretend they were singing just to me. They would sing and we would go wild - they tried to act like they were oblivious to our applause and swooning - but I saw them blushing. Please

(continued on page 12)

Far East District wins PACAF Construction Agent of the Year Award!

by Julie Park

Among four districts of the US Army Corps of Engineers - Far East, Japan, Honolulu and Alaska - and Navy, Pacific Division, the Pacific Air Force (PACAF) selected the Far East District as the "FY02 Construction Agent of the Year". This was the District's first achievement in this category.

The Far East District, especially Air Force and Support for Others Branch, Programs and Project Management Division, and Central Resident Office, Construction Division, were quoted and recognized for their outstanding performance throughout FY02.

The first area recognized by PACAF was the District's ability to meet construction milestones. Among 54 projects including MILCON, Host Nation, NAF and O&M funded projects; the District and its involved teams successfully completed all and finished several major projects ahead of schedule. Some of those projects include Addition/Alteration Fitness Center, Fire Station/Crash Rescue Facility and Quality of Life Dorm Renovation projects in Osan.

The District was able to complete construction below cost as well as minimize construction cost increases. In FY02, the Central Resident Office was able to deliver the following products on time and below program amount - Dining Facility, \$2.2 million under, Fitness Center, \$1.1 million under,

and Multi Operations Facility, \$1 million under. The District has also successfully negotiated 137 contract modifications during FY02, with the total value of \$3.7 million.

PACAF recognized not only the District's time and money saving techniques, but it's innovative construction techniques in as well. For example, Visiting Quarters in Osan used high



COL Francis Kosich, Commander, Far East District, shows the PACAF Construction Agent of the Year award to Mr. Allen Chin, Deputy, Programs and Project Management.

strength concrete, which enabled the contractor to place the reinforced concrete wall faster. A MILCON water system upgrade project incorporated ingenuity and innovation in development of the waterline bypass system for the Base water system.

In Osan Air Base, the CRO team utilized the "Micro-Tunneling" approach, which enabled the contractor to install new waterline infrastructure

underneath the active runway without affecting the mission of Osan AB as a forward deployed Air Combat Command Center.

Lastly, the US Army Corps of Engineers' unique management process of Project Management Business Process and Project Delivery Teams gained recognition as it played a vital role in maintaining an amicable relationship between the District, Air Force partners, and the construction contractor. The relationship is based on mutual respect for each other's ability, dedication and expertise in the job required.

"We've had a challenging year with the Air Force projects and this award shows that Air Force recognizes how hard we've been working," said Mr. Fred Davis, Deputy of Construction Division.

"This award is for all PDT members of divisions/offices within the District who worked on all Air Force projects," said Mr. K.D. Kim, Chief of Air Force and Support for Others Branch, PPMD.

"The award was not just based on one or two successful projects that the District awarded for PACAF in the last fiscal year, but the recognition was based on hard work and tireless efforts of all PDT members of the District."

Discovering Northern Resident Office

by Julie Park

In this month's East Gate Edition, the focus is on the Northern Resident Office (NRO) of the Far East District's Construction Division. I visited NRO and its project offices, Seoul Project Office (SPO) and Family Housing Project Office (FHO), and spent a couple of days with the folks, taking pictures of the happy bunch and their work areas, including the project sites.

People

The NRO currently consists of 24 people. There are 19 active construction projects and 30 active delivery orders. In the immediate future, there are 9 more projects coming its way and their estimated placement is close to \$80 million in FY03. Since the reorganization in October 19, the size of the office has decreased by 10 personnel as NRO lost Uijongbu and Camp Page Project Offices to the Northern Area Office.

Still, the number of active projects and delivery orders more than double the number of people working in the office. So, how do the office and its people handle such overwhelming workload? Well, they do it well.

"(With so much work) It is important for everyone to have ownership in the project and be



One of Seoul Project Office's projects, multi-purpose field in South Post, Yongsan, includes four sporting fields and a concession stand.

accountable for their portion of the work," said Mr. Dickson Ma, the Resident Engineer of NRO. "NRO is made of a great bunch of folks with lots of talent and diversity and more importantly they work closely together as a cohesive and high performance team."

Work

NRO is responsible for administering construction contracts in Area II for the District, including Yongsan Garrison, CP Coiner, K-16, and CP Tango, just to name a few.

As emphasized in almost all activities of U.S. Forces Korea, all of NRO's projects focus on the improvement of quality of life and readiness for the military service members in Korea. This is also the reason behind such a large load of work. There are improvements, upgrades, renewals, renovations, and new construction in almost every corner of the Yongsan South Post and Main Post.

NRO

Besides providing oversight over its project offices, Northern Resident Office is responsible for providing resources and staffing, negotiations with contractors and processing modifications, processing progress payments and close-outs.

The organization of the NRO is as follows. As mentioned, Dickson Ma is the Resident Engineer and he oversees overall management of the office and provides necessary resources and guidance. Mr. Thomas Larkin serves as the Deputy Resident Engineer and Chief of the Contract Admin. Branch. Larkin is responsible for managing the contract admin. process of modifications as well as the office engineering functions.

Other team members include, Mr. David Hahn and Mr. John Forgue, both civil engineers, Ms. Marsha Smith and Mr. David Flynn, both civil engineering technicians, Mr. Nam, Sung-hyon, general engineer, Mr. Kerwin Donato, non-supervisory project engineer for environmental projects, and Ms. Mikki Lamberskin, office assistant.

After talking to Mr. Kerwin Donato, I found out that NRO offers more than a work place. "Being on Yongsan is like being on a college campus with lot of trees and amenities. It's like

the countryside, almost," said Donato. "I like being in the field and getting hands on experience instead of pushing paper all day. I am able to learn more."

Mr. Dickson Ma thinks that NRO's success is due to not only its great working atmosphere, but the professionalism and dedication of its people. "Everyone is open to share their knowledge to help one another, especially from their past experiences and lessons learned, to improve our process as a learning organization," said Ma.

SPO

I can summarize SPO in a single word, busy. And as Ms. Ko, Un-kyong says, it's a family.

SPO oversees all construction projects and delivery orders for NRO, except the Family Housing Project. Naturally, the office is staffed with most people, but still very much shorthanded.

The head of this office is Mr. Harry Kye, supervisory interdisciplinary engineer. Kye's main responsibility, besides

managing construction projects in all of its areas, is to ensure that his office provides quality products and maintains safe construction sites. The SPO team includes, Mr. Robert Lipsey, Mr. Larry Shockley, Mr. Michael Bray, Mr. Daryl Jackson, Mr. Emmett Billiott, and Mr. Kenneth King, all construction representatives, Mr. Yi, Yun-hak and Mr. Kim, Yon-sik, both architects, Ms. Chon, Hye-kyong, engineering specialist assistant, Ms. Ko, Un-kyong, construction clerk, and SSG Adam Zepeda, construction inspector.

"Although we are extremely shorthanded, we enjoy our independence and self managing ability," said Kye. "SPO has very high standards as far as quality of construction is concerned. We are made up of experts from all necessary fields and has a great teamwork that allows us to work in a family-like atmosphere."

Kenneth King agrees. "I have been with the NRO for a little over 2 years now. The thing that makes NRO a great place to work is its people. Everyone is very supportive and they are always there to lend a helping hand."

FHO

FHO has three people. When I was interviewing the FHO team, their brand new office was not set up yet. They had to work in and out of SPO. Their sole



Family Housing Project Delivery Team members stand next to the old Japanese cement structure that was buried underneath the project site. This is one of the newest modifications to the project.



(From left to right) Mr. Harry Kye, Mr. Thomas Larkin and Mr. Daryl Jackson get together for short discussion at the SPO

project, Multi-Story Family Housing Phase 1, is already well on its way after much attention and media exposure. The project broke ground in April and it is now gearing up for 10 more phases to come. The team is made of Mr. Michael Onuma, mechanical engineer, Mr. Ronald (RT) Hodge, construction representative, and Mr. Kang, Ho-sin, electrical engineer.

(Read more on the members of FHO in November Focus)

Projects

Most of the projects are under direct management of SPO with the exception of the Family Housing Project. Since it is too lengthy to note all on-going projects, the summary will be according to project scale.

- Multi-Story Family Housing Project:

Contract award date: April 15, '02

Contractor: Pumyang Construction Co., Ltd.

Contract amount: \$22 million

Contract completion date: November 6, '03.

Description: First design-build project of such capacity.

(continued on page 10)

Discovering NRO

(continued from page 9)

Construct 60 family housing dwelling units (2-five bedroom, 18-four bedroom, and 40-three bedroom) in two five-story apartment buildings for field grade, company grade, warrant and senior non-commissioned officers. Each apartment building will have its own central hot water system, a heating and air conditioning system and telephone/TV systems. Each unit will be furnished with kitchen ranges, refrigerators, dishwashers, clothes washer and dryer. Supporting facilities will include a basketball court, a tot lot, a playground and underground parking.

Interesting note: The team and the contractor found an old Japanese built cement structure buried underneath a hill during excavation. The purpose of the structure is unknown but includes several rooms. This finding has added more team excitement.

- Community Activity & Physical Fitness Center

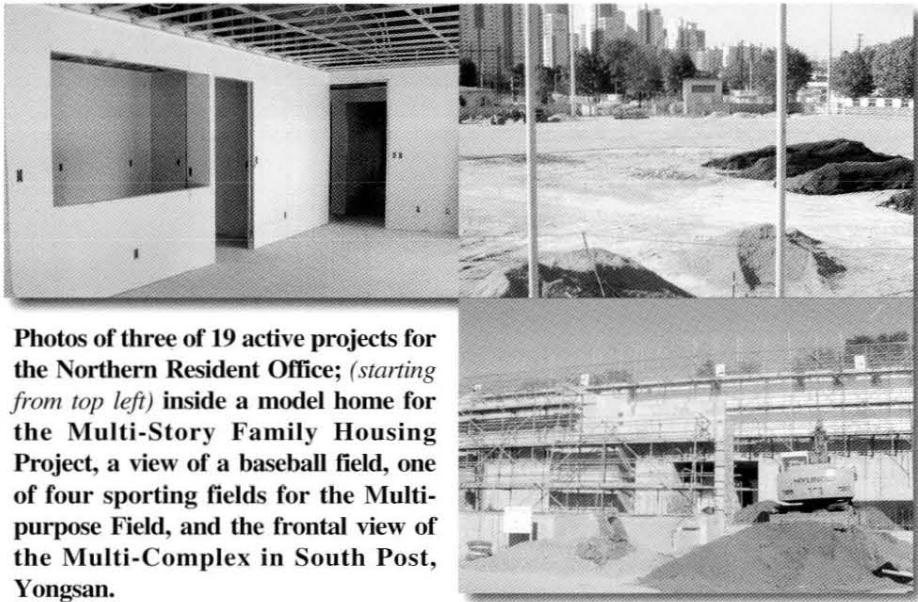
Contract award date: November 1, '02

Contractor: Doosan Construction & Engineering Co., Ltd.

Contract amount: \$20 million

Contract completion date: To be decided

Description: *Physical Fitness Center* - Construct a standard design physical fitness center to include activity spaces, including an indoor pool (25-meter, 8-



Photos of three of 19 active projects for the Northern Resident Office; (starting from top left) inside a model home for the Multi-Story Family Housing Project, a view of a baseball field, one of four sporting fields for the Multi-purpose Field, and the frontal view of the Multi-Complex in South Post, Yongsan.

lane), and four handball/racquetball courts. Multi-story parking structure, pedestrian overpass, and supports spaces, such as locker rooms, showers, supply/issue, laundry, sauna, steam rooms. It will require demolition of sixteen buildings, as well as removal and disposal of asbestos. *Community Activity Center* - Construct a large multi-purpose meeting area, a social activities area (video game room, snack bar, cyber café music room & etc.), an arts and craft shop, an aerobic dance/fitness activity room, outdoor running track and batting cage.

-Whole Barracks Renewal Project:

Contract award date: September 12, '02

Contractor: Hanjin Heavy Industries & Construction Co., Ltd.

Contract amount: \$8 million

Contract completion date: July 21, '04

Description: Construct a modified 2+2 standard design 5-story unaccompanied barracks on Yongsan to house 252 personnel. Project includes living/bed rooms with closets, and semi-private baths (See "Whole Barracks Renewal project takes off!" for more information).

- Multi-purpose Field:

Contract award date: September 11, '01

Contractor: Time Construction Co., Ltd.

Contract amount: \$4 million

Contract completion date: January 24, '03

Description: Construct four multipurpose sporting fields with a concession stand located in the center of the four fields. Included will be lighting, scoreboards, public announcement system, and an automatic irrigation system. Supporting facilities include electricity, water, sewer, paving, walks, curbs, storm drainage, site improvements and fencing.

- Multi-Complex Project:

Contract award date: April 08, '02

Contractor: Namyangjinheung Construction Co., Ltd.

Contract amount: \$3 million

Contract completion date: March 4, '03

Description: Construct a replacement for existing Balboni Theater, including three theatre screens, concession work room, office, main and theater lobbies, projection room, restrooms, mechanical/electrical rooms, parking pavement markings, and sidewalks.

- Some significant up-coming projects for NRO:

- * Admin 1 & Admin 2 in Yongsan
- * Overpass connecting Yongsan South Post and Main Post
- * Whole Barracks Complex in K-16

November Focus

Family Housing PDT

Names: Michael Onuma, Ronald T Hodges, and Kang, Ho-sin

Challenge

Michael - "Communication with the contractor is a challenge for me because I can't speak Korean (he is taking classes to improve this situation). Also, since I was in design before I came to the District, learning the system and learning how the field operates is



Family Housing PDT members stand their ground at the project site. (From left to right) Mr. Michael Onuma, Mr. Ronald Hodges, and Mr. Kang, Ho-sin

challenging for me."

RT - "A challenge for me, since this project is design-build, is not knowing what the end of the project is going to look like. But it's been a plus to have our Project Manager and Resident Engineer with a lot of experience in design. Other than that, I like the people I work with and the contractors have been very cooperative and they are willing to work as a team."

What I enjoy

Michael - "I enjoy learning new things every day, learning how the actual construction process goes and noticing things that I haven't as a designer before."

RT - "I really enjoy starting to build a job and seeing it get completed. That's what I enjoy the most about this job."

Kang - "Receiving feedback from contractor and the District is enjoyable. Whether the feedback is good or bad."

What I'd like to see improved

Kang - "The only thing I noticed since coming here from DPW is that there seems to be a lack of partnership between the government and the contractor. I think more efforts to have more open communication and understand each other's situation as well as efforts to create a more fair partnership between the two involved parties is needed."



New kid in town!

The Far East District and Seoul Project Office welcomes their newest member.

Allen Michael Billiott

was born to Emmett and Marilyn Billiott on October 31, 2002, weighing 8 pounds 14 ounces, length 21-1/2 inches. He was born at the 121 Hospital.



An adorable Allen Michael Billiott became the newest addition to SPO.

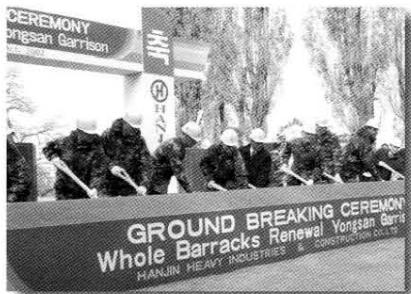
Congratulations!

Whole Barracks Renewal Project takes off!

By Julie Park

On a cold winter morning of the last day of October, the Far East District broke ground for another project to boost the quality of life for the U.S. military service members in Korea.

The Whole Barracks Renewal Project on Yongsan



Distinguished guests including LTG Daniel R. Zanini, Commanding General, Eighth Army, performed the ceremonial dig.

Garrison will be an addition to the list of projects for the Northern Resident Office of the District. The project, due for completion in July 2004, includes construction of a modified 2+2 standard design of a five-story barracks. It will house 252 unaccompanied U.S. Army enlisted personnel and will offer living/sleeping rooms with closets, semi-private baths, storage areas, laundry, a mud room, lounge, multi-purpose rooms, mechanical and electrical rooms, fire protection, alarm systems, Telephone, and cable TV connection.

Supporting facilities will include utilities, security lighting, fire protection, parking, sidewalks, curbs and gutters, storm drainage, site improvement,

exterior information systems, and fuel oil storage tanks.

The contractor for this project, Hanjin Heavy Industries & Construction Co. Ltd., was awarded this project on September 12, 2002 for \$8 million.

COL Steve Wilberger, Commander of the 34th Support Group emceed the ceremony; LTG Daniel R. Zanini, Commanding General, Eighth Army, offered keynote remarks that summarized his hope and appreciation of the service-members in Korea.

"We built the four star General's residence at the highest point of the Yongsan to offer the best view, but it looks like this new barracks will have an even better view," said LTG Zanini during his remarks while noticing the great view from the project site.



An artist's rendering of the Whole Barracks Renewal Project.

One of the main issues and concerns for the U.S. military community in Korea has been the old age of the structures in the military bases and its negative effect on attracting service-

members to accept an assignment in Korea.

"The housing, facilities and infrastructure at many U.S. Forces Korea installations is inadequate and antiquated," said COL Wilberger. "USFK needs improved military housing."

On the same note, Mr. Sam Han from the District's Programs and Project Management Division spoke of the significance of this project.

"This project will improve substandard living conditions and help to make Korea an assignment of choice."

Music is a universal language

(continued from page 6)

don't take this to mean us women weren't holding our own because we were, but we were out - numbered three to one so our opportunities were fewer.

Music is a universal language. International recording artists, such as Stevie Wonder, uses the universal medium of song to overcome his blindness and transcend what for a non-artist is a handicap to see and reach millions of people. Sounds of Blackness (Sounds), another internationally renowned group, uses music to reach people of all cultures and languages. While in the Far East, the Sounds noticed how the people were so enthralled with the richness of the music and how even those who spoke little and understood even less English stood with tear-stained eyes as the message of the spirituals transcended what otherwise would be noted as a language barrier. Family, friends and other world travelers (multiple

languages & cultures) have attested to the fact that visiting the slave dungeons in Ghana where forefathers and foremothers of African and African-American peoples compelled in them song which strangely allowed them to hear and understand how these peoples forced from their native land and grouped together with those of different tongues could understand and feel each other through song.

Music is a universal language. History has shown how that same musical communication continued once those slaves were transported to the Americas and how that same music and faith in God helped slaves to survive otherwise insurmountable circumstances. Music was the



language slaves used to communicate when in fear of their true feelings about their plight or plans being discovered by their masters. Native American Indians used music/chants as a tool to invoke the spirits to perform whatever miracles were required at a given time such as to make rain, pray for food, and seek divine intervention to defeat enemies. Theorists, consultants, and personologists use music as a tool to "bridge the gap" between our youth, adults, and learning. Present day studies have confirmed that, in the case of our youth (whom many have labeled the lost generation), music has the capacity to reach them where others - uthority

(continued on page 16)

Tennis anyone?

by Julie Park

Mr. Kim, Ki-ho, is a specification engineer from the Far East District's Engineering Division. But he could have been "Mr. Kim, Ki-ho, the tennis player" had he chosen to take another route in life some 30 years ago.

Today, Kim is an occasional tennis player, he says. He plays for his health and with his family on the weekends. But he is definitely not your average player as he represented Korea and won two titles, men's single and doubles matches, at the Beijing International Veteran Tennis Tournament in October.

Kim started playing tennis back in 1956, when he was in 6th grade. Kim took on the sport by recommendation from his father, who was a principal at Haepyeong middle/high school in North Kyongsang province. Back in those days, tennis was an uncommon sport for most Koreans, but Kim had the privilege of playing at his father's school tennis court.

During high school and college, Kim was the school's representing player and although he had the chance to become a national player, he decided to pursue his study instead because life as a sports player was somewhat deprived at the time in Korea. Kim can't help but wonder though, that had he accepted the national player position back then, he may now



Mr. Kim, Ki-ho smiles as he holds up his awards from Beijing International Veteran Tennis Tournament.

be the coach for the Korean national team.

But Kim doesn't regret the choice he made, not really. "I generally don't regret that I didn't become a national player," said Kim. "I like my job. Tennis is just my hobby, which I restarted at the age of 50. I know it keeps me in good health and it's a good way for me to release my stress."

Whenever he can, Kim plays tennis in South Post, Yongsan, with Mr. Gus Lum of the District's Contracting Division. "Most of the courts in Korea are clay courts," said Kim. "I think being able to play on hard courts in Yongsanhelped me to win the championship in Beijing."

Kim is the president of Kwachun City Tennis Association - a city where he now lives - where he and his son play.

A couple of his past accomplishments include Runner-up in mixed doubles at the Queensland International Veterans Tennis Tournament held in Gold Coast, Australia, this past June and winner of singles at a senior tennis competition sponsored by Kyonggi Province last fall.

Did you know

Origins of Kimchi

(continued from October EGE)

Chosun Dynasty:

The introduction of red chili peppers

The 1700s saw the introduction of red chili peppers to Korea. Red peppers and ground pepper powder quickly became popular ingredients. People began to experiment with new spices and vegetables from other countries. In the cold northern area, saltless kimchi contained a little bit of powdered red pepper and salted fish. In the warmer southern area, people



used more powdered red pepper and salt.

Current Times

Kimchi continues to be an important part of Korean meals, especially in these days of healthier eating habits. The nutritional value of kimchi has been studied and found to be bursting in vitamins and minerals. As more people around the world turn to healthier eating habits, kimchi finds its way onto more and more tables internationally.

Nutrition of Kimchi

Lactic Acid Bacteria

The well fermented kimchi has more lactic acid bacteria than yogurt. This bacteria is known to be especially good for the intestines and has anti-germ functions.

Acetic Acid

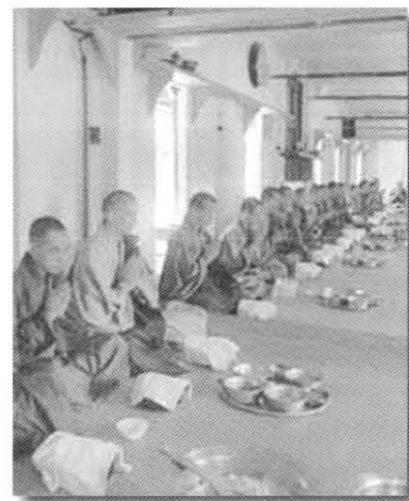
Acetic acid is produced differently according to the materials used, fermentation temperature and period, and level of salt. The flavor depends on the level of acetic acid. Overall, *kimchi* that is fermented with less salt at a low temperature has a better taste.

Amino Acids

The special flavor of *kimchi* depends not only on acetic acid, but also carbon gas, condiments, and amino acids. Amino acids are produced by breaking down protein in pickled fish paste and oysters. Researchers have found that *kimchi* contains 17 different kinds of amino acids.

Vitamins

Kimchi has high levels Vitamin B, C, and Beta Carotene. The levels of Vitamin B1 and B2, and B12 double after a 3 week-fermentation period.



The Temple Stay Program was initially established for foreign tourists during the 2002 World Cup, but with its continuous popularity, the program has been extended. The Temple Stay Program offers a unique experience for tourists to live in a temple for a short period of time and learn about Korean culture and the lifestyle of Buddhist monks. The temples provide a spiritual haven from the turmoil of city life with natural and serene surroundings.

The Mountain Temple Stay Program offers a two-day program or three-day program composed of numerous programs such as the Bal Wu Gong Yang (monastic meal), Beompae (traditional Buddhist voices), tea ceremonies, and a 108 bows ritual. Other activities visitors can do in their spare time include watching the sunrise over the East Sea and strolling around the temple. This program was designed especially for foreigners and an interpretation service is offered in English, Japanese and Chinese to accommodate visitors.

Things to do...

Nirvana on a Mountain: Temple Stay

The Mountain Temple Stay Program is being offered at Naksan Temple and Sinheung Temple, which are among the older temples in Korea. Each temple is renowned for its splendid scenery with the view of the East Sea and Mt. Seorak.

Families, company groups and other parties can participate in the Mountain Temple Stay Program at any time. However, there is no transportation service offered by the temples and reservations are required.

Cost : 2-day program 30,000 won / 3-day program 60,000 won

Transportation

- Naksan Temple : Take a chartered bus from Express Bus Terminal (Express Bus Terminal Station, Seoul Subway Line No. 3 & 7) to Yangyang Terminal. Then take the city bus No. 9 to Naksan Temple and walk for about 15 minutes.

- Sinheung Temple : Take a chartered bus from Express Bus Terminal (Express Bus Terminal Station, Seoul Subway Line No. 3 & 7) to Sokcho Terminal. Then take the city bus No. 7 to Jongjeom and walk for about 15 minutes.

For more information : Korea i-tour +82-33-651-3095(Eng)



NATIVE AMERICAN HISTORY MONTH

by Leo Lorenzo

Equal Employment Opportunity Manager



“Honoring Life, Honoring Elders, Honoring Heritage” is the theme of this year’s Native American History Month (November).

The underlying sense of the essence of the Indian respect for life and one’s fellow man is expressed in the following passage from Chief Joseph of the Nez Perce tribe: “Treat all men alike. Give them the same law. Give them an even chance to live and grow. All men were made by the same Great Spirit Chief. They are all brothers. The earth is the mother of all people, and all people should have equal rights upon it... The Great Spirit Chief who rules above will smile upon this land and send the rain to wash out the bloody spots made by brothers’ hands from the face of the earth... I hope that no more

groans of the wounded men and women will ever go to the ear of the Great Spirit Chief above, and that all people may be one.”

When called upon America Indians served with honor in the armed forces to defend the American way of life. More than an estimated 44,000 American Indians out of a total Native population of less than 350,000 served with distinction in both the Pacific and European theaters.

The story of the famous Navajo “Code Talkers” is being told in a recent movie.

Approximately 400 Navajos served as Code Talkers. They were assigned to the 3rd, 4th and 5th Marine Divisions and participated in every major campaign in the Pacific.

Question of Ethics

by Gilbert Chong, OC

You are part of a technical evaluation team for a new boiler room project at Camp Swampy. As you begin reviewing the proposals, you note that one of the offerors is a firm in which a principal is a former colleague when the two of you were just out of college. You used to write to each other occasionally, but not in the last four or five years. Do you have an ethical problem?

[A] Yes, because the principal is a friend of yours.

[B] No, because the connection is too distant.

[C] Yes, there is a conflicting financial interest.

[D] No, because he never sent you a gift, doesn’t write, never calls...

(see page 16 for answer)

New Members



Mr. Yi, Tong-hyon joined the District's Engineering Division as a Civil Engineer. His

hometown is Seoul and he graduated from Hanyang University with a degree in Civil Engineering. He enjoys traveling during his time off and is married to Ms. Do, Mi-young and they have two children (Ho-min, 7 years old, and Kyu-min, 4 years old). He is happy to join the District and he lives in the city of Ilsan, a city in the outskirt of Seoul.



Mr. Ku, Chon-wan joined the Construction Division as the Drill Rig Operator. He was born

in Seoul and he enjoys bowling and playing tennis. He is married to Ms. Kim, Ki-suk and they have a 4-year-old son named Nam-su. Ku has been working as a drill rig operator since graduating from high school in 1986 and this is his first employment with the U.S government.

Answer to Question of Ethics

(from page 15)

The answer is **B**. The rule on Impartiality in Performing Official Duties is found at 5 CFR 2635.501, et seq., and states that an employee should avoid working on a matter in which a reasonable person with knowledge of the relevant facts would question the employee's impartiality. Normally, this arises, outside of the context of an actual conflicting financial interest, when a close relationship is involved. How close the relationship is for you in this instance is a question of judgment. While you may still be friends, the fact that you do not maintain close contact is likely enough separation that a



reasonable person would not question your impartiality. In any circumstance, you should notify the contracting officer and your supervisor of the situation, and allow them to consider the consequences of your continued participation. It would be wrong to hide the former relationship.

If the former colleague were to contact you to renew the relationship and in any way mentioned this particular solicitation, you should definitely not provide any information about the competition, and immediately advise your supervisor, the contracting officer and your ethics counselor of what happened.

Music is a universal language

(continued from page 13)

figures, parents and teachers cannot. In Coré Cotton's Power of a Made Up Mind, Coré a performer, lecturer and motivational speaker, before trying to impart to young people lessons of self-respect, self-esteem and positive direction, captures the youth with song so that, not only are these youth willing to listen to what others might deem a "lecture," but in the end these same "distracted & disenfranchised" youth are now proclaiming: "I'm special. I love myself. I respect myself and others. And I owe it to myself to be the best that I can be for myself, my family and my community."

Music is a universal language and this article gives you a look at my introspective view on the subject from my knowledge base. Not to infer this to be the only view or the examples used to be the only testaments, but I share what I know to lend validity and substance. Applicable examples and relevant testaments can be found in all cultures and in all peoples, but the bottomline is we can all communicate, share, and find a likeness through music. I love music and have seen "That" love exemplified in the people of our host country. We have the opportunity to get to know each other better, shed our differences or at least understand them, and truly communicate one to the other - initially through that love of music and eventually through our comfort with the languages, job situations, leadership roles and PDT/teamwork requirements.

사령관 메세지



COL Francis Kosich

제가 개인적으로 가장 좋아하는 연휴는 추수감사절입니다. 그 첫 번째 이유는, 추수감사절이 제가 가장 좋아하는 계절인 가을의 하이라이트이기 때문입니다. 가을에는 풋볼이 있고, 시원하고 맑은 날씨, 풋볼, 아름다운 단풍, 그리고 아...제가 뜻을 얘기를 벌써 했나요? 그리고 두 번째 이유는 추석과 마찬가지로 추수감사절은 가족, 친구들과 모여 음식을 만드고 우리가 가지고 있는 것들에 대한 감사를 하는 날이기 때문입니다. 우리는 하루하루를 시간그리고 일과 전쟁하며 끊기고 끊는 생활을 하고 있습니다. 이러는 와중 우리는 우리보다 부족한 이들을 잊고 우리가 가지고 있는 것들을 에 대한 소중함 또한 잊게 됩니다.

우리는 가끔, 우리 자신이 불공평한 대우를 받았다고 생각을 하거나 현재의 어려움에 절망하고 희망을 느낄 때가 있습니다. 그리고 우리는 생각합니다. 나는 지금보다 더 좋은 것들을 원하며 가질 자격이 있다고 말입니다. 진정 그럴 자격이 있는 걸까요?

저는 한 편에이저 소년의 이야기가 생각이 납니다. 이 소년은 집에서 살면서 지켜야 하는 규칙들로 인해 자신의 "스타일"이 구겨진다고 생각을 하고 부모에게 항상 불평불만을 했습니다. 어느

날 그 소년의 아버지는 다음과 같은 질문을 했습니다. "가만, 네가 입고 있는 옷들은 모두 깨끗하고, 집의 냉장고는 항상 꽉 차있으며, 따뜻한 침대가 있는데 도대체 무슨 불평이 있을 수 있는 거냐?"



Thanksgiving



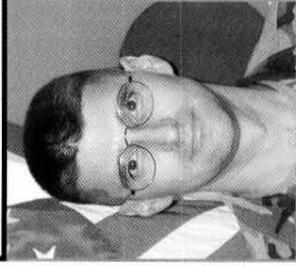
생에 있어 우리들에게 진정 소중한 것들을 잊고 살다가도 이들을 기억하고 이들에 감사를 할 수 있는 기회를 만들어 주기에 저는 추수감사절을 기다립니다. 무엇에 감사를 하냐고요? 저는 저의 건강에 감사합니다. 그리고 저와 저의 가족의 배를 채워주는 음식에 감사하고, 목을 추켜주는 물, 숨을 쉬게 도와주는 공기, 저를 사랑해주는 부인, 훌륭한 3명의 아이들, 그리고 다정한 가족과 친구들에게 감사합니다. 또한, 개인의 자유와 권리 to 존중하고 이 한번도 세계의 기본적 인권을 지키기 위해 싸우고 있는 조국에 감사합니다.

나라를 위해 복무할 수 있는 기회에 감사하고, 현재 이 아름다운 나라와 FED의 훌륭한 직원들과 같은 근무할 수 있는 기회에 또한 감사를 합니다. 마지막으로, 이 한반도에서 복무하고 있는 군인들과 그들의 가족들을 위해 변화를 만들 수 있다는 것에 감사합니다.

앞의 것들은 제가 삶에 있은 것들이 있지만 지금 너무 많은 것들을 한번에 생각하려니 생각이 나지 않습니다. 이제 곳 추수감사절이 돌아오는 것이 천만다행입니다.

그럼 현장에서 뵙겠습니다.
사령관 메세지

부사령관메세지



by LTC Paul D Cramer
Deputy Commander

체육실을 전장관로!

안녕하십니까? 어느덧 격률이 자리를 잡았고 새로운 해가 빠르게 우리 곁을 다가오고 있습니다. 추운 겨울 계절에 대비해 여러분에게 American Heart Association에서 추천하는 운동방법 몇 가지를 전해드리고자 합니다.

만일 오랜 시간동안 비활동적인 생활을 해 오셨거나, 비만, 심장병, 또는 다른 만성병이 있으신 분은 운동을 시작하기 전에 반드시 전문의사와 상담을 하시기 바랍니다. 추천 운동방법들은 다음과 같습니다.

1. 즐길 수 있는 운동을 선택하라. 너무 힘이 드는 운동은 피하는 것이 좋다.
2. 운동 루틴에 다양성을 포함하라. 루틴에 다양하고 재미 있는 운동을 포함하여 반복을 할 경우 운동하는 시간이 절대 지루하지 않을 것이다.
3. 편하고 잘 맞는 운동학적 계절에 맞는 편한 운동복을 착용하도록 한다.
4. 하루 일과에서 여유 있게 운동을 할 수 있는 시간과 장소를 찾도록 한다. 운동하는 것을 습관화하여 스케줄에 융통성을 잊지 말라. 만일 운동을 하루 못하게 되는 날은 그 날의 일과에 순쉽게 할 수 있는 다른 운동 등으로 대체하도록 한다.
5. 운동 중 음악을 듣는 것



운동을 하는 계획을 세우도록 한다.

6. 운동을 좋아하는 사람과 어울리며 자신에게는 어떤 형식의 도움이 필요한가를 인식한다. 누군가가 운동을 하라고 재촉해 주기를 바라는가? 아니면 운동 후 성과에 대해 질문을 해주기를 바라는가? 그것도 아니면 누군가가 같이 운동을 하는 것이 필요한가? 여러 형태의 도움이 있을 수 있다. 그래서 자신에게 필요한 것이 무엇인가를 파악하는 것이 중요하다.
7. 자신의 운동시간을 다른 사람과 함께 한다. 가족 중의 사람은 친구 또는 직장동료도 괜찮다. 자신의 아이들에게는 좋은 모범을 보이도록 노력한다.
8. 과로하지 않도록 한다. 처음에는 항상 낮은 레벨 또는 중간 레벨에서 시작을 하도록 하고 서서히 그 레벨을 올리는 형식으로 운동을 하는 것이 가장 좋다. 일주일에 약 3~4회, 30~60분간

10. 성공만큼 의욕을 주는 것도 없다는 것을 기억하라.

자신이 원하는 레벨의 체력을 개발하고 유지하는 것은 꼭 필요하다. 누구든 하루아침에 뚱보가 되거나 미스터 코리아가 되는 것은 아니다. 많은 인내와 노력이 필요하다. 우리 중의 많은 사람들이 앞에서 말한 두 케이스의 중간쯤에 있으니 이상적인 몸무게와 체력을 유지하고자 한다는 것을 알고 있다. 그것을 위해 계획하고 노력하는 것이 중요하다. 연말에 새해 계획을 세울 때 나의 건강과 체력을 위한 계획도 함께 세우는 것은 어떨까?

어쩌면 올해에는 그 계획이 2주 이상 지속될 수 있을지도 모르니까...

자와 저의 가족은 국동 공병단의 모든 가족들이 행복하고 축복받는 성탄절을 보내시기를 기원합니다.



추수감사절과 터키

미국에서 추수감사절에 칠면조(터키)를 먹는다는 것은 누구든 다 아는 이야기다. 그리고 그 이유는 옛날 청교도들이 처음 추수감사절을 맞이하여 사냥을 나갔을 때 잡아온 것이 터키였기에 자연스럽게 터키가 저녁 식탁에 오르게 되었다고 한다. 역사적으로도 영국에서는 특별한 행사가 있을 때면 구운 백조, 공작, 학 등을 먹었는데 유명한 소설가 찰스 디킨스 (Charles Dickens)의 소설 ‘크리스마스 이야기’ 중에 저녁에 터키를 먹는 대목이 나온 이후로는 크리스마스 저녁에도 터키를 먹는 것이 일반화되었다. 터키들 사이에서는 공적 1호가 아마 찰스 디킨스일 게다.

전에 청교도들이 먹었던 터키는 오늘날 우리가 먹는 터키와는 많이 다른 야생 터키(wild turkey)였다. 이 야생 터키는 날기도 하고 잘 뛰기도 하여 한 10년 전만 해도 이 야생 터키를 개량한 날렵한 터키를 봉목하는 곳이 많았다. 1940년대에만 하더라도 추수감사절이 다 가오면 몇만 마리의 터키를 마치 카우보이가 소떼를 몰고 가듯 터키를 몰고 시장으로 가는 농부들을 심심찮게 볼 수 있었다. 연한 살코기를 좋아하는 사람들이 늘고 식용 터키가 오래전에서 개량되고 부터는 더 살이 많고 둔한 터키를 양계장에서 키우기 시작하여 더 이상은 그와 같은 장관을 볼 수 없게 되었다.

지난 1947년부터 매년 추수감사절이면 미국의 터키 협회는 잘 생긴 터키 한 마리를 백악관의 대통령에게 선물을 하는 것이 전통이 되어 이것이 휠리데이 시즌이 시작되었음을 알리는 비공식 발표처럼 되어버렸다. 운 좋게 이때 뽑힌 터키는 남은 여생(?)을 편히 농장에서 추수감사절이 와도 식탁에 오를

공포에 떨 필요 없이 살다 간다.

터키 구이

준비물 (10인분 기준)

터키: 15 파운드 (6.75 kg)

버터: 1/4컵 (50ml)

후추, 소금, 다임 (thyme), 세이지 (sage) : 각 반 숟갈 (2ml)

스터핑 재료 (터키 뱃속에 넣을 것)

버터: 3/4컵 (175ml) 다진 양파: 2-

1/2 컵 (625ml) 다진 셀러리와 회향 (fennel): 각각 한 컵 (250ml) 마른

세이지: 4 티스푼 (20ml) 소금, 마저

럼 (marjoram), 후추, 세이버리 (savory): 각각 1 티스푼 (5 ml) 마

른 다임 (thyme): 1/2 티스푼 (2ml)

네모나게 잘게 썬 흰 빵: 14컵 (3.5

L) 다진 파슬리 (parsley): 1컵 (250ml)

(꼭 위와 같이 하지 않고 한국사람

취향에 맞춰 삼계탕 하듯 인삼, 대

추, 밤 등을 넣어도 좋다.)

온에서 녹이는 것도 안 된다.

1. 속 채우기 (Stuffing)

냄비를 중간 불 위에 올려 놓고 양파, 셀러리, 세이지, 소금, 세이버리, 마저럼, 후추 등 준비한 재료를 넣고 버터와 함께 10분에서 15분 정도 부드러워질 때까지 볶는다. 큰그릇으로 옮긴 다음 빵과 파슬리를 넣고 버무린다. 터키를 안팎으로 잘 씻은 다음 물기를 닦아낸 후 뱃속에 만들어 놓은 속을 채운다. 이때 속을 너무 많이 넣어 단단하게 되지 않도록 주의해야 한다. 너무 속이 많으면 골고루 익지 않는다. 속 넣기가 끝나면 실로 거죽을 꿰매고 날개를 꺾어 위로 붙이고 다리를 가지런히 묶는다.

주의 사항: 절대

로 속을 미리 채

우지 말 것. 반

드시 터키를 굽

기 전에 채워야

신선하다.



국물 재료

닭 국물: 4-1/2컵 (1.2 L) 조리용

와인이나 물: 1-1/2컵 (375ml) 다

진 양파: 1컵 (1개) 잘게 썬 당근, 셀

러리: 각각 1/2컵 (125ml) 다목적

밀가루: 1/4컵 (50ml) 버터: 2 숟가

락 (25ml)

* 냉동 터키를 샀을 경우에는 미리 냉장고나 찬물에 담가 녹여야 한다. 냉장고에서 녹일 경우는 5파운드를 녹이는데 하루가 걸린다. 위에 나오는 15파운드짜리는 3일 걸리는 셈이다. 물에 담가 녹일 때는 1파운드 당 30분 정도 계산하면 된다. 매 30분마다 물을 갈아주어야 빨리 녹는다. 절대로 더운물이나 끓는 물을 사용해서는 안되고 터키를 실

2. 굽기

터키를 오븐용 쟁반에 놓고 버터와 세이지와 다임을 섞은 것을 고루 발라준다. 소금과 후추를 고루 뿌린 다음 알루미늄 포일로 덮는다. 이때 양옆은 열린 채로 두어야 한다. 온도를 325도 (섭씨 160도)에 맞춰 굽기 시작한다. 4시간이 될 때까지 매 30분 간격으로 처음에 발랐던 버터를 고루 발라준다. (쟁반에 고인 기름을 다시 발라줘도 좋다.) 4시간이 지나면 알루미늄 포일을 걷어내고 한시간이나 허벅지의 온도가 180도 (섭씨 82도) 이상 속(stuffing)의 온도가 165도





FED의 새식구



이동현 씨가 FED의 Engineering Division에 Civil Engineer로써 새로운 식구가 되었다. 그는 서울이 고향이며 한양대학교에서 토목공학을 전공하였으며 여가시간에는 여행을 즐긴다고 한다. 도미영씨와 결혼하였으며, 이호민(7세)과 이규민(4세)를 출하에 두고 있다. 미국 정부와는 첫 인연이며 일산신도시에서 가족과 함께 살고 있다고 한다.



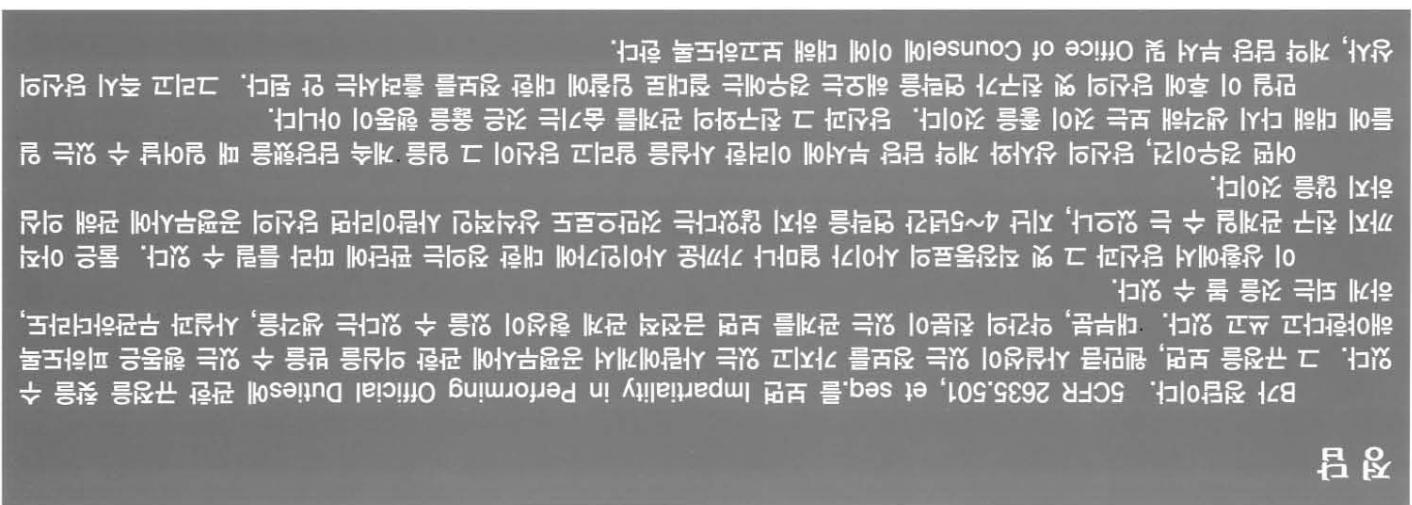
Construction Division에 새로운 Drill Rig Operator로 구천환씨가 오셨다. 그의 고향은 서울이며 취미로는 블링과 테니스를 즐긴다고 한다. 가족으로는 김기숙씨와 결혼하였으며 현재 11세의 아들, 남수가 있다고 한다. 그는 고등학교 졸업 후, 1986년부터 drill rig operator로 일해왔으며, 이번이 미국 정부와의 첫 인연이라고 한다.



도덕에 대한 질문

당신은 캠프 스왈피의 새로운 보일러 품 프로젝트에 technical evaluation team 멤버입니다. 여러 회사의 사업제안서를 검토하고 있는 도중 한 회사의 사장이 대학 졸업 후 갖 취직했던 직장의 동기였음을 알게됩니다. 둘은 가끔 연락을 하는 사이였지만, 지난 4~5년 동안은 연락이 없었습니다. 이 상황이 도덕성에 어긋나나요?

1. 그렇다. 왜냐면 회사의 사장이 당신의 친구이기 때문에
2. 아니다. 문제가 될 만큼 가까운 사이가 아니기 때문에
3. 그렇다. 상황상 금전적인 관계가 이루어 질 수 있기 때문에
4. 아니다. 그 친구가 당신에게 선물을 한 것도 아니고 연락도 안 했기 때문에



(19페이지에서 계속)

이상이 될 때까지 굽는다. 겉이 노릇노릇하게 잘 구워지면 도마에 옮겨놓고 알루미늄 포일을 덮어 30분 정도 둔다.

터키가 식사 예정 시간보다 빨리 구워졌을 때는 오븐에 그대로 두고 온도를 200도 정도 낮춘다.

오븐용 쟁반은 충분한 크기로 준비하고 조리용 온도계가 있으면 여러 가지로 편리하다.

3. 국물 만들기

냄비에 터키에서 나온 볶이나 내장을 준비한 재료와 함께 끓인다. 다 끓으면 열을 낮추어 기름을 걷어내고 3시간 정도 약한 불에서 은근히 끓인다.



4. 그래이비 만들기

터키를 구울 때 나온 쟁반에 고인 물에서 기름을 걷어내고 밀가루를 넣어 중간 불에서 잘 저어준다. 만들어 놓은 국물과 섞어 약한 불에서 5분간 잘 저어가면서 끓인다. 버터와 소금을 간에 맞게 첨가한다. 그래이비는 터키를 다 굽고 나서 만든다.

