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HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



INDIANHEAD

SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963
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Specical Edition: Culinary Specialists

2nd Inf. Div.
quartermasters
lead the way with
Support in **Victory**





PHOTO OF THE MONTH

(Top): Sgt. Nathan Rhoades photographed a "Castaway" Soldier conducting vehicle preventative maintenance checks and services, while in mission oriented protective posture, on Camp Casey, South Korea, April 1. The purpose of MOPP training is to familiarize Soldiers with both their chemical, biological, radiological, nuclear, and explosive equipment. The Castaway and Rhoades are with Charlie Company, 115th Brigade Support Battalion, 1st Armored Brigade Combat Team, 1st Cavalry Division.

(Cover): 2nd Infantry Division/ROK-U.S. Combined Division Soldiers enjoy a meal during lunch at the CG's Mess on Camp Red Cloud, South Korea, May 3. The Soldiers show off their warrior spirit with the Fight Tonight pose.



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A plate of traditional soul food that is served every Thursday at the Kilbourne dining facility on Camp Red Cloud, South Korea, April 20.

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INDIANHEAD

**Maj. Gen.
Theodore D. Martin**
Commanding General
2nd Infantry Division

**Command Sgt. Maj.
Edward W. Mitchell**
Command Sergeant Major
2nd Infantry Division

Lt. Col. Richard C. Hyde
Public Affairs Officer
richard.c.hyde.mil@mail.mil

Maj. Selwyn Johnson
Deputy Public Affairs Officer
selwyn.johnson.mil@mail.mil

Master Sgt. Kimberly A. Green
Public Affairs Chief
kimberly.a.green.mil@mail.mil

Sgt. 1st Class Regina Machine
Publication NCOIC
regina.r.machine.mil@mail.mil

PUBLICATION STAFF

Sgt. Courtney Smith-Clax
Editor

Cpl. Kim, Jin Hyeok
Korean Language Editor

Pfc. Lee, Jong Kuk
Staff Writer

Pfc. Park, Jun Kyu
Staff Writer

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What's your favorite thing about the 2ID DFACs? If you could change any aspect, what would it be?



Dining Facility: CG's Mess, Camp Red Cloud

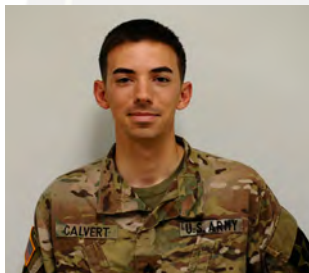
Name: Staff Sgt. Joaquin Goicoechea

Hometown: Miami, Florida

Duty Position: Division Retention Operations NCO

The service in the CG's Mess is hospitable and professional. The food is excellent, the portions are large, and it tastes great. The inside has a clean and immaculate appearance. Most importantly, you can tell the culinary specialists take pride in their job.

I wouldn't change a thing, I'm happy with the service.



Dining Facility: Thunder Inn DFAC, Camp Casey

Name: Sgt. Mason M. Calvert

Duty Position: Prime Power Production Specialist

Hometown: Virginia Beach, Virginia

They have a great Korean staff there so I'm able to practice my Korean with them. Breakfast, the portion sizes are good, they have a waffle maker and I like that I can get in and out quickly.

Some of the TV's are broken so I can't watch my Korean dramas anymore. The lines to pay can get confusing.



Dining Facility: Talon Cafe, USAG Humphreys

Name: Cpl. Han, Seong Mun

Duty Position: Human Resource Specialist

Hometown: Gangnam, Seoul

When I go to the dining facility I like the Teriyaki Chicken the most. There are other items that I like as well, but that one I always eat.

I would like better quality omelettes for breakfast. Sometimes they're runny.



Dining Facility: Provider Grill, Camp Carroll

Name: Pfc. Anayeli Melgar

Duty Position: Wheeled Vehicle Mechanic

Hometown: Wilmington, North Carolina

There's a variety and I get to pick what I want. There's also healthy options at the salad bar.

There are no to-go plates; I'd have to bring in a container if I wanted my food to go. The DFAC is very far from my side of post. This makes grabbing lunch or breakfast after PT difficult.

For meal prices, hours of operation and daily menus please visit the 2ID/RUCD's DFAC web site at <http://www.2id.korea.army.mil/dfac/> Note: Second helpings are authorized upon request by diner!

Warriors
Win
1st Game



Wallop
EASCOM
37-19

Cl. 1

2d Infantry Division, Korea

October 31, 1984

Division cooks practice fine arts

by Mark LaMarche

What's cooking in the world of fine arts? Maybe you've been looking in the wrong place. Maybe just looking for talent and a good presentation isn't enough. Sometimes you have to follow your nose to find what the artist has concocted.

Soldiers in the 2nd Infantry Division have found an art which they've been overlooking. They found it in the kitchen where culinary artists work every day to prepare tasteful arrangements.

Culinary artists are commonly known as cooks. The fruits of their labors are often referred to as chow, especially in the Army.

Recently, the 2nd Infantry Division had its first culinary arts competition. Artistic food displays were judged by a three-man panel. A wide variety of buffets, breads, and dessert were exhibited. The competition also included hors d'oeuvres, center spreads and limited calorie meals.

Entries were submitted by master and novice chefs from units throughout the division. Twenty-two awards were presented. Sp5 Robert Florez

of HHT 4th Squadron, 7th Cav was the overall winner for best in show. SFC Joseph Berger, Jr. of HHC DIVARTY was the runner up.

"Professionalism is alive and well in the food services MOS," said Sgt. Maj. Michael Damico, the division's food service supervisor. "There's a wealth of talent in the division's food services program."

"We truly have some hard-working people in this specialty. Their efforts should not go unnoticed," he continued. "Their competitions dispell the image of the 'sack' cook which is portrayed in comics and cartoons."

The division's culinary arts competition was also the first such competition to be held in Korea. An 8th Army competition is being scheduled for mid-January. Winners there will compete in an Army-wide culinary arts competition at Fort Lee, Va., in March.

The Army may soon recognize its cooks as culinary artists, but that doesn't mean dining facilities, also known as mess halls, will ever be referred to as culinary arts centers.



Photo by Mark LaMarche

Brig. Gen. William H. Harrison, ADC (S), taste-tests one of the entries in the Culinary Arts competition.

2nd ID bakers take the cake in contest

by Robert R. Osman

Aside from the daily task of preparing meals for soldiers, cooks and bakers throughout the Division recently took some of their own time to do something they all enjoy, cooking and baking. The Division's best converged Oct. 21 at Casey's 2-2-0 Recreation Center for the Second Annual 2nd Division Culinary Arts Show.

According to CWO 2 Lionel E. Cartwright, Division Food Service Advisor, eleven categories were judged, including cocktail canapes/hors d'oeuvres, three cold buffet dishes, decorated tier and edible cakes (two different categories), fancy pastries, centerpieces, a complete meal displayed cold, a limited calorie meal and breads.

Sgt. Sandra Landy from D Co., 2nd Medical Bn. who entered the decorated tier cake categorie said, "It's only my second time I've competed in a culinary arts contest and I'm surprised at how well I did."

Landy walked away with a gold medal for her three-tiered wedding cake while sweeping the best novice award too. Then, to put the icing on the cake, she won the Commanders' Trophy for best overall exhibit in the competition.

"The Division will be represented by 15 soldiers," Cartwright said, "in the Eighth Army

Culinary Arts Show on Nov. 22 in Yongsan."

Team Member Sgt. Tom Noerr, HHC 2X, said, "There's more competition at Eighth Army, but we have a lot of good talent going, we should do well."

In the Division competition, Noerr won two gold medals and one silver medal for fancy pastry and cold fish platters. Noerr said he's concentrating more on pastries for the Eighth Army competition but he's also entering the breads category. "A lot of effort goes into cooking, besides doing it every day for the troops," said Noerr. "Competition food has to be perfect. The troops benefit from the mistakes."

Other team members going to the Eighth Army Competition include team captain CWO 2 Richard Evans, HHC 3rd Brig., co-captain SSgt. George Cordova, D. Trp., 4/7th Cav., SFC William Kollman, G Co., 702nd Maint. Bn., SFC Leonard Walizer, HHC, 1/38th Inf., SSgt. Jimmy Neal, E. Co., 25th FA, SSgt. Kinnard Turner, HHT, 4/7th Cav., SSgt. Ramon Martinez, Area Facilities Eng., Cp. Giant, SSgt. Eugene Gonzales, D Co., 2nd Med. Bn., Sgt. Shawn Lawrence, C Co., 6/37th FA, Sgt. Debbie Malone, Div. NCO Academy, Sgt. Edward Fisher, HHT, 4/7th Cav., Sp4 John Dinwiddie, B Co., 2nd Med. Bn. and Sp4 Andrea McGee, HHC, 122nd Sig. Bn.



Photo by Robert Osman

Sgt. Tom Noerr, HHC 2X dining facility baker, rolls out more award-winning pastry.

CHAPLAIN'S CORNER



BY
Chaplain (Lt. Col.) **BRIAN CHEPEY**
2ID CHAPLAIN

My oldest, my number one son, Gary, is a *grillen* machine. No one makes a steak like Gary, I'm just *say'en*!

He's knows his way around the grill, the secret *ingedientcial* spices and the grill 'de jure tools. Gary masterfully uses his tools in *flippèn* and *turnèn* them non-steroidal, non-corn fed, all natural, mouth *waterèn* Texas beef fillets!

Mercy, when the grill is at its prime temperature and the meat's thrown down the smoke fills the air! The olfactory *smellification* process brings tears to my eyes and mouth watering anticipation to my palette.

But not just mine, the entire neighborhood succumbs to the annual springtime festival of gourmet delight, celebrating the death of winter and the resurrection of spring with the joy of the fellowship meal.

People are made in the Lord's image and it's no wonder the Lord celebrates the gift of food by providing it for us. The Old Testament is filled with imagery of burning sacrificial offer-

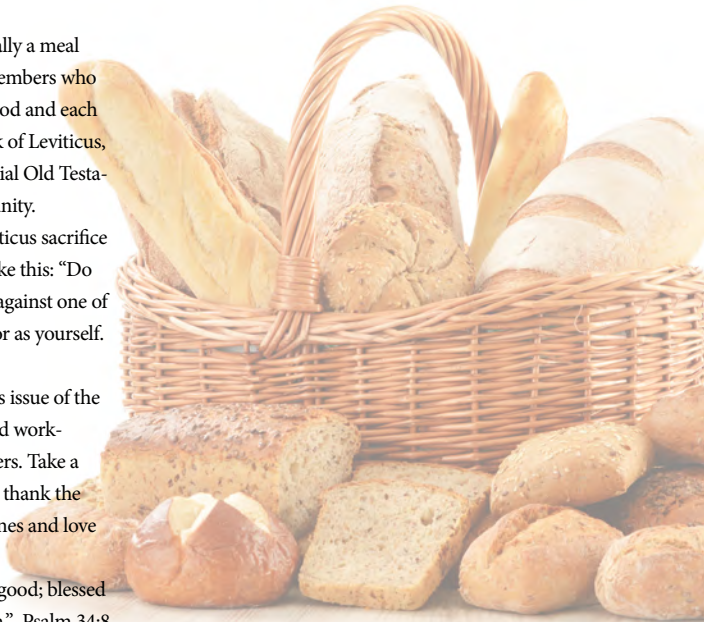
ings and how they rose as an "aroma pleasing to the Lord."

Some burnt offerings were actually a meal of fellowship to celebrate family members who refreshed their relationship with God and each other. As a matter of fact, the book of Leviticus, gives specific details on the sacrificial Old Testament form of worship and community.

That's right, community. In Leviticus sacrifice played a big role and would read like this: "Do not seek revenge or bear a grudge against one of your people, but love your neighbor as yourself. I am the Lord" Leviticus 19:18.

Come on Warriors! This month's issue of the Indianhead is dedicated to our hard working cooks and dining facility workers. Take a moment out of your busy day and thank the dedicated Warriors behind the scenes and love on your neighbor.

"Taste and see that the LORD is good; blessed is the man who takes refuge in him." Psalm 34:8
Prayers for the Warriors!



STAND-TO! ★

HEALTHY FIT FORCE

What is it?

The Army Surgeon General has championed the new Performance Triad of Activity, Nutrition and Sleep, to build resilience, improve readiness and enhance the health of the Army family.

During the last 20 years, there has been a dramatic increase in obesity among adults, children and adolescents in the U.S. According to the 2012 National Examination Survey (for 2009-2010,) approximately 41 million women, 37 million men, five million girls and seven million boys were obese.

The U.S. Army and the armed forces are not immune to this health crisis. Between 1998 and 2010, the number of active-duty overweight or obese military personnel more than tripled. Approximately nine million young adults in the prime recruitment ages of 17-24 are "too fat to fight" and serve as a member of our nation's fighting force. Nationally, only about 25 percent of young adults are eligible to serve. The remaining adults are not eligible to enlist due to obesity or other preventable health conditions.

What has the Army done?

As the Army seeks to attract and retain quality Soldiers and civilians, it must also find ways to influence lifestyle behaviors to support the readiness and health of the force. Army Move! is a standardized weight management program that provides useful nutrition and physical activity strategies to help the Army family achieve weight management success.

Why is this important to the Army?

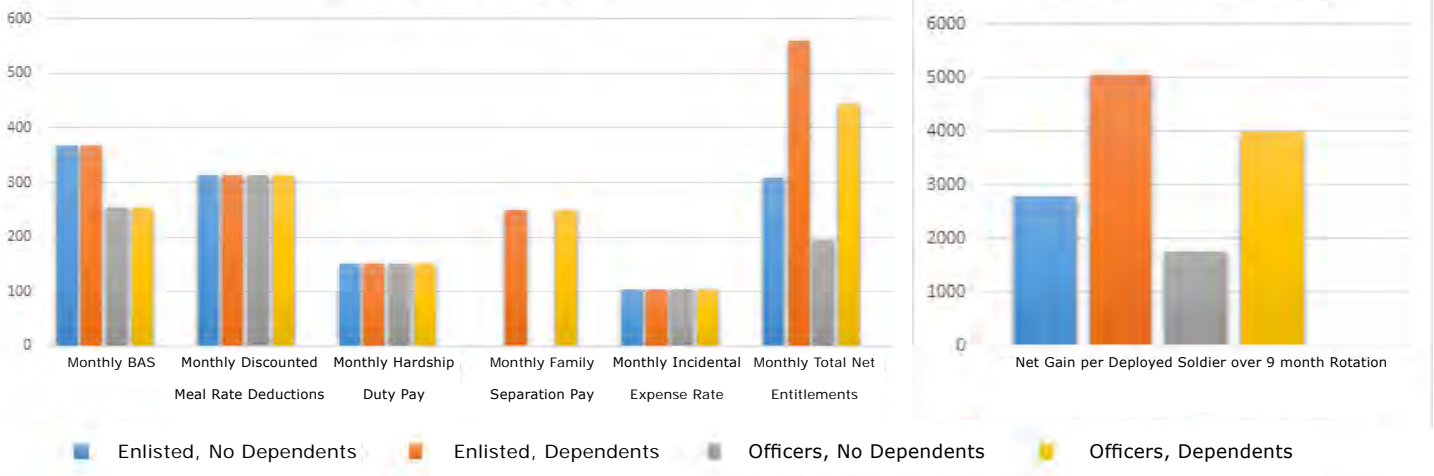
A healthy and fit force is critical to the Army and national security. The Army has no greater mission than to help our Soldiers, retirees, family members and civilians, prevent disease and live healthier lives. Obesity increases risks for diabetes, cardio-vascular and heart disease, hypertension, cancer and many other related health conditions. However, these health risks can be prevented and controlled by making positive lifestyle choices. Maintaining a healthy body weight through good nutrition with a proper balance of sleep and activity is the key to disease prevention and a healthier life.

What continued efforts does the Army have planned for the future?

As Army Medicine moves from a healthcare system to a system of health, our focus is on prevention of disease. The Army and Army Medicine will continue to encourage members of the Army family to make healthier choices to enhance the health, resiliency and readiness of the force.



Soldier Status	Assignment Status	Monthly BAS	Monthly Discounted Meal Rate (DMR) Deductions	Monthly Hardship Duty Pay (HDP-L)*	Monthly Family Separation Pay (FSA)	Monthly Incidental Expense (IE) Rate	Monthly Total Net Entitlements	Net Gain per Deployed Soldier over 9 month Rotation (2ID/RUCD Rotation)
Enlisted, No Dependents	TDY Rotation	\$368.29	(\$313.50)	\$150.00		\$105.00	\$309.79	\$2,788.11
Enlisted, Dependents	TDY Rotation	\$368.29	(\$313.50)	\$150.00	\$250.00	\$105.00	\$559.79	\$5,038.11
Officers, No Dependents	TDY Rotation	\$253.63	(\$313.50)	\$150.00		\$105.00	\$195.13	\$1,756.17
Officers, Dependents	TDY Rotation	\$253.63	(\$313.50)	\$150.00	\$250.00	\$105.00	\$445.13	\$4,006.17



Essential Unit Messing

Effective 15 February 2016, Essential Unit Messing (EUM) is implemented for Korea Rotational Forces. The “Discounted Meal Rate (DMR)” will be collected through Military Pay Payroll Deduction for a monthly total of \$313.50.

BAS is an entitlement meant to offset costs for a member’s meals.

Enlisted Soldiers (BAS-DMR): Receive the monthly BAS of \$368.29 minus the monthly DMR of \$313.50 for a remaining amount of \$54.79.

Officers (BAS-DMR): Receive the monthly BAS of \$253.63 minus the monthly DMR of \$313.50 for a net out of pocket of -\$59.87.

Effective 15 FEB 16: Entitlements for Rotational TDY Orders

\$105.00 Monthly IE Rate. \$3.50: Daily Incidental Expense (IE) Rate, normally filed at the end of the rotation

\$250.00: Family Separation Pay (if applicable)

\$150.00 or less (*Location Dependent): Hazardous Duty Pay-Location

References: 1) ASA (M&RA) Designation of EUM for KRF, 24 NOV 15; 2) CY 15 Food Service Charges, 01 JAN 15

POC: 2ID C-1, LTC Terry D. Brannan as of 19 Jan 2016

Essential Unit Messing

What is Essential Unit Messing (EUM)?

A: The Department of Defense Directive (DoDD 1418.05, October 6, 2003) defines EUM as: any group messing that an appropriate authority declares essential for operational readiness, military operations or effective training where members are required to eat Government-furnished meals. EUM helps to address concerns senior leaders have regarding the readiness of Soldiers. The Chief of Staff of the Army Gen. Mark Milley said readiness “is #1, and there is no other #1.” He goes on to say that “Our collective strength depends on our people – their mental and physical resilience is at our core.” Some of our readers still have questions and we thought we would help answer just a few of them.

Q. What is Essential Unit Messing (EUM)?

A. EUM is a policy that requires dining facilities to provide three healthy meals for all Soldiers deployed to Korea as part of a rotational unit. Under EUM, Soldiers receive BAS and then pay \$10.45 per day for all three meals (deducted automatically on LES). In the same way field rations do, this ensures Soldiers have access to healthy meals to keep them fit to fight tonight.

Q: Why the push toward using EUM?

A: We found that Soldiers were eating unhealthy meals, which was affecting their ability to perform their duties and stay fit and healthy. The Sergeant Major of the Army Daniel A. Dailey was asked this question during a March 2016 town hall at Camp Casey, Korea. He said, “EUM is about readiness.” EUM addresses commanders concerns about their Soldiers ability to receive the nutrition they need for optimal performance, rapid recovery from stress, illness and injury. Good nutrition also helps Soldiers stay alert. By implementing EUM, Soldiers receive the nutrition they need to perform at their best.

Q: Will losing their Basic Allowance for Subsistence (BAS) cause undue financial hardship for some Soldiers?

A: The BAS payment that Soldiers receive has always been provided for the food eaten by the Soldier. It is not intended to subsidize the Soldiers income. It is our responsibility to provide the best care possible for our Soldiers and that includes nutritious meals. EUM provides three full and healthy meals per day at a discounted rate of just \$10.45. Soldiers’ living quarters only have a common area for food preparation, so more often than not, they are eating out. Most of the food establishments that are easily accessible to them cost more than a meal at the dining facility (DFAC). These fast food restaurants often do not provide the balanced meal Soldiers need to stay healthy and ready.

Q: Why are the portion sizes in the DFACs so small and are Soldiers allowed to get seconds?

A: Portion sizes in the DFACs have been determined by health and nutritional guidelines however, Soldiers are allowed to return to the line if they feel they need more food. Healthy choices and portion control are always encouraged.

Q: How much money will I lose by having to utilize the DFAC?

A: Taking into account all of the entitlements which Soldier deployed here to Korea receive, there is a net gain for all Soldiers in pay. This includes the cost of their meal as well. Please see the Korea Rotational Unit Entitlements chart for all the details. (page 6)



MILITARY OPERATED *FOOD* TRUCK TALON CAFE



STORY AND PHOTOS BY
Sgt. **KENYA CLARK**
2CAB PUBLIC AFFAIRS OFFICE

There is a low murmuring that grows in the stomachs of waiting customers as the clock nears 11:30 a.m. on USAG Humphreys, South Korea. The metallic sound of the front cage being raised draws the attention of the hungry patrons waiting in line.

"Good afternoon, what would you like to order," says Pfc. Gabrielle Piquant, a food service specialist, 4-2 Aviation Regiment Battalion, 2nd Aviation Regiment., 2nd Combat Aviation Brigade.

Talon Cafe's Grab & Go food trucks serve servicemembers on Camp Humphreys, South Korea April 12.

The truck is one of the few food trucks operated in the Army. It's a flexible meal option that provides nutritionally adequate meals to Soldiers other than the traditional dining facility.

"I like this experience, it's convenient," said Pvt. Dakota Eller, a helicopter repairer, 4-2 Avn. Regt. 2nd CAB. "It is close to the hangar where I work and I could easily go back to work or get some more time to rest."

Soldiers are able to shoot, move and communicate with the fast and convenient options the food truck provides.

The state of the art feeding trailer is equipped with a grill, oven, serving lines and a hot panini press. The satellite trailer offers a variety of hot and cold sandwiches, prepackaged salads and select mainline entrees to customers.

"No other place serves like this," said Pfc. Gabrielle Piquant, a food service specialist, 4-2 ARB. "On a busy day we serve over 80 people."

Soldiers working on the trailer are enjoying the experience and realize what they provide is quite special in the food service arena.

"Working on the food truck isn't too different from working in the DFAC but I enjoy interacting with the customers," said Piquant. "Now that the weather is nice, it's good being outside."

USAG Humphrey's food truck is not only convenient but satisfying.

"I like the burgers and hot dogs," said Heller. "I would recommend this food truck to everyone."

(1) The Grab & Go food truck makes food easily accessible on USAG Humphreys, South Korea, April 12. (2) Talon KATUSA eats a sandwich to order at the Grab & Go food truck on USAG Humphrey, South Korea April 12. (3) Commissioned officers receive their food from the Grab & Go food truck as they return to work, April 12. (4) Sgt. Latasha Price and Pfc. Gabrielle Piquant, food service specialists, 4-2 Aviation Regiment Battalion pose for a photo in front of the Grab & Go food truck on USAG Humphreys, South Korea 12 April. (5) A meatball sandwich is a regular choice when eating at the Grab & Go food truck on USAG Humphreys, South Korea.

CULINARY SPECIALISTS IN TRAINING



STORY BY: Sgt. 1st Class STEPHANIE WIDEMOND
2ND SUSTAINMENT BDE PUBLIC AFFAIRS
PHOTOS BY: Sgt. 1st Class RICHARD DONNELL
DINING FACILITY MANAGER, CHAMPION CAFE

Chilled butter is placed in a mixing bowl and measured. Quantities of sifted sugar, milk and vanilla extract are blended together. A few drops of food coloring is added into the mixture and then the frosting for the cake is complete.

The frosting is piled high and whipped into submission to form shapes and images. Layer by layer the frosting knives mold the sweet topping to form a woman's face.

Culinary specialists bake these specialty cakes at the Champion Cafe on Camp Carroll, South Korea.

Champion Cafe Soldiers within the dining facility have made Area IV known throughout the peninsula for their delectable cake creations.

All of these one-of-a-kind cakes were created in-house and have won awards and recognition, providing motivation to their culinary specialists. This isn't an easy task to bring the ideas that are in their heads to life.

The last cake recognized for its creativeness was made for the Sexual Assault Awareness and Prevention Month observance. Cakes were also created for Black History Month and Women's History Month.

The brainstorming for cakes begins with an idea, usually for an Equal Opportunity observance. From there, research begins to make the creation unique.

The creations are entirely edible and a sight to behold. The icing on the cake is a fondant or a paste made of sugar and water, which can be colored or flavored depending on what is being created.

Champion Cafe's team of culinary specialists consists of seven personnel – six Soldiers and one Korean National.

What makes their cakes special is their team's dedication and sense of pride. This pride extends to the service they provide Soldiers on a daily basis.



Champion Cafe

Camp Carroll

(Top) The Equal Opportunity observance Women's History Month cake.

(Bottom) The Equal Opportunity observance African American History Month cake.

KILBOURNE



(Top Left) Ribs, baked chicken, and barbequed chicken are just a few of the items served at the Kilbourne dining facility on Camp Red Cloud, South Korea, during Soul Food Thursdays. (Top Right) Spc. Randy Smiley Jr., Jacksonville, Florida, native and a culinary specialist, Headquarters Support Company, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, cuts barbecued ribs at the Kilbourne Dining Facility on Camp Red Cloud, South Korea, April 21. (Bottom Right) Cpl. Park, Gi-Tae, a Nowon-gu, Seoul native and an information technology specialist, Headquarters Support Company, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, bites into a rib at the Kilbourne dining facility on Camp Red Cloud, South Korea, April 21.

Soul Food Thursday



STORY AND PHOTOS BY
Cpl. KIM, JIN-HYEOK
2ID PUBLIC AFFAIRS

Every Thursday at 9 a.m. thick bricks of cheese are sliced, cubed, melted down, and poured over elbow macaroni. Spices and butter are included to help make the macaroni and cheese as creamy as possible.

Sweet scents from the dining facility stirs growing appetites in the Soldiers waiting in line outside. The doors are unlocked and the Soldiers flood inside to fill their bellies.

The military community is served traditional soul food at Kilbourne Dining Facility on Camp Red Cloud, South Korea April 21.

"Soul Food Thursday is a military tradition," said Staff Sgt. Kishma Benjamin, a Baytown, Texas, native and a noncommissioned officer in charge of Kilbourne DFAC, Headquarters Support Company, Headquarters and Headquarters Battalion, 2nd Inf. Div. Combined. "We get the recipes from the TM 10-412 or Armed Forces Recipe Index. It's not hard to make soul food, but it requires a lot of time."

Soul food is a variety of African-American cuisine that include fried chicken, macaroni and cheese, and collard greens. This food is intended to feed the soul as well as the body and remind Soldiers of home.

"I've come to Kilbourne DFAC every Thursday to enjoy soul food ever since I got

here," said Pvt. Nolan Morris, a Tampa, Florida native and a network maintainer, Charlie company, HHBN, 2nd Inf. Div. Combined. "My side item is the cheesy gooey macaroni and cheese because the carbohydrates it give me energy."

Many Soldiers look forward to Soul Food Thursday and visit the Kilbourne DFAC to experience a taste of home.

"Whenever I eat here [Kilbourne DFAC], it reminds me of being back home in the south," said Morris.

This traditional cuisine can be a cultural experience for KATUSAs as well.

"It's almost like I can taste my coworker's home style culture in the meal," said Cpl. Park, Gi-Tae, a Nowon-gu, Seoul native, and information technology specialist, HSC, HHBN, 2nd Inf. Div. Combined. "Just like American Soldiers are experiencing Korean culture I wanted to experience American culture. I can do this through the DFAC."

It is a rare opportunity for Soldiers to experience the taste of home while serving overseas.

"Everybody should come to the Kilbourne DFAC to enjoy soul food," said Benjamin. "I'm sure that Thursday will be your favorite day."



A culinary specialist prepares green beans as part of the hot-chow line in the field. The Mobile Kitchen Trailer is used to provide Soldiers with hot meals in almost any environment.

Morning Calm Café serves up excellence



STORY AND PHOTOS BY
Sgt. 1st Class FENECIA COUNCIL
DINING FACILITY MANAGER, MORNING CALM CAFE

In one of the Area IV dining facilities it is about more than good food and professional service there is an atmosphere of achievement and a sense of pride throughout the building.

Culinary specialists compete monthly to be the Morning Calm All Star on Camp Stanley, South Korea.

Each month, noncommissioned officers get together and select the best Soldier based on their contributions to the dining facility.

In addition to a four-day pass, Soldiers can earn other privileges.

"The winner for the month gets bragging rights, and a photo is placed on a plaque which is prominently displayed in the café," said Staff Sgt. Paul Moore, food service manager, 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division.

The motivational program was started with the intention of getting Soldiers pumped up about their job. Pfc. Andrea Myer works as an administrative clerk in the dining facility. She was the winner for the month of March.

"Wherever we need her, she'll go and fill in," said Council. "Myer is a dedicated worker and makes it a point to learn as much as possible."

The program helps build teamwork, and instills pride in the culinary specialists. The qualities that make these Soldiers All-Stars are based on the Army Core Values and the Warrior Ethos.

"It's more about the total Soldier culinary experience," said Council. "

Myer is not the only boasted talent in the café. The culinary team as a whole also deserve a round of applause. They have the ability to provide nourishing, nutritional meals to the hundreds of Soldiers that pass through the dining facility doors each day.

"We have good teamwork, we try to show off our skills and show what we can do," Staff Sgt. Paul Harris, food service manager, 2-8 Cav.

"Food is like fuel, you are fueling the Soldiers, giving the energy back," said Capt. Peter Etabo, commander, 46th Transportation Company, 194th Combat Sustainment Support Battalion.



Soldiers come to the Morning Calm Cafe for the main line and the short-order options. The cafe recently added rotisserie chicken to the menu to expand the diners choices'.



A culinary specialist prepares to cut a cake, used during one of the many events at the Morning Calm Cafe. The dining facility prides itself in providing outstanding customer service to the hundreds of patrons that come through for each meal.

IRONHORSE CAFE



STORY AND PHOTOS BY
Sgt. **CHRISTOPHER DENNIS**
1ST ABCT PUBLIC AFFAIRS

TAKES SUGGESTIONS, ADDS FEATURES



The sun peeks over the roof of the barracks to reveal a single Soldier walking down the road. Her eyes are focused under the bill of her black Ironhorse cap.

For one culinary specialist, the average workday starts in the pre-dawn hours, arriving at the Ironhorse Cafe where she begins work at 4:45 a.m. to prepare breakfast. After Soldiers have finished breakfast, she starts preparing for the lunch crowd that will be arriving in a few hours.

"It was pretty difficult for me," said Spc. Kayla Sargent, a culinary specialist, Forward Support Company J, 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team.

Brigade Combat Team 'Ironhorse,' 1st Cavalry Division. "I'm so used to everyone else coming up with the menu and just following orders. But trying to plan it, and come up with the items by myself is a lot different."

Improvements have been made to the DFAC include additional coffee, juice, and soft drink machines, opening up a second main line, offering an enhanced sandwich bar, and adding a grab-and-go line.

The concept behind the extra drink stations and additional equipment was to minimize the 'choke points' and create a better flow for the Soldiers, said Sgt. 1st Class Brandon Myles, DFAC manager.

"Essential Unit Messing took effect Feb. 15. Culinary specialists at the brigade dining facilities have had to accommodate much larger-than-normal numbers of Soldiers eating at these facilities," said Myles. "Initially serving fewer than 500 Soldiers per meal, culinary specialists are now feeding more than 900 Soldiers per meal at the dining facility"

For the past three weeks the Ironhorse Cafe has been testing out new ideas for meals such as Italian food, hot subs, and Mexican food Specialty Bars.

"The cafe tested a lot of different meals and selected the ones that people asked for again, and chose those dishes for the specialty bar," said Myles. "The idea for the specialty bar is to provide the Ironhorse Soldiers with a mix of different options for lunch and dinner."

Not only has the Ironhorse Cafe added equipment and the specialty bar, but they have also expanded their sandwich bar to include more options.

"It was a very basic sandwich bar. We wanted to bring the food court in here, so we added bell peppers, pickle spears, multiple meats, and cheeses," said Myles.

For Soldiers, the changes are a positive sign that DFAC Soldiers, and brigade leaders, are listening to their comments and concerns.

"I think the food has improved ... they're willing to work with everybody," said Pfc. Dustin Norton, a wheeled vehicle mechanic, 1st Squadron, 7th Cavalry Regiment, 1st ABCT.

Culinary specialists at the dining facility are proud of the improvements being made.

"If we can put out something people like and appreciate, then we all win," said Sargent.

(Top) Spc. Kayla Sargent, Forward Support Company J, 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division cook Mongolian dishes for Ironhorse Soldiers during the opening of the specialty bar at the 1st ABCT Consolidated Dinning Facility, April 25. (Middle) Spc. Kayla Sargent serves meals that are dedicated to different types of Mongolian meals during the opening of the specialty bar at the 1st ABCT Consolidated Dinning Facility, April 25. (Bottom) Ironhorse Cafe displays one of the many Mongolian meals that are served daily.



Rotor Wash Cafe

FLIPS OVER SOLDIER/ATHLETE WARRIOR COMPETITION



STORY AND PHOTOS BY
Sgt. 1st Class **CARLANDO LOVE**
2-2 AVN BN

More than heart goes into the proper function of a dining facility. Passion, dedication, and education go into every meal that comes out of the kitchen.

The service at the Rotor Wash Cafe has been positively impacted by culinary specialists who competed in the Soldier/Athlete Warrior competition.

The Rotor Wash dining facility won the SAW Competition. The objective of the SAW was to enhance the nutritional quality of DFAC menus in order to fuel the Soldier/Athlete and promote nutrition education.

Sgt. 1st Class Carlando Love, DFAC manager, 2nd battalion, 2nd aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined Division has gained a vast amount of Army culinary experience to lead his team. Winning does not represent success but satisfied Soldiers do.

"Demonstrating commitment to people is what leads to the most success," said Love. "There is a sense of belonging that comes from developing skills in-house."

Love attributes his DFAC's success to two soldiers.

Staff Sgt. Mark Prigmore and Spc. Heather Novak, both food service specialists, demonstrate different cooking techniques to better enhance the food service within the Rotor Wash. Both Soldiers achieved a Culinary Arts Bachelorette Degree from Austin Peay University, Clarksville, Tennessee.

"They spread their knowledge and skill to Soldiers coming into the dining facility," said Love.



(Top Left) The Rotor Wash Cafe displays the different varieties of foods to the Soldiers and patrons that eat in the dining facility on K-16 Air Base, South Korea. (Top Right) Culinary specialists pose for a photo in front of the dining facility on K-16 Air Base, South Korea, May 12. (Bottom Right) Staff Sgt. Mark Prigmore and Spc. Heather Novak, both food service specialists, used their Culinary Arts degrees to help win the Soldier/Athlete Warrior Competition on K-16 Air Base, South Korea.



Thunder Inn Filled with Worker Bees



STORY AND PHOTOS BY
Sgt. **JESSICA NASSIRIAN**
210TH FA BDE PUBLIC AFFAIRS

A stillness settles over the Thunder Inn dining facility prior to Sunday lunch, on Camp Casey, South Korea. The doors of the DFAC swing open spilling out, low murmuring sounds, humming like a remote beehive.

The surge of sounds, sights and smells saturate the senses. Voices bellow orders over the crashing of pans as Soldiers move in a swarm throughout the kitchen.

Soldiers buzz by toting trays of brightly-arrayed fish, vegetables, and desserts. Like bees in a hive, each Soldier is aware of their task and incessantly checks and re-checks their product.

One worker grimaces, he shakes his head as he moves a garnish, peering at the dish's presentation with a hypercritical eye. After re-positioning the garnish twice more, he lets out a long breath as the dish is put on the service line.

Long before others awake, the Soldiers at Thunder Inn DFAC are locked in an unrelenting battle against time to provide the best food to the Soldiers they serve every day.

What's the secret to this hive's honey? The answer is pride in what they make.

"Being deployed, it's about trying to provide a home environment for these Soldiers," said Sgt. 1st Class Christopher Ornelas, a Pecos, Texas native, and culinary management noncommissioned of-

ficer at the Thunder Inn DFAC, 70th Headquarters Support Company, 210 Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division. "I want them to have that home feel and to be able to come and eat a home-cooked meal."

While flavor enhancement is a key focus of the worker bees at Thunder Inn, presentation and catering to customer's desires also play a large role in recipe creation.

"Our DFAC managers hold us to high standards. We could be good, but they want us to be great," said Pfc. Christian Lopez, a Chapel Hill, North Carolina native, and culinary specialist at Thunder Inn DFAC, 579th Forward Support Company, 210 FA, 2nd Inf. Div. Combined. "We make the food presentable and appealing to the eye because people aren't going to eat food that looks bad, but they'll eat food that looks good."

For Soldiers focused on health and hydration, the Thunder Inn staff has also turned their attention to healthy drink options. Thunder Inn now offers fruit-infused water; a colorful, tasty, and convenient means to staying hydrated and increasing the amount of vitamins and antioxidants one gets.

Infused water is more than just a fad, it can be used as a way to detox the body and remove toxins.

Presentation is only part of what makes customer-driven service.

"If you look at something like our stir fry bar, it's customer driven. They actually get to pick out exactly what they want and add their own seasonings, which gives the customer a chance to be part of the experience," said Sgt. 1st Class Jeffrey T. Lambert, a Batavia, New York native, and culinary management non-commissioned officer at Thunder Inn DFAC, 579th Forward Support Company, 210 FA, 2nd Inf. Div. Combined. "We're getting away from the institutional, cafeteria system and were trying to be competitive with the hotels and food courts," said Lambert.

"What we're working on that's coming up really soon is pizza," said Lambert. "We are going to get a pizza conveyor machine."

"The customer will be able to choose their pizza and their own toppings and we will run it through the machine for them," said Lambert.

Though the Thunder Inn DFAC offers hundreds of recipes on a weekly basis, every recipe created and plated has one ingredient in common – pride.

"It's about putting in the effort and having pride in what you do," said Lopez. "People love food and so when it comes to taking care of people we want to look out for them and give them something good to eat."

Pride and hard worker bees have proven time and again to be key in the recipe for success at the Thunder Inn DFAC.

(Top) Pfc. Daniel Carver, a Kingsland, Georgia, native and culinary specialist, 3rd Battalion, 13th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, bastes a grill full of steaks with homemade 'Carolina' barbeque sauce at Thunder Inn Dining Facility, Camp Casey, March 27. Soldiers are encouraged to present personalized recipe ideas to the Thunder Inn dining facility management team, as a means to enhance and diversify the food that is served there.

CG'S MESS



SERVES MOMMA'S PASTRIES



STORY AND PHOTOS BY
Sgt. COURTNEY SMITH-CLAX
2ID PUBLIC AFFAIRS OFFICE

The metallic pantry doors opened and plastic containers labeled sugar and flour were taken out and placed on the reflective prep table. Oblong shaped brownish orange eggs cooled next to a block of Smart Balance butter.

Inside of the kitchen in the Commanding General's Mess a Wisconsin family tradition has been introduced to the regular rotational menu.

Pfc. Dakota Heisler, food service specialist, a native of Oshkash, Wisconsin, Headquarters Support Company, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, bakes home-made pastries that are served at the CG's Mess on Camp Red Cloud, South Korea.

"The CG's Mess is different from every other DFAC within the Army because we are the last and only commanding general's mess. We place ourselves on a pedestal because we are better," said Sgt. Donell Roberts, assistant DFAC manager, native of Pontiac, Michigan, HSC, HHBN, 2nd Inf. Div. Combined.

Like the only CG's Mess left in the Army - the pastries in the kitchen are also one of a kind.

"I like baking, I like making pastries, cookies, and cakes," said Heisler. "I can put my own imagination into them; the recipes are from back home."

"My momma was always baking and all of her kids would help because we were eating at the same time," said Heisler. "Most of the time the

cookies in the DFAC are already premade, but I use my momma's recipe."

Taking the time to prepare tasty food is part of the pride that radiates throughout the CG's Mess.

"I have pride in my own facility; it's just the quality of the product that we put out" said Roberts. "We [staff at the CG's Mess] are held to a higher standard and we have to be that standard every single day."

The standard to impress also includes a home-like feeling.

"My momma knows that Soldiers are eating her cookies and that makes her happy," said Heisler. "This makes me happy ... it gives me a feeling of home."

Pfc. Dakota Heisler, food service specialist, Headquarters Support Company, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, makes it rain flour as he makes cookies at CG's Mess on Camp Red Cloud, South Korea, April 2.



SNAPSHOTS

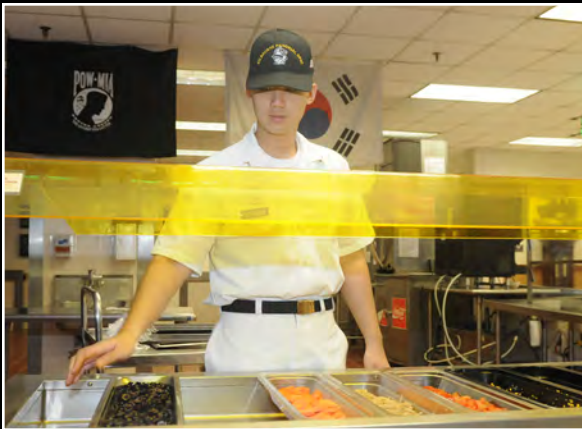


I'm going to the DFAC tonight. I'll tell you, I love dining facilities!

"Sgt. Maj. of the Army Daniel A. Dailey"



This is our Division



SABER INN

BUILDING FROM GROUND UP



(Left): 91st Engineer Battalion Soldiers enjoy meals at the Saber Inn dining facility, on Camp Hovey, South Korea, 28 April. (Right): The Saber Inn staff serve meals to Soldiers on Camp Hovey, South Korea, 28 April.



STORY AND PHOTOS BY
Cpt. OWEN DAVIS
91ST ENGINEERING BATTALION, 1ST ABCT

A Soldier wipes the sweat from his brow under his patrol cap as he approaches the snake-like line outside of the dining facility. He stares at the back of a name tape and wishes there was another place to eat on post.

To accommodate more Soldiers, and shorten lines and walking distances, food service specialist operate the Saber Inn on Camp Hovey, South Korea, April 28.

"We started from scratch," said Staff Sgt. Vielka Schulz, Saber Inn DFAC manager, 2-8 Combat Aviation Brigade Forward Support Company. "We have worked some long hours, but we have succeeded and I'm proud of what we've accomplished."

The DFAC, in the area of operations of the 91st Engineer Battalion 'Sabers,' 1st Armored Brigade Combat Team, 1st Cavalry Division, is staffed by more than 13 Soldiers and seven South Korean citizens, and regularly serves more than 350 meals per day, some days nearing 600 meals.

Schulz, a native of Portland, Oregon, said "Initially the challenge was determining the best amount of personnel for the facility, but now the chow hall is on track and running smoothly."

The other hurdles were getting contracts in place, and getting the facility

equipped and ready to serve large numbers of Soldiers.

"We knew it would be a challenging task, but my company had a plan to get it accomplished," said Capt. Glen Walker, commander, Headquarters and Headquarters Company, 91st Eng. Bn. "Working together with the subject matter experts from the 115th Brigade Support Battalion, 1st ABCT, allowed us to accomplish the mission and meet the vision and intent of the battalion commander."

Walker and his Soldiers, along with DFAC personnel from five different battalions, have successfully turned the Saber Inn from an empty building into a fully functioning DFAC in just four weeks. The DFAC has gotten good reviews.

"The food is good and the dining facility is nice," said Staff Sgt. Thomas Brown, an intelligence analyst for HHC, 91st Eng. Bn. "It is a good place to watch the news or a game while you eat."

But some Soldiers disagree on the best meal at the Saber Inn.

"Breakfast is my favorite meal of the day," said Sgt. 1st Class Benjamin Hernandez, a combat engineer with HHC, 91st Eng. Bn. "It's a great way to start off the day after physical training."

WITH STEAKS, HASH BROWNS CULINARY SPECIALISTS WIN FANS



STORY AND PHOTOS BY
1st Lt. DEANNA DURBIN
115TH BRIGADE SUPPORT BATTALION, 1ST ABCT

As armored crews certified weapons systems during a month-long gunnery exercise, culinary specialists with the Muleskinner dining facility made sure Soldiers were fed and motivated from March 22 - April 24.

Soldiers from Forward Support Company H 'Ironmen,' 2nd Battalion, 5th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, prepared meals for more than 1,100 Soldiers.

"Soldiers were always excited to come through the chow line," said Staff Sgt. Samuel Parker, the field DFAC noncommissioned officer in charge, FSC H, 2nd Bn., 5th Cav. Reg., 1st ABCT.

Ironmen served meals daily for breakfast and dinner, with flexible hours, to ensure all Soldiers had the chance to get hot meals. Though given a Meal-Ready-to-Eat for lunch, Soldiers could still drop in for cereal and soup during lunch hours.

"Soldiers appreciated the hard work and high standard of food from the culinary specialists during gunnery," said Spc. Jonathan Deutsch, a medic, Headquarters and Headquarters Company, 2nd Bn., 5th Cav. Reg.

Cooks overcame a few challenges for the month-long exercise. Already undermanned, the Ironmen culinary specialist team had to get by without their noncommissioned officer in charge for a third of the field problem, when he left for paternity leave.

"We worked hard to establish a firm foundation before I left," said Parker. "They were able to run the facility independently and did a great job while I was gone."

Parker and his wife had their first child, Samuel Parker Jr.,

"We're very grateful that I was afforded the opportunity to return home for paternity leave - I can't describe the emotions," said Parker. "It was a life-changing event, and now I have even more motivation to care for Soldiers and accomplish our mission."

Returning just in time for Table VI qualifications, the preliminary main gun crew qualification, Parker helped cook up a beloved gunnery tradition. Halfway through qualifications, Parker and his team cooked steaks for tired and hungry Soldiers.

"There is something about eating a hot meal - sitting at a table with people - that's just a huge morale booster," said 1st Lt. Allison McKearn, executive officer, FSC H, 2nd Bn., 5th Cav. Reg. "It normalizes the experience."

One menu item stood out from the rest.

"Everyone loved the hash browns," said Deutsch.

When not in the field, the Ironmen culinary specialists work in the Muleskinner Dining Facility on Camp Casey, where they provide meals for Soldiers from the 2nd Bn., 5th Cav. Reg., and the 115th BSB, 1st ABCT.



(Top): Soldiers from Forward Support Company H "Ironmen," 2nd Battalion, 5th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, prepared twice-daily meals for more than 1,100 Soldiers during a month-long gunnery exercise at Rodriguez Live Fire Complex March 22 - April 24. During the opening of the specialty bar at the 1st ABCT consolidated dining facility. (Bottom): Culinary Soldiers unload a truck loaded with the evening meal March 23.



Provider Grill food service specialist serve Republic of Korea army officers their made to order entrees on Camp Humphreys, South Korea, April 2.

RECIPE CARD

Peanut Butter Cookies

- 1 Cup - Butter
- 1 Cup - White Sugar
- 1 Cup - Brown Sugar
- 2 - Eggs
- 3 Cups - Flour
- 2 Teaspoon - Baking Soda
- 1 Teaspoon - Salt
- 1 Teaspoon - Vanilla Extract
- 1 Cup - Peanut Butter

Preheat oven to 350°. Mix butter, brown sugar, flour, baking soda, salt, vanilla extract, peanut butter and eggs then let rest for three minutes. Roll into balls, and roll in white sugar. Bake 12 minutes until golden brown. Enjoy!

PROVIDER GRILL *WILL MIX IT UP YOUR WAY*



STORY AND PHOTOS BY
1st Lt. DEANNA DURBIN
115TH BRIGADE SUPPORT BATTALION, 1ST ABCT

The Provider Grill gives Soldiers a choice of mainline dishes or Eastern Asian inspired options. Food service specialist prepare Mongolian stir-fry at the Provider Grill on Camp Humphreys April 2.

Rather than eat the everyday mainline the dining facility has mixed it up. The 92Gs behind the prep line are ready and willing to prepare entrees to order. The culinary specialists listened to the Soldiers' request and added a Mongolian Bar.

"It gives the Soldiers something different, it gives them the opportunity to take charge of their meal and create their own masterpiece," said Chief Warrant Officer 3 Tomeki D. Saunders, food operations chief, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-U.S. Combined Division.

Pleasing the Soldiers is the key to returning customers at the Provider Grill.

"The Mongolian Bar focuses on giving Soldiers a plethora of options which has helped to create a wide base of returning customers," said Staff Sgt. Daniel Kessler, DFAC administrative noncommissioned officer, 4-58 Airfield Operations Battalion, Eighth Army. "The customers appreciate having the power to create their own plates for the meal."

Each specially prepared plate has the option of fresh vegetables.

"There is a selection of freshly chopped vegetables, as well as noodles, rice and meat to choose from," said Saunders.

No items on the bar are made prior to being requested, every plate is unique and made to order.

"We add sauces and spices, then give customers the choice of noodles," Kessler said.

The specialty bar and other mix-it-up options have made the Provider Grill the go-to dining facility.

WARRIOR FITNESS



BY
HUMAN PERFORMANCE RESOURCES
CENTER

"You Are What You Eat." Although this statement has not been proven, it is known that the foods eaten make a difference in performance, longevity, and quality of life. A car engine typically uses only one source of fuel, but the body can use carbohydrate, fat, protein, and alcohol. To a certain extent, the source of fuel is dictated by availability. In other words, the body tends to use whatever it has. The macronutrients, or energy-providing nutrients, are important in this respect. Without energy the body would starve, and performance would be greatly reduced. The three main sources of energy are:

* **Carbohydrate.**

* **Fat.**

* **Protein.**

Carbohydrates or CHO, are the preferred foods for endurance and resistance training, competitive athletic events, mental agility, and healthy living. CHO foods are the preferred energy source for all athletes and for Warfighters. CHO should not be restricted. In the past, CHO have been considered "off-limits" and many Warfighters have blamed weight gain on CHO. In addition, many fad diets promote protein and fat at the expense of CHO, but as a vital energy source,

and restriction can degrade performance.

Fat is a vital part of the diet as it adds taste to foods and satisfies hunger. However, not all fats are created equal. By understanding the different types of dietary fat, how it works in the body, and using guidelines for daily on healthy diet/ fat consumption, excess fat can be eliminated from your diet and you can eat for better health.

Protein seems to be the preferred food among Warfighters to consume, based on the number of protein drinks and sports bars used in place of "real food." Also, people like to eat high protein foods because they think protein makes them grow "big and strong."



NEWS BRIEFS/HAPPENINGS

AREA I BOSS

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(CYSS Casey)

Available sessions/Fees:

Taekwondo: 5-13 yrs / 14:55 - 15:45

\$75 per month (Mondays, Wednesdays and Fridays)

Hapkido: 5-13 yrs / 14:55 - 15:45

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Combo (TKD & HKD)

Monday - Friday Class \$100

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Free Lessons

Junior Golf Lessons- Beginners

Saturday, 1-2 p.m.

Ages 7-16

Junior Golf Lessons intermediate

Saturday, 2-3 p.m.

Ages 7-16



Adult Golf Lessons

Saturday, 3-4 p.m.

First come, first serve basis

Golf Club Maintenance Class

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Free lessons on how to
change golf grip

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Camp Casey, Camp Hovey, and Camp Red

Cloud, Camp Stanley

Soldiers in uniform

bowl two games for free

Weekdays, 11 a.m.-1 p.m.

For more information please call

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Hanson Pool Grand Re-opening Party

Located on Camp Casey

Come join us May 27 at 11 a.m.



Camp Casey Hanson Outdoor Swimming Pool

May 27 - Sept. 7

Monday/Wednesday/Friday: 6:30 a.m. - 2 p.m.

Tuesday/Thursday: Closed

Weekends & U.S. Holidays/Training Holidays:

11:30 a.m. - 7:30 p.m.



AREA I BOSS

Nami Island Trip

Date: May 21

Transportation: \$5

Nami island Ferry: 12,000 won

Boating: 50,000 won for 5 people

For more information please call

730-4577

USFK Culinary Arts Team Takes *Gold*



STORY AND PHOTOS BY
Chief Warrant Officer 2 **KATRINA FREEMON**
2ND CAB DFAC CHIEF

Ten chefs from all over United States Forces Korea competed and received first place gold at the 41st Annual Competitive Training Event at Fort Lee, Virginia. The week-long competition tested the junior and senior chefs on different types of cold table displays with a gelatin glaze, a live cooking competition, presentation of food and preparation.

The level of training required for culinary arts has been described as intense and meticulous. During the competition victory hinged on superior skills in areas of advanced baking, precision cuts, and presentation.

Each chef had to attend a two-week tryout before they were invited to the big event.

For many it was well worth it for the op-

portunity to be chosen to be part of the team. Some chefs just didn't make the cut.

"I wanted to try out for it [the team]," said Spc. Raisa Adams, food service specialist, Headquarters Support Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined Division. "It was fun to learn new things ... how to debone a whole fish and different culinary cuts."

Sgt. 1st Class Elizabeth Yarbrough, senior culinary specialist, 4th Aerial Reconnaissance Battalion "Attack", 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Inf. Div. Combined was the USFK Culinary Arts Team captain. Her team was able to bring home a gold medal in the Field Category; making them the Army's best. Some members of the team also received individual bronze and silver medals.

The USFK Culinary Team is unique due to its personnel turnover, when compared to other Culinary Arts Team's across the Army. Installations such as Fort Bragg and Fort Campbell have established culinary teams with the benefit of Soldiers who are assigned to that location for up to thirty-six months. Many installations have repurposed under-utilized dining facilities into culinary arts training centers, to help train future team members and to increase the professional skills of Culinarian's within the garrison dining facilities.

Each chef is told to share what they've learned with others around them.

"These young Soldiers have another view of their job," stated Yarbrough. "They can bring [these] skills back to their dining facilities."



CULINARY NCO TALKS

NAVIGATING THE 92G CAREER



ACT Career Map - 92G - Food Service Specialist

CareerTrack

SOLDIER FOR LIFE		SKILL LEVEL						
		TIS	0-4	4-8	8-12	12-18	18-22	22+
		GRADE / RANK RCP	 PVT(E1)-SPC M(E4) PVT-PFC 5 YEARS CPL/SPC 8 YEARS CPL/SPC(P) 8 YEARS	 SGT (E5) SGT 14 YEARS SGT(P) 14 YEARS	 SSG(E6) SSG 20 YEARS SSG(P) 20 YEARS	 SFC (E7) SFC 26 YEARS SFC(P) 26 YEARS	 MSG/1SG (E8) MSG 29 YEARS MSG(P) 32 YEARS	 SGM/CSM (E9) 32 YEARS
More Info...								
HUMAN DIMENSION	GENERATING	<ul style="list-style-type: none">Corporal Recruiter	<ul style="list-style-type: none">RecruiterDrill Sergeant	<ul style="list-style-type: none">AIT Platoon SergeantInstructor/WriterRecruiterSmall Group LeaderDrill Sergeant	<ul style="list-style-type: none">Flight StewardEnlisted AideAIT Platoon SergeantRecruiterDrill SergeantInstructor/WriterSenior Small Group LeaderSmall Group Leader	<ul style="list-style-type: none">Career Management NCOProfessional Development NCOChief Instructor/WriterRetention NCO	<ul style="list-style-type: none">FMATConnelly SGMChief Instructor/WriterSenior Enlisted Aide Advisor	
	BROADENING		<ul style="list-style-type: none">Defense AttacheFlight StewardEnlisted Aide	<ul style="list-style-type: none">Defense AttacheFlight StewardEnlisted Aide	<ul style="list-style-type: none">Defense AttachePersonnel Proponent NCO	<ul style="list-style-type: none">Personnel Proponent NCOSenior Enlisted Aide		

OPERATING

Culinary NCO

Food
Quality Assurance
Evaluator

GENERATING

Flight Steward
Retention NCO



STORY BY

Master Sgt. PATRICK J. CASEY
2ND CAB CHIEF CULINARY OPS NCO

When most culinary specialists describe the Army's Food Service program their first words are typically long hours, hot kitchens, and personnel shortages. It's not that they don't love their jobs – it's just a fact. That old adage 'be prepared to start at the bottom and work up' holds true.

I was just a teenager from a town with a population of less than 1,000 in Two Rivers, Wisconsin, when I joined. But, this small-town kid left and never looked back. Over the last 28 years, I've been fortunate enough to have been afforded opportunities to see what it's like on the other side. I've worked extensively in culinary arts positions outside of the traditional dining facility to include; enlisted aide, flight steward and The Old Guard - and all I can say is, if you can't stand the heat get out of the kitchen. But, it's going to take some preparation on your part.

Having said that, I can tell you it's up to you to ACT. The 92G Culinary Specialist career field provides tremendous opportunities for career growth and advancement. Soldiers must focus on persistent advancement and perfecting leadership skills as well as technical and tactical proficiency. Soldiers should seek out those demanding positions of increased responsibility.

Broadening assignments typically identify Soldiers in the upper percentile of the MOS - demonstrated among the best performance as an enlisted aide, drill sergeant, defense attaché and more. These assignments are paramount and enhance promotion potential to the most senior enlisted ranks.

The sky is the limit for culinary specialists serving in the Army. You just have to be willing to properly prepare yourself and take a risk. NCOs must seek out the tough assignments. I'm living proof of it.

Are you tracking? For additional information and ACTION on self-development visit <https://actnow.army.mil>

Standing third from the bottom of the aircraft is then SGT Patrick Casey, in 1994, with culinary arts members while assigned as flight stewards with the Army's C20 program. The nominative program trains Army cooks to perform their job for military aircraft.

BROADENING

Defense Attache

Enlisted Aide

FUNCTIONAL TRAINING

Airborne Course

Air Assault Course



(Top): Sgt. Maj. of the Army Daniel A. Dailey poses for a picture with the food service specialists at Ironhorse Cafe on Camp Hovey, South Korea, April 6. **(Bottom):** Sgt. Alexis Alford, a Wilmington, North Carolina native and a food service specialist, 1-82 Field Artillery, 1st Armored Combat Team, 1st Cavalry Division takes a selfie with Sgt. Maj. of the Army Daniel A. Dailey at Ironhorse Cafe on Camp Hovey, South Korea, April 6.



STORY AND PHOTO BY
Sgt. COURTNEY SMITH-CLAX
2ID PUBLIC AFFAIRS

The ceiling lights glinted and reflected off of the stainless steel tongs and cookware as they moved through warm pasta. The steam rose from the pan of prepared crab legs, and the smell of the

steamed vegetables wafted as plates were served to service members.

Many seemed surprised to see who was serving them when they went through the line.

2nd Infantry Division/ROK-U.S. Combined division senior enlisted leaders and Sergeant Major of the Army Daniel A. Dailey served food at the Iron Horse Cafe' on Camp Hovey, South Korea April 6. Sgt. Maj. of the Army Dailey was also joined by Eighth Army's Command Sgt. Maj. Rick Merritt as they plated food for the troops.

"I love the dining facility, they make sure our Soldiers are eating right and eating healthy," said Sgt. Maj. of the Army Daniel A. Dailey, a native of Palmerton, Pennsylvania, the Army's senior enlisted leader. "The cooks are here to do the same thing as every other Soldier ... this is the best thing for our troops."

Dailey, who is also a big fan of dining facilities, stated that eating in the dining facility aids unit readiness.

The food service specialist, 92Gs had a chance to watch SMA Dailey step into their shoes and serve food to meal card holders and paying customers.

"I was excited; a lot of people don't show us support and to have such a distinguished member of our Army show his support made me think 'Hey someone does care for us,'" said Sgt. Jeanne Whitsfield, a native of Goldsboro, North Carolina, Headquarters and Headquarters Company, 115th Brigade Support Battalion, 1st Cavalry Division. "I had previously read an article where [SMA Daily] he said he supported 92Gs."

92Gs are Soldiers just like every other military occupational specialty.

Training does not stop at the end of the day, the Soldiers that work in the DFAC continue to soldier-on after 1700.

"We are hard workers and after everyone else goes home we are receiving training," said Whitsfield. "It's a good MOS and we are here for the customers and we are here to support them."

The support and appreciation for DFACs go back decades for the 15th SMA.

"When I was a battalion sergeant major I ate in the dining facility every day; I was so proud of my DFAC I used to take my son all the time," said Dailey. "When he was little he thought it was the Golden Corral, and he loved Golden Corral."

Eats In Korea



REVIEW AND PHOTOS BY
Sgt. **COURTNEY SMITH-CLAX**
2ID PUBLIC AFFAIRS

I could see the line hanging out of the double glass doors as I approached the dining facility with my battle buddies. As I chatted with the people next to me I couldn't help but wonder what was being served today.

The Commanding General's Mess is where I know I can always get a plate full of vegetables and leafy greens during lunch any day of the week. The CG's mess is conveniently located in the heart of Camp Red Cloud, South Korea.

I come to the DFAC several days a week because I know the items on the menu can satisfy my appetite, even though I'm a vegan. I never have to worry about not getting enough variety whenever I eat here.

As I entered the main serving area I admired how open and airy the space felt. The atmosphere had a regalness with the high ceilings and draped with American and South Korean flags.

The orb chandeliers and red table cloths gave the CG's Mess an inviting feeling that made it feel like I was eating in a nice restaurant with my friends.

As I paid my money I could smell the wonderful aroma of succotash with lima beans. I couldn't help but get excited as my stomach growled. The Soldier behind the serving line greeted me with a smile and "What will you have Sergeant?"

Skipping over the meats and sauces I selected the brown rice, succotash, cherry tomatoes, and carrots. I also asked for some steamed cauliflower just in case I was still hungry.

As I was making my way to my seat I spotted the salad bar and had to stop. The rich green leafy lettuce would go great with some kimchi.

After seating myself and having my water brought to me by a server, I bit into my salad and the crunch of the lettuce made me dig my fork right back into my salad bowl. Even though there was idle chatter at my table I was in tune with my own food and the different tastes.

As I lifted my spoon filled with rice and succotash to my mouth I could smell it before it hit my tongue. The sweetness of the corn mixed with the lima beans mingled on my palette.

Slowly between conversation and fork fulls of food I cleared my plate and felt satisfied.

I told the servers the food was wonderful as I placed my patrol cap back on my head and walked out the door knowing I would be back again soon for more of the veggies I love from the dining facility.

CG'S MESS



Sgt. Shanae Lyttle, a Virginia Beach, Virginia native and an intelligence analyst, Bravo Company, Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, makes a salad at the CG's Mess on Camp Red Cloud, South Korea, April 20.



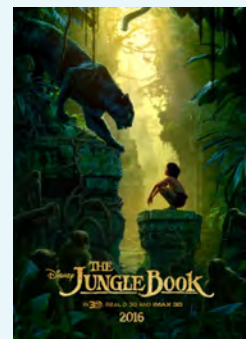
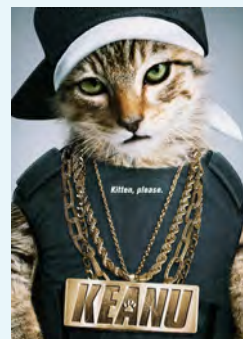
For restaurant review suggestions or submissions contact the 2ID Division PAO Office at usarmy.redcloud.2-id.list.pao-editorial-submissions@mail.mil or call Div. PAO at DSN 732-9132.

CAMP CASEY

DATE	DAY	TIME	MOVIE TITLE /CAST	RUN TIME	RATE	ADM
1-May	Sun	1800	EYE IN THE SKY	102	R	2D-3
		2000	BARBERSHOP: THE NEXT CUT	108	PG-13	2D-4
2-May	Mon	1900	THE HUNTSMAN: WINTER'S WAR	114	PG-13	2D-4
3-May	Tue		NO SHOWING			
4-May	Wed	1900	BARBERSHOP: THE NEXT CUT	108	PG-13	2D-4
5-May	Thu		NO SHOWING			
6-May	Fri	1800	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
		2030	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	3D-4
7-May	Sat	1500	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
		1730	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
		2000	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
8-May	Sun	1730	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
		2000	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
9-May	Mon	1900	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
10-May	Tue		NO SHOWING			
11-May	Wed	1900	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	3D-4
12-May	Thu		NO SHOWING			
13-May	Fri	1800	MONEY MONSTER	95	R	2D-4
		2000	MONEY MONSTER	95	R	2D-4
14-May	Sat	1800	MONEY MONSTER	95	R	2D-4
		2000	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
15-May	Sun	1800	MONEY MONSTER	UNK	R	2D-4
		2000	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
16-May	Mon	1900	MONEY MONSTER	UNK	R	2D-4
17-May	Tue		NO SHOWING			
18-May	Wed	1900	CAPTAIN AMERICA: CIVIL WAR	147	PG-13	2D-4
19-May	Thu		NO SHOWING			
20-May	Fri	1800	THE NICE GUYS	116	R	2D-4
		2000	NEIGHBORS 2: SORORITY RISING	UNK	R	2D-4
21-May	Sat	1800	THE ANGRY BIRDS MOVIE	95	PG	2D-4
		2000	THE NICE GUYS	116	R	2D-4
22-May	Sun	1800	NEIGHBORS 2: SORORITY RISING	UNK	R	2D-4
		2000	NEIGHBORS 2: SORORITY RISING	UNK	R	2D-4
23-May	Mon	1900	THE NICE GUYS	116	R	2D-4
24-May	Tue		NO SHOWING			
25-May	Wed	1900	BARBERSHOP: THE NEXT CUT	108	PG-13	2D-3
26-May	Thu		NO SHOWING			
27-May	Fri	1800	X-MEN: APOCALYPSE	131	PG-13	2D-4
		2000	X-MEN: APOCALYPSE	131	PG-13	3D-4
28-May	Sat	1530	ALICE THROUGH THE LOOKING GLASS	108	PG	2D-4
		1730	X-MEN: APOCALYPSE	131	PG-13	2D-4
		2000	X-MEN: APOCALYPSE	131	PG-13	2D-4
29-May	Sun	1730	X-MEN: APOCALYPSE	131	PG-13	2D-4
		2000	X-MEN: APOCALYPSE	131	PG-13	2D-4
30-May	Mon	1800	X-MEN: APOCALYPSE	131	PG-13	3D-4
31-May	Tue		NO SHOWING			

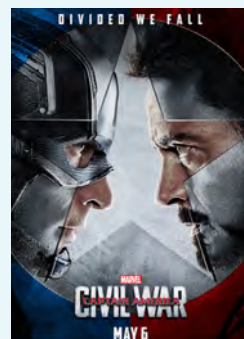
ADMISSION FEES					
ADMISSION	1st Showing	Regular	Repeat	Special	
Adult	2D	\$6.50	\$6.00	\$5.50	\$4.50
	3D	\$8.50	\$8.00	\$7.50	\$6.50
Child (6-11)	2D	\$3.75	\$3.50	\$3.25	\$2.75
	3D	\$5.75	\$5.50	\$5.25	\$4.75

For more information on movie schedules visit:
 Reel Time Theaters @ www.shopmyexchange.com
 (*) : First run or special engagement



YONGSAN MOVIES

		SCREEN 1					SCREEN 2				
Date	Day	SHOW TIME	RUN TIME	MOVIE TITLE	Rating	ADM	SHOW TIME	RUN TIME	MOVIE TITLES	Rating	ADM
01-5	Sun	1330	108	ZOOTOPA (2D)	PG	3	1330/1630/1930	100	THE BOSS	R	4
		1630/1930	100	KEANU	NR	4					
02-5	Mon	1830	100	KEANU	R	4	1900	102	EYE IN THE SKY	R	3
03-5	Tue	1830	100	KEANU	R	4	1900	102	EYE IN THE SKY	R	3
04-5	Wed	1830	100	KEANU	R	4	1900	102	EYE IN THE SKY	R	3
05-5	Thu	1830	100	KEANU	R	4	1900	102	EYE IN THE SKY	R	3
06-5	Fri	1730/2100	147	CAPTAIN AMERICA : CIVIL WAR (3D)	PG13	4	1730/2100	147	CAPTAIN AMERICA : CIVIL WAR (3D)	PG13	4
07-5	Sat	1300/1630/2000	147	CAPTAIN AMERICA : CIVIL WAR (3D)	PG13	4	1300/1630/2000	147	CAPTAIN AMERICA : CIVIL WAR (3D)	PG13	4
08-5	Sun	1300/1630/2000	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4	1300/1630/2000	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
09-5	Mon	1830	147	CAPTAIN AMERICAN: CIVIL WAR (2D)	PG13	4	1900	100	KEANU	R	4
10-5	Tue	1830	147	CAPTAIN AMERICAN: CIVIL WAR (2D)	PG13	4	1900	100	KEANU	R	4
11-5	Wed	1830	147	CAPTAIN AMERICAN: CIVIL WAR (2D)	PG13	4	1900	100	KEANU	R	4
12-5	Thu	1830	147	CAPTAIN AMERICAN: CIVIL WAR (2D)	PG13	4	1900	100	KEANU	R	4
13-5	Fri	1730/2030	95	MONEY MONSTER	R	4	1900/2200	100	KEANU	R	4
14-5	Sat	1330	96	THE JUNGLE BOOK (2D)	PG	4	1500/1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
		1630/1930/2200	95	MONEY MONSTER	R	4					
15-5	Sun	1330	96	THE JUNGLE BOOK (2D)	PG	4	1500/1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
		1630/1930	95	MONEY MONSTER	R	4					
16-5	Mon	1830	95	MONEY MONSTER	R	4	1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
17-5	Tue	1830	95	MONEY MONSTER	R	4	1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
18-5	Wed	1830	95	MONEY MONSTER	R	4	1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
19-5	Thu	1830	95	MONEY MONSTER	R	4	1830	147	CAPTAIN AMERICA : CIVIL WAR (2D)	PG13	4
20-5	Fri	1730	95	THE ANGRY BIRDS MOVIE (2D)	PG	4	1900/2200	120	THE NICE GUYS	R	4
		2030	NR	NEIGHBORS 2 : SORORITY RISING	R	4					
21-5	Sat	1330/1630	95	THE ANGRY BIRDS MOVIE (2D)	PG	4	1330/1630	95	THE ANGRY BIRDS MOVIE (2D)	PG	4
		1930/2200	NR	NEIGHBORS 2 : SORORITY RISING	R	4	1930	120	THE NICE GUYS	R	4
22-5	Sun	1330/1630	95	THE ANGRY BIRDS MOVIE (3D)	PG	4	1330/1630/1930	NR	THE NICE GUYS	R	4
		1930	NR	NEIGHBORS 2 : SORORITY RISING	R	4					
23-5	Mon	1830	NR	NEIGHBORS 2 : SORORITY RISING	R	4	1900	120	THE NICE GUYS	R	4
24-5	Tue	1830	NR	NEIGHBORS 2 : SORORITY RISING	R	4	1900	120	THE NICE GUYS	R	4
25-5	Wed	1830	NR	NEIGHBORS 2 : SORORITY RISING	R	4	1900	120	THE NICE GUYS	R	4
26-5	Thu	1830	NR	NEIGHBORS 2 : SORORITY RISING	R	4	1900	120	THE NICE GUYS	R	4
27-5	Fri	1730	108	ALICE THROUGH THE LOOKING GLASS (2D)	PG	4	1900/2130	NR	X-MEN : APOCALYPSE (3D)	PG13	4
		2030	NR	X-MEN : APOCALYPSE (3D)	PG13	4					
28-5	Sat	1300	108	ALICE THROUGH THE LOOKING GLASS (2D)	PG	4	1300	108	ALICE THROUGH THE LOOKING GLASS (2D)	PG	4
		1600/1930	NR	X-MEN : APOCALYPSE (3D)	PG13	4	1530/1830/2130	NR	X-MEN : APOCALYPSE (3D)	PG13	4
29-5	Sun	1300	108	ALICE THROUGH THE LOOKING GLASS (3D)	PG	4	1300	108	ALICE THROUGH THE LOOKING GLASS (3D)	PG	4
		1600/1930	NR	X-MEN : APOCALYPSE (2D)	PG13	4	1600/1930	NR	X-MEN : APOCALYPSE (2D)	PG13	4
30-5	Mon	1530	108	ALICE THROUGH THE LOOKING (2D)	PG	4	1530/1830	120	THE NICE GUYS	R	4
		1830	NR	X-MEN : APOCALYPSE (2D)	PG13	4					
31-5	Tue	1830	NR	X-MEN : APOCALYPSE (2D)	PG13	4	1900	120	THE NICE GUYS	R	4



QUARTERMASTER CORPS



BRANCH INSIGNIA



BRANCH PLAQUE



**REGIMENTAL
INSIGNIA**



**REGIMENTAL
COAT OF ARMS**

Branch Insignia

Description/Blazon

Gold color eagle with wings spread perched on a wheel with a blue felloe set with thirteen gold stars, having thirteen gold spokes and the hub white with a red center; superimposed on the wheel a gold sword and key crossed diagonally hilt and bow up. The insignia is 3/4 inches in height.

Symbolism

The insignia of the Quartermaster Department was approved in 1895. The design was retained when the Corps was established in 1912. After World War I, the earlier design, with the eagle's head superimposed on one wing, was changed to depict the head above the wings. The wagon wheel is symbolic of transportation and symbolize the original colonies and the origin of the Corps during the Revolutionary War. The sword, indicative of the military forces, and the key, alluding to storekeeping functions, symbolize the control of military supplies by the Quartermaster Corps. The eagle symbolizes our nation; red, white, and blue are the national colors.

Branch Plaque

Description/Blazon

The plaque design has the branch insignia (gold with ring of wheel in blue, stars and inner hub white, and hub pin in red) with gold letters. The designation band is blue, the letters and borders are gold, and the background is buff.

Regimental Insignia

Description/Background

A gold color metal and enamel device 1 inch in height consisting of a gold eagle with wings spread and head lowered looking to his right and standing upon a wheel with a blue felloe set with thirteen gold stars, having thirteen gold spokes and the hub white with a red center; superimposed on the wheel a gold sword and key crossed diagonally hilt and bow up, all on a black background and resting upon a wreath of green laurel terminating at either side below the eagle's wings at the upper end of the sword and key. Attached below the device is a gold scroll inscribed "SUPPORTING VICTORY" in black. The original regimental insignia was all gold and approved on 31 March 1986. The design was changed on 7 June 1994 to add color to the insignia.

Symbolism

The device utilizes the traditional Quartermaster Corps branch insignia with the eagle in a slightly different configuration known historically as the "Regimental Eagle". The eagle symbolizes our nation; the wagon wheel is symbolic of transportation and delivery of supplies. The stars and spokes of the wheel symbolize the original colonies. The sword, indicative of the military forces, and the key, alluding to the storekeeping functions, symbolize the control of military supplies by the Quartermaster Corps. The wreath signifies honor and achievement.

Regimental Coat of Arms

Description/Background

The coat of arms appears on the breast of a displayed eagle on the regimental flag. The coat of arms is: Buff, a chevron Azure between a short sword point down bendwise sinister surmounted by a helmet contourne Argent, a bundle of arrows Sable surmounted by a garb Or, and a quill bendwise of the third surmounted by a key wards to base bendwise sinister of the fifth. Displayed above the eagle's head is the crest (on a wreath of the colors Or and buff, the device from the Quartermaster Corps Regimental Insignia Proper). The Coat of Arms was approved on 16 June 1994. Prior to approval of the Coat of Arms, the Quartermaster regimental flag consisted of the branch insignia centered above a designation scroll on a buff background with blue fringe.

Symbolism

Buff is the primary color traditionally associated with the Quartermaster Corps. The dark blue chevron represents valor and alludes to the fact that the Quartermaster Corps is the foundation of logistics. The Spartan helmet and short sword symbolize the Corps' warrior spirit -- warriors supporting warriors. The shock of wheat superimposed over the spray of arrows represents the diversity of vital supplies the Quartermaster Corps provides. The arrows symbolize the defensive mission of the Corps. The wheat symbolizes the life-giving sustenance the Corps provides all soldiers. The key and quill represents the Quartermaster's control of military supplies and attests to the sound business practices and professionalism of the Corps.

2ID DFAC Crosswords

*CG's Mess**Champion Café**Iron Horse Café**Kilbourne**Milk**Morning Calm**Muleskinner**Nutritious**Protein**Provider Grill**Rotor Wash**Saber Inn**Spatula**Talon Café**Thunder Inn*

HOW TO SURVIVE IN KOREA

Can I have this less spicy, please?
Dull Map/gae Hae/ju/sae/yo
덜 맵게 해주세요.

How much is it?
Earl/ma/e/yo?
얼마예요?

What is the most requested dish here?
Ga/jang Mat/it/noon Oom/shik/eun moo/
ot/ in/ga/yo?
가장 맛있는 음식은 무엇인가요?

Can I have some water?
Mool Jom Joo/sae/yo
물 좀 주세요.

Where can I sit?
Uh/di/e An/jul/ga/yo?
어디에 앉을까요?

Check, please.
Gae/san/seu Jom Joo/sae/yo.
계산서 좀 주세요.

Where is the bathroom?
Hwa/jang/shil/e Uh/di/e/yo?
화장실이 어디예요?



2016년 5월

VOL. 53, ISSUE 5



인디언헤드

INDIANHEAD KOREAN EDITION

[HTTP://WWW.2ID.KOREA.ARMY.MIL/KOREAN-SITE](http://www.2id.korea.army.mil/korean-site)

[WWW.ISSUU.COM/SECONDID](http://www.issuu.com/secondid)



2016년 5월 간추린 뉴스

매달 영문판에는 들어가지만 한글판에는 들어가지 않는 기사들을 보면서 아깝다는 생각을 했습니다. 그래서 만들었습니다! 간추린 뉴스! 한글판에는 넣지 않았지만, 영문판에 실린 기사들을 사진으로 정리하는 지면입니다.



4월 21일, 캠프 레드클라우드 킬본 식당에서 박기태 상병이 소울푸드를 먹고 있다.

<사진 _ 상병 김진혁 / 제2보병사단 공보처>



4월 25일, 케일라 설지 상병이 제1기갑전투여단 식당에서 철마여단 장병을 위해 몽골리안 음식을 요리하고 있다.

<사진 _ 병장 데니스 / 제1기갑전투여단 공보처>



4월 6일, 캠프 호비에 위치한 철마여단 식당에서 데니얼 베일리 미육군 주임원사가 제1기갑전투여단 식당 장병과 포즈를 취하고 있다.

<사진 _ 일병 박준규 / 제2보병사단 공보처>



Think Twice! 한 번 더 생각하고 행동하십시오!

• 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.



이달의 사진

2월 25일, 4월 1일, 캠프 케이시(Camp Casey)에서 제1기갑사단, 115여단 지원대대 찰리중대가 인우령 보호태세 훈련(MOPP Training)을 수행하고 있다.

<사진 _ 나단 로즈 병장 / 제1기갑전투여단>

표지 사진: : 미2사단/연합사단이 4월 28일 부터 5월 1일까지 로드리제트 실 사격장에서 워리어 스트라이크(Warrior Strike) 훈련을 실시했다.

<사진 _ 박진우 / 제2보병사단 공보처>

인디언헤드 한글판 스태프

미 제2 보병사단장
소장 시어도어 D. 마틴
한국군지원단 지역대장
중령 이일수
공보참모
중령 리처드 C. 하이드
공보행정관
상사 킴벌리 A. 그린
공보관
김현석
편집장
상병 김진혁
기자
일병 이종국
일병 박준규
사진 전문가
박진우
심화가
병장 박재운
글쵸 배포처
아리따매 : AMOREPACIFIC
함초통채 : 한글과컴퓨터

인디언헤드 한글판은 미 제2보병사단 카투사들을 위해 공보처에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다.

인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다.

취재 요청은 732-9132으로 전화 바랍니다.

사단장 식당에서 어머니의 빵을 제공하다



식료품 저장실의 철문이 열리고 설탕과 밀가루라고 표기된 플라 스틱 용기들이 꺼내져 주방용 이동식 테이블에 놓였다. 길쭉한 연갈색의 달걀들이 스마트 밸런스(Smart Balance) 버터 옆에서 냉동되고 있었다.

사단장 식당(Commanding General's Mess)에는 위스콘신(Wisconsin) 가문의 전통이 일상 메뉴에 스며들어 있다. 제2보병사단 사단 본부대대 본부지원중대의 조리사 다코타 헤이슬러 일병(Pfc. Dakota Heisler)은 마치 집에서 만든 듯한 빵을 캠프 레드클라우드(Camp Red Cloud)에 위치한 사단장 식당에서 제공한다.

미시간주 폰티악(Pontiac, Michigan) 출신인 본부지원중대의 식당 부매니저 도넬 로버츠 병장(Sgt. Donell Roberts)은 “사단장 식당은 미 육군에 있는 다른 식당들과 다릅니다. 우리는 유일한 사단장 식당이기 때문이다”며 “또한, 저희는 최상의 서비스를 제공하고 있다고 자부합니다”고 말했다.

미 육군 유일의 사단장 식당이라는 말처럼 주방에 있는 빵 또한 특별한 맛을 가지고 있다.

헤이슬러는 “저는 음식을 굽는 것을 포함해서 페이스트리, 쿠키나 케이크를 만드는 것을 좋아합니다”며 “제 어머니는 항상 굽는 걸 좋아하였고 제 가족들은 어머니를 도와드렸습니다”고 말했다. 헤이슬러는 “대부분의 디팩에서는 미리 만들어 놓은 쿠키들을 사용하지만 저희는 제 어머니의 조리법을 따른 쿠키를 직접 만듭니다”고 덧붙였다.

맛있는 음식을 제공하고자 노력을 기울이는 것은 사단장 식당에서 뿔어져 나오는 자부심의 일부이다.

로버츠는 “저는 저희 시설에 자신이 있습니다. 저희가 제공하는 수준 높은 음식에서 볼 수 있듯이 말입니다”며 “저희는 높은 수준의 서비스를 제공하며 그 수준을 하루도 빠짐없이 유지하고 있습니다”고 말했다.

그 수준에는 집에서 먹는 음식처럼 느낄 수 있게하는 것도 포함되어 있다.

헤이슬러는 “저희 어머니는 제가 어머니의 쿠키를 만드는 것을 행복해합니다”며 “저도 행복합니다... 집에 있는 듯한 느낌이 들기 때문입니다”고 말했다.

목요일 서울푸드

매주 목요일 오전 9시, 두꺼운 치즈를 자르고 녹여서 엘보 마카로니(Elbow macaroni) 위에 부은다. 향신료와 버터를 첨가함으로써 마카로니 치즈(Macaroni and cheese)를 크림 같이 만든다.

달콤한 향기가 식당 바깥에 있는 장병들의 입맛을 자극한다. 문은 열려있고 장병들은 배를 채우기 위해 안으로 물 밀듯이 들어온다.

4월 21일, 제2보병사단 캠프 레드 클라우드(Camp Red Cloud) 식당은 장병들에게 전통적인 서울푸드(Soul Food)를 제공했다.

사단본부대대 본부지원중대 킬본(Kilbourne) 식당 책임부사관인 키슈마 벤저민 하사(Staff Sgt. Kishma Benjamin)는 “목요일 서울푸드는 부대 전통이다”며 “우리는 서울푸드 조리법을 요리책에서 얻는다. 서울푸드를 조리하는 것은 어렵지 않지만 많은 시간이 소요된다”고 말했다.

서울푸드는 아프리카계 미국인의 다양한 요리로 튀긴 닭 요리, 마카로니 치즈와 코랄도 그린(Collard greens) 등이 있다. 이 음식은 먹는 이의 몸에 영혼을 불어넣고 장병들의 고향을 상기시켜준다.

찰리중대 네트워크 보수 및 유지병인 놀란 모리스 이병(Pvt. Nolan Morris)은 “이곳에 온 이후 매주 목요일마다 식당을 찾아 소

울푸드를 즐긴다”며 “가장 좋아하는 음식은 마카로니 치즈로 이것이 주는 탄수화물이 나에게 에너지를 준다”고 말했다.

많은 장병이 목요일 서울푸드를 기대하고 있고 고향의 맛을 느끼기 위해 킬본 식당을 찾는다.

모리스 이병은 “킬본 식당에서 서울푸드를 먹을 때마다 나는 미국 북쪽에 있는 나의 고향에 온 것 같다”고 말했다.

이 전통적인 요리는 카투사에게도 이국 문화를 경험하는 기회이기도 하다.

본부지원중대 정보통신기술병인 박기태 상병은 “나는 이 음식을 통해 동료 고향의 전통을 맛볼 수 있었다”며 “미 육군 장병들이 한국의 문화를 체험하는 것처럼 나도 미국의 문화를 체험하고 싶었는데, 킬본 식당을 통해 경험할 수 있게 됐다”고 말했다.

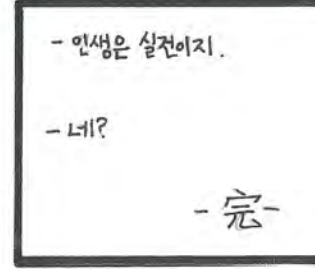
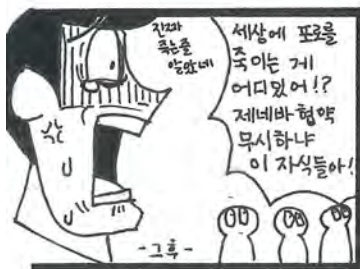
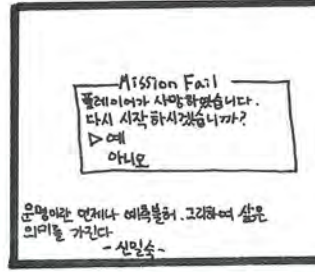
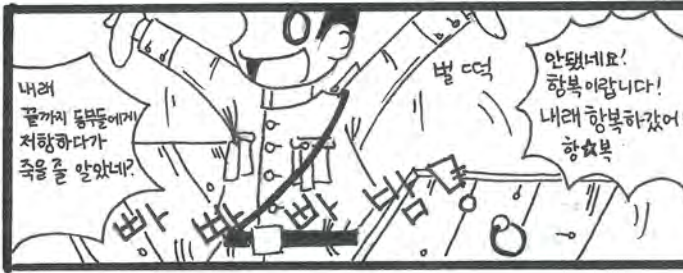
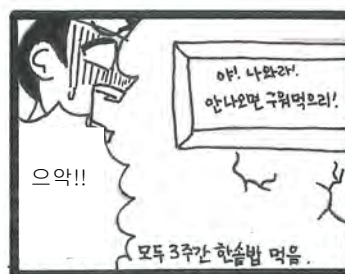
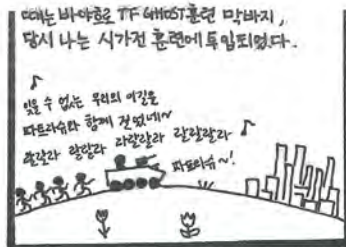
장병들 또한 해외에서 근무하면서 고향의 맛을 경험한다는 것은 드문 기회다.

벤저민 하사는 “모든 사람이 킬본 식당을 찾아와 서울푸드를 맛보길 바란다”며 “목요일을 가장 좋아하게 될 거라고 장담한다”고 말했다.



115 여단 지원대대 CCo 상병 이준성

- I -



인디언헤드가 만난 사람들

"영화속 주인공이 된다면 누구로 되고싶습니까?"



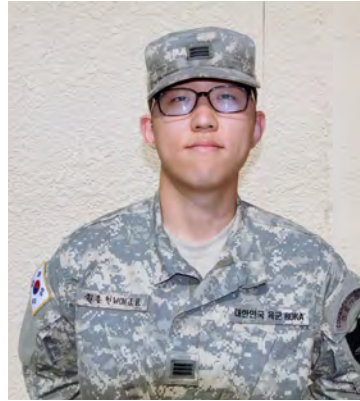
사단본부대대 사단본부중대
일반행정병 이병 서기택

보통 이런 질문에 대한 답변은 영화의 스토리상 자신이 되고 싶은 주인공일 것입니다. 하지만 저는 영화의 내용과는 전혀 상관없이 영화 "늑대소년"의 송중기가 되고 싶습니다. 그 이유는 송중기의 상대배역이 박보영이기 때문입니다. 고등학교때 처음 늑대소년을 본 이후로 박보영의 팬이 된 저는 핸드폰 배경화면 및 잠금화면을 박보영의 사진으로 해놓은 것은 물론, 모든 게임 닉네임도 "박보영사랑해영"으로 설정할 만큼 큰 팬심을 가지고 있습니다. 그런데 제가 박보영의 상대배역이 되어 호흡을 맞추고 포옹씬까지 찍는다면...죽어도 여한이 없을 것 같습니다.



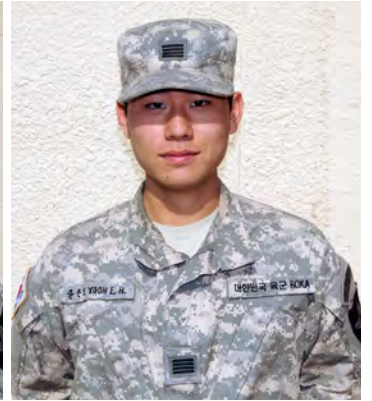
사단본부대대 사단본부중대
일반행정병 일병 최형우

이병헌 감독의 19금 영화 '스물'은 세 명의 친구들의 찐한 우정을 그리고 있습니다. 저는 무엇보다 스물에서 김우빈이 연기한 '치호'가 되고 싶습니다. '치호'는 여러 여자들을 쉽게 만나고 헤어지는 카사노바이면서 부모님께 때를 쓰는 철부지 캐릭터입니다. 여자와 이야기하는 법을 알려주기 위해 친구들을 못장에 숨기기도 하고, 처음 보는 이성에게 말을 걸기 위해 차도에 뛰어드는 등 뒷일은 걱정하지 않고 놀라울 정도로 무모하지만 저는 그 무모한 모습으로 살아보고 싶습니다. 높은 작업 성공률(?)과 함께, 신기할 정도로 당당하게 살아가면서 언제나 든든한 친구들과 함께 하는 것도 즐거울 것이라고 생각합니다.



사단본부대대 사단본부중대
일반행정병 상병 원종현

저는 영화 주인공이 된다면 영화 '점퍼'의 주인공이 되고 싶습니다. '점퍼'의 주인공은 어디든지 순간 이동할 수 있는 능력을 갖고 있는 인물입니다. 저는 금요일 일과가 끝나고 외박을 나가게 될 때마다 집에 가는데 거의 2시간 정도 걸려서 정말 소중한 외박시간이 아깝게 느껴집니다. 그런데 만약 제가 순간이동 능력이 있으면 17시에 대포소리가 들리자마자 바로 집으로 순간이동을 해서 소중한 외박시간을 아낄 수 있을 것 같습니다. 순간이동을 카투사 생활에 응용할 수 있는 방법은 무한합니다. 겨울에 아침 포메이션까지 가는데 추위를 뚫고 가는 대신에 침대에서 6시 29분까지 자다가 바로 순간이동으로 포메이션을 나갈 수도 있습니다. 하지만 '점퍼'의 능력이 있다고 해서 '점프'를 뛰어선 안된다고 생각합니다.



사단본부대대 사단본부중대
일반행정병 병장 윤은호

저는 학창시절 다른 친구들과는 다르게 특별히 이성에게 관심이 있지도 않았고, 특별히 외모나 유머감이 뛰어나지 않았기 때문에 당연히 이성에게도 인기가 없었습니다. 그러던 도중, 친구와 함께 '건축학개론'이라는 영화를 보게 되었습니다. 영화를 보고 나면서, 저런 애뜻한 감정이 존재한다면 저도 한번 경험해 보고 싶다는 생각이 들었습니다. 대학교에 입학하고 난 뒤, 저는 영화에서처럼 자연스레 운명의 상대가 나타날 것이라 기대하며 소개팅, 미팅, 동아리 등 다양한 활동을 했지만 영화 같은 만남은 거의 불가능해 보였습니다. 그렇기 때문에, 만약 제가 영화속 주인공이 된다면 건축학개론의 이재훈이 되어 수지와 뜻밖한 사랑을 하고 싶습니다.

인- 자기 소개를 부탁드립니다

서- 단결! 사단본부중대 선임병장으로 근무하고 있는 병장 서재원입니다. 1990년생으로 연식이 있는 편이지만 건강하게 살아가고 있습니다. 선임병장이 되기 전에는 정보작전참모처 지휘연락반 통역병으로 근무하였으며, 고려대학교 자유전공학부에서 정치외교를 공부했습니다.

인- 부대소개를 부탁드립니다

서- 저희 사단본부중대는 사단 참모부, 본부중대 그리고 지역대에 근무하는 카투사로 구성된 중대로서 감히 미2사단/한미연합사단의 중추적 역할을 담당한다 자랑할 수 있습니다. 주둔지인 CRC는 너구리와 다람쥐가 뛰어노는 사시사철 아름다운 자연과 평화로운 마을 같은 풍경을 자랑하는 곳입니다

인- 지금까지 군대에서 가장 기억에 남는 에ピソード는?

서- '15년 여름의 일입니다. 통상적인 통역 업무인 줄로만 알고 본청에서 열린 회의에 참석하였습니다. 알고보니 한측 인 부대 참모님들도 오셔서 중요한 내용을 논하는 회의여서 기겁했던 적이 있습니다. 준비도 제대로 못했는데 동시통역을 시키셔서 매우 놀랐습니다. 그리고 그걸 두 시간 동안이나 해야해서 또 한번 놀랐습니다. 그런데 생각 외로 잘 해서 칭찬도

많이 받고 포상도 주시겠다고 하셔서 정말 놀랐습니다. 그러고는 안 주고 가셔서 또 놀랐습니다.

인- 입대후 뒤 지금까지 가장 긴장했던 순간은?

서- UFG 훈련 중 북한의 고사포 도발을 직접 체험한 것이 기억에 남습니다. 제가 파견가셨던 지역은 아니었지만 인접 지역에서 실제 상황이 발생했고 갑자기 사방에서 벨이 울렸습니다. 양손으로 수화기를 들고 긴박하게 상황을 전파하시던 참모님들의 모습을 직접 보게되니 영혼과 체가 분리되는 느낌이었습니다. 다행히도 아군 피해 없이 상황이 종료되었지만 그 어떤 경험보다도 북한의 위협과 군인의 본분에 대해서 가슴 깊이 느낄 수 있었던 순간이었습니다.

인- 부대 내에서 자신의 외모 순위는?

서- 입대 초창기에는 적어도 상위 33%에는 들었지 않았을까 싶은데 날이 가면서 점점 추락하는 것 같습니다. 디픽 쿠키가 이렇게 무섭습니다 여러분.

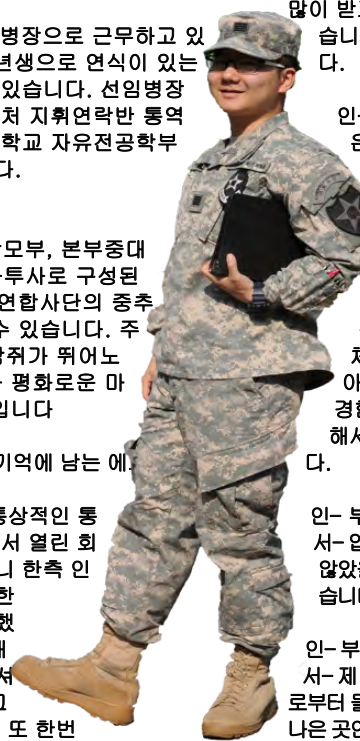
인- 부대원들에게 한 마디 부탁드립니다.

서- 제 친구가 5년 전에 사단본부중대에 있었습니다. 친구로부터 들은 사단본부중대에 비해 오늘의 사단본부중대는 훨씬 나은 곳인 것 같습니다. 그리고 앞으로도 계속 나아질 겁니다. 모두 전역까지 힘내서 열심히 했으면 좋겠습니다.



병장 서재원

사단본부대대 사단본부중대 선임병장



기획

인디언헤드는 사랑을 싣고♥♥



이번 호의 주인공은 사단본부대대 8중대 김시운 상병과 여자친구 이진현양입니다.

게재를 바라시는 분은 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다.

남친 안녕?! ㅎㅎ 이번 크리스마스는 우리 한달 가까이 만에 만나는 것 같애ㅏㅏ 남친은 그동안 나를 많이 생각했나요??^^ 나는 못만나는 동안 남친 생각 정말 많이 했어!! 비록 다른 사람들만큼 자주 보진 못해도, 부대에서 항상 곳곳이 생활하는 남친의 모습을 떠올리고 있는 기특한 여자친구입니다 ㅎㅎ 일단 이제 2015년을 마무리 할때가 되어가는데 이번 크리스마스를 같이 보내게 되어서 참 좋아 ㅎㅎ♥ 남친두, 크리스마스 연휴가 끝나구 다시 부대로 올라가면 마무리 잘 하구!! 나도 올해 잘 마무리 하도록 할게요!! 이제 우리가 연애한 지 벌써 1년하고도 절반 가까이 지났는데!! 확실히 입대전과 다르게 연락을 많이 못해서 너무 아쉽다ㅏㅏ 그래도 항상 연락 잘하려고 노력하는 모습 보여줘서 너무 고마워요!! 그만큼 나도 남친 많이 보고싶구 ㅎㅎ 남친도 나 많이 보고 싶겠지?? 이번 크리스마스동안 내가 서울에 직접 보러 갈텐데, 남친이 나랑 놀면서 재밌고, 좋아했으면 좋겠어 ㅎㅎ!! 힘내보도록 할게요♥ 그만큼 이번 크리스마스 남친이 두근거리길 바라구, 나중에 편지 꼭 보구!! 서울 가기 하루 전인데, 기분이 붕~떠다니는 것 같애^^!! 많이 사랑하구♥ 한달 동안 남친 못봐서 가물가물한데~~보면 꼭 안아줄게요♥ 남친도 나 항상 많이 사랑해줘요 ㅎㅎ 25일날 봐요♥

From. 남친에게 만큼 항상 이뻐 보이고 싶은 여친이

사랑하는 여친 진현이에게♥
사랑하는 여친 진현아! 여기에는 여친이 나한테 써준 편지도 올렸어 ㅎㅎ 우선, 여태껏 입대하고 나서도 많이 챙겨주고 기다려준거에 항상 고마워하고 있어! 논산에서도 그렇고, KTA 그리고 자대 전입에서도 한결같이 연락해주고, 많이 챙겨주고, 그 누구보다 나를 아껴준다고 생각해요 ㅎㅎ 비록, 군대에 있어서 내가 연락도 많이 안되서 자주 싸우기도 했지만, 다른 날과 다름없이 먼저 군대에 있다는 거 생각해주고 화도 풀어주려구 노력 많이 한것도 알아! ㅎㅎ 나도 군대에 있고, 여친도 지금은 공무원 시험을 준비해서 나만큼이나 힘든 시기를 겪고 있지만, 입대전과 다름없이 여전히 내가 폰을 못보는 상황임에도 카톡으로 걱정 안끼쳐줘서 고마워♥ 비록 다른 커플들처럼 기념일 잘 못챙겨주고, 선물도 자주 못해주고 하지만, 입대 전만큼이나 잘해주려고 다시 한번 많이 노력할게요! ㅎㅎ 이제 2달뒤면 여친도 공무원 시험도 치고, 많이 힘들텐데 조금만 더힘내고!! 비록 집이 멀어서 매주 여친 보러는 못가지만, 틈틈이 있는 긴 연휴때 만큼은 울산 내려가서! 매주 못보는 만큼 더 잘해주려고 노력 많이 할게요! 1년이란 긴시간 이때까지 기다려줘서 고맙구♥ 남은 9개월 우리 둘다 서로 잘 챙기도록 해요 ㅎㅎ 아직 먼 애기지만, 전역할때까지 계속 나 많이 사랑해줬으면 좋겠구, 나도 전역할때까지나, 전역후나 끝까지 잘해주도록 노력 많이 할게요 ㅎㅎ 사랑해♥

From. 민구

한미 문화 교류 메모리얼 데이 Memorial Day

메모리얼 데이는 미국의 기념일 가운데 하나로 데커레이션 데이(Decoration Day)라고도 하며 한국의 현충일과 그 성격이 비슷하다. 이것은 남북전쟁 후 북군의 장군 로선이 1868년 5월 30일 전사한 병사들의 무덤에 꽃을 장식하도록 포고령을 내린 것에서 유래한다. 그렇기 때문에 이 날은 꽃을 장식한다는 의미로서 '데커레이션 데이'라고도 하는 것이다.

미국 남북 전쟁 당시 사망한 군인들을 기리기 위해 제정된 이 행사는 제1차 세계 대전 이후로 전쟁 등의 군사작전에서 사망한 모든 사람을 기리는 것으로 바뀌었으며 제 2차 세계 대전에서의 전사자들

또한 추도하게 되었다. 1968년 연방 공휴일로 격상되어 50개 모든 주에서 휴일로 쉴 수 있게 되었고 동시에, 미국의 대체 휴일제도가 도입되면서 1971년부터는 5월 30일에서 현재의 날(5월의 마지막 월요일)로 변경되었다. 해마다 이 날이 되면 알링턴 국립묘지에 전·현직 대통령을 비롯한 각계 요인과 수많은 시민들이 참여하여 추념식을 갖는다. 또, 온 국민이 거리로 나와 전몰장병을 위해 꽃을 뿌리기도 한다.

메모리얼 데이는 5월 마지막 주라는 계절적 특징과 겹쳐져서 미국에서는 이 날을 기점으로 사실상 여름 성수기가 시작된다. 미국 대학들의 학위수여식이 5월에서 6월 사이, 고등학교를 비롯한 각급 학교가 6월~7월에 학기가 끝난다는 점과 맞물려서 미국인들이 고향으로, 피서지로, 여행지로 떠나는 날의 시작이기도 하다.



<기사 _ 이병 최원석 / 제2보병사단 공보처>