

## Suicide prevention skills to save lives

By Chaplain (Capt.) Daniel Husak  
36th Sig. Bn

**T**he Applied Suicide Intervention Skills Training workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Over 200,000 people in several nations have participated in this two-day, highly interactive, practical, practice-oriented workshop.

The Army adopted ASIST as a key element in its suicide prevention program. ASIST trains individuals to identify others who may be at risk for self-injury and evaluate the level of that risk. A course of action is then developed depending upon the level of risk and the resources available.

Chaplain (Capt.) Daniel Husak, 36th Signal Battalion, was selected to receive the ASIST Training for Trainers in March 2002 and is currently one of three trainers in Korea. At least two trainers are required to conduct a workshop but three are preferred.

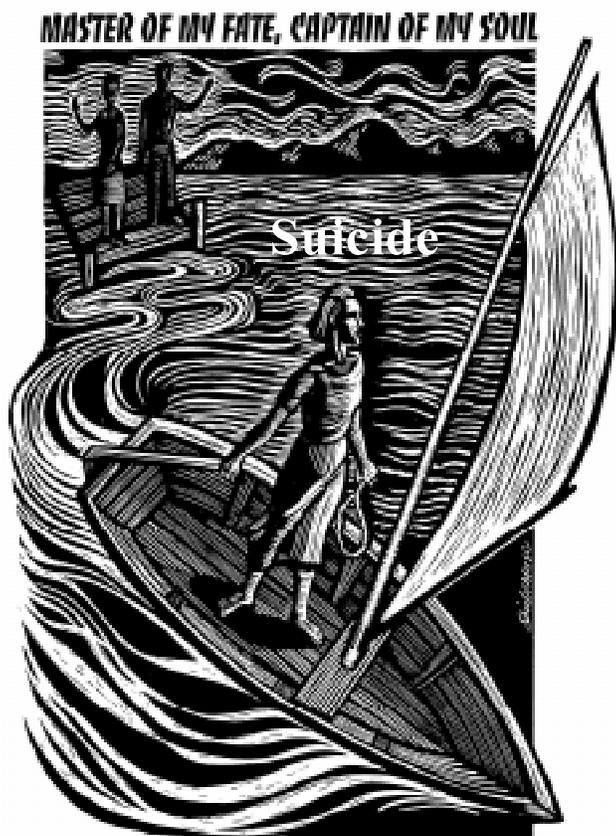
All three trainers in Korea have recently completed their third workshop. The first workshop, sponsored by the 1st Signal Brigade, was conducted this past summer followed by two held at the Religious Retreat Center in Seoul workshops as part of the Introduction to Ministry in Korea Course.

Chaplain (Col.) Robert Jenkins, U.S. Forces Korea, Eighth Army Chaplain, requires that all chaplains and chaplain assistants on the peninsula be ASIST trained. ASIST training is also recommended to leaders at all levels as an at-risk soldier would be much less likely to "slip through the cracks" if there were two or three ASIST trained personnel in every company.

Doctors, chaplains, and mental health professionals can be a great resources, but do not have contact with every soldier every day. Therefore, ASIST trained people should be scattered throughout a unit. Also, the ASIST trained soldier does not have to be a counselor at all. ASIST simply enables the trained person to determine if someone is at risk, and what the level of risk is. It removes the guesswork of whether or not a person needs help. If needed, the person is then referred to a professional.

Most people find suicide a difficult subject. It is even harder to approach someone who is suspected of having thoughts of suicide. However, anyone who receives this training will be competent.

A trained individual is much more comfortable with the situation because he knows what he is doing. And if someone needs help, the ASIST trained person can help them get it, and if they don't, then at least someone is not being sent for counseling without needing it.



### Danger signs of suicide

Past History of Attempted Suicide - Between 20 and 50 percent of people who kill themselves had previously attempted suicide.

Psychiatric Disorders

Depression

Schizophrenia

Substance Abuse, particularly when combined with depression

Personality Disorders, especially Borderline, Antisocial

Genetic Predisposition

Family history of suicide, depression or other psychiatric illness.

Impulsiveness - Impulsive individuals are more apt to act on suicidal impulses.

Demographics - Sex: Males are three to five times more likely to commit suicide than females.

Age: Elderly Caucasian males have the highest suicide rates.

Suicide Crisis - A recent event that is particularly distressing such as loss of loved one or career failure. Sometimes the individuals own behavior precipitates the event: for example, a man's abusive behavior while drinking causes his wife to leave him.

Changes in Behavior

For more information and question call your unit chaplain or counselor.

# Tax forms available online

By Staff Sgt. Marcia Triggs  
ArmyLINK News

**D**efense Finance and Accounting Service is putting pay information at the fingertips of the military community.

Beginning in January, the 2002 W2 tax forms will be available online through DFAS' MyPay system.

A personal identification number is needed to access personal accounts. Service members, retirees and civilian employees who do not remember receiving their PIN or do not remember the number can go to <http://www.dfas.mil/>, <http://www.dfas.mil/> and click on myPay, which is under the "Money Matters" heading.

Due to security reasons PINs are mailed to the recipients, and it could take from three to seven days to get the number after the request has been made, said Catherine Ferguson, a DFAS spokeswoman. Ferguson said.

"We decided to put the W2 form online because we get a lot of phone calls from soldiers who are deployed, have lost their originals or for some reason need another copy," Ferguson said.

"Troops can concentrate on their mission when they are not worried about pay and benefits," said Dennis Eicher, Electronic Commerce, Military and Civilian Pay Services director. That is why DFAS is

providing innovative and reliable tools, he said. Troops can take charge of their pay accounts online, Eicher added.

Some of the other finance actions that can be performed online to date are: purchasing savings bonds, managing allotments, viewing and printing travel vouchers.

Reviewing leave and earning statements online as far back as three months and stopping the delivery of the hard copy is also an option, which can save the armed forces money, Eicher said.

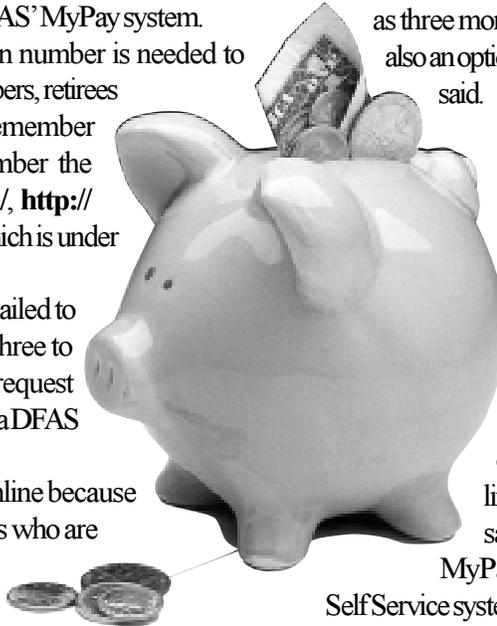
If just civilians received their Leave and Earning Statement electronically the Department of Defense would save more than \$6 million annually, Ferguson said. It cost 34 cents every time a hard copy LES is distributed, she added.

Additional costs can also be avoided by eliminating customer service activities, Ferguson said.

"One of our goals is to allow customers to do online anything that they previously had to stand in line or wait on the phone to accomplish," Ferguson said.

MyPay was formerly known as Employee Member Self Service system. The system changed, but people don't have to change their PINs, Ferguson said.

Customers with questions about MyPay can call customer support at 1-800-3900-2348, Monday through Friday, 7 a.m. to 7:30 p.m. Eastern Standard Time.



## Tax exemption

**Q. How do I get a tax exemption when I stay at a hotel (or pay for meals or rental car, etc.)?**

A. (From GSA) As a matter of information, the Comptroller General of the United States has ruled consistently that the federal government is immune from paying State and local lodging taxes only when payment is made by the government directly to the vendor by government purchase order or government check.

Federal employees are almost always issued a individually-billed government card with a 5, 6, 7 or 8 as the fifth digit. These digits distinguish cardholders as civilian or military employees. When charges are made to the accounts of these civilian or military employees, the bills are typically sent to their home address.

An account that has a "9" as its fifth digit is a centrally-billed account. Centrally billed account charges are provided

to the agency for direct payment. Centrally billed accounts, as a rule, are "cardless" accounts. There are rare occasions, particularly with the military, when a centrally billed account card is issued. Centrally billed account cards are typically used when a group or troop of people are traveling with a lead person as the cardholder. The card is issued to the lead individual and payment is made by the cardholder's agency.

To summarize the decision of the Comptroller General, there is no nationwide exemption of hotel taxes for general travelers using the government-issued travel card. When the government travel card is considered with respect to the decision of the Comptroller General, interpretation of "direct payment by the government" differs nationwide.

For more information and locations offering tax exemptions, visit: <http://policyworks.gov/org/main/mt/homepage/mtt/PERDIEM/StTaxemp.shtml>

# Camp Walker's Technical Control Center: A winning team

**By Spc. Daniel Okada**  
*1st Sig. Bde., PAO*

**T**he Camp Walker Technical Control Center has earned the distinction of being one of the leading communications facilities in the southern half of South Korea. This success began with a comprehensive site certification program that ensures that all incoming staff members are trained to the center's high standards.

This program covers proficiency training in site communications equipment, user equipment as well as day to day operations. Although the formula may seem straight forward, the results have been observed by numerous VIPs visiting Camp Walker TCC, many of whom noted that a single soldier from the facility displayed the ability to answer more technical questions than all soldiers at other facilities combined.

Above all else, it is the staff of the Camp Walker TCC who have made the facility what it is today. Constant interaction and training along side Korean National technicians with over 237 years of combined communications experience have created a working environment that is as comfortable as it is synergistic.

Staff Sgt. Angelo Foreman, 293rd Signal Company, Camp Walker, the site chief noncommissioned officer in charge credits his team, which includes three distinctive honor graduates from their respective Advanced Individual Training schools, for the Camp Walker's TCC's performance.

"My technical controllers are not only technicians, they are the complete soldier!" Foreman said. "You can stop by anytime, day or night and you find the sharpest soldiers, with the cleanest facility. This is the way we do business. The soldiers here take great pride in what they do. That's why we are so successful. We work well as a team and it shows!"

Foreman played an integral part in raising the standards as a former AIT instructor and writer of the orange book training manual currently used at the Signal Center at Fort Gordon, Ga. His 19 years of communications experience enabled him to rewrite both the standard operating procedure as well as the continuity book for the TCC.

One of Foreman's distinguished honor grads, Pfc. Jason Murphy, 293rd Sig. Co. substantiated Foreman's opinions with high praise for the Camp Walker TCC of his own.

"I was immediately impressed with the professionalism and learning environment practiced at Camp Walker TCC. The training and leadership here are excellent. As my first duty assignment, I am very pleased to have the opportunity of working with such a great team of soldiers and NCO's in a facility where



*Spc. Daniel Okada*  
**Staff Sgt. Angelo Foreman, Technical Control Center, noncommissioned officer conducts a circuit check with a T-berg.**

learning and technical training are promoted on a daily basis," Murphy said.

While it's not easy coping with an overseas duty station straight out of signal school, Pfc. David Wietgreffe, 293rd Sig. Co., couldn't be more pleased with being a part of the TCC and stated, "As a new soldier, I didn't know what to expect of my first duty station. Now, after being here for five months, I am proud to say that I could not have had a better first assignment than Taegu Tech Control."

During the Ulchi Focal Lens exercise of 2002, the TCC sustained its real world missions of providing command, control, communications and computer information systems support for United States Forces Korea as well as providing communications for the salvage operation of the South Korean vessel sunk during a clash with North Korea in June.

Due to excellent leadership and soldiers such as Wietgreffe and Murphy, this facility is one of the most proficient and well run Tech Controls in the Pacific Region.

The TCC supports over 75 percent of the total communications mission in the Republic of Korea and has earned an excellence rating in the Defense Information Systems Agency and battalion performance evaluation for its outstanding operations.

# Signal shines on EXEVAL

**By Sgt. Debora Colligan**  
1st Sig. Bde., PAO

**N**orth Korea attacked Seoul. Soldiers in response to the attack have moved to an undisclosed site to prepare a counterattack.

This was one of the scenarios soldiers faced during the brigade's Exercise Evaluation, Aug. 12 to 16.

"This has been a very realistic training," said Headquarters and Headquarters Company 1st Sgt. James Flynn. "The training has put into practice problem response using realistic scenarios training us up on how to react if a real world event was to happen."

HHC began the EXEVAL with a rollout in which 50 soldiers drove from Yongsan to Camp Walker in a convoy. The task was completed on time with no casualties or vehicle problems, which set the standard for the brigade.

The HHC's first sergeant along with soldiers from the company, also participated in various scenarios.

"We have very dedicated and intelligent soldiers," Flynn said. "Doing things on the spur of the moment is GIs specialty."

Even the brigade chaplain was given scenarios. He counsels and advises the brigade commander in difficult situations.

"The training puts emphasis on staff working together when one person is affected by a situation," said Chaplain (Lt. Col.)

Alan C. Hendrickson, brigade chaplain, 1st Sig. Bde.

In one scenario, a soldier declined to bear arms during war. The chaplain had to determine through counseling if the soldier was of a particular denomination or a member of a particular church group, which prohibited him from bearing arms. By speaking to the soldier, the chaplain had to establish beliefs, personality and if these beliefs came about gradually or overnight, keeping in mind mission requirement.

The brigade, with the help of 311th Theater Signal Command and the Korean Battle Simulated Center, based the scenarios on wartime situations. Commanders deployed and played their role in the scenarios, while 311th TSC evaluated the brigade's reaction to problems

"The brigade has capable professional soldiers and civilians who know their job," said Col. Ronald Bouchard, commander, 1st Sig. Bde.

He added that soldiers and civilians in the rear and in the field undertook the task making the exercise a team effort.

"The training evaluates the brigade's staff ability to execute training objective and its transition to war," said Lt. Col. Michael A. Brown, deputy commander, 1st Sig. Bde.

According to Brown, the exercise also assesses the plan, installation, operation and maintenance of the unit and their ability to sustain the force.

One challenge commanders faced during the evaluation was that the exercise was conducted during the biggest turn-around of soldiers in Korea, Bouchard said. Still, the brigade commander was confident in the battalion commanders' training, which places newly arriving soldiers in sections where more experienced soldiers can guide and train them.

Another challenge was having an evaluation back to back with Ulchi Focus Lens, which was conducted Aug. 12 through 30.

According to the brigade commander, this was like having a football team go their first game of the season and the game being the 'Super Bowl.'

The brigade EXEVAL is the commander's tool to evaluate his unit, looking at its strengths and weaknesses to establish a training program required for the brigade.

With all the challenges that a unit must face during an evaluation, from the rollout of companies and battalions to their ability to solve problems, the brigade can march on to UFL with much earned confidence.



Spc. Daniel Okada

*Col. Ronald Bouchard, commander, 1st Signal Brigade (left) listens as Brig. Gen. Conrad Ponder, Jr. deputy commanding general, 311th Theater Signal Command praises the brigade for a job well done.*



*Pfc. Gary Runkel, 307th Signal Bn. C Company adjusts a support wire for a DAMPS antennae.*

*Left: The sun sets in the horizon over 229th Signal Company, 307th Signal Battalion site, soldiers during UFL.*

# Ulchi Focus Lense '02

## *Signal providing the best*

**By Chaplain (Capt.) James Choi**  
*307th Sig. Bn.*

**S**oldiers of 307th Signal Battalion don't fly helicopters or shoot artillery rounds down range.

However, they are responsible for accomplishing one of the most important and real time missions during any nation-wide exercise on the Korean Peninsula.

To most of soldiers in country and those who flew in for Ulchi Focus Lens, it's only a two-week long exercise. But the members of 307th Sig. Bn., stationed at Camp Carroll had been deployed to their field sites for more than three weeks and many of them more than four to provide the best communications capability during the exercise.

The soldiers of the 307th Sig. Bn. deployed to their designated locations from Daejeon to Busan at least a week prior to the

commencement of the exercise to provide communication lines all over in the peninsula.

A team of soldiers installed more than 260 Defense Switch Network lines for communication between the U.S. and Korean armies. Other teams of soldiers installed more than 90 tactical phones for Eighth U.S. Army. Many of the teams consisted of a sergeant and a few junior enlisted.

However, their responsibilities were enormous. Each team handled multi-million dollar communication equipment such as TROPO, satellite dishes.

Soldiers of 307th Sig. Bn. were proud of what they did because without them, the exercise would not have been possible.

These competent soldiers set up the communication lines with 100 percent accuracy, on time and maintained their communication lines open 24 hours, seven days a week. When they found glitches, they would quickly trouble shoot and



*Pfc. Edward Littrell, 307th Signal Bn, C Company, tightens a DAMPS*

fix the problem. The soldiers of 307th Sig. Bn. are highly dedicated and motivated.

Many soldiers worked on top of mountains and also had to run High Mobility Multipurpose Wheeled Vehicles in the most heavy and aggressive traffic condition to



*Staff Sgt. Curtiss Robinson, 307th Signal Battalion, C Company, connects a CX11230 cable for a local small extension node.*



*Cutline Cutline Cutline Cutline Cutline Cutline Cutline Cutline Cutline Cutline*



*Spc. Adam Profitt, 307th Signal Battalion, C Company, conducts preventative maintenance, checks and services on a generator.*

support the mission. This can create a lot of unnecessary stress. However, all the soldiers stayed motivated and focused on their mission because they are proud of what they are doing for their mission.

As the unit motto says, ‘Providing the Best,’ soldiers of 307th Sig. Bn. provided the best for the UFL and they will continue to do their best wherever and whenever they are tasked to support a mission.

The soldiers of 307th Sig. Bn. accomplished their mission in an outstanding manner during UFL and they can be proud of themselves for providing the best.



*Sgt. 1st Class George Ricky, HHC, 307th Signal Bn., S1 NCOIC reviews personnel tracking records with Cpl. Bae Suk-Jin, B Co, 307th Sig. Bn.*



*Top: Staff Sgt. Charles Cavanaugh, Headquarters and Headquarters Detachment 728th Military Police Battalion performs First Aid at the SAMC board*

Cpl. Jo, Jong Hye

*Staff Sgt. James T. Craig, 552nd Military Police Company, salutes the president of the board, 1st Signal Brigade's Command Sgt. Maj. Alejo C. Quinata. The brigade hosted the Sergeant Audie Murphy Board Club, Sept 27.*

## SAMC board challenges NCOs

**By Cpl. Jo, Jong Hye**  
**1st Sig. Bde, PAO**

**S**ergeant Audie Murphy Club Board, the most prestigious noncommissioned officers board in the United States Army, was held in Trent Gym Main Post, Yongsan, Sept 27. The 1st Signal Brigade, as the protocol staff, successfully hosted the event in a professional manner.

"It is an excellent opportunity for NCOs to demonstrate their proficiency as leaders," said Staff Sgt. Matthew A. Comimi, assistant section chief, 2nd Battalion 52nd Aviation Regiment.

"It is undoubtedly an honor to be considered a leader worthy to be selected in an organization named for a great American hero.

The SAMC is an elite organization of NCOs who have demonstrated performance and inherent leadership qualities and abilities characterized by those of Sgt. Audie Murphy, according to Staff Sgt. Antonio Jones, protocol, command group, 1st Sig. Bde.

Audie Leon Murphy was a legend in his own time. A war hero, movie actor, writer of country and western songs and poet. His biography reads more like fiction than fact. He lived only 46 years, but he made a lasting imprint on American history. He was the greatest combat soldier in the 200-year plus history of the United States.

"I feel I gained a feeling of great accomplishment," said Staff Sgt. James T. Craig, squad leader, 552nd Military Police Company. "Just the studying and reading of the field manuals and Army Regulations made me a better NCO."

The board consisted of stations. The SAMC inductees were asked very detailed questions on 25 different subjects by five command sergeants major and sergeants major. The questions asked were on everything an NCO should know as a leader.

"I'd have to say just 'expecting the unexpected'. The hands on

portion was nothing new it is something that all soldiers should know, but just the unexpected questions, and wondering what the command sergeant major was really thinking about you and your answer," Craig said.

"I've gained even more confidence in my abilities as a leader since this board," said Sgt. Clinton L. Thompson, standard installation/division personnel system, bravo detachment, 516th Personnel Services Battalion. "I know I can think fast and execute well under pressure now and I won't make myself believe that something is 'too hard' or 'not worth the time and effort' any more."

First Sgt. Jeffrey T. Flores, 2nd Bn, 52nd Aviation Regiment said "The board was conducted professionally. I'd like to commend the board members in their approaches to bring out best out of every candidate and making the challenge to be selected well worth the effort of the candidates that attended."

"NCO Creed says 'All soldiers are entitled to outstanding leadership, I will provide that leadership'," Thompson said. "We, as NCOs, should always be finding ways to get better at what we do, and doing the things necessary to prepare for this board can only make you a better leader."

"The soldiers were very well prepared," said the president of the board, Command Sgt. Maj. Alejo C. Quinata, 1st Sig. Bde.

He continued, "They were very well versed on the subjects we tested them on. They were very professional and made an impression on themselves and their units. It was obvious that their chain of command gave them the support they needed for the board."

"It's not a competition between soldiers but it's when soldiers represent themselves by demonstrated performance and showing their leadership qualities. They are recommended to the prestigious SAMC by a board panel when they have exhibited these qualities," said Jones.

The board is held quarterly. The next SAMC is scheduled for Dec. 11.

# Patriot Day

## *A day of hope and remembrance*

**By Cpl. Jo, Jong Hye**  
*1st Sig. Bde, PAO*

**T**he Patriot Day ceremony and Eighth United States Army Band concert held Sept. 11, remembered and honored those who perished in the terrorist attacks last year.

“We are here on this first Patriot Day to renew our commitment to the memory of the innocent victims of this attack against our freedom and affirm that they did not die in vain,” said Lt. Gen. Daniel R. Zanini, commander, Eighth U.S. Army. “We gather to remember the victims, to honor those who exhibited great courage and renew our determination on this day of remembrance.

“The memory of those who lost their lives will continue to shine brightly,” he continued. “They give us cause to cherish the freedoms we enjoy and inspire us to stand with courage, united as one nation, with other nations of freedom loving people, in the midst of any adversity.

“The men and women of our armed forces carry the torch that shines bright for freedom. Our military forces will defeat

any enemy who would try to take one minute of our freedom away.”

Patriot Day was proclaimed by President George W. Bush to remember the sacrifice of those who lost their lives on the terrorist attacks in New York, at the Pentagon and over Pennsylvania; “to commit everyone to honor their memory by pursuing peace and justice in the world.”

The ceremony was called an evening of faith, hope, remembrance and encouragement. There were prayers for survivors, families, friends and co-workers. Tributes were made to the police, fire and rescue workers, medical personnel and our military personnel who continue to combat terrorism.

Many cried after hearing Mark Sileikis, assistant fire chief for training, Yongsan and Area II, who called the emergency service workers his brothers.

After the ceremony, the Eighth U.S. Army Band performed the Concert of Remembrance. There were also vocal performances. A remembrance coin was given to everyone, approximately 480 people who attended the ceremony.

“What we are doing now is just a beginning and we have a long battle ahead,” said Capt. Ira S. Ehrenpreis, Jewish chaplain, 41st Signal Battalion who led the traditional blessing during the ceremony. “The South Post Chapel was helpful emotionally and helped direct our thoughts to the mission ahead.”

“The attacks were terrible events, and to see them on television was especially difficult for all Americans,” Lt. Col. Alan C. Hendrickson, chaplain, 1st Signal Brigade said. “We need to focus on the prevention if possible, instead of retaliation after a terrorist act happens.”

“I really enjoyed the ceremony, it gave me a chance to reflect, to look back at life and put my priorities in order, family first,” Sgt. 1st Class Cynthia Porter, Headquarters and Headquarters Company, 1st Sig. Bde. said. “I believe we should be on one sheet of music. Republic of Korea Army and U.S. Army must work together and train together to build a fighting force that will help protect us in the peninsula, so nothing like what happened in the U.S. will ever happen in Korea.”

“We will not let anyone take freedom from us, but we will sacrifice our lives to protect the U.S., and with friends who seek freedom, we will win this war,” said Zanini. “Our spirit does not end with this ceremony. It will shine bright forever as we stand with courage. One nation, one free-loving world, one spirit. God bless you, God bless America and God bless all freedom loving people.”



Cpl. Jo, Jong Hye

*Sgt. 1st Class Cynthia Porter, Headquarters and Headquarters Company, 1st Signal Brigade, takes a moment to reflect at the South Post Chapel during the Patriot Day ceremony in Yongsan to honor the victims of Sept. 11.*