



US Army Corps
of Engineers®
Far East District

EAST GATE EDITION

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Far East District personnel learn basic life-saving skills

By Sameria Zavala
FED Public Affairs

U.S. Army Corps of Engineers (USACE) Far East District (FED) personnel participated in life-saving skills and First-Aid instruction at the FED motor pool in Pyeongtaek, Republic of Korea, March 11.

The scenario for first aid involved a “person” wounded during a car accident, on the side of the road, with the FED member on the scene to assist in saving their life. Lessons were given on how to apply a pressure dressing (bandage) to stop potential “bleeding.”

Life-saving skills instruction included learning how to perform CPR. Medical CPR manikins, equipped with LED light sensors, were used to ensure proper pressure and pace of compressions were applied to the chest. Students were monitored to ensure rescue breaths were given between each set of 30 compressions.

Instructors were sure to disinfect all areas, after each use, to stop the spread of germs.

“The benefit this training gives our organization is a basic familiarity with CPR and First Aid in case of an extreme emergency,” said Gregory Pavelka, USACE FED safety and occupational health specialist. “This class was for information purposes only, but



Far East District personnel practice the basics of CPR and First Aid during familiarization training at the FED Motor Pool in Pyeongtaek, Republic of Korea, March 11. (Photo by Yi Yong-un)

the safety office plans to hold American Red Cross certifications in CPR, First Aid, and automated external defibrillator (AED) for FED employees, soon.”

Within the first quarter of this year, 93 percent of our designated individuals completed the class and are confidently able to administer these skills.

“We have an extremely important mission in Korea and are expected to perform that mission, no matter what the circumstances or environment we may find ourselves in, here, on the peninsula,” said Lt. Col. Dennis McGee, deputy commander for USACE FED.

Continued on Page 6

UPCOMING EVENTS

APRIL 2021

April 05 : 1130-1300

Farewell for Karen Farmer

(Resource Management Office Acting Chief returning to the Alaska District)

April 06 : 0800-0900

Leadership/Career Planning Talk, Brian Kamisato, Regional Business Director, Pacific Ocean Division (WebEx)

April 06 : 1000-1100

Budget 101 Training, Karen Farmer, Resource Management Acting Chief (HQ F221 & WebEx)

April 07 : 1000

Diversity, Equity, Inclusion Meeting (Operations EOC)

April 13 : 0900-1100

Osan Chapel Ground Breaking Ceremony

April 13 : 0715

Morning Yoga with SoCheung Lee, Office of Counsel (HQ Building, VTC Room 402/403)

April 23 : TBD

Final Acceptance Test for the 3rd Military Intelligence Aircraft Maintenance Hangar

If you'd like to submit an event for inclusion in the 'Upcoming Events' section of the next East Gate Edition, please email dll-cepof-pa@usace.army.mil with the event title, short description, date, time, and location.



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

Far East District celebrates Women's History month

By Susan Y. Lee
FED Public Affairs

U. S. Army Corps of Engineers (USACE) Far East District (FED) hosted a Women's History Month celebration, which included an impressive line-up of District women who spoke about their experiences breaking barriers at U.S. Army Garrison (USAG) Humphreys, Republic of Korea, March 26.

The event began with an invocation given by Carol Spratley, Programs and Project Management Division (PPMD) project manager. Shortly thereafter, Eva Yo, PPMD administrative support assistant, performed acapella renditions of the U.S. and Republic of Korea (ROK) national anthems.

FED Commander, Col. Christopher W. Crary, made opening remarks pointing out the long way both the U.S. and ROK have come in terms of gender equality.

"It's hard to believe that 100 years ago, thousands of women were marching in the streets, demanding one of our most fundamental rights, the right to vote," said Crary. "Today, a century later, the military and organizations across both our countries are full of talented women who have overcome discrimination, shattered glass ceilings, and become outstanding role models."

Jessie Lindor, District property book officer and retired Soldier, took

the stage to perform a poem in honor of the trailblazers who set the foundation for women everywhere to go against the grain and in honor of the women of FED, who she mentioned line-by-line. Attendees applauded Lindor's contribution with a standing ovation.

The first of three panel members to tell her story was Heathra King, deputy of operations for the Security, Plans, and Operations branch. King shared stories that tied in gender discrimination, sexual harassment and the human art of compassion. The pain she silently endured from her experiences reverberated throughout the room.

Continued on Page 3



District Commander, Col. Christopher W. Crary, stands with event speakers, contributors, and panelists, as they pose for a photo to commemorate the Far East District's 2021 Women's History Month celebration at District Headquarters, USAG Humphreys, Republic of Korea, March 26, 2021. The event centered on a panel of FED women, who spoke about their experiences as women in the workforce. (Photo by Susan Lee)

Far East District celebrates Women's History month

Continued from Page 3

Attendees were reminded that when pain comes in small doses and is recurring, it “becomes more like a bleeding wound.” King ended with a simple request, “occasionally pause, reflect, and consider changing course in your thoughts.”

Kim Kyong-a, the first local national to earn and receive recognition for Department of Defense Financial Management certification, was the second panel member. Kim shared the struggles leading to her recent achievement. In addition to the language barrier, getting the certification was something that no local national had done. She struggled but worked hard to earn the certification and credited her ability to push forward to the great support system within the District; namely, her supervisor who pushed to make it happen.

The final speaker was Eman Sundquist, PPMD project manager, who rounded out the panel with her experiences being a woman and of foreign descent. She emphasized being unapologetic about asking questions; it's a cornerstone of who Sundquist is and why she delivers quality work.

The event had an additional speaker, known to peers as the ‘Matriarch of FED.’ Spratley, who gave the invocation, spoke about her 40 years in the Corps and the variety of experiences she managed. Spratley's advice to all attendees was to take challenges and grow from them.

A common theme that stitched through every speaker's commentary was that the Far East District has been the best place they've ever worked. Their experiences within FED have been a confirmation of the District's

priorities in diversity, equality, and putting people first.

Like in previous years, the District was recognized as a world-class organization this year, yet it is the Command's priority to continue pushing itself to be better. As part of its efforts to become better, FED is soliciting more members of all backgrounds, Civilians and Korean Nationals, to join its new Diversity, Equity & Inclusion council to partake in building the roadmap for how the organization proactively addresses these issues.

Interested employees are welcome to join the council at its second meeting scheduled for April 1 at 9:00 a.m. For more information on how you can get involved with the FED's DE&I council and its activities, contact Steve Brown at 315-755-6096 or commercial 0503-355-6096.



Eman Sundquist, Programs and Project Management Division (PPMD) project manager, speaks to the crowd of attendees about finding her place in a world made for men during the Far East District's Women's History Month celebration at District Headquarters, USAG Humphreys, Republic of Korea, March 26, 2021. The event centered on a panel of FED women, who spoke about their experiences as women in the workforce.(Photo by Susan Lee)



Kim Kyong-a, Programs and Project Management Division (PPMD) program analyst, speaks about her recent triumph as the first local national to receive recognition for earning the DoD Financial Management Level I certification during the Far East District's Women's History Month celebration at District Headquarters, USAG Humphreys, Republic of Korea, March 26, 2021. (Photo by Susan Lee)

Far East District celebrates first Local National to complete DoD Financial Management certification

By Sameria Zavala
FED Public Affairs

Kim Kyong-a, a Programs and Project Management Division (PPMD) program analyst for U.S. Army Corps of Engineers (USACE) Far East District (FED), was recognized by USACE Headquarters for her completion of the DoD Financial Management (FM) Level I certification program. She is the first Local National to complete this training, Corps and DoD-wide.

“It took me 18 months and for some courses, I had to start all over again, if I failed three tests. With English being my second language, it was not easy. I am so proud,” said Kim.

According to the Undersecretary of Defense (Comptroller) website, the primary purpose of the program is to establish a framework to guide DoD FM professional development. A second purpose is to provide a consistent, disciplined mechanism to ensure appropriate training and development in key areas such as audit readiness, decision support, career development and leadership.

“Ms. Kim is a graduate of the USACE Leadership Development Program (ULDP) II and has now completed this certification,” said Nikolais Fernandez, chief of the Program Support Branch, PPMD in FED. “I truly believe that she is destined for greatness within the USACE financial community. Her completion of this requirement underscores USACE’s and especially FED’s vision to be as inclusive as possible, whether our employees are Department of the Army or Korean National.”



Program Analyst, Kim Kyong-a (middle), was recognized at the U.S. Army Corps of Engineers (USACE) Far East District (FED) Headquarters by Col. Christopher Crary (left), USACE FED commander, and Richard Byrd (right), USACE FED deputy district engineer, for being the first Korean National employee to receive the DoD Financial Management Level 1 certification. This is the first time a Local National employee has earned this certification and been recognized by USACE Headquarters and the DoD, as a whole. (Photo by Yi Yong-un)

The DoD initiated the FM certification program to provide centralized professional development and a standard certification recognized across agencies. There are three levels to the training, but Kim will work to gain experience for two years, before beginning her level two certification.

“With my leadership supporting me and completing my newest certification,” said Kim, “I have confidence that I can do it!”

“I am extremely proud. It takes intellect to be able to accomplish that,” said Col. Christopher Crary, USACE FED commander. “PPMD allows us to strategically look at our organization and make the big-level decisions. They are vital to making construction projects run on time. At the end of the day, nothing gets done without money. I am proud of the whole team.”

Far East District activates Diversity, Equity, and Inclusion Council

By Susan Y. Lee
FED Public Affairs

U. S. Army Corps of Engineers (USACE) Far East District (FED) held its first Diversity, Equity, and Inclusion Council on its Pyeongtaek compound on Feb. 26.

Diversity, equity, and inclusion are a high priority for the District's leadership. During the first council meeting, FED Commander, Col. Christopher Crary, made opening remarks, "We're a world-class organization. We are good, but are we the best we can be?" Crary tasked the 12 present attendees with addressing his vision for the council's existence: how can FED do more?

Each of voluntary members introduced themselves and their individual reasons for attendance. Attendees made apparent that they'd like to be part of the solution to making real change and inclusion within the organization, at all levels.

Steve Brown, District Equal Employment Opportunity (EEO) Officer, led the meeting. According to Brown, this is an exciting opportunity for anyone in the organization to get involved and use their experience and involvement to create a new roadmap for how FED proactively addresses these issues.

Attendees were assigned the task of reviewing the current charter and making suggestions for improvement by the next council meeting. The goal is for the charter to be



U.S. Army Corps of Engineers (USACE) Far East District (FED) held its first Diversity, Equity, and Inclusion Council on its Pyeongtaek compound on Feb. 26. (FED file photo)

officialized by the end of March.

The council is soliciting additional volunteers from within FED and the KN employee population.

Interested FED employees are welcome to join the council at its second meeting schedule for the end of March. For additional information on how you can get involved with the FED's Diversity, Equity, and Inclusion council and its activities, please contact Steve Brown at 315-755-6096 or commercial 0503-355-6096.

Far East District personnel learn basic life-saving skills

Continued from Page 1

"This training will ensure that our employees are prepared to provide first aid or emergency assistance whenever needed, so our mission can continue."

FED plans to continue this type of training in the future to ensure

maximum safety in the workplace and wherever it is needed.

The mission of the U.S. Army Corps of Engineers is to deliver vital public and military engineering services; partnering in peace and war to

strengthen our nation's security, energize the economy and reduce risks from disasters.

Far East District bid farewell to Yu Ok-yong retiring after over 27 years of service

By Kim Chong-yun
FED Public Affairs

On Feb. 25, the Far East District held a retirement ceremony for Yu Ok-yong who retired after over 27 years of service with the Programs and Project Management Division.

Yu started her U.S. Forces Korea career as a secretary with the District's Programs and Project Management Division in Nov. 1994. She was later promoted to program analyst in 2001.

"My life in the District for the past 27 years has been a blessing and a happy time for me," said Yu. "When I joined the FED, my daughter was a junior high school student and my son was a military trainee. My daughter came back after studying in Germany and teaches students [the] clarinet...and my son became a respected missionary. And, now I am a grandmother of adorable grandkids."

Yu managed and accounted for over \$2.6 billion in numerous Air Force projects during her tenure. She displayed exemplary technical skill and attention to detail in managing project funds in support of the Air Force's

service component across South Korea.

During her retirement, Yu plans on staying busy. Last year, she acquired a Korean herbal flower tea sommelier license. "Starting in March, I will study at the Seoul National University of Education. After completing all the courses and passing exams, I plan to

launch my tea brand," said Yu. She also plans to teach Korean cuisine, culture, and language to foreign workers and North Korean defectors who are new to Korea.

Thank you for your selfless service. FED wishes Yu all the best.



The Far East District bid farewell to Yu Ok-yong, who retired after over 27 years of service with the U.S. Army Corps of Engineers Far East District on Feb. 25. The District Commander, Col. Christopher W. Cray, presented Yu with the Civilian Service Commendation Medal. (Photos by CK Chon)



U.S. Army Corps of Engineers, Far East District Southern Resident Engineer, Jared McCormick, provided a tour and brief to the Army Family Tower #3 construction project at Camp Walker to Eighth Army-Korea Commander, Lt. Gen. Willard M. Burleson III, USAG Daegu Commander, Col. Edward Ballaco, USAG Daegu Command Sgt. Maj. Jonathan Blue, and their spouses on March 24.

The project includes tower amenities like dog parks, picnic shelters, and bus shelters. Our team of engineers are dedicated to providing USAG Daegu the best facilities to take care of our community and to support the defense of the Republic of Korea. (FED file photos)



Far East District efforts toward development for Korean National financial professionals pays off

By Sameria Zavala
FED Public Affairs

The Programs and Project Management Division (PPMD) for U.S. Army Corps of Engineers (USACE) Far East District (FED), took major steps in developing Community of Practice (CoP) financial professionals by enabling Korean Nationals to partake in U.S. Department of Defense (DoD) Financial Management (FM) certifications.

The most recent success story is that of Kim Kyong-a, a PPMD program analyst for USACE FED, who was recognized by USACE Headquarters for her completion of the DoD FM Level I Certification Program. She is the first Local National (LN) recognized for completing this training, Corps and DoD-wide.

"I am honored to say that I was the front runner of this program for all local nationals," said Nikolais Fernandez, chief of the Program Support Branch, PPMD in FED. "I first brought the idea to Pacific Ocean Division (POD). We

had a conference call with all Outside Continental United States (OCONUS) districts and USACE Headquarters to review the inclusion of our LNs into this program."

Through diligence and communication, USACE HQ agreed to recognize all LNs in USACE who complete the financial management training with a USACE HQ equivalent certificate of completion.

For FED, the financial management program requires local-level review and concurrence. Then, the packet is forwarded to the major subordinate command [POD] for further review. Finally, the packet is forwarded to USACE HQ, to ensure total program compliance.

Madine Sadaoka, a finance and accounting officer for USACE POD, a key supporter of this new initiative, facilitated dialogue between FED and USACE HQ. She reviewed Kim's package and coordinated at POD for submission to USACE HQ for approval.

sion to USACE HQ for approval.

Timothy Lucas, the USACE HQ program manager of the FM Certification Program, coordinated to review and issued Kim with a certificate of achievement.

"Kudos to Mr. Fernandez for spearheading this great initiative," said Sadaoka. "I am very excited and happy that the door is now open to local nationals to participate in the DoD FM certification program and receive FM-related training and recognition by USACE HQ. I'm especially proud of Ms. Kim's achievement."

FED PPMD has plans to take a structured approach in building on each requirement to ensure the team is professional, trained and competitive in the finance field.

"Professionalizing the workforce always benefits the organization," said Fernandez. "We are giving the team the tools and training they need to be successful."



U.S. Army Corps of Engineers Far East District (FED) completed and signed the Acceptance Request Letter for the U.S. Forces Korea (USFK) Command General's Quarters, Feb. 23. This 4,000-square foot facility includes the main residence, an aides' office and a guard house. FED completed this project a month earlier than the estimated project date. This facility goes well beyond providing living quarters. This is also a location that can help continue fostering a partnership with the Republic of Korea. (FED file photo)

FED Hails



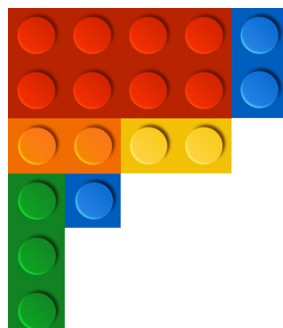
Edgar Echevarria
Safety and Occupational
Health Office



Maylene Poblete
Programs and Project
Management Division



Sameria Zavala
Public Affairs Office



Welcome FED's Youngest Addition!

Chris Brincefield, Security Operations Branch, Programs and Project Management Division, and his wife Mokyoung welcomed their son Alexander Jordan Brincefield. Alexander was born on Nov. 27, 2020 and weighed in at 3 kilograms. (Photo provided by Chris Brincefield)



FED Safety Gram

March 2021 – **Office Safety (Work and Home)**



So, you work in an office? What could happen in an office?

Back and neck injuries; wrist, hand, and finger pain; vision problems, ventilation issues, too hot, too cold, too dusty, mold, electrical issues, fires, and falls. We can't cover every hazard on one page, so let's focus on two – falls and ergonomics. **This applies in your home office, too.**

- ☐ The most common accident is falls – falling is not only the most common office accident, its also responsible for causing the most disabling injuries.

Some Office Hazards	Mitigation
Trip over open drawer, cords, wires, carpeting or unexpected items in the walking area	Check your path before you walk
	Close all drawers when finished
	Don't place items in walkways or just inside of entryways where they are not expected
	Re-route wires out of walkways
Wet floors or shoes	Wear non-slip soles, anticipate wet surfaces
Using a chair as a ladder	Take the time to get and use a proper stepladder
Inadequate lighting	Notify safety when you feel the light isn't proper

- ☐ Over time, using a poorly fitted workstation can result in musculoskeletal problems of your neck, shoulders and back, poor posture, eyestrain and carpal tunnel syndrome.



- Adjust your chair so that your thighs are horizontal with the floor, your feet are flat, and the backrest supports your lower back. Use a footrest if needed.
- Adjust your keyboard or chair height so that, while you're typing, your elbows are at a 90-degree angle and your wrists are straight.
- Adjust your monitor so that the top of the screen is at your eye level.
- Use a document holder to keep papers at the same level as your monitor.
- Use the least amount of force possible to type and do other tasks.
- Adjust blinds or lighting so there is no glare on the computer screen

Tell your supervisor, CDSO, or Safety if you find a safety issue you cannot resolve.

Identifying and eliminating office hazards are part of **CE-SOHMS Capability Objectives**:

1. Leadership and Employee Engagement (everyone involved)
2. Investigation & Recordkeeping (we investigate to prevent future mishaps)
3. Safety and Occupational Health Promotion (read and discuss this Gram)
4. Inspections and Assessments (frequently assess your area)
5. Hazard Analysis and Countermeasures (identify and remove hazards)
6. Occupational Health (comfortable and safe environment)

