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HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



# INDIANHEAD

SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963  
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## Warrior Thunder

2ID/RUCD Conducts Historic HET Mission





PHOTO OF THE MONTH

(Top): Soldiers assigned to Troop A, 1st Squadron, 4th Cavalry Regiment reenlist at Rodriguez Live Fire Complex, South Korea as an AH-64 Apache helicopter hovers in the background to mark the occasion. (Photo by Lt. Col. Bradley Laaue, 1st Armored Brigade Combat Team, 1st Infantry Division)

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(Cover): An honor guard comprised of Soldiers and KATUSAs assigned to the 2nd Infantry Division/ROK-US Combined Division stand at present arms during the 2ID/RUCD's Memorial Day Ceremony at Camp Red Cloud. The ceremony was held by the 2ID/RUCD museum. (Photo by Mr. Pak, Chin-U, 2ID/RUCD Public Affairs)



# 8

A driver assigned to the 7th Korean Service Corps Heavy Equipment Transport Company prepares his vehicle's taillights before the first heavy equipment transport mission outside of Area 1 in 10 years. (Photo by Staff Sgt. Ben Hutto, 2ID/RUCD Public Affairs)



# INDIANHEAD

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## WARRIOR 66 AND WARRIOR 65 SAY GOODBYE TO 2ID/RUCD



*"This has been an absolutely wonderful experience to serve in 2ID/RUCD; it's simply been phenomenal. This is a division with an enormous mission set here on the Korean peninsula. The mission with our ROK Army partners is truly second to none. 2ID/RUCD has great leadership from top to bottom and it shows each time we train and prepare the units for combat. It's been all about leading Soldiers. Making sure they are prepared for their missions, making sure units have what they need to fight tonight. This has been wonderful; I can't say enough about the hard work and sacrifice the Warrior Division Soldiers put out every single day. Watching them do their jobs is humbling, for me it's been a great experience and I will take many fond memories and valuable friendships I've made with me as I move on."*

*Second to None!*



*It has been an absolute honor and an extremely humbling experience to serve along side of each of you in the Combined Division! The character, competence, and commitment you demonstrate every day gives our enemies pause and proves that we are ready to fight tonight! 2ID/RUCD is the most powerful demonstration of a successful alliance I have ever seen, and it has been a privilege to serve with our ROK teammates in this division. I also salute our Warrior families. To those who are separated from your loved ones, thank you for your sacrifice. For those who accompanied your spouse to Korea, you also serve and are an important contribution to the alliance as well. To all of our teammates, my family and I salute you, and thank you for your service to our nation, the ROK, and each other. Always be proud of your service in the 2ID/RUCD; you made history here and the world a better place. You truly are Second to None!*

## INTERVIEW WITH PAST LEADERS

Each month leading up to our 100th Birthday in October, we will pay tribute to the great leaders who have helped make this Division "Second to None!"

A native of Charlotte, North Carolina, Lieutenant General Michael S. "Mike" Tucker was the Warrior Division commander from October, 2009 until September 2011 and enlisted in the United States Army as a private in 1972. Tucker reached the rank of staff sergeant and served as a drill instructor. He attended Officer Candidate School in 1979 and was commissioned in the Armor branch, graduating as a Distinguished Military Graduate.

*"Continue to strive and achieve both your professional and personal goals while assigned to this great Division. You know the opportunities are there and only you can reach out to access them. Be all you can be, and always "fight above your weight class" to achieve your potential. Most of all though, have fun. Take time to enjoy life here, in one of the most beautiful regions of the world, and all Korea and its gracious people have to offer."*







Warrior brigade chief returns as top Warrior — See pages 8 & 9

## Indianhead

For the Warriors of the 2nd Infantry Division  
Camp Casey, Korea

### Briefs

#### Help us serve you

The Indianhead is looking for Stringers. We are looking for any division soldier who can write and photograph unit events for the Indianhead newspaper or who is willing to write for just keeping the Indianhead informed about activities or special events in your unit.

#### DMZ exercise

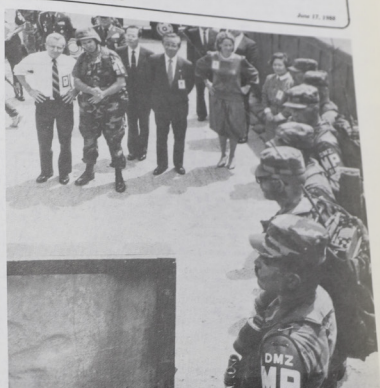
All non-combatants in the Camp Casey area, including all U.S. citizens and dependents, should participate in the DMZ exercise on June 20 and 21. The exercise is to improve non-combatant preparedness and evacuation procedures in the area.

#### Off-limits

The establishment managed by Ms. Kim, 101 Ym, located at 425-5, Pusan-dong, has been placed off-limits to all U.S. forces personnel.

#### HELP hotline

The 2nd Inf. Div. has a Mental Health Support Hotline for your use. Help is available to prevent, suicide, family violence, sexual and drug abuse, nervous disorders and homicide. If you feel you need help, call 210-1111 (4371).



The Honorable Frank C. Carlucci, U.S. Secretary of Defense, looks on as a 5th Bn., 20th Inf. squad conducts a pre-patrol briefing. Lt. Col. Frederick Wilhelm, brigade commander, 5th Bn., 20th Inf., Minister Oh, Ja-bok, Korean Minister of National Defense, Mrs. Marcia Carlucci and other members of the secretary's party also look on during their trip to the DMZ June 9.

## Carlucci visits Warriors

Story and photo by Spec. Donald T. Wrenn

It took three tries for U.S. Secretary of Defense Frank C. Carlucci to meet 2nd Inf. Div. Warriors during his two-day visit to Korea. He was able to visit DMZ soldiers June 9 after the trip had been canceled twice due to weather.

Carlucci and his party made the stop at Guard Post Oullette where he looked on as a patrol briefing. After the patrol departed he was given a tour of the guard post and briefed on its operations.

The visit to the guard post was part of the secretary's visit to the ROK to attend the 20th ROK/US Security Consultative Meeting hosted by Oh, Ja-bok, Korean Minister of National Defense.

According to United States Forces Korea press releases the upcoming Seoul Olympics were discussed at great length during the SCM. During the meetings Carlucci assured that "We will do all we can to help insure the security of the 1988 Olympic Games."

During his opening remarks on the first day of meetings Minister Oh said that they would discuss, as necessary, matters related to security, logistics and technology cooperation, thus further solidifying the basis for security cooperation between the two countries.

Carlucci stated during his arrival statement that, "We will continue in the future to maintain a viable deterrent in cooperation with you, Mr. Minister. Our forces will remain on the peninsula as long as they are needed and as long as the Korean people want us to stay."

## — JUNE 17, 1988

**U.S. Secretary of Defense Frank C. Carlucci visited the Warrior Division during his two day visit to the Korean peninsula. He visited guard post Oullette at the DMZ where he was briefed on its operation. Carlucci was on the peninsula for the 20th ROK/US Security Consultative Meeting hosted by Oh, Ja-bok, Korean Minister of National Defense.**

## Indianhead

ROK/U.S. river crossing page 3

1HBCT Iron Focus II page 4

MND/USFK cultural tour page 6

Vol. 44, No. 10

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June 8, 2007



### Mount up!

Showing they are ready to fight tonight, 2nd Lt. Dang Nguyen, a tank commander in Co. C, 2nd Bn., 9th Air Bde., and Pfc. Travis Dier, an armor crewmember, mount their M1A1 Abrams tank during Iron Focus II. The exercise is 1HBCT's method for evaluating the combat readiness and effectiveness of the unit's battalions. See page 4 for the full story.

Each year, NEO exercises test evacuation procedures and prepare USFK for an emergency, giving non-combatants...

### Peace of mind

By Pfc. Anthony Hawkins Jr.

Life in the Republic of Korea requires Servicemen to be prepared for anything. In the event of an emergency, they must not only be concerned with the safety of their fellow Servicemen, but also the safety of those families, civilians and other non-combatants whom they serve to protect.

To remain prepared for such an event, U.S. Forces Korea conducted the first of the year's two non-combatant evacuation operation exercises May 17-20.

The main task of the NEO exercise, called Courageous Channel, was moving non-combatant volunteers from all areas of Korea to two locations on Honshu, the main island of Japan. This task was accomplished by evacuating volunteers by both air and sea.

"The overall purpose of the exercise is to test the system of evacuating non-combatants away from the peninsula during a crisis."

See NEO, Page 3

## JUNE 8, 2007

**The leadership of 210th Field artillery Brigade changed hands. Col. Matt Merrick bade farewell to the Thunder brigade to become the Combined Forces Command executive officer at Yongson Garrison in Seoul.**

## 210th Fires Bde. changes hands

By Pfc. Anthony Hawkins Jr.

commander since June 2005.

Under his leadership, the field artillery brigade was transformed into the Army's first fires brigade, said Maj. Gen. James A. Coggin, 210 commander. Merrick was influential in maintaining a high state of readiness and training within the unit, Coggin said.

Merrick will be going to Yongson Garrison in Seoul to become the new Combined Forces Command executive officer.



Maj. Gen. James A. Coggin, 210 commander, passes the colors to Lt. Col. Michael Wright, the interim 210th Fires Bde. commander, during a change-of-command ceremony on Camp Casey May 31.



# CHAPLAIN'S CORNER

## DON'T PLAY JENGA WITH YOUR MORAL LIFE



BY  
Chaplain (Maj.) **Keith J. Andrews**  
2ID/RUCD

The game of Jenga is a favorite block stacking game, played by many Americans to pass the time. The basic concept of the game is to start by building a tower of little wooden blocks, three on each row, rotating at every level as the tower becomes higher and higher. When the game play begins, each player, in turn, must pull one of these blocks out of the tower and place it on the top of the tower without the tower falling down.

Jenga may provide hours of family fun, but making moral decisions comparable to Jenga strategy, will not prepare you to "Fight Tonight."

Many times, people will play the game of Jenga in their moral life. They have built a strong tower in their career, in their family, and with their own personal satisfaction. They get restless of the slow process of building their tower and begin to cut corners. They begin to pull the blocks from their tower to lay at the top. Sometimes they will make a bad moral decision that will pull out a block, because they want to get ahead on a financial decision. Sometimes they will pull out a block, because they want to get ahead on a relationship that they should not be in. And other times, they will pull out a block, because they want to get ahead on their stress and begin to self-medicate with alcohol or drugs. Before long, these people will pull out all of the blocks on their tower and the tower



crashes to the ground.

Maj. Gen. Ted Martin's, 2nd Infantry Division/ROK-US Combined Division commander, second imperative states, we are to "Live an Honorable Life." Playing Jenga with our moral life does not lead to an honorable life at all, but leads to the life we've built crashing to the ground. The best way to avoid this crash is to not live your life like Jenga.

## HEALTH OF OUR FORCE

# STREET FOOD SMARTS



BY  
Lt. Col **Christopher T. Perry**  
2ID/RUCD DIVISION SURGEON

We just celebrated the arrival of summer with the Memorial Day weekend (for those of you smarty pants out there, I am aware that summer does not officially start until the summer solstice on 20 June.) Over the summer, many of us begin to travel, and here in Korea, there are many places around Asia to travel such as China, Vietnam, Thailand, and so many other destinations. Each of these destinations has its own medical threats to travellers.

I am confident that nearly all of you have heard that you should not eat the street food when you travel. This is just something that doctors tell people so they do not have fun when they travel. OK, that's not completely true, but one must use caution and good judgment when deciding what to eat. I have never had a bad experience with street food in Taiwan, and that is some of the best street food in the world. When eating street food, one should always check that the food is cooked when ordered. One must ensure that there are no uncooked vegetables added to it. For instance, one time in Vietnam, I ate a delicious bowl of Pho; however, it had uncooked bean sprouts and mint leaves added. That evening, I became violently ill for the next two days ruining my trip. Further, anyone can do



a quick sanitation check. On the one hand, if there are stray dogs sleeping next to the food preparation areas, this is a stall that should be avoided. If you see raw meat or fish exposed in hot weather with flies everywhere; again, probably not in one's best interest to eat this as delicious as spoiled pork may be.

If, on the other hand, the vendor pulls food out of a refrigerated cooler and puts it directly into boiling grease, there is a good chance that this food will not cause illness. In addition, some countries have better sanitary conditions than others. Japan, Korea, Hong Kong, Singapore, and Taiwan (in general countries where tap water is safe to drink) tend to have very good conditions; however, Thailand, Vietnam, China, and Cambodia (countries where even the locals do not drink tap water) do not always have such sanitary conditions. Locals there develop immunity to common bugs over time.

Street food can add a lot of enjoyment to travel, but one must be safe and judicious when choosing what to eat. And remember, if one makes a mistake the local pharmacies can help. Even if they do not speak English, a good pantomime can easily communicate one's symptoms!





(Top Left) Officers of 210th Field Artillery Brigade and Republic of Korea Army ,1st Artillery Brigade have a discussion on the operations plan for Warrior Thunder. The 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division fires an M240B from an M270 Multiple Launch Rocket System while receiving simulated fire during Warrior Thunder. The ROKA 818th Artillery Battalion, ROKA 1st Artillery Brigade unload a litter patient from a UH-60 Black Hawk after conducting medical evacuation during Warrior Thunder.

# THUNDER BRIGADE AND ROKA COM

## STORY BY

Pfc. **Hyeonmin Lee**

## PHOTOS BY

Pfc. **Hyeonmin Lee** & Cpl. **Kihyun Kwon**  
210th FAB Public Affairs



**DONGDUCHEON, South Korea** – Under the scorching sun, Soldiers of the 210th Field Artillery Brigade and Republic of Korea Army 1st Artillery Brigade were bearing down for Warrior Thunder on a sandy field, May 15-18, 2017, at Twin Bridges Training Area, Paju, South Korea.

Warrior Thunder was a brigade-level field training exercise that integrated the coordination between 210th FA Bde and ROKA 1st Artillery Bde.

According to Maj. Stephen J. Dunsford, a Pacific Grove, Calif. native and an operations officer assigned to Headquarters and Headquarters Battery, 210th FA Bde, 2nd Infantry Division/ROK-US Combined Division, this year's Warrior Thunder focused on the effectiveness and flexibility of ROK-US combined defense missions, especially in situations where both artillery units occupy adjacent areas.

Among the subordinate units from the two brigades, 1st Battalion, 38th Artillery Regiment, 210th FA Bde, 2ID and ROKA 818th Artillery Battalion, ROKA 1st Artillery Brigade showed the most prominent partnership. The two

battalions were staged at various sites in TBTA.

"We decided to choose ROKA 818th Artillery Battalion as the partner unit of 1-38 FAR," said Dunsford, "The fact that both units are located near each other makes it appealing for the partnership. It means not only do they have a high possibility to fight in same spot, or at least in similar circumstances in a war, but also it is easy to give mutual support immediately when emergencies happen."

It was the first field training with U.S. Soldiers for ROKA 818th Artillery Battalion, and members of the unit said they were ready for the event.

"My crewmembers are very excited to participate in this training, and I am very honored to take part in the first ROK-US combined Warrior Thunder exercise," said Cpt. Sunseok Kwon, battery commander of Bravo Company, ROKA 818th Artillery Battalion, ROKA 1st Artillery Brigade. "I know that the U.S. Army has a great deal of experience and is superior to us in terms of equipment, so it is a good opportunity for us to learn strategies and tactics from the U.S. Army."

During the first two days, the battalions conducted tactical movements





er, May 17, 2017, at Twin Bridges Training Area, Paju, South Korea. (Bottom Left) A Soldier with 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery  
Warrior Thunder field training exercise, May 18, 2017, at Twin Bridges Training Area, Paju, South Korea. (Right) Soldiers assigned to Bravo Company, Republic of  
Warrior Thunder field training exercise, May 17, 2017, at Twin Bridges Training Area, Paju, South Korea.

# DUCT JOINT TRAINING EXERCISE

from their respective camps to position area for artileries at TBTA, where they set up their tactical assembly area and began the basic integration of ROK-US assets.

Although there were some training times on the second day, the units focused on performing their respective missions independently, said Kwon.

The coordination between the two battalions began on the third day of the training. Members of the battalions worked as a team through chemical decontamination, medical evacuation, and react-to-contact training. However, according to Cpt. Seokhun Kim, an assistant fire coordinate officer assigned to the fire support element, 2ID/ROK-US Combined Division, it did not mean that everything went smoothly throughout the training.

"I think the biggest challenge is about communication. It could be a lack of devices such as walkie-talkies, or language problems," said Kim. "Actually these difficulties were pretty much expected but as you know they become quite different when encountered in the real field."

Sfc. Christopher J. Liberatore, a multiple launch rocket system crewmember assigned to 1-38 FAR, 210th FA Bde, 2ID said that language

barrier was obviously one of the main challenges he faced during the training exercise as well.

"Also, how they operate and how we operate, they are similar in concept but how they actually act out on the field is different," said Liberatore. "It was challenging for me."

Despite these problems, the importance of Warrior Thunder never seemed to fade. Instead, it emphasized the necessity of the training.

"That is why we need this kind of training exercise," said Kim. "There is no doubt the ROK-US alliance is the key for the national defense of Korea but as I said earlier, there are lots of communication problems. Only continuous ROK-US combined trainings will let us overcome the language barrier and make ROK and US coordination more concrete, which leads us to a faster strengthening of our national defense."



# PROVIDING THE HEAVY LIFTING, 2ND



(Top) American and Korean drivers assigned to the 2nd Sustainment Brigade and 7th Korean Service Corps Heavy Transport Company receive their convoy brief before their Heavy Equipment Transport mission. (Bottom) A driver assigned to the 7th KSCHTC ground guides one of his fellow drivers as they line up vehicles for a night convoy a few hours later. (Right) Sgt. Alex Weatherly, a driver assigned to the 46th Composite Truck Company, 2 BBE, uses rope to help secure a load before HET mission.





# SSB CONDUCTS HISTORIC HET MISSION



**STORY**  
**Staff Sgt. BEN HUTTO**  
**PHOTOS BY**  
**21D/RUCD Public Affairs Office**

CAMP CASEY, South Korea- They trickled into the 7th Korean Service Corps Heavy Equipment Transport Company motor pool one or two at a time. The KSC HET drivers quickly went to their vehicles and began checking the tires of their trucks and trailers, cleaning windshields, ensuring their running lights and signals worked correctly. Each man went about his task with practiced confidence.

In the corner of the motor pool, a heavy plywood model in the shape of an M1A2 Abrams tank sat on a heavy trailer. Built to scale, the wooden tank (with its PVC pipe gun barrel) stood over eight feet tall. Inside the model, weights and sand bags had been placed in the structure to simulate the 72 short tons an actual M1A2 model weighs.

"Its height had to be exact," said Maj. Michael Harrell, the 2nd Infantry Division/ROK-US Combined Division transportation officer. "Tonight will be a test run for future missions like this. This will be the first time ever the division has done a HET mission from Camp Casey to Camp Humphreys." In the larger picture, the United States

Army has not conducted a HET mission from anywhere outside Area 1 in 10 years. A catastrophic bridge collapse in 2007 involving a heavy commercial vehicle resulted in five deaths and seven injuries, and forced US and ROK army elements to send heavy equipment from Area 1 exclusively by rail over more fortified bridges and rails for safety.

As road conditions have improved throughout the nation in the 10 years since that accident, the 21D/RUCD and ROK government have become more comfortable with the idea of future HET missions. Harrell helped conduct a survey analysis of the route with USFK geospatial analyst to ensure it would be safe and have a minimal effect on the civilian population.

"Moving forward, options in Area 1 will become more crucial to maintain 'Fight Tonight' readiness North of the Han River as the combined division continues the restationing processes into Area 3," said Harrell. "Camp Casey railhead may no longer be a capability after 2020 for Area 3 units to use during gunnery or operations."

Cpt. Jesses Smith, commander, 46th Composite Truck Company, 194th Combat Sustainment Support Battalion, 2nd Sustainment Brigade and the convoy commander of the mission, said the convoy was crucial in

verifying the route to ensure future HET missions will be successful.

"Right now, we have moved a lot of our combat power down to Camp Humphreys," he said. "How do we get that power back if we need it? Right now, the only way we can do that is through the rail. Future missions like this, will expand our combat power and give commanders options."

Smith also explained that his partners in the 7th KSC were crucial in planning and executing the convoy.

"We are really here for command and control, wrecker service and fuel service," he said. "They (7th KSC) will be doing the actual driving. They secured the tank. It truly is a joint effort."

Looking towards the future, Smith said he was excited for future HET missions.

"In the last four months, our company has moved three battalions down to Humphreys, we've moved over two hundred containers, we've escorted twenty seven convoys and that is all incredibly important," he said. "Now we get to answer the question, 'How do we get all that stuff back up North when we need it? This is an important step in answering that question.'"



# OPERATION ARCTIC TIGER BRING



**(Top)** The view of OP Harry, a historic battlefield during the battle for the Iron Triangle in 1953. **(Left)** Soldiers assigned to the Republic of Korea 6th Infantry Division, 5th Infantry Regiment with barbed wire taken from the 5th Regimental Combat Team's defense of OP Harry in 1953. **(Right)** 1st. Lt. Christopher Barber, 1-5 the Bobcats on the history of the battle at OP Harry.



JUNE 2017

# INGS BOBCATS BACK TO KOREA



**SPECIAL TO THE INDIANHEAD**  
**STORY BY: 1st Lt. Christopher Barber.**  
**1st Battalion, 5th Infantry Regiment**

The First Battalion, Fifth Infantry Regiment from Fort Wainwright, Alaska, arrived last month on the Korean Peninsula for the first time in over twenty years. The Bobcats, as the 5th Infantry is called, has had a long legacy of working and fighting in Korea; as recently as 1992 the Bobcats fell under the 2nd Infantry Division, deterring a hostile North Korea and interweaving the 5th Infantry Regiment's two hundred years of valor with 2ID's century of being second to none.

As the Army's third oldest unit, dating back to 1808, legacy is important to the Bobcats. Following that legacy is a key component of Operation Arctic Tiger, our training event on the Peninsula. The Bobcat relationship with Korea goes back to 1950, when an aggressive North Korea pushed South Korean and American forces to the Pusan Perimeter. The 5th Regimental Combat Team (5th RCT) was the first American unit outside of Japan to reinforce the line, demonstrating proficiency for providing a rapid response; this proficiency remains the Bobcat standard today, proven by our successful move to Korea. A rapid response to North Korean aggression is well within the Bobcat capability.

Because of their rapid response, the 5th RCT was engaged in each major campaign of the Korean War. The Bobcat Legacy does not end with a rapid response or being ready to merely fight tonight. Rather the Bobcats have the drive, determination, and capability to see the mission through to its conclusion. In the final months of the war, the 5th RCT found itself once again on the front lines of the fight. Having previously been positioned in the east fighting at the Punch Bowl, the Bobcats, by summer of 1953, had been moved to help defend allied lines at the Iron Triangle. Key to this defense was a hilltop known as OP Harry.

OP Harry is located 60 miles north of Seoul. With a height of 1,280 feet, it was considered by both the United Nations and the Chinese to be a piece of key terrain. At the time, that portion of the line was held by the 15th Infantry Regiment. In June, the 5th RCT was attached to the 15th and began to support the defense. Given the terrain, one Company per day was tasked with defending the hilltop. Nearby, on Star Hill, the Chinese were mobilizing for a major offensive. Over two reinforced Chinese regiments had been spotted preparing to push against a single company. The defense was a perilous mission. The defenders were ordered to "hold at all costs."

The first company of the 5th RCT to see action at Harry was Baker Company. A Company of the 15th Infantry had originally been charged with holding OP Harry. Baker was

nearby on Hill 361. On 11 June, 1953, around 2300 hours, the Chinese attacked. Baker was forced to quickly maneuver to reinforce, and, despite being outnumbered 10-to-1, the combined forces of both Companies managed to hold the hill. The next morning, Able Company of the 5th RCT was sent to replace the battered Baker.

When the Soldiers arrived, it was widely reported that the trenches were filled with debris, barbed wire, and, most striking, dead Chinese Soldiers. The trenches had to be cleared by hand before being usable again, and many of the fortifications had to be rebuilt. The Soldiers of Able Company worked all day and by the time the Chinese launched their second offensive, the defenders were ready. Facing them on the night of 13 June was an entire regiment of Chinese.

Within an hour of the battle commencing, the Chinese had overrun the right flank. The Company Commander, 1LT James Evans, called in artillery fire on his own position. The smoke and debris became so thick that neither side could clearly see. The Chinese continued to push, resulting in ferocious hand-to-hand fighting in the trenches. Finally, at 0420 hours, the Chinese began to withdraw. By daybreak, five waves of attacks had been beaten back. Able received a Distinguished Unit Citation for their actions at OP Harry. The award came at a price however; they had suffered an 80% casualty rate.

Charlie Company relieved Able, but the Chinese never again attacked in such large numbers. The hill of OP Harry is today within the DMZ and the demarcation line runs along the crest. It stands as a memory of the bravery and courage of the defenders in the summer of 1953.

Today the Bobcats, back in Korea again, have returned to OP Harry after nearly sixty years. Given the location of the hill on the demarcation line, it was necessary for the Bobcats to view Harry from the observation tower at nearby OP Cheongsong. Formerly called "Blue Star Hill", Cheongsong is currently occupied by the ROKA 6th Division. Historically, it was this Division that fought alongside the 5th RCT during the defense of the Iron Triangle.

The Observation Post has been open to tourists for several years, including a group from the OP Harry Survivor's Association. The Bobcats, however, became the first uniformed American military personnel to see OP Harry from Cheongsong since the post was available. This coordination highlights the importance to the Bobcat Battalion of fostering relationships with our allies, a key part of the Bobcat legacy.

The Bobcats came to the Korean Peninsula to follow the Bobcat legacy. As we continue our tough and realistic training through Operation Arctic Tiger, alongside our historical connections to the 5th RCT, the Bobcats will continue to not just follow, but continue the Bobcat legacy.



Division presents the 1st Battalion Historian, instructs





# SNAPSHOTS

## Warriors in Action

*"To be prepared for war is one of the most effective means of preserving peace."*

*– George Washington*









# FIRE SUPPORT TEAMS COM



*(Top)* Soldiers from Company C, 1st Battalion, 16th Infantry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division, conduct a 10-mile road march during the brigade's Best Fire Support Team competition on Camp Casey, South Korea May 16. *(Left)* A Soldier from 1st ABCT, 1st ID, conducts target observation during the observation post portion of the brigade's Best Fire Support Team competition. *(Right)* Soldiers from across 1st ABCT, 1st ID, conduct the Army physical fitness test during the brigade's Best Fire Support Team competition.



# PETE FOR BEST IN BRIGADE



(Top) Soldiers from the 1st Armored Brigade Combat Team, 1st Infantry Division, erect an OE-254 antenna during the brigade's Best Fire Support Team competition on Camp Casey, South Korea May 15.

## STORY BY

**Staff Sgt. Warren Wright Jr.**  
1st ABCT, 1st ID Public Affairs

**CAMP CASEY, South Korea** - Soldiers from across the 1st Armored Brigade Combat Team, 1st Infantry Division, competed in the brigade's Best Fire Support Team (FIST) competition on Camp Hovey, South Korea May 15-16.

The competition, which included four Bradley FISTs and three dismounted FISTs, tested the teams' skills in a multitude of Soldier and fire support tasks.

"The Best FIST competition helps build esprit de corps, team work and raise moral within the FIST community," said Sgt. 1st Class David Martin, the 1st ABCT brigade fires noncommissioned officer. "We don't have a competition like the (Expert Infantry Badge), Excellence in Armor or the (Expert Field Medical Badge), so it's something we did ourselves to say, 'hey, you've earned the title of best FIST.'"

The competition started with the Soldiers taking the Army physical fitness test. Each individual test score was then averaged together to give an overall team score.

The two-day competition also tested the Soldiers on a wide variety of fire support functions, to include land navigation, communication equipment setup and testing, manning an observation post, call for fire simulation, and fire support team planning to name a few.

"They were definitely evaluating for the best FIST in the brigade," said competitor 1st Lt. Andres Gonzales, a company fire support officer for Company C, 1st Battalion, 16th Infantry Regiment. "Everything was by-the-book standard. What I really liked about it was it was definitely a challenge."

The competition ended with the FIST teams conducting a 10-mile road march which required each competitor to finish under two hours and 30

minutes.

The competitors remained motivated throughout the entire competition, Martin said. "The cadre did a great job keeping the event steady so there was a nice flow. Overall, I am very pleased with the way it went."

In the end, the team from 1st Bn., 16th Inf. Regmt., took home the title of best Bradley FIST and the team from 3rd Bn., 66th Armor Regmt. won best dismounted FIST.

"I'm extremely honored, but I couldn't have done it without my guys," Gonzales said. "We had such a great team in general. You can't pinpoint it to just one man."

The competition was created within the brigade and under the coordination of fire support Soldiers like Martin because the Army doesn't have a best FIST competition of its own.

"There is no Army standard on what the competition is supposed to look like, so it's something we created as a brigade fires cell," Martin said. "We put our minds together and said, 'okay, this is what we would expect.'"

For both the competitors and event organizers, having the competition was a way to showcase the many advantages fire supporters bring to the overall fight.

"We give the platoons and the companies, at the smallest level, the ability to accurately and timely call for fire to help shape the battlefield," Martin said. "The more we destroy with indirect fire or air assets, the less the infantry and the armor have to fight the enemy face to face."

Gonzales said the competition not only gives the winning teams bragging rights, but was also a great way for teams to determine their level of proficiency in their jobs.

"It was extremely professional," he said. "At the end of the day it evaluates the FIST team on our fire support skills based off the tasks, conditions and standards."



# INDUCTING NCOS THAT ARE SECOND TO NONE



**STORY AND PHOTOS BY**  
**Spc. Sarah Williams**  
**2ID/RUCD PUBLIC AFFAIRS**

**CAMP RED CLOUD, South Korea** - Senior noncommissioned officers assigned to the Headquarters and Headquarters Battalion, 2nd Infantry Division/ ROK-U.S. Combined Division took time to host a Noncommissioned Officer Induction ceremony that recognized newly promoted NCOs assigned to the unit May 18 at the Camp Red Cloud Theater.

A group of 17 Sergeants accepted their new duties and responsibilities as each walked through the NCO arch and crossed sabers to officially becoming a part of the NCO Corps.

The NCO induction ceremony is a celebration of the newly promoted joining the ranks of a professional noncommissioned officer corps, and emphasizes and builds on the pride we all share as members of such an elite corps.

The ceremony also serves to honor the memory of those men and women of the NCO Corps who have served with pride and distinction.

Command Sgt. Maj. Craig Williams, HHBN, 2ID/RUCD, introduced the guest speaker for the event, 1st Engineer Battalion Command Sergeant Major, Command Sgt. Maj. Toby J. Kammer

Kammer started off with reading the NCO guide and sharing some of his past experiences and successes of his career. He also pointed out four things he believed NCOs should never forget.

The first is the belief that NCOs should develop their Soldiers. Kammer believed this is what is most expected of leaders.

Second, he emphasized NCOs need to enforce discipline. Kammer said NCOs spend precious time dealing with issues that are caused from lack of discipline.

Third, Kammer explained that competence is important and he learned the most from having incompetent leaders.

Finally, he reminded NCOs to recognize soldiers' accomplishments. He emphasized one of the greatest things you can give your soldier is your time.

Because an NCO induction ceremony is not mandatory, several noncommissioned officers in attendance at the ceremony never received the opportunity to be inducted to the NCO Corps such as Williams and 1st Sgt. Wayne Barker, Company B, Headquarters, Headquarters Battalion, 2ID/RUCD.

"I want the NCOs to take pride in being apart of such an important accomplishment in their careers and take their duties and responsibilities serious," said Williams. "Sergeants are the front line leaders and this ceremony makes them better equipped to train their soldiers that will contribute to the division readiness ability to fight tonight."

Periods of the NCO induction included the HHBN Company first sergeants lighting three candles to emphasize the three parts of the NCO Creed: red for valor of the NCO, white for purity, honesty and integrity and blue for the field of honor.

"Having the ceremony this year is extra special since the division commanding general named this the year of the NCO," said Barker. "By having this ceremony, it prepares the NCO to know that they are now a leader, not a follower."

The ceremony ended with NCOs, both on stage and in the audience, reciting the Creed of the Noncommissioned Officer, and singing the 2nd ID/RUCD and the Army Songs.



*(Top)* Sgt. Harrison Coley Company A, HHBN 2ID RUCD walks through the NCO arch and crossed sabers. *(Bottom)* Command Sgt. Maj. Toby Kammer and Command Sgt. Maj. Craig Williams join fellow noncommissioned officers in reciting the Creed of the Noncommissioned Officer at the NCO Induction ceremony.





# Eats In KOREA



**REVIEW BY**  
**Pfc. JUNG, WON KI**  
**2ID/RUCD PUBLIC AFFAIRS**

This month Eats In Korea is back with another mouth watering dish. Popular burger joint, Mother's Office, which is located at Kyung li dan gil on the outskirts of Itaewon, is famous for its hand-made, from scratch, burgers and fries.

For Mother's Office, a burger is not junk food but a gourmet dish. Everyday, it bakes its soft low-calorie ciabatta buns using its freshly prepared doughs and uses only top quality ingredients for all sandwiches. The restaurant has been featured on a popular Korean reality show, Delicious Guys, which travels around the peninsula to dine at restaurants well known for their dishes. The restaurant serves eight different types of burgers. The most popular burgers are the Rich Cheese Burger and the MAMMA MIA.

As its name implies, the Rich Cheese Burger is crafted for cheese manics. The sandwich consists of brie, mozzarella, emmental, mascarpone, cheddar, and grana padano cheese along with a 150g medium rare homemade beef patty and vegetables. The intoxicating scent of the freshly cooked burger led me to take the first bite without any hesitation. The complex yet delightful flavor of the cheese and beef made me dive my face right back into it. Even though Mother's Office was packed with people chatting all around me, I was in tune with the food mingling on my palette.

MAMMA MIA was another palette pleaser. The burger is constructed using a beef patty, bolognese sauce, chili, cheddar cheese, bacon, chopped garlic, and vegetables. The balanced flavor of gooey cheese, mouth-watering patty, and savory crispy bacon created a symphony inside my mouth while the spicy kick from the bolognese sauce and chili crescendoed in the background.

For our side dish, we ordered french fries with beef chili. Mother's office serves thinly cut french fries that are fried twice for extra crispness and freshness. The chili was topped with fresh chopped onions and grated cheese.

The interior of the restaurant is as pleasing as its food. The restaurant has an open terrace where one could look out at Kyung li dan gil over a cold glass of beer. The kitchen has an open design and is located at the center of the restaurant so customers can observe the chefs cooking their burgers right from their seats.

## Mother's Office

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# WARRIOR DIVISION'S COM



**COMMENTARY BY**  
**Staff Sgt Ben Hutto**  
**2ID/RUCD PUBLIC AFFAIRS**

**CAMP RED CLOUD, South Korea** – As the United States Army celebrates its 242nd birthday this month, it is important to note that it has stood ready to meet any challenge in that time frame. From two World Wars to the most recent conflicts in the Middle East, Soldiers have stood ready to answer the call of our nation and ensured that our country was well defended and secure.

The 2nd Infantry Division/ROK-US Combined Division has played, and will continue to play, a unique role in that history. For almost 100 years, Warrior Division Soldiers have stood ready to meet any challenge that has been placed before them and readiness remains one of the division's top priorities as is evident in the various training exercises that take place throughout the year.

Constituted in the flames of World War I in Bourmout, Haute, France, the division is the only active duty division that originated on foreign soil and continues in that great tradition as it stands ready to defend the Republic of Korea with its ROK partners.

2ID Warriors have answered the call in World War I, World War II, the Korean War, the Iraq War and the war in Afghanistan. Today, as in years past, profes-

sional Soldiers serve as the cornerstone of readiness. Readiness, however, now takes on a new meaning as our force prepares to engage in multi-domain battles. The trenches 2ID Warriors manned in WWI and the foxholes our Soldiers fired out of in the Korean War now have a 21st century equivalent in computerized control rooms and advanced air defense hubs throughout the peninsula and around the world. Satellites and communication nodes are as important as supply lines and firing positions as we push forward into the future. The Army, as an institution, has adapted with these changing environments and has equipped our Soldiers to fight and win across all domains.

These cross-domain capabilities have given commanders' options and the ability to defend ourselves and our allies in numerous ways. This adaptability is one of the advantages our military has over groups that would attempt to erode our security and gain advantages over us. U.S. supremacy is increasingly contested in the land, air, maritime, space and cyberspace domains as our rivals attempt to use modern technology to gain an advantage.

Since 1950, the Warrior Division has defended the Korean peninsula with adaptable Soldiers and our ROK allies. The foundation of that defense was built on values and training. As the Warrior Ethos defines our actions and helps us



# CONTRIBUTION TO THE ARMY



live honorably, 2ID/RUCD Soldiers must continue to train like their lives depend on it. While this concept has been true for our entire Army for the last 242 years, it is even more important for those Soldiers stationed here in Korea.

We have an enemy to our North that continually test weapons that could harm us and our allies in addition to making threats through its government-run media. They aren't a hypothetical enemy that could potentially be dangerous. North Korea, time and time again, has proven they are a threat that needs to be taken seriously as we rise and get ready for another day. We train like our lives depend on it because there is a very real possibility that one night it might.

Since its return to the peninsula in 1965, the 2ID/RUCD has defended the Korean Demilitarized Zone and helped deter aggression from the North. Having been born overseas, the Army's only combined division continues in that tradition as it remains headquartered in the country it helped defend in the Korean War.

As a part of the greater Army history, 40 Warrior Division Soldiers have been awarded the Medal of Honor for their service and sacrifice. Soldiers then and now could use these heroes as an example as they make ready to fight and win any conflict that may spring forth in the future. 2ID/RUCD Warriors have a legacy of honor and heroism to live up to and maintain. It is a responsibility that is not

taken lightly by the division's leadership as they continually plan training operations to keep their Soldiers sharp and ready.

As the Army continues its historic legacy on the way to 243 years of service to our country, remember the part the Warrior Division has played and will continue to play in that legacy. For decades, American Soldiers have come from across our great country to this peninsula to help defend a country that has grown from the ashes of ruin to the one of the world's leading economies and democracies. It is a legacy to be proud of, but it is also a legacy that needs to be maintained.

Adhering to the Army values and living a life of honor must go hand in hand with our continued training. Soldiers can't remain specialist in only one field as the demands of multi-domain warfare continue to loom and challenge us. In 242 years, Soldiers have answered this call around the globe and the Warrior Division must continue to do so here in the Republic of Korea. It is a legacy that is both daunting and rewarding, but, with vigilance, can be maintained and carried forward into the future.



# WARRIOR FITNESS

## PROPER NUTRITION IMPROVES SOLDIER READINESS



REVIEWED BY  
**JOHN M. ROSENBERG**

Diet and nutrition play an integral role in maintaining Army readiness. This applies to the force as a whole, but is especially relevant to Soldiers serving in Warrior Transition Units who have expectations of returning to active duty.

"There are a lot of nutrition goals that wounded, ill and injured Soldiers can use as a starting point in their recovery," says Lt. Col. Annie Cichocki, Action Officer, Clinical Liaison Division, Deputy Chief of Staff, Warrior Care and Transition. "The bottom line is to eat healthy."

How do Soldiers in Transition, especially those who are young, know what is and what is not healthy to eat? According to Cichocki, there's no such thing as good foods and bad foods, it's just a matter of overall caloric intake. "It doesn't mean you can never eat cake and ice cream," says Cichocki, a certified dietician. As with the U.S. population as a whole, Cichocki recommends that Soldiers follow the 'MyPlate method'... a nutrition guide published by the U.S. Department of Agriculture that replaced the long-serving food pyramid.

"The premise behind MyPlate is that half of your plate should be fruit and vegetables, one-fourth is meats and other proteins, and the other fourth is starches such as whole grains and potatoes," says Cichocki. "Potatoes are not bad. What makes them bad is what we put on them, loading them with sour cream, butter and bacon bits."

Cichocki says wounded, ill and injured Soldiers can eat the same thing as everyone else, so long as there are no underlying medical issues such as hypertension, diabetes, cardiovascular disease, and high cholesterol. "For most of the

WTU population I recommend the MyPlate method whereby one eats a lot of fruits and vegetables, lean meats, moderate amounts of whole grains and good starch," explains Cichocki.

Sometimes Cichocki's dietary suggestions are met with resistance. She cites, as an example, Soldiers who are meat-and-potato types who insist upon maintaining their diet. "They can still have what they want, but they need to limit the frequency with which they eat these foods," says Cichocki. "It's the same thing, for example, as a Soldier who likes rice... it's okay to have your rice, but just cut back on the amount and limit the sodium intake."

For many wounded, ill and injured Soldiers a subsequent decrease in physical activity can lead to weight gain and other problems. Although dedicated dieticians are not among full-time staff within the WTUs, Cichocki says they are available at the medical treatment facilities if needed.

"When I was a dietician at Fort Carson we saw a lot of WTB Soldiers," says Cichocki. "While they're recovering, they may fail to adjust their caloric intake and they should always remember-- it's calories in, calories out."

In explaining why she entered the dietary field Cichocki cites her love of food and eating. "I was also fascinated by sports nutrition and how food can fuel the body," says Cichocki. "Nutrition has a role in everything. If a Soldier is in the hospital and is provided with foods that are appropriate for them at that period of time, the decreased physical activity doesn't have to result in weight gain and it can aid in their recovery."





# 2ND BATTALION 2ND AVIATION REGIMENT



Coat of Arms



Crest

## CONSTITUTION OF 2ND AVIATION REGIMENT

The 2nd Battalion, 2nd Aviation Regiment traces its lineage to Company B, 2nd Aviation Battalion, first constituted in September 1961. During the Korean War, the military application of helicopters achieved recognition through their use in Medical Evacuations (MEDEVAC). Small H-13 and H-23 helicopter detachments transported injured soldiers from areas of fighting to Mobile Army Surgical Hospital (MASH) units.

## HISTORY/2ID RELATIONSHIP

The mission of the 2nd Battalion (Assault), 2nd Aviation Regiment, is to, on order, transition to war and conduct air assault and general support aviation operations in support of the 2nd Infantry Division and Combined Forces Command.

Prior to the reorganization of the 2nd Infantry Division's Aviation Brigade and the formation of the 2nd Combat Aviation Brigade as the sole aviation element to support by the 2nd Infantry Division and the Eighth US Army, 2-2nd Aviation's mission had been the same, except only in support of the 2nd Infantry Division.

At that time, the 2-2nd Aviation had been structured to conduct combat, combat support and combat service support aviation missions in support of 2nd Brigade, 2nd Infantry Division. Its companies established habitual relationships in support of 2nd Brigade's 2 air assault infantry battalions, 1-503rd Infantry and 1-506th Infantry. They also provided combat support to the rest of the aviation brigade, to include 1st Battalion (Attack), 2nd Aviation Regiment and the 4th Squadron, 7th Cavalry. Each company positively impacted the conduct of aviation operations in the Korean theater.