

TEAM 19!

Supporting from the Sea to the DMZ

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23rd ASG units test their skills



TEAM 19!

19th TSC

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Stay safe during critical days of summer

Greetings TEAM 19 Soldiers! The warm weather has arrived and summer is almost here which means there will be having plenty of summer fun with barbecues, pool parties, outdoor sports and travel. The days will be longer and there will be no shortage of activities to fill these extra hours of daylight.



Maj. Gen. Jeanette

But all these fun times can come to a screeching halt if you get into a car wreck, fall victim to heat exhaustion, get caught up in a civil disturbance, or experience some other mishap. The Memorial Day weekend marked the beginning of the "101 critical days of summer" when fatal accidents are the highest of the year. To avoid becoming a statistic, I encourage all TEAM 19 Soldiers to take precautions to ensure a safe, trouble-free summer.

My number one concern is the use of alcohol. Looking back over the court-martial cases from the past year, one pattern stands out clearly: alcohol has played a role in almost all serious incidents. Alcohol impairs judgment plain and simple. Lapses in

judgment lead to accidents, indecent and violent assaults, and drownings. Poor judgment, no matter what causes it, is no defense for a crime, it doesn't protect you well at all in an accident and it is usually a bad defense when it is caused by alcohol or drug abuse.

If you must drink, do it in moderation and NEVER drive when you've been drinking – it just isn't worth your life or your career! Use a designated driver or take a taxi, it's that simple.

Swimming is wonderful exercise and can be fun for the whole family. But, here again, be mindful of a few common-sense precautions. Swim only in authorized swimming areas. But don't swim if you are excessively fatigued or have been drinking (there is that drinking thing again). Also, remember, if you are swimming in the sun the cool water may keep you from feeling how powerful the sun's rays are. It's easy to get a severe sunburn without ever realizing it...until it's too late and the damage is done. So, along with swimming safety, exercise sun-safety just as carefully.

Another important precaution to ensure summer fun is to hydrate. Human bodies are largely composed of water, so even a slight decrease in hydration levels can affect your

basic metabolism. Sip water constantly throughout the day and increase your intake if you engage in heavy outdoor activity such as running, jogging, swimming, even doing yard work or playing with the kids. Here again, alcohol can pose a threat. While a can of beer may help quench your thirst, the fact is that alcohol is a diuretic that can leave you even more dehydrated than drinking nothing! Instead drink plenty of water and/or sports drinks on hot days to truly re-hydrate.

The last topic I will address is one that I wish I didn't have to discuss at all. And that is the topic of sexual assaults. Over the past year, we have seen an increase in sexual assaults against service members around the globe. Sadly, these crimes are most often committed by one service member against another. And again, alcohol plays a starring role in almost all of the assaults.

Here's what often happens... After a night of drinking at a post club or an off-post establishment, a female service member is "helped" back to her room by another service member. When the female passes out or is too incapacitated to know what's going on, she is further "helped" out of her clothes and then raped.

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Mission doesn't end during hot summer months

Welcome Team 19,

As temperatures rise and everyone you know seems to be leaving, there are a few key things to keep in mind. Just because the sun is shining and most of your office is in- or outprocessing, doesn't mean the mission comes to a halt.

As noncommissioned officers, we must take the lead in ensuring a smooth transition this summer.

First, though, I'd like to say farewell to all those who are leaving and thank you for your support. If you are just arriving, welcome to the 19th Theater Support Command!

To help ensure the smooth transition I was talking about, those of you who are leaving should take time to create or, better yet, update a continuity book for your replacement. Do



Command Sgt. Maj. Larry C. Taylor

not let all of the hard work you've done go to waste. Leave a clear standard operating procedure behind, so that the Soldier behind you doesn't have to reinvent the wheel.

In addition, you should ensure that your section or unit conducts proper sponsorship of incoming Soldiers and their families.

Sponsorship begins before the Soldier arrives in country. As soon as you are notified about an incoming Soldier, a proper sponsor should be selected; one who is of similar rank and marital status is best.

Make sure sponsors contact the incoming Soldier and help answer his or her questions and concerns. There are many issues, such as housing, that a sponsor can help with from this end, thus reducing the new Soldier's level of stress. Moving to Korea can be a difficult transition, and sponsorship can help make it easier.

And, as we all know, first impressions are lasting. A good sponsor can make a difference in how a new Soldier perceives this assignment

and start him out on a positive note.

Both leaders and sponsors should also ensure that new Soldiers are clear on the many different rules and regulations here in Korea as early as possible. For instance, incoming sergeants and staff sergeants need to be informed that driving a personally owned vehicle is no longer an automatic privilege.

Only sergeants and staff sergeants who live off base or have command sponsorship are allowed exceptions to policy to have POVs now, and they still have to fill out the proper paperwork at their company.

The sooner they understand this regulation, the better. This will prevent a new sergeant or staff sergeant from purchasing a vehicle they will not be authorized to drive.

The curfew and off-limits establishments are other regulations that new Soldiers need to understand right away. Ignorance is no excuse, and you have the ability to prevent incidents

See 'CSM', Page 4



Pfc. Siliva Martinez, 305th Quartermaster Company water purification specialist, paints an orphaned child's face during a community relations event at Baseball Field 5, near Collier Field House May 14.

305th volunteers spend time with Korean orphans

Story and photo by
Sgt. Andrew Kosterman
Korea Region Public Affairs Office

Volunteers of the 305th Quartermaster Company, 498th Corps Support Battalion, say they are always ready to lend a helping hand to benefit people. They got the chance to do just that on May 14 at Baseball Field 5 near Collier Field House.

Thirty-one Soldiers, along with the United Service Organizations, Morale, Welfare and Recreation, and the Moyer Recreation Center, donated time, money and equipment to help make a special day for 75 Korean children.

The children are orphans being taken care of by the Salvation Army in Seoul.

"This is a chance for us to give something back to the community," said 1st Lt. Kevin Mercer, petroleum supply platoon leader, 305th Quartermaster Company. "It not only builds esprit de corps in the company, but it also build relations with the local community."

Some of the equipment provided included an inflatable boxing ring and the USO's Canteen, which was brought in from Camp Casey to accommodate the event.

"We got word they had a Canteen, so we gave them a call so could use it," said

Mercer.

The request was a last-minute adjustment to plans that had been set for weeks.

"The request for the Canteen was last minute," said Marvin Sanders, USO-Korea program manager. "But this is an ideal event to come out and support, so we made it happen."

Park Eun Bin, the director of the Salvation Army in Seoul, said the event is good because the children don't receive many opportunities to get out and play.

"They don't have many chances to meet foreigners," said Park. "This is a good chance for them to learn."

With music playing from the Canteen, Americans and Koreans played soccer, baseball and other sports. One of those playing was Spc. Ralphy Warden, mortuary affairs, 305th Quartermaster Company.

"This is a good event," said Warden. "I was a orphan and the military used to come down and do this for us and it made my day."

Those Soldiers inspired Warden to volunteer for this and other similar events.

"I volunteer for everything," said Warden. "Kids need to know that people love them. Just because they aren't Americans doesn't mean they aren't our future."

From 'CG', Page 3

Here are a few sexual assault facts and figures to consider:

- 84% of sexual assault assailants are known by the victim
- 85% of the attackers/victims were alcohol impaired
- 60-80% of all rape is date/acquaintance rape
- Someone who is intoxicated to the point of being incoherent can not legally consent to sex
- Most assaults are committed against junior soldiers, generally by someone older or of higher rank

Soldiers by definition are members of a Team, teammates look out for each other - they **don't** take advantage of each other. Leadership, self respect and knowledge will put a stop to all types of sexual assaults. "No means No!" – it is that simple. Above all, if you control your use of alcohol so that you do not become so impaired that you can not think, act, or function like rational adults – you will have a safe, accident and "stupidity free" summer.

Have fun and BE SAFE!

From 'CSM', Page 3

from occurring by making sure Soldiers are armed with the proper knowledge.

For our incoming Soldiers - welcome to the Republic of Korea. There will be many new and exciting experiences and opportunities for you here.

If this is your first time overseas, however, there are a couple of things to keep in mind. First, you represent the United States at all times, and when serving overseas, regardless of where, your actions speak louder than words.

Your actions can have a significant impact on how the Koreans view not just your values, but also those of the entire U.S. Army. Therefore, let your actions speak proudly about yourself and this command.

Second, remember you must live by the Army values, especially when you are in a foreign country.

There is no excuse for improper or illegal behavior, such as driving under the influence, no matter where you are stationed.

There is no better place to be stationed than here at the 19th TSC. Through our actions and behaviors, we have the power to keep it that way.

Play brings community together

Story and photo by
Master Sgt. Kimberly
Williams

Nearly 450 people started Mother's Day early when they attended a performance of "Mama Mama Me Ma" May 8 at either 1:00p.m or 7:30 p.m. at the Kelly Fitness Center, Camp Walker.

The professional gospel play, which featured six musical numbers, is the original creation of professional playwright, Maj. Shatrece W. Buchanan, Chief of Plans, Policy, Operations and Actions, G-1, 19th Theater Support Command.

"It's about a God-fearing woman who's going through a hard time in her life right now, because she's sick in her body," said Staff Sgt. Arnescia Moody, 36th Signal Battalion TNOSC, who played the central character "Me Ma" in the play. "She's trying to find a way to tell her kids she's dying."

"I think the universal synopsis is that this play illustrates a mother's struggle to unify a family even through the most challenging times," Buchanan said. Across race, religion and color, a mother's heartbeat is colorless; a mother's heartbeat is endemic to all societies, she said.

The play featured 13 primary cast members drawn from Area IV, Buchanan said. The cast members included Soldiers, family members and civilian employees.

The youngest cast member is eight years old, she added.

Including children in the play was especially important, because Tan Peterson, assistant youth director for the Multicultural Gospel Service and CEO of "Mama, Mama, Me Ma Productions," had originally asked Buchanan to write a play focusing on youth, Buchanan said.

"They wanted to do something to synergize the community," she said.

But, when deciding on dates, it turned out the performances would fall on the day before Mother's Day, Buchanan said. "So, we decided to honor mothers, still using youth from post," she said.

During the performance, the actors were accompanied by a live band, which was composed of a keyboard player, saxophone



"Carmen", played by Kandace McFadden, daughter of Stephen and Jeanette McFadden, gets angry with her "Grandma", played by Stephanie Aaron, during a scene in "Mama Mama Me Ma" May 8 at the Kelly Fitness Center, Camp Walker.

player, bass guitar player and a drummer, Buchanan said.

Both actors and the band were top notch, she said. "The kids sing very well," Buchanan said. "I think it's just as good as the Soldier's Show, definitely."

For Buchanan, writing the play fulfilled a promise. "I made a promise six years ago to a young boy that I would write a story about him and the issues he had with his mother, father and grandmother," she said. "I thought this would be a prime opportunity to do that."

The play presented opportunities to the cast as well.

"It's been an inspiration to me, because I didn't think it was something I would ever do," Moody said. "I participated in skits, but never anything like this."

"It's been a lot of work, but I think it's worth it," said Sakira Walker, daughter of Staff Sgt.'s Winfred and Patricia Walker, 20th Area Support Group and 19th Theater Support Command respectively.

The audience seemed to agree.

"It's an awesome play," said Staff Sgt. Norman Love, 516th Personnel Support Battalion. "It gives families another entertainment option."

"I thought it was excellent," said Sgt. Monique Webb, 19th TSC.

Webb said she felt the play's message was extremely relevant to Mothers' Day. "As mothers, we have more strength that we are not ever aware of."

Overall, the intent to bring the community together was a success.

The Area IV community truly pulled together to make this play happen, Buchanan said. The play was co-sponsored by organizations such as the Area IV Morale, Welfare and Recreation, Better Opportunities for Single Soldiers, the Association of the United States Army, the Daegu Spouses Association and the Sergeants Major Association. In addition, Area IV Morale, Welfare and Recreation helped with getting contracts for sound and lighting through KTW0 Entertainment Agency, and the Directorate of Public Works built the theatrical scenery, which proved absolutely paramount to the success of the show, she said. "The support from DPW was absolutely superb," she said.

But the true foundation of support, Buchanan said, was the Multicultural Gospel Service led by Chaplain (Maj.) Kenneth Harris.

"He is the leader," she said. "If it had not been for his approval and support, this would not have happened."



A team of four KSC employees stand fast against the wind in preparation for hooking the reach pendant, or “Q-tip”, to the helicopter.



Above -- A KSC employee holds the hook up, as the others determine if everything has been attached correctly.

Right -- The KSC employees race for cover when the mission is complete.



KSC employees 'rig' up for slingloading success

Story and photos by
Master Sgt. Kimberly A. Williams

Despite the wind and rain, 16 Korean Service Corps employees at the Material Support Center – Korea had an opportunity to practice their slingloading skills April 27 on the helipad at Camp Carroll.

Soldiers from the 2nd Infantry Division conduct the training for MSC-K on a quarterly basis to make sure the KSC employees' slingloading skills stay current, said Steve Cochrane, assistant KSC coordinator for MSC-K.

In wartime, KSC employees will face the challenge of moving equipment from the MSC-K storage facilities to the battlefield by helicopter, which is why this training is so important, said Kim, Tae-yong, commander, 37th KSC Company.

In addition to the 37th KSC Co., employees from the 6th KSC Company and the Supply and Transportation Division,

MSC-K, also participated in the training, said Kim.

Each of the 16 KSC employees who attended training work in different jobs within the logistics field, Cochrane said. However, just like Soldiers, KSC employees are pulled out from various areas to form special-response teams, such as slingload, decontamination and railroad teams, to prepare for their wartime mission, he said.

In order to make the slingload training realistic, three 2ID Soldiers from the 2nd Forward Support Battalion, Camp Hovey, had the KSC employees rig up a load and physically slingload it to a UH-60 Blackhawk.

When rigging a slingload, it is essential to pay attention to detail, said Spec. Rith Roeth, a petroleum supply specialist with Company A, 2nd FSB.

Roeth said the trainers are primarily looking to see if the KSC employees properly conduct four specific steps.

The first step is to make sure the load is

centered on the net, he said. Next, the equipment must be securely tied-off, Roeth said. Then, it is essential that the hooks are placed in the proper sequence.

Finally, the reach pendant or "Q-tip", the hook that attaches the load to the helicopter, must be correctly attached to the load, he said.

"Everything has to be in the right place," Roeth said. If not, he said, the load might fall out, causing damage to the equipment.

After some minor corrections to the sequence of the hooks, the trainers gave the KSC employees a "Go" to slingload the equipment to the helicopter, he said.

Teams of four KSCs, supervised by the Soldiers, successfully attached the load to the helicopter four times to complete the training, Cochrane said.

Both the trainers and the KSC employees enjoyed the hands-on training. "It's fun when you're doing actual missions," Roeth said. "It keeps you current in your skills."



23rd ASG ‘tests’ units, Soldiers

**Story and photos by
Pfc. Hwang, Kyoo-won**

All units in the 23rd Area Support Group took part in a peninsula-wide Exercise Evaluation for 10 days starting May 10.

As part of the EXEVAL, the 84th Ordnance Company, 6th Ordnance Battalion, conducted an ammunition loading exercise May 10 in the Brigade Set Site at Camp Carroll.

“When units activate from the United States to come help defend Korea, they fall in on prepositioned equipment that is stationed here,” said Warrant Officer Donald Clippinger, accountable officer for the 84th Ord. Co. “They draw their equipment, and they come to get the ammunition from us.”

The 84th Ord. Co. has three depots in Korea, which are located in the Daejun area, where they stack ammunition. “We pull out all the ammunition from the depots, bring it here, and set it on the ground depending on what type of unit it is. They roll in, and they grab their ammunition and roll on to the battle,” said Clippinger.

This is a complicated process, which takes about two months prior to set up. “Normally, the actual vehicle will come in after contacting us what kind of unit is coming in, but today we will have a Palletized Load System pick it up, because we don’t have all the equipment staged,” said Clippinger. “The last exercise that we had in March, we set up all the equipment, had the whole place covered with ammunition, and we had the actual vehicles come and pick up the ammunition. “The operation needs two months of coordination to get the equipment out,” he said.

At the training site, there were Soldiers from other units participating in the exercise. “We have Soldiers supporting from the 65th Ord. Co., which is a smaller unit. They don’t have such a big mission as we do, so we pull some Soldiers out to help us,” said Clippinger.

This exercise is very important to the Army, because in real wartime, many units will come here to pick up the ammunition and go to the battlefield, said Clippinger. The faster the Soldiers move to load the ammunition, the faster will the units go to the front line, he

said.

“Since the 84th and the 65th Ord. Co. all fall into the same battalion, and we do the same job, it brings us together when we work together,” said Sgt. Cherun Newsome, 84th Ord. Co. “We have better teamwork dealing with ammo in wartime, and it keeps us tight as a team.

Also during the EXEVAL, the Headquarters and Headquarters Detachment, 65th Ord. Co., and the 267th Chemical Company, 23rd Chemical Battalion, conducted a decontamination exercise on the helicopter pad at Camp Carroll, May 11.

According to 1st Lt. Louwana Wright, group chemical officer for the 23rd ASG, the



Two Soldiers dress the wounded mannequin as “wounded” by a simulated exercise.



(Top) Soldiers check the type and the amount of ammunition before loading it onto a vehicle.

(Left) The chemical decontamination team decontaminates a vehicle, which was hit by a simulated chemical missile.

Soldiers skills during EXEVAL

evaluators simulated a chemical attack to see how well the Soldiers dealt with the situation. Evaluators shot five simulated nerve missiles into the motor pool, where HHD, 65th Ord. Co. was located, she said.



ound of another Soldier, who simulated explosion during the

the wash rack of the helicopter pad, and the five contaminated vehicles will go through each station to get decontaminated.”

After the attack, the 65th Ord. Co. had to link up with the chemical team for decontamination, said Staff Sgt. William Jenkins, 6th Ord. Bn.

“We are doing decontamination support for the 6th Ord. Bn. for their EXEVAL,” said 1st Lt. Carlos Nunez, executive officer of the 267th Chem. Co. “Five

The Soldiers did not know in advance about the attack, so they were a little bit confused, but handled it pretty well, said Wright. Through this exercise, they learned how to survive in chemical attacks, she said.

The 23rd ASG also conducted a portion of the EXEVAL in Training Area Tom on May 13. Headquarters and Headquarters Company, 23rd ASG, HHD, 6th Ord. Bn., 65th Ord. Co., and 84th Ord. Co., conducted a base defense exercise for the EXEVAL.

There were three evaluators checking how well each unit responded to the exercise and how well they completed the mission, said Maj. John Smith, HHC, 23rd ASG. After they are all finished, the evaluators give the units an After Action Review to give the unit feedback on how they did, he said.

In one scenario, the evaluators conducted a special exercise where a man approached the gate with mines around him. “One person will come approaching the gate with claymore mine strapped to himself. When the guard comes to confront the person with the claymore mine, he will blow himself up, which

is very similar to what’s happening in Iraq,” said Smith. “There will be casualties on site, and what we want to see here is not how well they handle the bomb, but more like a casualty evacuation type of exercise.”

“The 52nd Air Evacuation Medical Company is supporting us in this exercise. They have one of their helicopters ready to perform an air medical evacuation,” said Smith.

According to Smith, this is the first time the 23rd ASG has conducted an EXEVAL with all the units. When working with different units, the most important thing is having a good attitude, he said. Soldiers should have an open mind, because it is an opportunity for their unit to improve, Smith said.

“My reward from this exercise is that I learn what I would do in wartime, how to do in combat situations, and the most important for me is experience,” said Spc. Julie Garrizales, 6th Ord. Bn. “The rain made the EXEVAL muddy, and it could be much easier than it could have been, but everything went fine. Everyone put in the parts they were supposed to do,” she said.

25th Trans. Bn. challenges

**Story and photo
by Cpl. Han, Won-jong**

“My adrenalin was pumping. I was into it so much; I want to go through it again,” said Spc. Lan Pham, transportation management coordinator, 584th Division Support Team, 25th Transportation Battalion, 19th Theater Support Command.

Pham and many other Soldiers from the 25th Trans. Bn., 19th Theater Support Command, took part in Operation Permanent Victory Blank Fire Exercise in training areas Tom and Nightmare May 16-21.

The following six teams from the 25th Trans. Bn. participated in the exercise: Headquarters and Headquarters Detachment, 662nd Movement Control Team, 138th Port Movement Control Team, 517th PMCT, 665th MCT and 584th MCT.

The overall purpose of this exercise was to train our Soldiers on some of the tasks that we are facing in the Middle East, especially how to react to convoy and base area

attacks, said Cpt. James E. Sweeney, support operations officer, 25th Trans. Bn.

“It’s the first time that this unit has ever jumped to a field site that was not fixed,” he said. “We are out here in the middle of nowhere, beside the river, setting up and supporting ourselves.

“That is what makes this exercise special,” said Sweeney.

This was a challenging experience for Soldiers to execute what they learned during their sergeant’s time training, said Sweeney.

“The training was intense. We were put under pressure to react,” said Sgt. Larrie Mackey, transportation management coordinator, 584th Division Support Team, 25th Trans. Bn.

“Each team has their own scenario when they go through the lanes. The scenario basically is for them to complete their mission to get to a certain grid. On the way to that grid, there are certain attack points to be set up. They have no clue where they are. As they perform their mission,

they will encounter these attacks: sniper attacks, demonstrations and ambushes with roadblocks. All of this is to see how they are going to react to these different situations,” said Sweeney.

The 194th Maintenance Battalion, 19th TSC, provided Soldiers for the opposing force, and the 25th Trans. Bn. provided evaluators to test the Soldiers.

Cpt. James Lucowitz, training officer, HHD, 25th Trans. Bn., who was one of the evaluators, said each team is tested on various tasks, such as troop leading procedures, vehicles road plans, rules of engagement and battle drills. Soldiers were exposed to an environment that they are not used to and forced to react to sniper attacks, ambushes and hostile crowds, he said.

“Soldiers have been maneuvering well so far. They are very motivated. They like this stuff,” said Sweeney.

“One of the things that we hope the



Soldiers from HHD, 25th Trans. Bn., react to an ambush attack during their convoy mission.

Soldiers' skills in BFX

Soldiers learn how to protect themselves in these types of attacks and what can they do doctrinally and, as we are saying over in Iraq, some things non-doctrinally. Anything to keep us protected as we are trying to take support up to the front line. I think this is something all units need to do regardless of what their mission is such as force on force, blank/live fire exercise to train the Soldiers against these attacks," he said.

Soldiers acknowledged the importance of this exercise and were eager to learn.

"The more we learn now, the better we'll be prepared. We just stay alert and

stay alive. If we can have another field exercise similar to this, we should be at least two times better the next time we come around," said Spc. D'ante Pittman, light wheel mechanic, HHD, 25th Trans. Bn.

"I had a lot of fun on this exercise, because this exercise was very interesting with many different situations thrown at us. This is what we have to do in time of war," said Pham.

"We were prepared and well trained to carry on our mission. We did everything that we were supposed to do, following orders and instructions," said Pham.

"Overall, I think we reacted very well under those stressful situations," he said.

"When these surprise elements ever come across, I will be able to react to them better.

This exercise will help me a lot to support my team during a real war situation."

"As they depart Korea and go onto their next duty station, a lot of these Soldiers will probably find themselves in Afghanistan and Iraq in situations where they may be attacked during a convoy or by an ambush. This is going to prepare them for that — give them some understanding of things they need to do to protect themselves and make sure they come home to their loved ones safely," said Cpt. Derrick Lewis, commander, HHD, 25th Trans. Bn.

"This is going to be valuable training. As Soldiers move on, this training is definitely going to come in handy. If this training helps save lives, it was a training worthwhile," he said.



Carrying the load for wartime readiness

**Story and photo by
Pfc. Oh Dong-keun
Area IV Public Affairs Office**

A group of heavily laden Soldiers bolt from a C-130 aircraft upon landing at Gimhae Airport. On the ground, far from their home base, they need food, quarters and myriad other necessities.

In this case, however, the C-130s were buses and Camp Henry substituted for Gimhae Airport as the Soldiers of Headquarters and Headquarters Company, 20th Support Group played their wartime role of receiving, in-processing and supporting incoming soldiers during a field training exercise May 10-14.

The intent of the week-long simulation was to familiarize personnel with the critical actions associated with their wartime mission execution and give them a clear understanding of their specific responsibilities and required actions should the real situation arise, according to Capt. Rolf Achauer, Jr., company commander.

“Our Soldiers truly have an important job to do,” said Achauer. “They are not as small as they think they are. They are very significant pieces to the overall operation of the 20th Support Group’s wartime mission.”

The exercise began May 10 with an alert. Soldiers participating in the exercise were then broken into five nodes, each led by a node officer-in-charge. All nodes were given separate, specified missions involving in-processing and providing services to the Soldiers along the different phases during the exercise. One node was designated each day to execute their mission while Soldiers from the other nodes simulated incoming Soldiers.

“The purpose of the exercise was to actually see it through, to have Soldiers get their hands on their job, instead of just talking about it because we have done enough talking in the past to get the concept down,” said 2nd. Lt. Isaias Zamora, company executive officer. “So this exercise was planned to give everyone a chance to actually go through the motions to see what it is that will be required of them when the real situation arises.”

Lots of planning was done in developing and preparing for this exercise, Zamora said.

“We had several In Progress Reviews, meaning a lot of planning went into the exercise,” Zamora said. “At those IPRs, we decided that the planning would be done in two different levels. The company coordinated

logistics for the exercise. At the node level, the actual training was written up and conducted by node officers-in-charge. I think that was a great move, because no one knows the mission better than the author of the mission.”

Soldiers who participated said the exercise equipped them with more knowledge and they gained confidence.

“I feel more confident about what we are going to be doing in the event of a war,” said Spc. Christian Watson, who worked at the personal holding area during the exercise. “I feel good about the fact that everybody got a chance to participate in the exercise which was simulated as if it was a real thing.”

“Most of the Soldiers felt much more comfortable and secure with their work,” said Achauer. “Because now they know what’s expected of them. They are not as fearful about what may happen in the future, because now they are familiar with their wartime mission, and they feel very confident in their work. When Soldiers feel confident, they feel secure. When they feel secure, their esteem is at 100 percent when they come to work.”

The 516th Personnel Services Battalion Soldiers also participated in the exercise by in-processing Soldiers during the initial phase of the simulation.

The 20th Support Group is one of three area support groups operating under the direction of the 19th Theater Support Command. Headquartered at Camp Henry in Daegu, the



Spc. Luis Calixto hands his identification card to a 516th Personal Service Battalion Soldier to in-process May 11 during a field training exercise conducted May 10 – 14, by HHC, 20th ASG.

group’s armistice mission is to perform support operations for the Area IV Support Activity. Its wartime mission includes providing in-processing and other support for troops coming into the country and while they prepare to move up the peninsula. The group motto is “Carrying the Load to Win.”



Sgt. Jennifer Edwards briefs incoming Soldiers before they in-process May 11 during the field training exercise.



19TH THEATER SUPPORT COMMAND **SAFETY SHIELD**



JUNE 2004



HEAT INJURIES



The most frequently encountered types of heat injury are heat exhaustion and heat cramps. Less common, but of greater significance is heat stroke. Causes of most heat injuries are the loss of salt and water from the body, failure of the sweat mechanism with a resulting increase of body temperature (heat stroke).

Heat cramps are primarily caused by excessive loss of salt from the body. The symptom is extremely painful contraction of the voluntary muscles, especially in the abdomen.



Heat exhaustion is caused by excessive loss of water and salt from the body. The symptoms include profuse perspiration, pallor of the skin, low blood pressure and other manifestations of peripheral circulatory collapse, soldiers may also complain of headache, mental confusion, drowsiness, extreme weakness, vomiting, and visual disturbances.



Heat stroke IS A MEDICAL EMERGENCY. Symptoms are extreme high body temperature, total absence of perspiration or sweating, skin which is red and hot to the touch, and the individual is usually in a profound coma. Heat stroke is a breakdown in the body's heat regulating mechanism. Individuals who have not been acclimatized are especially prone to heat stroke.



Prevention of heat injury involves the application of measures for increasing the resistance of exposed persons and reducing the exposure as much as practicable. The following are ways to prevent heat injuries:

- Encourage Soldiers to drink water, thirst is not a good indicator of a heat injury
- Encourage proper salt intake - do not use salt tablets
- Gradually acclimatize Soldiers to hot climates
- Maintain the best physical condition of personnel
- Tailor work schedules to fit the climate
- Protect Soldiers from the environment by ensuring they wear loose clothing to permit air circulation
- Educate personnel to recognize early signs, take appropriate action, and apply effective first aid
- Take frequent rest breaks - in the shade if possible



TEAM 19 SAFETY HOTLINE: 768-SAF-T/7238

Useful English Expressions

From the TEAM 19 Magazine

일상생활 영어 표현 및 이런 것이 사람들에게 알려졌으면 좋겠다는 내용을 가지고 있는 분은 저희 사무실 DSN 768-7353 으로 연락 주시기 바랍니다.

Expressions

- 1. Let's call it a day.
오늘은그만합시다.
“오늘의일과는여기까지로하자”는뜻입니다.
밤늦게 일을 끝내는 경우는 “Let's call it a night.”라고 하기도 합니다.
- 2. The coffee is too strong.
커피맛이너무진합니다.
반대로맛이연하다고할때는weak를사용해서
“The coffee is too weak”라고 합니다.
- 3. He is easy-going.
그는성격이둥글둥글합니다.

모나지 않고 무난한 성격을 easy going이라고 합니다.

- 4. You people are loose cannons.
너희들은어디로될지중잡을수없어.
Loose cannon은 조직 내에서 통제 불능인 사람무 책임 한사람을표현할때사용합니다.
- 5. Don't get me wrong.
오해는하지마십시오.
- 6. Step on it.
서두르십시오.
- 7. Long time no see.
오랜만입니다.
전통적인영어의문법과어순을무시한표현이지만친한사이에서“이거오랜만이야”라고반가움을나타내는인사로많이 사용되고있다.

Sayings

1. There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

당신은인생을사는데두가지방법이있습니다.
하나는마치아무것도기적이아닌것처럼사는것입니다.
다른하나는마치모든것이기적인것처럼사는것입니다.

2. The soul is, of course, the noblest part of man, but in the present condition of our existence, at any rate, it can only act through and by the body.

영혼은물론사람의가장고귀한부분이다하지만우리가존재하는현재여하튼신체에의해행해질수있다.

‘청춘! 신고합니다’ 주한 미8군 한국군지원단

미8군 공보실 일병 염태성

지난 5월 14일 용산사우스포스트의 컬러어필드 하우스 옆 주차장에서는 KBS의 군인 관련 프로그램인 '청춘! 신고합니다'의 '주한 미8군 한국군지원단' 편 촬영이 있었다. 약 8시부터 시작된 이날 촬영은 3일에 걸쳐 만들어진 거대한 세트장 덕분에 지나가는 많은 사람들의 관심을 끌었고, 그 결과 카투사들은 물론이고 미군이나 민간인들의 모습을 방청석에서



‘청춘! 신고합니다’의 한 코너인 청춘프로젝트에서의 장병들의 여자친구들의 실루엣 모습이다.

쉽게 찾아볼 수 있었다.

막이 오르고 사회자인 윤인구씨와 이지연씨가 입장하였고, 장병들은 큰 박수와 환호로 그들을 맞이하였다. 짧은 인사와 함께 바로 이어진 무대는 가수 박미경의 축하무대, 그녀는 ‘이브의 경고’를 비롯한 자신의 히트곡들을 열창한 후 박수를 받고 퇴장하였다. 본격적인 시작과 함께 여러 장병들의 장기자랑이 시작되었다. 많은 장병들이 무대에 올라와 노래, 춤 공연 등으로 자신들의 개성을 발산하고 방청객들을 즐겁게 해주었다.

이어지는 코너는 ‘청춘 프로젝트-사랑을 위하여’로, 장병들과 그들의 여자친구들이 나와 만남의 시간을 갖고 서로의 사랑을 확인하는 코너였다. 이 프로그램에서 두드러진 모습으로 포상 휴가를 받은 유엔사 경비대대 본부중대 수색소대 소속의 강승정 상병은 “수색소대에서 열심히 근무하고 있다가 우연히 인사과를 통해서 이런 프로그램이 있다는 소식을 접하게 되었고, 부족한 준비에도 불구하고 온 좋게 포상 휴가까지 받게 되어 너무 기쁘다”고 말하며 “수색소대 소속이기 때문에 소대원들 4명만 함께 지내는 경향이 있는데, 이렇게 용산에 와서 많은 카투사 동료들과 시간을 보낼 수 있어서 행복했다. 이 자리를 빌어 항상 같이 생활하는 소대원들인 김태원 일병, 백승민 일병, 윤세영 일병에게 고맙다는 말을 하고 싶다”고 밝혔다.

여성 듀오 가수 ‘샤인’의 무대가 막을 내린 후, ‘병영퀴즈 여보세요’ 코너가 이어졌다. 객석에서 올라온 병사들이 퀴즈를 풀어 순위를 가리는 이 프로그램에서는 능숙한 한국어와 함께 율동을 보여주는 등 특히 미군의 참여도 두드러져 인기를 모았다.

마지막으로 고향에서 올라온 어머니와 장병이 만나서 진행되는 코너인 ‘어머님 전상서’가 촬영되었다. 유엔사 경비대대 본부중대 민정소대 소속의 유성훈 이병은 지방에서 올라온 그의 어머니와 함께 프로그램에 참여하였고, 감동스러운 장면에 일부 카투사들은 눈물을 글썽이기도 하였다.

이렇게 하여 약 3시간에 걸친 촬영은 막을 내렸고, 사회자인 윤인구씨와 이지연씨는 늦은 시간임에도 불구하고 적극적인 태도로 촬영에 협조해준 카투사와 미군들에게 감사의 말을 전하며 무대에서 퇴장하였다.

"공연을 하기 전에 부대 분위기에 특성상 조금 어수선한 분위기에서 녹화를 하게 되지는 않을까 은근히 걱정했었다"는 프로그램 제작 담당의 문영진 프로듀서는 “공연을 시작하면서 내 생각은 기우였다는 것이 밝혀졌다. 그들의 질서 있



(위)경비대대 본부중대 유성훈 이병과 지방에서 올라온 어머니가 만나는 모습이다.

(아래)듀오그룹 샤인의 초청 공연 모습이다.

는 모습은 매우 인상적이었고, 오히려 카투사들의 자연스러운 분위기가 공연이 부드럽게 진행되는 데에 도움이 되었던 것 같다”고 말했다. 또한 “미군과 그들의 가족들이 방청객으로 참여하고, 카투사들의 통역 덕분에 무리 없이

공연을 즐기는 모습을 보고 정말 보람을 느꼈다. 미군과 같이 생활하면서 위축되지 않고 매사에 자신감 있는 카투사들을 보면서 같은 한국인으로서 자부심을 느꼈다”며 카투사들에 대한 칭찬의 말을 남겼다.

Area IV

229th Army Birthday

Celebration June 18

- ◆ The place of duty for all Soldiers stationed in Area IV will be Kelley Field, with troops formed by 5:45 a.m.
- ◆ The opening ceremony is at 6 a.m.
- ◆ All family members, Korean National employees and DoD civilians are encouraged to attend and support local units.
- ◆ There will be a barbecue open to all attendees. Cost is \$4.60 for E-4s and below and \$5.40 for all others. Please purchase tickets in advance by calling Sgt. Maj. Anderson at 768-8532 or Chief Warrant Officer Andrews at 768-8842.

Event Schedule:

Championship Playoffs	6:30 a.m.-1:30 p.m.
Award Presentations/Commander's Cup	2:15 p.m.
Honor Guard Performance	3:30 p.m.
Streamer Ceremony	3:50 p.m.
Retreat/Colors/Flag Folding Ceremony	5 p.m.
Youth Activities (Youth Activities Center)	All Day
Raffles	All Day

Playoff Starting Times:*

Ultimate Frisbee (7:30 a.m./George)	Litter Carry Relay (8:45 a.m.)	Checkers (7 a.m.)
Softball (8 a.m.)	100-Yard Dash (7 a.m.)	Racquetball (10 a.m./gym.)
Volleyball (7:15 a.m.)	Swim Relay (7 a.m.)	Pool Tournament (10 a.m./CAC)
Basketball (8 a.m./gym)	5K Run (6 a.m.)	Spades (7 a.m.)
Flag Football (7 & 11 a.m.)	Golf (8 a.m.)	Chess (7:30 a.m.)
Tug of War (7:45 a.m.)	Dominoes (7 a.m.)	COL/CSM/SGM Volleyball (12:30 p.m.)
Soccer (7:15 a.m./Henry)	Bowling (9 a.m.)	
4x400 Relay (9 a.m.)	Ping Pong (9 a.m./CAC)	
	Horsehoes (8 a.m.)	

*Kelley Field unless specified