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HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



INDIANHEAD

SERVING THE 2ND INFANTRY DIVISION COMMUNITY SINCE 1963
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High Intensity Live-Fire ROK-US Combined MEDEVAC Exercise



PHOTO OF THE MONTH

The 2nd Battalion, 2nd Aviation Regiment, Assault Helicopter Battalion conducts Fast Rope Insertion/Extraction System training with ROK and US Special Forces to qualify both the pilots and SF team on fast rope.

(Cover): Sergeant Wei Jiang Liu, a squad leader with Headquarters & Headquarters Detachment, United Nations Command Security Battalion-Joint Security Area at Camp Bonifas, commands his squad to move forward and assault the enemy during a live-fire exercise Aug. 23 at Georgia Range, Warrior Base.



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The 65th Medical Brigade medical team conducts x-rays on a casualty with a broken arm during the combined/joint MEDEVAC exercise Aug. 30 at Hongcheon.
(Photo by Spc. Sarah Williams, 2ID/RUCD Public Affairs, 2nd Infantry Division)

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INDIANHEAD

Maj. Gen.
Scott McKean
Commanding General
2nd Infantry Division

Command Sgt. Maj.
Edward W. Mitchell
Command Sergeant Major
2nd Infantry Division

Lt. Col. Junel R. Jeffrey
Public Affairs Officer
junel.r.jeffrey.mil@mail.mil

Master Sgt. Kevin Doheny
Public Affairs Chief
kevin.i.doheny.mil@mail.mil

PUBLICATION STAFF

Staff Sgt. Ben Hutto
Editor

Sgt. Tanisha Karn
Managing Editor

Spc. Sarah Williams
Managing Editor

Cpl. Jung, Won Ki
Staff Writer

Pfc. Kim, Yeon Yo
Korean Language Editor

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mail EAID-SPA, 2nd Infantry
Division, Unit 15041, APO, AP
96258-5041 Attn: Indianhead; or
visit the 2ID Public Affairs Office
located in Building T-507 on
Camp Red Cloud. To arrange for
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INTERVIEW WITH PAST LEADERS



As a combat commander, Lieutenant General Walton H. Walker led the United Nations troop to victory in the Battle of Pusan Perimeter and enabled additional UN forces time to prepare men and weapons, and muster the political agenda necessary to retaliate the Communist forces in the Korean peninsula.

Protecting and keeping the enemy forces off of Pusan, the only deepwater port in South Korea, was of the upmost significance to the ROK and U.S. On July 29, 1950, prompted by the rapidly advancing Communist forces from the North, General Walker issued his "Stand or Die" order to his division commanders,

"We are fighting a battle against time. There will be no more retreating, withdrawal or readjustment of the lines or any other term you choose. There is no line behind us to which we can retreat....There will be no Dunkirk, there will be no Bataan. A retreat to

Pusan would be one of the greatest butcher-ies in history. We must fight until the end.... We will fight as a team. If some of us must die, we will die fighting together....I want everybody to understand we are going to hold this line. We are going to win."

For six weeks, the UN troops fought off North Korean army around the cities of Daegu, Masan, and Pohang, and at the Nakdong River. Despite two major pushes by the North Korean Forces in August and September, they were unsuccessful in forcing the UN troops back further from the perimeter.

Despite further efforts to penetrate the Pusan perimeter, North Korean forces, hampered by shortages of supply and strong men, were overwhelmingly outnumbered by the fresh UN troops that amassed in port of Pusan and eventually retreated in defeat after UN force launched an attack in Inchon on September 15, 1950.





Indianhead

For the Warriors of the 2nd Infantry Division
Camp Casey, Korea
September 23, 1988

Briefs

Soldier show auditions

Soldiers in Area 1 who are interested in auditioning for the 1989 Soldier Show are requested to contact the Music and Theatre Center at Camp Red Cloud.

The open-air talent showcase is scheduled for Sept. 30.

For more information, contact Beverly at 739-5270.

Innovations

The 2nd Infantry Division Museum will be closed for a complete renovation starting September 23, 1988. The renovation is scheduled to be completed April 1, 1989.

Material inquiries about the 2nd Infantry Division can be referred to Mr. Bill, the Division Historian/Curator at 739-5270.

Korean War

United Nations Korean War Allies Association will host its 6th annual luncheon to honor USFK personnel who meet the criteria specified below. The program includes a luncheon, presentation of mementos and tours of the Seoul Sports Complex and the Korean War Museum Nov. 18.

For active duty service members in the following categories are eligible to attend:

Category #1: Service members who served in the Korean War between June 1950 and July 1953 to include duty with ground forces, as flight crews over Korea and in naval vessels in waters around Korea.

Category #2: Service members with a minimum of 100 months or more of duty in the Korean War.

Category #3: Service members whose grandparent served here during the Korean War.

For more information, contact Maj. [Name] at 739-5270.

Inside

Olympic TV schedule

—pages 6 & 7



TDC TOUCHED BY THE SPIRIT OF THE GAMES — Tonggachon Museum

— SEPTEMBER 23, 1988

The United Nations Korean War Allies Association will host its 6th annual program to honor United States Forces, Korea personnel who meet the criteria specified below. The program includes a luncheon, presentation of mementos and tours of the Seoul Sports Complex and the Korean War Museum.

Indianhead



KATUSA wins stamp contest page 6

2CAB refines battle skills page 7

NCAA action underway page 8



Vol. 44, No. 16

www-2id.korea.army.mil

September 7, 2007

For Valor



Soldier's Medal awarded for courage in fire rescue



Maj. Gen. James A. Coggin, 2ID commander presents Pfc. Russell McCanless Jr., HHSC, DSTB, with a Soldier's Medal Aug. 16 at Camp Red Cloud. McCanless and Pfc. Reid Erickson, HHSC, DSTB, received the award for rescuing an elderly woman and her physically handicapped daughter from their burning apartment in July 2006. See page 3 for full story.

AUGUST 7, 2007

Major General James A. Coggin, 2nd Infantry Division commander presents Pfc. Russell McCanless Jr., Headquarters & Headquarters Service Company, Division Special Troops Battalion, with a Soldier's Medal Aug. 16 at Camp Red Cloud. McCanless and Pfc. Reid Erickson, HHSC, DSTB, received the award for rescuing an elderly woman and her physically handicapped daughter from their burning apartment in July 2006.



MEDEVAC tests unit readiness

A 2ID Soldier helps evacuate a FROKA Soldier who is a simulated casualty during the USFK Joint Patient Evacuation Exercise Aug. 28. Members of FROKA, 2ID, 18th MEDCOM and Osan Airbase's 51st Medical Group, as well as members from U.S. and ROK military hospitals, participated in the exercise to test their

CHAPLAIN'S CORNER

RELIGION, A PILLAR OF AMERICAN VIRTUE AND FREEDOM



BY
Ch (Lt. Col.) Moon Kim
2ID/RUCD

As early as the 17th century the Pilgrims were fleeing England and Holland because they were persecuted for their faith and they hoped to worship freely in the New World. As more settlers arrived to America the religious sects became more numerous. The French political thinker and historian Alexis de Tocqueville observed during his travel to America in 1850s and wrote, although Americans all differ in respect to the worship which is due to the Creator they all agree in respect to the duties which are due from man to man. They all teach, preach, and agree on same Christian moral law in the name of God, that translated to virtuous life.

The founding fathers understood that self-government and virtue go hand in hand. Benjamin Franklin believed that only a virtuous people are capable of freedom. John Adams wrote to his cousin Zabdiel Adams, "The only foundation of a free Constitution is pure virtue."

So what made the first American settlers behave virtuously? The answer is, religion worked hand in hand with American freedom. Their voluntary and free obedience to God rather than forced obedience to any man or government. Laws could not force Americans to do what is right and the laws in America did not even try to do this. Rather, the law provided freedom and it was up to the American citizens to enjoy that freedom.



Once again Alexis De Tocqueville notes that, "while the law permits the Americans to do what they please, religion prevents them from conceiving and forbids them to commit, what is rash and unjust."

American people did not have a king or monarch but served God himself, to whom they would voluntarily submit themselves. George Washington understood that the Constitution and the laws of the land are not sufficient for an orderly society. For him, virtue and character are vital; and for these to exist religious principles from religion must be present among the people.

Freedom and faith bolstered each other and worked together in America from its conception. Let freedom in our community, workplace, and country be deepened through our regular weekly worship in military chapels.

HEALTH OF OUR FORCE SAVING ONE LIFE AT A TIME

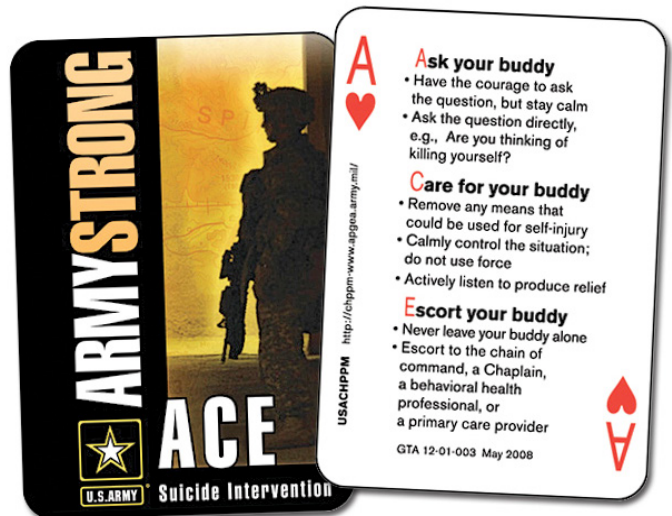


BY
Lt. Col. Christopher T. Perry
2ID/RUCD DIVISION SURGEON

The Army designates September as Suicide Prevention Month making now a good time to begin to think about what we can do to ensure that we and our friends stay free of suicide. Each year, approximately 40,000 Americans die of suicide, including several hundred in our Army. As the summer PCS season comes to a close, many of us have been here just a few months leading to major adjustments in how we live our lives. While most people may be happy to be serving in Korea and looking forward to the next year before returning home to their families, many people dread reuniting due to family concerns. Imagine the pain of those affected as they return to an empty home where their spouse and children once lived.

Much research has been conducted on suicide in the military. One of the landmark studies by then Col. Charles Hoge in 2006 taught us that the risk factors most closely associated with suicide in the Army are the following:

1. Substance Use Disorders, 2. Family problems, 3. Legal difficulties, and 4. Financial problems. With these risk factors in mind, we all must care about our buddies and ask when we sense that things are not going well. When we have concerns, we must contact the chain of command and medical personnel as quickly as possible and escort our buddy or Soldier to the clinic. Not everybody who has thoughts of suicide is admitted to the hospital or evacuated from Korea, but everyone with these thoughts must be evaluated by a clinical professional.



As you go about your daily life here in Korea, I encourage each of you to check in with those around you. I encourage you to also enjoy Korea. Every formation has those people who tend to keep to themselves or those who don't seem to completely fit in. Please reach out to these individuals: bring them along to dinner, invite them to the gym, or play a game or two with them. These actions may go further than you realize in saving a life and preventing another suicide.

Civilians and Soldiers engage with each other playing table tennis and pool at the Camp Red Cloud Community Activity Center Sep. 1.



Jerry Stanchik, a Community Activity Center employee, warmly greets a 2ID Soldier who wanted to sign out table tennis balls and paddles at Camp Red Cloud CAC Sep.1.



STORY AND PHOTOS BY
Sgt. Tanisha Karn
2ID/UCD Public Affairs

CAMP RED CLOUD – “Ow!” exclaimed Jerry Stanchik. “You have just given me a papercut!”

A look of worry flashes across the face of his coworker, who handed him some paperwork.

“Ha, ha, I was just kidding,” Jerry said as he walks off with a grin.

Jerry Stanchik, a recreation assistant at the Community Activity Center (CAC) on Camp Red Cloud, shows new opportunities to Soldiers and Department of Defense civilians in South Korea with humor and a smile on his face.

“He is very cheerful,” said Yi, Chong Nan, Stanchik’s coworker for the past year at the CAC. “He’s a very motivated person.”

Stanchik was once a stinger avenger crew member in the Army for eight years until he was medically discharged in 2015. He took it hard.

“I wanted to be a lifer,” Stanchik said. “I rather be in full health, still be in the service than being out. I miss the Army.”

Today his job allows him to work with the military even though he is no longer a Soldier himself.

“Being prior military, a lot of people have problems coping with civilian life,” Stanchik said. “This job has made it a lot easier because I’m still interacting with Soldiers, still feel like I’m part of a team.”

Stanchik thinks this has been his dream job because he is able to provide a home-away-from-home environment for Soldiers. Stanchik knows what it is like being away from home, having been deployed and serving in Korea.

“Having the experiences I had while in the service makes it easier to help Soldiers cope with being away from home,” Stanchik said.

“I try to make the place homier like I’ll joke with them, remember their face or their name, so when they come in they know someone remembers them.”

Stanchik’s jokes are not just limited to Soldiers alone. The CAC staff get the bunt of it as well.

“His sense of humor, I don’t understand sometimes the American way,” Yi said. “The culture differences sometimes makes it hard.”

Stanchik also is a guide on many exciting tours. He once came face-to-face with a North Korean Soldier peeking in, looking at him, and taking pictures through the window of the conference room at the Demilitarized Zone on a tour.

“I panicked, ‘OH MY GOSH!’” Stanchik said. “I fumbled trying to get my camera out of my pocket trying to get a picture but he walked away, but I was able to get a few pictures of Soldiers marching taking pictures of us, pointing and laughing at us.”

Stanchik encourages Soldiers to go and experience Korea for themselves.

“Friends don’t let friends be barracks rats,” Stanchik said. “It’s like, don’t stay in your room, don’t go and party in the Ville every weekend. Go out and experience Korea. It’s a beautiful country filled with wonderful people. Me and my friends used to get lost, just get on a train to random places and try to find our way back. You find so many wonderful things in Korea that way. Go see Korea. There is so much history here, and things about this culture that are just wonderful. You won’t see that staying on post or staying in the Ville.”



WOMEN'S EQUALITY DAY



STORY AND PHOTOS BY
SpC. Sarah Williams
 2ID/RUCD Public Affairs

CAMP RED CLOUD – The Warrior Division was treated to a special guest for Women's Equality Day Observance at the Camp Red Cloud Theater August 10, when Maj. Gen. Tammy Smith, Eighth Army-Korea Deputy Commanding General-Sustainment, spoke to those in attendance.

"Readiness is genderless," said Smith. "What is most important in a Soldier is their dedication, motivation and character to live life through the Army values."

Smith encourages more women Soldiers to exercise their right to participate in competitions now open to women like the Best Warrior Competition.

"Regardless of race or gender you can achieve anything," said Smith.

She shared some of the different barriers she had to face being female to get to the rank and position she was in today.

Smith talked about the 1978 disbanding of Women's Army Corps (WAC), which was the women's branch of the United States Army. The WAC women congratulated Smith for her career accomplishments, saying she broke through the glass ceiling. Smith responded saying that she only passed through the hole that the WAC already made for her.

“REGARDLESS OF
 RACE OR GENDER
 YOU CAN ACHIEVE
 ANYTHING.”

– MAJ. GEN. TAMMY SMITH

"As a leader it is important to me to help the progress of women's struggle for equality in the workplace, especially in the military," said Sgt. 1st Class Marketa Springer, the Women's Equality Day Observance organizer.

Springer urged male Soldiers to encourage their female counterparts to volunteer for combat arms positions. She hopes this observance will bring awareness to career fields now open to females.

(top left) Participants stand tall in support of Guest speaker Maj. Gen. Tammy Smith at Camp Red Cloud Theater Aug. 10. (bottom left) Specialist Amanda Ellis reads the poem "Equality" by Maya Angelou during the women's equality observance. (right) Guest speaker Maj. Gen. Tammy Smith gives a speech on women's equality sharing some of her personal struggles and accomplishments.

Private First Class Vickramjit Rana, Headquarters & Headquarters Detachment, United Nations Command Security Battalion-Joint Security Area at Camp Bonifas, listens to his radio after sending up a report during a live-fire exercise at Georgia Range, Warrior Base. Rana provides critical communication between the squad leader, mounted support, and his command team.



UNCSB-JSA

“IF IT ISN'T RAINING, WE AREN'T TRAINING!”



Soldiers from Headquarters & Headquarters Detachment, United Nations Command Security Battalion-Joint Security Area at Camp Bonifas, apply a tourniquet to a fallen Soldier in a training chemical environment during a live-fire exercise Aug. 23 at Georgia Range, Warrior Base. Training under high intensity circumstances will prepare Soldiers to react accordingly during real world situations.



STORY AND PHOTOS BY
Sgt. Tanisha Karn
21D/RUCD Public Affairs

WARRIOR BASE - "Hold your fire! Hold your fire!" After assaulting the enemy under gun fire for the past half mile under hot, muggy, Korean rain, first squad reached their objective drenched in new mud coated uniforms and rain soaked boots.

"Clear those buildings! Clear those buildings! Go! Go! Go!" the squad leader cried.

Both Alpha and Bravo teams lined up on their respective buildings, and barged in.

"Clear!" Alpha team yelled.

"Clear!" Bravo team echoed.

The teams returned and pulled security. A moment of calmness passed as the squad leader assessed his squad, before moving forward. Mist came in with a new set of obstacles. "GAS! GAS! GAS!"

Everyone scrambled to put on their protective masks in time while a bullet rained in piercing the radio traffic operator in his left arm and causing blood to flow profusely.

"GIVE ME ONE! GIVE ME ONE!" screamed the squad leader as he frantically reached for his Soldier's tourniquet.

After a few seconds of discomfort, a Soldier rushed over from alpha team and took over applying the tourniquet tightly two inches above his squad member's bullet wound. The squad leader took the radio and quickly called in a medical evacuation. Now it was time to pull security, hold their position, and wait.

"Cut! That was good run. Now let's do an AAR [After Action Review]," the observer controller said.

Headquarters & Headquarters Detachment, United Nations Command Security Battalion-Joint Security Area, an extension of the 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division, stationed at Camp Bonifas, conducted a live-fire exercise consisting of a squad assaulting the enemy with mounted support Aug. 23 on Georgia Range, Warrior Base.

"The training out here is pretty unique," said Capt. Jeong H. Hong, the commander of UNCSB-JSA. "It's a nice long course, so the action goes on for several minutes not just a quick exercise."

Each iteration consisted of a squad aided by two mounted support vehicles assaulting a couple bunkers and houses over an 800m course of ditches and berms while several pop-up and moving enemy targets. The live-fire also brings a level



Sergeant Wei Jiang Liu, a squad leader with Headquarters & Headquarters Detachment, United Nations Command Security Battalion-Joint Security Area at Camp Bonifas, commands his squad to hold its fire during a live-fire exercise Aug. 23 at Georgia Range, Warrior Base. Liu is able to effectively communicate his intentions enabling his squad to overcome the enemy efficiently.

of realism to the training that one cannot receive with a dry shoot.

"Doing a live-fire brings a level realism to the training that can't be replicated otherwise, both with the sound and the recoil of the rifle," Hong said. "The real time feedback you get from firing that weapon increases the realism of the training and makes it much more effective."

For some of the Soldiers participating, this brought out the real challenges one may have not have realized during a dry fire.

"The difficulties for me was understanding the squad leader and also trying to calm myself down," said Pfc. Vickramjit Rana, a Soldier acting as a radio traffic operator for UNCSB-JSA. "Sometimes he'll tell me, 'hey we got this many elements up right ahead and cut short. My job is to get the complete understanding from him so I can go call up so the QRF elements and the higher-ups can understand what my squad leader is trying to say."

The UNCSB-JSA is stationed at Camp Bonifas, which is right at the Demilitarized Zone, it brings a unique experience for those who get stationed there.

"We are so close to North Korea, so basically on a daily basis we'll do security escorts, we'll conduct tours, or taking people up to North Korea so they can look at it and understand it," Rana said.

Some people don't fully understand the full situation up at the DMZ and why Soldiers need to train so much in high intensity.

"Some people think it's some sort of Disneyland," Rana said. "It's basically a place that's really cool. We try to put things into perspective for them, that it's a more high tense environment than they actually think. That's why this training helps us with readiness."

Any negligent discharges, accidental or unintentional fired rounds, can cause a huge area of concern being so close to the DMZ. Using live ammunition during an exercise helps with muzzle control and shooting bullets when needed.

"Any negligent discharge can cause an international incident," Rana said. "We could be at war just because of something I did."

Even though the exercise received heavy rain and everyone trudged through the mud and worn out, everyone was in high spirits.

"We embrace the suck together in such a hot environment, running though, engaging the enemy," Rana said. "Then we have to walk back almost a mile. So, basically as we walk back we kind of understand. This brings the team, the squad, the platoon together."



Soldiers with 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division, unwrap multiple launch rocket system training pods during a proof-of-principle loading exercise at Camp Kwangsari, Yangju, Aug. 3.

PRINCIPLE OF LOADING EXERCISE

STORY BY

Pfc. **Hyeonmin Lee**

PHOTOS BY

Sgt. **Michelle Blesam**

210 FA BDE Public Affairs

CAMP CASEY - Soldiers moved like clockwork in the blazing hot sun of South Korea, as beads of sweat ran down their faces. They did not skip a beat as they all worked together.

Soldiers of 210th Field Artillery Brigade took part in a proof of principle loading exercise at Camp Kwangsari, Yangju, from July 31 to Aug. 3, 2017. The loading exercise included Soldiers from 70th Brigade Support Battalion; 579th Forward Support Company, 6th Battalion, 37th Field Artillery Regiment; 696th Forward Support Company, 2nd Battalion, 4th Field Artillery Regiment who fall under 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division and 17th Ordnance Company, 6th Ordnance Battalion, U.S. Army Materiel Support Center; 46th Transportation Company, 194th Combat Sustainment Support Battalion, 501st Sustainment Brigade, 19th Expeditionary Sustainment Command with personnel in Ammunition Supply Point 563.

"It is a big joint exercise for us to practice wartime missions," said Cpt. Chad E. Johnson, a Charlotte, N.C. native and a logistics officer assigned to Headquarters Support Company, 70th Brigade Support

Battalion, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division. "It encompasses individuals or people from 70th BSB, 6th FSC, 696th FSC, 17th Ordnance Company, 46th Transportation Company, Korean nationals and ROK Soldiers from ASP 563."

Prior to the exercise, all units involved prepared for the exercise by conducting rehearsal of concept drills and setting up a tactical operations center at Camp Kwangsari, July 31.

After the rehearsal of concept, they began to practice uploading and downloading the multiple launch rocket system training pods.

According to Johnson, the Soldiers were escorted by Korean nationals from ASP 563, to their staging areas and they conducted inspections for their loads to make sure that they have all the straps and safety equipment that came along with their truck system so that they could properly tie down their inert MLRS training pods.

"After the inspection, forklift operators from the ASP and 696th FSC began loading the trucks to the systems. Others helped with strapping down all the inert MLRS training pods onto the trucks," Johnson said. "Once they finished, they staged them back in their staging areas so that they could move to the logistics release points (LRPs) which would be the next phase."



THIS KIND OF EXERCISE STRENGTHENS THE RELATIONSHIP BETWEEN THE TWO COUNTRIES, WHICH IS INDISPENSABLE FOR OUR NATION'S SAFETY AND PEACE ”



Soldiers from 210 FA BDE use forklifts to unload multiple launch rocket system training pods during a proof-of-principle loading exercise at Camp Kwangsari.

The exercise was unique in terms of the scale and the cooperation between various units. To get a concept of the exercise in one day, within the span of 11 hours and 22 minutes on Aug. 1, Soldiers from six different units loaded 320 MLRS pods all together.

"This exercise is at least four times bigger than what we normally do," said Sgt. John Wilkerson, a Seaford, Del. native and a motor transport operator assigned to 696th Forward Support Company, 2nd Battalion, 4th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division. "We've got 40 palletized load systems from 46th Transportation Company and Soldiers from different unit came here to cooperate for the exercise."

As it was a large scale loading exercise with six different units involved, there were some challenges Soldiers had to face during the exercise.

"The most challenging thing was keeping the serials together due to the fact that there were 10 systems that were moving at one time with two HM-MWV escorts and that they were very large vehicles," said Johnson. "Roads were not designed to hold these vehicles and there were lots of lights going from the ASP to LRPs. So just staying together, communicating amongst the serials and keeping contact were the most challenging things."

According to Maj. Jongbok Park, a ROK maintenance ammunition officer assigned to 2nd Infantry Division/ROK-US Combined Division, despite the challenges, the ability to train with other units was an important aspect.

"The purpose of the training is to practice the loading procedures so that we can resupply the MLRS pods quickly and precisely during wartime," Park said. "The fact that we train with other units makes the exercise much more practical and important. I mean there will be situations where cooperation between different units is needed when an actual engagement happens."

The proof-of-principle exercise not only tested Soldiers on their ability to load and unload MLRS training pods but enabled Soldiers to work with other units, ROK Army and local nationals.

"Along with the practicality of the exercise itself, it is important in terms of ROK-US relationship," Park said. "This kind of exercise strengthens the relationship between the two countries which is indispensable for our nation's safety and peace. So we are looking for the next joint exercise and for me, I will do my best as a joint-exercise coordinator so that the exercise can be carried out continuously."



SNAPSHOTS

Warriors in Action

"Leadership is the art of getting someone else to do something you want done because he wants to do it."

– Gen. Dwight D. Eisenhower







1-5 CAV BLACK KNIGHTS PREPARE FOR RAILHEAD OPS



STORY AND PHOTOS BY
Sgt. Carolyn Hart
2nd ABCT Public Affairs

CAMP HUMPHREYS – The rain and heat of the late August weather did not deter Soldiers of the 1st Battalion, 5th Cavalry, 2nd Armored Brigade Combat Team from performing railhead operations and improving their mission readiness.

Ahead of their gunnery starting in September and ending mid-October, the 1-5 Cav “Black Knight” Soldiers prepared their vehicles for the railhead operations, Aug. 23-30.

Getting vehicles ready for the railhead is a lengthy process that involves preventative maintenance checks and services done at the battalion motor pools, to ensure the equipment is ready for use during the training.

“We’re faced with the challenge of falling in on equipment that we haven’t used before,” said Sgt. Pedro Villegas, an infantry mortarman with HHC, 1-5 Cav. “So it’s our job to PMCS (Pre-maintenance Checks and Services) these vehicles and pretty much break them down to build them back up.”

Railhead operations are conducted over several days, with the vehicles being loaded at the railway at Camp Humphreys and downloaded in Camp Casey. This process is overseen by Chief Warrant Officer 2 Karla Smith, mobility officer with 2ABCT.

“The process takes a lot of planning and coordination,” said Smith. “I coordinate with the unit to figure out what vehicles they want to transport which then goes to 138th Movement Control Team at Humphrey’s rail and ends up at 662nd MCT Casey rail.”

At both the Humphreys and Casey rail the MCT provides safety briefs and guidelines as well serving as liaisons for Soldiers to work with Korean Nationals.

“We work closely with our Korean counterpart to coordinate the movement of the equipment,” explained Pfc. Destiny Gomez, a transportation manager with 138th MCT. “We manage the railhead and make sure that the vehicles get to where they need to without any issues.”

The railhead operations is the first and most important step in kicking off the 70-day gunnery for 1-5 Cav, as they become the first battalion to deploy from Camp Humphreys to Camp Casey for the training.

With the gunnery spanning over a little more than two months, the battalion will have the opportunity to train extensively on their equipment as well as cross train Soldiers with Marines, said Villegas.

“It’s a great opportunity for new Soldiers to train on the equipment in a real-life environment,” added Villegas.

Following the completion of railhead operations at Camp Humphreys, Soldiers from 1-5 Cav were ready to download the vehicles that were transported the day prior, at the rail in Camp Casey where they will be loaded onto vehicles and transported to the unit’s final training destination.

“We’re excited to get up there,” said Capt. Trevin Terpstra the commander for Charlie Company, 1-5 Cav. “We’ll be the first battalion from Humphreys going up to Rodriguez Range, so we’re excited to be able to tell the next unit what to expect. This is what we’ve been training for.”

(left) Staff Sergeant Connor Sanchez, a Soldier with Bravo Company, 1st Battalion, 5th Cavalry, 2nd Armored Brigade Combat Team ground guides an M1A2 SEP tank onto the rail at Camp Humphreys, Aug. 23. **(top right)** Sergeant Chayce Ford and Pfc. Ryan Giles, Soldiers from Alpha Company, 1st Battalion, 5th Cavalry, 2nd Armored Brigade Combat Team, loosen the tension on the chains in order to dismount the tanks, while Staff Sgt. Rohan Murdock, the noncommissioned officer in charge of the rail operations at Camp Casey. **(bottom right)** Soldiers from Bravo Company, 1st Battalion, 5th Cavalry, 2nd Armored Brigade Combat Team, prep chains for vehicle mount rail.



LEGAL SERVICES



THE MONTHLY JAG

• *My Soldier intends to marry a foreign national. How does he/she complete the international marriage and immigration process?*

International marriage for Soldiers stationed in Korea is a three step process: USFK approval, the marriage itself, and the U.S. Citizenship and Immigration Services application. USFK Regulation 600-240 requires Soldiers to complete certain steps before they may marry a foreign national while stationed in Korea. These steps include a counseling with their battalion commander, a counseling with a chaplain, a counseling with a Legal Assistance Attorney, a background check, and a medical examination. Once a Soldier completes these steps, the packet is submitted through the Soldier's chain of command for legal review and approval from the brigade commander. Command approval must be granted if the Soldier meets the criteria outlined in the regulation.

• *My Soldier's spouse informed the chain of command that he/she is not supporting his/her dependents. What are my obligations as a commander?*

Army Regulation 608-99 obligates Soldiers to financially support family members (spouse and children) from whom they are physically separated. This regulation applies in the absence of a written financial support agreement or a court order for some other amount of support. This issue will typically arise after an IG complaint by a spouse back home or a direct communication to the chain of command. In this situation, the Commander has an obligation to investigate, and should immediately advise the Soldier to visit Legal Assistance. A Legal Assistance Attorney will advise the Soldier of his rights and obligations, and write a memorandum for the commander outlining the monthly obligation. The Soldier will be in compliance with AR 608-99 as long as they can prove that they are paying their monthly obligation. Failure to comply may be punished as a violation of a lawful order. Commanders should avoid getting further involved in divorce or separation issues beyond the AR 608-99 payments, and cannot order Soldiers to pay back-support.

• *My Soldier has a divorce proceeding in Texas that is scheduled before the end of our rotation. How do I help him/her settle his/her legal affairs while supporting mission requirements?*

Returning from Korea for a CONUS court hearing can prove difficult, especially for Soldiers in rotational units. Fortunately, the Servicemember Civil Relief Act (SCRA) allows Soldiers to postpone civil or administrative proceedings for a minimum of 90 days, and longer than 90 days at the judge's discretion. In order to postpone a court proceeding, the Soldier must submit a memorandum from his or her commander to the court. The memorandum will state that the Soldier cannot be released due to mission requirements, as well as the earliest possible date of return. Commanders should advise Soldiers in this situation to visit the Legal Assistance Office. A Legal Assistance Attorney can prepare this memorandum for the Soldier to give to his or her commander.

• *My Soldier was involved in a car accident before rotating to Korea, and now the other driver wants to serve him/her with process through our rear detachment. Can my Soldier be served with a civil complaint through the chain of command?*

Soldiers cannot be served with process for State court proceedings through their chain of command or by mailing the complaint to the unit address. Per Army Regulation 27-40, unless an individual stationed overseas accepts service voluntarily, the party requesting service must be advised to follow the procedures prescribed by the law of the foreign country concerned. This means that, unless the Soldier agrees to accept service by mail or through the chain of command, service must be done in accordance with Korean law, which is a very formal process. The Soldier must be given the opportunity to seek Legal Assistance before making this decision.

• *My spouse just informed my chain of command that I am not making support payments. What do I do?*

Soldiers are required to provide financial support to family members. This support obligation may become an issue when the Soldier is geographically separated from dependents. While most situations can be resolved without command involvement, spouses occasionally submit demands for nonsupport through a Soldiers' chain of command. If this happens, your local Legal Assistance Office can draft a memorandum outlining your support obligations under Army Regulation 609-99. A Soldier must be able to prove to their commander that they are meeting their monthly financial support obligation. Failure to comply can result in a violation of a lawful order from your commander.

**Soldiers, Retirees, Dependents, and
DOD Civilians receive free service at :**

CAMP CASEY

Maude Hall, Room 235

By appointments

Monday : 0930-1200, 1300-1700;

Wednesday : 0930-1200, 1300-1700;

Thursday : 1300-1700

Walk-Ins

Tuesday : 0930-1200; Friday : 0930-1200;

**These services include,
but are not limited to :**

- * Counseling information about family law issues, including international marriage, separation, divorce, financial non-support, child custody, child visitation, child support, paternity, BAH/OHA, and adoption.
- * Estate law, including wills and advanced medical directives
- * Economic matters, such as debt collection and consumer protection.
- * Military administrative issues pertaining to financial liability investigations for property loss (FLIPL) general officer memorandums of reprimand (GO MOR), rights available to service members under the SCRA, bars to reenlistment, and evaluation report appeals.
- * Claims, including Article 139, PCS lost or damaged household goods, or property loss or damages.
- * Tax law issues.
- * Powers of Attorney, Notaries, Affidavits, Letters of Invitations - NO appointment

VEHICLE CREW EVALUATORS TRAINING



Soldiers certified to become vehicle crew operators during a 5-day course led by the 2nd Infantry Division. This “train the trainer” course tests the proficiency of gunnery techniques at the basic, intermediate and advanced levels. During the course, Soldiers are trained to make sure each crew can be properly certified on their gunnery tables.



STORY AND PHOTOS BY
Staff Sgt. Terysa King
21D Sustainment Brigade Public Affairs

CAMP HUMPHREYS

– With the constant threat to the North, the 2nd Infantry Division Sustainment “Champion” Brigade has the responsibility of providing sustainment support to the Korean peninsula. Along with sustainment support, the Champion Brigade also needs to maintain being a highly disciplined and trusted professional force ready to “Fight Tonight.”

From Aug. 21-25, the 21D SBDE participated in a vehicle crew evaluators (VCE) course for the MRAP All-Terrain Vehicle (MATV) to help operators evaluate crews on different gunnery tables. This “train the trainer” course certified more than 25 evaluators from three battalions to make sure the brigade can maintain readiness and test the proficiency of gunnery techniques at the basic, intermediate and advanced levels.

Staff Sergeant George Thurland, a 94E, radio and communications security repairer, with the 194th Combat Sustainment Support Battalion, said the

course was a lot harder than he thought because of the attention to detail.

“The VCE teams are essential for all the gunnery crews being certified. You have to listen and pay attention to what’s going on and make sure there aren’t any deficiencies you missed because that would determine the qualifications of each crew. You have to be cognizant and be aware of what’s going on as an evaluator,” Thurland said.

VCEs must be thoroughly trained on their responsibilities to make sure each crew can be properly certified on their gunnery tables. During the course, Soldiers are trained on element of fire command, crew duties, evaluation standards and the after action review process.

Sergeant First Class James Eden, 21D master gunner, said the course ensures all VCEs are properly trained so they can certify others in their respective units.

“The importance of the VCE program is that we have to effectively evaluate our gun truck crews and our maneuver battalion crews so that we have qualified crews to standard for combat readiness and effectiveness,” Eden said.

Thurland said this training is necessary to carry out the sustainment mission.

“For us in sustainment, I think it’s important for us to know how to grade a gunnery crew because every convoy needs to know how to protect themselves.



MOVE. SHOOT. RECOVER.



Soldiers with 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division pull security while a simulated casualty gets medical aide after receiving enemy fire during a convoy live-fire exercise at Story Range, Paju, Aug. 15.



STORY AND PHOTOS BY
Sgt. Michelle Blesam
210 FA BDE Public Affairs

PAJU – The rain poured heavily on the Soldiers as they moved to and from their vehicles in preparation for their dry fire iteration at Story Range, Paju, Aug. 15.

Soldiers assigned to 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division conducted a convoy live-fire exercise from Aug. 14-18. Throughout the week, each day consisted of a different stage comprising of dry fire, blank fire, live-fire and chemical, biological, radiological and nuclear (CBRN) fire.

“The dry fire sets the ground for the Soldiers and leaders on what safety guideline we need for while we train,” said 1st Lt. Gun Y. Lee, platoon leader and executive officer assigned to 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division.

Throughout each iteration the crews encountered various tactical scenarios that tested their ability to maneuver and communicate during an engagement. These scenarios included reacting to enemy fire, encountering improvised explosive devices (IED), conducting tactical field care while under fire and recovering a downed vehicle.

“So far, this morning we did our convoy pre-brief and we conducted a clearing mission for a patrol that was going to be following on after us,” said Sgt. Jesse P. Willis, squad leader for 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division/ROK-US Combined Division. “We took three of our HMMWVs as gun trucks, and proceeded along the route, and clear multiple enemy engagements and upon completion we returned to base.”

With all things considered, maintaining a clear line of communication while maneuvering to their objective was a crucial part of the training.

“In a convoy live-fire each platoon leader and platoon sergeant is tested on their ability to communicate and move their element to a known objective,”

said Capt. Jarryl A. Jenkins, the commander for 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade/ROK-US Combined Division. “The training really stresses the ability to communicate and control fires at the same time.”

For some of the Soldiers and platoon leaders, this was their first duty station and their first convoy live fire exercise. As the days progressed, so did their skills with the weapons system and their ability to maneuver and execute as a crew. “This is my first duty station and just by their growth, it definitely has shown me ways that I can react in different things that I can grow with,” said 2nd Lt. Katie Orozco, platoon leader for Distribution Platoon, 580th Forward Support Company, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade/ROK-US Combined Division. “My platoon sergeant has six deployments under his belt. He has definitely taught me and I just grab all his experiences along with what I’m experiencing here and put it all in one to try to make different solutions and creative approaches.”



DRAGON LIFT COMBINED MEDEVAC EXERCISE

The 65th Medical Brigade medical surgical team performs surgery on a casualty with a broken arm during the combined/joint MEDEVAC exercise Aug. 30 at Hongcheon.



STORY AND PHOTOS BY
Spc. Sarah Williams
2ID/RUCD Public Affairs

HONGCHEON - Eighth Army, 2nd Infantry Division, 65th Medical Brigade, 19th Expeditionary Sustainment Command, 35th Air Defense Artillery Brigade and designated subordinate commands, worked together in a combined/joint patient evacuation exercise Aug. 30 at Hongcheon to assess ROK/US Health Service Support and medical evacuation capabilities.

Hongcheon was the first point of insurgent for the combined medical evacuation (MEDEVAC) exercise where ROK and US health service support treated and transported the casualties by Ground and Air MEDEVAC from Hongcheon to various locations to include a ROK landing ship tank, Osan Air Base, USAG Humphreys, and Daegu Airbase.

The combined training operations that included the Army, Airforce, Navy and ROK Army was to show the ability to treat, transport, evacuate and take care of patients as soon as possible from the Korean Theater of Operations.

"As a casualty, I feel good, the medics were friendly and informative and I felt comfortable the whole time," said Sgt. Dario Brandt, assigned to 2ID 579th Forward Support Company, who was an acting casualty during the exercise.

"This is very important training because it brings two Armies together to show our capabilities."

ROK and U.S. observers were at each location during the exercise to assess and evaluate this evolution and address any unforeseen requirements as needed.

"We have showed we can take care of Soldiers any way we can and save lives," said Lt. Col. Christopher Perry the 2ID Brigade Surgeon. "We have a medical team behind you ready and trained to fight tonight."



Republic of Korea Army medics transport a US Soldier casualty to a ROK helicopter that then transported the casualty to a ROK landing ship tank Aug. 30 at Hongcheon, during a simulated mass casualty training exercise called "Dragon Lift."

Eats In KOREA



REVIEW BY
Cpl. Wonki Jung
21D/RUCD PUBLIC AFFAIRS



UIJEONGBU - The most prevalent and distinctively Korean dessert in the peninsula is without a doubt bingsu, a bowl of shaved ice traditionally topped with chewy rice cake, sweet red bean paste, crunchy nuts, and milk. Sulbing Cafe, one of the most popular dessert cafes in Korea, is famous for its modern reinterpretation of the traditional delicacy. The interior of the shop is modern and warm. Most tables are designed for groups of two to four people.

Sulbing incorporates non-traditional bingsu ingredients such as aphogato, cheese cake, tiramisu, coffee, chocolate brownies, fruits, yogurt, and green tea. Its bingsu menu includes greentea, chocolate green tea, tiramisu, aphogato, apple mango cheese, blueberry cheese, cheese cake, injulmi (chewy rice cake with sweet bean powder), and red bean paste injulmi bingsu. In addition, it has a separate Premium Season Sulbing menu, which consists of peach sulbing, strawberry cheese melon sulbing, yogurt cheese cake melon, and red bean paste mochi cereal melon binsu. The price of regular sulbing ranges between 8,000 and 11,000 won, while a premium season sulbing costs up to 13,500 won.

Aside from bingsu, Sulbing also serves coffee, latte, and sweet treats one can expect to find at a cafe. Some of these are strawberry yogurt smoothie, honey butter toast, injulmi ice cream, honey citrus tea, green tea latte, and caramel macchiato.

We ordered Blueberry cheese sulbing, which is topped with yogurt ice cream, cheese cake chunks, blueberries, and sweet fruit syrup on shaved ice soaked in milk. The dessert took around 10 minutes to be served as the cafe was packed with other customers. Immediately after I shoveled a spoonful of bingsu into my mouth, the sweet shaved ice melted away within seconds. The sweet and sour berries harmonized well with the soft cheese cake chunks and milk soaked shaved ice. To make nonexistent the remains of the previous bite, I added another spoonful of ice cream and shaved ice to the harmony.

After a hearty meal at PaPa Johns or your favorite beef & leaf spot at Uijeongbu station, surprise your palette by indulging on bingsu at Sulbing, instead of getting the same old plain vanilla ice cream at Baskin Robins 31. Check out the English-menus at <http://en.sulbing.com/online/home/sulbing-dessert-map/>.

Sulbing

Address: 22, Haengbok-ro,
Uijeongbu, Gyeonggi-do
Contact Info: 031-846-7989

For restaurant review suggestions or submissions contact the 21D Division PAO at
usarmy.redcloud.21d.list.pao-editorial-submissions@mail.mil or DSN 732-9132

WARRIOR FITNESS

STRENGTH CONDITIONING : ANSWER TO OUR READINESS



**REVIEWED BY
PAMELA LONG**

Many health benefits for your bones, muscles, tendons and connective tissue are associated with weight training. However, for many of us, lifting weights can be a challenge. Proper lifting to prevent an injury should always be considered throughout your workout routine. If you are not familiar with weight lifting, you could tear or stress a muscle. This type of injury could halt your training before you could really get started.

A great alternative to weight lifting is strength conditioning.

What makes strength conditioning different is that it uses a variety of exercise tubes and your own body weight to reap the benefits of weight lifting without the stress and strain from heavy weights.

I recommend strength conditioning to anyone that has wanted to weight train, but did not know how to get started. Strength conditioning will allow you to increase muscle strength, power and speed and helps you to change your appearance by creating fat loss, which ultimately changes the appearance of your muscles. It is also very easy to design a routine that focuses on your particular conditioning goals.

Many people have seen exercise tubes in fitness classes and in bins and corners on gym floors. These exceptional pieces of equipment often go unused and underappreciated. This is due to the lack of knowledge people have regarding this type of training. A person can work their entire body with exercise tubes and his or her own body weight.

The set up and initial investment in exercise tubes is easy and affordable. Discover the physically rewarding benefits of beginning a strength conditioning program, then check out Part Two next month for a complete strength conditioning workout routine.

Prevent Injuries

Strength conditioning makes your bones, muscles, joints and connective tissue more resistant to acute injuries. Even better, continuously practicing strength conditioning could prevent the chronic aches and pains many live with day to day. Chronic pain associated typically with aging includes shoulder pain, knee pain, back pain, etc. Of course, strength conditioning cannot guarantee freedom from pain, however, regular strength conditioning enhances muscle balance. This is because you are performing the same movement on both sides at the same time.

Anti-Aging effects

As we age, there is a decline in muscle mass and strength. This decline is what leads to chronic aches and pains. By doing a strength conditioning program at least two times a week, you can delay and even reverse the muscle mass and strength loss. People in their 70s and 80s are more fit than when in their 20s and 30s because of strength conditioning and weight bearing exercises. Strength conditioning can be done throughout your life. It does not have a life expectancy like some exercises such as running, racquet ball, etc.

Better Bones

As we age, our bones lose their density. This makes them more brittle and susceptible to breaking. Strength conditioning is a great workout to combat bone density. This is also true of weight bearing exercises. By performing these styles of exercises, you give your bone a type of mineral nourishment that strengthens it and reverses the signs of your bone aging. Strength conditioning and weight bearing exercises are some of the best ways to slow or halt the normal loss of bone density we encounter from aging.

Affordable and portable

Once you decide to begin a strength conditioning workout, your next step is investing in the proper exercise tubes. A variety of exercise tubes allow you to create a workout with various degrees of resistance. Remember, resistance cannot be measured. When you weight train you know you are lifting five pounds because the weight tells you. Resistance tubes increase their resistance as they are stretch. This is why you should have exercise tubes of different weights. As you stretch the tube you increase the resistance and strengthen your muscle and bone, but not bulk the muscle. Thinner, medium and heavy resistance tubes should be purchased and become a part of your new strength conditioning equipment.

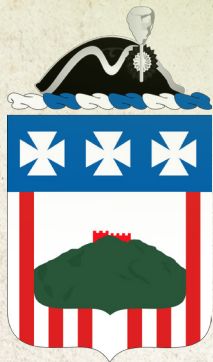
Many of these tubes range in price from \$5 to \$25. You could create a total body system for less than \$100. Another popular feature of exercise tubes for strength conditioning is their portability. You can have an entire gym in a small bag that can go with you anywhere. If you travel, prefer working at home or use a private corner at your current gym, you can pull out your exercise tubes and take up almost no space.

Ready to begin

Now that you have learned the benefits of strength conditioning, the next step is to learn proper form and technique. This allows you to perform a workout routine that is safe, effective and perfect for you. Next month's article will focus on building your routine.



2ND BATTALION 3RD INFANTRY REGIMENT



Coat of Arms



Crest

CONSTITUTION OF 2ND BATTALION 3RD INFANTRY REGIMENT

The 2nd Battalion, 3rd Infantry Regiment traces its lineage to when it was first constituted on 3 June 1784 as a company of the First American Regiment and organized on by September 1784 in Pennsylvania or New Jersey. The unit was redesignated on 29 September 1789 as a company of the Regiment of Infantry, on 3 March 1791 as a company of the 1st Infantry, in 1792 as a company of the Infantry of the 1st Sub-Legion, and lastly on 31 October 1796 as a company of the 1st Infantry.

HISTORY/2ID RELATIONSHIP

The 3rd Infantry Regiment was assigned on 24 March 1923 to the 7th Division. It was relieved on 15 August 1927 from assignment to the 7th Division and assigned to the 6th Division. It was relieved on 1 October 1933 from assignment to the 6th Division and reassigned back to the 7th Division. It was relieved 10 May 1941 from assignment to the 6th Division and inactivated on 1 June 1941 at Fort Leonard Wood, Missouri. The unit was reactivated on 14 February 1942 in Newfoundland and inactivated on 20 November 1946 in Germany.

The unit was reactivated 6 April 1948 at Fort Myer, Virginia. On 1 July 1957, B Company was reorganized and redesignated as Headquarters and Headquarters Company, 2nd Battle Group, 3rd Infantry. On 1 June 1966, 2nd Battalion, 3rd Infantry Regiment was activated for the first time at Fort Benning, Georgia. On 1 June 1966, 2-3rd Infantry was assigned to the 199th Light Infantry Brigade and deployed to Vietnam. The 2nd Battalion, 3rd Infantry was inactivated on 15 October 1970 at Fort Benning, Georgia.

On 15 March 2001, 2-3rd Infantry was reactivated with a new generation of Soldiers as a part of the 3rd Stryker Brigade Combat Team, 2nd Infantry Division at Fort Lewis, Washington. 2-3rd Infantry operated at forefront of Army Transformation, as the lead battalion in the interim brigade combat team concept. At the time its total authorized strength was 691 personnel.

2017년 9월

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인디언헤드

INDIANHEAD KOREAN EDITION

[HTTP://WWW.2ID.KOREA.ARMY.MIL/KOREAN-SITE](http://www.2id.korea.army.mil/korean-site)

[WWW.ISSUU.COM/SECONDID](http://www.issuu.com/secondid)

2017년 9월 간추린 뉴스

매달 영문판에는 들어가지만 한글판에는 들어가지 않는 기사들을 보면서 아깝다는 생각을 했습니다. 그래서 만들었습니다! 간추린 뉴스! 한글판에는 넣지 않았지만, 영문판에 실린 기사들을 사진으로 정리하는 지면입니다.



8월 10일, 캠프레드클라우드 극장에서 여성 평등의 날을 기념해 소장 태미 스미스(Maj. Gen. Tammy Smith)가 여성의 권리에 관한 연설문을 발표하고 있다.

<사진 _ 상병 윌리엄스 / 제2보병사단 공보처>



8월 23일, 캠프보니파스에서 근무하는 UNSCB-JSA의 장병들이 조지아 레인지, 워리어 베이스에서 실사격 훈련을 진행했다.

<사진 _ 병장 타니샤 칸 / 제2보병사단 공보처>



제2보병사단 공보처 병장 타니샤 칸이 캠프 레드클라우드 CAC(Community Activity Center)에서 늘 쾌활하고 즐겁게 근무하는 제리 스탠치크(Jerry Stanchik)와 인터뷰를 진행했다.

<사진 _ 상병 정원기 / 제2보병사단 공보처>



• Think Twice! 한 번 더 생각하고 행동하십시오!

• 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.

이달의 사진



이달의 사진: 8월 16일 포천시 다목적 사격장에서 576 폭발물제거중대와 158 공병대대 소속 한국군(ROK counterpart)이 함께 폭발물 훈련을 진행했다. 사진은 폭발물을 제조하는 법을 배우고 있는 장병들의 모습이다.

<사진 _ 제 2 전투항공여단 공보처 사진 제공>

표지 사진: 8월 30일 국군홍천병원에서 미8군과 예하부대 장병들이 한미 의무 지원 능력과 환자 후송 능력을 평가하기 위해 합동 환자 후송 훈련을 진행했다.

<사진 _ 상병 윌리엄스 / 제2보병사단 공보처>

인디언헤드 한글판 스태프

제2 보병사단장
소장 D. 스콧 매킨
한국군지원단 지역대장
중령 이일수
공보참모
중령 주넬 R. 제프리
공보행정관
상사 캐빈 도레니
공보관
김현석
편집장
일병 김연요
기자
상병 정원기
사진 전문가
박진우
글꼴 배포처

아리마체 : AMOREPACIFIC

함초문체 : 한글과컴퓨터

인디언헤드 한글판은 미 제2보병사단 카투사들을 위해 공보처에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다.

인디언헤드는 일성 인쇄소에서 월간지로 발행됩니다.

취재 요청은

1-38대대 580전방지원중대 호송실사격훈련을 실시하다.



사진: 8월 17일 파주 스토리 사격장에서 210 포병여단 1-38 대대 580 전방지원중대 장병들이 호송 실사격 훈련을 진행하는 중 부상자가 응급 치료를 받는동안 전방을 주시하며 엄호를 하는 시뮬레이션을 진행 중이다. 580 전방지원중대는 8월 14일부터 17일까지 전략적인 호송 작전을 실행해내고 준비성을 키우기 위해 호송 실사격 훈련을 실시하였다.

<사진_ 병장 미셀 블레섬 / 210포병여단 공보처>

대한민국 파주 - 8월 15일, 파주 스토리 사격장(Story Range)에서 장병들이 차량에서 타고 내리며 예비 사격 연습을 진행하는 동안 빗방울이 계속 떨어졌다.

제2보병사단/한미연합사단, 210 포병여단, 1-38대대, 580 전방지원 중대 소속의 병사들은 8월 14일부터 18일까지 호송 실사격 훈련(Convoy Live Fire Exercise)을 실시했다.

일주일동안, 매일 예비 사격 연습, 공포탄 사격, 실사격, 화생방 사격으로 이루어진 단계로 구성되었다.

580 중대 소대장이자 보좌관인 군 이 중위는 “예비 사격 훈련은 우리가 훈련하는 동안 우리가 필요로 하는 안전지침에 대한 군인과 지도자들의 토대를 제공한다.”고 말했다.

매 회마다 중대원들은 기동하고 소통하는 능력을 시험한 다양한 전술적인 시나리오와 접하게 되었다. 이런 시나리오는 적군의 사격에 대응하는 것, 즉석 폭발 장치(IED)와 대응하는 것, 적이 사격하는 상황에서 차량을 회수하고 전술적인 야전 작전을 짜는 것을 포함한다.

580중대의 분대장인 제시 P. 윌리스 병장(Sgt. Jesse P. Willis)은 “지금까지, 우리는 오늘 아침 호송전 교육과 뒤따라갈 순찰 임무를 수행했다. 우리는 3대의 험비에 무기를 실었고, 길을 따라 다수의 적의 교전을 끝냈으며 완료되자마자 기지로 돌아왔습니다.”

며 “모든 것을 고려하여 의사소통을 하면서 명확한 의사 소통을 유지하면서 목표를 달성하는 것이 교육의 중요한 부분이었습니다.”고 말했다.

580중대장인 제릴 A. 켄킨스 대위(Cpt. Jarryl A. Jenkins)는 “호송 실사격 훈련에서는 각 소대장과 소대하사관이 의사 소통능력을 확인하고 그들의 목표를 달성하기 위해 소대원들을 움직일 수 있어야합니다. 훈련은 사격을 제어하고 통제하는 능력과 동시에 소통하는 능력을 강조합니다.”고 말했다.

몇몇 병사들과 소대장들에게는 이번이 첫 복무지였고, 첫 호송 실사격 훈련이었다. 하루 하루가 지날수록, 그들의 무기를 다루는 능력과 중대원으로서 움직이고 실행하는 능력 또한 발전했다.

580중대 ‘Distribution’소대의 소대장인 케이티 오로즈코 중위(2nd Lt. Katie Orozco)는 “이번이 첫 복무지고 이곳의 성장과정을 보면, 성장에 따라 반응하며 내가 성장할 수 있는 다양한 방식을 보여주었습니다. 우리 소대의 소대장은 여섯 번의 파병경험이 있습니다. 그는 제게 많은 것을 가르쳐 주었고, 저는 여기서 경험한 것과 그의 경험을 쌓아 제가 다양한 해결책과 창조적인 접근법을 시도하려고 노력하고 있습니다.”고 말했다.



사진: 8월 17일, 파주 스토리 사격장에서 580중대에 배치받은 권순환 일병이 호송 실사격 훈련 중 M114로 무장된 험비에서 M240B를 쏘고 있다.

<사진_ 병장 미셀 블레섬 / 210포병여단 공보처>

<기사_ 병장 미셀 블레섬 / 210포병여단 공보처>
<번역_ 일병 김연요 / 제2보병사단 공보처>

한국의 먹거리 소개

한반도에 가장 널리 퍼져있는 한국의 디저트는 의심할 여지없이 얼음을 갈아서, 전통적인 쫄깃한 떡, 달콤한 팥, 바삭바삭한 견과류와 우유로 토핑한 팔빙수입니다. 한국에서 가장 인기있는 디저트 카페인 '설빙'은 팔빙수를 현대적으로 재해석한 전통적인 맛과 정교함으로 유명합니다. 가게 내부는 현대적이고 정갈합니다. 대부분의 테이블은 두명에서 네명이 함께 할 수 있도록 되어 있습니다.

'설빙'은 아포가토, 치즈 케이크, 티라미수, 커피, 초콜릿 브라우니, 과일, 요거트, 녹차와 같이 비전통적인 빙수 재료를 사용합니다. 빙수 메뉴 또한 다양한데, 녹차, 초콜릿 녹차, 티라미수, 아포가토, 애플 망고 치즈, 블루베리 치즈, 치즈 케이크, 인절미, 팥 인절미 빙수 등 다양한 메뉴들이 있습니다. 또, 프리미엄 시즌 설빙 메뉴가 따로 있는데, 이것은 복숭아 설빙, 딸기 치즈 멜론 설빙, 요거트 치즈 케이크 멜론, 팥모찌 시리얼 멜론 빙수로 구성되어 있습니다. '설빙'의 빙수들은 보통 8천원에서 만천원 사이의 가격대이며 프리미엄 시즌 설빙은 13,500원까지 있습니다.



팔빙수 외에도 '설빙'은 카페에서 찾을 수 있는 커피, 라떼 및 달콤한 간식거리도 제공합니다. 딸기 요거트 스무디, 허니버터 토스트, 인절미 아이스크림, 꿀 감귤차, 녹차라떼와 카라멜 마끼아토가 이 중 일부입니다.

우리는 요거트 아이스크림, 조각 치즈케이크, 블루베리와 달콤한 과일 시럽을 우유로 적신 블루베리 치즈 설빙을 주문했습니다. 다른 손님들도 많았기 때문에 나오기까지 약 10분이 걸렸습니다. 제가 한 스푼의 빙수를 입에 넣은 직후, 달콤한 얼음이 곧 바로 녹아버렸습니다. 달콤하고 신맛나는 블루베리가 부드러운 치즈케이크 덩어리와 너무 잘 어울렸습니다.

의정부역 근처 파파존스 피자나 여러분이 가장 좋아하시는 소고기와 찜장 음식점에서 풍성한 식사 후에, 베스킨라빈스 31에서 매번 먹는 평범한 바닐라 아이스크림을 먹는 대신 '설빙'에서 빙수에 풍덩 빠져보시면 깜짝 놀라실 겁니다.

<기사 및 사진 - 상병 정원기 / 제2보병사단 공보처>
<번역 - 일병 김연요 / 제2보병사단 공보처>



1-5 기병대대 대규모 철로 작업을 (Railhead Operation) 진행하다



대한민국 캠프 케이시 - 8월 말의 열기와 빗방울도 제2전투여단 1-5 기병대대의 병사들이 철로 작업(Railhead Operation)과 작전 준비태세를 갖추는 것을 막을 수 없었다.

9월에 시작해서 10월 중순에 끝나는 실사격 훈련에 앞서, 8월 23일부터 30일까지 1-5 기병대대 "Black Knight" 병사들이 철로 작업을 위한 차량들을 준비했다.

철로 작업을 위한 차량 준비는 훈련 기간에 사용할 장비들이 준비가 되어있는지 확인하기 위해 예방 차원의 유지 보수 점검 및 대대 모터풀에서 하는 체크를 포함하는 긴 과정이다.

1-5 기병대대 본부중대의 박격포병, 페드로 빌레가스 병장 (Sgt. Pedro Villegas)는 "우리는 이전에 사용해보지 않은 장비들을 다루게 되는 어려움에 직면해 있습니다. 그래서 차량을 유지 보수 점검하는 작업과 해체 후 조립하는 과정 모두 저희의 일입니다."고 말했다.

철로 작업은 차량들을 캠프 험프리스의 철도에서 싣고 캠프 케이시에서 내리는 며칠간 진행되는 작업이다. 이 과정은 제2전투여단의 이동 담당 칼라 스미스 준위(CW2. Karla Smith)가 감독한다.

칼라 준위는 "이 과정은 많은 계획과 조정이 필요합니다. 저는 유닛과 협력하여 그들이 수송하고자 하는 차량을 파악한 후 험프리스의 138 이동 통제 팀(Movement Control Team)에 가서 케이시의 662 이동 통제 팀에서 끝이 납니다."고 했다.

험프리스와 케이시의 두 이동 통제팀은 한국인들과 함께 일하는 병사들의 연락관 역할을 할 뿐만 아니라 안전 교육과 지침을 제공한다.

138 이동 통제팀의 운송 매니저인 테스트니 고메즈 일병(Pvt. First Class)은 "우리는 장비의 움직임을 조정하기 위해 한국 측 담당자와 긴밀하게 협력합니다. 우리는 철도를 관리하고 차량이 아무런 문제 없이 필요한 곳으로 이동하는지 확인합니다."고 말했다.

철로 작업은 훈련을 위해 캠프 험프리스에서 캠프 케이시로 과정을 간 첫번째 대대인 1-5 기병대대의 70일동안의 실사격 훈련을 시작하는 첫 단계이자 가장 중요한 단계입니다.

빌레가스 병장은 "실사격 훈련이 2개월이 조금 넘어가기 때문에 대대원들은 해병대 병사들과 교차 훈련을 진행해 볼 수 있을 뿐만 아니라 장비를 광범위하게 사용하여 훈련할 수 있는 기회를 가지게 될 것이다"고 말했다.

"이는 새로운 병사들이 실제 환경에서 장비를 이용해 훈련할 수 있는 좋은 기회입니다."

캠프 험프리스에서 철로 작업이 완료된 후, 1-5 기병대대의 병사들은 전날 운반된 차량을 캠프 케이시 철도에서 내리는 작업을 했다. 내린 차량들은 다시 적재되어 유닛의 최종 훈련 목적지로 이송된다.

1-5 기병대대, 찰리 중대의 중대장인 트레빈 텡스트라 대위(Cpt. Trevin Terpstra)는 "우리는 도착하게 되어 기쁩니다. 험프리스에서 로드리게스 훈련장으로 가게 되는 첫번째 대대가 될 것이므로 다음 부대에게 무엇을 기대하고 맞이하게 될지 알려주게 되어 기쁩니다. 이것이 우리가 본 훈련을 한 이유입니다."고 말했다.

인디언헤드가 만난 사람들

"나의 매력포인트는?"



미2사단 본부대대 본부지원중대
의전실 일반행정병 일병 김갑현

항상 자존감이 좀 낮았던 편이라서 제 자신에 대해서 생각을 많이 안해봤지만 신나게도 군입대를 하고나서 조금씩 제 매력을 찾아가고 있는 것 같습니다. 가장 자부심을 느끼는 건 아무래도 운동인 것 같습니다. 운동을 코치나 선생으로부터 배운 적 없고 호기심에 유튜브 영상을 찾아보며 혼자서 연습했던 것이 전부였기 때문입니다. 그렇게 2년간의 운동이 군대에서 조금씩 인정을 받으니까 자존감도 높아지는 것 같습니다. 무슨 인내심이 있었는지는 기억이 잘 안나지만 고3부터 입대전까지 그냥 시간날 때마다 주구장창 연습 또 연습을 했습니다. 지금 생각해보면 생각없이? 한 가지에 집중하고 포기하지 않는 것이 제 매력포인트 중 하나인 것 같습니다.



미2사단 본부대대 본부지원중대
인사과 일반행정병 일병 박민규

제 매력은 눈으로 확인하기는 힘든 것 같습니다. 오히려 눈을 감는 것이 제 매력을 찾는 데엔 더 좋을 것 같습니다. 눈으로는 볼 수 없는 제 목소리가 제 매력같은 매력 포인트라고 생각합니다. 베이스가 밴드에서 중요한 역할을 하듯, 제 굵은 목소리는 제 정체성에 많은 부분을 차지한다고 생각합니다. 그리고 다행히 몇 되지 않는 제 자랑스러워하는 장점이기도 합니다. 비록 얼굴은 멋진 가수처럼 잘생기진 않았지만, 처음 노래방에 갔을 때 많은 친구들(이성 포함) 놀래켰었습니다. 이 장점을 살려 피아노를 치며 노래 부를 생각도 해봤었습니다. 하지만, 피아노도 못 치고 고음도 안 올라가는 제 자신을 보면서 패이었습니다. 앞으로 첫 도입부에 사람들을 놀라게는 정도로 노래만 하려고 합니다.



미2사단 본부대대 본부지원중대
군중참모부 일반행정병 일병 류상훈

굳이 저의 매력 포인트를 꼽으라면 그건 아마도 생각지 못한 은근함일 것 같습니다. 저는 사람이 그렇게 외향적이고 적극적인 사람이 아니라서 처음 보는 사람이나 친하지 않은 사람들과 쉽게 어울리지 못하는 편입니다. 그리고 외모도 그다지 착하게 생기거나 하지 않아 사람들이 '저 친구는 무서운 친구일 거야, 혹은 '저 친구는 좀 다가가기 힘들거 같아'하고 첫 인상을 굳혀곤 한다고 합니다. 하지만 조금이라도 가까워지고 친해지면 그 첫 인상이 틀렸음을 알 수 있습니다. 얘기를 해보면 생각했던 것 보다 더 즐겁게 얘기를 나눌 수 있고 함께 놀아보면 정말 즐겁게 시간을 보낼 수 있습니다. 생각했던 것 보다 은근히 더 팬클럽의 사람이구나를 함께 시간을 보내면서 느낄 수 있을 겁니다.



미2사단 본부대대 본부지원중대
중대본부 일반행정병 일병 이규진

제가 생각하는 저의 매력포인트는 긍정적인 마인드라고 생각합니다. 최근에 제게 있었던 일을 예로 들어보겠습니다. 힘든 훈련병 생활을 마치고 차대 배치를 받은 후 차대에서 미군과 생활함에 있어 영어가 잘 들리지 않았습니다. 하지만 직접 미군들과 부딪히면서 생활하면 괜찮아 질 것이라는 긍정적인 마인드를 가지고 생활하다보니 현재는 처음 차대에 올때보다 많이 개선되었습니다. 이와 같이 어떠한 상황에서도 긍정적인 마인드를 가지고 극복하려 하는 것이 저의 매력 포인트입니다.



병장 우혁준

미2사단 본부대대 본부지원중대
Team 3 선임병장

인- 자기 소개를 부탁드립니다

우- 단결! 안녕하세요! 미2사단 본부대대 본부지원중대 선임병장을 맡고 있는 우혁준 병장입니다. 1996년 10월 17일에 태어나 22살입니다. 선임병장이 되기 전에는 미2사단 본부대대 비서실에서 일을 했습니다.

인- 군생활을 하면서 가장 잊혀지지 않는 에피소드는?

우- 선임병장이 되기 전 미2사단 본부대대 비서실에서 일했을 때 Division Ball을 준비했던 게 가장 기억에 남습니다. Division Ball은 미2사단의 탄생을 기념하기 위해 만든 기념일입니다. 이 행사를 준비하기 위해 Protocol에 소속된 카투사들과 미군들이 늦은 저녁까지 함께 야근했던 기억이 있습니다. 힘들고 피곤했지만 지금 생각해보면 정말 재미있던 추억으로 남은 것 같습니다.

인- 기억에 남는 미군이 있다면?

우- 에릭 암스트롱이라는 미군 하사가 기억에 남습니다. 암스트롱 하사는 미2사단 비서실에서 일하던 (전) 선임 부사관이었습니다. 암스트롱 하사가 가장 기억에 남는 이유는 그의 성실함 때문인 것 같습니다. 부서 특성상 불규칙한 업무시간과 잦은 야근에도 불구하고 암스트롱 하사는 모든 일을 원리원칙대로 진행했습니다. 덕분에 그 아래서 일하던 카투사들과 미군들은 훨씬 쉬어갔습니다. 하지만 그로 인해 부서 사람들과 더욱 친해진 것 같아서 좋게 기억됩니다.



인- 차대배치후 가장 긴장했던 순간은?

우- 2016년 여름 UFG 훈련으로 인해 미2사단 참모진을 따라서 포천으로 파견을 갔던 때가 기억에 남습니다. 카투사를 한명만 데려가기로 되어있어서 혼자 따라가게 되었는데 주변에 계급이 높은 장교분들이 많아서 매우 긴장했습니다. 미군과 한국군 사이에 통역 업무에서도 실수를 하지 않으려고 많이 노력했던 게 기억에 남습니다.

인- 부대에서 자신의 외모순위는?

우- 부대 내에서 외모 순위는 상위권으로 올라가 힘들었지만 중대내에서는 얼굴 대표 김상우 상병을 제외하면 나쁘지 않을 것 같습니다 ㅎㅎ

인- 하루동안 대대 주임원사가 될수 있다면 무엇을 할것인가?

우- 옆에 있는 경민대학교와 학생들과 카투사들의 영어교류 프로그램을 만들 것입니다. 대학생들에게 미군부대를 소개하며 주한미군에 대한 긍정적인 인식을 심어주고 카투사들에게도 자기계발을 할 수 있는 기회를 주고 싶습니다.

인- 전역후의 계획은?

우- 전역 후에는 누나가 유학하고 있는 영국에 다녀올 계획입니다. 미군부대에서 배운 (수준급) 영어로 영국친구들에게 다가갈 생각입니다. 가서 친구들도 보고 민간인으로 적응할 시간을 가질 생각입니다.

인- 중대원들에게 한마디 부탁드립니다.

우- 군생활 즐기면 빨리 갑니다. 세련투너 파이트 투나잇~

인디언헤드는 사랑을 싣고♥♥♥



이번 호의 주인공은 본부대대 본부지원 중대 조상훈군입니다.

이번 호 '인만사'의 주인공은
본부대대 본부지원 중대입니다.

자신의 중대원들의 이야기를 담고 싶으신 분들은 **자유롭게** 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다!

To 상훈

안녕 오빠! 오빠 여자친구 유정이야ㅎㅎ 훈련소 때 이후로 오랜만에 이런 편지를 써보는 것 같아. 매일 잘 지내고 있지? 나는 오빠가 안 아팠으면 좋겠고, 자기 일을 정말 열심히 하는 사람이었으면 했는데 가끔 외출받아서 연락하는것들 어보면 그러고 있는것 같아서 너무 다행이라고 생각해. 이제 곧 있으면 우리 1년이 다 되어 가는데 정말 행복하면서도 힘들게 온 시간인 것 같아. 다사다난하기도 했고 정말 많은 일들이 있었지만, 앞으로도 잘 부탁해 우리가 롱디에다가 오빠가 군대에 가 있어서 다른 어느 커플들보다 많은 인내가 필요한것 같아. 보고 싶어도 자주 못보고 그러지만 몸이 떨어져 있다고 마음까지 멀어지는 것은 아니니까 우리 좀만 더 참아봐요. 내가 전에 오빠 병원갔었을 때 잠깐 가서 말했었지만, 진짜 내가 오빠한테 정말 너무 미안하고 고마워. 내가 성격이 좀 썩 편이잖아. 많이 불안해하기도 하고 외로움도 잘 타고. 근데 그렇지 않게 해주려고 노력해주는 오빠 모습에 정말 많은 힘을 얻곤 해. 연락할 수 있을 때 마다 해주려고 하고, 내가 하지 않았으면 좋겠다고 하는것은 웬만하면 안하려고 해주고. 그런 오빠 모습 보면서 오빠가 나한테 손을 먼저 내밀어줘서 고맙다는 생각을 정말 많이 해. 너무 너무너무 고맙구! 내가 진짜 많이 사랑해

From 유정

To 사랑하는 유정에게

유정아, 뭔가 이런 글을 쓰는게 약간 부끄럽지만 용기 내서 한번 써본다! 우리가 사귀지 벌써 320일이 됐다. 그때 내가 입대하기 한달 전, 너가 외국 대학교에 있었을 때 엄청없이 고백했는데 너가 다행히도 받아줘서 지금까지도 이쁜 사랑을 할 수 있었고 너무 다행이라고 생각해. 우리가 처음부터 장거리였고 너가 한국에 방학동안 잠시 왔었을때 내가 훈련병 생활중이다보니 우리 첫 데이트를 생각해보니깐 사귀지 200일이 넘어서 했는데 그런 어쩔 수 없는 상황도 이해해주는 널 보고 진짜 다행이라고 생각해요. 우리 지금까지 300일동안 만난 횃수는 얼마 안됐지만, 나 전역할때까지 1년 가까이 남았고 그때까지 우리가 보는 횃수도 많이 제한되니깐...앞으로 많이 힘들수도 있어요. 하지만 나 복학하면 남부럽지 않은 그런 커플이 되게 내가 많이 노력해줄게요. 주변사람들이 우리들을 보면서 부러워하는 그런 연애 하자 우리. 내가 그동안 군인이라 제대로 못챙겨줘서 미안하지만, 오빠가 많이 보고싶어하고 사랑하는 마음은 여전하다는 것을 알아줘서 너무 고마워요. 사랑해!

From 곰신 오빠

한미 문화 교류 애국일 Patriot Day

2001년 9월 11일 오전 8시 45분, 92명의 승객을 태운 항공기 AA11편이 뉴욕 맨해튼 중심의 세계무역센터(World Trade Center) 북쪽 건물과 충돌했고, 30분도 채 지나지 않아 또 다른 항공기가 그 남쪽 건물과 충돌했다. 이는 이슬람 극단주의 테러단체에 의해 동시다발적으로 이루어진 항공기 납치/ 자살 테러였다. 이 사건은 수많은 희생자를 낳았고 미국 뿐만 아니라 전 세계가 슬픔에 빠지게 한 비극적인 참사였다.

그 이후로 미국에서는 9월 11일이 되면 희생자들을 위한 추모식을 진행했고, 2014년에 버락 오바마 전 미합중국 대통령이 9월 11일을 애국일(Patriot Day) 또는, 국가 봉사과 추모의 날(National Day of Service and Remembrance)로 정식 지정을 했다. 이 날은 4월에 있는 Patriots' Day(애국 기념일)와는 다른 날이며, 공휴일은 아니지만 9/11 테러의 희생자들과 유가족들을 기리는 날이다.

당일은 돌아가신 분들을 위해 국기를 계양할 때 half-staff로 절반만 계양한다. 시민들은 오전 8시 46분이 되면 추모의 시간을 가지고 각종 마을 봉사에 참여하기도 한다. 무너진 세계 무역센터가 있던 자리에 새롭게 세계무역센터가 세워졌는데 애국일이 되면 이 건물 옆에 Tribute in Light라는 조명을 밝혀 희생자들을 추모한다.

