8TH MILITARY POLICE BRIGADE NEWSLETTER

March 18, 2005

Volume 05, Issue 6

THE WATCHDOG

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All Dogs Go To Heaven

Story and pictures by Pfc. Van M. Tran, Watchdog staff writer

A dark cloud hovered over the kennels of the 94th Military Police Bn on 10 March 2005. Today would be a day that would leave a feeling of emptiness in the hearts of the K9 handlers of the 94th MP BN. One of their own Soldiers, Quinn, was scheduled to be put to sleep at 0900 that morning. Quinn is a Belgian Malinois, which is a breed of dog known for there keen sense of smell.

Instead of concentrating on the fact that it is never easy to watch one of your fellow brothers in arms get put to sleep, let us celebrate the life or K9 Quinn (Y022) of the 94th MP BN. Quinn arrived in Korea March of 1994. He has been working here in Yongsan as a patrol and explosives detection dog for 9 years. During his time on the peninsula he was assigned 10 different handlers. What is most amazing about Quinn is that every year he went through a certification course and was certified all 10 times. This feat according to Sgt Billo, NCOIC of the Yongsan kennel, is unheard of for a military working dog in Korea.

Sgt. Williams and Quinn, K9 Military Working Dog.

"In the 150 plus explosive sweeps that Quinn conducted, he

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Force Protection Information

The U.S. Forces Korea Civil Gathering Hotline is an automated recording, updated daily intended to inform service members and their families across the Korean peninsula about ongoing pro or anti U.S. civil gatherings. When on post simply dial **115**. The hotline informs callers about the dates and times of scheduled civil gathering as well as locations.

If you find yourself in one of these areas and need assistance simply call **112** for the Korean National Police. If in Seoul dial **02-7914-3004** or **3005** for Yongsan's military police.

If in other area of Korea, soldiers and their families can refer to the emergency phone numbers on the USFK SOFA card.

Reminder: All USFK Personnel and their family members are required to carry a SOFA card at all times. Be safe and use the Buddy System

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never faltered once", said Billo.

In the time that Quinn was here, not every part of his life was easy. He survived a total of three surgeries, one of which he almost died from in November of 2001 where a 6 ½ pound mass ruptured in his abdomen. However through many hours of close observation and from the sheer dedication of his handler, Quinn was able to make a full recovery and continue to work until June 2004. At that time it was decided that Quinn had served his country long enough and it was time to retire.

Medals and a plaque for Quinn, K9 Military Working Dog

"Our dogs are the best MPs on this post. They don't cause problems and no matter what, your dog will always have your back", said Sgt Primo of the 94th MP BN K9 unit.

That is why whenever the time comes for one of the K9 dogs to be put to sleep it is so hard for the Soldiers of the unit. They are told in K9 school not to get attached to their dogs, which is impossible according to Sgt Williams, a K9 handler here in Yongsan. "Each dog has its own personality and it's very easy to just fall in love with that particular animal, which makes it that much harder for us to have to see one of our own go".

Quinn was a role model for all of the other dogs in the kennels. "If you wanted to see a true perfect K9 animal then you had to watch Quinn. He always obeyed commands and never gave less then 110 percent", said Sgt Williams.

For his outstanding service to the Korean Peninsula for the past nine years Quinn was awarded a Retirement award along with a plaque featuring the Generals coin. Quinn will always be in the hearts and memories of all those who have worked with him.

"You could be having a horrible day and as you sit in your vehicle, your dog will come lick your face, and it's at that very moment that you knew that everything was going to be ok", said Sgt Primo.

Just remember when the rest of the world sleeps, somewhere there is a lonely MP with his faithful K9 partner patrolling the border. These K9 teams truly are the guardians of the night.

Left, Sgt. Williams, K9 handler, calms his MWD Quinn. Photo by Pfc. Van M. Tran

Published by
8th MP BDE Public Affairs Office

The Watchdog

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천국으로 가는 군견들

Quinn wears a new medal on his neck. Photo by Pfc. Van M. Tran

Translation to Hangul by Pfc. Jung, Jung-Woo

2005년 3월 10일 어두운 구름이 94헌병대대의 군견사육장 위를 덮었다. 이 날은 94헌병대대의 K9 조련사에게 공허감을 느끼게 해줄만 했다. 군견 중 하나인 Quinn을 오전 9시에 안락사 시키기로 되어 있었다. Quinn은 냄새에 매우 예민한 종의 개인 벨기에 말리노이즈이다.

군견들을 안락사 시키는 것이 쉽지 않다는 사실에 앞서 94헌병대대의 K9 Quinn을 축하해 줄 것이다. Quinn은 한국에 1994년 3월에 도착했다. 그는 용산에서 9년 동안 정찰과 폭발물 탐지견으로써 일해왔다. 한반도에 있는 동안 그는 10명의 다른 조련사와 함께 했다. Quinn에 대해서 가장 놀라운 것은 해마다 그는 인증 과정을 거쳤고 10번 다 통과했다는 점이다. 용산 군견사육장의 NCOIC인 Billo 병장에 따르면 한국에 있는 군견 중에서 이렇게 뛰어난 개는 없었다고 한다.

Billo는 "150여 차례의 폭발물 소탕 작전을 수행하면서 Quinn은 한 번도 실패하지 않았습니다."라고 말했다.

이곳에 있는 동안 Quinn의 삶이 쉬웠던 적은 한순간도 없었다. 그는 총 3번의 수술에서 살아남았는데 그 중 가장 위험했던 것은 2001년 11월에 복부의 6 ½ 파운드가 파열되어서 죽을 뻔했던 때이다. 그러나 그의 조련사에 의한 많은 시간 동안의 세밀한 관찰과 친절함으로 Quinn은 건강을 완전히 되찾고 2004년 6월까지 일을 계속할 수 있었다. 이 때에 이르러서야 Quinn은 그의 국가를 위해 충분히 봉사했기에 은퇴할 때라고 여겨졌다.

94헌병대대 K9 부대의 Primo 병장은 "우리의 군견들은 이곳 최고의 헌병입니다. 그들은 문제를 일으키지 않고 항상 당신을 지켜줄 것입니다."라고 말했다.

이것이 바로 부대의 병사들이 K9 군견들을 안락사 시키는 것을 힘들게 여기는 이유이다. 그들은 K9 학교에서 그들의 군견들에게 정들지 말라고 교육받는다. 하지만 용산의 K9 조련사인 Williams 병장에 따르면 이것은 불가능하다. 그는 "개들은 각자 자신만의 개성이 있습니다. 그래서 정들기 쉬운데 이것이 바로 우리가 개들과 떨어지기 어렵게 하는 이유입니다."라고 말한다.

Quinn은 군견사육장에 있는 다른 군견들의 역할 모델이었다. Williams 병장은 "만약 당신이 정말 완벽한 K9 동물을 보고 싶다면 Quinn을 봐야할 겁니다. 그는 항상 명령을 잘 따르고 110% 이상의 성취를 해냅니다."라고 말했다.

Quinn은 지난 9년 동안 한반도에서의 그의 뛰어난 근무에 대해서 장군의 코인이 담긴 Meritorious Service Medal을 받았다. Quinn은 그와 함께 일했던 모든 이의 가슴과 기억 속에 남아 있을 것이다.

모두가 잠들어 있을 때 어딘가에서 헌병은 그의 충실한 K9 파트너와 함께 경계구역을 순찰하고 있다. 이와 같은 K9 팀들이야말로 밤의 수호자들이다.

Korea Units Sweep Army-Wide Community Relations Competition, 55th MP Company Places Third at DA Level

Story by 8th Army PAO

The U.S. Army announced on 10 MAR the results of the Community Relations Award of Excellence competition. Korea-based units swept first, second and third place in the program category and a Korea Region Office employee earned third place in the individual accomplishment category.

Tied for first place are the Good Neighbor Programs for the 8th U.S. Army and the Korea Region Office's Area IV Support Activity, Camp Henry. Third place was awarded to the 55th Military Police Company from Camp Page.

Mr. Pak Chong-ku, Community Relations Officer for Area IV, took third place in the individual accomplishment category for his contributions to the Area IV Support Activity's Good Neighbor Program.

"These accomplishments are shared with our Korean friends and neighbors, said Lt. Gen. Charles C. Campbell, Commanding General for the 8th U.S. Army. "We feel that every Good Neighbor event is a success story. Every time we meet with our Korean neighbors, people of diverse backgrounds and every generation experience a sincere opportunity to enhance our understanding and appreciate our continued commitment to each other as allies."

Soldiers from 55th Military Police Company volunteer at a home for the aged as a part of Good Neighbor Program. Courtesy photo

The coordinator for the Army-wide competition, Maureen Ramsey, said, "Judges recognized the results as well as the number of entries from Korea reflected positively on the emphasis the command places on relationships with their Korean hosts."

Commanders throughout Korea recognize a connection between their mission and sustaining good relations with the citizens of the Republic of Korea.

Good Neighbor Programs throughout the Peninsula reinforce the bonds formed over more than 50 years and serve as a foundation for building mutual respect and understanding of the ROK – US Alliance among the younger generations of both nations.

"We applaud the accomplishments of the 8th Army, the Area IV and the 55th Military Police Company," Campbell said, "and my congratulations to Mr. Pak Chong-ku of Area IV for his individual achievement."

"The results of this competition underscore the hard work and dedication of many people and it's great for our efforts to be recognized by the entire Army," Campbell said.

This is the fifth annual occurrence of the competition to recognize the best of the U.S. Army's worldwide Community Relations initiatives in three categories: Individual Accomplishment (series of efforts); Ongoing Programs and Special Events. The Office of the Chief of Public Affairs Community Relations and Outreach Division received 30 entries from Army Major Commands, the Installation Management Agency, Field Operating Agencies and Direct Reporting Units.

한국주둔 미군, 전 미육군 최우수 대민상 휩쓸어

55th MP soldiers spend time with their ROK Army counterparts. Courtesy photo

Translation by 8th Army PAO

오늘 미육군은 최우수 대민사업상 심사 결과를 발표했다. 한국주둔 부대들이 프로그램부문 1, 2, 3등을 휩쓸었으며, 한국지역대 (KORO) 직원이 개인공로상 부문 3등을 차지했다.

미 8군과 KORO산하 켐프 핸리 주둔 제4지역 지원대의 '좋은이웃' 프로그램이 공동 1등을 수상하고 용산주둔 제55 헌병중대는 3등을 차지했다.

제4지원대의 섭외담당관 박종구씨가 제4지역 '좋은이웃 프로그램' 에서의 공로를 인정받아 개인부문 3등상을 받았다.

미8군 사령관 캠벨 중장(Lt. Gen. Charles C. Campbell, Commanding General for the 8th U.S. Army)은 공을 한국인 친구와 이웃에게 돌린다며, "좋은이웃 행사는 모두 훌륭한 수상감입니다. 연령을 불문한 각계각층의 다양한 한국 친구들과 만남으로써 양국 동맹의 발전을 위해 끊임없이 노력하는 우리의 모습을 이해시키는 진지한 경험을 할수 있었습니다. " 라고 말했다.

전 미육군상을 주관한 람지(Maureen Ramsey)는 "심사위원들은 한국에서의 참가는 응모 숫자에서 뿐만 아니라 심사 결과에서도 8군사령부와 주재국인 한국인과의 관계가 긍정적임을 반영하는 것이라는데 견해를 같이 했다." 고 밝혔다.

대한민국 각지의 미군 지휘관들은 한국 국민들과의 원만한 관계 유지없이는 임무 수행이 불가능함을 인식하고 있다.

한반도 전역에서 실시하는 좋은 이웃 프로그램은 50여년이상 지속되어온 한미 유대를 강화하고, 양국의 젊은 세대에게는 한미 동맹의 상호존중과 이해를 쌓아가는 초석이 된다.

"미 8군, 제 4지역대, 그리고 제 55 헌병중대의 수상소식에 갈채를 보내며, 제4지원대의 박종구씨에게도 축하의 말을 전하고 싶다." 라고 캠벨 장군이 말했다.

" 이번 대회의 심사 결과는 많은 사람들의 노력과 공로를 입증한 것이며 우리의 노력이 전군에서 으뜸임을 인정 받은것은 대단한 것이다." 라고 캠벨 장군은 말했다.

이번으로 다섯번째 가 되는 이 경쟁은 개인 공로상 (꾸준한 공적), 지속적인 프로그램, 그리고 특별행사등 3개부문에서 전 미육군의 최고 대민 사업공로자를 가리는 연례행사다.

미 육 군 성 공 보 부 지역사업과와 섭외과에 제출한 응모건수는 30개였으며, 육군 각급 주요 사령부, 부대시설 관리처, 야전작전처 및 지시보고 부대등이 참가했다.

WHEN N NEED

55th MP Company

HHC learns about Joseon Dynasty at Gyeongbokgung

Story by Pfc. Jung, Jung-Woo, Watchdog staff writer

On March 8, 2005 the Headquarters and Headquarter Company, 8th Military Police Brigade took a unit trip to the Gyeongbok Palace or Gyeongbokgung.

The morning started out with a formation in the parking lot in front of the brigade at 0830 and the soldiers and family members departed the brigade. Arriving, they purchased admission tickets and started the tour.

Gyeongbokgung was the primary palace of the Joseon Dynasty built by its founder, King Taejo. King Taejo established the Joseon Dynasty in 1392 and built the palace in 1395. In the 25th year of King Seonjo(1592), this palace was burnt down during a Japanese Invasion and was left in ruins for 273 years. It was restored in the 5th year of King Gojong(1868) and he moved in. When Korea was annexed by Japan in 1910, most of the 200 buildings on the palace grounds were torn down by the Japanese, leaving only a dozen structures. The magnificent Geunjeongjeon and Gyeonghoeru boast the beauty of Joseon architecture. Borugak(Pavilion) housing an automatic time-telling device, was built in 1434, and Heumgyeonggak(Pavilion), housing a water clock and a sundial, was built in 1438. Jeongeumcheong(Academy) was established to work on the creation of Korean the alphabet(Hangul).

SSG Gant, 8th MP Bde S-1, wearing Korean Traditional clothing poses for photo with HHC KATUSAs. Photo by Pfc. Jung, Jung-Woo

Soldiers from HHC walk to the Geunjeongjeon. Photo by Pfc. Jung, Jung-Woo

After listening to the explaination of Gyeongbokgung from a guide, Soldiers of the HHC saw the Geunjeongjeon at the front of the palace. Geunjeongjeon is the main building of Gyeonbokgung and is the place where state ceremonies, such as new year's greetings to the king by civil and military officials, were held. It is also the place

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where foreign envoys were received. Soldiers of the HHC seemed to regard the palace as a curiosity because it was their first time there. They saw the grounds in detail and took some photos at Geunjeongjeon.

Next, they had a great time at the Gyeonghoeru. It is where official banquets were held and foreign envoys were entertained. Its image is also used on the back side of the 10,000 won bill. SSG Stacey Gant, HHC 8th MP Bde S-1, wore Korean traditional wedding clothes and was photographed with many tourists from other countries.

Soldiers got an opportunity to experience the traditional culture of the Joseon Dynasty during the trip to Gyeonbokgung. They moved to the National Folk Museum of Korea that has various remains from the Stone Age to the Joseon Dynasty. They paid special attention to the Instruction facilities and the traditional games.

All the personnel from the HHC had a great lunch at a Korean restaurant after the trip. It was unfamiliar to them to sit on the floor without shoes but it was on opportunity to learn Korean customs. They enjoyed their lunch time consuming a variety of traditional Korean foods.

It was a nice opportunity for Soldiers working in Korea to get to take a trip like this because they can increase their understanding of Korean culture through these experiences. The HHC will have more events like this trip so that they can continue to better understand the people and culture of Korea.

본부중대의 경복궁 관광

Hangul story by Pfc. Jung, Jung-Woo

8헌병여단 본부중대 중대원들은 3월 10일 경복궁으로 2005년 본부중대 관광을 떠났다.

오전 8시 30분에 포메이션을 가진 후 100여명의 본부중대원들은 여단을 출발했다. 9시경에 경복궁에 도착하여 각자 입장권을 구입하여 관람을 시작했다.

경복궁은 태조 이성계가 1392년 조선을 건국하고 창건한 궁전이다. 선조 25년 임진왜란 때 대부분의 건물이 불타 없어졌고, 그 후 273년간 재건되지 못하다가 고종 때 다시 복원되었다. 1910년 일제에 의해 국권을 강탈 당한 후 궁궐의 상당수가 파괴되고 10여동만 남아있는 상태이다. 경복궁에는 근정전, 경회루와 연못 등이 있는 웅장한 규모의 아름다운 궁궐이다. 세종 때에는 자격루와 같은 시계를 설치한 보루각, 흠경각이 지어지고, 한글창제를 위한 정음청이 설치되어 훈민정음을 반포하였다.

안내원의 경복궁에 대한 설명을 듣고 정면에 있는 근정전부터 둘러보았다. 근정전은 경복궁의 중심 건물로 문무백관이 임금에게 새해인사를 드리는 조하를 비롯한 국가의식을 거행하고 외국사신을 접견하던 곳이다. 본부중대의 군인들은 처음보는

Gyeonghoeru is where official banquets were held and foreign envoys were entertained. Photo by Pfc. Jung, Jung-Woo

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From Gyeongbokgung, page 7

한국의 궁전을 신기해하며 세밀히 들여다보고 사진을 찍었다.

다음으로 경희루에서 즐거운 시간을 가졌다. 경희루는 중요한 연회를 베풀거나 외국 사신을 접대하던 곳이었다. 인사과의 Gant 하사는 경희루 앞에서 한국의 전통 결혼식용 의복을 입고 여러 나라의 관광객들과 사진을 찍기도 했다.

본부중대의 병사들은 각자 경복궁 곳곳을 둘러보면서 대한민국의 옛 왕조인 조선의 문화를 체험할 기회를 가졌다. 경복궁 관람에 이어 민속박물관으로 자리를 옮겨 관광을 계속했다. 민속박물관에는 석기시대부터 시작해서 조선에 이르기까지의 다양한 유물이 전시되어 있었다. 본부중대의 병사들은 특히 조선시대의 교육시설이나 놀이문화에 많은 관심을 기울였다.

오전 동안의 관광을 마치고 한국 전통음식을 제공하는 식당에서 모든 본부중대원들이 점심식사를 함께 했다. 그곳에서 평소 때는 맛볼 수 없는 여러 가지 한국음식을 먹으면서 즐거운 시간을 가졌다.

대한민국에서 근무하는 미군들에게 한국 문화를 경험할 수 있는 이같은 관광은 한국에 대한 이해를 도울 수 있는 아주 좋은 기회이다. 앞으로도 본부중대는 이와 같은 행사를 자주 가지면서 한국의 사람들과 문화에 대해서 더 잘 이해하게 될 것이다.

Top Gun

Story by Watchdog staff

On March 7th, the HHC of the 8th MP BDE held its first ever M9 shooting competition. This competition was designed to boost the moral of the Soldiers assigned to the HHC and to give different MOSs a chance to shoot a 9mm pistol, which is the weapon MPs use on a daily basis.

"It's awesome to get a chance to shoot a pistol", said Spc. Bartley of the S6 shop.

For many Soldiers this was their first time ever firing an M9. So you can guess the outcome of their target silhouettes. Not many holes at all. However that didn't matter to the Soldiers who never fired the weapon before. They were there just to have a good time.

The morning started at 0900 with the range going "hot" for proficiency shooting. Soldiers in the competition could warm up and fine tune their skills. The awards for this competition were definitely ones worth competing for. The Company Commander and 1SG said that the winner would receive a four day pass, a certificate of achievement signed by the brigade commander, and be submitted for an Army achievement medal.

Though the prizes stimulated everyone, only few stepped up to the challenge. The Soldiers competing were Pfc. Tran from S5, Spc Mills from the Chaplains office, Pfc. Park from S1 and Sgt. Kleel from 14 Det PSD.

The events were challenging in their own ways. Event one was to shoot 15 rounds in 40 seconds at a target 25 meters away. After that, the target was brought forward and the score was added up. Event two was shooting 20 rounds in 45 seconds at a target 20 meters away. The catch here was you had to reload and the points only counted if you hit the 5 point area in the center of the silhouette. After this event the targets were again brought forward and the score was tallied up. The final event was a small simulated stress fire. The Soldiers were instructed to do push-ups, crunches, and side straddle hops for an extended period of time. Right afterward they were escorted back inside and given 40 rounds to fire at the target 25 meters away in 60 seconds.

After completing this, the final score was taken. SFC Borchlewicz of the S3 was the grader for this competition. In the end Pfc. Tran was named the "Top Gun" of HHC. He was recognized at a later formation and rewarded at that time. Just because a Soldiers daily duties do not require the handling of a weapon, does not mean he is not a proficient shooter.

본부중대 M9 사격 경연대회

Translated to Hangul by Pfc. Jung, Jung-Woo

2005 년 3 월 7 일 8헌병여단 본부중대는 첫 번째 M9 사격경연대회를 열었다. 이번 경연대회는 본부중대의 군인들의 정신력을 강화하고 다른 보직을 가진 병사들에게 헌병들이 일상적으로 사용하는 9mm 권총을 쏠 기회를 주기 위해 열렸다.

본부중대 통신과에서 일하는 Bartley 상병은 "권총을 쏠 기회를 갖게 되어서 매우 기쁩니다."라고 말했다.

참가한 군인들에게 이번 경연대회는 M9을 쏘아보는 첫 번째 기회였다. 아마도 그들의 표적지에 나타난 결과를 예측할 수 있을 것이다. 그들은 그다지 많이 적중시키지는 못했다. 그러나 이전에 권총을 쏘아보지 못한 병사들에게 이것은 별로 중요하지 않다. 그들은 그저 권총 사격을 경험해보기 위해서 그곳에 간 것이었기 때문이다.

권총 경연대회를 위한 레인지는 아침 9시부터 시작되었다. 경연대회에 나간 병사들은 워밍업을 하고 컨디션을 조절했다. 이번 경연대회에서 주어지는 상은 경쟁할만한 가치가 있는 것이었다. 중대장과 일등상사는 우승자는 4일간의 외박과 여단장의 서명이 담긴 상장을 받을 것이며 미육군성취메달을 받을 수 있는 기회를 얻을 것이라고 말했다.

Pfc. Tran was named the "Top Gun" of HHC. Courtesy Photo

위와 같은 상이 모두를 자극했지만 참가자는 그리 많지 않았다. 경연대회에 참가하는 병사들은 민사과의 Tran 일병, 군종과의 Mills 상병, 인사과의 박진보 일병, 그리고 14헌병대 한미연합사령관경호팀의 Kleel 병장이었다.

도전 종목은 다음과 같은 방식대로 진행되었다. 첫 번째 종목은 25미터 거리에 있는 타겟을 40초동안 15발을 쏘아 맞히는 것이었다. 사격이 끝난 후 타겟을 앞으로 보내서 점수를 기록했다. 두번 째 종목은 20미터 거리에 있는 타겟을 45초 동안 20발을 쏘아 맞히는 것이었다. 중요한 점은 재장전을 해야하고 과녁의 중간에 있는 5점 지역을 맞혀야 점수가 기록된다는 것이다. 이 종목이 끝난 후에도 타겟을 앞으로 보내서 점수를 기록했다. 마지막 종목은 스트레스를 받은 상태에서의 사격이었다. 병사들은 팔굽혀펴기와 크런치, 팔벌려뛰기를 하고 바로 사격장에 가서 25미터 거리의 과녁을 60초 동안 40발을 쏘아 맞혔다.

모든 사격이 끝난 후 최종 점수가 나왔다. 작전과의 Borchlewicz 중사가 이번 경연대회의 채점자였다. 마침내 민사과/공보실의 Tran 일병이 본부중대의 "탑 건"으로 선정되었다. 그는 본부중대의 다음 번 포메이션에서 이번 성취를 인정받았고 상도 받았다. 병사들의 일상 업무는 무기를 다루는 것이 아니기 때문에 이번 결과를 가지고 반드시 그들이 뛰어난 사수가 아니라고만은 할 수 없다.

Soldiers from the 249th MP Detachment Earn Gold!

Story by Sgt. Stacie Parra

Sgt. Jamy Johnson and Sgt. Todd Deal, Soldiers from the 249th MP Detachment, earned gold medals in the Area III quarterly Power Lifting Championship. Competitors conduct three lifts; the squat, bench press and dead lift. Sgt. Johnson, competing in his first power lifting competition, won the 225lb weight class with a total lift weight of 1245 lbs. Sgt. Deal took gold for his effort in the 165lb weight class with an overall total lift weight of 1130 lbs, which included a 350lb bench press. He was just shy of winning the "Outstanding Lifter" award which is calculated by using the percentage of body weight lifted. Sgt. Deal leaves Korea in March, but Sgt. Johnson plans to continue training for the 8th Army Power Lifting Competition, open to all 8th Army personnel held at Camp Humphreys main post gym in October. This is just one more case demonstrating how the 249th Military Police Detachment, 94th MP BN, and the 8th MP BDE are Fit to Fight and Lead the Way!

Above : Sgt. Jamy Johnson, 249th MP Detchment, earns Gold medal.

Left : 1st Place Medal for Area III quarterly Power Lifting Championship

3지역대 파워리프팅에서 1위를 차지한 249헌병대 군인들

Translation to Hangul by Pfc. Jung, Jung-Woo

249헌병대의 Jamy Johnson 병장과 Todd Deal 병장은 3지역대 분기 파워리프팅 챔피언쉽에서 금메달을 차지했다. 경쟁자들은 세 가지 종목을 겨룬다. 스쿼, 벤치 프레스, 데드 리프트가 그것이다. 이번에 처음으로 파워리프팅에 참가한 Johnson 병장은 225파운드에서 승리하고 합계 1245파운드를 들어올렸다. Deal 병장은 165파운드에서 승리하고 벤치 프레스 350파운드를 포함하여 합계 1130파운드를 들어올렸다. 그는 체중에 비례한 계산에 의해 "뛰어난 역도가"에 뽑힌 것에 수줍어 했다. Deal 병장은 3월에 한국을 떠난다. 그러나 Johnson 병장은 10월에 캠프 험프리의 메인포스트 체육관에서 열릴 미8군 파워리프팅대회에 참가하기 위해 훈련을 계속할 계획이다. 이것은 8헌병여단 94헌병대대의 249헌병대가 싸울 준비가 되어 있고 앞서서 인도해 나갈 것인가를 보여주는 하나의 예시일 뿐이다.

Sgt. Todd Deal lifts weights at the competition.

8th MP BDE Soldiers and Families Participate in Family Readiness Group Rally

Story and pictures by Pfc. Van M. Tran

Soldiers and family members can benefit from one another in coping with the rigors of Army life, specifically dealing with the hardships of relocations and deployments. This concept is the foundation of the Family Readiness Group or FRG.

On March 11th more then 100 Soldiers and family members took the opportunity to enjoy each others company and have some fun while they learned about FRGs. The fun activities included bowling, face painting, flower arranging, and balloon art. The families also had the chance to receive information about many resources that the Army has to offer.

The Army understands that extending a helping hand to families during hard times is important, and FRGs are a key component of total readiness. Since 1999 the Army has made it clear that unit commanders establish and support a family readiness group. This in turn will help the Army's wide scale effort to help families adapt to the challenges of the Army life.

(1)

(2)

(3)

(1) BG McHale and Cyndi Bisacre

(2) LTC Crowe and MSG Daigle

(3) Kids getting Face Paint

Upcoming Watchdog Events

19-25 MAR	RSO&I and BDE EXEVAL Window	연합전시증원연습 기간
20-31 MAR	557th MP Company Wonju ITP Site	557헌병중대 원주 ITP
30 MAR	S-3 Conference	작전과 회의
4-8 APR	142nd MP Company EXEVAL	142헌병중대 훈련평가
4-8 APR	94th MP Battalion CPX	94헌병대대 CPX
5 APR	ROK Arbor Day	식목일
10-12 APR	142nd MP Company LFX	142헌병중대 실제사격훈련

8TH MILITARY POLICE BRIGADE WELCOMES THE NEW SOLDIERS

SSG	FORREY, ROBIN	31B	14TH DET
SSG	KOREN, MICHAEL	31B	14TH DET
SGT	GOMEZ, DANIEL	31B	14TH DET
SPC	WOLFE, JON	31B	14TH DET
SFC	PORTER, STEVEN	31B	142ND/94TH
SPC	BOURQUE, DWAYNE	31B	142ND/94TH
SSG	HALL, DARRIN	31B	142ND/94TH
SPC	RODRIGUEZ, LUIS	31B	55TH/94TH
SPC	JARBOE, MARK	31B	249TH/94TH
SPC	WOLF, ANDREW	31B	249TH/94TH

SSG	PEYREGNE, WILLIAM	31B	557TH/94TH
SSG	WILSON, GREGORY	91W	57TH/728TH
SPC	HODNE, JUSTIN	31B	57TH/728TH
SPC	STREET, MELVIN	31B	57TH/728TH
SPC	DELONG, SHAUN	31B	57TH/728TH
SSG	KENNEDY, JASEN	91W	188TH/728TH
SPC	STEVENS, JEFFREY	31B	188TH/728TH
SSG	CRAWFORD, DARRELL	31B	552ND/728TH
SSG	GARY, AYANNA	91W	552ND/728TH
PV2	HANRAHAN, NICHOLAS	31B	142ND/94TH
PVT	LAWSON, KIMBERLY	31B	142ND/94TH
PVT	STIFFLER, JENNIFER	31B	557TH/94TH
PVT	DIAZ, DANIEL	31B	557TH/94TH
SFC	BOMBARD, TIMOTHY	31B	557TH/94TH
PV2	CHUONG, SHANNON	42A	HHD/728TH
SGT	SLADE, MARVIN	Z6	14TH DET
PV2	PICKERING, WHITNEY	42A	57TH/728TH
PV2	BRYANT, JEFFREY	63B	55TH/94TH
SPC	GARCIA, ARCHIEJASON	31B	249TH/94TH
SPC	FISHER, JUSTIN	31B	57TH/728TH
SPC	PAULI, WILLIAM	88M	HHD/94TH