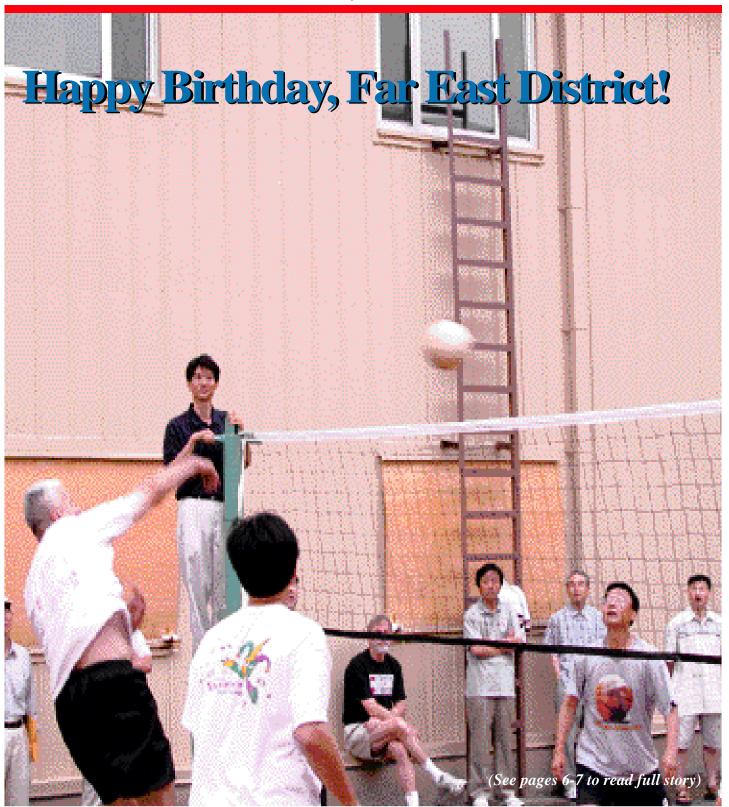


East Gate Edition

U.S. Army Corps of Engineers Far East District

July 2004

Volume14, Number 5



Inside

Happy Birthday, Far East District!	
Farewell and Thanks to8	
Farewell Message from LTG Flowers10	
Ms. Gloria M. Martinez Waiting for	
Questions of Ethics13	
The 10th Safety Day14	
Hangul pages ·····18-20	

This month's focus

Happy Birthday, Far East District!

On the cover



Organization Day on June 18, 2004

The **East Gate Edition** is an authorized publication for members of the Far East District, U.S. Army Corps of Engineers. Contents of this publication are not necessarily official views of, or endorsed by, the U.S. Government, DoD, DA, or the U.S. Army Corps of Engineers. It is published monthly by the Public Affairs Office, Far East District, U.S. Army Corps of Engineers, APO AP 96205-5546, telephone 721-7501. Circulation: 600.

Email:

gloria.j.stanley@pof02.usace.army.mil chongyunkim@pof02.usace.army.mil

District Commander: COL Francis X. Kosich Public Affairs Officer: Gloria Stanley Editor: Kim, Chong Yun Photographer: Yo, Kyong-il

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

From the Commander



-2-

I will never forget you...

COL Francis X. Kosich Commander

As my time here in the Maneuver District draws to a close, I'd like to take just a few moments to reflect on the last two years and in doing so, thank all of you for making this time as professionally and personally rewarding as any in my Army career.

When I came on board, I asked you to build relationships and become one with those we serve, apply our processes and focus on quality and continual improvement, and make a difference through knowledge of self, your job, and those we serve alongside. You exceeded any and all expectations I had at the time and in doing so, transformed U.S. Forces, Korea, enabling the leadership to realize a collective vision of enhanced facilities and infrastructure of which our service members, civilians, and families really deserve.

You continue to provide a unique, multi-faceted capability on the peninsula, helping to strengthen the bonds of friendship while ensuring peace and prosperity here in the Land of the Morning Calm for over 50 years. Your bias for action, personal commitment to the organization and each other, pride in our unit, and teamwork are truly remarkable. As I've told you once before, you soldier. I mean that in the finest sense of the word and can think of no higher complement.

The days ahead are filled with challenges, opportunity, and yes, uncertainty. But this is familiar territory here in the Republic of Korea. In fact, the District's reputation for responsiveness and versatility are born of this. One thing's for certain though, the Far East District will remain a critical, reliable, "go-to" asset in support of USFK regardless of what our future leadership decides. We will continue to "Build for Peace," and in doing so, continue to be that "value added" to the war fighter, family member, and civilian serving on Freedom's Frontier.

Safety & Occupational Health

SUMMER SAFETY BEATING THE HEAT

Ah, it is summer time on the Korean peninsula and that means time to relax and enjoy the outdoors in the sun. Unfortunately, as the summer temperatures rises and humidity fills the air, we must take precautions to prevent heat-related illnesses. Heat-related illnesses are more common than you think and can strike anyone to include highly conditioned athletes. In fact, people do not even have to be outdoors or doing anything strenuous to suffer heat-related illnesses. So how do you detect and treat these conditions? The following are some helpful tips and information to guard against heat-related illnesses.

COMMON CAUSES

Heat cramps, heat exhaustion and heatstroke are the three most common heat-related illnesses. All three are caused by dehydration and rapid loss of electrolytes (body salts), typically brought on by excessive heat or humidity. Inappropriate clothing, overexertion (especially for those not used to the heat or humidity), alcohol and inadequate water consumption may contribute to all of these conditions as well.

HEAT CRAMPS

Heat cramps are painful muscle spasms which most often occur during periods of physical exertion, though they can occur at other times as well. Other symptoms to watch for include lightheadedness, nausea, profuse sweating and excessive thirst.

As soon as you notice any of these symptoms, stop what you are doing and move indoors (or at

least into the shade). Drink sips of cool water or a sports drink such as Gatorade. Avoid excessively sweet drinks, alcohol and caffeine, and do not take salt tablets or aspirin. Use cool, moist towels to speed the cooling process, and gently massage the affected muscles to loosen them up.



HEAT EXHAUSTION

Heat exhaustion is a more serious condition than heat cramps and may either be preceded by heat cramps or develop on its own. In addition to the symptoms listed above, a victim of heat exhaustion may experience dizziness, headache, vomiting, chills, irritability, confusion, hyperventilation and rapid pulse. The person's pupils may become dilated as well, and the skin will likely be cool, pale and moist.

Treatment for heat exhaustion is similar to treatment for heat cramps, with a few key additions. After moving to a cool place (preferably indoors with air conditioning or a fan), lie flat with your feet elevated slightly. Remove any excess clothing, and place cool, moist towels on your head, neck, armpits and groin. As with heat cramps take sips of cool water or sports drink and do not take salt tablets or aspirin.

If left untreated, heat cramps may lead to heat exhaustion or heatstroke and prompt treatment is essential.

Without proper treatment, heat exhaustion may unexpectedly develop into heat stroke, so call for medical help if possible

East Gate Edition

The Chin Report



"A Team Always Beats A Group of Individuals."

by Allen Chin, Deputy for Programs and Project Management

The success of our Project Delivery Teams (PDT) depends on good teamwork. A great example of successful teamwork was the National Basketball Association (NBA) Championship Finals played in June 04 between the Detroit Pistons and Los Angeles Lakers. In that game the Lakers were a heavy favorite to win and very few people gave the Pistons a chance to win. After all, the Lakers had the best players in the NBA in Shaquille O'Neal and Kobe Bryant. The Pistons were heavy underdogs as they consisted, in large part, of unknown stars and a very good coach. How did the Pistons manage to beat the more talented and superior players from Los Angeles? Easy! They played better as a team! From the beginning of the series, the Detroit Pistons outhustled the Lakers while passing better and communicating closely. Did you notice that when Kobe Bryant shot the basketball it missed going through the hoop about two thirds of the time. If he had worked better with his teammates and passed more to them, they would have a better chance to win. During the post game analyses, experts felt that it was the ability of Detroit to play great as a team and not as individual stars that enabled the Pistons to win against a more superior team. Detroit said that they won because "It's all about Teamwork".

Similarly, when the PDT is faced with a difficult project or challenging issues, good teamwork can overcome the challenges and we can achieve successful accomplishments. As you recall, LTG Flowers espoused the concept of "Synergy", where the team creates alternative solutions that are genuinely greater than what individuals can come up with on their own. We cannot underestimate the power of teamwork because each individual, whether they be in Engineering, Construction, Contracting, etc. has a different perspective or outlook on an issue. And when the individuals are "synergized" as a team, this can be a "force multiplier" and contribute great value to the project delivery team.

Selfless PDT teamwork combined with good communications will always be a winner. On a good cohesive team, people feel energized by their ability to work together, are fully committed to a high level of output, and care about how each member feels at work. It is very important on our PDTs that team members feel a sense of pride or team spirit because in that way, the best teamwork will result. Remember, the keys to good effective teamwork is cooperation, mutual respect, communications, being flexible and having an open mind. Rick Fox of the Lakers said it best when he said "A TEAM ALWAYS BEATS A GROUP OF INDIVIDUALS".



IRAQ AND AFGHANISTAN VOLUNTEER OPPORTUNITIES



Robert B. Flowers Lieutenant General, USA Commanding

I'd like to provide you with some additional information about working in Iraq and Afghanistan, and again ask that you consider a volunteer assignment with either the Gulf Region Division or the Afghanistan Engineer District. I also ask that all supervisors actively support employees' requests to volunteer.

After talking with many Corps employees who have deployed, I'm convinced that you will have an unparalleled opportunity for professional and personal development, adventure, and national service. As part of an historic effort to reconstruct a nation, your skills will be honed in a challenging international and interagency environment, and you will return with a broader perspective. One of our great volunteers said that after returning to the U.S., she found herself looking at our flag

"forever differently," and was proud of what she and the team accomplished.

Additionally, deployments offer incentives that may include hazard/danger pay; premium pay (including overtime, night, and holiday pay); a 10% or 25% relocation bonus; foreign post differential, and a separate maintenance allowance. Details are at: http://www.hq.usace.army.mil/ce hr/Deployment/Finance/finance main.htm.

As you consider a possible volunteer assignment, talk with Corps employees who have already served in Iraq or Afghanistan. Also, I encourage you to learn more about the great work being done in Iraq at: http://www.grd.usace.army.mil/n ews/Essayonsforward/index.html.

For information about deployments visit our civilian deployment web page at: http://www.hq.usace.army.mil/ce hr/Deployment/main.htm. Also see GRD's new Orientation Guide at:http://www.grd.usace. army.mil/guides/GRD%20Orient ation%20Guide%20for%20in-bo und%20personnel%209%20June %2004.pdf. For information on 6-month and one-year TCS positions, visit www.cpol.army.mil; select Employment/Army's Vacancy Announcements and then enter your position title keyword and search on the Countries of Iraq or Afghanistan. Your local CPAC or the HECSA CPAC at 202.761.0356/540.665.3734 can also assist.

To those of you who have already served at the tip of the spear, I am enormously grateful to you for bringing help and hope to those in need. The need remains great, so I thank everyone for considering a volunteer assignment to support our tremendously important missions in both countries. Thank you for all you do.

Essayons!

From the Commander

I will never forget you...

(continued from page 2)

I am proud, humbled, and deeply grateful to be counted among the ranks of such proud professionals and I look for even greater things from the District in the future. As always, thanks for your dedication, selfless service, friendship, candor, and care. You truly are one of a kind and I will never forget you...See you on the ground.

COL Francis X. Kosich



Happy Birthday, Far East District!

by Chong Yun Kim, PAO

On June 18, Far East District members had the opportunity to participate in various games and events to celebrate the Organizaton's 47th birthday.

Actually it is not true to say that FED celebrated its birthday solely on June 18. Various fund raising events had already started about a month before and were well supported by distict members. All the events related to Organization Day are good chances to show we are a family and appreciation to the people around us.

The weather was fickle in the morning, but it soon cleared up.

"It is much better than staying outside all day under the sun. It is sad the Taekwondo demonstration had to be cancelled, though," said Mr. Kim, HwaYong, from Engineering Division. Taekwondo demonstration, one of the most popular events, was canceled due to wet ground conditions.

By far the most exciting game of this year was the volleyball final. Executive Office and PPMD met in the final. The executive Team has two of the tallest men in FED, COL Kosich and LTC Cramer, but in the final the youngest men, probably also the shortest, joined in the team. He was Eric Tarikas, son of Ilma Tarikas, Engineering Division. Three of the original executive team members were not able to play in the final and Eric joined the team as a volunteer. Due to his remarkable abilities, Executive Office defeated PPMD 2-0.

The watermelon eating contest and arm wrestling also caught the attention of spectators. Mr. Chong, Hyong-Kun, from LMO and Ms. Pak, In-Myong, from RMO devoured watermelons and became winners of the game. In the children's competition of watermelon eating, Alyssa Gray and Sarah Floyd won the first and



-6-

second prizes respectively. MAJ Donovan Ollar and Ms. Beth Wagner showed off their muscles in the arm wrestling finals. Ms. Wagner is a West Point Cadet visiting Central resident office to get hands on engineering experience. Ms. Yi, Chong-Hui, Engineering Division, tried to show the power of a Korean "ajumma (housewife)" against a young American cadet, but failed by a narrow margin.

The last and hottest of the programs was the singing contest without a doubt. Mr. Pickler, "BoBo" the clown was the master of ceremonies and prided himself on the Korean songs. COL Kosich also gladly shared in the fun of singing with all the members of FED. Many Korean employees proved that Koreans really enjoy singing and dancing by nature. All the people who participated in the singing contest were winners.

The overall best division of the 47th Organization Competition went to the Engineering Division.



East Gate Edition

-7-

Farewell and Thanks to ...

LTC PAUL D. CRAMER

Deputy Commander, Far East District July 19, 2002 ~ June 19, 2004



FED said goodbye to LTC Paul D. Cramer at JungGu Community Center on June 9.

LTC David A. Diehl



Engineering Division had LTC David A. Diehl's farewell dinner on June 17. LTC Diehl worked in FED from June 27, 2002 through June 19, 2004. His next duty station is Huntsville, Oklahoma.

Ms. Cha, Kyung-Im











Ms. Cha, Kyung-Im, a Ticketing Agent, Commercial Travel Office, left us for a better job wih 25th Transportation. She provided good support to the travelers from the Far East District from July 27, 2001 through June 18, 2004.

Safety & Occupational Health SUMMER SAFETY BEATING THE HEAT

(continued from page 3)

HEATSTROKE

Heatstroke is by far the most dangerous heat-related illness and occurs when the body loses its ability to regulate internal temperature. In severe cases, heatstroke may lead to brain damage, coma or death and prompt medical attention is necessary.

In many cases, heatstroke occurs as a natural progression of heat exhaustion, but it may also occur without warning. Symptoms to watch for include dry, hot, red skin; disorientation; aggression; physical collapse; rapid pulse; rapid, shallow breathing; small pupils tingling sensations; incoherent speech; mental deterioration; convulsions and possible unconsciousness or coma.

If you suspect someone is suffering from heatstroke, call emergency services immediately. Move the person indoors or into a shady place at once. To bring the body temperature down quickly, submerge the person in cool (not cold) water. If this is not possible, remove most of the victim's clothing, apply cool towels and fan the person's body. Quick action will dramatically improve the chances for recovery.

PREVENTION TIPS

Heat-related illness symptoms progress slowly and often go unnoticed. Knowing the symptoms and practicing situation safety awareness is the best defense to prevent heat-related illnesses on those hot or humid summer days. The following are a few helpful tips for beating the heat:

- Arrange outdoor activities (including yard work and gardening) before 1000 and after 1400 to avoid the hottest times of the day.
- Take frequent breaks and drink plenty of water to stay hydrated.
- Wear loose fitting and light weight clothing. Light color clothes will keep you cooler in the hot sun.
- > Do not take salt tablets without consulting with your doctor first.
- > Avoid overly sweetened beverages, alcohol, and caffeine.
- Provide shaded areas during outdoor activities.
- Bring along a couple of bottles of water or sports drinks if you are planning a long car, plane, train, or bus trip to keep yourself hydrated.
- Remember emergency services phone numbers. ("Quick List Emergency Phone Numbers for On/Off Post" cards are available at the Safety Office.)

By practicing situation safety awareness, we can ensure "The Dog Days of Summer" will be safe and uneventful for family members, friends, and ourselves. POF Safety



Maj. Gen. Carl A. Strock Takes Command of U.S. Army Corps of Engineers



Carl A. Strock, Major General, USA, Incoming Commander

Washington D.C., July 1, 2004 - Maj. Gen. Carl A. Strock took command of the U.S. Army Corps of Engineers in a military ceremony on July 1 at Fort Myer, Va. Gen. Peter J. Schoomaker, Army Chief of Staff, hosted the ceremony. Strock replaces Lt. Gen. Robert B. Flowers who retired during the same ceremony after 35 years of Army service.

Flowers served as the Army's 50th Chief of Engineers from Oct. 2000 until today.

"General Flowers is a leader, and a warrior, and we are thankful for his dedicated service," said Schoomaker.

"The last four years, I've commanded a unique organization, the U.S. Army Corps of Engineers. There's nothing else like it," said Flowers. "Unique in all the world, great civil servants, taking care of the nation and it's Armed Forces, and I'm enormously proud of all of them." He acknowledged the many Officers, Noncommissioned officers and fellow Soldiers, who mentored him.

During the ceremony, Flowers and Strock passed the ceremonial flag, symbolizing the change of command.

Strock is the 51st Chief of Engineers. The U.S. Senate confirmed his nomination as Chief of Engineers on June 25, with promotion to the rank of Lieutenant General. However, the promotion will not take place until later this summer.

"I am deeply honored and truly humbled to stand before you today." said Strock. "I am honored because there is no greater privilege than to be entrusted with command when your nation is at war."

Strock has served the Army 33 years. He was previously assigned as the Director of Civil Works, and the Director of Military Programs at the U.S. Army Corps of Engineers, Washington D.C. He also served as Deputy Director of Operations for the Coalition Provisional Authority, Operation Iraqi Freedom.

As Chief of Engineers he leads the world's largest public engineering agency with 35,000 employees.

Farewell Message From LTG Flowers



Robert B. Flowers Lieutenant General, USA, Outgoing Commander

Hello, I'm Bob Flowers. Very soon, I will pass the Corps colors and conclude my journey as the 50th Chief of Engineers.

When I came on board in October 2000, I expected I would see great things from you. And I did... I wish you could see yourself through my eyes.

In my four years as commander, you have inspired and impressed me with your spirit of volunteerism and generosity, your talent, and your many accomplishments for the nation and the Armed Forces.

I've been asked several times, 'how do you want to be remembered?' It's a good question, but what I'm going to do is talk about how I will remember you.

I'll remember that when disaster struck and when hard work needed to be done, you answered the call. In the aftermath of 9-11, Corps employees showed their generous spirit by working tirelessly in New York and the Pentagon. I'll also remember the employees who gave up the comforts of home to help the people of Iraq and Afghanistan rebuild and reestablish both countries. Their efforts are helping to bring stability and democracy to both countries.

And I'll remember that employees of this great organization helped the nation and its Armed Forces in many ways: I'm amazed when I think of all everything you have accomplished. You have:

Advanced the nation's economic and environmental priorities through our civil works mission.

You have accomplished a large amount of quality military construction and real estate work...provided world-class research and development...improved homeland security, and contributed to our nation's well-being through an impressive recreation program.

And by sharing your expertise with other countries, you have contributed to our nation's strategic interests. Your capabilities can help close the gap between the haves and have-nots of this world and shape conditions for enduring peace.

Finally, I'll always remember everyone pulling together to help our transformation, so that the can become the 21st century organization of choice.

By implementing USACE 2012, the Corps has refocused.

Now, with our common enablers and processes we are better positioned to serve our customers. And if we stay on that path, the Corps of Engineers will remain viable and important well into the future.

When I became commander, I issued you a 'just do it' card with four responsibilities. Well, I have another assignment for you. This time, I am asking you to do five things.

One, continue to embrace our transformation, so that the Corps will be one team, a learning organization capable of operating virtually. A key to keeping the Corps on track is for each one of you to become fully participating members in a community of practice. New processes and structures are important, but equally important is a well-trained and technically competent workforce. Communities of Practice will help make that happen.

Two, continue to work on relationships and communication...with coworkers, customers and the public.

Three, remain flexible. The key strength of the Corps is our ability to adapt to our nation's changing needs.

Four, be safe. Keep up your impressive safety record. Nothing is more important than the safety of Corps employees, contractors and those who visit our public sites.

Five, consider volunteering for deployment to Iraq or

Afghanistan. Whether you volunteer to go for the adventure or for the good feeling from contributing to those less fortunatewe need you there. Much has been accomplished in both countries, but much hard work remains and we have a great need for the talent and expertise you can offer. It isn't often that a person can directly impact the course of history for another nation. But that is what every person there is doing. It's a tremendous responsibility and a tremendous honor.

There is no question, that every one of you has made a difference to our nation, the Armed Forces and to many other countries in the world. You continue a proud legacy that began 229 years ago. I suspect that 50 years from now, people will look back and say the Corps of the early 21st century made the right choices and the right changes. And they will be inspired by the legacy you created.

I'll close by saying Lynda and I were privileged to share this journey with you. I've had the time of my life leading this great organization, and you have made me extraordinarily proud. I leave knowing the nation and the Corps are in good hands.

Always remember, everything you do makes a difference. May you always see what is possible, and realize your endless potential.

GOD bless you, your families, and this great nation. And may God bless the U.S. Army Corps of Engineers.

Essayons.

Ms. Gloria M. Martinez Waiting for Her Second Orders to Go to Iraq



Ms. Gloria M. Martinezin her office in FED during a short visit between tours in Iraq.

by Chong Yun Kim, PAO

"Is it safe in Iraq? I cannot say it is safe and you will be OK there. But I want to tell my colleagues that my experience in Iraq was great and the Corps needs more volunteers," Ms. Gloria M. Martinez, Chief of Purchase Branch, said. She just returned from Iraq after her six-months assignment as a contracting officer. She was the first woman from FED to go to Iraq. And one more thing that might surprise you is she is going back to Iraq. This time she plans to stay for one year.

"When I told my family and friends about my plan, they said I was definitely crazy. My son begged me not to go because he had been there. My son works for Engineers. He went to Iraq right after the war broke out. He told me how horrible it was: a latrine, cold foods, MRE and everything." However, nothing could shake her strong will.

"I've been with the Corps for almost 22 years. I knew the Corps needs the personnel. I knew it based on what I had experienced in Kuwait. I wanted to see everything with my eyes and to be part of it", said Ms. Martinez. She worked in Kuwait for 9 months right after the Gulf war and saw the need for volunteers.

"The whole procedure to get to Iraq was very difficult. I went to Ft. Bliss for inprocessing. I had to behave like a soldier there. I carried three huge bags of gear, woke up at 4 o'clock in the morning and went to meetings at 4: 30. It was the first eye-opener", Ms. Martinez recalls. The first night in Iraq was more painful than I had imagined. When I arrived at Baghdad in December, 2003, it was raining and very cold. There were two huge tents at the Air Base, but they were all filled with soldiers. I was told to stay on a cot outside. I couldn't get to my sleeping bag, because there were too many duffle bags there. It was a freezing night."

The office environment was not any better. Her office was one of two small trailers occupied by 26 people. When it rained they had to put buckets on the desks. But Ms. Martinez and her coworkers worked very hard. The need was there. They had to make it happen. They also had to be allrounded players.

"I was very lucky that I could be where I was essential. I'm so proud of what I've done in Iraq."

"That was the beauty of our work. We had to get the mission done. What we needed to do was there in front of us and it didn't matter how we did it.We made it happen."

Ms. Martinez and her partner, Merlin Simonson, had their hands filled. They worked seven days a week until midnight. Work was just never ending.

And those who made it possible were hard-working local contractors.

"They worked very hard. We needed their help and they did anything. They needed money. Right before I left, three of the contractors got killed: two of them by mortar attack and one was shot because he did business with the U. S government. He was the one I had dealt with since I got there. It was the saddest part", she recalls.

Not only the contractors, but buildings on the base got attacked. About the beginning of April at 9 pm, shoulder missile flew into the base. A captain near Ms. Martinez shouted "Every body Out". He took her and threw her on the ground just like in the movies. Everybody was fine and it didn't hit the trailer she was working in.

There are also good moments she can recall with a smile.

"Christmas was celebrated in the most beautiful way. The priest there had a wonderful idea. There were people from different countries including a big group of Korean nationals. So in Christmas mass, people sang Christmas song in 11 different languages. We were in the middle of nowhere far way from home with people from 11 different countries celebrating Christmas together. It was an incredible experience."

And the late April, she finally moved to a concrete building with cubicles.

"Everything is getting better now. There are dining facilities, a PX and most of the necessities. And I'm so proud of what we have done there. When I used to drive and look around the area, it was a great improvement compared to when I first got there. I am glad I was part of it."

Ms. Martinez is waiting for her second trip to Iraq. Wish her good luck and safe return.



by Larry Vogan, Office of Council

The use of a government vehicle always raises questions about what is proper. You can test your Ethics IQ by answering the following questions:

1. An employee working in the office drives a government vehicle from the office to a job-site near the "downtown" area, parks, walks to a restaurant, eats, walks back to the car and drives back to the office. Is this a proper use of a government vehicle?

2. An employee working in the office drives a government vehicle from the office to a job-site near the "downtown" area, parks, "inspects"

the job-site, walks to a restaurant, eats, walks back to the car and drives back to the office. Is this a proper use of a government vehicle?

3. An employee working in the office drives a government vehicle from the office to a restaurant in the "downtown" area near a job-site, parks, walks to the job-site, inspects the job-site, walks back to the car and drives back to the office. Is this a proper use of a government vehicle?

4. An employee working in the office drives a government vehicle from the office to a restaurant in the "downtown" area, parks, eats lunch, walks to the job-site and inspects it, walks back to the car and drives back to the office. Is this a proper use of a government vehicle?

5. An employee working in the office drives a government vehicle from the office to a restaurant in the "downtown" area, parks, eats lunch, drives to a nearby job-site and inspects it, and drives back to the office. Is this a proper use of a government vehicle?

⁽Answers on page 16)



The 10th Safety Day

The Far East District's 10th Annual Safety Day was held on May 27, 2004 at the Multi Purpose Training Facility in Yongsan, South Post. Safety Day 2004 was much bigger than last year and supported by various organizations to encourage individual wellness and safety awareness.



Many people lined up to have their body fat level checked. Wendy Goulet, Health Promotion Coordinator, Area II Support Activity said "Eating lots of foods high in saturated fat and trans fat used in fast food can increase the body fat and cholesterol. We have to balance our meals with vegetables, low-fat foods and also with regular workouts".



''Whew... my body fat level falls into the average.''



Mr. Daniel Fujimoto, Acting Chief, Safety and Occupational Health Office, was encouraged by the excellent attendance of FED personnel.





Korean Diabetic Association, one of the supporters of FED Safety Day 2004, provided a diabetic test and consultation about the results.





Mr. Pak, Chang-Pom, Fire Protection Inspector from Area II Fire Department, conducted a demonstration on First Response Emergency Procedures and Fire Fighting in the Theater Parking Area.





The most popular event of the day was Safety Game Show back from last year with strong support from the audience. PPMD defeated last year's winner Engineering Division in the final match.



The day concluded with an award ceremony to Korean Military Contractor Association(KMCA).

GRAND OPEINING OF MAIN GATE AT OSAN AIR BASE

On June 24, 2004, a ribbon cutting ceremony was held to commemorate completion of Anti-Terrorist/Force Protection (AT/FP) upgrades at the Main Gate, Osan AB.

This project started on September 22, 2003 and cost \$1,100,000 It provides active vehicle barriers, CCTV surveillance, and enhanced search capability at a remote inspection facility to the Security Forces of the base. The main AT/FP measures or vehicles were bollards on both in-bound and out-bound lanes. Also added were hydraulic vehicles barriers on both inbound and out-bound lanes. Lastly, a kennel was constructed to enable the security forces to use explosive-detecting canines to search vehicles. The main AT/FP measures for pedestrians were the expansion of the visitors center to accommodate a walk through metal detector and an x-ray machine for scanning luggage and packages.

The main gate is a portion of a larger project. Ongoing is the upgrade at Beta Gate which is due to be turned over the Air Force, Mid-July. The contractor will then start the upgrade of Doolittle gate. The current contract completation date for the entire project is September 21, 2004.

Thanks to MAJ Donovan D. Ollar for providing detailed information.



After the ribbon cutting, COL Robert Kopp, Commander, 51st Mission Support Group, became the first person to drive through the new Osan Main Gate.

Answers to Question of Ethics

(from page 13)

1. It would not be a proper use of the government vehicle because there is no legitimate government reason to be using the vehicle. This employee should use a POV to go to the restaurant to purchase lunch, which is a personal activity.

2. It would be a proper use of the government vehicle since there is a legitimate government purpose. The fact that there is a restaurant near the job-site that is being inspected does not change the fact that the employee legitimately used the vehicle to perform appointed duties.

3. The key here is that there must be a legitimate government purpose for driving the vehicle (some work at the jobsite) AND only minor "frolics and detours" are permitted (the restaurant must be nearby the path of travel). The prohibition against parking at a Burger King (or driving through the drive-up window) that is the subject of USFK commercials is based on the perception prong of the ethics rule. Since the employee is not doing any personal activity, this is not a misuse of a government vehicle. However, it is not a good idea to park in a restaurant parking lot because it looks like misuse of a government vehicle.

4. This is similar to #3 in that the use of the vehicle is identical. The only difference is that the employee eats lunch. Since #3 is not a misuse of the government vehicle, this is not a misuse either. The perception issue is a greater problem under this fact pattern since the employee will be walking from the vehicle to the restaurant. As with #3, it is not a good idea to park in a restaurant parking lot because it looks like misuse of a government vehicle.

5. This is the fact pattern from the USFK commercial. Depending on how extensive the detour to the restaurant is, this is more likely a perception issue than an actual misuse issue. It is not a good idea to drive a government vehicle to a restaurant because it looks like misuse.

Things to do... Boryeong Mud Festival

Immerse yourselves into a grand mud bathtub and splatter mud on each other! If you are not plastered with mud, you may be thrown into a replica of a prison in Daecheon Beach, Boryeong, which holds an annual mud festival from July 16(Fri) thru July 22(Thr.), 2004.

Daecheon Beach boasts the longest coastline in Korea's West Coast and the black-colored mud rich in minerals and germanium. This mud is well known for stimulating blood circulation and protecting your skin from various skin diseases.

The Boryeong Mud Festival is fun-filled with various programs such as Beachside Self Massage, Mud Wrestling Contest, Basic Training on the Mudflats, Street Parade and Firework Competition. It will provide you a fantastic opportunity both for enjoyment and relaxation.

A detailed event schedule is posted on <u>http://www.mudfestival.or.kr/eng/.</u>

Nutritious "Samgyetang" (Ginseng Chicken Soup)



Samgaetang is one of the most popular dishes that Koreans enjoy in order to revitalize their exhausted bodies in the summer heat. It is cooked in a "tukbaegi" (earthenware bowl) and served still bubbling. Koreans call it "fighting heat with heat".

Recipe for 1 serving:

- 1. Clean about 1/2 cup of glutinous rice and soak it in water for 30 minutes.
- 2. Wash a chicken and sprinkle with salt.
- 3. Mix the rice, ginseng, jujubes and a garlic clove together and stuff the chicken. Sew up the opening or cross the chicken legs so that the rice does not fall out.
- 4. Put the stuffed chicken in the "tukbaege" or in a heavy pot with a cover that is just a bit larger than the chicken. Add 1 cup of water and cover the pot. Simmer over low heat for about 30 minutes until the chicken is thoroughly stewed.
- 5. Add some green onion, toasted sesame seeds or sesame oil on top of the chicken for better taste.
- 6. Add salt and black pepper before serving.

Conduce.

Lisa Chong, wife of Yong K. Chong, at Pyongtaek Resident Office passed away on June 21. She died after a long struggle with cancer at Samsung Hospital in Seoul. She was 59 years old and buried at a church in LA. She leaves behind her husband and three children.

Wishing for fast recovery.

Young S. Clancy, Resource Management, had a stroke on June 4, 2004 and has been hospitalized inYonsei Sevrance Hospital. She is under intensive care and struggling for her life. Ms. Clancy works as an administrative assistant for RM. Let's keep her in our prayers.



New Member

East Gate Edition



Ms. Kim, Do-Hee, became a new member of FED. She started her first experience in FED as a ticketing agent at CTO on

June 21. She majored in Chinese Literature at Hanyang University and worked at Northwest Airlines and Turkish Airlines. She is married to Mr. Pak, Su-Yong and has a 13month-old daughter, So-Yun. She enjoys fishing and traveling.



MAJ Anthony Mitchell at Pyongtaek Resident Office received a Meritorious Service Medal (MSM) on June 13, 2004 in the Executive Office.



MAJ Mitchell poses with his wife, Trena and one of his two sons, Malik.

East Gate Edition

July 2004

사령관 메세지

여러분을 결코 잊지

못할 것입니다.



COL Francis X. Kosich Commander

 동 공병단에서의 제 임기

 를 마치면서, 지난 2년을

 뒤돌아봅니다. 그 동안 군생활의 그

 어떤 곳에서보다도, 이 곳FED에서

 업무적으로나 개인적으로 큰 보람을

 느끼게 해주신 여러분 모두에게 감

 사를 드립니다.

제가 처음 이곳에 왔을 때, 저는 여러분께 많은 것 을 요구했습니다. 우리가 일하는 사람들과 하나가 되 어 업무의 질을 지속적으로 향상시키고, 자기 자신이나 자신의 업무와 고객에 대해 잘 파악해 이를 바탕으로 변화를 추구하는 것 등이 제가 여러분께 요구한 것들 이었습니다. 여러분들은 그 모든 것들을 제가 기대한 것 이상으로 해 주셨고, 그럼으로써 주한 미군을 변화시키고, 나아가 모 든 군인들과 민간인 또 그 가족들이 누릴 수 있는 제반 시설들의 향상에 대한 종합적 시야를 가진 리더쉽을 가능케 했습니다.

여러분들은 훌륭하고 다재다능한

능력으로 지난 50여년간 "고요한 아침의 나라"에 평화와 번영이 뿌리 내릴 수 있도록 서로 우호를 강화 하 는데 기여했습니다. 여러분의 업무 에 대한 열의와 조직에 대한 헌신, 자신이 속한 부서에 대한 자긍심과 팀웍은 정말 대단합니다. 제가 전에 도 말했던 것처럼 여러분은 군인과

우리는 계속 평화를 건설해 나갈 것이며, 이를 통해 자유수호의 최전선에서 싸우는 전사들과 그 가족, 민간인들에게 우리의 훌륭한 가치를 심어나갈 것입니다.

> 같습니다. 이것은 제가 생각할 수 있는 가장 좋은 칭찬입니다.

> 앞으로 우리에게 다가올 날들은 도전과 기회, 그리고 또한 불확실성 으로 가득차 있습니다. 하지만 이런 불확실성은 여기 대한민국에서는 늘 있었던 것이고, 사실, 공병단의 기

민성과 역동성은 바로 여기에서 나 온 것입니다. 그래도 한 가지 확실 한 것은 앞으로 지휘부에서 어떤 결 정을 내리든지 극동 공병단은 USFK의 지원에 있어서 가장 믿을 수 있고 준비된 자산으로 남아있을 것이라는 점입니다. 우리는 계속 평 화를 건설해 나갈 것이며, 이를 통해

> 자유수호의 최전선에서 싸우는 전사들과 그 가 족, 민간인들에게 우리 의 훌륭한 가치를 심어 나갈 것입니다.

> 저는 제가 여러분들 처럼 훌륭한 분들 중에 하나였다는 것에 매우 감사하며 자랑스럽습니 다. 또한 앞으로의 공 병단의 미래가 매우 밝

음을 확신합니다. 항상 그렇듯이, 여 러분의 헌신과 희생적 봉사, 순수함 과 배려에 감사드립니다. 진심으로 여러분을 잊지못할 것입니다. 현장 에서 뵙겠습니다.



Carl A. Strock, Major General, USA, Incoming Commander

Washington D.C., July 1, 2004 -Carl A. Strock 소장이 7월 1일 버지니 아주 포트 마이어에서 새 공병감으로 부임했다. Peter J. Schoomaker 육군 참모총장이 주재한 이날 행사에서 Carl A. Strock 소장은 35년의 군복무 를 마치고 제대한 Robert E. Flowers 중장의 뒤를 이어 육군 공병단의 새 사 령관으로 부임했다.

Flowers중장은 2000년 10월부터 공병 단의 50번째 사령관으로 복무했다.

"Flowers 중장은 리더이며 전사이 다. 우리는 그의 헌신적인 복무에 감사 드린다."고 Schoomaker 참모총장이 말했다.

"지난 4년동안 나는 미육군 공병단 이라는 아주 훌륭한 조직을 이끌었다. 무엇에도 견줄 수 없을 만큼 훌륭한 조 직이다." Flowers 중장이 말했다. "세 계에서 가장 뛰어나며, 구성원들도 모 두 훌륭하고 국가와 군을 사랑하는 사 람들이다. 나는 그들이 매우 자랑스럽 다." 그는 그의 정신적 지주가 되어준 많은 동료 장교들과 사병들에게 감사 의 뜻을 전했다.

Maj. Gen. Carl A. Strock 새 공병감으로 부임

> 이날 행사에서 Flowers중장은 사령 관직을 승계하는 의미로 Strock 소장 에게 깃발을 넘겨주었다.

> Strock 소장은 공병단의 51번째 사 령관으로 미 상원이 6월 25일 그의 임 명을 승인하면서 소장으로 승진했다. 공식 승진 행사는 후에 있을 예정이다.

> "나는 오늘 여러분들 앞에 서게 된 것을 매우 영광으로 생각하며, 겸허하 게 받아들인다. 국가가 전쟁 중일 때 지휘부로부터 이런 신임을 얻는 것을 큰 영예로 생각한다." Strock 소장은 말했다.

> Strock 소장은 33년째 육군에 복무 하고 있다. 그는 워싱턴의 공병단에서 Director of Civil Works와 Director of Military Programs로 일했으며, 이라크 자유 작전에서 Deputy Director of Operations for the Coalition Provisional Authority로도 복무했다.

새 공병감으로서 그는 35,000명에 달하는 세계 최대 공병조직을 이끌게 된다.

윤리에 대한 질문

정부차량의 올바른 사용은 항상 논란의 여지가 많은 부분입니다. 아래의 질문들 에 답해 보면서 자신의 도덕IQ가 얼마나 되는지 시험해 봅시다.

1. 사무실에서 근무하는 직원이 정부차량을 몰고 시내 근처에 있 는 외부근무지로 가서 차를 주차 해 두고, 식당까지 걸어가서 식사 를 하고,다시 걸어서 차로 돌아와 차를 몰고 사무실로 돌아왔습니다. 이것은 정부차량의 적절한 사용이 었을까요?

2. 같은 상황에서 이번에는 차를 주차하고, 외부근무지를 살펴본 후, 식당까지 걸어가서 식사를 하 고, 다시 걸어서 차로 돌아와 사무 실까지 차를 몰고 왔습니다. 이것 은 적절한 행동이었나요?

3. 이번에는 사무실에서 외부근무 지 근처의 시내 식당으로 차를 몰 고가서 주차를 하고 외부근무지 까지 걸어가서 일을 본 후, 다시 차 로 걸어 돌아와 운전을 하고 사무 실로 왔습니다. 이것은 정부차량의 적절한 사용이었을까요?

4. 사무실에서 시내에 있는 식당 으로 정부차량을 몰고 가서 주차 를 하고 점심을 먹은 후 외부근무 지까지 걸어가서 일을 본 후 다시 차까지 걸어와 차를 몰고 사무실 로 돌아왔습니다. 이 행동은 적절 한 것이었나요?

5. 사무실에서 시내에 있는 식당 으로 정부차량을 몰고가서 주차를 한 후 점심을 먹고, 근처 외부근무 지로 차를 몰고 가서 일을 본 후 다 시 차로 사무실로 돌아왔습니다. 이것은 정부차량의 적절한 사용이 었나요?

(정답은 다음 페이지에)



정답

적절한 사용이 아닙니다. 점심을 먹
 것은 개인적인 일이기 때문에 개인차
 량을 이용해야 합니다.

2. 이것은 정부차량의 적절한 사용입니 다. 외부근무처가 식당근처에 있었다고 해서 모두 정부차량의 부적절한 사용이 되는 것은 아닙니다.

3. 중요한 것은 정부차량을 이용하는 정당한 이유가 있어야 한다는 것입니다.

그리고 아주 사소한 유희나 우회는 가 능하지만, 이것도 식당이 근무지로 가는 길 중간에 있는 경우에 한 합니다. 버거킹에 주차를 하거나 차를 탄 채로 일 을 볼 수 있는 장소에 가는 것을 금지하 는 것은, 이것은 USFK 광고의 주제가 되 는데, 윤리에 대한 직관에 근거를 둔 것 입니다. 위 문제의 경우 직원이 개인적인 행동을 한 것은 아니기 때문에 잘못된 것 은 아니지만, 식당 주차장에 정부차량을 주차하는 것은 오해의 소지가 있기 때문 에 좋은 생각이 아닙니다.

4. 이것은 3번과 유사한 경우이지만, 직원이 점심을 먹었다는 차이점이 있습니 다. 3번과 달리, 이것은 옳지 못한 행동 입니다. 직관의 문제는 이런 경우에 매우 중요한데, 정확한 직관력으로 좀 더 잘 생각해 보았다면, 직원이 차에서 식당까 지 걸어갔을 것이기 때문입니다. 3번과 마찬가지로, 여기서도 오해의 소지가 있 기 때문에 식당 근처에 정부차량을 주차 한 것은 좋은 생각이 아닙니다.

5. 이것은 USFK 광고에 그대로 나와 있는 경우입니다. 식당으로의 우회 정도 가 얼마나 되느냐에 따라 이것은 실제 오 용의 문제라기보다는 직관의 문제가 될 수 있습니다. 이 경우도 역시 정부차량으 로 식당까지 가는 것은 좋은 생각이 아닙 니다.





김도희씨가 FED의 새식구가 되셨습니다. 6월 21일자로 CTO에 Ticketing Agent로 새로 오시면 서 처음 FED와 인연을 맺으신다 고 합니다.

한양대학교에서 중어중문학을 전 공하신 김도희씨는 노스웨스트 항 공과 터키항공에서 일하셨습니다. 박수영씨와 결혼하여 13개월된 딸 소연을 두고 계시고, 낚시와 여행 을 즐기신다고 합니다.