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Warrior Strike VIII



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(Above) Specialist Reginald Johnson assigned to 1st Battalion, 9th Cavalry Regiment, impressed the crowd with his take on the K-pop song Jin Jin Jara during the K-pop contest at the Camp Red Cloud Theater, Sept. 21. (Photo by Spc. Sarah Williams, 2ID/RUCD Public Affairs)

(Cover) Soldiers from 1st Battalion, 5th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division, prepare to clear a building in a simulated environment compromised by chemical agents. (Photo by Chin-U Pak, 2ID/RUCD Public Affairs)

LEGACY PAGE

INDIANHEAD

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OCTOBER 14, 1984 ——

The 8th Bn, 8th FA and the 19th Aviation Bn teamed up recently to conduct an air mobile exercise called Wings of Steel '84.

The exercise lifted the Automatic Eighth's firing batteries as well as the battalion command and control element. The guns and personnel were lifted by the 213th and 271st Aviation Companies as the Chinooks dropped off each M198, 155mm howitzer of the 8th FA.

Wings of Steel '84 demonstrated the ability of the 8th FA to keep up with 2nd Division's light infantry battalions in airmobile operations.

Wings of Steel' tests deployability

The morning calm near iver on the Han is destroye the screaming rotor blade of six CH-47C helicopters, as the 8th Bn, 8th FA and the 19th Aviation Bn teamed up recently to conduct an air-mobile excercise called Wings

mobile excercise called Wings of Steel '84. The excercise lifted the Automatic Eighth's firing batteries as well as the battalion command and control element. The guns and personnel were lifted by the 215th and 27 at the Common the





- OCTOBER 31, 1984

The Republic of Korea Army's 26th Infantry Division and the United States Army's 2nd Infantry Division recently celebrated the second anniversary of their affiliation as Brothers in Arms. The event was observed with an Affiliation Day ceremony at a ROK Army compound.

The ceremony included a pass in review, salutes to the colors of both nations, and martial arts demonstrations which were performed by ROK Soldiers.

CHAPLAIN'S CORNER

BE STILL...



It is hard to slow down or even stop our life when we are very busy, isn't it? You might have heard about Newton's first law of motion often called "the law of inertia." According to the law, there is a natural tendency of objects to continue doing what they're doing unless they are stopped by an outside force. All objects also resist changes in their state of motion. This is very true to our physical and spiritual life. As Soldiers, we keep pushing ourselves and others to keep up with a super-fast OPTEMPO. We need to do that sometimes as professionals, but not all the time, especially when we are overwhelmed or doing the same thing over and over again expecting different results. We need to take a moment to breathe and take a tactical pause. What would happen if we didn't?

Going back to Newton's first law, we will more and more rely on what we are used to: environment, stress coping skills, work habits, spiritual discipline, leadership, people, etc. If they are all good and working, we will be all right. If there are, however, some flaws with them, we will be more vulnerable. We will react more than respond to people and situations. We may be stopped by certain people, situations, or a law eventually. It is like an unbalanced wheel of a car. At low speed, our car may still be safe to drive. But we will be at great risk at high speed if we keep driving. When people were overwhelmed and under great stress



and anxiety in the Bible, God said to them, "Be still, and know that I am God" (Psalm 46:10a). We sometimes need to be still in the midst of our business to check out the balance of our life, career, relationships with God and others, even our work and mission. As we approach the end of the year and Korean and U.S. holiday season, I pray that we all have more opportunities to be still.



BEST MEDIC COMPETITION



st Place Winners: Cpt. Brian Calandra and Spc. Juan Villegas of the 2nd Armored Brigade Combat Team, 1st Cavalry Division (2ID/RUCD Rotational Unit)



nd Place Winners: Sgt. Andrew Faeth and Sgt. Matthew Dougherty of the 2nd Combat Aviation Brigade, 2nd Infantry Division/ROK-U.S. Combined Division









LEGAL SERVICES



THE MONTHLY JAG

• I married a non-U.S. citizen, but my DEROS is approaching. What do I need to know about the U.S. Citizenship and Immigration Services (USCIS) application process?

The immigration process can be simple and straightforward, provided the applicant has all the right paperwork in order. Before departing Korea, the Servicemember must fill out a Form I-130, Petition for Alien Relative. This 12-page document can be found on the USCIS website. Once the I-130 is complete, the Servicemember must schedule an appointment with the Department of Homeland Security via https://my.uscis.gov/appointment. The appointment will be at the U.S. Embassy in Seoul, and the Servicemember must be present for the initial interview with their spouse. The Servicemember must bring proof of U.S. citizenship, an affidavit of support (including a W-2 and tax return from the previous year), a marriage certificate, and other evidence to show that the relationship is legitimate. The burden is on the Servicemember to prove the marriage is bona fide. Once the I-130 is filed and the initial interview is complete, the Servicemember's presence is no longer required. The Department of State will schedule a follow-up interview with the beneficiary, your spouse, and your spouse may need to complete some additional paperwork to complete the immigration process. If you depart Korea before the process is complete, leave a copy of the affidavit of support with your spouse.

• I just got married. What steps do I need to take in order to legally change my name?

Servicemembers who adopt their spouses name must take several steps to legally change their name. The three most important entities to notify are the Social Security Administration, the Department of Motor Vehicles, and DEERS. First, the Servicemember must notify the Social Security Administration and request a new Social Security Card. Failing to do so can result in adverse effects, including rejected tax returns. Second, the Servicemember will need to contact their state's Department of Motor Vehicles and request a new driver's license (if applicable). Finally, the Servicemember's name will need to be updated with the military through DEERS. To accomplish these steps, the Servicemember will need an original copy of the marriage certificate. There are other entities that the Servicemember should notify, such as their bank or the embassy to get a new passport, but the above three are mandatory and should be notified as soon as possible.

• What is the difference between my home of record and my state of legal residence?

Every U.S. citizen has a state of legal residence. When you are born you adopt your parent's state of legal residence. Your state of legal residence does not change from duty station to duty station, and will remain the same until you abandon your state of legal residence and establish a new one. To establish a new state of legal residence, you must be physically present in the state and intend to permanently remain there. The second part of the test is subjective, but can be proven by certain actions, such as registering to vote, getting a new driver's license, purchasing real estate, registering your car, or paying state and local taxes. You cannot change your state of legal residence from Korea, and if you do not take the proper steps your former state may come after you years later for unpaid taxes. Home of record, on the other hand, is an accounting term used by the military to determine certain military benefits. It is usually the state you were in at the time you joined the military, and will not necessarily be your state of legal residence.

• My commander handed me a statement of charges for damage to a government vehicle that I was driving. How do I dispute the charges?

If you are accused of losing, damaging, or destroying government property, you can either accept the charges and pay for the damages or dispute the charges. If you dispute the charges, the government will be required to conduct a Financial Liability Investigation of Property Loss (FLIPL). If the financial liability officer recommends liability after completing the investigation, you will be given seven days to respond. Before finding liability, however, there are certain factors that the government must prove. These factors are based on legal standards that investigating officers frequently struggle to establish. A Legal Assistance Attorney can help you counter the FLIPL on these grounds or on procedural grounds if the government failed to follow the right steps.

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, separaion, divorce, financial non-support, child custody, child visitation, child support, paternity, BAH/OHA, and adoption.
- * Estate law, invluding 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 (GOMOR), 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



WARRIOR STRIKE EXCERCIS





 $R_{
m tainous}^{
m ODRIGUEZ}$ LIVE FIRE COMPLEX – Amidst the slopes of the mountainous, almost 4,000-acre training complex, Soldiers in full gear take their positions as they prepare to clear the village located in the middle of the Rodriguez Live Fire Complex.

Rounds are heard as Soldiers move through the village clearing buildings, neutralizing the threat from the enemies all while platoon leaders communicate their commands with their Soldiers.

Engines of the five Bradley Fighting Vehicles roar and move into position, with Soldiers taking their place beside the two-ton behemoths ready to breach the objective.

This was the scene during Warrior Strike VIII, a week-long combined arms training exercise between the U.S. and Republic of Korea Army. Soldiers of the 2nd Armored Brigade Combat Team, 1st Cavalry Division, spent that time training and reinforcing the alliance between the ROK and U.S. Army.

"Warrior Strike is an opportunity to gain interoperability," said Lt. Col. Robert Kimmel, commander of the 8th Brigade Engineer Battalion.

"This exercise is a pinnacle event for a battalion-sized unit. It is incredibly important to continue to train alongside our ROK partners as it would make things much more difficult had we not had the opportunity to get out here, get on the ground and see each other during this training."

The training began September 18 with a walk-through at the exercise site, followed by Soldiers convoying with their equipment to the objective, where they spent time conducting mounted and dismounted maneuvers with tanks and Bradley Fighting Vehicles.

"I've never done anything on this large a scale before," said Staff Sgt. Sean Kennedy, an infantryman with Alpha Company, 1st Battalion, 5th Cavalry Regiment, 2ABCT. "Our battalion working with different assets really puts everything in perspective, where our individual training makes sense and we can see how it all comes together."

Approximately 700 Soldiers took part in the training exercise, 500 being U.S. and 200 ROK. This allowed for a true combined-arms experience and served as an additional challenge for Kennedy and his Soldiers.

"This was definitely a learning curve, but it is something that helps us in the

OCTOBER 2017

(Left) Soldiers from 1st Battalion, 5th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division prepare to clear a building in a simulated environment compromised by chemical agents as a part of Warrior Strike exercise at Rodriguez range, Sept. 18. (Photo by Mr. Pak)

(Top Right) (Middle Right) Soldiers from 1st Battalion, 5th Cavalry Regiment, 2nd Armored Brigade Combat Team, 1st Cavalry Division move tactically from building to building clearing them as a part of Warrior Strike exercise. Troops from 1-5 Cav have been carrying out multiple training scenarios during Warrior Strike VIII. (Photos by Sgt. Hart and Mr. Pak)

(Bottom Right) Republic of Korea Army Soldiers provide security while waiting for reenforcements during Warrior Strike excercise. (Photo by Mr. Pak)





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future. It helps us get a better picture and serves as a tool to force me to grow as a leader since it's not just me maneuvering my squad."

This training comes at a time when tensions are high between the U.S. and North Korea, which makes this all the more necessary for both U.S. and ROK forces.

"The current North Korea situation adds more emphasis on this training," said Kimmel. "The coverage that we see on the news does increase tension, but we train with or without it."

Working together, bridging the language with the help of the Korean Augmentation to the United States Army (KATUSA) Soldiers serving as interpreters, and training on landscape different from their home station helped to strengthen the relationships between the U.S. and ROK Army.

"We come to Korea for this nine-month iteration as a ready and trained force," said Col. Steven Adams, brigade commander, 2nd Armored Brigade Combat Team. "We don't have the opportunity to train with ROK forces in the U.S. So coming here where it's dense, rolling hills gives us a real-world feel of what we'd expect."

This training serves as a tool to gauge the unit's readiness and capabilities alongside their ROK partners.

"This is a great opportunity to identify needs for improvement," said Kimmel. "This experience is invaluable, as all training that we do is for a possible war. The Soldiers of Black Jack are motivated along with partners who want to learn and get better with us. If need be, we are ready. Nobody joins the football team to sit on the bench."



THE INDIANHEAD





U.S. Army Pacific Command, Command Sgt. Maj. Bryant C. Lambert converses with the leadership of Alpha and Headquarters & Headquarters Battery, 1st Battalion, 38th Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division about their missiles systems Sept. 14 on Camp Casey. Lambert inspected their roles and responsibilities as noncommissioned officers in their readiness to fight tonight.



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

CAMP CASEY, CAMP HUMPHREYS – Command Sergeant Major Bryant C. Lambert, U.S. Army Pacific Command Sergeant Major, visited Camp Casey and Camp Humphreys, Sept. 14, accompanied by the 2nd Infantry Division, Republic of Korea - United States (ROK-U.S.) Combined Division Command Sergeant Major, Command Sgt. Maj. Edward W. Mitchell to inspect the 2nd Infantry Division's readiness and speak to the Soldiers under his command.

"I'm thankful for the opportunity to come and see the Soldiers in real time, nothing was a fixed environment," Lambert said. "It was the actual seeing and talking to the Soldiers, which was great. I just love talking to young leaders. I've learned quite a bit about the value of the training they have here at the peninsula."

Lambert started his day with Soldiers of the Alpha and Headquarters & Headquarters Battery, 1st Battalion, 38 Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division stationed at Camp Casey. In Hellraiser's motor pool, Lambert spoke with several junior enlisted Soldiers about their life and role in the U.S. Army as a Soldier. The young Soldier would then demonstrate his knowledge of his position and take Lambert a run through of his job and how it applies to fight tonight.

Private First Class Wesley Carter-Fujinaka, an AN/TPQ-53 RADAR system groundsman with 1-38FAR who showed Lambert his equipment, said he was glad to actually meet Lambert because his perspective was a lot different than he thought it would be.

"When he came here, I was expecting my platoon sergeant to do most of the talking, but it actually switched and I did the majority of the talking which I had not anticipated," Carter-Fujinaka said. "He threw a whole bunch of questions out there that basically got me thinking about what the future of Korea will be."

Lambert then attended a luncheon with the senior noncommissioned officers of Area 1 to review some concerns he had, spoke about the roles of certain NCO positions, and allowed for a question and answer session for the leaders.

"It's good to see some kind of strategy where we should be focused," said 1st Sgt. Salahuddin Majeed of Headquarters Support Company, Headquarters & Headquarters Battalion, 2nd Infantry Division, who was in attendance of the luncheon.

Majeed said NCOs learn their responsibilities in their schools, but sometimes they do get sidetracked and get focused on the wrong things. It's good to see senior leadership point everybody back in the right place.

Lambert also had the opportunity to fly to Camp Humphreys and speak with senior leadership. One thing that impresses Lambert is the confidence and understanding of one's responsibilities.

"When you look at our Soldiers out there and how they perform all those drills and things of that nature, it gives me confidence that those individuals will be something to be reckoned with," Lambert said.

Lambert was especially impressed by the division's Soldiers.

Lambert said when he saw Soldiers, from new privates to first sergeants and lieutenants to captains, executing the Patriot rehearsals with dignity and understood their job and responsibilities with Korea and the army, he felt that they were ready to fight.

"That is, what it's all about to me," Lambert said.

Lambert said that Korea is the U.S. Army Pacific Command's number one priority. USARPAC is looking at different ideas and different strategies to remain operational and effective in regards of high tensions with North Korea.

Overall, Lambert believed that the division was ready to fight tonight.

"I think the Combined Division is a ready division," Lambert said. "The Division is trained. Division leadership provided me the opportunity to see the confidence in the Soldiers. It gave me an understanding of seeing leaders take initiative and know how important the priorities here in Korea as far as readiness is concerned. This is a 'Fight Tonight' division, and that is what I saw."

(Right) U.S. Army Pacific Command, Command Sgt. Maj. Bryant C. Lambert assesses the junior enlisted Soldiers of Alpha Battery and Headquarters & Headquarters Battery, 1st Battalion, 38 Field Artillery Regiment, 210th Field Artillery Brigade, 2nd Infantry Division knowledge of their job and basic army skills Sept. 14 on Camp Casey. By testing them, he is assured that Soldiers at the lowest level know their role when needed to fight tonight.





AMP HUMPHREYS – Soldiers of the 2nd Armored Brigade Combat Team supported the Republic of Korea Army Reserve for Korean Augmentation to the United States Army refresher training program at the ROKA 73rd Mobilized Reserve Division Training Center, Sept. 14.

The KATUSA program began more than 60 years ago through an informal agreement between the then Republic of Korea President, Rhee Syng-man and U.S. Gen. Douglas McArthur which allowed South Korean Soldiers to serve alongside U.S. Soldiers.

KATUSA Soldiers serve a 21-month active-duty service commitment, which upon completion is followed by each Soldier serving in reserve status for six years, which entails completing three days of annual military training.

"This training is essential," said Maj. Jung Hung Han, ROK Army staff officer in charge. "The reserve components supplement the active duty and must train diligently in order to maintain readiness."

This year, the ROK Army enlisted the help of noncommissioned officers from 2ABCT "Black Jack," to assist in the three-day training, which included first aid, CBRN, map reading, U.S. military terminology and U.S. military equipment.

"Continuing to build the KATUSA's knowledge, not only technical, but tactical as well is the objective," said Staff Sgt. Jessica Belcher, CBRN NCO with Head-quarters and Headquarters Company, 8th Engineer Battalion, 2ABCT. "Ensuring that our joint operations continue to run smoothly is the overall goal."

Every Korean male must serve in the Korean military for at least 21 months, but only about 3,600 Koreans are able to serve with the U.S. Army as a KATUSA. For those that pass the application process and are accepted into the KATUSA program, they become an invaluable asset to the military.

"The KATUSA is the most important Soldier in the U.S. Army and ROKA partnership," said Sgt. Tiffany Payne, a combat medic with Headquarters and Headquarters Company, 8th Eng. Bn., 2ABCT. "They bridge the cultural and language gap between both forces and without them, we would not be ready to 'Fight Tonight' and ensure mission success."

After this training, the Soldiers will go back to their day to day lives outside of the military, with the knowledge that if the efforts to deter aggression from North Korea are not successful they will be called upon.

"I implore Soldiers to take advantage of this training and learn everything that they can while they're here," said Han. "We require 100% participation and motivation because if war breaks out, they will be ready and able to fight."

(Left) KATUSA Soldiers practice their shooting skills while at the range during the KATUSA reserve training that was held at ROKA 73rd Mobilized Reserve Division Training Center, Sept. 14. (Right) Staff Sgt. Jessica Belcher, a CBRN NCO with Headquarters and Headquarters Company 8th Engineer Battalion, 2nd Armored Brigade Combat Team, assists a Soldier putting on his Mission-Oriented Protective Postures (MOPP) gear during the KATUSA reserve training that was held at ROKA 73rd Mobilized Reserve Division Training Center, Sept. 14.

2 ABCT COMPLETES FIST CERTS



CAMP CASEY - The Soldiers of 2nd Armored Brigade Combat Team, 1st Cavalry Division, completed their biannual Fire Support (FiST) certification courses at Camp Casey for fire support specialists and Officers of 1st Battalion, 8th Cavalry Regiment, Sept. 6-8.

This certification course validates Soldiers both mounted and dismounted on fire support planning and execution at the company and platoon level, to ensure mission readiness and proficiency.

"The FiST certification is a three-day training event for our fire support specialists," said 2nd Lt. Amanda Swihart, fire support officer, Charlie Company, 1st Bn., 8th Cav. Regt. "We go through this training every six months to ensure our ability to perform our duties safely and effectively."

The course was broken down to a three-day event, which included a written test, operating a Lightweight Laser Designator Rangefinder (LLDR), recognition of combat vehicles (ROC-V) exam, artillery skills proficiency test (ASPT), calls for fire, ending with day and night land navigation.

"We had two weeks of training to prepare for this certification process," said Lt. Rex Swindlehurst, assistant brigade fire support officer, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team. "We had to validate the evaluators so that they could come out and train the Soldiers, write the tests for each skill level and resource the land for the training."



Soldiers from 1st Battalion, 8th Cavalry Regiment and 1st Battalion, 9th Cavalry Regiment take time to plot their points before starting a Land Navigation course on Sept. 8, 2017. The Land Navigation course is but one of several requirements each Soldier must successfully complete as part of their Fire Support Team (FiST) certification.



Sergeant James Snider from 1st Battalion, 9th Cavalry Regiment, 2nd Armored Brigade Combat Team makes his way to his next point during a Land Navigation course on Sept. 8, 2017. The land navigation course is but one of several requirements each Soldier must successfully complete as part of their Fire Support Team (FiST) certification.

Each training event was timed and the three-day course followed a strict timeline. The last of which being the land navigation course.

"The terrain is mostly hills and very all wooded area," said Spc. John Sennezy, fire support specialist assigned to 1st Bn., 8th Cav. Regt. "It's important to get your step counts in beforehand so that you don't run into issues while you're on the course."

Soldiers were given three hours to complete the course and find four out five points during the day and at least three out of four points during the night land navigation portion.

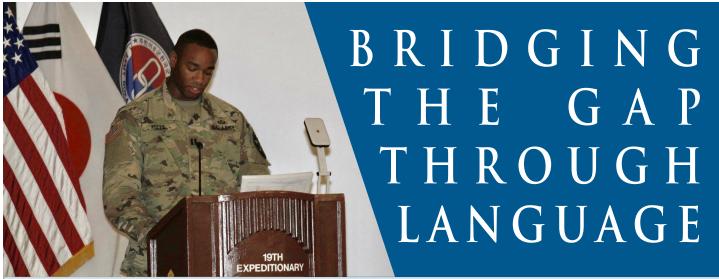
The training requirements to complete the certification process challenges Soldiers both physically and mentally, and ensures that both new and experienced Soldiers are proficient in their FiST artillery skills.

"Not having as much experience in this job as some of the others, this was definitely a challenge," said Pvt. First Class James Rodney, fire support specialist with Charlie Company, 1st Bn., 8th Cav. Regt. "The land navigation course was fun because it gave me a chance to be out and practice the skills that I was taught in school."

All the tasks and skills test were graded in accordance with the 2nd Infantry Division Red Book and the Gunnery Manual.

By the end of the certification courses, 26 fire support specialists in the battalion will have reviewed, trained and mastered their skill level tasks.

"This is an important mission and a very important job," said Chief Warrant Officer 3 William Beale, brigade targeting officer, Headquarters and Headquarters Company, 2nd Armored Brigade Combat Team. "Our job is to protect the infantrymen with fire support. If we don't do our job effectively, they can't do theirs."



Captain Roland C Pitts, S-1 administrative section officer-in-charge for Special Troops Battalion, 2nd Sustainment Brigade, 2nd Infantry Division, delivers his speech to talk about his love for South Korean culture, and how much he respects Korean Augmentees to the United States Army, or KATUSAs. Pitts was among nine other U.S. Soldiers who spoke during the Area IV 17th Annual Korean-English Speech Contest at Camp Henry, Sept. 12.



STORY AND PHOTOS BY Staff Sgt. Terysa King 2ID SBDE Public Affairs

CAMP CARROLL – As he stepped up to the podium, Capt. Roland C. Pitts prepared his papers to give his speech. He took a deep breath and held up some documents for the crowd to see.

"What I'm showing you is the PCS order bringing me to Korea," Pitts said not in English, but in Korean.

From there, Pitts continued to talk about his love for South Korean culture, and how much he respects Korean Augmentation to the United States Army, or KATUSAs. Pitts was among nine other U.S. Soldiers who spoke during the Area IV 17th Annual Korean-English Speech Contest at Camp Henry, Sept. 12.

Pitts, a Jacksonville, Florida native, said his desire to learn the Korean language started as soon as he stepped foot on Korean soil.

"I remember getting off the airplane in February at Incheon (International Airport) and I heard Korean," said Pitts, currently the S-1 administrative section officer-in-charge for Special Troops Battalion, 2nd Sustainment Brigade, 2nd Infantry Division." I didn't know what they (Koreans) were saying, and I saw the signs and said well I'm here for two years. I can try to figure it out to understand things better."

Pitts' process to learn Korean was solely based on trial and error. When he would practice with the gate guards or the KATUSAs in his shop, he would get either strange looks, laughs or stern corrections on his speech. One thing that really helped him learn was watching Korean shows with no English subtitles.

"When I first started, I got a book," Pitts said. "That was a little hard for me. So what I started doing was listening to Koreans talk, but they talk so fast I couldn't understand it. So then I said, let me watch Korean dramas and other TV shows. You have a general idea of what's going on, then over time you start picking up on words."

In a few short months, Pitt's proficiency of the Korean language, including the written alphabet called Hangul, improved so much that his peers at work jokingly called him "The Hangul Whisperer." He went from asking KATUSAs in his shop how their day was, to complex things like telling them to go to the brigade headquarters, get an award, get it signed and come back. Pitts has even had full conversations in Korean and not even realized it.

"I remember this guy came to my apartment to change the water filter. He was talking to me, asking me questions and he spoke very little English, but I understood what he was saying," said Pitts. "He was saying he had to come

back in three months and asked when is a good day to come back. I didn't even realize it, but I was telling him let's try December. He opens his calendar to December and says 'What about Monday?' It's full on Korean and it didn't even hit me until I was like, man, these ad hoc lessons are paying off."

When he's not watching his favorite South Korean movie "The Chaser," Pitts practices his Korean daily with KAUTSAs. Over time, Pitts realized that language is essential to building relationships with his Korean counterparts.

"What connects people? It's not skin color, it's not the same unit. What really connects people is thinking; do you sound like me? Do you talk like me? If we learn the language, all this is going to do is strengthen our alliance. It lets the KAUTSAs know that I'm trying to understand you and your language," he said.

With the help of his KATUSAs and the support from his command team, all of Pitts' hard work paid off when he was announced the Grand Prize Winner of the Korean Speech competition for Area IV. He will compete at the Annual 8th Army Speech Contest in U.S. Army Garrison Yongsan in mid-October.

Pitts, who describes himself as a humble person, gave all the credit to the KATUSAs who helped him practice his speech. With their help, Pitts said he went from not knowing the difference between hearing Japanese, Chinese or Korean, to a level of competing.

"What I wrote about was exactly why I came here: the KATUSAs. It felt great to win, but I think it was a representation of the KATUSAs helping out and the command team's support, not just on the task at hand. I just happened to be that conduit," Pitts said.

To this day Pitts has never taken a Korean language class. Everything he learned comes from his sheer determination to be in the "know" as far as the Korean language.

"I want to tell people you can do anything you put your mind to. I'm not saying don't take classes, but I was determined to learn, and that small spark got me going. Of course I want to win, not because I want to be awesome, but that's how we build relationships," he said.

In the future, Pitts hopes to be a Foreign Area Officer. Right now, he says he will continue his proficiency in the Korean language.

"Win, lose or draw I did enough to make myself happy and hopefully me learning a little bit might inspire somebody," said Pitts. "Language is important to get the message across because they think, you talk like me, you sound like me, so you're a part of me. That is a huge thing when you try to build alliances and relationships. That's the goal."



CAMP RED CLOUD – Lights hit the stage as the participants waited patiently in their seats for their turn to go on stage and show the crowd what they have been practicing.

The 2nd Infantry Division/ROK-U.S. Combined Division and Republic of Korea Army Support Group hosted the 2017 Korean-English Speech and Korean pop (K-pop) Contest, at the Camp Red Cloud Theater, Sept. 21.

The event included American Soldiers competing in Korean speech and K-pop contests, followed by local Korean primary and secondary school students reciting English speeches about their views on differences in Korean and American cultures. Last but not least, Korean Augmentation to the United States Army (KATUSA) Soldiers concluded the event with celebration performances.

The Korean Speech contest included four American Soldiers giving short introductions and stories about themselves in Hangul, the Korean dialect.

"The contest was great," said Staff. Sgt. Jimmy Scarborough, assigned to the Warrior Readiness Center (WRC). "It's a great opportunity for Soldiers to participate in and it's good to interact with the civilians. It was my first time seeing and participating in a contest like this."

Specialist Reginald Johnson, assigned to 1st Battalion, 9th Cavalry Regiment, wowed the crowd with his take on the K-pop song Jin Jin Jara. The

whole audience clapped and waved their hands in the air as the performer entertained the audience with his K-pop skills.

The contest had a brief intermission where they held a lottery event for everyone in attendance. Before the event, all guests were given an informational pamphlet with a different lottery number included. As the board members and special guests came on stage and drew numbers out of a box, all guests were eager to hear their numbers called and win different gifts.

Next was the English speech contest that had four visiting Korean students from local middle and elementary schools.

Each student provided an introduction followed by a story they wrote in English. The stories varied from comparing the differences of American and Korean culture to a child who went around interviewing different Americans and received their opinion on what they thought about Korea.

The last event, which was not judged, was a celebration performance from some KATUSA Soldiers.

Corporal Sang Beom Bae and Cpl. Bong Joo Jeong, KATUSA Soldiers assigned to 1st Bn., 9th Cav. Regt., sang a Korean pop song and pumped up the crowd.

Private First Class Bum Sun Jun, assigned to 210th Field Artillery Brigade gave a fine performance. He sang an English song as he played his guitar. Jun has been playing music for several years and has performed multiple times before and once during the KATUSA friendship week.

"This is my first time attending and performing at this event, but I've heard about it before and seen some clips of it on Facebook and YouTube," said Jun. "I enjoy any chance I get to play for people, especially in uniform when they can concentrate more on the music."

The contest ended with the award ceremony and gift giving as all the participations came to the stage.

"I was shocked I won first place, said Scarborough, the first place winner in Korean speech. "Due to training, I entered the competition last minute and only had one week to write my speech and prepare. I took a Korean college course and that helped out a lot with my speech."

Although the new K-pop star Reginald was the only participant, judges said that he performed well and entertained everyone. The English speech winner was Dae Han Lee, from Shinheung Middle School, that talked about his experiences with his American neighbor.

"I would like to see more participation next year," said Jun. "Hopefully I'll be back with some of my American friends and we can perform on stage together."



Staff. Sgt. Jimmy Scarborough, assigned to the Warrior Readiness Center (WRC) at Camp Hovey, competes in the Korean speech contest at the Camp Red Cloud Theater, Sept. 21. Scarborough took first place.



KATUSA Soldier Pfc. Burn Sun Jun, assigned to 210 Field Artillery Brigade, sang an English song as he played his guitar during the celebration performance at the Camp Red Cloud Theater, Sept. 21.



KATUSA Soldier Cpl. Sang Beom Bae and Cpl. Bong Joo Jeong, assigned to 1-9 Cav, started the celebration performance by singing a Korean pop song at the Camp Red Cloud Theater, Sept. 21.

Master Sergeant Travis E. Watkins







THE INDIANHEAD





CAMP RED CLOUD – They fought for a month. Shots rang out in the August heat and continued well into September, but the UN forces that had been pushed back to Southern tip of the Korean peninsula held firm. Wave after wave of North Korean soldiers probed and pushed, but the defenders of the Republic of Korea managed to remain firm after months of being pushed back.

"The Battle of Nakdong Perimeter was unique," said retired Army Col. William M. Alexander, the 2nd Infantry/ROK-U.S. Combined Division historian. "In conjunction with Operation Chromite, it was a big victory because previous to that UN forces had been pushed back."

In this chaos, Warriors of the 2nd Infantry Division assisted in the struggle. The total cost for the Warrior Division in "The Battle of the Pusan Perimeter," as many historians named it in later years, was 1,120 men killed, 2,563 wounded, 67 captured and 69 missing in action. Of these numbers, however, eight men stood out.

Eight men assigned to the division were awarded the Medal of Honor for their actions in battle during September of 1950. In a horrific conflict that pushed all involved to the limit, eight men went beyond theirs to help gain a hard-fought victory that turned the tide of the Korean War.

"For eight men to be awarded the Medal of Honor for their actions in such a short time frame is something amazing," said Alexander. "While it is called one battle, it's not. It was a series of battles spread out across a large area. For eight men to be awarded that honor for their actions is something that doesn't happen often."

Alexander notes that it was the heroism of those eight men that allowed the 2nd Infantry Division to be the lead division to break through the weakened North Korean lines and take the fight back to the enemy, a factor that led to a counter-offensive that eventually took 8th Army Forces all the way to the Manchurian border.

Maj. Gen. Scott McKean, commanding general of the 2nd Infantry/ROK-U.S. Combined Division, paid tribute to those eight Medal of Honor recipients and their comrades during a September 22 ceremony commemorating the Battle of Hill 303 with a newly erected monument in Daegu.

"Having had an uncle who served here on this very ground, and was wounded here during the breakout on September 2, 1950, the meaning for me is a personal one," said McKean. "It's the sacrifice that all of these great veterans have made and need to be recognized for."

McKean joined Korean War veteran Mr. Howard Ballard, who traveled back to the peninsula from Chicago, Ill. for the first time since 1953 when he fought under the 2nd Infantry Division as a corporal. Standing tall, Ballard paid tribute as U.S. and Korean partners came together in Daegu to honor those who fought so hard that fateful September and throughout the war.

All ranks of 2ID Soldiers were represented among the Medal of Honor recipients in the Battle of the Pusan Perimeter. From officers to enlisted Soldiers, from several privates first class to a sergeant first class, from a first lieutenant to several master sergeants, eight men from across the division found ways to help turn the tide of the battle as a relentless enemy attempted to pry them from their positions.

OCTOBER 2017



The early days of the battle saw extraordinary actions, as men like Pfc. Joseph R. Ouellette, 9th Infantry Regiment, 2ID, helped in the fight by dodging heavy enemy gunfire to scout the enemy and retrieve water for his comrades despite being severely wounded and Pfc. David M. Smith, 9th Inf. Regt., 2ID, jumping on a grenade and smothering its blast using his own body to save five of his comrades.

"Ouelette was a 19-year-old fighting to free a country he had never been to before, for people he couldn't even talk to," said Alexander. "His actions also led to Operating Outpost Oueltte being named after him. To be 19 years old at the time of his death and leave such an impact says a lot."

Leaders such as Master Sgt. Ernest R. Kouma, 72nd Tank Battalion, 2ID, fought on against all odds. Surrounded by the enemy, Kouma used his lone tank to stop an enemy advance and exposed himself to danger by mounting a .50 caliber machine gun from the back of his vehicle to kill the enemy that had surrounded him and his men. Upon emptying the machine gun, Kouma used his pistol and grenades to keep the enemy from his tank and crew. Kouma finally maneuvered back to friendly lines after nine hours of intense fighting, but immediately resupplied and led his men back out into battle.

As the battle continued, leaders like Master Sgt. Travis E. Watkins, 9th Inf. Regt., 2ID, willingly gave the ultimate sacrifice to help their comrades achieve victory. Watkins left cover to attack North Korean troops who had his small unit pinned down with machine gun fire and were attempting to finish them with grenades. As he charged the men attempting to kill his Soldiers, Watkins sustained lethal wounds, but managed to fight through the pain to kill the threat. Paralyzed from the waist down, Watkins ordered his troops to break con-

tact without him; knowing carrying him would be too much of a burden for his exhausted men. It is estimated that Watkins actions led to the destruction of almost 500 enemy soldiers before he was left defending his position.

No less heroic, were the actions of 1st. Lt. Fredrick F. Henry, 38th Infantry Regiment, 2ID, a platoon leader that again chose to sacrifice himself to allow his men to escape. Despite being attacked by a superior numbers earlier that day, Henry managed to help his men hold their position on a strategic ridge. As the fighting grew more and more intense, Henry fought on despite sustaining severe wounds. Henry was last seen ordering his wounded and dead to be evacuated, but not before their weapons and ammunition were brought to him so he could use them to cover the exit of his men. Henry was last seen using the last of that ammo before being overrun, but his gallantry bought his men the precious minutes they needed to escape.

As times passed these sacrifices added up along the front and allowed UN Forces to recollect themselves and launch an offensive at an enemy that was stretched well beyond their supply lines. The battle in total cost U.S. Forces 12,987 lives, 12,508 wounded and 2,701 missing in action and 401 men captured. It is estimated their Korean allies loss of 40,000 lives in defense of the small peninsula they defended.

The cost was heavy, but in victory the tide was turned. Soon after the final shots of the battle were fired on September 18, UN Forces began to retake territory it had lost weeks prior. The North Korean Army found itself pushed further and further back to its Communist allies in China as a hardened enemy found new life, but it all started with the holding of the Nakdong Perimeter. A fight where eight 2nd Infantry Warriors did the extraordinary for their men, their allies and two countries.











THE STRENGTH A SUICIDE PREVENTED

SECOND CHANCE PLAY & INT.









Soldiers from 2nd Infantry Division/ROK-U.S. Combined Division takes part in performing a suicide prevention play, "Second Chance."

CAMP CASEY – When you hear the word 'suicide,' you may not feel involved and regard it as a subject too taboo to discuss. But when you see a riveting play about it, you could hardly remain indifferent to the subject.

Soldiers from 2nd Infantry Division/ROK-U.S. Combined Division took part in performing a suicide prevention play, "Second Chance," at Casey Theater on Camp Casey, Sept. 6, 2017. The play was directed by Russell Jordan, the Army Substance Abuse Program Risk Reduction Program Coordinator for Area 1, to prevent future suicides and to inform Soldiers about Ask-Care-Escort (ACE) method.

Throughout the month of September, which is designated as the Suicide Prevention and Awareness month, the "Second Chance" team performed the play across the whole Korean peninsula.

The play consisted of two parts, with the lead role played by Spc. Jerome M. Johnson from 579th Forward Support Company, 6th Battalion, 37th Field Artillery Regiment, 210th Field Artillery Brigade, 2ID/RUCD. The first act depicted how a wrong decision can lead a Soldier to a series of misfortunes such as disciplinary punishment, days of unpaid works and demotion, finally causing him end up with suicide.

However, as the play unfolded, it gave an alternate scenario in which the main character's NCO chain and family implemented the ACE method and soon, he was on his way to find help.

"We are basically trying to portray that it is okay to ask the hard questions. It is okay to go to talk to each other when you have hard problems," said Sgt. Tyshawn King, a Chicago, Ill. native and a computer/detection systems repairer assigned to Headquarters Support Company, 70th Brigade Support Battalion, 210th FA Bde, 2ID/RUCD. "There are a lot of people that secretly have suicidal ideation and don't necessarily come forth for help."

The play was then followed by a testimony from Pfc. John A. Calderon, a Crestview, Florida native and a field artillery automated tactical data system specialist assigned to Headquarters and Headquarters Battery, 210th FA Bde, 2ID/RUCD, which made the show much more powerful and touching.

"I was caught totally off guard by the testimony," said Command Sgt. Maj. Randy T. Brown, command sergeant major of 70th BSB, 210th FA Bde, 2ID/RUCD. "The testimony was given by one of our Soldiers who I personally went to visit. What grabbed me was that he had the personal courage to tell his story."

According to Calderon, it was not easy for him to tell his story. Not only did it require him to get out from the trauma itself but also the courage to tell his story in front of hundreds of people.

"I really hesitated about giving a testimony in an open space after the play. Actually, I was embarrassed," said Calderon. "And I know it will become harder as we go to other posts, other units in South Korea."

Although it was a difficult task for him, he managed to overcome it with the help of his battle buddies.

"But all my cast members and Mr. Jordan encouraged me and I found my strength to tell my story," said Calderon. "They said we are all Soldiers. We are all family and all of us will listen to my voice. They said not only did I touch their hearts but also have I got an opportunity to touch everyone else's hearts in the whole peninsula."

The play isn't just about Suicide Prevention for the month of September, but suicide prevention throughout the year.

"I really appreciate their dedication of time and extra effort for the play," said Brown. "All of us should remember that suicide prevention is not a month thing, but it is something that has to be considered on a daily basis."

TOREACH OUT ISALIFE EXTENDED

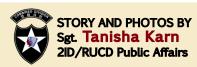
ERVIEW WITH PFC. CALDERON











Photos of Pfc. John Calderon, assigned to Headquarters & Headquarters Battery 210th Field Artillery Brigade, 2nd Infantry Division show his daily life. Calderon shared his personal testiomony after the suicide prevention play, "Second Chance."

CAMP RED CLOUD – On June 12 at Camp Casey, a Soldier on Charge of Quarters (CQ) sat lost in his thoughts. A loss of a relationship still fresh in his mind kept him thinking and rethinking his purpose here on earth. Not having family or close friends around here in Korea, he felt he had no one to turn to. It was particularly hard for him, and often felt so much at a loss, that he couldn't see anything in the future but darkness.

The CQ NCO took notice of this young Soldier and figured something was going on in his head but couldn't quite tell exactly what. He asked him if he needed to talk or anything, but was assured he was ok. He then sent him to his room to calm down and collect his thoughts and to return when he was ready.

As soon as the young Soldier entered his room, all he saw was his window. He stayed so fixated on it that he walked right up to it and opened it. Then all he saw was himself staring outside, ready to jump. Nothing else was going on inside his head except, this is the end. There is no way out. But in this low point, something inside him made him reach for his phone, opened his unit section's group Kakao Chat, and entered the message, "I need help."

Out of nowhere, he heard several knocks on the outside of his door, and he didn't know why, until he actually looked at his phone and saw that he reached out, but he couldn't find the strength to open the door. He was too weak. He was in a state where he couldn't understand what was going on. His phone began to ring. He answered it. It was his three NCOs. They began conversing with him, talking as if he was a person, as if he was important, and that they cared. They pleaded for the Soldier not to hang up the phone, and they would not hang up on him. They wouldn't be going anywhere, even if it was all night. They were going to stay on the phone, because he was important to them.

The NCOs wanted him to be safe so much that one of them searched the whole post for the young Soldiers roommate. When he found his roommate, they brought him in to use his key to gain access into the room and made sure he was going to be alright.

"Because of them, I am still here right now," said Pfc. John Calderon with Headquarters & Headquarters Battery 210th Field Artillery Brigade, 2nd Infantry Division, recounting his experience. "I'm thankful, that I'm actually standing here right now. Those three NCOs will be recognized as heroes because they saved my life."

Calderon said when he was going through this period of darkness, he wanted to seek help but as a Soldier is seen as a symbol of strength, but he didn't want to show that he was weak. So, he did everything he could to mask what he was going through, but he kept sinking deeper in his hole where he could no longer see the light anymore.

The battalion commander and command sergeant major of the 70th Brigade Support Battalion took time to go visit Calderon.

"I wasn't expecting to see them, but they came to my room while I was recovering," said Calderon. "They spoke to me, not only as a Soldier, but as a person. They spoke to me as a human being."

(continued on next page)



Photo of Pfc. John Calderon, assigned to Headquarters & Headquarters Battery, 210th Field Artillery Brigade, 2nd Infantry Division shows his daily life. Calderon shared his personal testiomony after the suicide prevention play, "Second Chance."

Russell Jordan, the ASAP (Alcohol Substance Abuse Program) Risk Program Coordinator, commented on the reasons he has heard from Soldiers on why they do not reach out to get help.

"Some of them feel as if their NCOs, their leadership, don't really care or don't really listen to what it is what they have to say," Jordan said. "It is all about the job and not about the person. Senior leaders, NCOs as well as officers, what I hear from them is a stigma and I don't want to be seen as weak, not being able to handle my business, the possible impact that it may have on their security clearance or their job. Even though they know they need help, those kind of things prevent those individuals from seeking help, until something actually happens, in which they are thrusted into the limelight and they're forced into it verses seeking it as a strength. They are reluctant because it's perceived as a weakness."

Contrary to the belief of no help available or anyone to reach out to, the Army has several programs to help Soldiers get the help they need with no endangerment to their career or security clearance.

"There are a plethora of sources to help," Jordan said. "We have behavior health. We have our chaplains. We sometimes don't realize it, but our MPs (military police) sometimes are first responders. We have ACS (Army Community Services) and Family Advocacy. We have the MFLCs (Military Family Life Counselor). We have ASAP, and of course we have Military One Source."

Jordan said even with all these resources out there some of the best support one can give is each other.

"A lot of times, we are the first person on the scene," Jordan said. "We're face to face, breast to breast with that person. Listening is huge because a person hasn't committed suicide yet, means they are ambivalent. They have reasons they want to die and reasons to live. By listening, simply remaining silent, listening to the reasons they want to live to the reasons to die and allowing them to hear themselves before you give them anything back."

Jordan said sometimes a depressed Soldier becomes so overwhelmed in their dark places they are blind to see the many resources and help available to him and it's up to others to be the eyes for that Soldier.

Since his attempt, Calderon said he learned it is a sign of a strength to reach out and get help. He started talking to Soldiers, going to behavior health counseling that the Army offers, and realizing the power a person possesses to lift up one another.

"Yes, we wear a uniform, but we are all human too. They spoke to me as I'm important to this life, cause every individual on this earth is important. They made me feel like I wasn't alone. They made me feel like I was important, like they were proud to know me."

Since his attempt, Calderon said he has learned that it's a sign of a strength to reach out and get help. He started talking to Soldiers, going to behavior health counseling that the Army offers, and the realizing the power a person possesses to lift up one another.

Life hasn't been perfect for Calderon since the attempt, but it has and currently improving.

"I still struggle, but everyday I'm getting better, everyday I'm getting stronger," said Calderon. I am maintaining my stability as a Soldier, and as a person, because all my friends that I have gained in the Army, because of my family that has been there for me when I was going through the struggle. They all made me feel like my life is important, and I know now that my life is important."

Calderon said he joined the cast of the suicide prevention play to tell his story in hopes it will give others the strength to reach out and get the help they need. If Soldiers see someone who has survived and went through the adversity in the deepest hole of their life, they can do it to.

"The struggle is real no matter what you're going through," Calderon said. "It can be the tiniest thing. There is a saying that the tiniest flea can drive a big dog crazy. No matter what adversity you're going through, with strong support, strong passion, and the will to go on, anyone can do it. Anyone has the power, even if you are alone to persevere."

Calderon said that he is so appreciative that for his Army family, because no matter what, no matter where, they are always there for one another.

"That is why we call each other battle buddies, brothers in arms, sisters in arms," Calderon said.

Eats In KOREA









IJEONGBU - Dakgalbi is a Korean dish made by stir-frying chicken marinated in red pepper sauce, coupled with other ingredients such as rice cakes, lettuce leaves, sweet potatoes, and so on. Chuncheon, a city Northeast from Seoul, is famous for delicious dakgalbi, living up to its name of being the birthplace for the popular Korean dish. Yet, if you don't have the leisure to travel far, you should check out Yoogane right here in Uijeongbu.

Yoogane offers you a choice of toppings that you can add to your *dakgalbi*, which includes rice cakes stuffed with cheese or sweet potatoes, mozzarella cheese, ramyeon noodles, udon noodles, and potato noodles. Generally, cheese toppings are a must unless you order cheese fondue variants of *dakgalbi* like the one we

tried. There is a small self-serve salad bar where you can get Korean side dishes.

Dakgalbi is cooked by the servers at your table, and a steel cylindar that wraps around the pan does a good job of preventing the sauce from flying outwards as the chicken is stir-fried. Still, if you want to be extra cautious about your light-colored clothing, you can borrow a small apron free of charge - just ask one of the servers. It is important that you don't devour all the delicious dakgalbi at once, because you will be missing out the "fried rice" at the very end. By adding rice and additional red pepper sauce, the servers will cook the leftover dakgalbi into delicious fried rice.

When we entered Yoogane, we were welcomed by a vibrant atmosphere that is to be expected of a local Ko-

rean restaurant. We ordered "Yoogane's Fresh Cheese Dakgalbi" and waited as the servers prepared and stirfried the dakgalbi. In a few minutes, the chicken and the vegetables began to acquire a rich red color and the ring of mozarella cheese began to simmer. Since the dakgalbi was being cooked right in front of us, the enticing smell wafted up our noses, making us all the more impatient.

Finally, the server excused himself and we did not hesistate to dip the *dakgalbi* into the cheese, making sure that the chicken was completely coated with cheese. The spicy-sweet tender chicken and the savory cheese were certainly a perfect combination. The fried rice served afterwards was just the right amount to top off our stomachs.

Yoogane

Address: 63, Hoguk-ro1289, Uijeongbu, Gyeonggi-do Contact Info: 031-841-3391 For restaurant review suggestions or submissions contact the 2ID Division PAO at usarmy.redcloud.2id.list.pao-editorial-submissions@mail.mil or DSN 732-9132



TEN STEPS TO ACHIEVING RECOMMENDED GOALS OF NUTRITION, EXERCISE



As health care providers, we are role models in our organizations and communities. Our actions and personal wellness are every bit as important as the counsel or prescriptions we provide our patients.

Unfortunately, with the hustle and bustle of medical school, residency, work in busy clinics, and service in the military we often pay lip service to our very own advice. If you feel caught in a monotonous cycle of struggle to achieve recommended goals in exercise, sleep and nutrition; here are 10 simple tips that can help.

1 Vitamin D breaks. Sneak away from what you are doing for five-10 minutes each morning and afternoon; go outside, and walk a lap around your building. Soaking in the sunlight, smelling the foliage and feeling the drizzle engage the senses while waking us up from our sedentary jobs. Walk with a supervisor or peer; use the time to discuss ideas, rehearse a speech or just observe the environment around you. For me, these breaks do far more than increase activity--they help foster the flow of creative juices, improve problem solving and offer great opportunities to speak to others without computer screens getting in the way.

2 Eat outside of the office. Eat in the cafeteria or a break room--even a standalone table is better than your desk. Enjoy your nourishment and take time to savor it without the distraction of email or patient charts. Mindless eating often results in junk calories and fails to satisfy our appetites. Try to sit down and eat with your colleagues at least once or twice a month. Perhaps a staff breakfast before work suits your schedule better? Choose healthful times, locations and foods to fuel your body.

Prep your meals. Our busy lifestyles favor convenience. By preparing and planning meals deliberately, we increase the convenience of healthy foods. It also becomes easier to cook dinner on a late night rather than ordering a less healthy take out or delivery option. This is a broad tip and includes everything from shopping and chopping on the weekend to meal prep services that do the shopping for you and deliver planned meals to your door. Meal prep ideas can include packing leftovers in convenient packs for lunch. It can be difficult to plan out an entire week, especially for a busy family, but planning and prepping a couple days each week can pay huge health dividends.

Leave your cell phone in your car. Smart-phones are amazing tools providing abundant resources and potential to improve efficiency. Nonetheless, many minutes each day are lost sending texts, checking for responses, updating social media and getting distracted by clicking on multiple informational links. You can always take a vitamin D break, walk out to your car, and check your phone there if necessary.

Take a class. Whether it is a weekly appointment or a one-time endeavor, give yourself a place to be for self-improvement. The possibilities are endless from salsa to yoga lessons to food preservation or photography. Maybe this entails attending your child's karate lesson or dance rehearsal. A university cooperative extension in my community offered rain-barrel construction classes for a nominal fee and participants took home their creations. Check out your communities--many classes are family friendly.

Join a club. Clubs offer a significant support network, regardless of how often you may participate in these activities. As a casual participant in a community running club, (a sport introverts like myself can easily enjoy), I've met several individuals journeying toward wellness, including some losing upwards of 80 pounds through diet and exercise. I am truly inspired by their stories and have become embedded in a new support network. Family-friendly clubs may include scouting or community sporting teams. While military communities are one area we can join to become connected, outside communities offer an alternative that may provide better reprieve from our everyday work.

Z Sign up for a race--set a goal. A good goal is something that requires dedication and commitment to accomplish but is achievable. While some may prefer working toward a culminating event like a marathon, others may find more value in a longer term target, such as walking or running 1,000 miles in a year. Children can complete a marathon--one mile at a time and goals help provide focus. Printing and posting goals helps build commitment. Choose goals that promote an action that you can control directly such as: eating two pieces of fruit daily, walking 10,000 steps daily, or finishing a triathlon. These can be more important than weight loss goals.

Schedule a vacation. Choose dates and a location and put in a leave form. Don't worry about planning out details--just get something on the calendar to look forward to. Take off enough time to do something fun and get a break. The goal is to come back refreshed rather than needing a vacation from the vacation. Consider returning to work Thursday or Friday after leave instead of Monday. It may be easier to work a few days rather than a full week after some well-needed time off.

9 Read a book. Maybe your book is a jigsaw puzzle or knitting. Activities that help one unwind and relax the mind can go a long way toward wellness. It is a double bonus when they provide a sense of accomplishment over time. Just think, if you read five-10 pages of a book each day before bed, you can get through nearly a book each month almost effortlessly.

10 Go to bed. It does not matter how we divide the clock, there will never be enough hours in the day. Set a bedtime and stick to it. Life happens which may prevent you from sleeping throughout the night, but you will never get the opportunity to sleep eight hours if you fail to lie down and try.

Hopefully this article provides you an opportunity to examine your own health, wellness and work-life balance. As advocates for health, we must remain mindful of our own health and the habits we portray; our actions speak louder than our words. We are striving for a system of health and need to lead from the front.



2ND ENGINEER BATTALION







Crest

CONSTITUTION

2nd Engineer Battalion, then designated the "Battalion of Engineers, Army of the United States," was first organized in Dec. 31, 1861, as a provisional engineer battalion from four new and existing companies of engineers. The battalion fought with the Army of the Potomac during the Civil War from 1861 to 1865 and earned multiple campaign streamers for its achievements. During the Mexican Expedition Campaign, the 2nd Battalion of Engineers was reorganized as the 2nd Regiment of Engineers on Aug. 1, 1916. Later, the 2nd Regiment of Engineers was redesignated in Aug. 29, 1917 as 1st Battalion, 2nd Engineer Regiment.

HISTORY/2ID RELATIONSHIP

In September of 1917, the 2nd Engineer Regiment was assigned to the 2d Division. During World War I, it participated in multiple campaigns which earned it the Croix de Guerre from the French Government and the Belgian Fourragere from the Belgian government. In 1939, the 1st Battalion, 2nd Engineer Regiment was reorganized and re-designated the 2nd Engineer Battalion (Combat), as it became a part of the new streamlined 2nd Infantry Division. The Battalion was re-designated the 2nd Engineer Combat Battalion on Aug. 1, 1942. On the D-Day June 6, 1944, 70 Soldiers from the Battalion came ashore on Omaha Beach at H-Hour to blow obstacles in the path of assault boats and landing craft carrying the Infantry. The Battalion continued to serve vital roles in combat during the remainder of World War II, and Soldiers in the Battalion were awarded the Medal of Honor, one Distinguished Service Cross, 27 Silver Stars, 85 Bronze Stars, and four of the Croix de Guerre.

The Battalion also participated in the Korean War, and was part of the Division as it spear-headed a drive north to the Yalu River where the Communist Chinese Intervention had begun. On July 1, 1965, the 2nd Engineer Battalion was transferred to Korea with the 2nd Infantry Division, less personnel and equipment. For 40 years, the mission of the 2nd Engineer Battalion was as the most forward deployed engineers in the U.S. Army, a vital part of the commitment to peace and freedom on the Korean peninsula. On June 15, 2005, as part of the reduction of U.S. Forces in Korea and the transformation of the 2nd Infantry Division to the U.S. Army's new modular force structure, the 2nd Engineer Battalion was inactivated. Its personnel were reflagged as the Special Troops Battalion, 1st Heavy Brigade Combat Team, 2nd Infantry Division.







INDIANHEAD KOREAN EDITION

HTTP://WWW.2ID.KOREA.ARMY.MIL/KOREAN-SITE

WWW.ISSUU.COM/SECONDID

^{2017년 10월} 가추리 뉴<u>스</u>

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



9월 18일부터 약 일주일간 로드리게스 실사격장에서 제2전 투여단 소속 병사들이 한국군과 함께 대규모 연합 훈련인 워 리어 스트라이크(Warrior Strike) VIII를 진행했다. <사진 병장 캐롴린 하트/ 제2전투여단 공보처>



9월 14일, 미태평양통합군사령부의 주임원사인 램버트 주임원사가 캠프 케이시와 험프리스를 방문하여 제2보 병사단 병사들의 준비태세를 확인하였다. <사진 _ 병장 타니샤 칸/ 제2보병사단 공보처>



9월 6일부터 8일까지 캠프 케이시에서 제2전투여단의 화력지원팀(FIST: Fire Support Team) 자격을 얻기 위한 코스 시험이 진행 되었다.

<사진 병장 캐롤린 하트/ 제2전투여단 공보처 >





- Think Twice! 한 번 더 생각하고 행동하 십시오!
- 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.



이달의 사진: 9월 19일 로드리게스 실사격장에서 한국군 병사들이 워리어스트라이크(Warrior Strike) VIII 연합 훈련 도중 K-200 장갑차를 타고 적군의 공격을 반격하는 훈련을 진행중이다.

인디언헤드 한글판 스태프 제2 보병사단장

소장 D. 스콧 매킨 한국군지원단 지역대장 중령 이일수 공보참모 중령 주녤 R. 제프리 공보행정관 상사 케빈 도헤니 공보관 김현석 한글판 편집장 일병 김연요 영문판 편집부 상병 정원기 이병 장석우 사진 전문가 박진우 글꼴 배포처 아리따체 : AMOREPACIFIC 함초롱체: 한글과컴퓨터 그 외 인터넷에서 무료로 배포한 폰트를 사용했습니다. 인디언헤드 한글판은 미 제2보병사단 카투사들을 위해 공보처 에서 발행하는 미 국방성 공인신문입니다. 신문 내용은 미 육군 의 의견과 다를 수 있습니다. 인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다. 취재 요청은 732-9132으로 전화 바랍니다.

최초로 미군과 함께 진행된 카투사 예비군 훈련



대한민국 캠프 험프리스 - 9월 14일 한국군 제 73사단 훈련센터에서 제 2전투여단의 병사들은 카투사 예비군을 도우며 카투사 예비군 훈련 프로그 램을 지원했다.

카투사 프로그램은 60년전 이승만 전 대한민국 대통령과 더글라스 맥아 더 장군의 비공식 협약을 통해 시작되었으며, 이로 인해 대한민국 병사들이 미군 병사들과 함께 나라를 위해 복무할 수 있게 되었다.

카투사들은 21개월의 현역 근무를 마친 후, 6년동안 예비군 소속이 되 며 3일간의 군사 훈련을 매년 참가해야 한다.

담당 한국군 장교인 한정흥 소령(Maj. Han, Junghung)은 "이번 훈련은 필수적이다. 예비군들은 현역 군인들을 보완하고 준비태세를 유지하기 위 해 부지런히 훈련해야한다"고 말했다.

올해부터 한국군은 응급 처치, 화생방, 지도읽기, 미군 용어 및 미군 장비 를 포함한 3일간의 훈련을 돕기 위해 제2전투여단 "Black Jack"의 부사관 들의 도움을 요청하였다.

제2전투여단 제8공병대대 본부중대 소속의 화생방 부사관인 제시카 벨 처 하사(Staff Sgt. Jessica Belcher)는 "기술적인 부분뿐만 아니라 전술적 인 측면에서도 카투사들의 지식을 계속해서 발전시켜 나가는 것이 목표입 니다. 그리고 우리의 공동 작전을 계속해서 순조롭게 진행될 수 있도록 보장 하는 것이 전반적인 목표입니다."고 말했다.

모든 대한민국 남성은 적어도 21개월동안 대한민국 군대에서 복무를 해 야하지만, 매년 약 3,600명만이 미 육군과 함께 일하는 카투사로 복무할 수 있다. 신청 절차를 통과하고 카투사에 합격한 사람들은 군에서도 매우 귀중 한 자산이 된다.

제2전투여단 제8공병대대 본부중대 소속의 전투 의무병인 티파니 페인 병장(Sgt. Tiffany Payne)은 "카투사는 미 육군과 한국군의 협력관계에 가 장 중요한 역할을 하는 병사들이다. 그들을 통해 두 군대간의 문화적, 언어 적 차이를 극복할 수 있고, 카투사가 없다면 작전 성공을 확실히 하기 위해 "Fight Tonight"할 준비가 되지 못했을 것이다."고 말했다.

훈련을 마친 후, 모든 병사들은 북한으로부터의 침략을 억지하려는 노력 이 성공하지 못하면 나라로부터 부름을 받을 것이라는 사실을 인지한채 다 시 군대 밖에서의 일상 생활로 돌아갈 것이다.



한정흥 소령은 "나는 이 훈련에 참여한 모든 예비군 병사들이 이곳에 있 는 동안 배울 수 있는 모든 것을 배우고 최대한 많은 것들을 얻어가기를 부 탁한다. 전쟁이 발발한다면 그들은 싸울 준비가 되어 있어야 하기 때문에 100%의 참여와 동기부여가 필요하다."고 말했다.



왼쪽 상단 사진: 9월 14일, 카투사 예비군 훈련장에서 제2전투여단 본부중대 전투 의무병 티파니 페인 병장이 카투사 예비군 훈련에서 병사들에게 사상자를 치료하는 방법을 가르 쳐 주고 있다.

오른쪽 상단 사진: 제2전투여단 본부중대 화생방 부사관 제시카 벨처 하사가 카투사 예비 군 훈련도중 병사들이 MOPP 기어를 착용하는 것을 도와주고 있다.

위 사진: 예비군 훈련중, 카투사 예비군 병사들이 사격장에서 사격 연습을 하고 있다 <사진 _ 병장 캐롤린 하트 / 제2전투여단 공보처>

<기사 _ 병장 캐롤린 하트 / 제2전투여단 공보처>

<번역 _ 일병 김연요 / 제2보병사단 공보처>

한미 양국 한국전 참전용사를 기리며 8 전쟁영웅들이 눈에 띄다

대한민국 캠프 레드클라우드 – 그들은 한달동안 전투를 진행했다. 8월 의 폭염속에서 빗발치는 총탄이 9월까지 지속되었지만, 한반도의 남쪽까지 밀린 유엔군은 굳건함을 유지하였다. 물밀듯이 밀려오는 북한군은 압박을 가했지만 대한민국의 방어자들은 후퇴가 지속되고 있는 수개월이 지난후 굳건함을 유지하였다.

제2보병사단/한미연합사단 사학자인 윌리엄 M 알랙산더 예비역 대령은 "낙동강 전선 전투는 독특했다," 며 "크로마이트 작전(인천상륙작전)과 연계하여 유엔군이 후퇴상황에서 빚어낸 큰 승리였다."고 말했다.

이런 혼란 속에서 미2사단 전사들은 본 투쟁속 지원을 감행하였다. 수십년 후 많은 사학자들이 말하는 "부산 전선 전투"중 전사사단의 총 희생자수는 전사자 1,120명 그리고 부상자 2,563명 및 69명의 실종자를 기록하였다. 이들중 여덟명이 주목을 받았다.

본 사단 소속이었던 여덟명의 장병은 1950년 9월의 전투중 그들의 전 공을 인정받아 명예훈장을 수여받았다. 모든 극한 상황으로 몰아부치는 끔 찍한 전투 속에서 여덟명은 한국전 전세를 바꿔 놓았던 아주 힘든 싸움의 승리를 견인차하게 되었다.

알랙산더씨는 "아주 짧은 시간 동안의 그들의 전공으로 명예훈장 수여자가 된 여덟명은 무언가 대단한 것입니다," 며 "하나의 전투라고 표명되지만, 그것은 그렇치 않습니다. 이것은 아주 넓은 지역에 펼쳐져있는 연속된전투인 것입니다. 본 여덟 장병의 전공에 대한 훈장 수여는 빈번히 일어나지 않는 그 무엇인 것입니다." 고 말했다.

알랙산더씨는 본 여덟 장병의 영웅적 행동으로 제2보병사단이 약화된 북한군 전선을 뚫을 수 있도록 하였고 적군을 상대로 미 제8군사령부를 만주 국경까지 진격하게 만든 역공이 되는 반격을 가능하게 했다고 강조했다.

제2보병사단/한미연합사단 사단장인 스캇 맥킨 소장은 9월 22일 대구에서 303고지 전투 기념식에서 새로이 건립된 기념탑과 함께 본 여덟 명예훈장 수여자들과 그들의 전우들에게 경의를 표하였다.

맥킨 소장은 "바로 이곳에서 복무하며 1950년 9월 2일 탈출 도중에 이곳에서 부상당한 삼촌을 둔 저에게는 이곳은 개인적인 곳이기도 합니다," 며 "모든 대단한 참전용사들이 이뤄내고 인정받아야 할 필요가 있는 그런희생입니다."고 말했다.

맥킨 소장은 일리노이 주 시카고에서 한반도로 상병의 계급으로, 미 2 사단 소속으로 참천하게 된, 1953년 이후 처음으로 다시 방문한 한국전 참전용사인 하워드 발라드씨를 만났다. 당당한 자세인 발라드씨는 대구에 서 한미 파트너들이 함께 모여 운명적인 9월과 전쟁 전반에 걸쳐 정말 치 열하게 싸운 장병들을 기리며 경의를 표했다.

미2사단 장병들의 모든 계급들이 부산 전선 전투 중 명예훈장 수여자들 사이에 나타나 있었다. 장교부터 부사관, 몇몇 일병들부터 중사계급까지, 중위부터 상사까지, 사단내에서 여덟 전사들은 끈질긴 적들이 그들의주둔지를 뚫기 위한 시도중인 상황에서 전세를 바꾸는데 공헌하는 길을 찾았다.

적 포화를 피해가며 적진을 정찰하여 전투를 도왔고 그 와중에 부상까지 입었음에도 불구하고 전우를 위해 물을 회수해왔던 미2사단 9보병연대소속 죠셉 R 오렛트 일병, 그리고 그의 다섯 전우를 구하기 위해 수류탄에몸을 던져 폭발을 몸으로 막아낸 미 2사단 9보병연대소속 데이비드 M 스미스 일병과 같은 장병들로 인해 전투 초반 놀라운 활동들이 보여졌다.

알랙산더 씨는 "오렛트 일병은 19세의 나이로 그가 한번도 가보지 못한 나라의 자유를 위해 그리고 그가 한번도 말을 건내보지 못한 나라의 국민을 위해 싸웠습니다," 며 "그의 행동은 그의 이름을 본딴 Operating Outpost Ouellette을 이끌었습니다. 전사당시 19세이며 이러한 공헌을한 그는 많은 의미가 있습니다." 고 말했다.

미 2사단 72 탱크대대 소속 어니스트 R 코우마 상사같은 리더들은 모든 예상치 못한 상황속에서 싸움을 진행했다. 적들로 둘러싸여져 있으면서 코우마 상사는 홀로 남은 그의 탱크로 적의 진입을 막아냈고 그와 그의 부하들을 둘러싼 적을 사살하기 위해 그의 차량 후면에 50구경 기관총을 장착하면서 적들에게 노출되는 위험에 처하기도 했다. 기관총의 탄환을 모두소진한 후 코우마 상사는 그의 탱크와 부하들로 부터 적들을 막기 위해 그의 권총과 수류탄을 사용하였다. 코우마 상사는 결국 9시간동안 치열한 전투후 우호전선까지 이동하였으나, 곧바로 재공급 받고 그의 부하를 이끌고전장으로 다시 진격하였다.

전투가 계속 진행되가면서, 트레비스 E 왓킨스 상사와 같은 리더들은 전우들의 승리를 위해 극단의 희생을 기꺼이 감수하였다. 왓킨스 상사는 북한군이 그의 작은 부대를 기관총 사격으로 꼼짝 못하게 만들고 수류탄으로 끝내버리려는 시도에 맞서 싸웠다. 그가 그의 병사들을 죽이려는 자들을 공격하면서 왓킨스 상사는 치명적인 부상을 입었으나 죽음의 고통속에서 전투를 계속하였다.

하반신 마비임에도 왓킨스 상사는 그를 수송하는 것이 지친 그의 부하들에게 큰 짐이 될 것이라는 것을 알고 그의 부하들에게 그와 관계없이 분산하라고 지시했다. 왓킨스의 행동으로 그가 그의 진지를 지키며 적군 500여명을 사살하는 전공을 올리게 되었다.

부하를 피신시키도록 하기 위해 자신을 희생하는 선택을 한 소대장인 미 2사단 38보병연대 소속 프레드릭 F 헨리 중위도 역시 영웅적 행동을 보였다. 당일 압도적인 수적 우위의 공격을 받으면서도 헨리 중위는 전략상 중요한 능선에 위치한 진지를 유지하기 위해 부하들을 독려하였다. 전투가 점점 더 치열한 양상으로 진행되면서 헨리 중위는 심각한 부상을 입은 상태로 전투에 임하였다. 헨리 중위는 그의 부상을 가장 마지막에 알렸고 퇴각 도중 사망하였지만, 부하들의 무기와 탄환을 그가 받아 부하들이탈출할 수 있도록 막아 주는 역할을 하였다. 헨리 중위는 적들에게 둘러사이기 전 마지막까지 보유하고 있던 탄환 끝까지 사용하였고 그의 용맹함은 그의 부하들이 피할 수 있는 소중한 시간을 마련해 주었다.

시간이 흐름에 따라 이러한 희생은 전방을 따라 더해만 갔고 유엔군이 재정비하여 공급선에 걸쳐 퍼져있는 적들에 대한 공격을 진행하는 것을 가능하게 했다. 이 전투로 미군은 총 12,987명의 사망자 그리고 12,508명의 부상자 및 2,701명의 실종자를 기록했고 401명의 포로를 확보하였다. 한국 동맹군들도 작은 한반도를 방어하는 도중 약 4만여명의 희생도 기록하였다.

경비는 혹독하였지만 승리의 형세로 바뀌었다.

9월 18일 마지막 전장의 발포 후, 유엔군은 수 주전 잃었던 영토를 탈환하기 시작하였다. 북한군은 굳건한 적이 새로운 생명을 찾으면서 중국내 그들의 동맹군들이 있는 선으로 계속 퇴각하였고 낙동강 전선의 확보로 인해 가속화 되었다. 여덟명의 미 제2보병사단 전사들이 그들의 전우와 동맹군 그리고 두 국가를 위한 싸움이었다.



대한민국 동두천 - 우리가 '자살'이라는 단어를 들을때, 스스로 가 관련이 없다고 단정을 짓고 그 주제에 대해 언급하는 것을 불편 하게 생각한다. 하지만 만약 자살에 대한 연극을 본다면, 이에 대 해 무관심할 수 없다는 것을 느낄 것이다.

2017년 9월 6일 캠프 케이시 극장에서 제2보병사단/한미연합 사단의 병사들은 자살 예방 연극 "두번째 기회 (Second Chance) 에 참여했다. 이 연극은 병사들에게 Ask-Care-Escort(ACE)에 대해 알려주기 위해 미육군 약물 남용 프로그램 위험 감소 프로그램 (Army Substance Abuse Program Risk Reduction Program) 의 코디네이터인 러셀 조던(Russell Jordan)에 의해 감독되었다.

자살 예방 및 인식의 달인 9월 한 달 동안, '두번째 기회' 연극 팀은 한반도 전체에서 공연을 했다.

연극은 두 부분으로 구성되어 있으며 제210포병여단 37야전포 병연대6대대 579전방지원중대 소속의 제롬 M. 존슨 상병 (Spc. Jerome M. Johnson)이 주연을 맡았다. 첫 부분은 한 병사의 잘 못된 선택이 징계 처벌, 강등과 같은 불행으로 이어져 결국 자살로 끝나는 모습을 보여주었다.

그러나 연극이 진행되면서 주인공의 NCO 상관들과 가족들이 ACE방법을 통해 주인공에게 알맞은 도움을 제시해주는새로운 시나리오가 펼쳐졌다.

210여단 70여단지원대대 본부지원중대 소속의 컴퓨터/탐지 시스템 수리병인 타이션 킹 병장(Sgt. Tyshawn King)은 "우리가 기본적으로 표현하고 싶은 것은 어려운 질문을 하는 것이 괜찮다는 것입니다. 주변에 비밀리에 자살에 대한 생각을 가지고 있으면서 도움을 얻으려 앞으로 나서지 않는 사람들이 많습니다. 어려운 문제가 있다면 그 문제에 대해 대화를 나누는 것이 좋습니다."고 말했다.

연극이 끝난 후, 무대는 본부중대 야전 자동화 전술 시스템을 담당하는 존 A. 칼데론 일병(Pfc. John A. Calderon)의 고백으로 이어져 더욱 감동적이고 의미가 강력해졌다.

70대대의 주임원사인 랜디 T. 브라운 주임원사(Command Sgt. Maj. Randy T. Brown)는 "그의 이야기에 사로잡혔습니다. 평소에 찾아가던 병사 중 한명이었는데, 자신의 이야기를 할 수 있는 그의 용기에 놀랐습니다."고 말했다.

칼데론 일병에 의하면 그의 이야기를 말하는 것이 쉽지는 않았다고 했다. 트라우마 자체에서 벗어나야 했을 뿐만 아니라 수백명의 사람들 앞에서 그 이야기를 말할 수 있는 용기가 필요했다고 한다.

칼데론 일병은 "연극이 끝나고 무대에 올라 열린 공간에서 제 이 야기를 고백한다는 것이 많이 망설여졌습니다. 솔직히 많이 창피했습니다. 그리고 제가 한국에 다른 부대들을 찾아갈수록 더욱 힘들어질 것이라고 생각합니다."고 말했다.

이것은 그에게 큰 어려움이었지만 전우들과 친구들의 도움으로 극복해냈다.

"모든 배우들과 조던씨가 저를 격려해주셨고 제 자신에게서 이 야기를 전할 수 있는 힘을 찾을 수 있었습니다. 그들은 우리가 모두 군인이라고 했습니다. 우리는 모두 가족이며 모두가 제 목소리를 들을 것이라고 했습니다. 제가 그들을 감동시켰고, 한반도 전체의 다른 모든 사람들을 감동시킬 것이라고 말해주었습니다."

이 연극은 자살예방의 달인 9월 뿐만 아니라 올해 전체 동안의 자살 예방을 목적으로 진행되었다.

브라운 주임원사는 "투자한 시간과 노력에 진심으로 감사하다. 우리 모두 자살 예방은 한 달간의 일이 아니라 일상적으로 명심해 야 할 주제라는 것을 기억해야한다."고 말했다.

> 〈 기사 _일병 이현민 / 210포병여단 공보처〉 〈 번역 _일병 김연요 / 제2보병사단 공보처〉





인디언헤드가 만난 사람들

"전역 후에 가장 하고 싶은 것은?"



1-9 기갑대대 A중대 전차승무원 상병 배도협

평일 오후 3시에 햇살을 맞으며 짧은 낮 잠을 자고 싶습니다. 입대한지 1년이 지난 지금까지도, 논산 3주차 토요일의 오침을 잊을 수없습니다. 매일 불침번을 서고 피곤 했던 생활이었던지라 유난히 그 1시간이 달콤했던건지도 모릅니다. 그리고 반쯤 닫 한 커튼 사이로 들어오는 오후의 주홍색 햇 살이 정말이지 아름다웠습니다. 저는 예술 을 잘 모르지만, 아름다운 미술작품을 볼때 의 경외감이 그런 것이 아닐까 싶었습니다.

전역 후 다가오는 목요일 오후 3시, 집밥을 먹고 핸드폰은 꺼둔 채 낮잠을 자고 싶습니다. 배럭 방의 반도 안되는 작은 방이지만, 7월 중순의 햇살이 함께할 것이기에 그때 논산의 오침만큼이나 달콤할 것 같습니다.



1-9 기갑대대 본부중대 일반의무병 일병 강민우

저는 전역일이 내년 12월이라 복학 전까지 2 달 반의 시간이 있습니다. 이 70일 정도의 기간동안, 복학 준비도 해야겠지만 여태까지 못해본 것도 해보고 여러가지 도 전해보려고 합니다. 우선 일을 구해서 스스로 돈을 벌어보고 싶습니다.

여태까지 부모님께 받기만 해서 제가번 돈으로 부모님 선물도 사드리고 여행도 가보려 합니다. 여행은 2박 3일 정도 국내 배당여행으로 가보려고 합니다. 저렴한 비용으로 다양한 경험도 해보고 모험심과 도전 신을 기르는 좋은 계기가 될 것 입니다. 쓰다보니 벌써 마음만큼은 전역을 앞둔 것같습니다.전역 후보단 당분간은 지금을 생각하며 최선은 다해 군생활을 하겠습니다!



1-9 기갑대대 B중대 보급병 일병 이진형

제가 전역 후 가장 하고 싶은 것은 새로 운 시람들과의 만남입니다. 군대에 입대한 후 주변 사람들과 자주 보지 못하다 보니 서먹해지기도 했고 심지어는 만나지 못하 는 사람들도 생기게 됐습니다.

전역 후엔 지금 알던 사람들과 다시 친 해지기는 힘들 거 같기 때문에 전역 후 학 교에서 새로운 동아리나 소모임에 들어서 새로운 사람들과 만나고 열심히 활동하는 것이 목표입니다.

이렇게 열심히 살다보면 언젠가 사랑도 찾아올거라 굳게 믿고 있습니다. 모두들 전역때 까지 화이팅 하시기 바랍니다!



기회

1-9 기갑대대 G중대 보급병 이병 박운규

전역하면 기장 하고 싶은 것을 생각하자 니 막 자대로 전입한 이병에겐 아직 전역 이라는 단어가 말게만 느껴집니다. 하지만, 그만큼 전역이 기다려지는 순간이 바로 이 병이 아닐까라는 생각이 들기도 합니다. 저 또한 전역 후 생각을 종종하며, 그 중에서 도 가장 하고 싶은 것은 바로 여행입니다.

연인 혹은 친구들과 함께 떠났던 그 순 간만큼은 잠들기 전, 혹은 힘든 순간마다 힘이 되어주는 것 같습니다. 전역 이후에 물론 복학 혹은 취직 준비로 바쁠 시기를 보내야할 청춘이기는 하지만, 여행을 통해 자신을 더 알아갈 수 있고 연인 혹은 친구 들과 좋은 추억을 쌓을 수 있는 계기가 될 것이라고 생각합니다.



홍 -단결!안녕하십니까. 1-9기갑대대 대대 선임병장 홍종의입니다. 서울대학교에서 소비자아동학을 공부하다. 2-66 전 카메이 OPDERTY 세션 OP

다 3-66 전차대대 ORDERLY 섹션으로 입대했습니다. 외박, PT 카드, Weapon 카 드를 관리하는 섹션 특성상 항상 냉장고 안이 부족할 틈 없이 근무하다가 6월에 선임병장으로 일하게 되었습니다. 요즘 텅 비어있는 냉장고가 안쓰립습니다.

군생활 중 이성지지 않는 에피는드는?

올해 4월 5주 간의 CALFEX 훈련 때, 한국군 8시단 산 위에 텐트를 치고 매일 전투식량을 먹다 위가 버터마냥 녹아버 혔습니다. 비가 쏟아지던 하루, 카투사 선 임들과 미군들 몰래 판초를 뒤집어 쓰고 40분간 산길을 걸어 한국군 PX를 찾아갔 었습니다. 몇 주간 씻지도 못한 판초 쓴 카투사들을 신기하게 바라보는 한국군 시선 속에서 밖에 쭈그려 앉아 먹었던 컵 라면이 잊혀지지 않습니다.

선이병자으로 이어면서 가다 히든점은?

여느 부대의 선임병장님들도 마찬가지 시겠지만 미군의 요구와 카투사들의 요 구들 사이에서 조율하는 것이 가장 힘든 것 같습니다. 카투사 병사들에 대한 이해 가 부족한 순환대대 특성상 끊임없이 이 해시켜 주어야하고 사소한 것 하나하나 설명해주어야 해서 그 과정에서 어려운 점이 있는 것 같습니다.



다다바다 하지 않게 나는 가는?

입대한 뒤 가장 긴장됐던 순간은 KTA 졸업식 날면회 온 여자친구를 만나기 전입니다. 여름 군번으로 새까맣게 탄 피부와 매일 같이 먹었던 디펙 Short Order 덕분에 살이 한껏 올라와 있었는데, 혹여나그런 저를 보고 실망하지 않을까 걱정되어 괜히 얼굴에 썬크림만 듬뿍 발랐던 것이 기억납니다.

부대내에서 자신의 인모수위는?

시니어 카투시는 외모로 뽑는 거 아니었 습니까? (부대원들: 인정합니다.) 당영 후의 계획우?

전역 후 복학하기 전에 한 달간 미국여행을 할 계획입니다.제가 경험한 군부대의 미국문화가실제 보편적인 미국의 모습과 어떻게 상이한지를 경험해보고 싶습니다.다시 학업에 전념하며 무엇보다 여자친구에게 꽃신을 신고 뛰어보자 펄쩍머리가 하늘까지 닿게 하고 싶습니다.

중대원들에게 한마디 부탁드립니다.

최근실사격 훈련도 잘 끝나고 앞으로 남은 훈련들이 많이 있는데 다들 다치는 사람 없이 조금만 더 힘내서 성공적으로 마무리했으면 좋겠습니다. 감사하게도 여러분들이 제게 좋은 사람인만큼 저도 여러분에게 좋은 사람으로 기억되도록 노력하겠습니다. 1~9 파잇팅!



상병홍종의 19기압때(본)중대

대대 선임병장

인디언헤드는 사랑을 싣고******



이번 호의 주인공은 1-9기갑대대 본부 중대 박범수군입니다.

이번 호 '인만사'의 주인공은 1-9 기갑대대입니다.

자신의 중대원들의 이야기를 담고 싶으 신 분들은 <mark>자유롭게</mark> 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다! 사랑하는 나의 똥멍충이에게 보내는 편지

범비 안녕, 훈련소 이후로 정말 오랜만에 편지를 쓰는 것 같아요.

이렇게 마음을 적어 보내는 것이 조금은 쑥스럽기도 하지만 진심을 담은 내 마음이 잘 전달되기를 바라며 한자 한자 적어보내요.

사랑하는 범비! 너와 만나는 시간동안 나는 너의 마음이 너무나도 크고 따듯해서 항상 기대기만 했어요.

내가 사랑 받고 있다는 걸 무기로 상처를 주기도 했고, 심술을 부리기도하고, 함께 있다는 것에 안도 하면서 익숙한 시간에 소홀해하기도 했었죠.

그리고 오지도 않은 미래에 불안해하면서 마음을 아프게도 만들었었어요.

하지만 그럴 때마다 나를 믿어주고 잡아준 너… 너무너무 미안하고 고마워요.

첫 만남부터 지금까지 언제나 변치 않고 넘치는 사랑을 주는 네 덕분에 너를 만난 후로 나는, 내가 늘 사랑받고있는 사람이라는 것을 알게 되었어요.

그리고 매 순간순간이 감사한 시간들이라는 것도 알게 되었어요.

내 자신이 이렇게 웃음이 많은 사람이었는지 나도 몰랐었는데 소소한 것에 행복을 느끼고 미소가 늘어나고 긍정적으로 변화하고 있는 나를 보면서

이런 감정들을 느낄 수 있게 해주는 사람이 너라는 것이, 너라는 존재가 어느덧 나에게 있어 큰 자리를 차지하고 있다는 것이 얼마나 감사한지 몰라요.

실 자자하고 있어는 첫 학을 마이 심사는 사물이고. 네가 내게 주는 사랑을 너도 함께 느낄 수 있다면 년 지금보다 더 행복해 질 텐데...

네가 나로 인해 나만큼, 아니 나보다 더 행복해 질 수 있도록 무지무지 사랑해 줄게요.

떨어져 있는 시간동안 그 안에서 우리가 흔들 리지 않고 서로에게 더 가까워지는 시간이 될 수 있 도록,

늘 반짝이는 네가 빛을 잃지 않도록 내가 옆에서 항상 기도할게요.

감사하며 사랑해요. 어제, 오늘, 내일 그리고 늘...

너를 사랑하는 너의 더머.

하나뿐인 나의 사랑하는 여보에게 보내봅니다.

사랑하는 말로는 부족할만큼 너무나 사랑하고 소중한 나의 여보야 안녕

이렇게 공개편지를 쓰게 될 줄은 상상도 못했는데 좋은 추억 많이 쌓고 있네요ㅎㅎ이왕 이렇게 된거 아주 그냥다른 사람들 다 부럽게 해버리자요!

글솜씨가 많이 없어서 걱정이지만 늘 그랬듯 진심이 마음 한켠에 전해지기를 바라며 글을 써보도록 할게요.

참 미안하게도 여보에게 편지를 써준지 짧지 않은 시간이 흘렀네요. 나는 아직도 여보와 내가 만난지 벌써 800일이 훌쩍 넘어가고 있다는걸 생각하면 참으로 놀라운거있죠? 여보를 만난 첫날부터 지금까지 매일매일 감사하고 앞으로도 감사할거예요.

서로 살아온 환경과 가치관 등 모든것이 다른 두 남녀가 운명처럼 서로의 앞에 나타나 만남을 이어가고 그 귀한시간들 속에서 서로를 향해서 조금씩 나아가며 한걸음 물리설 줄도 알고 때로는 서로를 위해 욕심도 부릴 줄 알며 그런 과정속 생겨버린 서로의 빈 공간조차 각자의 사랑과 보살핌으로 채워나가며 서로를 더 잘 이해하고 점점 맞춰 가고 있는 우리를 보며 참 신기해요.

'그대 내게 행복을 주는 사람'이라는 노래처럼 '생각' 만으로도 나에게 행복을 주는 사람, 나도 여보에게 그런 존재가 되고 있기를 바래요

나는 여보가 너무 좋은거 있죠? 내겐 제일로 아름답고 귀엽고 사랑스럽고 소중하기까지 해요! 내가 생각해도 난 정말 운이 좋은 것 같네요.

훈련소에 있을때도 매일 매일 써준 편지와 손편지 그리고 힘내라고 보내준 사진들을 보며 얼마나 힘이났는지! 내 방 벽에는 여보의 사진들이 달려 있어요. 매일 눈을 뜨고 감기 전에 보고싶은 그런 사람이라 제일 잘 보이는 곳에 붙여두며 하루하루 힘을 내고 있어요.

지금까지 내가 받은 사랑에 어떻게 보답해야 할지 모르겠지만 그 사랑을 더 크게 돌려주기 위해 최선을 다하고 여보가 힘이 들때면 편하게 기댈 수 있는 어깨가 되고 행복은 같이 나누며 포근하게 포옹할 수 있는 듬직한 내가 될게요. 산소같은 존재가 되버린 여보를 항상 응원하며 상처주지 않고 사랑으로 보듬어 줄게요.

하지 못한 말들이 참 많지만 결론은 언제나 내 마음을 담아 여보를 사랑합니다<3

여보의 꿈을 위해 항상 기도합니다. 앞으로 서로 더욱 더 아끼며 사랑해요

당신을 너무나 사랑하는 여보의 범비.

한미 문화 교류

할로윈 Halloween

할로윈은 성인 대축제(All Hallows Day)

전날인 10월 31일에 행해지는 행사이다. 할로윈은 유령, 마녀, 박쥐, 프랑켄슈타인 등 부정적이거나 기분이 나쁜 것들을 테마로 하는 것이 특징이다. 아이들은 유령, 괴물 혹은 인기 캐릭터의 복장을 하고 다른 집에 찾아가서 사탕, 초콜렛 등을 집주인에게 달라고 한다. 이때 큰 목소리로 "Trick or treat!"을 외치는 것이 필수이다. 또한 집집마다 호박을 파내어 눈코입 구멍을 뚫어놓은 이후 양초를 집어넣은 잭오랜턴(Jack-o'lantern)을 만들게 된다.

할로윈은 본래 미국으로 이주한 아일랜드인들이 들여온 풍습에서 유래되었다. 아일랜드 지역은 겨울이 길었기 때문에 과거에 거주하였던 켈트족들은 10월 31일을 여름의 마지막 날로 여겼고, 11월 1일을 새해의 겨울이 시작되는 날로 생각하였다. 아일랜드 사람들은 이 날 태양의 힘이 약해져서 삶과 죽음의 경계가 불분명해진다고 믿었고, 죽은 사람들의 혼령이나 마녀들이 불행한 일을 가져올 수 있다고 믿었다. 혼령으로부터 몸을 보호하기 위해 귀신처럼 분장을 하고 시끄럽게 마을을돌아다님으로써 혼령들을 놀라 달아나게 하였다. 시간이 지나면서 할로윈은 모두가 즐길 수 있는축제로 기념되고 있다.