

**July 21, 2017** 

Published by U.S. Army IMCOM for those serving in the Republic of Korea

**Volume 17, Issue 20** 

Read the latest news from the Army in Korea online at: www.Army.mil

### Eighth Army cuts the ribbon and begins new chapter at USAG Humphreys



Eighth Army and Republic of Korea-U.S. Alliance leaders cut the ribbon to inaugurate the Eighth Army headquarters at U.S. Army Garrison Humphreys in Pyeongtaek, South Korea, July 11. The ceremony marked the unit's transformation and represented its successful relocation from Yongsan to Pyeongtaek. — U.S. Army photo by Sgt. Jung Dong-in, Eighth Army Public Affairs

#### By Sgt. Jung Dong-in, Eighth Army Public Affairs

U.S. ARMY GARRISON-HUMPHREYS, South Korea – Eighth U.S. Army began a new chapter in its storied history when it officially opened the new Gen. Walton H. Walker Command Center here on July 11.

The ceremony marked the unit's successful relocation from Yongsan to Pyeongtaek after years of extensive efforts. Eighth Army has been in Seoul since 1953 serving to deter North Korean aggression and defend the Republic of Korea. The United States and Republic of Korea governments decided on the transformation in 2003 to improve the force posture and operational efficiency of U.S. Forces Korea.

Tuesday's ceremony also featured the unveiling of the statue of the late Gen. Walton H. Walker, a symbol of Eighth Army's legacy and commitment to the Republic of Korea. The ceremony honors to Walker with the firing of cannons in the presence of the Walker family.

Walker took command of Eighth Army in 1948. When the Korean War began in June 1950 Eighth Army was called on to defend the peninsula. After Walker's forces successfully established a defensive perimeter and drove the North

Korean Army north of the 38th parallel he was killed in a jeep accident. The Army posthumously promoted him to general a year later.

Samuel Walker, Gen. Walker's great grandson, served as a guest speaker on behalf of his family. Walker tried to paint a picture of who his great grandfather was and truly understand him.

"Gen. Walker did not look the part of a general officer," Walker said. "He stood barely five-feet-five-inches tall, he was not in great shape. But what he lacked in stature and traditional military bearing, he made up for with tenacity, determination and grit."

Walker also praised and expressed his respect for noncommissioned officers today who resemble Gen. Walker in various aspects.

"The themes of Gen. Walker's extraordinary life are important to me personally," said Walker. "But more than that, I think they are relevant to today's military. Gen. Walker's attitude, his attention to detail, his mastery of tactics and his hands-on leadership style remind me of the amazing noncommissioned officers that I worked with in my short military career."

#### **NEW CHAPTER** to Page 2



#### **Inside this Issue:**

Demoliton skills	Page 08
Armistice Day	Page 10
<b>Decon Training</b>	Page 18
<b>OSHA Certified</b>	Page 20

### GARRISONS

ISAG RED Cloud/Casey	4
JSAG Yongsan	10
ISAG Humphreys	18
ISAG Daegu	24

#### **EXTRAS**

Rocket Artillerymen hone combat skills 4			
Summer Reading Program	14		
Cheonan Battle Commemoration	16		
Liberty Fest	30		

### **MORNING CALM**

### The Morning Calm

Published by
The United States Army Garrison Humphreys
Public Affairs Office
in coordination with
USAG Red Cloud, USAG Yongsan
and USAG Daegu
Public Affairs Office

#### **USAG RED CLOUD**

Commander: Col. Brandon D.Newton Acting Public Affairs Officer: Franklin Fisher Writer/Editor: Franklin Fisher Public Affairs NCO: Sgt. James M. Griffin Editorial Assistant Cpl. Lee Jin-woo

#### **USAG YONGSAN**

Commander: Col. J. Scott Peterson Public Affairs Officer: Laurri L. Garcia Command Information Officer: Elizabeth A. Pyon Editor: Staff Sgt. David T. Chapman Staff Writers: Cpl. Park Min-je and Pfc. Lee Kyoung-yoon

#### **USAG HUMPHREYS**

Commander: Col. Scott Mueller Public Affairs Officer: Bob McElroy Command Information Officer: Jim McGee Managing Editor: Clint Stone Staff Writer: Cpl. Kim, Dong Hyun Interns: Noh, Sa-bin and Lee, Jeong-hee

#### **USAG DAEGU**

Commander: Col. Robert P. Mann Public Affairs Officer: Teresa Kaltenbacher Command Information Officer: Anthony Mayne Staff Writers: Cpl. Soh, Jung-han and Pfc. Kim, Bum-joon Interns: Shin, Hyo-ju and Lee, Jo-eun

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of The Morning Calm are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Army. The editorial content of this biweekly publication is the responsibility of U.S. Army Garrisons in Korea. Circulation: 9,500

Printed by Pyeongtaek Culture Newspaper, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Pyeongtaek Culture Newspaper of the products or service advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If an violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation of the equal opportunity policy is



#### 평택문화신문 PYFONGTAFK CULTURE NEWSPAPER

CEO: JongSoon / Sopia Chung Editor: JeongHee Hong Design: SungNam Cho Commercial Advertsing Comm (031) 651-7211 / Fax (031) 651-7210 Location & Mailing address: 3rd Fl, #522, Gyonggi-daero, Pyongtaek City.

SUBMISSIONS OR COMMENTS : Phone : DSN 754-1096 Managing Editor : clint.l.stone.civ@mail.mil



Submitting stories or photos to The Morning Calm Biweekly

Send your Letters to the Managing Editor, guest Commentaries, story submissions, photos and Other items to: clint.l.stone.civ@mail.mil. All items are subject to editing for content and to Insure they conform with DoD guidelines.

#### **NEW CHAPTER** from Page 1

Walker said his great grandfather was not perfect and stressed the inspiration his legacy gives us.

"Gen. Walker's life and his legacy underscore the fact that sometimes history is written by the unlikely characters, the misfits or the outsiders," Walker said. "Sometimes history chooses you, not the other way around."

Eighth Army Commanding General Lt. Gen. Thomas S. Vandal explained the reason behind the name of the headquarters and the implied meaning of celebrating his legacy

"What could be more appropriate for the new headquarters than to name a state-of-the-art building after the historic leader who left us such a proud legacy for all of us," said Vandal. "Commemorating one of the most influential military leaders in both U.S. and Korean history reaffirms our bilateral alliance, enduring commitment to the alliance and the transformation of the USFK footprint on the peninsula."

Vandal described Camp Humphreys as a crown jewel of overseas installations in the Department of Defense. According to him, this was the largest transformation and re-stationing project in the DOD's history and dramatically increased the size of Humphreys, making it the largest U.S. Army garrison overseas. The \$10.7 billion endeavor included installing 42 miles of new communications pathways, 655 new buildings and millions of work hours by tens of thousands of workers.

"Once complete in 2020, the transformation will reflect the enduring commitment of both the ROK and the U.S. governments to this great alliance," Vandal said. "It will also greatly enhance the quality of life, our force protection and, ultimately, our readiness to fight tonight."

Vandal also recognized those who contributed to the project and appreciated their hard work that will sustain the alliance for a long time.

"This would not have been possible without the continuous efforts of numerous organizations and effective bilateral consultation and collaboration. Further, I want to applaud the thousands of U.S. and Korean service members and civilians who have all been an integral part of this successful transition. Their efforts will impact the ROK and U.S. service members on the peninsula for decades to come. This project serves as another example of how the U.S. and the ROK time and time again, join forces and succeed in every mission that we undertake together."

Vandal said the combined efforts on the Eighth Army headquarters illustrate the alliance's motto, "Katchi Kapshida -- We go together."

"The spirit of 'Katchi Kapshida' couldn't be more evident



Samuel Walker, great grandson of the late Gen. Walton Walker, speaks to attendees during the Eighth Army headquarters ribbon cutting ceremony at U.S. Army Garrison Humphreys in Pyeongtaek, South Korea, July 11. The ceremony marked the unit's transformation and represented its successful relocation from Yongsan to Pyeongtaek. — U.S. Army photo by Sgt. Jung Dong-in, Eighth Army Public Affairs

as each organization worked through numerous challenges and coordination to ensure the Eighth Army headquarters is a state-of-the-art, mission command facility that will allow us to operate here on the Korean peninsula well into the future," he said.

Vandal closed by presenting his blueprint for Eighth Army's future, repeatedly stressing the importance of going together to protect the peace and freedom on the peninsula.

"As the combined forces continue to prepare to be ready, to fight tonight, and to defend the Republic of Korea from North Korean aggression, we will, in true 'Kachi Kapshida' spirit, work together with the same grit, determination and tenacity as those who defended the Busan perimeter," Vandal said. "Just as Gen. Walker led allied forces across the 38th parallel over six decades ago, from his current location, he will point north from the new Eighth Army headquarters to remind us all that we must be ready to defend this great nation from the threat from the north."



Senior leaders from Eighth Army and the Republic of Korea unveil the Gen. Walton Walker statue during the Eighth Army headquarters ribbon cutting ceremony at U.S. Army Garrison Humphreys in Pyeongtaek, South Korea, July 11. The Gen. Walker statue was relocated from the Eighth Army headquarters on USAG Yongsan to Camp Humphreys as part of the unit's transformation to Pyeongtaek. — U.S. Army photo by Pfc. Yang Hyun-gyu. Eighth Army Public Affairs

# 2nd Infantry Division rocket artillery unit in fire mission drills



Soldiers of the 2nd Infantry Division/ ROK-US Combined Division hold a livefire training exercise with the M270A1 Multiple Launch Rocket System at "Rocket Valley" training area in Cheorwon June 29. The Soldiers are members of the 1st Battalion, 38th Field Artillery Regiment, part of the division's 210th Field Artillery Brigade. The training exercise ran from June 26 through 30 and tested their skills in conducting various types of artillery fire missions using the same skills and methods they'd use in actual combat. Each M270A1 launcher consists of a three-member crew: a driver, gunner and section chief. The launchers can fire rockets and missiles at ground targets, and are mobile, allowing them to move quickly from place to place. -U.S. Army photos by Cpl. Kwon Ki-hyun and Pfc. Lee Hyeon-min







# Area I KATUSA receives recognition for dedicated service

On Camp Casey in Dongducheon July 12, Area I senior enlisted leaders present awards to a KATUSA - a South Korean Soldier assigned to the U.S. Army - who is nearing the end of his military service. The awards, for dedicated service to the KATUSA program, were made to Sgt. Yoon Sung-woon of Headquarters and Headquarters Company, U.S. Army Garrison Red Cloud. Sgt. Yoon received a certificate of appreciation, a framed map of Camp Casey, a lapel button bearing the legend "Honorable Service KATUSA," and two commemorative medallions, one from USAG Red Cloud and Area I, the other from U.S. Army Garrison Casey. Presenting the awards were Command Sgt. Maj. Michael L. Berry, USAG Red Cloud and Area I's senior enlisted leader, and Command Sgt. Maj. Jason R. Copeland, USAG Casey's senior enlisted leader. — U.S. Army photo by Spc. Justin P. Manley

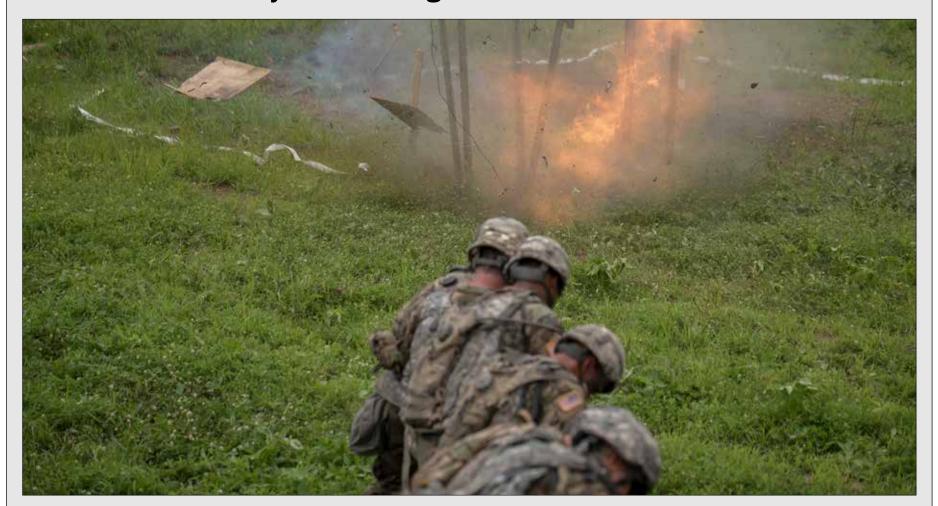


### Area I bids farewell to Lt. Col. Brennan V. Wallace



At the Gateway Club on Camp Casey in Dongducheon July 13, U.S. Army Garrison Red Cloud and Area I holds a farewell luncheon and award ceremony for Lt. Col. Brennan V. Wallace (center), who since August 2016 served as the garrison's Deputy Garrison Commander-Transformation, and who moves to a new assignment in the United States. Area I is currently undergoing a gradual, carefully orchestrated transition that will see the bulk of U.S. forces in the area relocate to Camp Humphreys in Pyeongtaek. During the luncheon, Col. Brandon D. Newton (right), Commander, USAG Red Cloud and Area I, presented Wallace with the Meritorious Service Medal for "exceptionally meritorious service" in carrying out his transformation duties. According to the written citation accompanying the award, Wallace's "hard work and dedication to duty were vital to the successful planning, coordination, and execution of the transformation effort in Area I." At left is Command Sgt. Maj. Michael L. Berry, the garrison's senior enlisted leader. — U.S Army photo by James M. Griffin

## 1st Infantry Division engineers hone demolition skills



Soldiers use an explosive to breach a wooden structure during demolition training in Paju July 9. The Soldiers are members of Company B, 8th Brigade Engineer Battalion, part of the 1st Cavalry Division's 2nd Armored Brigade Combat Team. The brigade recently began a nine-month Korea rotation as part of the 2nd Infantry Division/ROK-US Combined Division. During the demolition training, the troops practiced the skills they'd need to blow up obstacles in combat. — U.S. Army photo by Sgt. Patrick Eakin

# **Area I Commander's Cup Standings**

#### Following are Commander's Cup standings through the end of March **Medium Units Large Units Small Units**

PLACE	UNIT	POINTS	
1	A, HHBN	2565	
2	HSC, HHBN	2525	
3	55 MP CO	1910	
4	580 FSC	1775	
5	B, HHBN	1680	
6	C, HHBN	1420	
7	46 TRANS	1165	
8	E, 6-52 ADA	905	
9	HHB, 210 FA	695	

PLACE	UNIT	POINTS	
1	HHC, USAG AREA I	2130	
2	61 MAINT	1530	
3	4 CHEM/CBRN	1355	
4	62 CHEM/CBRN	1265	
5	579 FSC, 6-37 FA	1170	
6	HHB, 1-38 FA	1010	
7	61 CHEM/CBRN	940	
8	HHB, 6-37 FA	795	
9	HHC, 70 BSB	745	
10	B, 1-38 FA	690	
11	A, 70 BSB	475	
12	HHT, 1-7 CAV	50	

PLACE	UNIT	POINTS		
1	8 ARMY NCOA	2025		
2	275 SIG	1700		
3	501 CHEM/CBRN	1532		
4	HHD, 23 CHEM	1365		
5	629 MCAS	1143		
6	560 MCGA	996		
7	579 SIG	785		
8	WRC	780		
9	A, 6-37 FA	750		
10	618 DENTAL	730		
11	403 LRC CRC	725		
12	A, 1-38 FA	700		
13	D DET, 176 FIN (FMSU)	675		
14	B, 6-37 FA	660		
15	607 WEATHER SQDN	605		
16	16 17 ORD CO			
17	17 65 MED			
18	524 MI COA	565		
19	604 ASOS	525		
20	21 MP DET	525		
21	B, 70 BSB	375		
22	602 DET	375		
23	106 MED DET	375		
24	C, 6-37 FA	50		
25	403 AFSB	50		
26	19 AG (Postal)	0		





To find out more, or to enroll your unit, please contact Mr. Paul Henevich, 010-4694-5567

# **Commemorating Korean War Armistice Day**

By Cpl. Park, Min-je **USAG Yongsan Public Affairs** 

USAG YONGSAN - July 27 marks the 64th anniversary of the Korean War, known as Armistice Day. What is unique about this armistice is that it did not the end the Korean War (1950-1953), which left an entire nation in ruins and millions dead - including thousands of foreign service members. The Armistice was an agreement signed in 1953 to simply stop fighting.

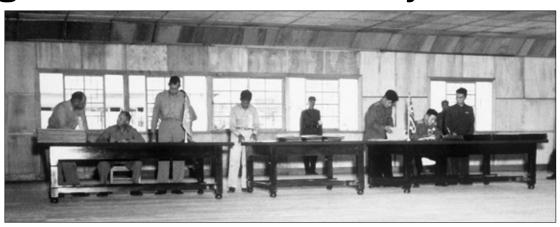
#### Overview of the **Korean War**

The North Korean Army, also known as the Korean People's Army, crossed the 38th parallel at 4 a.m., Sunday, June 25, 1950. The Republic of Korea Army was unprepared and caught off guard, under-equipped with troop strength and ally support. Joseph Stalin, Premier of the Soviet Union, allowed North Korea to invade the South, provided Chinese political leader, Mao Zedong sent troops to the Korean Peninsula. It took the North Korean troops only three days to reach Seoul and capture the capital. The United Nations Forces and U.S. Army, including the 24th Infantry Division and the Eighth Army, joined Korea July 1950 to

help defend the nation but were forced to retreat behind the Busan Perimeter, which covered only the most southeastern part of the peninsula.

It was Commander-in-Chief of the United Nations Command, Gen. Douglas MacArthur, whose decision that would turn the table completely. He ordered troops to land at Incheon Sept. 15, 1950, which led to the recapturing of Seoul. The ROKA and United Nations Command were then able to advance to the very north of the Korean Peninsula. The Chinese People's Volunteers Army, however, intervened in the war to support North Korea. PVA easily outnumbered and seriously threatened the UNC Forces, pushing the ROKA and UNC to below the 38th parallel.

In January 1951, Seoul again changed hands as the north retook the city but was unable to advance much farther due to a lack of supplies. The UNC and ROKA counterattacked and regained Seoul yet again in March 1951, but could not advance farther north. The forces were locked in a stalemate around the 38th parallel. Small battles flared in the last two years of the Korean War, but nothing changed the stalemate. The PVA and UNC faced many causalities and financial



United Nations delegate Lt. Gen. William K. Harrison, Jr. (seated left), and Korean People's Army and Chinese People's Volunteers delegate Gen. Nam II (seated right) sign the Korean War Armistice Agreement at Panmunjeom, Korea, July 27, 1953. — Photo courtesy of U.S. Department of Defense

constraints, and the United States was experiencing political turmoil as protests called for an end to the

#### Peace delayed

It took three years for the Korean War to come to an end. In December 1950, the U.S. Government started to discuss Even though the many countries involved in the war were growing weary of fighting, Rhee, Syng-Man, President of the ROK, was against the armistice. He believed in a democratic and unified Korean Peninsula. North Korean leader Kim, Il-Sung believed in a unified but communist North Korea.

The first armistice talks commenced July 10, 1951, in Kaesong, now a major city in North Korea. Discussion centered on many issues such as the military demarcation line, relatives in the North. oversight and releasing POWs. The talks progressed slowly but resulted in agreements on most issues. Negotiations came to a standstill in October 1962, however, when neither side could agree on the issue of POWs. The UNC held 150,000 POWs, and the communists held 100,000 POWs. The UNC insisted that POWs be allowed to go wherever they wanted, but North Korea wanted all of its own POWs.

With the death of Stalin in March 1953, armistice talks resumed and eventually resulted in an agreement on the issue of POWs. The armistice agreement

was signed July 27, 1953, at 10 a.m., by Nam II, delegate form the KPA and PVA, and William K. Harrison Jr., UNC delegate, at Panmunjeom, where the Joint Security Area is now located, calling for a "complete cessation of all hostilities in Korea by all armed force."

The armistice marked a truce conditions for ending the War. to the war after three years, one month and two days of fighting, creating a four-kilometer buffer zone between South and North Korea called the DMZ.

#### **Aftermath**

More than 2.5 million civilians were killed or wounded during the war. South Korea lost more than 130,000 of its military, while the U.S. lost approximately 35,000. Almost two million North Korean and Chinese soldiers were dead or injured. As of 2005, there were 700,000 South Koreans with

One of the most important results of the war was the creation of the Mutual Defense Treaty between the United States and the Republic of Korea, Oct. 1, 1953. Article IV reads, "The Republic of Korea grants, and the United States of America accepts, the right to dispose United States land, air and sea forces in and about the territory of the Republic of Korea as determined by mutual agreement," validating the presence of United States Forces in Korea.

Today the alliance is the power that defends the ROK from the North Korea.

The number of UNC casualties totaled approximately 0.15 million, among them a large contingent of Turkish military. Capt. Halit Hocaoglu, was a liaison officer of the legendary Turkish Infantry Brigade, known through its code name the North Star during the Korean War. The following is an article that appeared in The Korea Times written by his son, Huseyin Hocaoglu.

My father, Capt. Halit Hocaoglu, was a liaison officer of the legendary Turkish Infantry Brigade, known through its code name North Star during the Korean War (1950–1953).

Years ago, when I was a child, I remember seeing my father sitting by the window of the living room in our house early in the mornings, with his army-issued olive green Korean War parka on his shoulders as he smoked a cigarette. For a long time, I did not know what he was thinking during these mornings. Later on, however, I realized that the Battle of Gunuri, which he had fought decades ago, was still on his

When I asked, my father recalled the war with both sorrow and pride: "Son, a war is a horrible thing. Gunuri was a real hell, even though it was cold, very cold. We were unable to shave our upper lips because of the cold; the frigid air made shaving feel like cutting our skin. Therefore, the command allowed us to grow our mustache.

"In mid-November 1950, American, British and South Korean units on our left and right flanks were surprised by the heavy Chinese offensive. UN forces were pulling back to the south to reorganize. Gen. MacArthur tasked our brigade to keep the enemy busy until the UN forces have pulled back. We were left in the perilous front lines, surrounded and outnumbered by the Chinese

"Son, we made history in Gunuri by stopping the enemy with our 4,500 brave soldiers and saving the UN forces. Everybody thought we were going to be destroyed in Gunuri, being outnumbered by the enemy, but they underestimated our dedication. The Chinese attacked us a couple of times at night but stopped after experiencing heavy casualties.



In "Operation Comeback," thousands of Chinese and North Korean Communist Prisoners of Wars are released from Prisoners of War compounds in Korea after renouncing Communism for freedom. Here, an aerial view shows a Chinese litter patients are carried from a C-54 air evacuation plane to a waiting ambulance following a flight from Korea. — Photo courtesy of Air and Space Museum



With her brother on her back a war weary Korean girl tiredly trudges by a stalled tank, in Haengju, Korea, June 9, 1951. — Photo courtesy of U.S. Navy



Medical corpsmen of the 1st Battalion Aid Station, 31st Infantry Regiment, 7th U.S. Infantry Division, assist in helping wounded infantrymen of Companies D and L, 31st Regiment, following the fight for Hill 598, Oct. 14, 1952, at Kumhwa, Korea. - Courtesy photo

**ARMISTICE** to Page 13

## **MORNING CALM**

#### **ARMISTICE** from page 10

Soon, the enemy realized that they have become the hunted.

"Besides, we had something that the enemy didn't have — courage. When our soldiers were out of ammunition, we ordered them to use their bayonets like an arrow and attack the enemy. This close combat technique showed that we were superior to the enemy. Realizing that their end was near, the enemy began to drop their weapons and to run back like scared chickens."

My father, as the Turkish Brigade commander's aide-De-camp and interpreter, had the opportunity to participate in highlevel talks between members of the brigade and the UN forces' dignitaries. But one of his hardest interpreting jobs involved Gen. MacArthur. "I felt nervous," he said. "Gen. MacArthur was coming to our brigade to talk to our brigade commander. I was only a young Captain then and had to be very careful interpreting for the two generals. When I didn't understand what either of them was saying, I didn't ask for clarification because I felt doing so would be rude. Gen. MacArthur's first question when he arrived was 'How is your supply? showing that he really cared for our wellbeing. Gen. MacArthur was a great leader. really admired him."

My father also recalled picking up Korean orphans in the battlefield and bringing them to the brigade for safety. Later on in 1951, the Turkish Brigade opened the Suwon Ankara Orphanage in Seoul for those orphans. My father was involved in the orphanage from start to finish. I was lucky enough to have met one of the orphans my father helped 60 years ago.

My dear father. My Korean tiger. A hero of North Star. As we commemorate the 64th anniversary of the Korean War, I want to say how much I am proud of you. Thank you for being a good father and for your contribution to the Korean nation. Rest in

The writer, Huseyin Hocaoglu is Sexual Assualt Response Coordinator at the Army Community Services at USAG Yongsan.



The Turkish government sent 5,000 troops in 1950 to fight under the UN Command in the Korean War. Turkey was the second country to answer the UN call, after the United States. Gen. MacArthur visits the Turkish Brigade, Feb. 22, 1951. (From left to right) Brig. Gen. Tahsin Yazici, Turkish Brigade Commander, Capt. Halit Hocaoglu, Turkish Brigade Liaison Officer, Maj. Gen. Frank Milburn, and U.S. I Corps Commanding General, Gen. Douglas MacArthur, Commander-in-Chief, United Nations. — Courtesy

# Google X Chief Business Officer discusses happiness with Area II KATUSAs



Mo Gawdat, the Chief Business Officer for Google X, and Area II KATUSAs pose for a group photo following his lecture, July 6, in Seoul. — U.S. Army photo by Cpl. Park, Min-je

#### By Cpl. Park, Min-je **USAG Yongsan Public Affairs**

USAG YONGSAN - A group of 25 Korea Augmentees to the U.S. Army participated in a special morale training opportunity off post July 6, with Google X Chief Business Officer Mo Gawdat.

Every KATUSA and Soldier in the Republic of Korea Army is required to undergo morale training. The seminar was recorded and will be viewed by all ROKA Soldiers. The KATUSAs were invited as ROKA representatives based on their stronger English skills.

Google X is Google's research and development facility. Mo Gawdat, 50, was born in Egypt and joined Google in 2007. He moved to Google X in 2013 to lead some of the innovative business initiatives that drives the company's success.

Upon starting his lecture, he stated his goal, "#10millionhappy," or making ten million people all around the world happy. He has explored where unhappiness stems from for many years.

"I was happy until I became 23 years old. As I grew older and engaged with society, I became unhappier," said Gawdat. "I was a successful engineer and made a lot of money. I bought everything material like cars to fill my mind with happiness."

However, being rich did not help him at all. He felt more miserable because nothing could fulfill his personal needs, and he found himself becoming greedier and more obsessed with his situation. He decided to start finding ways to solve his problems.

Gawdat suggested the mind was like a cell phone. When one gets a cell phone, there are no apps installed on the phone. The phone is unconstrained. But people install apps to fulfill specific needs. Before

you know it, the phone is slow and inefficient because of the memory all of the apps require, and the battery life is greatly diminished. The only way to resolve the problem is to "reset" the phone, in turn resulting in the phone's original state.

Likewise, we cannot hope to be happy by adding "things" to our lives, Gawdat said.

"Every single child was born happy. Happiness is our default state," he said. "But we become unhappy as we grow up because we are looking for happiness from outside of us." This made him realize that it was critical to find happiness from inside of oneself.

He eventually came across a happiness equation: Happiness is equal to or greater than the events of your life minus your expectation of how life should be. The more satisfied you are with your life, the happier

Years later in 2014, tragedy struck when his son Ali Gawdat died during a routine operation. He was 21-years-old. Even in his enlightened state, he doubted if he would ever overcome the shock to his family. Eventually he was able to rationalize that by accepting the situation, his family would be able to come to terms with their grief. Since he could do nothing about his son's death, it was best for him to look at the situation as it were.

According to him, there are two kinds of pain: One is physical, and the other is emotional. The previous eventually stops at some point, but the latter is incessant because we relive the pain in our minds every time we think about the traumatic event. This vicious cycle lengthens the time we feel emotional pain. The only way to stop the cycle is to stop thinking about it and accept the "true" reality.

He recently published the book, "Solve for Happy,"

in which he shows how he manages his emotional behavior while paying tribute to his son's death. Today, Gawdat works as a "happiness mentor," sharing his ideas on happiness with anyone willing to listen, including the KATUSAs in Area II.

"I always held onto the idea that happiness was relative. Thus, I thought I could seek happiness by imagining people who were worse off than I was. As a KATUSA, I have been able to serve my country in a significantly better environment than those in the regular Republic of Korea Army units. I reminded myself whenever I was unhappy and felt the urge to give up: 'Others would kill to be in my place. You should be happy," said senior KATUSA Sgt. Chang, Jun-hyung, U.S. Army Garrison Yongsan Headquarters and Headquarters Company.

After the lecture, Chang realized happiness was internal, inspiring him to think about the things that made him truly happy. Happiness was not simply relative. There are as many people worse off as there are better off than him, he said. Things like enjoying a good meal with family made Chang happy. This was a tangible, lasting source of happiness that he could generate internally.

And what about expectations? Chang asked if disappointment led to unhappiness. Is being happy rooted in having reasonable or lower expectations of

Gawdat said ambition or expectations oriented toward personal well-being or interest were in vain. Being ambitious about making the world a better place, however, was fruitful and rewarding.

"If you wish for the world to serve you, it will betray you. However, if you serve the world, it will serve you back," he said.

#### Page 14 \_\_\_\_\_

# **Summer Reading Program builds creativity**



Children and parents decorate wooden masks during the 2017 Summer Reading Program, July 11, at the Yongsan Library. — U.S. Army photo by Cpl. Park, Min-je

#### By Cpl. Park, Min-je USAG Yongsan Public Affairs

USAG YONGSAN - The U.S. Army Garrison Yongsan Library hosted the 2017 Summer Reading Program under the theme of "Reading by Design," from June 1 to July 18. More than 400 children with parents took part in the program for a total of four sessions.

In the summer reading program, there is a specific list of books children can choose to read. They start off by reading a book and then have different activities in the library afterwards. This year, the recommended books covered design-related topics, reflecting on the theme of the program. The activities also had

to do with design: making bracelets, decorating masks, and coloring pieces of wood. Children and parents were able to participate in the activities together. Refreshments were also served.

"Children read books about skills to create new designs, or how to be creative. By reading books, they can come across good ideas. 'Oh, I can make it in this way.' That helps them to build creativity. Also through the activities provided by the library, they learn to cooperate with others," said Esther Kim, Yongsan Library supervisory librarian.

Thanks to the program, children could become more familiar with the library and reading books.

"I just appreciate that children visit the



Children and the Yongsan Library staff member Song, Ju-hee make bracelets during the 2017 Summer Reading Program, July 11, at the Yongsan Library. — U.S. Army photo by Cpl. Park, Min-je

library with their parents for fun. After they enjoy activities here, it will inspire them to come back and read more books," said Kim.

The program also brought community members together.

"I'm very excited that so many children, parents, volunteers and library staff come and get involved in the program," said Kim. "If it were not for our staff's help, the program could not have succeeded." "It was a pretty good experience all around. I met with so many different people, and I enjoy seeing children and parents excited to be here," said Anna Vanbuskirk, a volunteer of the program.

The Yongsan Library will continue to provide programs such as toddler story hour for community members. Please visit MWR or the library for information on the remaining programs for the summer.

# Let's get ready for some rain

#### By Cpl. Park, Min-je USAG Yongsan Public Affairs

USAG YONGSAN - The summer monsoon and typhoon season in Korea runs from June to early October. As a result, U.S. Army Garrison Yongsan may experience disruptions to daily operations. Heavy rains, strong winds and sometimes even flooding can be observed during the summer at USAG Yongsan. This notoriously rainy period is known in Korean as "Changma" or the monsoon season. More than 40 percent of the yearly rainfall in Korea occurs during this time. Also, typhoons commonly follow the Changma season, dealing an additional blow to the entire peninsula in terms of casualties and property damage.

USAG Yongsan's most recent and perhaps the most serious experience with summer destructive weather took place in September 2010 when Typhoon Kompasu swept through the Korean peninsula. Typhoon Kompasu hit USAG Yongsan with 65-mile-per-hour sustained winds and dumped over 25 inches of rain in a 24-hour period. The storm destroyed more than 3,000 trees on the garrison and caused more than \$3 million in damages.

The accumulated rainfall during the first ten days of July 2017 was 350 mm, accounting for one-third of the annual rainfall in Seoul, according to Korea's Ministry of Public Safety and Security. Due to recent climate changes, rainfall in Korea has become sporadic but more localized and heavy.

Since many of the older buildings and facilities at USAG Yongsan may be seriously damaged during the Changma and typhoon season, a carefully designed operational plan for preventing and alleviating damage has been put into place. The three-phase concept of operations put forth by USAG Yongsan consists of preseason preparations, summer destructive weather mitigation operations and post-season requirements.



A car parked behind Moyer Recreation Center is under water July 10 after heavy rain. The rain fell over many parts of Korea. — Photo courtesy of Daphne Givens

During the pre-season preparations phase, USAG Yongsan and tenant units review lessons learned from the last summer season and make necessary adjustments to summer destructive weather mitigation plans. USAG Yongsan prepares the garrison by conducting a spring cleanup of the housing areas and areas prone to flooding. The garrison also convened a real world exercise for flooding back in May. USAG Yongsan and tenant units participate in table top exercises to validate response actions and coordination between tenant units and the USAG Yongsan installation operations center.

During the summer destructive weather mitigation operations phase, tenant unit plans and standing operating procedures are utilized to make response actions safe and efficient. As potential destructive weather begins to move into the USAG Yongsan area of responsibility, the IOC activates and monitors the weather through official and external sources in order to provide the most accurate update to the Garrison Commander and

the Yongsan community. The USAG Yongsan Public Affairs Office provides situational updates on social media and all command channels. It is important to remember that destructive weather impacts the garrison, and safety is the number one priority. The community is advised to stay abreast of weather situations, avoid areas that are flooded and not drive around as there may also be downed power lines.

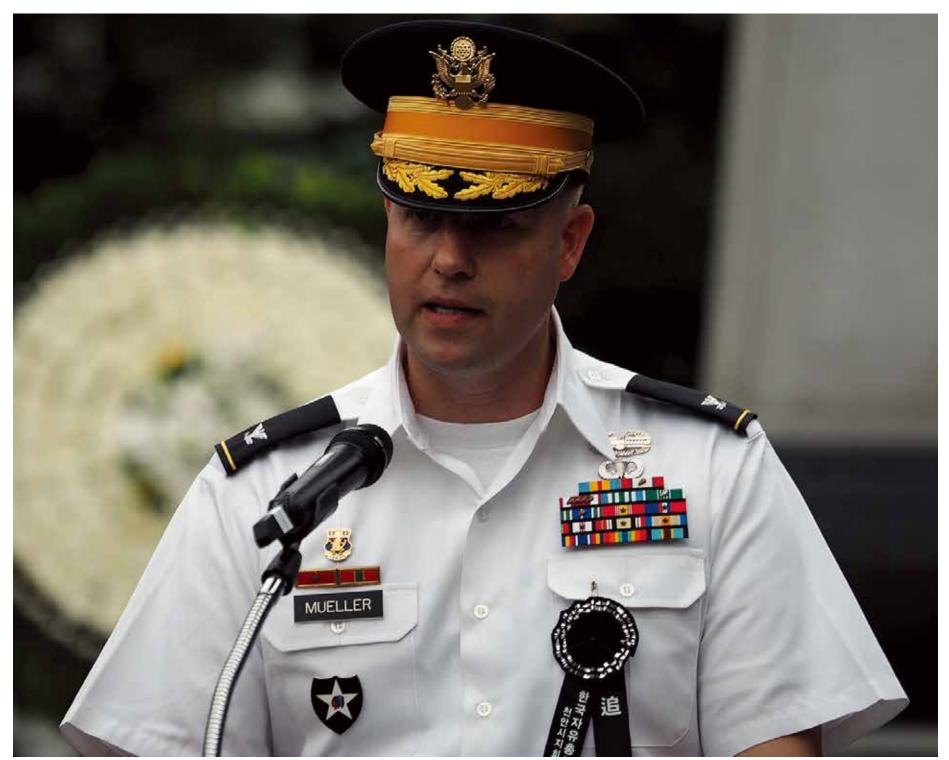
Finally, during the post-season requirements phase, USAG Yongsan conducts an AAR with tenant units and the garrison staff in order to capture comments and lessons learned from the summer monsoon and typhoon season. The lessons learned are then used to update tenant unit and USAG Yongsan summer storm mitigation plans and standard operating procedures.

Also, below are a series of safety tips offered by the USAG Yongsan Safety Office in the event of a flood. Before a flood, plan an evacuation route and prepare emergency supplies. During the flood, please move to high ground if you are outside. If you are inside a building, please turn off the electricity and gas. Stay tuned to command channels such as the USAG Yongsan Facebook for situational updates and instructions. If you are evacuating from a flood, never attempt to cross flooded areas on foot if water is above your knees. The most important thing is to think before acting. Employing simple risk management habits can be a life-saver.

#### **Legal Notice**

Anyone who has a claim against the estate of Mr. James A. Farley, GS-12, USAG-Yongsan, Korea, Contact Major Joseph Videc at: Email: joseph.a.videc.mil@mail.mil. Documentation is required to support the claim

# 8th of July Cheonan Battle Commemoration



U.S. Army Garrison Humphreys commander Col. Scott W. Mueller was one of the featured speakers during the July 8 ceremony that honored the Soldiers who fought and died during the Battle of Cheonan, July 7-8, 1950. — U.S. Army photos by USAG Humphreys Public Affairs

#### By Peter Yu, USAG Humphreys Public Affairs

CHEONAN, South Korea - More than 200 Cheonan residents joined 36 American and KATUSA Soldiers from Camp Humphreys to honor the fallen during the annual Battle of Cheonan Commemoration at Martin Park here July 8.

The Korea Freedom Federation Cheonan Chapter hosted the event with support from Cheonan City.

The ceremony marked the 67th anniversary of the battle, fought by American Soldiers of the 34th Infantry Regiment, 24th Infantry Division and South Korean Army Soldiers. During the battle on July 7-8, 1950 more than 100 Soldiers died, including the 34th Infantry Regiment's commander Col. Robert R. Martin, for whom the park is named.

U.S. Army Garrison Humphreys commander Col. Scott W. Mueller and Command Sgt. Maj. Willie F. Pearson attended representing the garrison.

The first speaker Jang, Kyu-yong, president of the KFF Cheonan Chapter, emphasized the importance of the Republic of Korea-U.S. alliance.

"As you know North Korea has still not abandoned its goals of unifying the peninsula under their rule. We are not intimidated by North Korean actions, including the Cheonan sinking, the shelling of Yeon Pyeong Island, the fifth nuclear test in September 2016, or the intercontinental ballistic

missile tests carried out on May 14, 21, 27 and 30," Jang said. "In such a tight security situation, we must keep the peace in Korea through a strong ROK-US alliance grounded in a sense of security."

The Cheonan vice mayor, So, Cheol Mo, reminded everyone to remember the fallen and to honor those who serve today.

"We will remember the noble sacrifice of nearly 33,000 American Soldiers who died for freedom and peace during the Korean War, our respect and gratitude for them will last forever," So said. "I would also like to extend my deepest gratitude to the U.S. Forces in Korea who devote themselves to maintain the security of the Republic of Korea even at this moment."

Mueller spoke next, noting how appropriate the park be named for the fallen commander of the 34th Infantry Regiment.

"In the United States the Korean War is often called the forgotten war. It is appropriate that this place be named Martin Park for it honors the memory of those brave Soldiers who made the ultimate sacrifice during those early, desperate days of the Korean War. It is right and proper that we remember their sacrifices that those who fought here know they will never be forgotten," he said.

A memorial poetry reading was followed by Ms. Yim, Kyeong-nam, Vice President of KFF Cheonan Chapter and it covered every meaning of today's ceremony. The title is 'Between Heaven and Earth' and written by Poet 'Mr. Lee, Byeong-seok.'

Cheonan Samgeori (triple way intersection) is a square where the big heaven, earth, and human meet and commune.

In Martin Park, a blessed land where eagles and doves huddle open hearted and hand in hand, we pray in memory of noble souls.

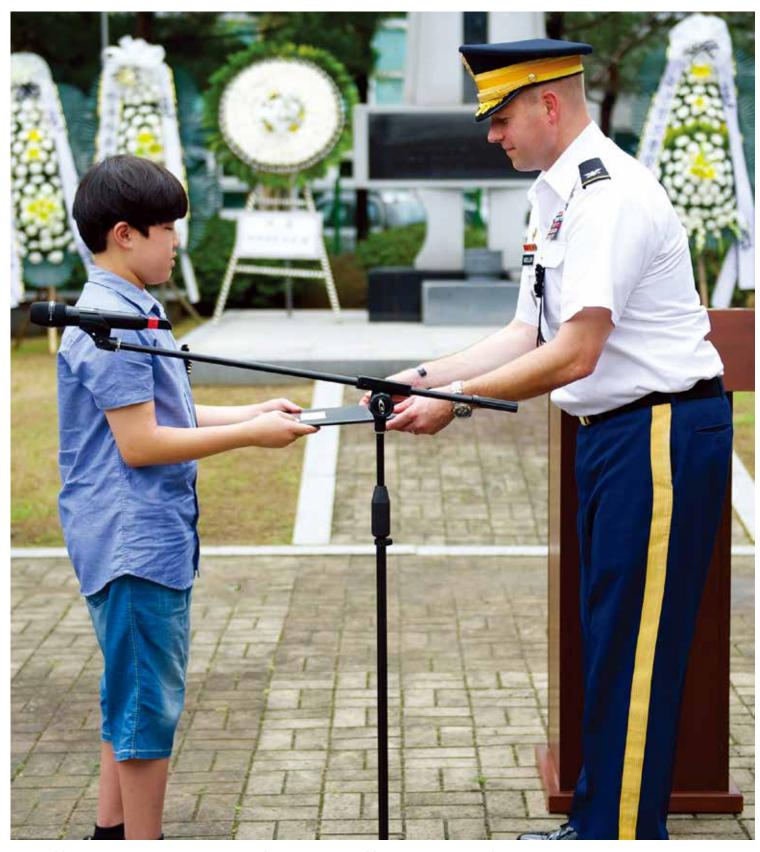
Dedicated to the commemoration of the great and honorable victims with the 34th Regiment, 24th Division who fell glorious flowers in Cheonan battles, during the Korean civil war for the welfare and democracy of the world for the freedom and peace of this nation.

God bless the brave Soldiers forever and ever in the name of all the brothers in Korea and all the world over.

Thy unselfish love and noble sacrifice shall shine brightly in the history of human race with eternal heavenly blessing!

Thy love humanity and sublimity shall be taken over forever glorious warriors, rest in comfort in heaven! Peace be with thee in the arm of God on the 67th anniversary.

Next, Hwang, Du Hwan, student leader of Samgeori Elementary School next to Martin Park read a thank you letter for Mueller and the U.S.



Battle of Cheonan letters- Hwang, Du Hwan, (left) student leader of Samgeori Elementary School next to Martin Park read a thank you letter the U.S. Soldiers who participated in the ceremony. After he finished he presented the letter to U.S. Army Garrison Humphreys commander Col. Scott W. Mueller. — U.S. Army photos by USAG Humphreys Public Affairs

Soldiers who participated in the ceremony.

"I really appreciate you letting us live without a war," Hwang said. "I have noticed that here could be a grave of someone, even though I walk with friends pleasurably on the way to school and back. Thanks to the noble sacrifice of the Soldiers, we can live without any difficulty and Korea could develop and be one of the good countries."

John Eimes, an American college professor who works for Sungkyunkwan University in Suwon, attended the ceremony as a way to honor his father John Adam Eimes and Martin. The elder Eimes, an Infantryman, was wounded in the Korean War and later retired from active duty in 1969. Eimes's academic advisor, Professor Patricia Parker, is the granddaughter of Col. Robert Martin.

"I would like to honor my father and my advisor's grandad," Eimes said.

Following the event, the Humphreys Soldiers visited Independence Hall in Cheonan to learn about Korean history during Japanese rule on Korean peninsula from 1910-1945.



Soldiers from Headquarters and Headquarters Company, U.S. Army Garrison Humphreys render honors before laying flowers at the memorial in Martin Park. — U.S. Army photos by USAG Humphreys Public Affairs

### **2nd Infantry Division Conducts Casualty Decontamination Training**



USAMRICD instructor Laukton Rimple explains procedures to stabilize, decontaminate, and treat casualties of a chemical or biological attack. — U.S. Army photos 2nd Combat Aviation Brigade Public Affairs

#### By: 1st Lt. Katelyn N. Radack, 2nd Combat Aviation Brigade Public Affairs

CAMP HUMPHREYS, South Korea – Nearly 100 Soldiers from Camp Casey and Camp Humphreys recently acquired the skills to treat medical casualties in a contaminated environment when they completed a world-class program provided by the U.S. Army Medical Research Institute of Chemical Defense.

The five days of instruction the Warrior medical and chemical Soldiers received from July 10-14 mirrors the USAMRICD Field Management of Chemical and Biological Casualties Course at Aberdeen Proving Grounds, Maryland, according to medical doctor Col. W. Thomas Frank, USAMRICD Deputy Commander and Chief of the Chemical Casualty Care Division.

The FCBC is a world-class, one of a kind program that attracts first responders from the military and civilian, medical and emergency assistance communities from across the U.S. and its partner nations.

The elevated possibility of a chemical, biological, radiological, or nuclear strike is a constant factor in 2ID planning, training, and operations. For Soldiers serving on the peninsula, this threat and the imperative to be ready to "fight tonight" mark this course as a natural extension to the broad skills and theoretical knowledge acquired in introductory trainings.

As in the Aberdeen FCBC, the five-day mobile course confers the knowledge to identify and the skills to treat casualties within a chemical or biological environment. Designed

The mission of a casualty decontamination line is no light task, explained Laukton Rimpel, a retired CBRN noncommissioned officer and the lead instructor at the Camp



Students review their notes to diagnose a "casualty's" symptoms to identify the CB threat before beginning treatments. — U.S. Army photos 2nd Combat Aviation Brigade Public Affairs

to train-the-trainer, the course uses the teach-back method and practical exercises to give graduates the skills to train their own Soldiers, embedding the knowledge into the 2ID formation. Humphreys training. Even before adding the physical stress of operating in heavy, hot, dexterity-limiting, noise-muffling, level IV protective gear, the site planners and medical

responders face a steep challenge.

"[The medical personnel] all know how to manage casualties, but they don't know CBRN. The chemical Soldiers can't treat casualties," said Rimpel, discussing how the collaborative nature of the operation, which draws on both branch's areas of expertise, namely CBRN's agent decontamination and medical's patient triage and care, with each problem rendered more delicate by the other. "Normally CBRN is CBRN and medical is medical. They don't always know how to interact, and they don't always know how much they need each other."

To bridge the divide, the course begins with two days of classroom instruction to cross-train the medical and CBRN students to understand each other's domain. Classes introduce students to the categories of chemical agents (nerve, pulmonary, blood, and vesicant) and biological threats, focusing on identifying symptoms in order to recommend the appropriate exposure mitigation and treatment strategies. Instructors also covered principles of decontamination, and CB detection and treatment equipment.

"I thought of it as CBRN training, but it's medical CBRN training and you can't separate the two. I've done CBRN mass cal and expected it to be similar, but this is medical's show—

**DECON** to page 20

#### **DECON** from page 18

it's all about treating the casualties," said Staff Sgt. Kimita Barnett, CBRN NCO in the 4-2 Assault Reconnaissance Battalion, 2nd Combat Aviation Brigade.

After the academics, two days of practical training followed. Under the careful eyes of the instructors, they practiced the techniques to progress both ambulatory or litter patient from the drop-off point to the triage area, through decontamination, and to the final contamination checkpoint at the hot line.

"This course is very good. We learn about these practices, but we don't always think about full CB operations in the detail these practical exercises demand," said Maj. Kim Ji In, a medical officer and instructor at the Republic of Korea Armed Forces Medical School. Kim said she looks forward to

adding some of the TTPs from the course to her own classes.

On the final day of the class the students broke into two groups for the culminating exercise, each group taking a turn at each role. One half the class was assigned role player casualty cards with injuries, symptoms, and timelines to present themselves to their classmates' casualty decontamination line. The decontamination team received the patients and moved them through the line demonstrating the skills they learned: triage, diagnosis, removing protective equipment, decontamination and treating the CB casualties.

Although the students do not earn the full accreditation for the FCBC for this training, each was awarded a certificate from USAMRICD recognizing they completed training. Each returns his or her unit armed with the experience to execute the operation if called upon, and to train their Soldiers to do the

same increasing readiness across the formation.

"This is some of the best cross-training I've done. It's a different way of thinking about operations, and I'm glad to have this opportunity," reflected Barnett.

I'm glad to have this opportunity," reflected Barnett.

The training complements Barnett's interest in the technical details of CBRN and Hazardous Materials operations, her degree in Homeland Security and Emergency Management and love of teaching.

"I'm excited to keep cross-training with our medics, and will definitely be working this in to our Soldier's Sergeant's Time Training."



Students wearing thick chemical gloves and aprons, use trauma shears to cut a casualty out of his protective gear under the guidance of USAMRICD instructor Laukton Rimpel. — U.S. Army photos 2nd Combat Aviation Brigade Public Affairs



Students practice the techniques to cut a litter casualty out of his protective gear. After removing the his contaminated clothing, they will use the solution in the buckets to decontaminate his skin before transferring him to a clean litter and transporting him onward for treatment. — U.S. Army photos 2nd Combat Aviation Brigade Public Affairs



A team of Soldiers work together to practice decontamination techniques on a wounded patient, rolling the casualty onto one side, then the other, to ensure a thorough wipe down. — U.S. Army photos 2nd Combat Aviation Brigade Public Affairs

# Summer heats up at Humphreys

#### Story by Clint Stone, U.S. Army Garrison **Humphreys Public Affairs**

CAMP HUMPHREYS, South Korea - With summer in full swing and the temperatures rising everyone needs to be aware of the possibility of heat-induced illnesses at work and at home. This is especially true for those Soldiers, Civilians and family members just arriving during this summer PCS season.

Higher rates of heat illnesses are seen among new personnel, especially those from northern locations in the United States. This is often due to a lack of acclimation, when personnel are not used to the high heat and humidity here. Newcomers to Korea should gradually increase their exposure to the local climate and higher exertion levels and include rest periods over an extended period of time.

The spectrum of heat illnesses includes dehydration, heat cramps, heat exhaustion, heat injury and heat stroke. Dehydration results when fluid losses from sweating and urination exceed fluid intake. During exercise in the heat, there is very high demand for blood flow to the exercising muscles and skin for heat dissipation. When this demand exceeds the pumping capacity of the heart, heat exhaustion may occur. Heat exhaustion is therefore primarily a cardiovascular event caused by exercise and often made worse by dehydration.

Heat injury and heat stroke are the most-severe heat illnesses. Heat injury is characterized by organ and tissue damage resulting from strenuous exercise and heat stress. When profound central nervous system dysfunction also occurs, heat injury has progressed to heat stroke. Common signs include loss of consciousness, combativeness and altered mental status. If not properly treated with aggressive cooling, heat stroke is potentially fatal.

Off duty, heat illness can still be a serious lifethreatening condition to Soldiers, but there may be an even greater threat to other family members. In the U.S. civilian population, heat illness and related fatalities are highest among infants and young children, athletes, outdoor laborers and the elderly.

Unlike in a military environment, there is no "buddy system" and others may not be aware of the signs and symptoms. Soldiers and family members should be alerted by general heat illness red flags, including high temperatures, direct sun, lack of air conditioning and activities leading to dehydration. Under these conditions, be on the lookout for those

- Infants and young children and the elderly, whose body systems are not as able to regulate heat are at risk. Minimize their exposure to high temperatures and direct sun.
- School aged athletes or those participating in outdoor activities in hot weather, especially while wearing uniforms. For example, football training season is a high-risk school activity for heat illness.
- Distance running or racing, especially between April and October.
- Drinking alcohol while playing sports or other outdoor recreational activity can increase dehydration and lower awareness.
- Dogs die each year from heat stroke and not just those left in hot cars. Dogs can't sweat. They can only pant to cool themselves, so they're are less able to accommodate heat stress from the hot sun or running in even moderate weather than their

Outdoor warm-weather activities can be fun and healthy or dangerous and deadly. Remember, the heat can kill.

The following are some facts about working in the heat, as well as some commonly held beliefs that are simply not true.

Fact: Acclimatization to the heat is extremely important and represents what might be the most important thing anyone new to Korea can do to prepare. Acclimatization results from moderate exercise in the heat; and while full acclimatization may take up to two weeks of two hours per day of exposure, most of the changes occur within the first five to seven days. Heat acclimatization causes body core temperature to be lower at rest and at a given exercise intensity. Sweating starts sooner and reaches a higher rate, so evaporative heat loss is increased.

Fiction: Heat illnesses only occur during the summer months. While you are correct to expect increased heat stress during the summer, heat illness risk is present year-round. A recent analysis by the U.S. Army Public Health Center (Provisional) indicates that about 18 percent of all heat illnesses occur outside the heat season and there was not a

# **Heat Injury Controls**





- Identified controls are in place

  Monitor and record Wet Bulb Globe Temperature (WBGT) hourly.

  Adhere to work/rest cycle in high heat categories.

  Run in formation at a double arm interval (the extra space helps an individual's heat dissipate during runs).

  For tasks requiring continuous effort, adhere to the Work/Rest Times and Fluid Replacement Guide (http://go.usa.gov/3Ebg3) and other guidelines for warm weather training conditions. Allow several hours of rest afterwards.



- Monitor and enforce hydration and eating

  Encourage frequent drinking. Do not exceed 1½ quarts per hour or 12 quarts per day. If possible, cool water to make it more pleasant to drink.

  Do not allow Soldiers to empty canteens to lighten load.

  Ensure Soldiers are well hydrated before training. Ask about urine color urine is nearly clear if well hydrated.

  Ensure adequate time to drink and to eat entire meals.

  Table salt may be added to food when the heat category is high. Salt tablets are not recommended.



- Execute random checks

  Spot checks by Cadre, Senior NCOs, and Drill Instructors.

  Enforce battle budly checks need to be aware of each other's eating, drinking and frequency of urination.

  Plan placement of leaders to observe and react to heat casualties in dispersed training like land navigation.



- ollow clothing recommendations
  Heat category 1-2: Normal wear.
  Heat category 3: Unblouse trouser legs, loos Heat category 4-5:

  Unblouse trouser legs, loosen belt.
- Indisouse diuser negs, tosser lever
   Remove t-shirt from under ACU top or remove top down to t-shirt (depends whether biting insects are present).
   Remove heimels unless there are specific safety reasons to keep them on (such as being on a firing range).
   MOPP 4: Add 10°T to WBGT index for easy work, and 20°F to WBGT index for
- · Body Armor: Add 5°F to WBGT index

Have Soldiers take cold showers at the end of the day when moderate or heavy work was performed in Heat Category 3 or higher, to "dump" excess body heat.

**AUSAPHC** 

single week during the calendar year when there was not a heat illness, including heat stroke. At some locations, 30 percent of all heat illnesses occurred outside of the heat season.

Fact: Proper fluid replacement is important for preventing heat illness. Dehydration is associated with increased cardiovascular strain, lower sweat rate, lower skin blood flow and reduced exercise

performance. When sweat rate and skin blood flow are reduced, heat transfer from the body to the environment is reduced, resulting in an increased core temperature. To estimate how dehydrated you are, step on a scale before and after exercise. If you weigh 150 pounds and lost 1.5 pounds during exercise, you're 1 percent dehydrated, which is of little concern. However, if you lost 4.5 pounds, you're 3 percent dehydrated. When dehydration exceeds 2 percent of body weight, physiological strain and risk of becoming a heat casualty increase.

**Fiction:** Fluid replacement is the only thing that is important for preventing heat illness. Data from the U.S. Army Research Institute of Environmental Medicine shows that only 17 percent of heat stroke cases were associated with dehydration. The reality is there are many contributing factors, including dehydration, acclimatization status, physical fitness, medication and/or dietary supplement usage, and if they've recently experienced a viral infection (cold or flu). Focusing solely on fluid replacement may cause individuals to overlook other equally important risk factors.

**Fact:** Drinking water is preferable for re-hydration. Sports drinks are effective but often not necessary, as long as people are eating meals, which typically contain enough electrolytes to replace those lost from sweating. Other beverages, including milk, coffee, tea and soft drinks, will also help you rehydrate; but due to the sugar content of some drinks, they should not be relied upon exclusively. Drinking water and fully consuming meals will be sufficient to replace fluid and electrolyte losses.

#### Conclusion

The risk of becoming a heat casualty exists yearround. By maintaining a high degree of physical fitness, proper body weight, acclimatizing to the heat and re-hydrating appropriately we can each do our part to minimize the risk.

### **Work/Rest Times and Fluid Replacement Guide**

Heat Category			Easy Work Walking on hard surface, 2.5 mph, <30 lb. load; weapon maintenance, marksmanship training.		Moderate Work Patrolling, walking in sand, 2.5 mph, no load; calisthenics.		Hard Work Walking in sand, 2.5 mph, with load; field assaults.	
	,	Work/Rest (minutes)	Fluid Intake (quarts/hour)	Work/Rest (minutes)	Fluid Intake (quarts/hour)	Work/Rest (minutes)	Fluid Intake (quarts/hour)	
1	78° - 81.9°	NL	1/2	NL	3/4	40/20 (70)*	³⁄₄ (1)*	
2 (GREEN)	82° - 84.9°	NL	1/2	50/10 (150)*	³⁄₄ (1)*	30/30 (65)*	1 (1¼)*	
3 (YELLOW)	85° - 87.9°	NL	3/4	40/20 (100)*	3⁄4 (1)*	30/30 (55)*	1 (11/4)*	
4 (RED)	88° - 89.9°	NL	3/4	30/30 (80)*	3/4 (11/4)*	20/40 (50)*	1 (11/4)*	
5 (BLACK)	> 90°	50/10 (180)*	1	20/40 (70)*	1 (11/4)*	10/50 (45)*	1 (1½)*	

NL = No limit to work time per hour.

\*Use the amounts in parentheses for continuous work when rest breaks are not possible. Leaders should ensure several hours of rest and rehydration time after continuous work.

sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs individual differences (± 1/4 gt/hr) and exposure to full sun or full shade (± 1/4 qt/hr) Rest means minimal physical activity (sitting or standing) in the shade if possible. Body Armor - Add 5°F to WBGT index in humid climates. NBC (MOPP 4) - Add 10°F (Easy Work) or 20°F (Moderate or Hard Work) to WBGT

**CAUTION:** Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not





# **KATUSA Snack Bar returns to Camp Walker**

By Pfc. Kim, Bum-joon USAG Daegu Public Affairs

Page 24

USAG DAEGU, South Korea – United States Army Garrison Daegu conducted the Grand Opening at Camp Walker KATUSA Snack Bar, July 10, 2017. The Grand Opening Ceremony consisted of welcoming remarks from the USAG Daegu Commander, Col. Robert P. Mann Jr., Area IV Republic of Korea Army Support Group Commander, Lt. Col. Jung, Hyun-woong and Snack Bar Manager, Kim, Tae-hun followed by a Ribbon Cutting Ceremony.

KATUSA Snack Bar is originally intended for KATUSAs who miss their local food since the dining facility focuses mainly on American style cuisine. However it is also for other Service Members and families who want to experience authentic Korean cuisine without going off base. Camp Walker KATUSA Snack Bar has been closed for a long time, but it began its renovation for a fresh start last October.

"As we know, this has been a long process," said Mann in his welcoming remarks. "It took nine months to get to where we are today. We had a tedious renovation process and Kim competed amongst more than 30 other contractors for this KATUSA snack bar. This KATUSA Snack Bar is not just a great place to eat and build friends with our ROK allies and KATUSAs, but this is also good place to come because we give back to ourselves. 10 percent of the funds earned from KATUSA Snack Bar

will supplement KATUSA friendship funds."

"KATUSAs in Camp Walker craved for KATUSA Snack Bar to open since last October 31. The reason that construction and renovation was done in such a short period of time is because of the great interest in KATUSA Snack Bar, love for their KATUSAs, and rapid work initiative of USAG Daegu staff," added Jung.

After the ceremony, key leaders, Soldiers, and other people who attended the ceremony had a buffet lunch inside the KATUSA Snack Bar. It was the first time that the Snack Bar was opened to the public. Kim, the manager of this new eatery, was pleased at its positive reaction from the people.

"I would like to express my gratitude for the people who made this a safe and sanitary place for last nine months," said Kim. "I will promise all of you to make this Snack Bar most sanitary and delicious restaurant all around Area IV."

The Camp Walker KATUSA Snack Bar is open from 9 a.m. to 7 p.m. Monday to Friday, from 9 a.m. to 3 p.m. Saturday and closed on Sunday.



www.army.mil

William C. Butcher (left), deputy to the Garrison Commander and Col. Robert P. Mann Jr. (right), USAG Daegu commander place bulgogi and yaki mandu on their dishes after the Camp Walker KATUSA Snack Bar grand opening ceremony July 10. - U.S. Army photo by Pfc. Kim, Bum-joon



(From left to right) Lt. Col. Jung, Hyun-woong, Area IV ROK Army Support Group commander, Kim, Tae-hun, manager of Camp Walker KATUSA Snack Bar, Col. Robert P. Mann Jr., USAG Daegu commander, Command Sgt. Maj. Juan A. Abreu attend a ribbon cutting ceremony that marks the opening of the Camp Walker KATUSA Snack Bar July 10. — U.S. Army photo by Pfc. Kim, Bum-joon

# **USAG Daegu Safety Office is now OSHA Certified**



The members of United States Army Garrison Daegu Safety Office pose for a group photo in the Camp Henry USAG Daegu command conference room, July 6. All seven staff members of USAG Daegu's Safety Office earned Occupational Safety Health Administration Authorized General Industry Trainer certifications from the OSHA Training Institute Education Center, Eastern Kentucky University June 16. — U.S. Army photo by Intern Shin, Hyo-ju

#### By Intern Shin, Hyo-ju USAG Daegu Public Affairs

USAG DAEGU, South Korea - Every Safety Office puts a lot of effort to make a safe workplace. Also United States Army Garrison Daegu Safety Office has made many great accomplishments on making a safer work environment such as conducting safety inspections, spot checks at work sites, conducting safety training and earning the Army Safety Excellence Streamer Award for the Garrison. Furthermore, all seven members of USAG Daegu Safety Office earned Occupational Safety Health Administration Authorized General Industry Trainer certifications from **OSHA** Training Institute Education Center Eastern Kentucky University,

OSHA is a government organization to assure safe and healthful working conditions for workforce by setting and enforcing standards and by providing training, outreach, education and assistance. The primary program is the OSHA Outreach Training Program for educating employees who usually work in construction or general industry.

"The purpose of the program is to promote workplace safety and health and to make workers more knowledgeable about workplace hazards and their rights," said Joe Cabrera, USAG Daegu & Area IV Safety Manager. "We have been conducting safety training to members of USAG Daegu and Area IV for a long time. The OSHA Authorized Trainer certificate demonstrates to the public and our coworkers that we are qualified and competent. It proves us to take pride in our profession and in maintaining up-to-date skills and knowledge."

Utilizing a 'train-the-trainer' model, people who completed the required OSHA Training Institute courses to become an OSHA Outreach Authorized trainer are authorized to conduct 10-hour and 30-hour training courses for employees working at construction and general industry. Also, they can issue cards to the employees for verifying their successful completion of the training.

"Establishing a well-defined and standardized curriculum ensures that each employee receives similar training no matter their unique work situation," said Cabrera.

The prerequisites for the OSHA #501 Trainer Courses which all members of USAG Safety Office completed are successful completion of the OSHA #511 Occupational

Safety and Health Standards for General Industry course and having five years of safety and health work experience in general industry. A degree in occupational safety and health, a Certified Safety Professional or a Certified Industrial Hygienist designation may be substituted for two years of work related experience and all safety staffs have met the requirement. The trainees should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center, and this time the instructor of the training was from Eastern Kentucky University.

"I shared and gained valuable experience and knowledge from the other students who were safety and occupational specialists from U.S. Forces Korea, U.S. Army Material Support Command - Korea, and some from Japan," said An, Yong-taek, USAG Daegu Safety and Occupational Health Specialist. "We are all happy to finally be recognized as qualified Authorized OSHA General Industry trainers."

According to the OSHA General Industry Standards, all members of USAG Daegu Safety Office focused specifically on the most risky topics required by the 10-hour and 30-hour OSHA programs. As a part of

the course requirements, employees needed to develop and briefly explain the topics using an effective pedagogical approach, visual aids, and handouts. In addition, people need to prepare a presentation on the OSHA General Industry Outreach Training Program topic and they should pass the written exam at the end of the course.

"I was just a trainee in the past, but now I can provide systematic training to all USAG employees as a trainer," said Yi, Sung-pok, USAG Daegu Safety and Occupational Health Specialist. "Although we finally obtained this certification, we should continue to refresh and develop our capability as both trainers and specialists. Also, we will strive to provide good education and become a professional safety specialist."

Through the training and certification, USAG Daegu Safety Office staffs gained and brushed up on their basic and professional instructor skills, how to organize a class and individual speech skills, and met international instructor standards in safety professional fields in order to protect the employees from mishaps, incidents, and daily hazards at workforce including industrial focused job.

### 498th Combat Sustainment Support Battalion supports Area IV competitors



Staff Sgt. Michael Showes, 498th Combat Sustainment Support Battalion, stands in front of competitors from across the peninsula before the start of the Eighth Army – Korea combatives tournament held in Yongsan June 30. Showes and four other competitors represented 19th ESC ultimately claiming two medals, one gold and one bronze. — U.S. Army photo by Sgt. Uriah Walker

#### By Sgt. Uriah Walker 19th ESC Public Affairs

DAEGU, South Korea - Nearly 30 soldiers from Area IV recently competed in several, local combatives tournaments vying for their chance to move on and claim victory in the Eighth Army - Korea finals held in Yongsan, June 30. While most every installation has a gym, not all have their own combatives schoolhouse.

Staff Sgt. Michael Showes, 498th Combat Sustainment Support Battalion, is the noncommissioned officer in charge of the schoolhouse in Camp Carroll. As a Modern Army Combatives Program level 4 instructor he is able to provide a training environment that can be tailored to the individual, small group or platoon.

"It's important to be a well-rounded soldier," said Showes. "Our primary focus is to fire with a weapon. But at the same time I would be more comfortable [in battle] with someone who could do all of the above – fire a

weapon and fight with their hands. Outside of the combat applications, it's a good way to build esprit de corps."

For 1st Lt. Nathan Santhanam, 6th Ordnance Battalion, the facility proved invaluable on his way to the top of the podium in Yongsan. Having claimed the Area IV first place title in his weight class two years running and second place in last year's Eighth Army – Korea tournament he was determined to take gold in 2017.

"For the past couple of months I've

been coming here in the mornings to train for the Area IV and Eighth Army tournaments," said Santhanam. "Having this fight house here has definitely made my experience in Korea more enjoyable. I think at the end of the day being in the Army means you're going to fight, and especially in Korea we need to be ready to 'Fight Tonight."

Plans are currently under way for a Pacific Command tournament in September to be hosted on the peninsula. The event hopes to invite competitors from Japan, Guam and Hawaii.

For additional information, or to schedule training, contact Staff Sgt. Showes at michael.j.showes.mil@mail.mil or DSN 765-1044.

# Six Tips for your Child for Next School Year

#### By Nicholya Williams USAG Daegu School Liaison Officer

USAG DAEGU, South Korea - Greetings from your School Liaison Officer, we are half way through summer and it's not too late for your school age children to start a routine to prepare for the new school year. Here are six tips to help your school age child achieve their goals next school year.

1. Let's start a routine, having a daily routine which starts off with a great breakfast will be able to have your children for the school days ahead. Picking out clothes to wear the night before will allow for more time in the morning to have one less thing to worry about. Having a consistent bedtime (It's okay to start Aug. 1 for USAG Daegu) even though it's still warm weather and the sun is

shining a bedtime routine will not come as a surprise when school starts.

2. Keep your children's mind agile by utilizing the things locally available to you for example your local library summer reading program, tutor.com and Khan academy all great resources to assist your child to stay sharp with their skills in a fun inviting way. While on a road trip you can also share in the fun by playing games like I-Spy, or having your younger children count a particular color car or identifying different shapes. These simple exercises will assist in helping keep you child's mind agile and receptive to learning once school starts in the Fall.

3. For younger children, make sure your children know pertinent details like parent or guardian first and last name, telephone number and address.

These items may seem like small details but may become important if a child becomes lost or injured.

4. Clean up and pick up every day. Allow your children to engage in these everyday task so once it's time to return to school these skills will be innate and the children will have some level of mastery. This simple task is teaching your child how to be responsible, follow directions and be respectful of their things as well as others.

5. Introduction of new foods can be unpleasant but having these moments at home to introduce your child to foods they may experience at school will allow you to gage how they will eat next school year with having this knowledge when the school lunch menu comes out you know in advance what your child will or will

not eat, don't get me wrong we want to encourage choice and maybe trying something different with a friend will be the thing that helps your child love grilled Brussel sprouts but if not you know to pack a sandwich that day. If you have younger children practice helping your child open items such as juice boxes, packages of crackers and lunch baggies just in case the teacher doesn't have time to assist all the children without leaving someone waiting

6. Make learning fun, allow your children to explore, lay in the sun and ask question for goodness sake it is summer time.

This may seem like a long list of items but check out www.ed.gov for more information and great things to do during the summer see you in a few weeks.

# **Liberty Fest: Celebrating our Nation's Independence**



Lance Reegan-Diehl Band performs a concert during the Fourth of July Liberty Festival at the Camp Walker Exchange parking lot. (From left to right) David Dauberman(Bass), Karl Auger(Drums), Megan Kim(Vocals) and Lance Reegan-Diehl(Guitar), leader of the L.R.D. Band. — U.S. Army photo by Cpl. Soh, Jung-han

#### By Cpl. Soh, Jung-han USAG Daegu Public Affairs

USAG DAEGU, South Korea – Every year on July 4, Americans celebrate the federal holiday "Independence Day" or "Fourth of July" which is to commemorate the adoption of the Declaration of Independence, a historic document drafted by Thomas Jefferson, July 4, 1776. From that day to the present, the Fourth of July has been celebrated as the birth of American independence with food, concerts, games and fireworks.

Here in Daegu, South Korea, about 6,900 miles away from the Independence Hall in Philadelphia, Pennsylvania, we still celebrate our nation's independence no matter how far we are from the country. United

States Army Garrison Daegu Liberty Fest 2017 took place at the Camp Walker Exchange parking lot, July 4. USAG Daegu and Area IV community came out and enjoyed the Fourth of July festival with various community games such as Bungee Jumper, Viking Pirate Ship, Happy Valley Train and Mechanical Bull. Child and Youth Service Band, Lance Reegan-Diehl Band also performed a concert to celebrate Liberty Fest.

The grand finale of Liberty Fest 2017 was the fireworks. One of the biggest differences between last year and this year is that there were fireworks this year. Since July is the monsoon season in South Korea, last years' fireworks were canceled. Even worse, because of the heavy



Joseph H. Lallamant, U.S. Army Family and Morale, Welfare and Recreation, and his staffs sell barbecue during the Fourth of July Liberty Festival at the Camp Walker Exchange parking lot. — U.S. Army photo by Cpl. Soh, Jung-han

rain of the last few days before the festival, this year's Liberty Fest was on pending until morning. The festival and fireworks were successful despite little amount of rain.



Sgt. 1st Class Thomas N. Champion, 19th Expeditionary Sustainment Command G6 Section Chief competes with two participants during the Hot Dog Eating Contest, July 4. - U.S. Army photo by Cpl. Soh, Jung-han



Spectators enjoy the fireworks show during the Fourth of July Liberty Festival on Camp Walker. — U.S. Army photo by Cpl. Soh, Jung-han