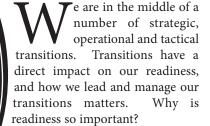


SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963 VOL. 49, ISSUE 3 WWW.2ID.KOREA.ARMY.MIL MARCH 9, 2012



COMMANDER'S CORNER

GOOD TRANSITIONS CRITICAL TO READINESS



Transitions directly impact the Armistice with the capabilities that people see, touch and feel – our contribution to the Alliance is combat readiness. Our capability is based on our true strength – Soldiers. Therefore, the most important transition is that of our Soldiers in and out of the Division.

Personnel turbulence in Korea is a major challenge, and everyone works hard to manage that turbulence to maintain and build readiness. Turbulence increases during the summer months. While we have worked hard over the last several months to improve our readiness - we must lead the upcoming transitions to sustain what we have, and wherever and whenever possible, build on that readiness. If each Soldier leaving this summer puts effort into transitioning all their knowledge to those who follow, we can sustain our readiness. This will not be easy as the best laid plans are often impacted by outside events. It is not that we are going to stop all these events - it is more about working our transitions hard when challenged by outside events.

Here is how you can help. This process starts with the command designated sponsor to every inbound Soldier, and the proper recognition of the contributions of those who are leaving – those who joined a long line of Soldiers who provided the readiness that ensured deterrence. We have a responsibility to inform our newest Warriors and their Families what they can expect and how best to prepare for their assignment prior to arriving in Korea. One e-mail does not make a sponsor. It is vital that our sponsors carry on a dialogue with our inbound Warriors and provide them all of the assistance possible in managing their arrival and in-processing, as well as their integration. If we fail to properly sponsor and integrate our new Soldiers we are failing in our transition. The more efficiently new Soldiers and their Families are integrated into the unit, the quicker they can start contributing to our mission.

If you are not a command designated sponsor, you are not off the hook; we are all sponsors. Please go out of your way to make our new Soldiers and their Families feel welcome. Make sure you greet them with a handshake and explain how this can be a life-defining assignment.

For every NCO and officer (warrants included), be sure to update your continuity books and execute a deliberate right-seat/left-seat ride to hand off duties, critical relationships and partnerships to ensure a smooth transition. It is up to our outgoing Soldiers and command teams to make sure that all new Soldiers and leaders are set up for success and can hit the ground running.

It is equally important for us to send our current Warriors and their Families to their next duty station, or back to the civilian world, in a dignified and professional manner. That means evaluations and awards are completed and



Maj. Gen. Edward C. Cardon

2nd ID Commander

in Soldiers' hands before they depart. Good units take care of their Soldiers, even those departing their ranks. We owe it to every Warrior who has served here to make sure we send them off appropriately, regardless of their position or rank.

My goal is that every Soldier who leaves here does so with an overwhelming sense of pride. Pride in the job they did here in support of the ROK-U.S. Alliance, pride in their unit and pride that they were part of the force that maintained peace and stability in this region of the world. Finally Soldiers should be proud of their personal and professional growth while assigned to the only permanently forward-stationed Division in our Army.

Thank you for all you do every day. Second to None!

INDIANHEAD

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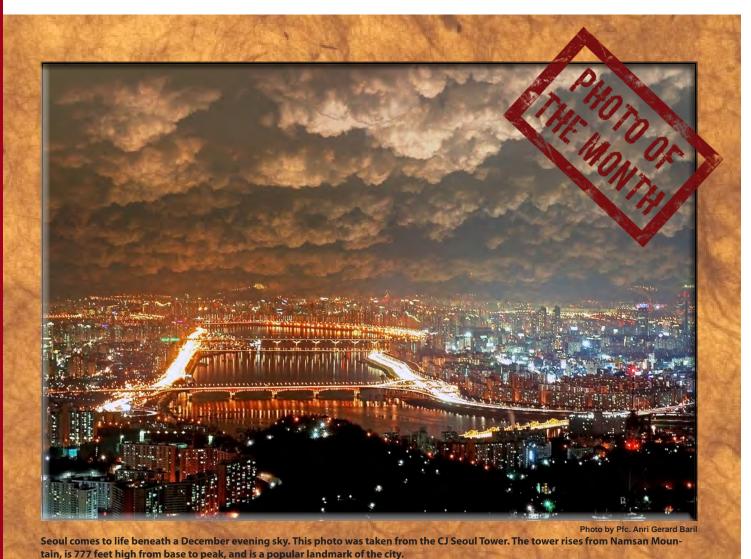
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US - ROK partnership forged in iron

Story and photos by Staff Sgt. Kenneth Pawlak

1st BCT Public Affairs

Cobra helicopters fly in to engage targets of opportunity, infantrymen navigate the mountainous terrain to take-out the objective, and tanks roll in to shoot anything in their way.

Sounds like a video game doesn't it? The helicopters, tanks and Soldiers are all real, and are members of both 1st Brigade Combat Team and the Republic of Korea Army.

The exercise, named Iron Forge, involved virtual, force-on-force and live-fire missions at Camp Casey and Rodriguez Live Fire Complex, last month.

"The purpose of this operation is for 1-BCT to successfully participate in a live virtual operation, and to train and certify combined-arms live-fire exercises at the company level," said Sgt.1st Class Alan Johnson, a Bradley master gunner with 1st BCT.

One of the assets used during Iron Forge was the Closed Combat Tactical Trainer, a simulator that enables Soldiers to get the feel of fighting the enemy in live, virtual scenarios.

"In the simulator, it looks like Soldiers are on real fields and fighting real people," said Johnson.

Members from the 2nd Battalion, 9th Infantry Regiment, the 1st Brigade Special Troops Battalion, and the 4th Squadron, 7th Cavalry Regiment, were involved in the exercise, said Capt. Alpheaus Lamar, 1st BCT training exercise officer.

"Many of the company commanders and Soldiers said this was the first time the units were able to come together, collectively, during the combined arms



Soldiers from 1st Battalion, 72nd Armor Regiment, 1st Brigade Combat Team, conduct force-on-force training at Rodriguez Live Fire Complex.

live-fire exercise," he added.

During the exercise, the infantry advanced on Manchu Hill, utilizing fire and movement, while sustaining minimal casualties.

"This year was more of a combined fight, having the infantry clear Manchu Hill and then the tanks would move in and take-out the enemy," said Capt. Kyle Jerichow, brigade force integration officer, 1st BCT.

Regarding the integration of ROK assets, added Jerichow, it was a first for the Iron Forge exercise, using Cobra helicopter as opposed to the AH-64 Apaches.

"We train as we fight," said Johnson, "and we are always ready to fight tonight!"



Members of 1st Battalion, 72nd Armor Regiment, fire on target during the Iron Forge training

Water runs pure for Soldiers north of Dongducheon

Story and photo by Staff Sgt. Kenneth Pawlak *1st BCT Public Affairs*

Recently, Soldiers from Company A, 302nd Brigade Support Battalion, 1st Brigade Combat Team, added crucial abilities to their commander's tool bag. Using water from the Hantangang River, north of Dongducheon, purification specialists were able to sanitize the water and make it usable for their fellow Soldiers at Chaparral Training Area.

"We use a Tactical Water Purification System to purify 15 gallons of water per minute and 6,000 gallons per day," said Sgt. Jose Ruiz. "The TWPS has a pretreatment system, chemical injection, cold weather protection and five 3,000 gallon tanks."

Ruiz and his team of water purification specialists spent a good part of February on the Hantangang River running 24-hour operations. The TWPS provided mobile, tactical purification of water sources to meet requirements within the battalion. The water purification system was capable of providing drinking water but also water for daily showers, cooking and other battalion needs.

"With the TWPS, the battalion is able to sustain its own water needs without having to rely on outside sources," said Maj. Mekelle Epperson, a support opera-



Sgt. Jose Ruiz, 302nd BSB, makes final adjustments to the water purification process, using a Tactical Water Purification System.

tions officer with the 302nd BSB. "Soldiers are able to take daily showers because of the water supplied from the water purification team. We use about 3,000 gallons daily for showers."

After performing a water quality test and verification on the Hantangang River, the TWPS was used to purify water directly from the river.

Ruiz said the river did not require much purification. With the use of the TWPS, the water purification team was able to sustain the health and well-being of their battalion throughout the exercise by providing potable water.

"It feels good to be able to provide clean water for use by Soldiers," said Ruiz. MARCH 9, 2012

Adaptive Focus exercise rocks Division installations

Story and photos by Franklin Fisher

Area I U.S. Army Garrison Public Affairs

The Army in Warrior Country last month tested its ability to respond to terrorist attacks on its installations, holding a two-day exercise that featured mock car bombings and other terror episodes.

Called "Adaptive Focus," the exercise ran Feb. 15 and 16 and saw military police, firefighters, medical crews and other emergency first-responders reacting to mock terror incidents at Camp Casey, Camp Hovey, Camp Humphreys, Camp Stanley and Camp Red Cloud.

Both the 2nd Infantry Division and the U.S. Army Garrisons Red Cloud and Humphreys participated, as did South Korean troops, emergency services and local government officials, said Doug Atwater, director of the USAG Red Cloud's Directorate of Plans, Training, Mobilization and Security.

Besides simulated bombing incidents or bomb threats, other training scenarios included one involving a terrorist gunman who shot several people before he himself was killed, as well as a hostage incident.

But first-responders weren't the only ones who drilled in the skills and procedures they'd put into action in a real-world terror attack, Atwater said.

It also afforded an intense behind-the-scenes "command-and-control" drill for senior leaders and staff who must swiftly evaluate information and make crucial, timely decisions on how to best secure the installations and otherwise respond to threats.

'We made a lot of progress in identifying decision points of where command-and-control currently exists and how we should develop this in the future for reporting and transfer of information, and ensuring the 2ID commander reviews information quickly so he can make decisions," Atwater said.

Also put to the test during the exercise were the



Emergency response officials discuss responses to a biological attack during an anti-terrorism exercise at Camp Red Cloud.

Army's written agreements with the South Korean military under which certain Korean units are slated to send troops to help defend Area I installations against

"When we requested them, they did arrive and they did conduct patrols and security operations outside [our bases]," said Atwater.

During the exercise, most recreational services - food courts, clubs, gyms - were closed for all or most of each day, and nearly all of the Army's Korean national employees in Areas I and III were scheduled to have the day off.

The Casey Elementary School however remained open during the exercise, and took part in it too: the school was written into the exercise script for a mock bomb threat. Students and staff practiced making a safe exit from their buildings, something they would need to do in the case of a real bomb-threat.

Similar training events occurred throughout Areas I and III during the exercise.

"Overall," said Atwater, "we've met all of the training objectives of the exercise and collected numerous lessons learned, and ideas for improving our existing



A U.S. medic and a Korean firefighter tend to a Soldier during the Adaptive Focus training exercise



A staff sergeant with the ROK army consults his map while on patrol during the Adaptive Focus exercise.

plans and training here in 2ID."

Those improvements would be put in place "immediately," he said.

2nd hosts 17th on 2/17



ast month, leadership of the U.S. 2nd Infantry Division and the 17th Infantry Division of the Republic of Korea Army gathered to strengthen the bonds of friendship between the two units and to discuss upcoming training events.

The visit to Camp Red Cloud was intended to enhance cooperation between the two divisions, and included a VIP tour, dinner and a tomahawk-toss competition between the

Maj. Gen. Kim Yong Heon, the commanding general of the 17th Inf. Div., praised the Soldiers and leaders of 2nd Inf. Div. The 17th Inf. Div. is one of the most highly decorated units in the ROK army

"The 2nd Infantry Division was established in 1917. That's almost 100 years of combat experience," said Kim. "It has a deep tradition and I am impressed by its combat power, which is truly second to none."

Harsh conditions provide good training Field Artillery Soldiers conquer frigid weather during Steel Focus exercise, successfully meet training objectives

Story by Sgt. 1st Class **Robert Christian**

1st Battalion, 38th FA

Temperatures fell to 10 degrees this winter, but that did not stop artillerymen from perfecting their combat skills at Twin Bridges Training Area last month.

Soldiers from A Battery, 1st Battalion, 38th Field Artillery Regiment in 210th Fires Brigade conducted 24hour ammunition resupply for Multiple Launch Rocket System operations with the 46th Transportation Company during the Steel Focus exercise.

"This was an excellent opportunity to hone our war fighting skills in a cold weather environment," said Capt. Brent J. Wilson, battery commander. "We were able to accurately replicate our go-to-war requirements by first loading out our entire ammunition combat load, deploying to unfamiliar terrain, and servicing a multitude of targets exercising our digital sustainment skills over the course of this exercise."

The artillerymen continued their mission in the snow, ice and freezing weather, but it didn't slow them down. During five days outside in the harsh

Korean winter, Soldiers stressed ammo load-up, resupply and fire missions rehearsing standard operating procedures for MLRS operations.

"The Soldiers really adapted well to the cold," said 1st Sgt. Dinnie Dukes, battery first sergeant. "The Soldiers didn't let the cold weather get them down and kept up the motivation [during] the entire field exercise."

The Field Artillery mindset requires an attitude and an approach toward lethality that is both unique and adaptable.

"I'd say that our section used 'steel focus' to do precisely that. We fired close to 100 fire missions and conducted over 25 loads without injury or damage to equipment. We have returned from this training with a better idea of what it takes to accomplish our mission and are confident in our ability to provide fires on any target, in any condition," said Staff Sgt. Michael Lackey, section chief.

Many lessons were learned from the exercise, which better prepared A Btry. Soldiers to truly "Fight Tonight" in any

"Steel sharpens steel, and our 'steel' leaders planned a training exercise to sharpen our war fighter skills," said





Story and photos by Staff Sgt. Vince Abril 2nd CAB Public Affairs

A phrase well-known to many military spouses is "holding down the house," a nod to the significance of life on the home front. That phrase is just one aspect of Elvia Palumbo's daily duties though, because she is the wife of an Army pilot, the mother of two boys and also a chief warrant officer with Company A, 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, where she serves as a UH-60 Black Hawk helicopter instructor pilot.

Originally from Panama, Palumbo moved to Tampa, Fla., when she was 22, finished her bachelors degree and enlisted in the Army as a veterinarian technician.

"It was in all the books I read," Palumbo said. "I read about all the people who came through Ellis Island and their children who served in the military to repay the government for allowing them to immigrate, and that inspired me."

Four years later, she switched to aviation to challenge herself further, taking the kind of path paved by so many women before her.

"If it wasn't for the strong and bold women of our

nation's history, I wouldn't be here doing what I love to do: serving and flying," said Palumbo.

But the fight's not over yet. At flight school, Palumbo recalls a piece of advice her mentor gave her.

"If a male pilot has a bad flight, he's had a bad flight," she said. "If a female pilot has a bad flight, she's a bad pilot. Every day I jump into the cockpit I'm ready to do my job 100 percent. I cannot have a bad day."

Palumbo said she uses the skills she learned in the Army to better her home life.

"I can bring home [discipline and attention to detail] and teach that to my kids," she said.

Even while balancing her home and professional life, she finds time to volunteer as a Zumba instructor at her local gymnasium and teach dance at her local community theater.

"It's hard for me to say no when people ask me to choreograph their shows," she said.

"She is a total package Soldier," said Capt. Travis Owen, Company A commander. "She is like 'Rosie the Riverter' because she steps up to the plate and can fill any role in today's Army."

For more on Palumbo, read the full article at http://www.2id.korea.army.mil/news/articles/2012/03/09/palumbo.



ABOVE: Chief Warrant Officer 4 Elvia Palumbo, a UH-60 Black Hawk helicopter instructor pilot with Company A, 3rd General Support Aviation Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, runs her instruments through their preflight checks at Camp Humphreys.

LEFT: As a volunteer Zumba instructor at the Camp Humphreys Super Gym, Palumbo leads her students through the steps. In addition to her military career and volunteer commitments, Palumbo is also a military spouse and the mother of two children.

2nd CAB officer mentors, leads by example

Story and photo by Capt. Tom Byrd

2nd CAB Public Affairs

Empowerment and education are the Army themes for Women's History Month this year. For one Soldier in the 2nd Combat Aviation Brigade, this is something she lives every day.

"I setup and designed a program for young women to help empower them through education, through different activities, and just mentor them and coach them to lead the right life," said Capt. Margie Battle, commander of Company E, 3rd Battalion, 2nd General Support Aviation Battalion, 2nd CAB.

One area she focuses on is leadership. Ensuring the Soldiers understand the essentials of leadership is at the center of what she tries to convey.

"They have the leadership qualities, but they don't know what to do with those qualities. If they want to be a leader, they have to strive to be more than what they can be," said Battle.

The mentorship program – Building Esteem, Selfworth and Trust or also known as B.E.S.T. – materialized from her desire to give something back to Soldiers.

The best way to do that was to lead by example, she said. As a wife, a mother to three sons, and company commander, Battle still found time to work on a doctoral degree. Yet, even with the demands of all these obligations, being available to Soldiers is still very important to her.

"I like to let them know that someone is here and that someone cares. I may not be with them at their next duty station, but I'm always available," she said.

It's been said that a good mentor is often the product of good mentorship. In Battle's case, she had a few mentors she places in that category. She recalled one



Capt. Margie Battle, commander of Company E, 3rd Battalion, 2nd General Aviation Support Battalion, 2nd Combat Aviation Brigade, is the creator and administrator of a women's mentorship program called B.E.S.T. – Building Esteem, Self-Worth and Trust.

excellent leader from earlier in her career, and looked to her father, a retired command sergeant major, as another outstanding example. However, not all of those leaders and mentors came from military sources. One of Battle's earliest mentors was her mother, who served as the first major influence in her personal life.

"My mother taught me to be humble," Battle said. "It isn't always about me. It's about helping others."

Seeing everything Battle has accomplished so far has inspired Staff Sgt. Coyar White, 602nd Aviation Support Battalion, 2nd CAB, with a new thirst to achieve the goals she has set for herself.

"On my refrigerator and in my leader's book, I have my goals," said White. "She makes me reach for my goals, for change, for bettering myself."

White said the program not only helped her be a better Soldier, but a better mother and role model for her two teenage children.

As a commander, it is Battle's job to lead her unit in the proper direction. However, the act of inspiring others is something she still strives toward every day. She hopes for continued success, and she hopes to continue educating and empowering young female Soldiers as long as she is in the Army.

MIRS

Things You Should Know: A quick look at the top financial scams of 2012

Identity Theft

Identity theft tops this year's list of fraudulent financial fiascos. Recently, scammers have fraudulently appropriated taxpayer refunds by using a combination of identity-theft techniques and personal information

If you have received notice that more than one return was filed, or that you received wages from an unknown employer, you may be the victim of identity theft.

Phishing

Phishing is a technique that steals personal or financial information by using unsolicited email or a fake website. The IRS does not initiate contact with taxpayers by email, social media or text message to request personal or financial information. This information is often used to commit identity

Return Preparer Fraud

Some bad tax return preparers have been known to skim off their clients' refunds, charge inflated fees, or attract new clients by promising guaranteed or inflated refunds. You may be dealing with unethical tax professionals if they do not sign or place a Preparer Tax Identification Number on your return, do not give you a copy of your return, or if they take a commission off your return.

Hiding Income Offshore

Many people place income in offshore banks, brokerage accounts, and other entities. Without filing the proper forms, this constitutes tax evasion. Taxpayers now have the option of enrolling in the Offshore Voluntary Disclosure Program, which offers special opportunities to legally bring their money back into the US

"Free Money" from the IRS and Tax Scams Involving Social Security

Flyers and advertisements suggesting the ability to file a tax return with little or no documentation have been appearing among seniors, in churches, and in low-income communities. The information in these documents is often inaccurate and can cause mistakes that may result in heavy fines. If you are unsure about anything, contact the IRS.

False/Inflated Income and Expenses

Filing exaggerated income for maximizing refundable credits could result in a heavy fine and even prosecution. Additionally, some taxpayers are filing excessive claims for the fuel tax credit. Fraud involving the fuel tax credit is considered a frivolous tax claim and can result in a penalty of \$5,000.

False Form 1099 Refund Claims

An ongoing scam is filing a fake information return, such as a Form 1099 Original Issue Discount (OID), to justify a false refund claim on a corresponding tax return. This can result in financial penalties and criminal prosecution.

Frivolous Arguments

Some people attempt to avoid paying taxes. The IRS has a list of tax arguments it considers to be frivolous, and which it encourages taxpayers to avoid.

Falsely Claiming Zero Wages

Filing a phony information return is an illegal way to lower the amount of taxes an individual owes. Form 4852 (Substitute Form W-2) or a "corrected" Form 1099 is used as a way to improperly reduce taxable income to zero. This may result in a \$5,000 penalty.

Abuse of Charitable Organizations and Deductions

This means any arrangements that improperly shield income or assets from taxation, such as maintaining control over donated assets. The Pension Protection Act of 2006 imposed increased penalties for inaccurate appraisals and set new standards for qualified appraisals.

Disguised Corporate Ownership

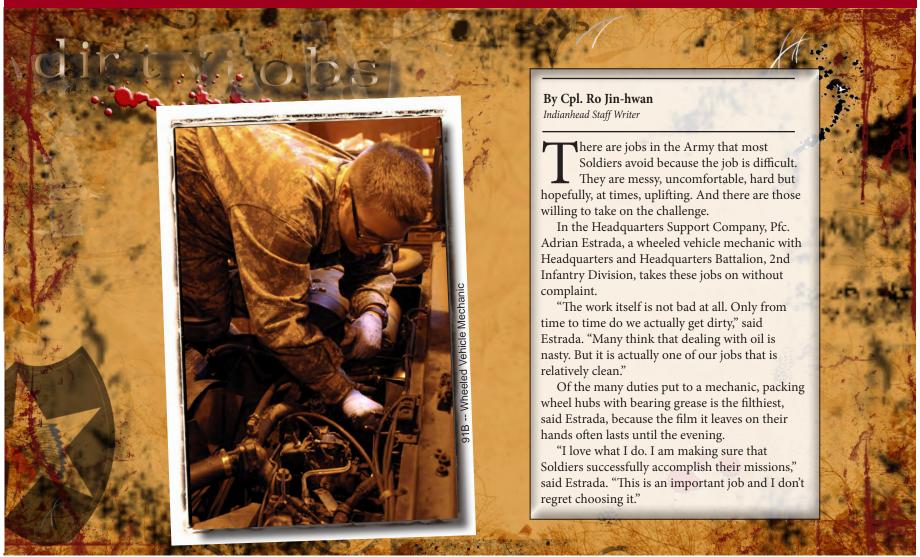
Third parties are improperly used to request employer identification numbers and form corporations that obscure the true ownership of the business. These entities can be used to perpetrate financial crimes.

Misuse of Trusts

Unscrupulous promoters have urged taxpayers to transfer assets into trusts. Such trusts rarely deliver the tax benefits promised and are used primarily as a means of avoiding income tax liability and hiding assets from creditors. Taxpayers should seek the advice of a trusted professional before entering a trust arrangement.

For more information on these and other scams, visit the IRS website at www.irs.gov.

MARCH 9, 2012



New center addresses needs of Area 1 Families

Story by Spc. Levi Spellman

Indianhead Editor

Military Families stationed in the continental United States experienced a shift in Army policy following the Gulf War of the early 1990s. A new focus on the resilience of both Soldiers and their loved ones helped create what is now the Family Readiness Group.

Those lessons are now being applied to the growing number of military Families in Area I, said Command Sgt. Maj. Joseph G. Jacobs, the 2nd Infantry Division Headquarters and Headquarters Battalion senior enlisted leader.

Part of that growth included the

opening of a new Family Readiness Center at Camp Red Cloud last month, a general purpose facility intended to serve the needs of the Soldiers, their Families and even community events, said Dacia Florencio-Eady, the HHBN Family readiness support assistant and administrator of the center.

Equipped with a large kitchen, a family room-type meeting area, and even a play room for young children, the former Pear Blossom Cottage provides a comfortable place for any gathering in the military community, she added.

The advantage of such a facility over a Community Activity Center, said Jacobs, is that it provides support for Families and groups rather than individuals, which is a key component to the Army's

resilience and readiness strategies.

"The CAC is great, but it's geared more toward the single Soldier," he said.

While the FRC was created with the intent of serving Families, single Soldiers are not being excluded, said Florencio-Eady. Participants in the Better Opportunities for Single Soldiers program are able to use the center as well.

The new facility is perfect for the FRGs, units, groups or even individual sections to conduct business, said Jacobs, adding that it can be reserved in advance.

"It's there for the Families," he concluded. "They should know that we're supporting them as [their numbers] grow."

2ID HHBN company-level FRG email addresses: Company A aco.hhbn.frg@gmail.com Company B battleco.hhbn.frg@gmail.com Company C

cco.hhbn.frg@gmail.com 2ID Band warriorbandfrg@gmail.com

Headquarters and Headquarters **Support Company** hsc.hhbn.frg@gmail.com

2ID HHBN FRG email address: HHBN.2ID.frg@gmail.com

Battalion Family Readiness Support Assistant:

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White Day St. Valentine revisited

Story by Cpl. Ro Jin-hwan

Indianhead Staff Writer

In Western culture, Feb. 14 marks Valentine's Day. It is the same in Korea, except here it is mostly women buying chocolates for men. There is another day that falls exactly one month after, called White

On March 14, men are expected to reciprocate. It is also a good day for businesses, as many men spend large sums of money on chocolates and candies.

St. Valentine was executed on Feb. 14, 269, for marrying young couples. White Day became March

Day, that is celebrated in Japan, Korea and Taiwan.

14 because one of the young couples he married made their oath to eternal love exactly one month after his death.

While there are many stories behind the origin of White Day, two are thought to be the most reliable.

Around 1965, when Valentine's Day was established in Japan, younger generations of Japanese men began to return the favor. Seeing an opportunity to sell the sweets that were in relatively poor demand, the Japanese confectionary industry designated March 14 as the official day to do so, and began sales promotions.

At the time, sweets were unpopular because they were recognized as a cause for obesity and tooth decay in children. This cultural response to Valentine's Day, however, greatly increased the sales of sweets, and the National Confectionery Industry Association of Japan came to set the day as the official answer to the holiday.

After years of preparation, the first White Day was held nation-wide in 1980. Since sugar was the main ingredient for sweets, the day was named "White" Day. Another theory of its origin is that it was begun by

the Japanese confectionery company, Morinaga.

In 1958, the same company was responsible for popularizing Valentine's Day in Japan. Morigana began a campaign to make March 14 a day for men to reciprocate their Valentine's gifts.

The company cleverly devised the phrase "express your love with chocolates," aimed at increasing sales. It worked. Afterward, Morigana launched another campaign to sell marshmallows, a minor product at that time, as the response for Valentine's Day chocolates. Initially, the day was named "Marshmallow Day" but was later changed to "White Day."

Today, men give other gifts, both edible and nonedible. Although items such as jewelry or objects of sentimental value are given to women from whom they received chocolates on Valentine's Day, chocolates and candies still are the majority of gifts given.

To lovers, White Day is another day where both men and women espress their love; to friends, it is an event which has become somewhat of a social obligation, but is still just a reminder of friendship.

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TOP LEFT: Sgt. 1st Class Rafael Taylor, 302nd Brigade Support Battalion, 1st Brigade Combat Team, guides a Chinook helicopter to the landing zone during Iron Forge at Chaparral Training Area.

BOTTOM LEFT: A Humvee is inspected by the flight crew to ensure it is ready to be sling-loaded on a mission at Chaparral Training Area with Company F, 302nd Brigade Support Battalion, 1st Brigade Combat Team, and 1st Battalion, 72nd Armor Regiment, 1st BCT, during Iron Forge.



TOP RIGHT: A Humvee is sling-loaded at Local Training Area 130 by members of 1st BCT during the Iron Forge exercise

BOTTOM RIGHT: Sgt. 1st Class Rafael Taylor, 302nd Brigade Support Battalion, 1st Brigade Combat Team, and his crew hook up a Humvee to a Chinook helicopter at Chaparral Training Area to be sling-loaded to Company F supporting 1st Battalion, 72nd Armor Regiment.

A Humvee gets its wings

Story and photos by Staff Sgt. Kenneth Pawlak

1st BCT Public Affairs

On a frigid February morning, Soldiers prepared for the arrival of a helicopter at Local Training Area 130 in the Chaparral Training Area.

Soldiers waited until the dust settled from the rotors of the CH-47 Chinook to sling-load a Humvee to it.

"The flight crew inspected the chain links, the pins and the static discharge wand, and ensured anything that shined was taped on the Humvee," said Sgt. Darnell Young, a Soldier with Company A, 302nd Brigade Support Battalion, 1st Brigade Combat Team.

Members of Company F, supporting 1st Battalion, 72nd Armor Regiment, 1st BCT, at Rodriguez Live Fire Complex, readied to sling-load the Humvee. Young manned the static discharge wand during the mission.

"During flight, static electricity is increased with weight, low humidity and the amount of dust blown around. While the helicopter is hovering it stores an electrical charge," said Maj. Mekelle Epperson, support operations officer, 302nd BSB. "The wand protects the hook-up man from static electric shock by grounding the cargo hook."

Once the vehicle was cleared for the sling-load, the helicopter hovered over the landing area, waiting to be hooked up with the Humvee.

The adrenaline rush of having to drive the vehicle underneath the helicopter and hook it to the Chinook overcame the fear factor, said Young.

Sling-loads are used in the movement of cargo when time is a factor. It allows supplies to be moved more easily and efficiently, said Epperson. She had done several sling-load operations while serving in Iraq, but this was her first in the Republic of Korea.

To prepare for the sling-load, Young and other crew members trained around the clock. Soldiers were taught how to properly prepare, rig and inspect equipment for sling-loads. Soldiers were then trained in their area of responsibility, such as hooking up the load, being a static guide or signaling the helicopter.

"Throughout the sling-load operation, safety was a top priority while we were carrying out the mission and training," said Sgt. 1st Class Rafael Taylor, 302nd BSB.

During sling-load operations, all Soldiers wore protective eye wear, earplugs, advanced combat helmet and leather gloves to protect themselves from debris and rocks being blown around from the helicopter hovering.

"The sling-load was a great learning experience for new Soldiers. It prepares them to do this in combat," said Taylor.

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My Korea, My Life

A brief insight into Soldiers, Civilians and Family members in Warrior Country

My Name: Pfc. Luis W. Rosa

My Job: I am in the Brigade S3 in 2nd Combat Aviation Brigade. My job is to process air mission requests. If someone wants to fly I have to make sure everything meets regulations and file the paperwork for them to fly.

My childhood ambition: When I grew up I wanted to be an airplane pilot. I am close because I am going to apply to be a pilot soon.

My first job: I worked at a photographer's studio in the mall when I was 16.

My favorite music: I like anything except country music. But my favorite is called "Just Briefly," a song by Daedelus, whose music is experimental electronic.

My favorite food: I like pretty much anything my mom made, but being Puerto Rican I like rice, beans and pork. I also love Lechon; it is a whole roasted pig cooked over charcoal. The best parts of it are the ears and the skin.

My favorite celebrity: I grew up watching a lot of western movies and I think Clint Eastwood is good.

My perfect day: My dad was a Soldier and I am just happy that I can serve in the U.S. Army. I am

motivated to do the best I can.

My favorite hobbies: I love video gaming, art and music. I have to say "Battlefield 3" is my favorite game. In my opinion it has good graphics.

My proudest moment: The day I joined the Army was my proudest moment. As my dad was a Soldier, I think this is my time to serve in the Army.

My favorite location in Korea: I liked Osan. I was in one little village there, I went downtown and it had good malls and good food. But I want to go to Seoul and travel around, checking things off my "must see" list. I think Korea is a good country to travel around.

My favorite TV show: Anthony Bourdain: No Reservations it airs on the Travel Channel. I love traveling. I love seeing the sites and the opportunity to experience new foods. I wish I could visit every part of this country.

My favorite KATUSA: Pfc. J. W. Seo in Brigade S3 is the best KATUSA I have seen. He works with me. He knows what he's doing and he's prompt. Seo sometimes helps me with the Korean language and customs.

Would you like your own My Korea, My Life published in an upcoming Indianhead issue? Send in your answers to the same questions in this article to: 2id. PAO.submissions@korea.army.mil. Be sure to include an appropriate photograph with your submission.



Chandler cites renewed emphasis on professionalism

By Rob McIlvaine

Army News Service

With the successful completion of the mission in Iraq and a continued transition to Afghan security forces, the Army will begin to reduce force structure. It will also identify the qualities needed by this downsizing force, said Sgt. Maj. of the Army Raymond F. Chandler III in a recent roundtable on Soldier professionalism.

"For me, there are three criteria to identify professional Soldiers:

- competence, or the ability to do your job and do it well;
- character: the understanding that a Soldier acts on behalf of the nation, rather than his or herself;
- and commitment: which is a personal calling to serve in the Army and the nation, before all else," Chandler said.

Over the next six years, Chandler said the Army will reduce its active forces end strength from 570,000 to 490,000, which will include the reduction of at least eight brigade combat teams.

"We are committed to accomplishing these cuts in a controlled and responsible manner. But I want to stress even though we are in a transition,
 our mission has not decisively changed.
 It's to prevent war by our capacity,
 readiness and modernization, shape the
 environment in which we operate and
 when called to combat, fight and win
 our nation's wars, decisively," he said.

While the Army focuses a lot on competence, Chandler believes that character and commitment need a renewed effort and focus.



Photo by Sgt. 1st Class Scott D. Turner Sgt. Maj. of the Army Raymond Chandler III speaks to Soldiers about what it means to be a professional.

"It's not so easy to see character and commitment. For that, you really have to know someone. You really have to be that leader – the kind who guides, mentors and leads by example.

As Chandler travels around the Army

and talks with Soldiers, he said he talks about these three characteristics.

"And I talk about being professional. It is the cornerstone of being who we say that we are."

"Our Soldiers have shown this professionalism over and again the last 10 years of conflict. It's going to take professional Soldiers and leaders to tackle some of the issues we're faced with now: post-traumatic stress, post-traumatic brain injury, wounded warrior care, suicide, sexual assault and harassment, hazing, and to manage our drawdown and transfer, and transition Soldiers with dignity and respect back into the civilian world," Chandler said.

The Army must meet these head on, he said, to ensure Soldiers are not only receiving the care they need, but also are maintaining good order and discipline expected of the U. S. Army Soldier.

"I, along with the Army senior leadership, am committed to this and will not rest until we make significant and lasting improvements in all of these areas and more," he said.

Over this past year, Chandler, who said he's very proud to be part of the Army team, has traveled about 200,000 miles as the sergeant major of the Army.

"And wherever I go, I can't help but be in awe of the professionalism, dedication, and sacrifice our Soldiers, and our family members and civilians display every day. Our Army is quite frankly the best trained, best manned, best equipped, and best led force in our history," he said, adding that Secretary of the Army John McHugh, Army Chief of Staff Gen. Raymond T. Odierno and he are proud of what Soldiers and civilians have accomplished over the past decade.

"We've proven ourselves in every engagement and continue to display the physical and mental toughness long associated with the word Soldier."

Chandler also said the Army has spent the last few years analyzing and dialoguing about how to use the experience gained from the past decade of conflict to better understand the Soldiers' role as professionals, from senior Army leadership down to the lowest private in the formation.

"Professionalism is built on a bedrock of trust – the positive relationship between the American people that is based on mutual trust and respect. Only by military effectiveness performed through honorable service, by an Army with high levels of trustworthiness and esprit de corps, can the Army truly be a profession," Chandler said. March 9, 2012 <u>11</u>

GO FOR GREEN



<u>Eat</u> like an Athlete <u>Train</u> like a Pro <u>Perform</u> like a Champion

High Performance Foods

- Premium fuel for the Soldier Athlete
 - Fresh and flavorful
 - Nutrient dense
- Go for Green: Choose frequently

Moderate Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

Performance Limiting Foods

- Highest in calories
- Low in vitamins and minerals
 - May increase body fat
 - Warning: Limit intake

"Go for Green" phases in new menus that feature healthier cooking, low sodium seasonings and food items are categorized into three different colors: green, yellow, and red.

Green indicates food designed to provide

Soldiers with the most nutritional value.

- Yellow symbolizes food that is lower in vitamins and minerals.
- Red is performance limiting foods and not recommended.
 Dishes will consist of

healthier servings including foods with more vitamins, less calories, lower sodium, fatty acids, leaner entrees, and more fruit based desserts. Taste will not be sacrificed nor variety of food options.

AER needs your help

Christmas isn't the only time for giving. Help out a fellow Soldier by donating through your AER unit representative. AER is a private, nonprofit entity and is the Army's own emergency financial assistance organization, dedicated to "helping the Army take care of its own." The annual AER campaign is scheduled to last until May 15.

AER funds are made available to commanders as a resource to provide emergency financial assistance to active duty and retired Soldiers and their Families.

Although sponsored by the Department of the Army, AER receives no direct funding from the government and is not part of any government-funded compensation or assistance program. AER obtains a large share of its funds through donations. All donations to AER are used to support Soldiers and their Families.

To donate, checks should be made payable to AER, and credit card donations are accepted on the AER website.

The annual donation form (DA Form 4908) can be downloaded at the following address: http://www.aerhq.org/dnn563/Donations/ArmyAnnualCampaign.aspx.

Annual donation forms should be mailed to:

Army Emergency Relief 200 Stovall Street, Room 5S33 Alexandria, VA 22332-0600

All contributions are fully tax deductible. Donors may make their contributions to the general assistance fund or they may target their contributions to specific programs such as education scholarships or widow assistance.

SPECIAL TO THE INDIANHEAD: SPOUSES' COLUMN

Geocaching offers outdoor activity, exploration, hidden treasures

Story and photo by Kelley Scrocca

Warrior Country Spouse

We are entering that beautiful time in Korea between the bitter cold of winter and the monsoons and humidity of summer. This is a great time to plan some outdoor activities that can take advantage of the wonderful sites that Korea has to offer. Geocaching is a great, inexpensive way to enjoy being outside with the whole Family, exploring sites you might never have otherwise stumbled upon.

Geocaching is a worldwide activity that is very alive and well here in Korea. It's essentially an outdoor scavenger hunt. Someone hides a "cache" then posts a description of the cache and its GPS coordinates on the official geocaching website. Many of the cache locations are chosen to lead you to interesting sites, many of which are off the beaten path, places you would never have thought to visit otherwise.

All you have to do is download the cache coordinates, set off on your hunt, and then log your find. Caches come in all sizes and shapes. Some are as tiny as a chapstick container, while others may be re-purposed ammo boxes. Sometimes they are easy enough for grade-schoolers to find, while others are skillfully concealed in the environment and require an engineering degree to locate. Caches

can be natural as well, a waterfall or a unique tree or rock formation that you may have otherwise have never noticed. Once you find a cache you write in the cache log and re-hide it with care for the next geocacher to discover.

Cache information is found on www.geocaching. com. It is free to sign up. Once you do, all you have to do is enter your location and a list of caches near you will appear. You can view them as a list or on a map. I



An army of stone statues seem to greet geocachers who have hiked up the mountain to the Sam-Meel Temple, which sits high above the Chinhae port near Busan. This location cannot be found in any travel guide, but the view of the port is worth the trip to the geocache site.

prefer the map view so I can see which ones are along a route or a trail I may be planning on taking. Once you select the caches you want to look for, you can download the cache information onto a hand-held GPS and off you go.

For those who want to get a taste of geocaching without investing in a hand-held GPS, there is a smart-phone geocaching application that can be downloaded for a minimal fee. Once downloaded you

can select "find caches near me" and wherever you are it will list those caches nearest your location. This is not as accurate or as user-friendly as using a handheld GPS, but it will certainly give you a taste of geocaching for virtually no cost. This is a great application to have while exploring a new city, or a new country for that matter.

My husband and I have geocached in 16 states and in eight different countries. We have been led to some fantastic locations and seen some amazing sites that we would have never otherwise found. As adults we enjoy geocaching because it allows us to spend time outdoors and explore new places, but this is also an activity that kids love. Searching high and low for a hidden treasure is the stuff of children's books and geocaching lets kids do it over and over again as part of a great Family day outing.

So, have a great spring in Korea, get outside, enjoy the weather, get some exercise and have some fun. Happy hunting!

Warrior News Briefs

Military identification cards

Photocopying of U.S. government identification is a violation of Title 18, U.S. code part I, chapter 33, section 701.

It is recommended that military and Department of Defense personnel provide a state drivers license or other form of photo identification to be photocopied if an establishment insists on a photocopy of a traveler's identification.

This does not apply to medical establishments or government agencies who may require a photocopy for official government or medical business.

Should you witness activity that may be criminal or terrorist in nature, contact the Pentagon Forces Protection Agency at 703-692 or 2729.

Youngster fashion show

A St. Patrick's Day fashion show at Camp Casey for youngsters ages 2 to 17 is scheduled for March 17 from 6 - 8:30 p.m., at the Warrior's Club.

Fashion categories will be summer, winter, fall, formal and Family clothing. All models will wear their own clothes. Those wanting to take part must sign up at the club, or call 730-2193 or by

For more information call 732-7806.

Passports and visa photos

Passport and visa photos will be available for anyone stationed in Area I starting this month at the FMWR marketing office located in bldg. T-25 on Camp Red Cloud.

Photos will cost \$10 and are processed the same day. For more information call 732-6274 or 9531.

Beware of spam

Some postal customers are receiving emails referencing a package delivery. These emails contain a link that when opened installs a malicious virus that can steal information from your personal computer.

Delete the message without taking any further action. The Postal Inspection Service is working to resolve the issue and shut down the malicious program.

Men's Softball Tryouts

Tryouts for men's post softball begin this month, and are mandatory for those wanting to participate. Practices will last about two hours, from 12 – 2 p.m. as follows: March 10 – 11, Camp Hovey; March 17 - 18, Camp Stanley; March 24 25, Camp Hovey. For more informa tion about tryouts at Camp Stanley and Camp Red Cloud, call Larry Butler at 732-6309; for Camp Casey, call Richard Sanchez at 730-2322.

Camp Casey Tax Center

The 2nd ID Tax Center's regular hours are 9 a.m.-5 p.m. Monday-Wednesday, and Friday.

Extended hours are Thursdays from 9 a.m.-7 p.m, and Warrior Family Days from 10 a.m.-3 p.m.

The 2nd ID Tax Center is located in bldg. 170B across the street from the Warriors Club on Camp Casey. Call 730-2568 to set up an appointment or for more information.

Camp Red Cloud Tax Center

The 2nd ID Tax Office at Camp Red Cloud operating hours are Mondays, Wednesdays, and Fridays 9 a.m. – noon and 1 p.m. - 5 p.m. Due to limited office space, taxes will be prepared by appointment only.

The tax office at CRC is located in Freeman Hall, room 119. No walk-ins will be taken, but same day appointments can be made, if available. Call 730-2568 to set up your appointment or for more information.

Camp Humphreys Tax Center

The 2nd ID Tax Center at Camp Humphreys is located in bldg. 751.

Hours of operation are 9 a.m. - 5 p.m., Mondays, Wednesdays and Fridays. It's also open on Thursdays, 1 p.m.-8 p.m.

Due to limited office space, taxes will be done by appointment only.

To make an appointment or for more information, call 753-5680.

U.S. Citizenship and Immigration Services class

U.S. Citizenship and Immigration Services offers immigration services and resources specifically for members of the U.S. Armed Forces and their Families who are stationed in the United States and abroad. ACS has partnered with U.S. CIS Seoul, and are bringing the experts to you.

If you are seeking answers to the following topics, then you are the perfect candidate for this outreach class.

- If you are a U.S. Armed Forces member seeking to petition for your Family member for permanent residence (Green Card)
 - Assembling the I-130 package
- Citizenship for military personnel Family members
- Permanent resident card (Green Card) status
 - Naturalization
 - Re-entry permit

To register visit the Camp Casey Army Community Services located at bldg. 2451, 9 a.m.-11:30 a.m. on April 12, July 12 and Oct. 11.

For more information call 730-3107

Spades tournament

Mitchell's Club at Camp Red Cloud will hold a spades tournament on St. Patrick's Day, March 17, 6 p.m. to 1 a.m. Entry fee is \$10.

For more information, call 732-6246.

Chili cook off

There will be a chili cook off at Mitchell's Club at Camp Red Cloud, Saturday, March 24, at 1 p.m.

A 42-inch television will be awarded to the winner, with second-through-fifth places each receiving a cash prize.

The competition is open to all USFK I.D. card holders, and participants must register by Friday, March 23 at the Camp Red Cloud community activity

A minimum participation of six entrants is required.

For more information, call 732-6246.

Trip to Seoul zoo

The Better Opportunities for Single Soldiers program is organizing a trip to the Seoul zoo.

Those wishing to participate must report to the Camp Red Cloud community activity center before 9 a.m. on Saturday, March 31. The fee is \$6 and Soldiers are advised to bring Korean Won for food and refreshments.

For more information, call 732-9246.

Chapel service times

The Camp Red Cloud Chapel hosts a Catholic service Sundays at 9 a.m. A Protestant service follows at 11 a.m. A COGIC service starts at 12:30 p.m., and a KATUSA service begins at 7 p.m. For more information call 732-6073 / 6706.

The Camp Casey Stone Chapel hosts a Protestant service Sundays at 10 a.m. and a KATUSA service at 6 p.m.

The Camp Casey Memorial Chapel hosts a Gospel service at 11 a.m. and their KATUSA service begins at 6:30

The West Casey Chapel hosts a Protestant service Sundays at 9:30 a.m.The West Casey Chapel also hosts a Catholic service that starts at 11:30 a.m., an LDS Worship service that starts at 4 p.m., and an LDS Bible study Thursdays at 7:30 a.m. and a Korean Protestant service at 10:30 a.m. For more information contact the Memorial chapel at 730-2594 or the West Casey Chapel at 730-3014.

The Camp Hovey Chapel hosts a Catholic service Sundays at 9:30 a.m., and is followed by the Protestant service at 4 p.m. The KATUSA service is held Tuesday at 6:30 p.m.

The Old Hovey Chapel hosts an Orthodox service every first and third Sundays of the month at 10 a.m., and the Crusader Chapel hosts their Protestant service Sunday at 11 a.m. For more information call 730-5119.

The Camp Stanley Chapel hosts a Protestant service each Sunday at 10 a.m., and a Gospel service every Sunday at 12:30 p.m. For more information call 732-5238.

The Camp Humphreys Freedom Chapel hosts a Catholic service Sundays at 9 a.m., followed by a Protestant service at 11 a.m., then a Gospel service at 1 p.m., and will have a Church of Christ service at 5 p.m.

The Freedom Chapel will also hold a KATUSA service Tuesdays at 7 p.m. For more information call 753-7952.

be \$2.50 and \$2.25 respectively Find the full list of movies online at: http://www. reeltime-landing.htm

Camp Casey

Show times: Mon. & Wed. 7:30 p.m. Fri. & Sun. 6:30 & 8:30 p.m. Sat. 3:30, 6:30 & 8:30 p.m.

March 10: Act of Valor

March 11: The Adventures of Tin Tin: The Secret of the Unicorn / Mission Impossible: Ghost Protocol

March 12: Act of Valor

March 14: Mission Impossible: Ghost Protocol

March 16: Dr. Seuss' The Lorax / War Horse

March 17: Dr. Seuss' The Lorax / Joyful

March 18: Dr. Seuss' The Lorax

Extremely Loud and Incredibly Close March 19: Dr. Seuss' The Lorax March 21: Contraband

March 23: John Carter / The Devil

Camp Red Cloud

Show times: Mon.-Sun. 7 p.m. Fri. 7 & 9 p.m.

March 10: War Horse

March 11: The Adventures of Tintin: March 12: Sherlock Holmes: Game of

March 13: Mission Impossible: Ghost Protocol

March 15: Act of Valor

March 16: Contraband / Act of Valor March 17: War Horse

March 18: Joyful Noise

March 19: Extremely Loud & Incredibly

March 20: The Devil Inside March 22: Dr. Seuss' The Lorax

Camp Hovey
Show times: Mon.-Sun. 7 p.m.

March 10: Mission Impossible: Ghost

Protocol March 11: Act of Valor

March 13: War Horse

March 16: Extremely Loud & Incredibly

March 17: Extremely Loud & Incredibly

Camp Stanley

Show times: Sun., Mon. & Thurs. 7 p.m. Wed. & Sat. 7 & 9 p.m. Fri. 9:30 a.m., 7 & 9 p.m.

March 10: This Means War

March 11: This Means War March 14: Joyful Noise

March 15: Mission Impossible: Ghost

Protocol March 16: The Devil Inside

March 17: Act of Valor

March 18: Act of Valor

March 21: John Carter

March 22: Contraband

March 23: Extremely Loud & Incredibly March 24: Underworld Awakening

Camp Humphreys

Wed., Sat. & Sun. 3:30, 6:30 & 9 p.m.

March 10: The Adventures of Tintin: Secret of the Unicorn / Act of Valor March 11: The Adventures of Tintin:

Secret of the Unicorn / Act of Valor

March 12: Act of Valor March 13: War Horse

March 14: Joyful Noise

March 15: Joyful Noise

March 16: Contraband March 17: Dr. Seuss' The Lorax

Contraband

March 18: Dr. Seuss' The Lorax