



US Army Corps  
of Engineers®  
Far East District

# EAST GATE EDITION

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## District Korean National employee embraces change as district moves ahead with relocation

By Antwaun J. Parrish  
FED Public Affairs

**S**lowly but surely, United States Army Corps of Engineers, Far East District employees are relocating to Camp Humphreys, South Korea in anticipation for the entire district’s move scheduled for autumn 2018.

Department of the Army and Korean National civilians have separate processes for relocation and ensuring that all employees have a smooth transition is a critical piece of the process. Some employees have opted for earlier move dates in order settle their family based on school dates, lease renewals, and other personal reasons.

Pak Chae-hyong, a project management assistant, has been an employee with the district for the past nine years and is married with two children. Pak made the decision to move early in order to facilitate the needs of his child’s education. He stated that he discussed the early move with his branch chief and she actively helped him through the necessary procedure with the Workforce Management Office.



***Pak Chae-hyong, Far East District program manager assistant, stands with his daughter in front of his home in Pyeongtaek, South Korea, Feb. 3. Pak is relocating to Pyeongtaek as a part of the Far East District’s headquarters relocation to Camp Humphreys. He decided to move early in order to get his family settled prior to the start of the Korean school year. (Photos provided by Pak Chae-Hyong)***

“The biggest reason for me was because of my first son,” said Pak. “He is going to high school this year and all schools in Korea start in March, so I requested for an early move in February with my family’s consent.”

Pak will move to Pyeongtaek Feb. 9. However, he won’t officially report to Camp Humphreys until Feb. 14.

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# Happy Lunar New Year 2018: The year of the dog

**T**he Lunar New Year, known as Seollal in Korea, is fast approaching, taking place Feb. 15 this year. The Gregorian calendar, followed in the U.S. and most western countries, begins on Jan. 1. However, in the Far East, Lunar New Year holds a special meaning. The Lunar New Year is a 60 year calendar cycle associated with one of 12 earthly branches (such as the dog) and ten heavenly stems and begins with the first full moon of the year. Many Koreans, as well as other nations in the Far East, celebrate with fireworks and parties with family and friends.

2018 is the year of the dog. People born in 1958, 1970, 1982, 1994, 2006, and 2018 are said to be dogs.

Ranking as the eleventh animal in Chinese zodiac, Dog is the symbol of loyalty and honesty. People born in the Year of the Dog are said to possess the best traits of human nature. They are honest, friendly, faithful, loyal, smart, straightforward, venerable and have a strong sense of responsibility.

Koreans have celebrated Seollal, which usually lasts for three days (the day of, the day before, and the day after) for thousands of years. For many it is a time to return to their family homes to spend time with relatives and to honor ancestors. They may wear the traditional Korean dress hanbok and focus on reconnecting with family. A ceremonial ritual called she bae (a deep bow to the floor) may be conducted to

deceased ancestors and making food and drink offerings to the spirits of ancestors (charae) may also take place.

Children receive gifts of money and words of wisdom and family members will wish each other blessings for the new year.

To all those members of the Far East District celebrating, we wish you a healthy and happy Lunar New Year!



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## **District Korean National employee embraces change as district moves ahead with relocation**

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Pak is a native of Gyonggido Bucheon, which is located between Seoul and Incheon. He has been commuting one hour by subway to the district's headquarters.

He said it's difficult for him to leave his hometown since his parents live near him. His children are also having a difficult time leaving their friends. He encouraged his family to embrace the change thanks to a book he previously read.

"As our move date got closer, it made me think about the book "Who moved my cheese" by Dr. Spencer Johnson," said Pak. "The book talks about settling with change or choosing to enjoy the change. I made up my mind to enjoy the change with my family. I am looking forward to the new working environment and new house and hope this change will bring more happiness to me and my family."

Permanent Change of Station (PCS) orders were received by Pak on Jan. 10 and he said he is ready to go.

"My family and I are currently painting the interior of

the new house and cleaning," said Pak. "We have now a strong love for our new home and new transition."

Pak explained that KN employees have to coordinate their move through the Korean Ministry of National Defense after receiving orders. However, due to the limited moving capacity employees may have difficulty moving on their desired day, so he offers up a bit of advice.

"I would advise that when their office relocation schedule is set, they should start planning their move and coordinate with the movers on their preferred date," said Pak.

Pak said that he and his family is looking forward to the upcoming move, and he expressed his gratitude to the district for supporting him along the way.

"I would like to say thank you to all the Project and Program Management and Workforce Management employees for their help and supporting my early move to Humphreys," said Pak.

***Pak Chae-hyong, Far East District program manager assistant, cleans his new home located in Pyeongtaek, South Korea, Feb. 3. Pak is relocating to Pyeongtaek as a part of the Far East District's headquarters relocation to Camp Humphreys. (Photos provided by Pak Chae-hyong)***



# New chief to lead Far East District Transportation branch

By Antwaun J. Parrish  
FED Public Affairs

**A**fter almost three decades the United States Army Corps of Engineers, Far East District hired a new transportation chief.

Kenneth Pickler has served as the chief of the transportation division since the early 1990's after retiring from the active duty Army. Pickler has decided to call it a career and retire later this year and James Greene will succeed him as the new chief.

Greene is a retired Army supply technician who prior to working here was a part of the New Orleans district. He will officially take over as the chief on Feb. 16.

"We are transitioning slowly and doing a hand receipt changeover of the equipment and making sure everything is there," said Greene.

Greene is absorbing the wealth of knowledge that Pickler has gathered over his long career with the district.

"It's been a fast moving pace," said Greene. "Ken has a vast wealth of knowledge and trying to get someone to learn everything in a short span is asking a lot. He has a whole lot of contacts and I will try to get the same understanding that he has with them as well."

Although Pickler is retiring this year he will remain a resident in South Korea, which serves as a bit of an advantage for Greene. He said that Pickler has offered him the ability to reach out to him at any time.

Greene is working at the district's new motor pool located at Camp Humphreys, while Pickler is still working at the Seoul location. Communication is vital to ensuring that they have a successful transition.

"Ken and I correspond constantly," said Greene. "When something happens he calls me and we discuss it. Then I write it down in my continuity book. I put that information in there and I start tracking it from that point."



**James Greene, Chief of the transportation branch, Logistics Management Office. (FED File Photo)**

Pickler offered Greene some advice on the best way to learn and be successful in his new career.

"He said that I have to take it one day at a time," said Greene. "He also told me that you have to treat people with kindness and respect if you want the same in return."

Overall, Greene stated that he expects to contribute as much as Ken has done during his tenure here.

"I think we're going to have fun and I'm going to enjoy working here," said Greene.

# WMO Chief sets focus on Positivity, Proactivity, and Professionalism

By Antwaun J. Parrish  
FED Public Affairs

The United States Army Corps of Engineers, Far East District recently welcomed its new Workforce Management Office (WMO) chief, Kimberly Turnage.

Turnage is originally from Goshen Springs, Mississippi, where she completed her education at Jackson State University and Mississippi College. The Mississippi native began her career with the federal government in 2008 as a human resources specialist after working in counseling in the private sector.

“My aunt, who is a computer scientist with the federal government, informed me of an opportunity to work as an intern,” said Turnage.

After her internship at Fort Riley, Kansas, Turnage worked alongside the U.S. Army Corps of Engineers located in Mississippi as a specialist.

“When I was on my assignment in Ft. Riley I had the opportunity to decide where I wanted to go because of my mobility agreement,” said Turnage. “It was very important for me to return to Mississippi so that I could finish my education specialist degree.”

This is her first time working in a supervisory position and prior to relocating to the Far East District she was assigned to United States Army Europe (USAREUR) in Ansbach, Germany.

Turnage explained that in Ansbach she worked as a key specialist and handled all hiring actions for United States Army Europe (USAREUR). Now that she’s with the Far East District, to properly support the district’s mission she’s outlined a few expectations for herself and the WMO staff.

“I would like for my staff to continue to remain as customer service focused and oriented as possible,” said Turnage. “I want them to remain professional at all times, be persistent in their work, and remain positive about their



**Kimberly Turnage, United States Army Corps of Engineers, Far East District, Workforce Management Office (WMO) chief, hosts a meeting at the WMO office located at the district headquarters, Seoul, South Korea, Feb. 1. (Photo by Antwaun J. Parrish)**

workload and environment.”

Not only has Turnage set forth expectations for her team, she has things she’d like to personally accomplish at FED in her new position.

“I want us to get out and educate our employees about what it is that we do,” said Turnage. “I am here to be as positive, proactive, and professional as I possibly can and offer assistance.”

Turnage said she is excited to work for the district and shared a message to solidify FED’s confidence in the workforce management office.

“Customer service is my main focus,” said Turnage. “We’re here to help FED employees with any and all of their human resource concerns.”

# New bowling center opens on USAG Humphreys



*Col. Jeong Se-ok (left), Chief, Program Management Team, Ministry National Defense United States Forces Korea Base Relocation Office (MURO) and Col. Garrett Cottrell (right), Deputy Military Chief, United States Army Corps of Engineers Far East District, sign the acceptance release letter for the new bowling center on U.S. Army Garrison Humphreys during a ceremony Jan. 31. (Photos by Son SeukHwan)*



# EEO CORNER

By Valerie Bradley

FED Equal Employment Opportunities

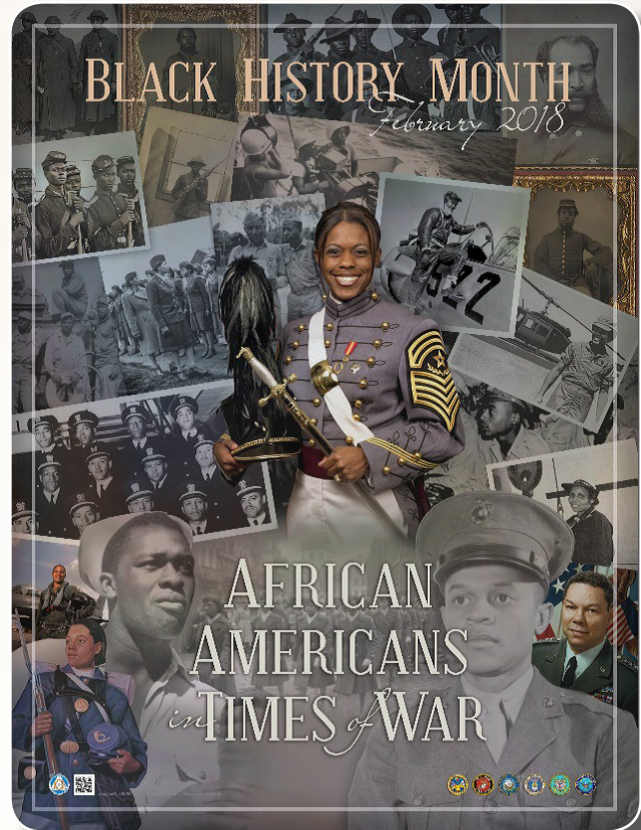
**T**he theme for 2018, as provided by the Association for the Study of African American Life and History (ASALH), in observance of African American/Black History Month, celebrated each year during the month of February is “African Americans in Times of War.”

This year’s theme commemorates the centennial of the end of the First World War in 1918, and highlights the service and sacrifice of African Americans during wartime from the Revolutionary War to present.

The Defense Equal Opportunity Management Institute (DEOMI) graphics team wanted to capture some of the wartime sacrifices and milestones of African Americans in our nation’s history. Featured on this poster are individuals who honorably served their country -- some of whom made the ultimate sacrifice in defending this great nation.

From top left to right:

1. Officers of Famous [African American] Regiment arriving home from “France.”
2. Unidentified African American Soldier in Union infantry sergeant’s uniform and black mourning ribbon with bayonet in front of painted backdrop.
3. Buffalo Soldier Cavalry Troopers.
4. Unidentified Civil War veteran.
5. Co. E, 4th U.S. Colored Infantry at Fort Lincoln, Washington, D.C.
6. Unidentified African American Soldier in uniform and helmet with rifle.
7. Navy African Americans during World War II.
8. Unidentified African American Soldier in Union uniform.
9. African Americans during World War II.
10. Battalion Commander Maj. Charity Adams and Executive Officer Capt. Abbie Noel Campbell inspect the first Soldiers of the 6888th Central Postal Directory Battalion to arrive in England, Feb.15, 1945.
11. African Americans during World War II.
12. Capt. Benjamin Oliver Davis, Jr., of Washington D.C., climbing into an Advanced Trainer. Tuskegee, Alabama. Jan. 1942.
13. Second Lt. Marcella Hayes, first Black female pilot in the U.S. Armed Forces.
14. The Golden Thirteen were the first African American men selected as officers in the Navy during World War II.
15. Center: Emily Jazmin Tatum Perez (19 Feb.1983 – 12 Sept. 2006) became the first minority female Cadet Command



Sergeant Major at the U.S. Military Academy at West Point. The second lieutenant was buried at West Point as the first female graduate of West Point to die in Iraq. Perez, a platoon leader, was killed while patrolling southern Iraq near Najaf on Sept. 12, 2006, when a roadside bomb exploded under her Humvee.

16. African Americans during World War II.
17. Maj. Shawna Kimbrell, first Air Force Black female fighter pilot.
18. Coast Guardsman Marvin Sanders, Fireman 1st Class, in the Southwest Pacific.
19. African Americans during World War II.
20. Howard P. Perry was the first African American to enlist in the first U.S. Marine Corps’ class of 1,200 Black volunteers, 1942.
21. Olivia Juliette Hooker, the first African American woman to wear a Coast Guard uniform.
22. Gen. Colin L. Powell 1989: first Black Chairman of the Joint Chiefs of Staff.
23. Cathay Williams 1866: first Black female to enlist in the Army.

## *This month in FED History*

- **February** 1983: Daegu American School at Camp George opened.
- 1986: Non-Commissioned Officer and Enlisted Men's Club opened at Camp Humphreys.
- 1998: FED hosted first Contractor Certification Course.
- 1999: New drill and well maintenance equipments arrived at FED.
- 2003: Construction of Yongsan Overpass began.
- 2005: Enlisted dormitory and golf course at Osan Air Base opened.
- 2012: The new humidity controlled warehouse opened at Camp Carroll.
- 2013: Anisha Downs, FED project manager received the Modern-Day Technology Leader Award.



Sam Barnes, FED safety officer, teaches a session of FED's first contractor certification course, 1997.



Pfc. Melvin L. Brown Maintenance Facility at Camp Carroll opened, February 26, 2008. The facility is dedicated to an engineer who received the Medal of Honor posthumously for his actions in September 1950 against North Korean troops north of Daegu.





# HERET COMES



## WARFIGHTER SLEEP MANAGEMENT

A Soldier's performance is enhanced by 7-8 hours of quality sleep – but that is not always possible in the Army. As a rule of thumb, Soldiers should get as much sleep as much as they can, when they can.

Leaders and Soldiers can implement the following strategies to manage Soldiers' sleep debt:

### GARRISON SLEEP QUALITY

Ensure dark, quiet, comfortable sleep environment and address conditions in barracks/family housing that interrupt quality sleep (e.g., garbage pick-up at 4 a.m.; routine fire alarms at night)

### REVERSE CYCLE PHYSICAL TRAINING

Delay start of duty day (e.g., until 8 am) and conduct PT in the afternoon instead of morning to synchronize with Soldiers' circadian rhythms, reduce stress, and increase cognitive functioning

### SLEEP BANKING

Plan ahead and increase your daily amount of sleep up to two weeks prior a period of limited sleep

### TACTICAL NAPS

During sustained operations take a short nap when opportunities allow

### "NAPPUCCINOS"

Drink 12 oz of coffee and then take a 30 min nap; must be able to fall asleep quickly.

### CAFFEINE

Can help short-term alertness at the proper dose and frequency for the situation – see article for doses\*

\* see <https://safety.army.mil/shrinklink/152>

# READY ...OR NOT?

**Ready ... or Not** is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their readiness for what lies ahead - both the known and unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making. #Armysafety

The U.S. Army Combat Readiness Center has the tools to keep you and your Soldiers safe, both on and off duty. Visit us online at <https://safety.army.mil>.

So are **YOU** ready ... or not?

