



## What's up

### Maintaining the standard

Soldiers in uniform are prohibited from wearing black backpacks over the shoulder while they are deployed for RSO&I. The government issued "ruck sack" may be worn at all times during the exercise.

Troop Command leaders have instructed soldiers to follow this uniform policy.

### Deployment Reminders

Leaders emphasize that deployed soldiers conduct themselves in ways that are considerate to one another.

While in the billets cell phone ringers should be shut off, and light discipline should be maintained, meaning that only the red flashlight lens should be used while others are sleeping, and priority always goes to the individual who is sleeping.

For the benefit of all, individual equipment should be locked up when unattended.

### No golf course shortcuts

Personnel are prohibited from taking shortcuts across the Camp Walker golf course.

Leaders are prepared to identify violators of this policy.

### No alcohol during exercise

No alcohol is to be consumed by exercise personnel in accordance with U.S. Forces Korea Regulation 27-5. Consumption of alcohol during exercise play is punitive, and individuals who violate this regulation may be subject to discipline and punishment under the Uniform Code of Military Justice.

## Now, for the weather

Staff Sgt. Ken Walker  
100<sup>th</sup> Mobile Public Affairs  
Office, Texas Army National  
Guard

are words we often take for granted.

Military weather observers and forecasters are intimately aware of the inherent dangers that can occur when the

weather changes.

Strategic planning requiring troop movements, navy maneuvers, and air craft missions all depend on the accuracy of the weather forecast.

Day-to-day operations of the 607<sup>th</sup> Weather Squadron supply weather information to the G-2 and G-3 shops, NBC defense, counter special operations force, as well as the Non-Combatant Evacuation Operation.

"We have seen the importance of weather; high winds and high seas, as well as temperature and rainfall have effects on counter SOF, Nuclear, Biological,

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Wind, rain, sleet, and snow



Staff Sgt. Ken Walker

Air Force Tech Sgt. Garth L. Getgen checks his reference material before releasing his forecast.

## Stay alert, stay alive, stay up

By Spc. Keisha Lunsford

Pulling your part as a team member for at least 12 hours a day but thinking of nothing but catching up on sleep?

Dealing with the stresses of "real world" training can be hard on a soldier's body, which is the case during this year's Reception, Staging, Onward-movement and Integration exercise.

"Sleep deprivation can be just as dangerous as being drunk," said Spc. Fred Osgood, medical specialist for the 168<sup>th</sup> Medical Battalion at the Camp Walker Urgent Care Clinic. He said the difference is that when a person is drinking, they are usually in a relaxed environment so their reflexes slow down at a much faster pace than a person who's been up for at least 12 hours everyday.

But the reflexes of a person who has been working slows down over a longer period of time so they're more dangerous.

Osgood offers helpful advice for everybody

participating in the RSO&I exercise.

For now, he said you won't get used to working 12-hour shifts in one week, but you can in one month.

"Just keep your mind busy," said Osgood. RSO&I participants should find a hobby or do something that helps to wind down such as reading or watching TV so you can enjoy a more peaceful sleep.

Napping is good during the day, but any nap more than 20 minutes is not good because it'll make you feel more exhausted than refreshed.

Also, keeping up with personal hygiene is a must. "If you're cleaner, you'll feel better," he said. And, everyone should pay more attention to detail because it helps occupy their mind and keep them alert.

Watching what you eat and drink is also vital to staying up for the long shifts and the success of the mission. Since junk foods and

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## The spirit of "Hwarang"

It's April, and warriors have amassed to show their combat readiness in this year's Reception, Staging, Onward Movement & Integration.

RSO&I is a routine, regularly scheduled mid spring exercise involving forces from both the Republic of Korea and the United States. It is designed to evaluate and improve combined and joint coordination, procedures, plans and systems necessary for the conduct of contingency operation of R.O.K and U.S. Forces.

RSO&I demonstrates ROK-US interoperability and Combined Forces Command's capability, as well as the commitment to defend Korea.

Fifteen centuries ago, when this part of Korea was known as the Kingdom of Shilla, a group of Shilla warriors called the "Hwarang" demonstrated their battle skills and their nobility in this same area. The Hwarang was a youth organization led by a single "Kook sun," the spiritual leader. Under this leader, the Hwarangs led thousands of "Nangdo", to become a Hwarang. These young, aspiring warriors trained in martial arts and in academics, aspiring to become a Hwarang. A knightly code of conduct resulted from Hwarang-do training, and the Hwarang members visited beautiful places within the Kingdom, engaging in both military and spiritual exercises to cleanse and train their minds and bodies.

It is in the spirit of Hwarang that this newsletter was created to honor the servicemembers and events of this year's RSO&I that demonstrate the spirit of Hwarang.

This newsletter is also available on-line at <http://www.korea.army.mil/pao/hwarang/hwarang.htm>.

If any of our readers know of any sections or individuals who possess this spirit of courage, intelligence and nobility, let us know by calling 764-3611 / 764-3610 or e-mailing us at [rozeanj@usfk.korea.army.mil](mailto:rozeanj@usfk.korea.army.mil).

## Voices of RSO&I

What is the last thing that comes into your mind when you go to sleep?



**SGT. Kwak, Kiyul**  
USATC-K, S-3 Admin.

I think about the dangers of sleeping on the top bunk when I go to sleep every night. I've fallen down from it a few nights ago and whenever I go to sleep, I worry about my safety. I've heard that someone got injured during the last exercise because of that and I don't want to add my name to that casualty list.



**Yun, Sang-Hwan**  
KSC, G-3, FD/Plans Division

Speaking frankly, I worry about getting up early for my shift. Before I go to sleep, I do a short mind-control thought about getting up at the time I want. I also caution myself not to fall out from my upper bunk. It's risky up there.

### The Staff of the 'Voices of the Hwarang' (RSO&I 2001)

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#### Editor's note

Staff Sgt. Karlene Brown was misquoted in the April 23 'Voices of RSO&I'. She said she was not in favor of the 'no pedestrian' rule because it is unfair to soldiers who have to detour around the course.

The voice of the Hwarang is an authorized publication under the provision of AR 360-1 and is published on the internet at [www.korea.army.mil/pao/hwarang/hwarang/htm](http://www.korea.army.mil/pao/hwarang/hwarang/htm).

Contents of the Voice of the Hwarang are not necessarily the official views of, or endorsed by, the U.S. Army.

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## Alert

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sodas make a person tired quicker, everyone should replenish their bodies with healthier meals, lots of juices and water.

And, worrying doesn't help induce good sleep or maintain

combat readiness, he said.

So, staying calm, eating healthy and relaxing when possible are essential to individual health as well as mission success during RSO&I.

## Weather

*Continued from page 1*

and Chemical (NBC) operations and rear operations in general." said Maj. Peter Roohr, Director of Operations for the 607<sup>th</sup> WS.

The Chief of Staff looks to the 607<sup>th</sup> WS to ensure resource protection. Troops could be caught in a mudslide or swept down a river and drowned. A few years ago at Ulchi Focus Lens (UFL) winds were so strong a truck was blown over. The 607<sup>th</sup> WS can help prevent such incidents by giving advance warning and accurate forecasts.

A weather observer's primary job is to take readings of temperature, winds, cloud types and precipitation and then transmit that data over the Internet, telephone, carrier pigeon, or whatever it takes to get the information to the Automated Weather Network.

"The heart and soul of weather forecasting is the observers in several areas." said TSGT Garth L. Getgen, a USAF weather forecaster on day shift.

The forecaster accesses the observations transmitted to AWN to determine what the upcoming weather will be like. To gage weather moving into a specific area, one has to look at surrounding and even distant areas. Without knowing what's going on in remote areas and what direction weather cells are moving, forecasters cannot predict weather activity in their area of responsi-

bility.

For exercise purposes, the 607<sup>th</sup> has five field-deployment units that go out just like the infantry units. Their observations are transmitted to the 607<sup>th</sup> where the data is evaluated prior to retransmitting to AWN. These remote field units support customers such as tactically deployed aviation (helicopter) units, as well as Army armor and infantry units with weather information.

Typically the observer reports their observations every hour. When inclement weather moves into an area, the observations are fed on the half-hour if not constantly for such operations such as air or boatlifts. When the weather is cooperative like this time of year, there are not many changes to keep up with.

"During UFL some parts of Korea had typhoons and monsoon related heavy rainfall (10-12 inches over 2 to 3 days)." said SSGT Scot Monroe, USAF forecaster.

An additional responsibility of the 607<sup>th</sup> weather squadron is to function as communications back-up. If the primary weather unit goes down, the 607<sup>th</sup> becomes the alternate weather source and would take over the responsibility of forecasting the weather for the entire peninsula.

"It's easy to look outside and see what is going on here, but the real challenge is in predicting weather elsewhere." said Getgen.

## Voices of RSO&I

What is the last thing comes that into your mind when you go to sleep?



**Sgt. Kim, Jae-hyun,  
EUSA G3 OPS**

I only expect that RSOI 2001, my last exercise before being discharged from the military service, will be over soon.



**Maj. Steven E. Riley,  
EUSA AC G2 OPS**

I think about how in a few hours I will be back on the EAOC floor tracking the bad guys.

## MWR Tents

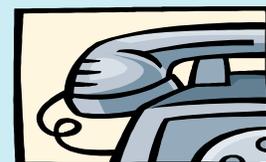
Free movies are shown at the three MWR tents at Camp Walker where snacks can also be purchased. Three tents are available on Camp Walker.

All MWR tents are open 24 hours and are located near the Butler Buildings and tent city. A MWR tent is also available on

## Calling Home

Using access numbers provided by major U.S. long distance companies could save you money when calling home, depending on your particular service provider. Just call the number and follow instructions.

- AT&T.....550-4663
- MCI 550.....550-2255
- SPRINT.....550-3663



Pre-paid phone cards, which can be used on both DSN and civilian lines, are also available at several locations on post which



## What's up

### Keeping MOPP in mind

Know your Mission Oriented Protective Posture levels.

MOPP 0 - Protective clothing and equipment is readily available.

MOPP 1 - The overgarment and helmet cover are worn.

MOPP 2 - Overboots are added.

MOPP 3 - Protective mask and hood are added.

MOPP 4 - Gloves are readded.

Also, it is a good idea to check your mask for a good fit as well as for a proper seal.

### Off Post

Personnel traveling off-post in Area IV during leisure hours need to use the "Buddy System," and they need to have their Status of Forces Agreement card as well as an emergency telephone number card with them at all times.

### Security

Classified document security is the responsibility of each section. Sections should destroy classified material as it becomes obsolete. Also, individuals should avoid discussing exercise issues outside the controlled areas.

Locations of CPs, your role in the exercise, or the duration and scope of the exercise, or the duration and scope of the exercise are not to be discussed over open telephone lines.

### Inspiration from the Chaplain

Pessimism becomes a self-fulfilling prophecy. The good news is—optimism does too. Since you're free to choose, choose success and happiness. Choose optimism!

Lt. Col. Wilfred Brewster Jr.  
Command Chaplain Office

## Camp Walker Kelly Fitness Center

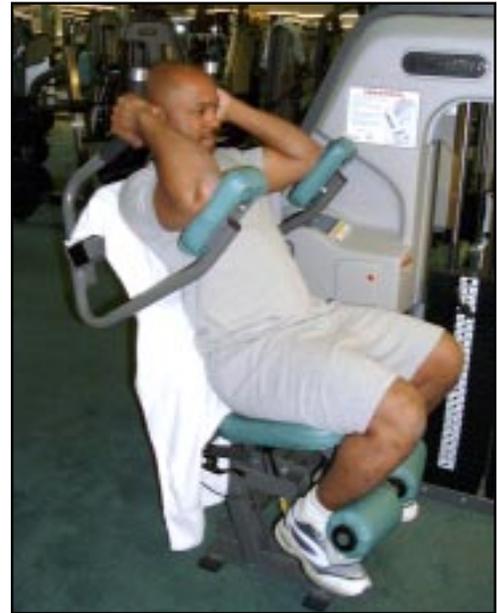
By Cpl. Kim, Chan-Hee

Just because we are out in the field does not give us excuses to miss out on our regular workout, especially when there is a well-equipped gymnasium nearby. The Kelly Fitness Center is one of the prides of Camp Walker.

"We have the neatest and most well-equipped gym in the area (Area IV)," said Mr. Pae Yun-Hyun, a sports specialist with the Center.

The Camp Walker Kelly Fitness Center is located in building No. 261 between the Soldier Memorial Chapel and the Camp Walker Post Office.

The Center has a spacious weight room with the latest exercise machines and equipments. Off-duty soldiers can work their muscles on clean and spotless machines while listening to soothing music played on the speakers. There are several racketball courts and two cardiogram rooms with plenty of running, step-masters and bicycle machines to go around. The Center has a wide indoor court where a couple of teams can play full-court basketball and volleyball at the same time. Also there is a 25 meter long indoor swimming pool with five lanes, which opens from 1100 to 2100 for the duration of the exercise. Finally, the center has a grassy outdoor sports field where soldiers can play football, soccer or baseball.



Cpl. Kim, Chan-Hee

Sgt. Lawrence Douglas, HHD 41st Sig. BN, is working out in the Kelly Gym.

"This is one of the finest gyms I've ever seen," said Sgt. Lawrence Douglas of Headquarters and Headquarters Detachment, 41<sup>st</sup> Signals Battalion.

All personnel involved in this year's Reception, Staging, Onward-movement and Integration exercise can use this center. Rackets, various kinds of balls, basketball shoes, towels and equipments can be loaned to valid identification card holders.

"If you want to avoid busy hours, avoid the gym between 1900 to 2000 and early morning during the weekdays. Those are the busiest hours," advised Mr. Pae.

Until April 27th, Kelly Fitness Center's operating hours are from 5 a.m. to midnight.

## Weather report for Taegu, South Korea

### Today

Partly Cloudy  
Hi: 68°F Lo: 48°F



26 April - Partly Cloudy  
27 April - Partly Cloudy

# Weather