

VOICE OF THE ROK

Col. Paul H. Fredenburgh III Commander of 1st Signal Brigade

CSM Darris Curry Command Sergeant Major of 1st Signal Brigade

Capt. James Willams III Public Affairs Officer

Sgt. 1st Class Brandon Aird Public Affairs Chief brandon.r.aird.mil@mail.mil

PUBLICATION STAFF

Sgt. 1st Class Brandon Aird editor

- Sgt. Adriana Diaz writer
- Cpl. Ji-Seung Lee writer

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on 1st Signal Brigade Soldiers. Anyone can submit a story or photo to 1st Signal Brigade Public Affairs Office at (brandon.r.aird.mil@mail. mil). Photos must contain cutlines that identify the following: full name, rank, unit, and hometown.



Stories should be on or relate to 1st Signal Brigade Soldiers. However, travel stories and editorials will be considered. For additional information please contact 1st Signal Brigade Public Affairs Office.

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VOICE OF THE ROK Command Team holiday greetings



Col. Paul H. Fredenburgh III Commander



CSM Darris Curry CSM

Col. Paul H. Fredenburgh III and Command Sgt. Maj. Darris Curry would like to wish the Soldiers, KATUSAs, Civilians, and Family members of the 1st Signal Brigade a joyous holiday season and prosperous and productive Happy New Year! During the past year, the 1st Signal Brigade has succeeded in accomplishing our multi-faceted mission because of your amazing hard work, creativity, and dedication. We are immensely grateful to you for your tremendous efforts.

We encourage each of you to enjoy this holiday season in your own tradition whether it be Christmas, Hanukah, Kwanzaa, or your Holiday of choice with your family and loved ones. Take time to reflect on your contributions to the great nations of the United States and the Republic of Korea and our ongoing alliance as we stand together in the defense of the Republic of Korea and do our part to foster continued stability in the Asian Pacific region.

Please take the time to communicate with our single and unaccompanied Soldiers and Civilians who may be away from their immediate families for the first time. Let them know, their extended Family here in Korea truly cares about their well being and wishes they have a joyous holiday season.

With your support and loyalty we look forward to continued success in 2013 as we continue to support our alliance and the people of the Republic of Korea. Please be safe and enjoy this holiday season.

We look forward to working with you to achieve continued success in 2013!!!

VOICE OF THE ROK Soldiers celebrate at Camp Madison Thanksgiving

Story and photo by Sgt. Adriana Diaz, 1st Signal Brigade Public Affairs

Thanksgiving is a traditional day that has been celebrated for generations. It's known as one of the best days for American families.

Unfortunately, most American Soldiers in South Korea are far away from



Command Sgt. Maj. Darris Curry and Anthony Mahoney serve food to Soldiers during Thanksgiving meal at Camp Madison Nov. 20. their families during the holiday season.

However, the Army takes great effort to make sure each and every Soldier knows that he is a valued member of the Army family. Command Sgt. Maj. Kevin J. Thompson, Command Sergeant Major of 311th Signal Command, served food to his Soldiers during Thanksgiving lunch Nov. 20 at Camp Madison, South Korea. Camp Madison is a very small hill top base in South Korea.

"They have a lot of challenges they deal with everyday," said Thompson. "I just take my hat off to them."

Leaders in the 311 Signal Command, United States Forces Korea and 1st Signal Brigade served a thanksgiving meal to Soldiers at Camp Madison.

The smiles resonating on the leaders and Soldiers faces showed how a little gesture of kindness can go a long way.

Command Sgt. Maj. Anthony Mahoney, United States Forces Korea Command Sergeant Major, also visited the troops at Camp Madison to let them know how proud he is of the work that they are doing.

"I am very and pleased to be with them," said Mahoney.

It's not easy for soldiers to be away from their families- especially on holidays. Even though they are not with their real families leaders in 311 Signal Command, United States Forces Korea and 1st Signal Brigade let each every Soldier know they are a part of the Army family.



Story by Capt. James Williams III, 1st Signal Brigade PAO

Smart phone owners with access to government computers in South Korea have rapidly become the number one group of cyber security violators here.

Over a recent seven day period, the Korea Theater Network Operations Center detected 129 cyber violations caused by smart phones alone. Most of the perpetrators did not realize that they had done anything wrong.

"The main problem is that people are using their government computers to charge their phones with USB cables," said Lt. Col Mary M. Rezendes, 1st Signal Brigade operations officer in charge. "They don't realize that computers recognize their phones as hard drives and that their software puts our network at risk."

The army's information assurance policies, found in Army Regulation 25-2, prohibit the use of USB devices on its networks. Before being granted access to army networks, users are required to take cyber security training. They also sign a user agreement that states that they will not use USB devices on government computers.

"Cyber security is at the top of the list of our priorities and we must hold those accountable for violating the army's policies," said Rezendes.

Service members who violate the policy are subject to punishment under military law. Civilians may be reprimanded.

"People who violate the policy will lose access to the network and run the risk of losing the data on their smart phones or other USB devices," said Rezendes. A good cyber security program is a team effort.

"Though the 1st Signal Brigade implements DOD network policies, unit commanders have the authority to enforce them," said Paul H. Fredenburgh the 1st Signal Brigade commander. "But most importantly, it takes individual responsibility for us to collectively protect our networks."

Story and photos by Cpl. Ji-Seung Lee, 1st Signal Brigade Public Affairs

Col. Paul H. Fredenburgh III assumed the duties as the commander of 1st Signal Brigade, June 21.

The Change of Command ceremony, a formal passing of responsibility, authority, and accountability of command from one leader to another, was conducted at Knight Field in Yongsan Garrison, Seoul.

Soldiers, officers, KA-TUSAs and civilians within 1st Signal Brigade attended, among the distinguished guests attending the ceremony included Lt. Gen. John D. Johnson, commanding general, Eighth United States Army chief of staff, United Nations Command, ROK-US Combined Forces Command, and United States Forces Korea.

The significant part of the ceremony was the traditional passing of the unit colors. The passing of the unit colors from the outgoing commander, Col. Mark A. Elliot to the incoming one, Col. Fredenburgh ensured that 1st Signal Brigade and its Soldiers is never without official leadership, a continuation of trust, and also signifies an allegiance of Soldiers to the unit's new commander.

The ceremony also provided Elliot an opportunity to say goodbye to and for Fredenburg III to meet his new unit. Elliot, the outgoing commander gave a final speech and expressed honor and farewell to 1st Signal Brigade.

Change of Command



(Left to right) Former commander of 1st Signal Brigade, Col. Mark A. Elliot, Lt. Gen. John D. Johnson and Col. Paul H. Fredenburgh, incoming commander of 1st Signal Brigade are standing together at parade rest during change of command ceremony.



Eighth Army Band plays Signal Corps Song and the Army Song for the change of command ceremony.

VOICE OF THE ROK 2012 KATUSA U.S. Soldier Friendship Week

Story and photo by Cpl. Ji-Seung Lee, 1st Signal Brigade Public Affairs

1st Signal Brigade Soldiers and Korean Augmentation To the United States Army, or KATUSAs, competed together as one team in 'The 2012 KATUSA U.S. Soldier Friendship Week' April 16-19 in Yongsan Garrison, Seoul.

The 2012 KATUSA U.S. Soldier Friendship Week began April 16, hosted by the Republic of Korea Army Support Group started off with an opening ceremony at Lombardo Field with a color guard demonstration, performances by the 8th Army Band, and a Korean honor guard drill.

The week-long festivities included various sporting events and culture exchanges where 1st Signal Brigade Soldiers and KATUSAs participated in the following events: soccer, softball, ssi-reum (Traditional Korean wrestling), 5k team marathon, tug of war, and an all ranks relay. Each team was required to have a minimum number of KATUSAs, U.S. male and U.S. female Soldiers in each game, encouraging Soldiers to be cohesive.

"I won my set but unfortunately, our team lost on the first match," said Sgt. Aspen Kukulka, S-3 Automations Non-Commissioned Officer,1st Sig. Bde., who participated in ssi-reum tournament. "I enjoyed it. I wish we moved up a little more. I think I was pretty good."

Cultural events and entertaining events also brought attention where Soldiers and KATUSAs experienced making tradional Korean food and a visual demonstration of Taekkyun, a type of Korean martial arts similar to Tae-kwon do. A team from 1st Signal Brigade placed 2nd at the KUFW2012 Talent Show. The team consisted of four Soldiers, Sgt. McKintosh, Joint Command Information Systems Activity, Cpl. Ji-Seung Lee, Public Affairs, HHC, 1st Sig. Bde., Cpl. Yong-Ha Kwon, Video Camera Engineer, American Forces Network, and Pfc. Young-Ik Son, JCISA, who performed various vocals and dances.

Including 1st Signal Brigade, nine total units, 176th Finance Battalion, 595th Maintenance Company, Headquarter and Headquarters Company U.S. Army Garrison Yongsan, 22nd Aviation Battalion, 65th Medical Brigade, 94th Military Police Battalion, 501st Military Intelligence Brigade, and Headquarters and Headquarters Battalion participated in this year's KUFW.



Sgt. Aspen Kukulka, S-3, 1st Sig. Bde., wins traditional Korean wrestling, Ssi-reum, for 1st Sig Bde against a Soldier of 501st Military Intelligence Brigade Apr. 17 at Lombardo Field, Yongsan Garrison.

VOICE OF THE ROK Korean War Veteran visits South Korea for the first time in 60 years

Story by CPT. Joseph Agius, Company Commander, 293rd Signal Company

18 May 2012, Senior Leaders from the 36th Signal Battalion had the honor of conducting a Staff Ride to Pork Chop Hill with Mr. William James (Jim) Hosking, Korean War Veteran from Ferndale, Michigan May 18, 2012. Mr. Hosking returned to South Korea on 14 May for the first time in over 60 years in order to share his experiences and see the progress since serving.

Jim liked to call his first trip, "My Korean Vacation". He states, "I would not take a million dollars to relive the experience but would not trade the experience for a million dollars as well."

On 5 December 1951 Jim landed in Inchon as a 60mm mortar Infantryman serving in F Co of the 180th Infantry Regimental Combat Team, under 45th Infantry Division. Their area of operation was Pork Chop Hill, T-bone Hill, and Old Baldy. While in combat on patrol on cold winter day, Jim's mortar team was digging a new mortal pit and came across a frozen Chinese Soldier.



Sgt. Jim Hosking's crew set up their 60 mm mortar pit upon arriving to Pork Chop Hill. Photo by Wil-liam J. Hosking, Korean War Veteran.



Lt. Col. James Pringle, 36th Signal Battalion Commander, Mr. William James Hosking, and Lt. Col Kim, Song Kak, ROKA 5th ID, 36th IN REG, 2nd BN Commander pose outside the Yeolse (Key) Observatory after the tour. (Story and photo by Joseph M. Agius, 293rd Signal Company Commander.)

After excavating the frozen earth they found a whistle around his neck and a compass in his hand; both made in the United States.

They also found a wallet with money and photos of his family.

It made the men realize that their enemy was not too dissimilar to themselves. Only a few years prior, Jim said "the Chinese were on our side and now they faced off against us just hoping to make it home to their families, just like us."

It gave the men a certain respect for their enemy but did not change their mission. Jim shared many stories of bloody battle and sacrifices throughout the day that painted an unfortunate but necessary picture of our history here in Korea.

After so many years away Jim was amazed to see the wonderful progress and modern way of life here in Korea. Whether grocery shopping at Hyundai Department Store



TP. OBRICE

or visiting LTC Kim, Song Kak, ROKA 5th ID, 36th IN REG, 2nd BN Commander, everyone has been extremely kind and generous to Mr. Hosking.

He now sees the labors of his blood, sweat and tears in the optimistic faces of our South Korean friends and knows he made a difference by his actions 60 years ago. Later this month, Jim will celebrate his 83rd birthday and second birthday in Korea, with a true sense of accomplishment.

DOC JOANSON



SOLDIERS CONDUCT STORY TIME

The 251st Signal Detachment conducted a book reading at Hannam library May 9 and 23. Master Sqt. Edgar Robinson, 1st Signal Brigade Equal Opportunity Advisor, Sonja Basman and the Hannam Library staff, and members of the 251st Signal Detachment Sqt. 1st Class John Vernau, Staff Sqt. George Hohnsbehn, Sqt. Gladis Aucapina, and Sqt. Christopher Everette, worked together to make the book reading a success.

VOICE OF THE ROK

The book readings were in support of the Asian –American/ Pacific Islander Heritage Month Observance. Families and children from the Yongsan area participated in arts, crafts, sing along songs, dancing, and of course, story time. Photos and story by Sgt. Adriana Diaz, 1st Signal Brigade Public Affairs



Staff Sgt. George Hohnsbehn, from 251st Signal Detachment, read to children during the Asia- American/ Pacific Islander Heritage Month at Hannam Village Library, May 23.



Childrens color with the help of their parents at Hannam Village Library, May 23. The event is in support of the Asia- American/ Pacific Islander Heriatge Month.



VOICE OF THE ROK 304th ESB Cases Its Colors

By Maj. Connie D. Glaze, 304th Expeditionary Signal Battalion Operations

The 304th Expeditionary Signal Battalion, 1st Signal Brigade gathered in the camp gymnasium 14 Dec. to case the battalion colors.

Lt. Col. Mark S. Parker and Command Sgt. Maj. Allen Braswell, the 304th command team, hosted the ceremony to honor the relocation of the 304th ESB from Camp Stanley to Camp Humphreys, Pyeongtaek, South Korea.

304th ESB members past and present gathered for the Army tradition and welcomed distinguished guests. In attendance were the of leadership of the 71st Republic of Korea Division Signal Battalion, Korean American Friendship Association members, the Area I Deputy Garrison Command Team, and the 1st Signal Brigade leadership.

The 304th ESB was constituted 29 July, 1921 in Georgia as part of the 4th Corps Reserves. The 304th ESB and its subordinate telephone companies mobilized to Papa New Guinea in support of Gen. MacArthur's Pacific Campaign. The battalion was also assigned the mission of providing tactical communications to the 8th Army Headquarters; a mission that the 304th ESB continues to this day.

After World War II, the 304th ESB established its



headquarters in Japan until 1950 when called back to action for the Korean War. The 304th supported 8th Army from Busan to the Yalu River during the conflict.

After the war, the battalion established its headquarters at Camp Coiner, Yongsan, South Korea. It remained at Camp Coiner for 25 years until relocating 18 miles outside of Seoul to Camp Colbern. The 304th relocated to Camp Stanley in 2005 when Camp Colburn was closed.

Parker touted the men and women who wear the unit patch and reminded them of the importance of their mission on the Korean peninsula. He also praised the unwavering support of unit family members and the garrison members who take care of soldiers each and every day.

"Though this chapter of the 304th Expeditionary Signal Battalion is coming to a close, our mission on the Korean Peninsula remains at the forefront of our thoughts," said Parker.

"We continue that tradition today as we remain committed to providing the best tactical communications support anywhere anytime, day or night. When we are called upon by our leaders we will not fail."

VOICE OF THE ROK Signal Soldiers say goodbye to friends

Story by Capt. James Williams III, 1st Signal Brigade PAO

The relocation of the 304th Expeditionary Signal Battalion, 1st Signal Brigade, from Uijeongbu to Pyeongtaek South Korea, that began 4 Dec. 2012, is bitter sweet for the one civilian and many of the U.S. and Korean Soldiers assigned to the unit.

The city of Uijeongbu is probably best known as the host village depicted in the American television series MASH. In reality, the city has continued to host thousands of U.S. forces in support of Korea's national defense since the end of the Korean War. The Headquarters and Headquarters Company, Bravo Company, and Charlie Company, 304th ESB have been tenants for the past seven years.

The 304th ESB began a community partnership with the city of Uijeongbu when its prior home, Camp Colburn, was returned to the Korean government over seven years ago under the same program. Since then, the 304th ESB has established life-long friendships through its countless engagements of cultural and sponsorship exchange programs with the Uijeongbu community.

Sgt. Isabel G. Castillo, a cable systems installer/ maintainer with the 304th ESB, said that she met some of her Korean friends while teaching English to members of the Uijeongbu community. In the 18 months that she has lived at Camp Stanley, her Korean friends have taken her to places where most Soldiers wouldn't normally go.

"They've taken me to temples, holiday celebrations, and even bungee jumping." Castillo says that she will miss her friends but plans to visit and remain in touch through the popular Korean text message phone application Kakao Talk.

304th ESB recently shared American traditions when it hosted a Halloween party for Kyuming high school students. Activities included dressing up in costumes, pumpkin carving, bowling, a three legged race, and a piñata.

"We've worked very hard to keep up a good neighbor program," said Maj. John L. Sanders, executive officer 304th ESB. "We are working with our replacements, the 23rd Chemical Battalion, to ensure continuity with our community outreach programs."

"The city of Uijeongbu has been a gracious host to the 304th (ESB) and will forever be remembered as a great partner in facilitating the U.S./ROK alliance," said Lt. Col. Mark S. Parker, commander 304th ESB.

The 304th ESB began convoys to transition personnel and equipment from Camp Stanley to Camp Humphreys in accordance with an agreement between the U.S. and Korean governments under the Land Partnership Program.

Both nations agreed to relocate the majority of U.S. Army forces in South Korea to Camp Humphreys. Over the past several years Camp Humphreys has been expanding and building new facilities to accommodate 45,000 service and family members.

We look forward to integrating into the Camp Humphreys military community and expand upon our bonds with our Korean partners in Pyongtaek, said Parker.

Alpha Company, 304th ESB, is already resident to Camp Humphreys.

Ms. Yi, Myong Ae, a budget analyst and a resident of northern Seoul, is the only civilian that the 304th ESB employs full time. She has been a member of the 304th for 12 years and remembers the move from Camp Colburn.

"I didn't know anyone until I joined the church on base," said Yi. "But I moved here because I am dedicated to my job. That is why I am moving to Camp Humphreys."

The 304th ESB is tasked to deploy and provide tactical communications support anywhere in the Pacific region on short notice.

"If the 304th go to Hawaii, I go to Hawaii too," said Yi.

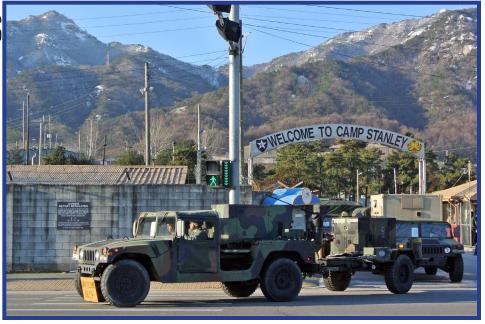
VOICE OF THE ROK 04TH EXPEDITIONARY SIGNAL BATTALION ROLLS TO

CAMP HUMPHREYS

Story and photos by Sgt. 1st Class Brandon Aird 1st Signal Brigade Public Affairs

After seven years of working at Camp Stanley the 304th Expeditionary Signal Battalion is relocating to Camp Humphreys as part of the 2004 Land Partnership Program agreement between the United States and Republic of Korea governments to move American Soldiers south of the Han River.

"We are the first battalion size element to make the move down south," said Lt. Col. Mark Parker, Commander of 304th ESB. Parker, a native of Fort Lauderdale, Florida, explained the move is a great opportunity for his Soldiers.



Soldiers from Charlie Company, 304th Expeditionary Signal Battalion, drive outside the main gate of Camp Stanley during their move to Camp Humphreys, South Korea Dec. 4. 304th ESB is moving in accordance with the 2004 agreement between the United States and Republic of Korea governments to move American Soldiers south of the Han River.

"This is basically a training event," said Parker. "Everyone in the battalion is learning how to move from one location to another. The steps are pretty similar to a deployment."

304th ESB has been planning the move for the past 17 months, said Maj. John Sanders, 304th ESB Executive Officer.

"We planned our move methodically, safely, and to have the least impact on the local community," said Sanders, native of Seattle, Wash. "As me move south, 23rd Chemical Battalion will take over our good neighbor program, and continue to help the local community."



Civilians load containers for 304th Expeditionary Signal Battalion, at Camp Stanley during the battalions move to Camp Humphreys, South Korea Dec. 3.



Over the past seven years 304th ESB has made many ties with the local community near Camp Stanley. 304th ESB has a very robust Good Neighbor Program, which Soldiers work with local community organizations to help benefit the local community.

Even though 304th ESB is moving their mission doesn't stop.

"We've maintain a readiness stance the entire move," said Lt. Jordan Larsen, Executive Officer for Bravo Company, 304th ESB.

"Our mission (304th

ESB) is to be able to deploy tactical signal support on little notice anywhere in the Pacific Theater," said Parker.

However, most Soldiers in 304th ESB don't mind tackling multiple missions. The extra work load is worth the new facilities waiting for them at Camp Humphreys.

"We're getting brand new everything (barracks, vehicle maintainance facility, offices)," said Pfc. Kim Hwan-Joon, a Korean Augmentation to the United States Army. "I'm excited to get better barracks."

Soldiers from 304th

ESB are moving to Camp Humphreys during the month of December. The move was planned to have minimal impact on local highways.

Even though the new location has better facilities some Soldiers will miss Camp Stanley and friends made in the Uijeongbu community.

"I just wanted to thank the community of Uijeongbu for being a wonderful host to us," said Parker.

"I'm sad to be you, but I hope our friendship will continue."



Photo by Sgt. Adriana Diaz, 1st Signal Brigade Public Affairs

DISA-PAC Pacific facility of the year awards given to 1st Signal Brigade Soldiers

Story by Capt. James Williams III, 1st Signal Brigade PAO

Two 1st Signal Brigade units were presented Defense Information Systems Agency - Pacific Facility of the Year Awards here Nov. 26, 2012. Lt. Col Luis U. Ibañez, commander DISA-PAC Korea, recognized the 6th Signal Center and the 293rd Signal Company for excellence in communications support during 2011.

The 6th Signal Center, also known as the Korea Theater Network Operations Center, earned the award of best Facility Control Office for its cyber security operations and support to three major Department of Defense exercises. The 6th Signal Centers controls who and what devices can and cannot access army networks. They also monitor and protect the networks from vulnerabilities.

The 293rd Signal Company earned awards for managing and delivering exceptional telephone services through the Defense Switch Network and for managing transmission assets through its Technical Control Facility.

The 293rd is a subordinate unit of the 36th Signal Battalion and provides communications and customer service support to Camp Carroll and its surrounding areas.

2011 was a particularly

tough year for these awards, said Ibñez, because units in Japan got a lot of recognition and earned a lot of awards for the work that they did while recovering from the tsunami.

The 1st Signal Brigade is charged with providing communications support to U.S. forces in Korea and throughout the Pacific. They accomplish this mission by making customer service and cyber security their priorities.

"The services that we provide to the war fighter allow them to execute their missions so that they are ready to fight tonight," said Lt. Col James D. Pringle, Commander 36th Signal Battalion.

1st Sígnal Brígade Honors Natíve Americans

Story by Capt. James Williams III, 1st Signal Brigade PAO

November is National Native American Heritage Month, this year 8th Army charged the 1st Signal Brigade with commemorating the contributions and achievements made to our great nation by its native people.

"We have three types of events going on at Yongsan this year," said Sgt. First Class Thomas J. Michleski, an equal opportunity representative for 1st Signal Brigade. "Book readings, a Thanksgiving dinner, and an official observance."

There were a total of four scheduled book readings at the post library and at Hannam Village where Soldiers from HHC 1st Signal Brigade and 41st Signal Battalion read Native American themed stories to the children of the respected communities.

The observance took place 20 Nov. in the Naija Ballroom at the Dragon Hill Lodge on post where the brigade held a Native American food sampling. The Troop 80 Boy Scouts of America performed a traditional Native American dance and several Soldiers of the brigade performed Native American inspired poetry and read the Presidential National Native American Heritage Month Citation. Corey T. Wong, with the 8th Army G-1, delivered the keynote speech.

"Learning of Native American contributions to society and hearing stories of their great warriors helps to instill pride in all Americans," said Wong. "I am truly proud of our nation for designating November as the National Native American Heritage Month."

Command teams and leaders of the highest to lowest ranks dressed in their army service uniforms to serve the troops Thanksgiving dinner 24 Nov. at the Honors Café Dining Facility.

HHC, 1st Signal Brigade operates the facility on a daily bases and were delighted to have the help in serving both U.S. and Korean troops.

"It's an honor to share this American tradition with our Soldiers, KATUSAs, Civilians, and Family members," said 1st Signal Brigade Command Sgt. Maj. Darris Curry, "This is our way of saying that we appreciate what you do for us and our countries."



Chief Warrant Officer 4

Geon Christian Children's Home



Photos and story by Sgt. Adriana Diaz, 1st Signal Brigade Public Affairs

Christmas is the season to celebrate with friends. Unfortunately, not everyone has a family.

Soldiers from 1st Signal Brigade spending time with Korean orphans at local children homes. More than 30 Soldiers with 41st Signal Battalion visited Geon Christian Children's Home Dec. 19 in Seoul. The Soldiers visited the orphans to help share the Christmas spirit with those who need it most. The soldiers purchased and gift wrapped toys, clothes and shoes for 72 orphaned children. "It's a blessing to have the opportunity to be here," said Lt. Col. Warren Ray Wood, Battalion Commander of 41st Signal Battalion. Geon Children's Home was started in 1966 by Yoon Kwon & Geon Chae. "The children have been waiting the entire year for this moment," said Yoon Kwon.

The afternoon started with a dance from the kids who had practiced in anticipation of the Soldiers visit. Soon after the dance Command Sgt. Maj. Russell Deleon, Command Sergeant Major of 41st Signal Battalion, distributed books to all the children. Soldiers were divided in groups with children to read. Stories were read in English and also translated into Hangul.

After reading books the Soldiers handed out Christmas gifts.

Christmas is not a season only for gifts. It is a time to share with family and friends. The Soldiers with 41st Signal Battalion want to wish everyone a Merry Christmas and a Happy New Year.

Soldier inspired to try bodybuilding



Chief Warrant Officer 3 Monica Y. Fergerson, an information systems technician with the 1st Signal Brigade, poses during her first body building competition.

Photos and story by Sgt. Adriana Diaz, 1st Signal Brigade Public Affairs

By the mid-19th Century, bodybuilding was used as a form of entertainment. Today the sport still commands a respectable amount attention, especially from Army service members.

Soldiers from 1st Signal Brigade participated in the 2012 Fall Classic United States Army Garrison Yongsan Bodybuilding Competition Nov. 3 at the R & R Bar and Grill here. Community members traveled from all over South Korea to attend the competition and to support their favorite competitors.

Chief Warrant Officer 3 Monica Y. Fergerson, an information systems technician with the 1st Signal Brigade, was nervous since it was her first time competing. Fergerson first attended a bodybuilding competition here in June where she observed the females in the competition. It was then that she decided on a lifestyle change and started training to compete.

"If they can do it, so can I," said Fergerson. Fergerson's husband and kids were very encouraging and supportive.

"Mom, make sure you look good because I don't want them to boo you, I want them to cheer for you," said her five year old son.

Fergerson was inspired by fellow unit member, Capt. Jonathan L. Reid who is a signal officer and a sponsor for the competition.

Reid has won first place in several of the bodybuilding competitions here. He went on to represent 8th United States Army in a bodybuilding competition that took place Aug. 5 at Camp Foster, Japan, where he also placed first.

Fergerson's teammates, Sgt. 1st. Class Jason S. Mc-Gowan and Spc. Brenda R. Hawkes both satellite communications specialists also with 1st Signal Bridade, placed first and third in their respective categories.

As for Fergerson, she enjoyed herself, she looked good, and no, she didn't get booed. There is no substitute for hard work and all of the competitors deserve praise for their efforts, said Reid.

