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April 15, 2011

‘Manchu Phelps’ swims way to gold

By Pfc. Chang Han-him

Staff Writer

On a Sunday while his fellow Korean Augmentation to the U.S. Army Soldiers were enjoying time outside with their friends and families, an infantryman with B Company, 2nd Battalion, 9th Infantry, wrote history on post.

Pvt. Lee Jeong-woo participated in the 2011 Warrior Country Indoor Swimming Championship at the Camp Red Cloud indoor pool March 19 and won five gold medals and one silver medal.

Out of nine individual events Lee chose the 50-meter and 100-meter butterfly, and the 50-meter and 100-meter breaststroke in the men’s 32 and under division. He won all four of them.

“I was confident of butterfly strokes, but it costs a lot of stamina, and breaststrokes demand less energy,” said Lee. “I guess choosing the two events in a tactical manner was the key for earning four individual events.”

He started swimming when he was five-years old and represented his elementary school at the Uijongbu City swimming championship. Swimming has been his best friend ever since.

Lee joined the Army November 2010 and settled in Camp Casey last January after basic training.

As soon as he saw the swimming placard on post, he decided to join the competition, he said.

“At first I was thinking that it was good enough for just being part of a



Photo by Jeffrey Rivers

Pvt. Lee Jeong-woo, an infantryman assigned to B Co. 2nd Battalion, 9th Infantry Regiment, swims his way to six medals at the 2011 Warrior Country Indoor Swimming Championship March 19 at the Camp Red Cloud swimming pool.

meaningful event, but as soon as I saw the list of events I thought I could actually win some medals,” he said.

Not just some, but the Soldier also won a gold in the 200-meter medley relay and took a silver in the 200-meter freestyle relay on team events by grouping up with his “Manchu” KATUSA buddies.

Lee said conducting extra physical training with his KATUSA comrades

helped him maintain his swimming skills.

“I always wanted to be a member of the Manchu, which is highly reputed not only among KATUSAs but also U.S. Soldiers,” said the infantryman. “I wanted to spend my two years of military service at a place where I can challenge myself.”

This outgoing private also likes all kinds of sports that require team spirit.

He claimed he would be more than happy to participate again in these kinds of sports events.

“While swimming, the swimmer encounters moments when they really want to give up,” said Lee. “However, when they give up at that point, I am pretty sure they are going to regret it.”

“Once everything is over, the result reveals whether I did my best or not,” he added.

Troop Medical Center renovations complete



Spc. Veronica L. Baldwin, the immunizations non-commissioned officer in charge at Camp Casey’s Health Clinic examines a Soldier’s shot, April 7.

Story and photo by
Sgt. Michael A. Moore II

Staff Writer

A ribbon cutting ceremony was held April 7 at Camp Casey’s Health Clinic to commemorate the renovation of Area I Troop Medical Centers.

TMCs that underwent renovations include camps Stanley, Red Cloud and Casey. The four-phase renovation to Camp Casey’s TMC cost \$3.1 million.

The upgrades transformed Casey’s TMC into a health clinic that is now more Family oriented.

“With an increase in command sponsorship in Area I, the changes will better accommodate our increasing population, enabling us to improve our services and increase access to care,” said 1st

Lt. Leif Vestermark, a 629th Medical Company Area Support officer and Camp Casey’s Health Clinic executive officer.

Features include a Family Health Clinic area that will focus on pediatrics and Family practice.

Other renovations and improvements include an electronic pharmacy notification system, baby changing stations, handicap bathrooms, new furniture and an expanded immunization clinic.

“The new addition of the Family care area is nice,” said Michelle K. Rhea, an Area I Family member. “I like how I can take my child to a separate area, away from patients who are sick.”

New features and amenities to the health clinic are not the only things that were added. Staffing at the clinic has increased by 300 per-

cent allowing patients to be seen quicker.

“We can see more patients faster and with the addition of the phlebotomy room we can provide patients with more privacy,” said Spc. Athanasia R. Ashley, a 629th Medical Company Area Support medical lab technician at Camp Casey’s Health Clinic.

The new phlebotomy room is where patients will have their blood drawn.

Camp Casey’s Health Clinic is open to all command and non-command sponsored dependents, Department of Defense civilians and retirees.

Hours of operations are Monday-Wednesday, Friday 8 a.m. - 4:30 p.m. Thursday 1 - 4:30 p.m. Sick call hours are 6 - 7 a.m. Monday- Friday.



VOICE OF THE WARRIOR:

Where is your
favorite place to
visit in Korea?



*"I like the movie theater
in the AK Plaza because
its popcorn is the best in
the world."*

Pfc. Demontae Hedrick
E Co., 4-2nd Avn.

*"I like to go to
Gangchon to
snowboard."*

Pfc. Matthew Whistler
HHB, 1-15th FA

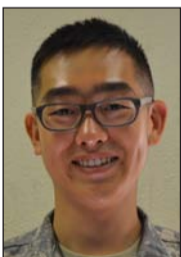


*"I like Itaewon because
of the shopping. "*

Spc. Augusto Olmedo
B Co., DSTB

*"I like to visit a
shopping mall in Seoul."*

Pvt. Jasmine Ricks
E Co., 4-2nd Avn.



*"I like the area around
Seoul City Hall: the art
museum and palace."*

Cpl. Kim, Kyung-hoon
HHC, 1st HBCT

*"I like visiting Everland
and the aquarium
because it's relaxing. "*

**Staff Sgt. Crisdian
Weatherly**
HSC, DSTB



COMMANDER'S CORNER

REAL Warrior Campaign Update

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Fellow Warriors,

When I assumed command 18 months ago, one of my top priorities was taking care of the great Warrior Soldiers and their Families. I want to ensure that you each benefit from a tour of duty characterized by discipline, readiness, and respect.

To accomplish this we instituted the REAL Warrior Campaign. This is a multi-disciplined, comprehensive campaign that leverages Army assets and programs to influence Soldier's activities during off duty periods and creates a culture of self discipline, responsibility, and readiness that exemplifies the U.S. Army's Warrior Ethos and good citizenship concepts.

In the past 18 months we have instituted monthly "Warrior Family Day" Weekends; increased MWR events; created a Warrior Speaker Program; improved pre-arrival sponsorship; initiated random access measures; taught responsible alcohol use at junior leader courses; fostered responsible off-post business practices; instituted "Warrior University" for Soldiers and Family members; installed WiFi in the DFACs and opened them up from 0530 to 2400 so you could have a place to work and study.

Since 2009 2nd ID Soldier college enrollment has increased 1,300 percent. In the last two years 7,495 of you took 14,639 classes. That is amazing.

While almost 4,000 of you are currently taking college classes, more than 7,000 of you have received resiliency training. During that same period, overall crime is down in Warrior Country by 45 percent. That is no coincidence.

Personal crimes are down 64 percent, sexual crimes are down 62 percent, DUIs are down 60 percent and drug use is down

60 percent. These are amazing numbers and I can honestly say that I am proud of all you have done to make Warrior Country a better place for everyone.

Still though we have room to improve, during the last two years the only area to see no improvement has been property crimes. Another key aspect of the REAL Warrior Campaign and taking care of Soldiers is improving barracks safety and quality of life. We have statistics that prove the barracks are the place to deter crimes against Soldiers because that is where most of it occurs.

I am happy to report to you that we are making great progress now in that area as well.

This week contractors will begin installation of CCTV in 23 more 2nd ID barracks on camps Casey, Hovey, Stanley, Red Cloud, and Humphreys. These cameras have the potential to reduce crime for all 2nd ID Soldiers.

Cameras will be installed to ensure good order and discipline is maintained both inside outside the barracks.

There is no better example of taking affirmative steps at reducing crimes against Soldiers. During your time in Korea I want you to advance yourselves both personally and professionally. To do that, I know you have to feel safe where you live. This is just one step of many we will continue to make to fulfill that promise to you and help you live a life that is Second to None!

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Indianhead

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Camp Red Cloud hosts April Spring Festival

Story and photos by Pfc. Choi Jung-hwan

Korean Language Editor

Camp Red Cloud hosted a Spring Festival on April 2, to celebrate the opening of the Child Youth and School Services building, the Community Activity Center and the Month of the Military Child.

The festival began with a parade led by the 2nd Infantry Division Band and the Korea Culture Media High School marching band from Dongducheon. The parade also included motorcyclists, go-cart riders, and children who threw candy and plastic toys out to the crowd.

There were games with prizes, face painting, and clowns for the crowd to enjoy. Several vendors were selling clothes and accessories, and some military organizations had their booths set up to promote their programs.

Senior leaders from 2nd ID held a ribbon cutting ceremony to mark the official opening of the CYSS and CAC. Following the ribbon cutting was a signing of the Month of the Military Child proclamation at the new CYSS building.

"Starting April 11, the first day of spring break, our programs will be launched officially," said Kay Chong, the program manager at the CYSS School Age Center. "We provide diverse after school programs such as arts and craft, science, and computer programs. We really put our effort in preparing the programs, and I hope many students take advantage of these great opportunities."

Command Sgt. Maj. Nidal Saeed, the Area I senior enlisted adviser said, "Today's Spring Festival celebrates April, the Month of the Military Child, and also officially opens the new CYSS and CAC. We have a brand new science lab, computer lab and other facili-



Children perform a dance routine April 2, at the Spring Festival held on Camp Red Cloud.

ties brought by the U.S. Army MWR."

Saeed, a Detroit native, said he was pleased with how the event unfolded.

"I was surprised with the turnout at today's festival," said Saeed. "Approximately four hundred people from all over the community came to participate in this event. It was a great success."

For some attendees, the festival was simply a chance to spend quality time with their families.

Sgt. 1st Class David Shackleton, the operations man-

ager of Headquarters and Headquarters Battery, 210th Fires Brigade, brought his wife and children to the spring festival.

"My wife saw this event posted on the Pear Blossom (Family Outreach Center) webpage, so I decided to come here with my family," said Shackleton, a Detroit native.

"I don't get many chances to hang out with my kids and wife, so this festival is a great opportunity to spend some time with my family."



Children play with a display April 2, at the Spring Festival held at the Camp Red Cloud Community Activity Center.

Korean language class kicks-off at Casey



Park In-bok (left), the director of the military and government cooperation division at the Gyeonggi Provincial Office welcomes more than 50 Warrior Division Soldiers during the opening ceremony of the 2011 Korean language class held at the Camp Casey education center, April 5.

Story and photo by Sgt. Karla Elliott

2nd ID Public Affairs

More than 50 Warrior Division Soldiers attended the opening ceremony of the 2011 Korean language class April 5 at the Camp Casey education center.

Sponsored annually by the Gyeonggi Provincial Office since 2006, the class helps Soldiers new to Korea adapt to life in the country, said Park In-bok, the director of the military and government cooperation division at the GPO. This year’s Korean language theme is daily life usage, such as learning proper manners,

knowing how to use Korean transportation and how to order meals, added Park.

Professors from the Korean Language and Culture Center out of Hankook University of Foreign Studies will teach the 2nd Infantry Division Soldiers every Tuesday and Thursday from 9 a.m. to noon until May 26.

“Think about this as more than a language class, it is a cultural class as well,” said Lt. Col. Charles Nelson, the 2nd ID civil-military operations officer. “This will give you the opportunity to get out and experience the real Korea so that you don’t get stuck eating just Bulgogi for a year!”

Two days before graduation, the Soldiers taking the course will visit the Yanju Deajanguem Center to learn more about Korean history and customs, as well as have an opportunity to practice their Korean

“I’ve been in Korea for a year, but I feel like I haven’t fully experienced what it has to offer because of the language barrier,” said Joliet, Ill. native, Spc. Keith Hansen of E Company, 302nd Brigade Support Battalion, 1st Heavy Brigade Combat Team.

Hansen added that he’s excited to learn Korean from university professors and is looking forward to the opportunities he will have to communicate with Koreans more easily.

Warrior Friendship Week Schedule

Day and time

April 20

8:30 a.m. - UTC
8:30 a.m. - UTC
6 p.m. - 9 p.m.

April 21

9 a.m. - UTC

April 22

8:30 - 8:45 a.m.
8:55 a.m.
9:10 a.m.
9:45 - 10:45 a.m.
9:45 - 10:45 a.m.
10:00 - 11:30 a.m.
10:00 - 11:20 a.m.
10:20 - 11:20 a.m.
10:30 - 11:30 a.m.
1:15 - 1:30 p.m.
1:30 - 1:45 p.m.
1:45 - 2:00 p.m.
2:15 - 3:00 p.m.
4:00 - 6:00 p.m.

Location and event

camps Casey, Red Cloud

WFW Golf Competition Scramble at Camp Casey
WFW Fun Golf at Camp Red Cloud
Best KATUSA Hall of Fame Ceremony / Dinner

camps Red Cloud, Casey, Hovey and Humphreys

Unit level sports

Camp Casey

Opening Ceremony at Schoonover Bowl
Special Forces Martial Arts Demonstration at Schoonover Bowl
MND TROKA Honor Guard Demonstration at Schoonover Bowl
Division Basketball Championship at Hovey Gym
Division Ssireum Wrestling Championship at Volleyball Pit
Division Ultimate Warrior Championship at Storey Barracks
Division Kimajun at Schoonover Bowl
Division Joku Championship at tennis court
Division Tug of War Championship at Schoonover Bowl
Korean Cheerleaders at Schoonover Bowl
2nd ID Tae Kwon Do demonstration at Schoonover Bowl
Division Relay Championship at Schoonover Bowl
Award Ceremony at Schoonover Bowl
MWR Darryl Worley Concert at Carey Fitness Center

Note: Iron Horse Cafe, Sports Cafe and Thunder Inn will serve lunch from 11:30 a.m. - 2:30 p.m., and will be open to everyone.



THE SUN NEVER SETS ON THE 2ND ID



Firing up the range

Evaluations prepare 'Buffaloes' at Yakima Training Center



The cannon of a 1-17th Inf. Stryker fires during the crew's gunnery qualification at the Yakima Training Center at Joint Base Lewis-McChord in March.

Story and photo by Spc. Matthew Kuzara

2nd Bde., 2nd ID Public Affairs

JOINT BASE LEWIS-MCCHORD, Wash.—Soldiers of 2nd Brigade, 2nd Infantry Division recently brought a lot of sound and fury to the quiet hills of the Joint Base Lewis-McChord Yakima Training Center.

Members of 1st Battalion, 17th Infantry Regiment took part in an 18-day training cycle that saw each company in the "Buffalo Battalion" renew expertise and cohesiveness in their teams. Though each unit's training varied, a common thread was the professional training offered by unit leaders.

Soldiers learned to perform physically and mentally during long training days, conducting in-depth after action reviews after each event to discuss lessons learned and ways to improve and become better warriors.

"It's been great to watch, especially here on the platoon live fire lane," said Lt. Col. Timothy Davis, the battalion commander. "What you see from the first iteration, the issues are corrected and the speed gained through repetition is impressive. The decisions leader start learning to make determine the synchronizing effects on the battlefield: timing, decision making and

communication."

On most days, the battalion completed up to six iterations of training.

"From the first dry iteration to the night live fire, those six iterations are just a huge growth process," Davis said.

The actions of one particular Stryker mortar team exemplified this development.

Davis said team members Sgt. Matthew Adolph, Spc. Raymond Crawford, Staff Sgt. Joseph Androya, Staff Sgt. Conyers Lamb, and Sgt. Jarrod Banks of Headquarters and Headquarters mortars and B Co. fires support team stood out.

The team progressed to the point of hip shooting to beat the support-by-fire standard by nearly a full minute. Not only did they exceed the standard, but they did so while putting their rounds dead on target.

Soldiers of 1-17th Inf.'s C "Chosin" Company also made names for themselves, training at a number of YTC ranges.

"We've got flat range training, company breach training, platoon live fires and close-quarters marksmanship at the shoot house," said C Co. executive officer 1st Lt. Cody Ford.

At the shoot house, C Co. Soldiers proved adept at

learning their tasks. In a simulated environment, the Soldiers hunted down their AK-47 wielding targets and neutralized them with speed and accuracy. The Soldiers accomplished this by methodically applying their instruction.

"We're just focused on the fundamentals, so the fundamentals will apply here, in theater, or against any type of threat," Davis said.

Across the ranges of Yakima, Soldiers of 1-17th Inf. proved that it was the fundamentals that make or break the mission. To 1st Platoon, 562nd Engineer Company, the fundamentals of communication were challenging.

While qualifying for Stryker gunnery, the engineers tested their weapon skills while working as a team.

"It's not just about engaging the targets," said 1st Platoon Leader, 1st Lt. Edwin Jang. "It's about how well the vehicle commander can communicate with his driver (and) his gunner to engage the targets, because when we get down into theater, that's going to be his job — to control that crew and that vehicle."

Through repetition and lessons learned, the Buffalo Battalion intends to meet the challenges of the battlefield.

The **Camp Stanley Tax Center** is open Wednesdays 9 a.m.-4 p.m. in the Legal Office, Bldg. 2333. Walk-ins will not be accepted. To make an appointment or for more information, call DSN 732-5032.

The **Camp Red Cloud Tax Center** is available at the CRC One Stop Shop. Hours are Mon.-Fri. 9 a.m.-4 p.m., and Thursdays 1-4 p.m. Walk-ins will not be accepted. To make an appointment, call DSN 732-6966.

The **Camp Casey Tax Center** is located in Maude Hall, Bldg. 2440 and open Mon.-Fri. 9 a.m.-5 p.m. and Thursdays 1-4 p.m. Walk-ins will not be accepted. To make appointment, call DSN 730-3591.

The **Camp Humphreys Tax Center** is located in Bldg. S-751 and the hours of operations are Mon.-Fri. 9 a.m.-5 p.m. and Thursdays 1-8 p.m. For more information or to make an appointment, call DSN 753-5680.

Taxpayers should bring all relevant paperwork to their appointment, including all W-2 forms, 1099s, 1098s, Social Security cards, a power of attorney for taxes if their spouse will not be present at the appointment, and a copy of their 2009 tax return.

Warriors reflect on Army values

Story and photo by Sgt. Michael Dator

Editor

Soldiers from the 2nd Infantry Division participated in Living Army Values Week April 4-8 on installations throughout Warrior Country.

"Living Army Values Week is an intentional morale, leadership and spiritual fitness initiative designed to re-enforce the seven Army Values in the lives of Soldiers and Family members," said Chap. (Lt. Col.) Raymond A. Robinson Jr., the 2nd ID chaplain.

"The end state is that we are trying to develop individuals of character and fortitude," said Robinson.

Events during the week included a "Values" prayer breakfast held April 7 at Camp Casey's Gateway Club and Camp Humphreys' Community Activity Center. The theme for the prayer breakfast was "Getting Back to the Basics."

Participants focused on what the Army Values fundamentally stand for.

Training was also conducted at the unit level.

Soldiers were taught a two-hour block of instruction where they explored, developed, and applied Army Values in their everyday lives, said Robinson.

"It is important for us to accomplish our mission as Soldiers in a way that is consistent with our values," said Robinson. "Periodic training like this is a good reminder on how we can stay on target with those values."

Guest speakers from the Responsible Educated Alcohol Limiting Warrior program spoke to Soldiers April 8 at Carey Gym on Camp Casey and at the Community Activity Center on Camp Humphreys.

The REAL Warrior program was instituted by Maj.



Chuck W. Stecker, president of the Chosen Generation Ministry based out of Cleveland gave a speech April 8 to Soldiers from the 2nd Infantry Division about the importance of making good life decisions as part of Living Army Values Week at Carey Gym on Camp Casey.

Gen. Michael S. Tucker, commander of 2nd ID to enable Soldiers to live more honorable and responsible lives while they are here in Korea, said Robinson.

"It's imperative that the Army Values becomes the core of who we are as Soldiers, and the nation that supports those Soldiers," said Dr. Chuck W. Stecker, president of A Chosen Generation Ministry and guest speaker for the REAL Warrior program. "In order for

us to be effective we must be physically, mentally, spiritually, and morally strong -- the Army Values helps us do that."

"Living the Army Values means always doing the right thing, even when nobody is watching," said Pfc. Matthew A. Huston, a cavalry scout attached to Headquarters and Headquarters Troop, 4-7th Cavalry.

"It's why I put on the uniform," he said.



Photo by Yu Hu-son

2nd ID, local leaders celebrate Arbor Day

Senior leaders from the 2nd Infantry Division and the vice governor of the Gyeonggi Province plant a tree April 4 as part of an Arbor Day celebration at Camp Red Cloud. Maj. Gen. Michael S. Tucker, 2nd ID commanding general, Command Sgt. Maj. Michael P. Eyer, 2nd ID senior enlisted adviser, and the Honorable Bang Ki-sung planted the tree as a symbol of their mutual friendship and cooperation.



Photo by Sgt. Michael Dator

2nd ID Band 'Celebrates the Soldier' with a 'Concert on the Green'

Spc. Troy Campbell, a percussionist with the 2nd Infantry Division Band kicks off a "Celebrate the Soldier" concert, with a rolling drum intro, April 10 on Camp Red Cloud's Village Green. "The next concert will be on May 15," said Chief Warrant Officer 2 Michael J. Moore, commander of the 2nd Infantry Division Band.

Jungle Book at Casey Theater

Story and photo by Pfc. Choi Jung-hwan

Korean Language Editor

The Missoula Children's Theatre put on a play with children from Casey Elementary and Middle School at the Camp Casey Theater, April 8.

"The Missoula Children's Theatre is a community theater. We had the audition on Monday and the actual show on Friday. They really worked hard and I was amazed at how it came together," said Dan Davidson, director of the Missoula Children's Theatre who played 'Baloo' the bear in the play. "Our purpose is not at all about creating professional actors. It is all about learning to work together and building life experiences."

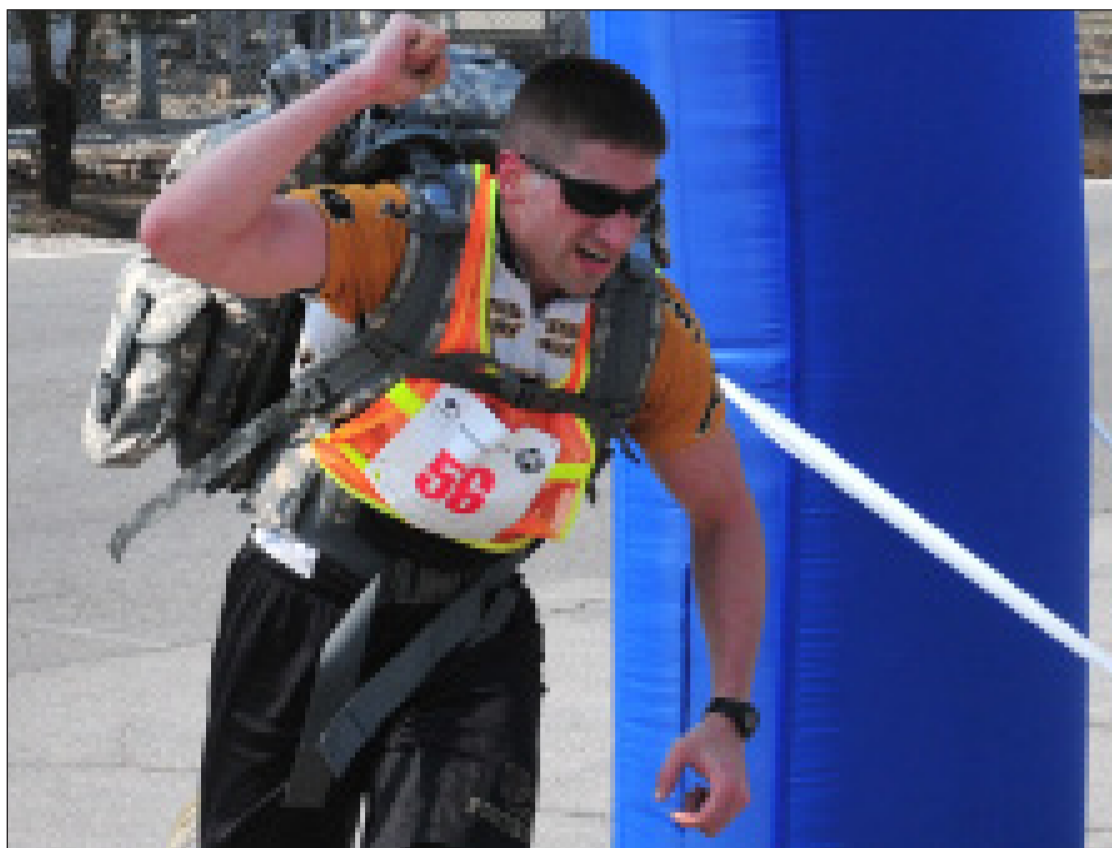
The practices were tough due to limited schedule, but the children put their efforts in and the play was successful, said Davidson.

"About 40 kids auditioned for the play so it was very competitive. We didn't have much time and the practices were very tough but we pulled it through and we were good," said 11 year-old Alli Hutchison, sixth-grader who played 'Mowgli' in the play. "I wasn't nervous because I am a gymnast and I am used to getting on stages."

The parents enjoyed seeing their children in the play. "I was very proud to see my child on the stage," said Isaira Hutchison, mother of Alli Hutchison. "The play was really nice and I enjoyed it very much."



The Missoula Children's Theatre ends its production of "The Jungle Book" with a bang April 18 at the Camp Casey Theatre.



1st Lt. Nicholas Shamrell from A Company, 2nd Battalion, 2nd Aviation Regiment takes first place in the 2011 Warrior Country Invitational Ultra Fitness Challenge at Camp Casey's Carey Fitness Center April 9.



Pfc. Wesley B. Arrison from C Company, 302nd Brigade Support Battalion treats Pfc. Danard E. Vincente from A Company, 1-72 Armor Regiment during the 2011 Warrior Country Invitational Ultra Fitness Challenge at Camp Casey's Carey Fitness Center April 9.



Pfc. Brian W. Oboyle from D Company, 1-72 Armor Regiment flips tires during the 2011 Warrior Country Invitational Ultra Fitness Challenge at Camp Casey's Carey Fitness Center April 9.



1st Lt. Nicholas Shamrell from A Company, 2nd Battalion, 2nd Aviation Regiment sprints up the stairs of Schoonover Bowl during the 2011 Warrior Country Invitational Ultra Fitness Challenge opened at Camp Casey's Carey Fitness Center April 9.

Ultra Fitness Challenge pushes Soldiers' limits

Story and photos by Pfc. Chang Han-him
Staff Writer

There are many ways for Area I Soldiers to spend their weekends, but the participants of the 2011 Warrior Country Invitational Ultra Fitness Challenge held April 9 at Camp Casey may have chosen the toughest.

Each participant was required to complete a course that included seven stations throughout camps Casey and Hovey. The seven elements were designed to test three main physical abilities of the Soldiers: strength, endurance and agility.

"This event started last year with the vision of combining all the participants' aspects of fitness and function in one place," said Area I Sports, Fitness and Aquatics Director Randy Behr. "I hope all Area I ID holders can have fun together challenging themselves in this kind of event rather than working out by themselves."

As soon as Behr pulled the trigger on the starting pistol, challengers sprinted to the place where their bikes were located. They then rode the bikes seven kilometers around Camp Casey to check their 'endurance.' When they came back to the starting point, they were told to flip tires at Carey Field.

"For me, the tire flip section was the harshest," said Maj. Wendell Rhodes from Headquarters and Headquarters Company, 1st Heavy Brigade Combat Team. "Flipping the massive tire back and forth around the field takes a lot out of you."

Their strength was the next thing to be tested. The contestants ran five kilometers to the Camp Hovey obstacle course with a 35-lb. rucksack. When they

came back to the Schoonover Bowl they tested their agility by running up and down the stairs of the stadium.

"Drinking a lot of water to prevent dehydration is the most important thing in this kind of energy consuming events" said Pfc. Wesly B. Arrison from C Company, 302nd Brigade Support Battalion. Medics from the 302nd BSB provided medical support by checking the Soldiers' condition throughout the entire event to prevent severe injuries.

The final event for the participants was to run back to the starting line while wearing their rucksack.

When it was all said and done, the first Soldier to cross the finish line was 1st Lt. Nicholas Shamrell from A Company, 2nd Battalion, 2nd Aviation Regiment from K-16 Airbase. He beat the previous record by four minutes and finished the challenge in 48 minutes and 42 seconds. Second place went to Pfc. Daniel Lavander from A Company, Task Force, 1-72 Armor Regiment who was only 30 seconds behind Shamrell.

Shamrell said hiking for many years helped him get off to a good start in the mountain bike portion, and that helped him win the race. However, he said he was not used to running with a rucksack, so that was the hardest part for him.

"It was a good learning experience to check what my body is capable of," Shamrell said. "I hope more people could come next time and share this experience together."

TKD team kicks off season with powerful punch

Story and photo by Sgt. Mark A. Moore II

Staff Writer

Like something out of a multi-million dollar action movie, the 2nd Infantry Division's tae kwon do demonstration team kicked off their 2011 season with a performance for members of the International Rotary Club at the Hanson Fitness Center on Camp Casey April 6.

Rotary Club members, from as far away as Mexico, joined the 1st Heavy Brigade Combat Team senior enlisted adviser, Command. Sgt. Maj. Raul V. Huerta for the high-flying exhibition of martial arts skill and focus.

As during their past 11 seasons, the team consists of U.S. and KATUSA Soldiers with varying levels of martial arts experience who are selected from 2ID units throughout Korea. In many cases, these Soldiers have little to no martial arts experience before being selected for the team.

Pfc. Marjany J. Bolling, from San Jose, Calif, has only been with the team for eight months and is one of the team members who came to Korea with no previous martial arts experience. "I wanted to do this (tae kwon do) as an after work activity, but after a little bit, the grandmaster asked me to come interview ... and eight months later is the first show."

Bolling says that if Soldiers want to be part of the team they have to, "stay motivated, keep practicing and train every day."

Bolling's story is not uncommon among members of the team. Specialist Roger E. Espinoza, from Trinidad, Bolivia, is beginning his second season with the tae kwon do demonstration team. Espinoza, a former gymnast, also began training in martial arts when he arrived in Korea.

Espinoza said that the team trains at least eight hours every day and that kind of dedication to training makes it possible for soldiers with no experience to earn a black belt in taekwondo in about a year.

The 2ID Tae Kwon Do Demonstration Team will be putting their fast paced and exciting martial arts skills on display during Warrior Friendship Week April 22 on Camp Casey.



The 2nd Infantry Division Taekwondo Demonstration Team "kicked" off their 2011 season with a performance for the International Rotary Club on Camp Casey April 6th



A Republic of Korea Soldier from 125th Mechanized Infantry Battalion, 75th ROK Brigade climbs the rope at the obstacle course during the Order of the Hoplite shield ride on Camp Hovey, March 30. Fifteen ROK Soldiers participated in the event alongside U.S. Soldiers.

'Spartan' Soldiers earn coveted shield belt buckle

Story and photo by Staff Sgt. Jennifer Bunn

1st HBCT Public Affairs

'Spartan' Soldiers from 1st Brigade Special Troops Battalion, 1st Heavy Brigade Combat Team, and ROK Soldiers from 125th Mechanized Infantry Battalion, 75th Brigade, participate in the Order of the Hoplite, also known as the Shield Ride on camps Casey and Hovey March 30-31.

All Soldiers from the Spartan Battalion along with their 'sister' ROK Soldiers were able to participate in the event in which Soldiers attempted to go through various warrior tasks in order to earn their Order of the Hoplite shield belt buckle.

"This event encompasses (skill level 10) tasks given under slightly stressful situations to where you are fatigued because of the road march and because of the time frame the events are being held," said 1st Sgt. Michael Golabek, A Company, 1st BSTB, the Shield Master for the event.

The Order of the Hoplite was inspired by the training received by the ancient Greek heavy infantrymen who were called Hoplites. The young Soldiers were placed in the agoge (school of the warrior) to compete in rigorous training and exhaustive conditioning prior to receiving their shield and earning a place within the Spartan phalanx. The success of the phalanx relied on each Soldier holding their own as well as protecting the Spartan to their side.

The candidates had approximately 24 hours to complete the event. They started their day with a rucksack inspection, followed by a written exam

that tests the Soldiers' general Army knowledge. Then they marched to the obstacle course where they demonstrated their strength and agility. Before night fall, each team was given a map and grid coordinates so they could plot their course to the event's eight stations scattered throughout both camps.

Throughout the night, the Soldiers encouraged their teammates as they completed each task.

"We had to stick together at all times, said 2nd Lt. Mitchell Bliss, a platoon leader for 4th Chemical Company, 1st BSTB. We motivated each other from one station to the next so we could all finish."

The stations tested their ability to react to a chemical attack, disassemble/reassemble an M16 rifle and .50 caliber machine gun, operate a SIN-GARS radio and Blue Force Tracker, and treat a casualty.

Candidates also took an Army Physical Fitness Test and qualified with their weapons.

Although Soldiers were challenged physically and mentally throughout the course they did find stations they enjoyed.

"I did not like the Nuclear Biological Chemical chamber because of the CS gas," said Bliss. "But as a platoon leader, I really liked the BFT station."

"I liked the obstacle course," said Pfc. Jeffrey Straka of D Company, 1st BSTB. "The 'Over and Under' station was the most fun."

Soldiers who completed the tasks were inducted into the Order of the Hoplite and awarded their shield at a formal dinner following the two-day competition.



Maj. Gen. Michael S. Tucker, the commanding general of the 2nd Infantry Division, speaks to Soldiers from the 4-7th Cavalry during Balikatan 2011 in the Philippines April 8.

Troopers return to roots in Balikatan 2011

Story and photo by Maj. Edzel Butac

Eighth Army Public Affairs

The roughly 500 Soldiers from 4th Squadron, 7th Cavalry Regiment in the Republic of the Philippines participating in Balikatan 2011 were treated to a visit by the 2nd Infantry Division commander, Maj. Gen. Michael S. Tucker April 8.

"We are fired up to have the commanding general here," said Lt. Col. Mike Adams, 4-7th Cav commander. "The Soldiers are excited, we are ready for training and we are executing what we came here to do with our Philippine Army counterparts."

"What you're doing here at Balikatan has global implications," Tucker said. "You might not realize it at this moment, but believe me, our bilateral partnership with the Philippines is very important in the global war on terrorism. You're all ambassadors of the United States."

Tucker also took time to re-enlist six Soldiers from the 4-7th Cavalry during his visit. "It was great to be re-enlisted by the CG today," Staff Sgt. Avery Mack, one of the re-enlistees, said. "This is the greatest job on earth and now I'm gainfully employed for the next four years."

This is the second time the 4-7th Cavalry has been in this locale.

"It is a historic return for our unit here in the Philippines. 4-7th Cavalry was here back in World War II and actually performed their mission just north of where we

are right now," Adams said. The unit received three of the campaign streamers on its colors for its missions in the Philippines during World War II.

Tucker also visited troops around their temporary camp and chatted with Soldiers about the exercise. Some Soldiers admitted to missing Korea during the exercise.

"Some of you probably can't wait to get back to Korea," Tucker said. "You see, once you leave and go somewhere else, that's when you realize that Camp Hovey or Camp Red Cloud is 'paradise' after all."

The unique training provided here for 2nd ID Soldiers builds relationships between militaries and local communities is designed to yield long-term security dividends for the region. The exercise will also improve 2nd ID's ability to conduct joint and multinational operations on the Korean Peninsula.

"The exercise and training is excellent," Mack said. "The two-week training we are receiving here definitely makes us more proficient in our skills that we need for Korea. I recommend us participating more."

The focus of Balikatan 2011 is combined training with the Armed Forces of the Philippines to be better prepared to provide humanitarian relief and assistance in the event of natural disasters and other crises that endanger public health and safety.

Balikatan 2011 is the 27th in this series of annual bilateral exercises and is held under the auspices of the Philippine-U.S Mutual Defense Treaty and Visiting Forces Agreement.

1-72nd spends time with kids

Story and photo by Staff Sgt. Jennifer Bunn

1st HBCT Public Affairs

Soldiers from C Co., 1st Battalion, 72nd Armor Regiment, 1st Heavy Brigade Combat Team, hosted a barbecue April 1 for approximately 150 children from local orphanages at the Dongducheon Citizen Hall.

"Every quarter our company tries to do something cultural, or do a community service event," said Capt. Michael B. Kim, company commander for C Co., 1-72nd Armor. "Initially we were just going to do a barbecue for about 50 kids, but the Soldiers are really excited and came up with all these ideas."

The Soldiers set up several stations to give the children a variety of fun things to do. There were various crafts and activities including basketball, soccer, football toss, and a bounce house. Hotdogs, chips and cookies were served for dinner.



Children from local orphanages demonstrate their football tossing skills during a barbecue at the Dongducheon Citizen Hall April, 1. The event was hosted by the Soldiers from C Company, 1st Battalion, 72nd Armor Regiment, 1st Heavy Brigade Combat Team.

Click on    at www.2id.korea.army.mil for more photos of the event.

WARRIOR NEWS BRIEFS

Free Music Concert and Museum Tour

The Korean American Association will hold its annual Friendship Concert for American Forces personnel and their Family members at the Yong Theater located in the National Museum of Korea, April 18, 7 - 9 p.m.

The KAA is also offering a free guided tour of the museum prior to the concert.

The performing musicians include renowned violinist Lee Sung-ju, pianist Park Jong-hoon, cellist Lee Kang-ho, violist Kim Sang-jin, bassist Lee Chang-hyung, tenor soloist Shin Dong-ho and members of "Bohemian Singers."

The museum tour is scheduled from 5 p.m -6:40 p.m.

Free transportation is available from USAG Yongsan to the museum and back.

For more information, or to reserve a ticket, e-mail paocr@korea.army.mil.

Free nutrition forum

Registered dietitians will hold a free nutrition forum at 3:30 p.m., April 27 at the Carey Fitness Center on Camp Casey.

Topics discussed will include superfoods and healthy living. Snacks will be provided.

For more information or to reserve your seat call Robert Gobble at DSN 730-2322 or 010-8686-1499.

Finance Hours

The Camp Casey finance office located in Bldg. 2440, is open 9:30 a.m.-

4:30 p.m., Mon.-Fri. and closed Thursdays.

The Camp Stanley finance office located in Bldg. 2245, is open 9:30 a.m.-4:30 p.m., Mon.-Fri. and closed Thursdays.

The Camp Red Cloud finance office located in Bldg. 267, is open 9:30 a.m.-3 p.m., Fridays.

Family members allowed to eat in Area I DFACs

Military Family members are permitted to eat in all dining facilities on Area I installations as part of a 60-day trial, except Camp Casey's Iron Horse Café. The Iron Horse Café will not participate because it's operating above 100 percent capacity.

Family members will pay the existing rates based on the pay grade of their sponsor.

Contact your local Area I DFAC for current rates.

For more information, call Chief Warrant Officer 3 Luis Aviles at DSN 732-6586.

Upcoming NEO Exercise

The annual non-combatant evacuation operations exercise, Courageous Channel, is just around the corner. Courageous Channel is an exercise which prepares Department of Defense Family members and non-emergency essential DOD civilians for an emergency.

As part of the exercise, all DOD affiliated dependants – whether or not they are command sponsored – must process through one of four evacuation

control centers from May 19-21. It is voluntary for U.S. embassy personnel, DOD retirees, contractors and their Families.

Any other U.S. civilians with base access can participate.

The evacuation control centers and operation hours are as follows:

Camp Casey Hanson Field House, Camp Red Cloud fitness center, US-AG-Yongsan's Collier Field House and Camp Humphreys' Zoeckler fitness center. Families must bring all passports and required paperwork to the ECC for processing.

Contact your NEO warden for more information.

Maude Hall hours adjusted

As part of U.S. Army Garrison Red Cloud's continuing effort to improve customer service for Soldiers, civilians and Families it's taking a close look at its hours of operations.

The hours of operations for all garrison customer service points in Maude Hall, Bldg. 2440, Camp Casey, will be adjusted to 9 a.m. to 6 p.m., including through the lunch hour, to better serve customers.

2nd ID Family Life Center Grand Opening

The 2nd ID Family Life Center will have its grand opening April 20, 1 p.m. at Bldg. 2313 on Camp Casey. All are invited.

The center will offer marriage and individual counseling sessions and classes. For more information, call DSN 732-7758.

Movies

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.

April 15: Just Go With It / Sanctum
April 16: Never Say Never / Just Go With It
April 17: The Roommate / The Eagle
April 18: The Dilemma
April 20: The Rite
April 22: Arthur / True Grit
April 23: Gnomeo & Juliet / Arthur (2)
April 24: I Am Number Four / Sanctum
April 25: Arthur
April 27: I Am Number Four

Camp Red Cloud

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

April 15: Sucker Punch / No Strings Attached
April 16: Sucker Punch
April 17: Never Say Never
April 18: The Eagle
April 19: Just Go With It
April 21: The Green Hornet
April 22: The Roommate / Sanctum
April 23: Gnomeo & Juliet / No Strings Attached
April 24: Never Say Never
April 25: The Eagle
April 26: I Am Number Four
April 28: Just Go With It

Camp Hovey

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

April 15: The Roommate
April 16: Sanctum
April 17: Just Go With It
April 19: The Eagle
April 21: Arthur
April 22: Just Go With It
April 23: Never Say Never
April 24: Arthur
April 26: I Am Number Four
April 28: The Eagle

Camp Stanley

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

April 15: The Eagle / No Strings Attached
April 16: The Roommate / The Eagle
April 17: Sucker Punch
April 18: Sucker Punch
April 20: Arthur (2)
April 21: The Roommate
April 22: Never Say Never / Just Go With It
April 23: Gnomeo & Juliet / I Am Number Four
April 24: Just Go With It
April 25: The Roommate
April 27: I Am Number Four / No Strings Attached
April 28: Gnomeo & Juliet

Camp Humphreys

Show times: Mon.-Fri. 6:30 & 9 p.m.
Wed., Sat. & Sun. 3:30, 6:30 & 9 p.m.

April 15: The Eagle
April 16: Never Say Never / The Eagle
April 17: Never Say Never / The Eagle
April 18: Just Go With It
April 19: Just Go With It
April 20: I Am Number Four
April 21: I Am Number Four
April 22: Earth / Arthur
April 23: Gnomeo & Juliet / Arthur
April 24: Gnomeo & Juliet / Arthur
April 25: Arthur
April 26: Like Father, Like Son
April 27: Like Father, Like Son
April 28: Unknown

CHAPEL SERVICE TIMES

Camp Red Cloud

Protestant:

11 a.m. Sunday

Catholic:

9 a.m. Sunday

KATUSA:

7 p.m. Sunday

COGIC:

12:30 p.m. Sunday

Camp Casey

At Stone Chapel

Protestant:

10 a.m. Sunday

At Memorial Chapel

Gospel:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At West Casey Chapel

Protestant:

10 a.m. Sunday

Catholic:

Noon Sunday

LDS Bible study:

7:30 p.m. Thursday

LDS Worship:

4 p.m. Sunday

Camp Hovey

At Hovey Chapel

Catholic:

9:30 a.m. Sunday

Protestant:

11 a.m. Sunday

KATUSA:

6:30 p.m. Tuesday

At Old Hovey Chapel

Bldg. 3592

Orthodox:

10 a.m. 1st, 3rd Sunday

At Crusader Chapel

Protestant:

11 a.m. Sunday

Camp Stanley

Protestant:

10 a.m. Sunday

Gospel:

12:30 p.m. Sunday

Camp Humphreys

At Freedom Chapel

Catholic:

9 a.m. Sunday

Protestant:

11 a.m. Sunday

Church of Christ:

5 p.m. Sunday

Gospel:

1 p.m. Sunday

KATUSA:

7 p.m. Tuesday

Points of contact

Camp Red Cloud:

732-6073/6706

Memorial Chapel:

730-2594

West Casey:

730-3014

Hovey Chapel:

730-5119

Camp Stanley:

732-5238

Camp Humphreys:

753-7952