



# Indianhead



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November 26, 2010



An AH-64 Apache helicopter fires a Hellfire missile at Jikdo Islands off the west coast of South Korea on Nov. 8 during the battalion's Jikdo gunnery exercise.

## 'Death Dealers' rain Hellfire on Jikdo Islands

Story, photos by Cpl. Tim Oberle

2nd CAB Public Affairs

Armed with Hellfire missiles and 30mm cannon munitions during a blustery fall week in the middle of November, the 4th Attack Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade took aim with the AH-64 Apache helicopter at the Jikdo Islands.

The islands are an instrumented range facility on two islands off the western coast of South Korea near Kunsan Air Base.

The gunnery, part of an Emergency Deployment Readiness Exercise at Camp Humphreys saw Soldiers from Headquarters and Headquarters Company, D Co. and E Co. deploy immediately following the alert to Kunsan to provide support to the Apache pilots.

Weather conditions throughout the week limited the battalion's ability to conduct the exercise as planned. Dealing with 15-foot waves and a fog cover that cut visibility to less than a mile, the "Death Dealers" persevered and on Nov. 8 the weather conditions lifted just long enough to conduct the mission, the unit commander said.

Although the weather improved enough to conduct the exercise, 4-2nd Avn. still had to make adjustments to deal with the slightly inclement weather conditions. "Conducting a mission while dealing with high winds, large waves, cold temperatures and long flights is difficult, but it also adds a level of realism to the training," said Lt. Col. Thomas Rowell, commander of 4-2nd Avn.

Rowell said the realistic nature of the training and intent behind the alert are extremely important in order to keep his battalion ready to "Fight Tonight."



**Spc. Kristopher Hague, from D Company, 4-2nd Avn. loads a Hellfire missile onto an AH-64 Apache helicopter at Kunsan Air Base during the Jikdo Island gunnery Nov. 8.**

"The intent of the mission was to validate the battalion's ability to conduct EDRE operations in support of the Division commander's readiness improvement initiative," Rowell added. "Conducting missions like this helps to practice every aspect of our real world mission from the initial alert to deploying and finally to destroying any existing threats. The opportunity to execute an event that supports our war-time mission and full-spectrum training from an alert to firing missiles overwater is invaluable to the battalion."

Rowell said, "Live-fire over water training extends our leader's reach and is an integrated component of the comprehensive defense posture here on the Korean Peninsula. One of our objectives is to deny an adversary avenues and approaches into Korea. We do this by

demonstrating our ability to search, acquire and destroy waterborne and ground threats with fire control radars, modernized target acquisition and designation systems, and long range Hellfire missiles."

For example Rowell added, "Our ability to engage while stationary or while flying more than 125 mph just over the water, day or night, gives us a tactical and maneuver advantage. If necessary, we can close with enemy vehicles or individuals and engage with our cannon weapon systems to eliminate the threat."

The island is a near ideal place to conduct live-fire exercises, he said.

"Jikdo Island is a great venue for these types of exercises," Rowell went on to say, "because it is an instrumented range facility that spans over two islands about 20 miles off the western coast of South Korea and provides an excellent field of fire and observation to engage Hellfire missiles. Furthermore, its location is perfect because of reduced shipping activity and its close proximity to Korea Search and Rescue services from both ROK and U.S. emergency services and recovery units."

When asked whether he had enjoyed the exercise Rowell said, "The bottom line is that attack pilots always enjoy firing their primary weapon system in challenging environments. Not only do successful training events provide confidence to the individuals and organizations involved, but they also validate our full-spectrum operations training focus as we conduct major combat operations in areas we may engage during a real world threat."

Click on  at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) for more photos of the event.



**VOICE OF THE  
WARRIOR:**  
What are you  
thankful for?



*"I am thankful about my family coming to Korea to celebrate the holiday together."*

**Spc. Eric Matern**  
E Co. 302nd BSB

*"For my family and good job in Korea."*

**Pfc. Robert J. Soni**  
D Co. 302nd BSB



*"I am thankful for the great leadership in Korea"*

**Sgt. Sean Barnard**  
A Co. 1-38th FA



*"Thankful that I am leaving soon."*

**Pfc. Devon Woodson**  
2-9th Infantry



*"I am thankful of my fellow KATUSA friends Lee, Choi, Yoon and Shin."*

**Pfc. Cho, Won Woo**  
B Co. DSTB



*"This year I am thankful for the continued health and well-being of my family, friends and co-workers."*

**Staff Sgt. Chivon Leggett**  
HHC, 2nd CAB



# COMMANDER'S CORNER

## Giving thanks, surviving Korean winters

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Warriors, I would imagine many of you are taking it easy today, enjoying the holiday weekend with Family or friends. It is a great time of year to reflect on what we have to be thankful for and let the people who are important to us know that we care. One of the things I'm thankful for are the Soldiers and Families in this great Division.

Teresa and I, to include the entire chain of command, had a chance to spend some time with quite a few Warriors yesterday during our visits to the dining facilities throughout Warrior Country. As always, the food service teams across the Division laid out an incredible spread. Their hard work and dedication brought a taste of home to our Soldiers and Families, many of whom are spending their first Thanksgiving away from loved ones back in the United States. In short, our great cooks and Dining Facility Managers brought America to us and I'm sure we all appreciate their tireless efforts in preparing the wonderful meal and decorations; all to make us feel more at home as Americans.

As we enter the holiday season, it's once again time to think about the winter weather that is right around the corner. Many of our Korean friends are saying that this winter is going to be a doozy and it's up to each of us to mitigate the dangers that freezing temperatures, snow and ice, and bitter winds may present—whether you're out in the field or making a run to the commissary. Speaking of driving to the commissary; with the triple increase of POVs in Warrior Country, we need to look hard at our POVs to ensure they're safe. Many Soldiers buy "hooptys" (used cars) which have bald tires. Bald tires and ice skates react the same way when on ice or black spots. Exhaust leaks can asphyxiate occupants trying to stay warm while a parent may be running into the shopette, and ID cards make poor window ice scrapers.

One of the most important things to keep in mind about cold weather injuries and accidents is that the majority are preventable. During the Korean War, there were more than 8,000 cold weather casualties during the first winter. That number was reduced to 1,000 by the second winter, using lessons learned to develop preventive measures. Keep in mind however that they were using cotton and wool to stay warm.

The Extreme Cold Weather Clothing System that we issue our Soldiers today, with its layers of Gore-tex, moisture-wicking fabrics, and lightweight insulation offers a nearly impenetrable defense against the cold when worn properly.



The first line of defense against cold weather injuries and accidents is the first-line leader. The best gear in the world isn't worth a hill of beans if Soldiers aren't properly trained on how to use it. This means teaching our new Warriors things like how (and when) to wear components of the ECWCS, install vehicle snow chains correctly or spot the signs of hypothermia. The typical Soldier who has a cold weather injury is around 20 years old, from a southern state, is an E4 or below and has less than 18 months time in service. How many of your Soldiers fall into that category? Most likely, there are quite a few in your squad, platoon or company.

Now, leadership isn't limited to the Warrior wearing sergeant's stripes or captain's bars. Each of you has an opportunity to step up and be a leader when you see a fellow Soldier about to touch freezing metal without gloves or wearing every piece of snivel gear they have at the start of a ruck march; which both could lead to a cold weather injury. Winter conditions bring a whole host of hazards and it takes an effort from every Soldier to keep our Warrior Family safe, healthy, and ready to "Fight Tonight."

As the number of Families in Warrior Country continues to grow, it's important to remember that winter safety is about more than just the motor pool or the bivouac site. We must ensure that our Families, many of whom may be spending their first winter in Korea, are prepared with proper clothing and know how to handle the challenges that a sudden freeze or foot of snow may bring. It can get mighty cold out at the bus stop, too, so don't forget about the kids! Last year the majority of our cold

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# Range improvements help 1st HBCT gunnery



An engineer with C Company, 1st BSTB, 1st HBCT, 2nd ID, uses a Department of Public Works excavator during recent training.. The unit was responsible for renovations to Chipori Range Oct. 18-28.

## Story, photo by Sgt. Jennifer Bunn

1st HBCT Public Affairs

Chipori Range has been an invaluable gunnery training area for the 1st Heavy Brigade Combat Team, 2nd Infantry Division for many years. So when the impact area became overgrown with vegetation and monsoon rains washed out service roads and large boulders littered the range, it was time for a face lift.

The engineers of C Company, 1st Brigade Special Troops Battalion, 1st HBCT in coordination with Rodriguez Live Fire Complex personnel, cleared much of the impact area of the obstructions and helped construct many of the backdrops for the various targets while providing range improvements at

Chipori Range Oct. 18 – 28 in preparation for the brigade's M1 Abrams and M2 Bradley gunnery.

The usual site for 1st HBCT's gunnery, the Korean Training Center, is scheduled for renovations and upgrades so the brigade needed another area to continue its quarterly training objectives until the work is completed, the C Company commander said.

"Range control had hired civilian contractors to do much of the upgrades and other improvements to the range," said Capt. Eli S. Adams, commander of C Company, 1st BSTB. "C Company was tasked to help speed the process to ensure that 1st HBCT was able to meet its quarterly training objectives and qualify its Bradley Fighting Vehicles."

During the improvement process, course roads were improved and four battle positions constructed; targets were emplaced with support systems and tar-

get backstops were improved; and a 500-meter, triple-standard concertina fence was installed.

"Assault and Obstacle's platoon leader 2nd Lt. So Lee and platoon sergeant Sgt. 1st Class Chris Young, met with range control and the contractors daily to discuss the progress of the project and reassess their focus for the following day," said Adams.

"Chipori is much smaller than the KTC and is subject to any number of other constraints on how many Bradleys can qualify on any given day," Adams continued. "So the added efficiency of the range complex is vital to meeting qualification standards in a reasonable amount of time."

Although the main goal was to accomplish the renovation project, Soldiers in A and O platoon benefited from the training opportunity on its earthmovers, the company commander said.

"For equipment operators like Pfc. Andrew Felix and Pfc. Andrew Rice, the project was extremely valuable training on Armored Combat Earthmovers and the High-Mobility Engineer Excavator MOD 1," he said.

"Towards the end of their project, the platoon's operators had become efficient enough with their equipment that they were able to finish their work a day earlier than initially planned," he added.

The company's Field Maintenance Team was kept busy during the improvements by repairing hydraulic lines and tracks damaged by the harsh terrain.

"Mechanics exercised recovery drills with the M88 Medium Recovery Vehicle on several occasions," said Adams. "Still, the Armored Combat Earthmovers continued to run as Soldiers worked 8-12 hours a day."

Adams said he is very proud of the engineers and mechanics who performed well during their mission at Chipori Range.

"These Soldiers are extremely motivated to tackle challenging missions," he said. "Operating the ACE and HMEE helped hone their skills and, better yet, helped achieve a real-world mission supporting the readiness of the brigade."

Click on  at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) to take part in discussions.

## THANKS

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weather injuries occurred when Soldiers were off-duty dressed in a T-shirt in temperatures in the 20's, no gloves, etc., and hospitalizing injuries from slipping on ice at the work place, such as the motor pool. Such situations are easily prevented with common sense.

Warriors, as your turkey settles and you flip through the channels watching football today, take a moment to think about what you can do to prepare yourself, watch after your Battle Buddy, your Soldiers, or your Family for the upcoming winter season; both on and off duty. You can get more information on winter safety from the Division Safety page link on the 2nd Infantry Division Web site -- where you can always check the current weather forecast and road conditions. With a few preventive measures and a little common sense, we can ensure this holiday season starts off- and remains- "Second to None."

Want to publicize your unit?  
Contact us at 732-8869

# 6-37th rallies to tie match

## Story, photo by Capt. Michael Ozols

6th Bn., 37th Field Artillery

Soldiers from the 6th Battalion, 37th Field Artillery participated in a Partnership Soccer Match at Sangpaeri with elements of the Republic of Korea Army's 113th Mechanized Infantry Battalion to foster friendship and cooperation between the two partner units Nov. 16.

Twenty Soldiers from 6-37th FA competed against Soldiers from the 113th MIB in a friendly match. The 6-37th FA accepted the invitation from their ROK partners, as a way to instill esprit de corps, develop teamwork and build camaraderie between the two units.

Prior to the match, 6-37th FA Soldiers received a welcome brief from the 113th MIB leadership that discussed their combat capabilities, supporting roles to 6-37th and sustainment for future operations. The 6-37th FA Soldiers had the opportunity to view static displays of the ROK infantry's main weapon systems, which presented their capability to fully support 6-37th FA when called upon.

One leader said he was impressed with what the 113th MIB had to offer.

Maj. Raymond Johnson, 6-37th FA operations officer said "events like these are critical to maintaining a strong relationship with our ROK Army counterparts. The 113th MIB are gracious hosts and we are honored to



Soldiers of 6-37th FA hit the pitch against the Republic of Korea's 113th Mech. Inf. Battalion, Nov. 16.

have the opportunity to participate in such a great event between our two units."

Once 6-37th FA Soldiers had finished viewing the static displays, it was time to play the game.

The 113th MIB got off to an early 2-0 lead, but Soldiers from 6-37 FA fought back, scoring a goal to cut the score 2-1. With the closing minutes approaching, it looked like the 113th MIB would hold on to their lead and capture a certain victory, but the 6-37th FA continued to fight all the way to the final minute, when they stole the ball at mid-field, drove down the length of the field, to score just before time expired, tying the game at 2-2.

Click on  at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) for more photos of the event.

# 'Thunder Storm' tests brigade readiness

## 210th Fires reacts to simulated chemical attack

Story and photos by Maj. Brian Newill

210th Fires Brigade

"Gas, Gas, Gas!" were the muffled screams from M40 gas masks as sirens blared, signaling the 210th Fires Brigade tactical operations center was just hit with a simulated chemical weapons attack.

As the bitter chill of an autumn wind cut across the valley between camps Casey and Hovey, Soldiers of the Headquarters and Headquarters Battery, 210th Fires Brigade quickly donned chemical protective equipment. However, some failed to react quickly enough and fell victim to the unsuspected attack.

For the next four hours, Soldiers conducted chemical decontamination operations while continuing to command and control the brigade's multiple-launch rocket system live-fire operations. Upon hearing the command of "all clear," the exhausted Soldiers removed their equipment and resumed normal operations.

Training on Chemical, Biological, Radiological, and Nuclear defense tasks was a primary focus for the 210th Fires Brigade during the unit's two-week field training exercise dubbed "Operation Thunder Storm" Oct. 9-22.

More than 1,400 Soldiers from across the "Thunder Brigade" participated in the exercise which was designed to stress the unit's ability to conduct its wartime mission under degraded conditions.

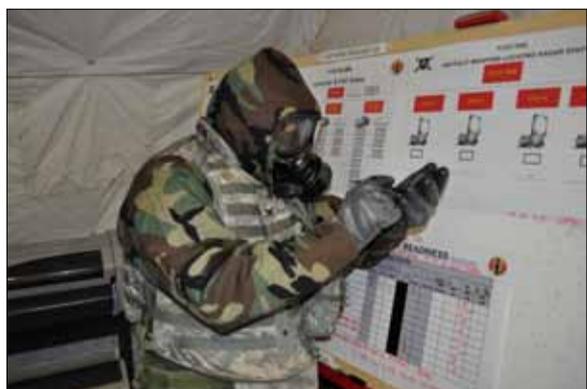
"Given the importance of our wartime mission and the very real threat that lies just 26 km. to our north, we here in the 210th Fires Brigade take CBRN training very seriously," said Col. Steven Sliwa, the brigade commander. Sliwa noted that North Korea has yet to sign the Chemical Weapons Convention – an international agreement which prohibits the use and stockpiling of chemical weapons.

According to the Brigade's CBRN officer, 1st Lt. John Ambelang, the 2nd Infantry Division places great emphasis on this type of training and the Fires Brigade wants to be "Second to None" in this area. Ambelang and his noncommissioned officer, Sgt. 1st Class Antonio Wells, worked with experts from across the brigade to design a rigorous training regimen that stressed the importance of CBRN defense skills during the exercise.

During the exercise, brigade units trained on many tasks to include the use of individual and unit protective and decontamination equipment such as the M40 protective mask, the Joint Services Light Integrated Suit Technology and the M256A1 Chemical Agent Decontamination Kit, Ambelang said.

During that time, 1st Battalion, 38th Field Artillery took the opportunity to conduct combined training with its Republic of Korea Army counterparts.

"While both ROK and U.S. units benefitted immensely from the training, they each acknowledged the difficulty with operating under austere conditions in a combined environment, especially given the language barrier," he added. "However, each unit was able to learn and adapt to the other's tactics and tech-



Col. Steven Sliwa, 210th Fires Brigade commander sends a status report to higher during the simulated Chemical, Biological, Radiological and Nuclear attack.



Pfc. Jinnger Rodgers treats Pfc. Kristin Lindenberger of Headquarters and Headquarters Battery, 210th Fires Brigade during simulated Chemical, Biological, Radiological and Nuclear strike at Camp Casey.



Staff Sgt. James Sheppard of Company A, 1-38th FA and a Soldier from the Republic of Korea Army race to put on their masks during a simulated attack.

niques and standard operating procedures."

The 6th Battalion, 37th Field Artillery practiced reacting to an immediate CBRN attack during convoy operations. The unit's go-to-war mission demands its Soldiers spend a lot of time on the road, so being prepared to defend and protect against a chemical attack is paramount, said Ambelang.

Training on CBRN and decontamination operations also allowed the brigade to exercise its medical response to CBRN attacks. As the Soldiers of Headquarters and Headquarters Battery discovered, with every event there will inevitably be casualties. During the simulated chemical strike on the brigade's TOC, Soldiers performed self and buddy aid while medical personnel evaluated and triaged patients for treatment and potential evacuation to higher levels of care.

"Chemical events add a whole other layer of complexity when treating casualties," explained Capt. Bradley Tibbetts, the brigade's medical officer. "First responders have to be proficient at administering care for contaminated persons while at the same time protecting themselves from exposure."

The brigade will aim to capitalize on its CBRN training through continued classroom instruction and field training over the next quarter, one brigade Soldier said. The unit plans to expand its focus over the next couple of months to include equipment familiarization, Soldier and Family member personal protective equipment training, and professional discussions.



A Soldier from Headquarters and Headquarters Battery, 210th Fires Brigade tries to identify a Chemical, Biological, Radiological and Nuclear agent with a M256 detection kit on Camp Casey.

Reinforcing the need for continued training, Wells said, "North Korea's chemical weapons capability is very advanced and will likely continue to develop, so we need to ensure our Soldiers and Family members have the right equipment and know how to use it."

Additionally, across the 2nd Infantry Division, units like the 210th Fires Brigade are fielding new Medical Biological Chemical Defense Materials and the M26 Joint Service Transportable Decontamination System that will improve units' overall CBRN operations and further enhance their "Fight-Tonight" capability, Wells added.

Leaders from around the brigade applauded the efforts of the Thunder Soldiers during Operation Thunder Storm, particularly the hard work and progress made during CBRN training.

"Even though Operation Thunder Storm focused primarily on qualifying our crews on Multiple Rocket Launcher System operations, we wanted to utilize any opportunity we had to train on CBRN and I think we successfully did that. I'm very proud of the Brigade's efforts in this endeavor," Sliwa said.

Click on  at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) to check out the latest stories and discussions.

## WARRIOR NEWS BRIEFS

### Budgeting Class

The Financial Readiness Program will be conducting Budgeting After-Hours classes from 6-8 p.m. Dec. 7 and 14 at the Camp Casey Army Community Service Classroom, Bldg. 2317. Registration is required for these classes. To register or for more information, call DSN 732-7779.

### Newcomer's Orientation

The bi-monthly Newcomer's Orientation will not be held at 9 a.m. Dec. 14 at the Casey Family Readiness Center, Bldg. 2403. For further information or to pre-register for the next orientation, call DSN 732-7779.

### Actors/Producers wanted

Would you like to be in pictures? Or do you have a special skill at shooting and producing video? The 2nd Infantry Division Public Affairs Office is currently looking for Soldiers willing to appear in videos and behind the camera. For more information, call Sgt. 1st Class Michelle Johnson at DSN 732-8869.

### Boy Scout Christmas Trees

Boy Scout Troops 80 and 88 will be taking Christmas tree orders and issuing tickets to customers today and tomorrow at the Yongsan Post Exchange. When the trees arrive in early December, the scouts will distribute them at Blackhawk Village. For more information contact Ms. Pak, Kyong Hui at DSN 738-4046.

### Adopt an Orphan Program

Units are encouraged to spend a wonderful Christmas Eve at the Warrior Club on Camp Casey and make an orphan happy. Only the first 25 units

who register are eligible to participate. A Christmas buffet, special appearance by Santa and a professional magic show will highlight the evening.

The buffet and magic show at 6 p.m. will be open to the community. For more information or to register call Marenzo Domingo at DSN 732-9464/6760.

### Adopt a needy child event

Individual Soldiers and Family Members from within the Area I Community are invited to adopt a needy child from a less fortunate family in Uijeongbu. Come to Mitchell's Club on Camp Red Cloud for a special Christmas Brunch, 10 a.m. to 1 p.m. Dec. 19. There is limited seating and reservations are required. Tickets include a full holiday buffet, a magic show and a free gift from Santa. Call the Camp Red Cloud Mitchell's Club at 732-8189 to reserve your seat.

### Tree decorating contest

Camps Casey and Red Cloud will be holding unit Christmas tree decorating contests Dec. 2 at 6 p.m. at the Warrior's and Mitchell's clubs. The clubs will provide real trees and electrical outlets, but units must provide their own decorations. Cash prizes will be awarded to the first and second place units. The first 15 units to register for the Warrior's Club contest, and the first 10 at Mitchell's Club will be able to participate.

For more information or to register, call Marenzo Domingo at DSN 732-9464/6760

### Shuttle to Gyeongju, Jeonju

Every day until Dec. 31, there will be free shuttle bus bound for the 1,000-year-old city of Gyeongju and the city of traditional Korean food, Jeonju.

To apply for a free ride, go to the Visit Korea website at [http://english.visitkoreayear.com/english/benefit/benefit\\_07\\_01\\_01.asp](http://english.visitkoreayear.com/english/benefit/benefit_07_01_01.asp). For more information, call DSN 730-2585.

### Cowboys Cheerleaders

The Dallas Cowboys Cheerleaders will be performing a variety show at the Camp Casey Carey Fitness Center at 7 p.m. Dec. 25. For more information call Mr. Scott Meredith at DSN 732-7079.

### College Credits

Did you know that you can get promotion points and college credits on the weekends? Contact Central Texas College today for more information about valuable "MT" classes. For more information call Ms. Becky Sisney at DSN 732-7268

### Family life resources

The 2nd Infantry Division's Chaplain Family Life Resource Center is offering Family wellness workshops, individual and marriage counseling, parenting through divorce classes and post-trauma recovery. For more information or to register, call DSN 732-7758, 730-6707.

### Fire prevention relocates

The Camp Casey fire prevention office has relocated to Bldg. 2362, Rm. 102 on Camp Casey. The new DSN phone numbers are:  
Fire inspectors ..... 730-4011/3177  
Fire prevention chief ..... 730-6049

Any fire safety and prevention-related questions or concerns for Camp Casey may be directed to the fire prevention office.

## 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.

Nov. 26: Unstoppable (2)  
Nov. 27: Alpha and Omega/ Unstoppable (2)  
Nov. 28: Alpha and Omega/Devil/  
The Town  
Nov. 29: Unstoppable  
Dec. 1: Easy A  
Dec. 3: Harry Potter and the Deathly Hallows/  
Wall Street: Money Never Sleeps  
Dec. 4: Legends of the Guardians/Harry  
Potter and the Deathly Hallows (2)  
Dec. 5: Wall Street 2/The American  
Dec. 6: Harry Potter and the Deathly Hallows  
Dec. 8: The Town

### Camp Red Cloud

Show times: Sat.-Tues. 7 p.m.  
Thurs. 7 p.m.  
Fri. 7 & 9 p.m.

Dec. 3: Unstoppable/Due Date  
Dec. 4: Red  
Dec. 5: Due Date  
Dec. 6: Easy A  
Dec. 7: The Expendables  
Dec. 9: Harry Potter and the Deathly Hallows  
Dec. 10: Harry Potter and the Deathly  
Hallows/My Soul To Take  
Dec. 11: Case 39  
Dec. 12: My Soul To Take  
Dec. 13: Wall Street: Money Never Sleeps

### Camp Hovey

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

Nov. 26: Alpha and Omega  
Nov. 27: Devil  
Nov. 28: Unstoppable  
Nov. 30: Devil  
Dec. 2: Harry Potter and the Deathly Hallows  
Dec. 3: Easy A  
Dec. 4: Wall Street: Money Never Sleeps  
Dec. 5: Harry Potter and the Deathly Hallows  
Dec. 7: Legends of the Guardians  
Dec. 9: The American

### 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.

Nov. 26: The Town/Devil  
Nov. 27: You Again/The American  
Nov. 28: The Town  
Nov. 29: You Again  
Dec. 1: Harry Potter and the Deathly Hallows  
(2)  
Dec. 2: The Town  
Dec. 3: Easy A/Devil  
Dec. 4: Unstoppable/Wall Street: Money  
Never Sleeps  
Dec. 5: Unstoppable  
Dec. 6: You Again  
Dec. 8: Tangled (2)  
Dec. 9: Legends of the Guardians

### Camp Humphreys

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

Nov. 26: Unstoppable (2)  
Nov. 27: Alpha and Omega/Unstoppable (2)  
Nov. 28: Alpha and Omega/Unstoppable (2)  
Nov. 29: The Town (2)  
Nov. 30: The Town (2)

(The December movie schedule was not available)

## 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 Worship:**  
4 p.m. Sunday  
**LDS Bible study:**  
7:30 p.m. Thursday

### 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 Sundays  
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

# Career Counselor of the Year credits family



Sgt. 1st Class Shantel M. Evans, Career Counselor with 602nd Avn., talks to a Soldier about reenlisting. Evans credits her family for helping her win the 2nd Infantry Division and 8th Army Career Counselor of the Year awards.

## Story, photo by Pfc. Paek Geunwook

2nd CAB Public Affairs

Army service requires Soldiers to be responsible, sacrifice and can be a difficult job where Soldiers must put themselves in a harm's way and be away from their friends and family for long periods of time.

However, some Soldiers consider the Army as their career. To help them make what are sometimes difficult choices, they can turn to career counselor.

One of those is Sgt. 1st Class Shantel M. Evans, a

career counselor for 602nd Aviation Support Battalion, 2nd Aviation Regiment, who recently was named 2nd Infantry Division and 8th Army Career Counselor of the Year.

After joining in the Army in 1996 as an aircraft electrician, Evans became a career counselor in 2008 and has been a career counselor for 602nd Avn. since arriving in Korea in 2009.

As a career counselor in 602nd Avn., she speaks with service members and their Families in reference to their future plans, trying to help the Army retain the highest quality Soldiers, and also gives advice on transitioning to civilian life.

"I am a kind of a person who can help service members understand what they want to do and how they can accomplish it," Evans said.

She will go to Washington, D.C. in January to compete for the U.S. Army Career Counselor of the Year Award. The competition includes an Army physical fitness test, various written exams and an appearance before a board.

"I do my job every single day and that allows me to prepare for the competition," Evans said. "After work, I spend a great amount of my time studying the Army regulations, new messages from the top and practicing for the actual board."

It wasn't easy for Evans to do her job, study for the board and take care of her three children. However, her husband, 1st Sgt. Dwight N. Evans, Jr. from C Co., 4th Attack Battalion, 2nd Aviation Regiment, and her three children are very supportive of what she does.

"Even though my kids actually do not understand what I am doing, they are proud of me doing so well and winning awards. That makes me feel good," she said with a big smile. "My husband and I are both very enthusiastic about our job and enjoy taking care of Soldiers. We push each other so that we can accomplish our goals."

One of her most important tasks is to help Soldiers through the reenlistment process. Evans and her fellow retention counselors take care of all the necessary paperwork and administrative actions for Soldiers who want to stay in the Army and hold reenlistment ceremonies.

As a retention counselor, Evans said the Army is a great place to take care of your Family.

"You remain Army strong and you remain a part of a team," Evans said. "To be honest, everybody wants to be paid. You can be paid well in the Army and it also guarantees your Family welfare and a lot of benefits that the civilian world does not provide such as a medical care. Also, you can meet a lot of cool people, too."

As long as Soldiers do not have any Uniform Code of Military Justice actions pending or are flagged, they are more than welcome to reenlist, she said. They just need to take initiative and go to their unit retention office.

# New diet program aims to 'Go for Green'

## By Chief Warrant Officer 2 Erica Nowells

2nd ID, G4 (Food Service)

The Warrior Division will introduce an improved diet program named, "Go for Green" at the Division's dining facilities to optimize Soldiers' health, performance and resilience as early as Feb. 1st. Under the program, Warriors will have an improved diet comprised of high performance food available to them. The new initiative will help Soldiers to eat like athletes, train like pros, and perform like champions.

"Go for Green" will phase in new menus for the dining facilities that incorporate healthier cooking procedures and low sodium seasonings. The food items will be categorized into three different colors: green, yellow, and red. Green indicates food that Soldiers want to increase in their diet and is designed to provide them with the most nutritional value. Yellow symbolizes moderate performance food that is lower in vitamins and minerals. Red is performance limiting foods and is not recommended. Red coded food is high in calories and may increase body fat.

Dishes will consist of healthier servings including foods with more vitamins, less calories, lower sodium, less fatty acids, leaner entrees, and more fruit based desserts. The new program will not sacrifice taste or the variety of food options, but will increase nutritional value and help to ensure Soldiers are ready to "Fight Tonight."

Starting Dec. 15, awareness training will begin in order to familiarize Soldiers with the program. Educational pamphlets and "Go for Green" posters and calorie cards will be available at all dining facilities.

**GO FOR GREEN**

**Eat like an Athlete  
Train like a Pro  
Perform like a Champion**

**High Performance Foods**

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

**Moderate Performance Foods**

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

**Performance Limiting Foods**

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



Yu Hu Son

Children hold flags during the 2009 Camp Red Cloud Christmas tree lighting ceremony. The 2nd ID will hold tree lighting ceremonies Dec. 6-10.

## Warrior Country to host multiple holiday events

By Sgt. 1st Class Robert Timmons

2nd ID Public Affairs

“Tis the season,” they say. Well, the season is quickly approaching and for those who aren’t taking holiday leave there are quite a few things to keep one busy during the month of December. From tree lighting ceremonies to unit holiday parties to special events put on by Area I’s Family, Morale, Welfare and Recreation there are various holiday events being held across Warrior Country throughout December.

“This is the season of giving,” said Maj. Will Griffin, 2nd Infantry Division spokesman. “And there are a few programs being offered such as the ‘Adopt a Needy-Child Program’ at Camp Red Cloud’s Mitchell’s Club on Dec. 19 and the ‘Unit Adopt an Orphan Program’ at Camp Casey’s Warrior’s Club on the 24th. Both of these programs are excellent opportunities for individuals and units to help out those Koreans who are less fortunate. Plus, there will be an added bonus of a professional magic show and Santa.”

FMWR is also holding Unit Christmas Tree Decorating contests Dec. 2 at both Mitchell’s and Warrior’s clubs.

According to FMWR, real trees will be provided and all units would have to bring decorations and the manpower to spruce up the tree. Fifteen units will be able to participate at the Casey event while only 10 can be accommodated at CRC. There will be cash prizes given to unit funds for the first and second-place winners.

Another highlight of the holiday season is the annual 2nd ID Holiday Concert Dec. 18 at the Uijongbu Performing Arts Center.

And for those football fans in Warrior Country, the Dallas Cowboys Cheerleaders are scheduled to tour Area I Dec. 25 and perform a variety show at Camp Casey that evening.

“Even though I am a Philadelphia Eagles fan and they are our heated rivals, I am looking forward to seeing the Dallas Cowboys Cheerleaders on Christmas Day,” Griffin added.

Some of events in December are:

<b>Yongan Tree Lighting</b>	<b>Dec. 2</b>
<b>FMWR Unit Christmas Tree Decorating Contest</b>	<b>Dec. 2</b>
<b>Camp Casey Tree Lighting</b>	<b>Dec. 6</b>
<b>Camp Humphreys Tree Lighting</b>	<b>Dec. 6</b>
<b>CRC Tree Lighting</b>	<b>Dec. 7</b>
<b>Camp Stanley Tree Lighting</b>	<b>Dec. 10</b>
<b>2nd Infantry Division Holiday Concert</b>	<b>Dec. 10</b>
<b>2nd Infantry Division Holiday Reception</b>	<b>Dec. 17</b>
<b>Adopt a Needy-Child Program</b>	<b>Dec. 18</b>
<b>Unit Adopt an Orphan Program</b>	<b>Dec. 24</b>
<b>Dallas Cowboys Cheerleaders variety show</b>	<b>Dec. 25</b>

For more information on FMWR held events contact Marenzo Domingo at 732-9464/6760 or via email at [marenzo.domingo@korea.army.mil](mailto:marenzo.domingo@korea.army.mil).

## Tips for protecting household goods during shipment

by 1st Lt. Alec Rice

Casey Legal Center

Frequent permanent changes of station are part of military life. One of the unfortunate realities of moving so often is that household goods can be lost, damaged, or stolen while enroute between posts. However, there are some simple actions and habits that can make shipping your household goods as trouble-free as possible.

First, make sure to keep receipts for major purchases. Store these receipts along with other important documents such as copies of awards, schools attended, and medical records (the “I Love Me Book”). Make absolutely sure to hand carry these items when you travel between duty stations, along with any small-sized valuables such as jewelry, watches, cash, and cameras, so they won’t be stolen.

Also, take photos of major purchases prior to PCSing. Examples of items it would be wise to photograph are any crystal, china, or nice furniture. If you own any sig-

nificant electronic items, it would be ideal to also take some video of it while it is operating to show that it is in proper working order (i.e., video of a television while it is on). These two actions are key to proving ownership and the condition and value of items should they be damaged, lost, or destroyed during your move. Furthermore, it is a good idea to create your own inventory in which you record the serial numbers of all expensive pieces of equipment such as stereos or bicycles.

When the movers come, you can ask them to write the serial numbers of your goods on the Household Goods Descriptive Inventory (although they are not required to do so). If they won’t do this you can write the serial numbers yourself in the “remarks/exceptions” block at the bottom of the form. Also, if you are shipping a large collection of CDs, DVDs, or computer games you can list the total quantity of these in the “remarks/exceptions” section. Make sure you review the Household Goods Descriptive Inventory before you sign it. If you believe that any of the damage to your goods has been exaggerated, note this in the “remarks/exceptions” section.

When your shipment is delivered, make sure you have

your copy of the Household Goods Descriptive Inventory readily available. Use this as the shippers unpack to confirm that all of your goods are present. The movers will then present you with the pink DD form 1840. Before the movers leave, make sure you note any missing or damaged items on the front of this form. If you discover missing or damaged items after the movers leave, record these on the reverse side of this form—called the DD 1840 /R.

In order to get the full replacement value for anything lost or damaged, you have 75 days from the date of delivery to get the DD 1840/1840R to the mover. It is preferable to send this to the movers by certified mail. Alternatively, you can bring the DD 1840/1840R to your Army Claims Office within 70 days of the date of delivery and the Claims Office will notify the movers.

Following either of these steps, you will have nine months from the date of delivery to file a claim.

If you cultivate the habits of keeping receipts for major purchases, taking photos of them, and making a record of the serial numbers for these items you will be going a long way in helping yourself to be fully compensated for any loss or damage that may occur during your next PCS.

# Medical evacuation practice at sea: 'Dust-off' practices rescue skills during rough weather

Story and photo by  
Cpl. Tim Oberle

2nd CAB Public Affairs

Conducting an overwater personnel recovery operation, or OWPR, can be a tricky mission during normal conditions, but add high winds and large waves to the equation and the exercise becomes much more difficult.

In fact, if the weather conditions don't allow for a 1,200 ft. ceiling and at least three miles of visibility, the OWPR exercise must be cancelled, said Maj. David Zimmerman, commander of C Company 3rd Battalion, 2nd Aviation Regiment., and pilot in command for the OWPR team. In addition to visibility concerns, if the height of the waves where the operation is to take place is above eight feet, the first general officer in the chain of command must give his approval after examining the urgency of the mission.

With conditions just under the acceptable levels, Soldiers from the 3-2nd Avn. or the "Dust-off" medical evacuation unit from Camp Humphreys, conducted an OWPR just off of the western coast of South Korea Nov. 8 near Kunsan Air Base.

In preparation for the mission, "Dust-off" conducted extensive training prior to going on the mission.

"It is imperative that our crews are highly experienced and trained because crew coordination is vital to the success of this type of mission," Zimmerman said. "On average, it takes three days and a total of 12 flight hours to complete the required training to qualify each crewmember to perform as a member of an OWPR team. This doesn't even include other required training that a crewmember must undergo, such as water survival training using the Helicopter Emergency Egress Deployment System."

In order to conduct an OWPR operation there are two methods that can be used depending on the conditions and type of mission. "The primary method for the removal off a downed aviator in the water is the jungle penetrator," said Zimmerman. "This maneuver requires the crew to hover, while lowering the hoist controlled jungle penetrator into the water near the victim and then hoist the victim out of the water."

A jungle penetrator is hook-like device with three



A crew from C Co., 3-2nd Avn., conducts an overwater personnel recovery exercise off the western coast of South Korea Nov. 8 near Kunsan Air Base. The medevac unit deployed to Kunsan with the 4-2nd Avn. to support another mission. The exercise helps pilots and crew of 3-2nd Avn. to be prepared for any rescue mission.

*"Should we ever actually need to extract someone from the water our crews are ready and highly trained. As with anything, practice is key to becoming better at what we do."*

Chief Warrant Officer Randal Cox  
C Co., 3-2nd Avn. instructor pilot

prongs that fold up so it can go into tight spots and then unfold for someone to sit on.

"The secondary means of extraction and the one that we are using here for this exercise requires the use of a caving ladder," explained Zimmerman. "The ladder is secured to the floor of the aircraft and lowered into the water near the victim. Next, the aircraft establishes a hover at approximately 20 to 25 feet above the surface of the water while

making sure a portion of the ladder submerges into the water to allow the victim to climb up to the aircraft."

The medevac unit deployed to Kunsan Air Base to support another exercise over the water that the 4th Attack Battalion, 2nd Aviation Regiment, was conducting at Jikdo Island. Despite the difficult conditions, "Dust-off" was able to conduct a successful mission. "Anytime that we support a live fire exercise and no one has to be rescued, our training has been successful," said Chief Warrant Officer Randal Cox, an instructor pilot from C Co., 3-2nd Avn. and a pilot during the OWPR. "Should we ever actually need to extract someone from the water our crews are ready and highly trained. As with anything, practice is key to becoming better at what we do."

Click on  at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) to get the latest 2nd ID news.

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