



US Army Corps
of Engineers®
Far East District

EAST GATE EDITION

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FED begins a new chapter in its history as it completes its relocation to Camp Humphreys

By Antwaun J. Parrish
FED Public Affairs

Throughout 2018, members of the U.S. Army Corps of Engineers (USACE), Far East District (FED) headquarters element slowly transitioned from Seoul to Camp Humphreys. Now that the district has completed its relocation, it was time to make it official.

Col. Teresa Schlosser, USACE, FED commander hosted an uncasing ceremony held Nov. 14 at the district's headquarters at Camp Humphreys. Brig. Gen. Thomas Tickner, USACE, Pacific Ocean Division commanding general, was also in attendance and provided remarks.

Continued on Page 3

Col. Teresa Schlosser (right), U.S. Army Corps of Engineers, Far East District commander, and Master Sgt. David Montes, FED district operation noncommissioned officer, prepare to raise the unit colors during an uncasing ceremony held at the district's headquarters, Camp Humphreys, South Korea, Nov. 14. (Photo by Antwaun J. Parrish)

The Far East District logistics management team are working hard Nov. 8 to not leave behind the District's nameplate as we are moving into the final stage of relocating the district to Camp Humphreys. (Photos by Stephen Satkowski)



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

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Continued from Page 1

This is the first time the district's colors will be shown since they were cased at a previous ceremony at the district's previous headquarters in Seoul. A casing of the colors is a traditional ceremony when a unit is deactivated or relocates, and is held to commemorate the unit and its history.

Before the colors were unfurled and hoisted upon the flagpole, Col. Schlosser gave a few remarks to the distinguished guests, FED Family and visitors in attendance.

"The transition, as we've moved our headquarters from Seoul to Camp Humphreys, has been long in the making and not always easy, but through your determination and teamwork our headquarters element and the Camp Humphreys team are now all officially under one roof and I am so grateful to be able to celebrate this occasion with you," said Schlosser.

Schlosser stated that the FED's role

on the Korean peninsula is critical as it helps to maintain stability and strengthen the alliance between the United States and the Republic of Korea.

"A big part of that role has been supporting the Korea Relocation Program. It is one of the largest transformation, re-stationing and construction projects in Department of Defense history," said Schlosser. "The District has been at the forefront of this monumental transformation of U.S. Forces in Korea. Just in my three years on the peninsula, Camp Humphreys has transformed into the largest U.S. Army garrison in Asia, with the Far East District having U.S. oversight over relocation construction."

At the conclusion of her speech, Schlosser announced that there was one more thing that needed to be complete in order to commemorate that the district has officially moved into its new building. Schlosser and Rich Byrd, district deputy engineer, then unfurled the

colors. After the colors were hoisted on the flagpole, the audience applauded at the site of the U.S. Army Corps of Engineers flag waving high above them.

At the conclusion of the uncasing, Brig. Gen. Tickner, offered a few remarks on the history and future of the Far East District in Korea.

"I am confident that this command will continue its longstanding legacy of success here," said Tickner. "You are a team of proven and globally recognized leaders in military and civil engineering science."

He continued to thank the district for its accomplishments and offer encouragement for continued success.

"Thank you once again for all that you do and I am looking forward to all that you will accomplish in this new chapter in history," said Tickner.

The district is now settled into its new home and continuing to make its mark on the Korean peninsula.

Col. Teresa Schlosser (right), U.S. Army Corps of Engineers, Far East District commander, and Richard Byrd, USACE FED Deputy District Engineer, unfurl the unit's colors during an uncasing ceremony held at the district's headquarters, Camp Humphreys, South Korea, Nov. 14. (Photo by Antwaun J. Parrish)



Former NFL player contributes military success to God, Family, Army

By Antwaun J. Parrish
FED Public Affairs

After being a part of the Baltimore Ravens practice squad during his 1997 rookie season, he finally was activated to play during the team's game against the Jacksonville Jaguars.

"Just the thrill and excitement of going through the tunnel onto the field is something I will never forget," said Staff Sgt. John Williams Jr., a U.S. Army Corps of Engineers (USACE),

Far East District construction representative.

Williams, who comes from a lineage of athletes, joined the Army after a nine year career of playing professional football.

His father was a football coach in his hometown of Hammond, La. Both Williams and his father are hall-of-fame recipients at their alma mater, Southern University. He had two uncles,

David and Clyde Williams, who both played football in the National Football League (NFL), along with his younger brother Brock.

"My uncles were my influence to play sports," said Williams. "I also had the gift and natural ability to excel in sports growing up."

Continued on Page 5



Staff Sgt. John Williams, a U.S. Army Corps of Engineers, Far East District construction representative, is pictured with his wife and their four children during his reenlistment ceremony held at the district headquarters, Camp Humphreys, South Korea, Sept. 11. (Courtesy of Staff Sgt. John Williams Jr.)

Former NFL player contributes military success to God, Family, Army

Continued from Page 4

Going into his sophomore year of college, Williams' team won the Black College Football National Championship, which led to him gaining attention from football scouts after being a part of a few high-profile games. Starting his senior year as a Preseason All American, he led his team in interceptions.

"Because of my status as an all American, I was highly recruited by professional teams and worked out with several pro teams before joining the NFL," said Williams. "1997 I was picked up as a free agent with the Ravens."

Williams was a part of a few other professional teams until he decided to retire in 2005. After his retirement he settled in Los Angeles and worked a few odd jobs, before deciding to make a drastic change in his life.

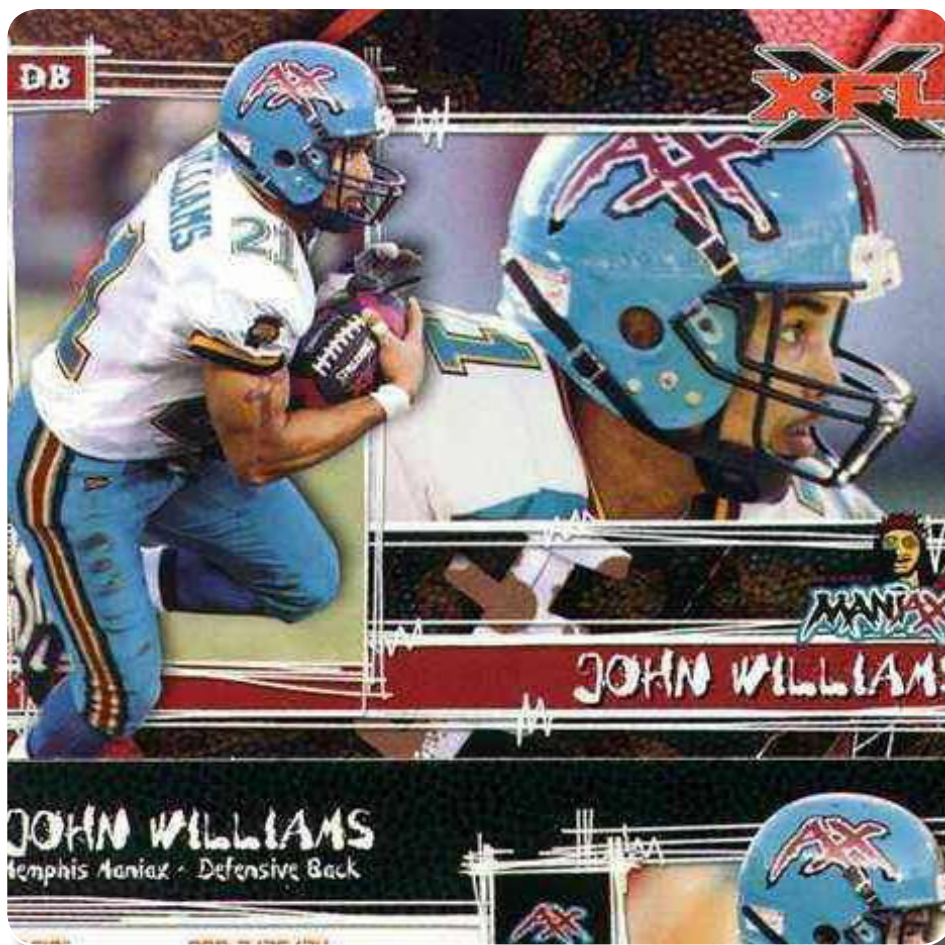
"Late one night I was praying and asked God for guidance on what I should do next," said Williams.

He stated that after that prayer, he coincidentally found an Army kevlar [helmet] with the initial W inside of it, and it felt like a sign from God to join the Army.

For Williams, playing football taught him to be tough, resilient, and to never give up. He stated that being successful at football is a team effort that takes integrity and loyalty amongst all individuals.

"Coming into the military that's something that I wanted deeply," said Williams. "I wanted to be a part of a brotherhood that allows me to apply my skills on a larger scale."

Family is important to Williams, other than his wife and their four children, he feels a part of a much larger family that he also cherishes.



An Xtreme Football League (XFL) promotional flyer for the Memphis Maniacs featuring former professional football player, Staff Sgt. John Williams Jr., a U.S. Army Corps of Engineers, Far East District construction representative. (Courtesy of Staff Sgt. John Williams Jr.)

"I am thankful that I am a part of the Army and USACE," said Williams. "It's great to be a part of a team with individuals who are willing to make the ultimate sacrifice. It doesn't feel like a job to me, it's more like a family. To be a part of that I feel privileged."

Williams is currently promotable to Sgt. 1st Class, and looks forward to serving to 20 or more years in the Army before retiring.

Col. Lee Woo-sig (left), Chief, Program Management Team, MURO and Col. Garrett Cottrell (right), Deputy Commanding Officer - Transformation / USDCA, sign the Acceptance Release Memorandum of the Camp Humphreys Golf Course (REC010) Oct. 29. (Photos by Antwaun J. Parrish)



The Commanding General of Pacific Ocean Division (POD), U.S. Army Corps of Engineers (USACE), Brig. Gen. Thomas J. Tickner visits with USACE Leadership Development Level 2 Program selectees during a visit to the district headquarters at Camp Humphreys, Republic of Korea, Nov. 15. This year's Far East District participants include Choe Ye-kwon, BJ Mata, Jared McCormick, Ben Nguyen, Eden Shin and Yung Chae-ung. (Photo by Stephen Satkowski)

EEO CORNER

By Valerie Bradley

FED Equal Employment Opportunities Officer

The theme for the November 2018 National American Indian Heritage Month is "Sovereignty, Trust and Resilience."

"The observation of National American Indian Heritage Month has its roots in Public Law 99-471. Over several years the observation was moved to different months but in 1990 Public Law 101-343 set the month long observance in November. Each year the President issues a Proclamation in recognition of the observance. National American Indian Heritage Month is observed from 1 - 30 November of each year. The observance month recognizes American Indians for their respect for natural resources and the Earth, having served with valor in our nation's conflicts and for their many distinct and important contributions to the United States."



Poster Description: The Department of Defense 2018 National American Indian Heritage Month poster depicts a white background with the annual theme, "Sovereignty, Trust, and Resilience" centered in capitalized block letters. The word, "Trust" is in larger typeface. Within each of the block letters of the words, "Sovereignty," "and Resilience" are colorized photographs of Service Members and civilians in action. Within each of the block letters of the word, "Trust" are black and white photographs of Service Members in action.

Horizontally, in the bottom left corner are the Service seals for the Army, Marines, Navy, USAF, Coast Guard, and Department of Defense in consecutive order. Beneath the Service seals is the Defense Equal Opportunity Management Institute seal and a quick response code to the DEOMI website and in small typeset the words, "Designed by DEOMI - Defense Equal Opportunity Management Institute."

Facts:

National American Indian Heritage Month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers, and settlers of the United States. Currently, there are 567 federally recognized American Indian and Alaska Native tribes and more than 100 state-recognized tribes across the United States. Each with their own unique history, beliefs, governance structure and culture.

In 1924, Congress passed the Indian Citizenship Act, also known as the Snyder Act, giving American Indians the right to vote. After a survey in 1938 found that eight states still prohibited Indians from voting, several cases were brought to the Supreme Court. Utah, Minnesota, and Arizona were the last states to allow the vote, and it wasn't until 1965 that all barriers to American Indians' suffrage were eliminated in the United States.

There is help

Suicide Prevention: For all USACE Employees

According to CDR Thomas Janisko, USACE Surgeon, the USACE, on average, has ~3 suicides and ~3 suicide attempts reported annually (suicide attempts are always underreported).

USACE had several members who had loved ones attempt suicide or die of suicide in CY 2017; suicide occurs across all groups (wealthy and poor, rural and city, old and young).

To ensure USACE members recognize people at-risk for suicide by "checking in" when they note behavior changes.

**Listen for yourself, your co-workers,
and your loved ones.**

Continued on Page 8

EEO Corner

Continued from Page 7

Who Dies by Suicide?

Suicide is:

- 11th leading cause of death for all adults
- 3rd leading cause of death for 15-24 year olds
- 5th leading cause of death for 5-14 year olds
- 2nd leading cause for college students.
- 78.8% of the time done by a male.
- Most common for males for ages 75 years and older
- Most common for females between ages 40-50.

USACE IS DIFFERENT

USACE suicides: 93% male, 95% civilian, 49% deployed overseas in their career, and were between ages 40-50 on average.

Who is at Risk?

The CDC Risk Factors are:

- Relationship problems
- Alcohol or drug abuse and certain medication side effects can produce suicidal thoughts
- Previous suicide attempt(s)
- History of mental illness or depression/feeling hopeless
- Medical illness
- Feeling alone/burdensome
- Financial problems
- Problems at work
- Access to lethal means
- Change in behavior

Coping Mechanisms

Resilient Strategies

- Communication with others
- Exercising daily & getting adequate rest
- Drawing/journaling
- Reassurance
- Spiritual/worship activities
- Time with family/friends
- Meditation; staying positive
- Counseling/communicating
- Positive self-talk

Negative Strategies

Not talking

- Withdrawing from loved ones;
- Self-medicating (alcohol or drugs)
- Risk-taking behaviors (e.g. speeding, daredevil actions)
- Self-injury or mutilation
- Violence toward others
- Over or under eating
- Buying things you can't afford
- Sexual misconduct
- Immersing yourself in a
- Depressing environment
- Negative self-talk

Source: CDR Thomas Janisko, USACE HQ Surgeon

Resources for USACE Staff

- Your supervisor or another supervisor.
- Your Employee Assistance Program
- USACE Confidential CISM/Peer Supporter Team, 314-925-5250 or cism-vm@usace.army.mil
- CDR Thomas Janisko, USACE Surgeon, (202) 604-7966, (24x7)
- Thomas.Janisko@usace.army.mil
- CH (COL) Raymond Robinson Jr., USACE Chaplain, 202-761-0772 Raymond.A.Robinson@usace.army.mil
- Confidential Suicide Lifeline: 1-800-273-TALK (8355) www.suicidepreventionlifeline.org
- Crisis Text Line: Text "hello" to 741741 for a trained confidential crisis worker.

EEO Program/USACE FED EEO Strategy

Every member of our workforce has the right to be treated with dignity and respect, without regard to race, color, national origin, religion, sex (including gender identity, sexual orientation, and pregnancy), age, disability, genetic information, marital status, parental status, political affiliation, engagement in a Protected Equal Employment Opportunity/Equal Opportunity activity, or any other basis protected by law and policy.

Continued on Page 9

EEO Corner

Continued from Page 8

The EEOC in MD 715 specifically requires each department, agency, and instrumentality in the Executive Branch of the Federal Government to establish and maintain a Model EEO Program to provide the infrastructure necessary to achieve the ultimate goal of a discrimination free work environment characterized by an atmosphere of inclusion and free and open competition for employment opportunities.



The “Essential Elements” necessary for a model program are:

- Demonstrate commitment for agency leadership;
- Integration of EEO into the agency’s strategic mission;
- Management and program accountability;
- Proactive prevention of unlawful discrimination;
- Efficiency; and
- Responsiveness and legal compliance.

To measure these integration efforts usefully, the EEO Office conducts periodic self-assessments of its EEO program against the six essential elements. EEOC has developed a self-assessment checklist to aid in the self-assessment process. The checklist provides a comprehensive listing of specific management documents and operating systems required to ensure that an agency’s overall EEO program is properly established. The checklist serves as an early assessment tool for agencies, helping to increase accountability for any necessary corrective measures.

EEO Goals

- Equal Employment Opportunity is institutionalized as an integral part of the USACE FED mission.
- A work environment free from unlawful discrimination.
- A workforce that values diversity.
- EEO expert, who is responsive to the concerns of the USACE FED leaders and employees.

EEO Article Newsletter

The monthly EEO articles were designed to keep managers, supervisors and employees informed about critical Equal Employment Opportunity (EEO) information and initiatives. If there are any issues you would like to see addressed in the Newsletter FED future editions please contact the EEO Office.



Col. Park Jong-yeon (left), Republic of Korea DCA, MND-DIA, and Col. Garrett Cottrell (right), Deputy Commanding Officer - Transformation / USDCA, sign the Acceptance Release Memorandum of the Vehicle Maintenance Facility (VMF101), Oct. 18. (Photo by SeukHwan Son)

COLD WEATHER INJURY PREVENTION

• The right conditions can help set up anyone for failure when it comes to cold weather injuries, regardless their rank, age, fitness level or gender.

• Leaders must be present among their Soldiers and remain alert for the signs and symptoms of a cold weather injury.

• Cold weather injuries sideline Soldiers and impact a unit's readiness. However, it's just as important for Soldiers to take their cold weather training home and share what they've learned with their loved ones.



**YOUR LIFE,
OUR LOSS**

Take advantage of the risk management process and tools the Army provides to help keep you safe. Remember, **IT'S YOUR LIFE, BUT OUR LOSS.** To learn more, visit <https://safety.army.mil>.