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Cultural exchange page 11



Vol. 44, No. 9 www-2id.korea.army.mil May 18, 2007



Pfc. Stuart Hamilton, HHC, 2ID, dribbles the ball away from a defender in HHC's soccer game with HHSC, DSTB and the 2ID Band during KATUSA/U.S. Soldier Friendship Week April 30. See pages 7-10 for more coverage of KATUSA/U.S. Soldier Friendship Week.

2007 EFMB competitors simulate, test combat skills

By Sgt. Lee, Yoon Joo Staff Writer

The Expert Field Medical Badge is known as one of the hardest badges to earn in the U.S. Army. This year, 284 candidates from across the peninsula gathered at Warrior Base to vie for the coveted badge May 9-14.

Past records show among the candidates, only 10 to 20 percent qualify to wear the badge. The challenge is so tough that the slightest mistake, like mispronouncing the phonetic alphabet, can knock the candidate out of the competition.

Beginning in 2007, the EFMB competition, which used to rotate stations of different tasks, was reorganized into three simulated battlefield scenarios, running at full combat speed. No information on the scenarios was given to the

candidates prior to the actual test.

competition in the new standard so far," said Lt. Col. Jeff Foe, the officer-in-charge of this year's EFMB competition. "The change will raise the level of realism in the competition."

The first combat testing lane takes place in the urban environment, where the candidates move under direct fire and treat the casualties' wounds. The second lane places the Soldiers in a wooded area where the candidates must take proper measures to protect themselves and their casualty from the opposing forces' attacks.

The third lane consisted of roadside bombs, simulated artillery fire and many other unpredictable combat circumstances.

See EFMB, page 3

DSTB Six-Star Soldier shines above rest

By Pfc. Anthony Hawkins Jr.

This is the first in a five-part series about the 2nd Infantry Division Soldiers honored in the USO's Six-

hile every Soldier should try to excel in both their personal and professional lives, there are always those who stand above the rest.

Such is true for Pfc. Joshua Bateman, an infantryman in Headquarters and Headquarters Support Company, Division Special Troops Battalion, 2nd Infantry Division.

Bateman was recently chosen as a recipient of the United Services Organizations' Six-Star Salute.

See SIXSTAR, page 6



VOICE OF THE WARRIOR:

What is your favorite thing about serving in Korea?



The history of Korea at the time of the Korean war.

Sgt. Jason George HHSC, DSTB

Asit s my second tour, taking time to see the sights and culture.

Warrant Officer Jim Mullin HHC, 2ID





All the Koreans are nice. You get to experience how other people live.

Pvt. Jacob Haley 579th Sig. Co.

A sense of achievement. I feel very accomplished.

Cpl. Huh, Sang Eun 55th MP Co.

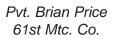




Working with the orphanages, unwed mothers and children s shelters.

Capt. Anthony Kazarnowicz DSTB Chaplain

Being in a new country and exploring.





One year is enough time to experience Korea

By Sgt. 1st Class Rhonda Lawson

2ID PAO Operations NCO

When I first arrived to Korea a few months ago, I did what most people do. I sent an email to all my friends and family back home, letting them know I had arrived safely. A few days later, my inbox was filled with well-wishes, but one in particular stuck out.

One lady wished me well, then ended her email by saying "make sure you get out so you can experience Korea while you're there, and not just be able to say you've been there."

To this day, she still has no idea how prophetic her statement was.

It is so easy to fall into the trap of missing home and staying confined to the barracks. Sometimes we begin concentrating so much on going back home, that we forget about the exciting opportunity we've been afforded.

Other times, we do get out of the barracks and meet people. However, we begin hanging out with our friends on post and slowly find ourselves in a rut in which we do the same thing every day.

I found myself in this position during my last few months of my assignment in Egypt. When I first got there, I took every chance I could to see the country. I climbed Mt. Sinai three times, visited the Holy Land in Israel, went on shopping trips, and visited the Great Pyramids countless times. However, as my assignment drew on, I met people who I enjoyed hanging out with. Pretty soon, my weekend trips turned into hanging out at the barracks with my friends. By the time I left, I realized there was still so much more to see, but had lost my opportunity.

Now that I'm in Korea, I've vowed not to let that happen again. Although I still like the occa-

sional barbecue with my buddies, I also make time to get out and see this very interesting country. Did you know Korea had a China Town? Have you been to Jeju Island yet? Have you found out yet why ceramics are so popular in Korea? The answers to these questions



answers to these questions can't adequately be found inside a barracks room.

Korea is also a great opportunity for self-improvement. Why not take this time away from family and friends to get that degree you didn't have time to pursue back home? Or why not take up a new skill like Taekwondo or jogging? What about using some of that hardship duty pay income to pay off bills or start an investment account? As one person put it, you can take something back home that you didn't know before.

However, one of the most valuable things I will take away from being in Korea is the time that I've spent getting to know many of the Korea nationals. I have learned so much from them about Korean culture and customs. Most recently, during the Cultural Exchange for Women, I met a ROK Army lieutenant and a sergeant first class. They couldn't speak a lot of English, and I spoke even less Korean, but we learned that communication transcends just words alone. We plan to keep in touch.

Any way you look at it, Korea can be a great assignment. I still miss my family terribly, but I am truly enjoying my time here. When I finally reunite with my daughter, I will have obtained my Master's in Public Administration, my red belt in Taekwondo, and friendships with both Korean and American Soldiers that I won't soon forget.



<u>Indianhead</u>

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EFMB

from page 1

The candidates must evacuate the casualty to a tracked vehicle and coordinate a spot to meet with the medical evacuation helicopter.

Unlike before, test demonstrations are no longer included in the five-day orientation period prior to the actual test. There were only introductions to the new standards and grading

"Now, preparing the Soldiers for the EFMB competition is the unit's responsibility," Foe

However, almost half the candidates do not even make it to the scenarios. The EFMB written test, covering very detailed information from four different military manuals, is taken after the orientation period to determine the candidates eligible for further challenges.

The candidates must also complete day and night land navigation courses. Personnel who receive GOs on all three lanes and the land navigation courses must go through the final barrier, a 12-mile rucksack march.

Despite the hard challenges, KATUSA Soldiers did not hesitate to take part in the competition with a total of 15 showing up this year. Language barriers and lack of specialized education on their military occupational specialty did not discourage them from going after the prestigious badge.

"KATUSA Soldiers do not receive any addi-



Second Lt. Bennett Baldwin and Sgt. Benjamin Waln, both from 302nd BSB, go through the wire obstacle by low crawling with a litter as part of the EFMB competition.

tional education on the medic operations unlike U.S. Soldiers who go through courses at their advanced individual training," said Pfc. Kim, Chan Hwe, Headquarters and Headquarters

Company, 2nd Battalion, 9th Infantry Regiment. "But I am learning a lot out here and this is actually pretty fun. I will try my best to win the



Soldiers lift a casualty onto the top of a HMMWV used as a medical evacuation vehicle during a scenario in the EFMB competition.



A U.S. Soldier carries his fallen KATUSA comrade to safety during the EFMB competition.

In Memoriam



Spc. Vang Her from Company B, 302nd Brigade Support Battalion, passed away May 6. He served his country as a fire control system repairer in the Army since March 2004. He served as an integral part of Co. B's armament section. His bravery, reliability, friendship, outgoing personality and sense of humor will be greatly missed but not forgotten, according to his fellow Soldiers. His dedication to his family and proud service to the U.S. is an example of that others should emulate. Her is survived by his father, Yee Her, and his mother, Blia Vang.

Tune in to Warrior Radio for 2ID Talk with your Division **Command Sergeant Major**

Every 4th Wednesday of the month, join CSM Brian Stall who will take questions and discuss concerns from 2ID and Area I Soldiers.

To ask a question, call 730-6324. Tune in to 88.3/88.5 FM- 3-6 p.m. The show will air again the following Monday at 6 p.m.

Indianhead NEWS May 18, 2007

1BSTB Soldiers shoot, move, communicate

By Maj. Jonathan M. Thomas

1st Brigade Special Troops Battalion S3

STORY RANGE, Korea - Soldiers from the 1st Brigade Special Troops Battalion conducted a convoy live-fire exercise April 9-16 on Story Range in order to provide the unit with the opportunity to shoot, move and communicate in a tactical scenario with live ammunition.

"This was the best training exercise since I've been here," said Pvt. Thomas Davis, a military policeman in Headquarters and Headquarters Company, 1st BSTB. "It was pretty exciting. What I liked most is that you got to work with different MOSs and see what their capabilities are."

"It was great for me as the supply sergeant in the signal company," said Cpl. Yoo, Dong Woo from Co. B. "It's hard to get the chance to shoot live rounds. I was really excited."

It is important for such a diverse unit with so many technical MOSs to conduct this type of training to maintain its combat focus, said Command Sgt. Maj. Jeffery S. Neal, 1st BSTB command sergeant major.

"Every Soldier is an infantryman first," he said. "In the environment we find ourselves fighting in today with OEF and OIF, the combat support and combat service support Soldiers must be proficient in live fire and the Warrior 40-and-11 tasks."

For the first three days of the exercise, the battalion trained and re-trained in several key areas, including weapons control, contact drills, and mounting and dismounting vehicles under fire. The remaining days were spent conducting dry, blank, and finally, the live fire itself. The emphasis on completing pre-combat checks and inspections was critical to ensuring safety during the training.

"It was a good experience to do my job with real ammunition with all the safety constraints," said 1st Lt. Jason Wilson, executive officer of Co. B. "Using blanks and paintballs, you don't have to focus on the safety as much and you can worry more about the mission. This time, you had to



A Soldier from 1st BSTB engages targets with the MK-19 on Story Range during the battalion's Convoy Live Fire FTX.

focus on both. As a leader, you had to check all the way down the line to ensure Soldiers and leaders were doing the right things at all times."

"We, as a unit, were in control of it versus the safeties," said Spc. Marcus Taylor, a human intelligence collector from Co. A. "Our leaders were in control of it instead of the safeties telling us where

Prior to conducting the blank fire, the companies received an order to push the 1st Heavy Brigade Combat Team's tactical operations center forward to a new assembly area. The main supply route was reported to be full of enemy activity, and the convoys were tasked to recon the route.

The use of the tactical scenario helped add some realism to the training. The live fire lane began with a dismounted engagement. After fighting off the "ambush", the convoys mounted their vehicles.

Taylor, who has been through live-fire exercises before in Fort Still and Fort Huachuca, said,

"Mainly, there you just rode in the back and just shot. This one was a little more realistic. This seemed a little more like what really would happen."

Even with the tactical scenario, though, some Soldiers would like to see even more twists. Sgt. Uriel Urias from 4th Chemical Co. said he would like to see more unpredictability in the scenario to keep the Soldiers on their toes. Many of the Soldiers said they wished the actual range layout was longer and they were able to fire more live

Despite some of the physical range limitations, Lt. Col. Eric Sweeney, 1st BSTB commander, was pleased with the overall training.

"This was clearly some of the best live fire training that we have ever done," Sweeney said. "I am very proud of the leaders and Soldiers of the battalion for conducting a live fire exercise that units going to OEF and OIF conduct."

602nd AVN adds to its ranks

By Bob McElroy

Area III Public Affairs Office

CAMP HUMPHREYS, Korea -The 602nd Aviation Support Battalion grew just a little larger when it activated Company C recently on Desiderio Army Airfield.

Co. C is the battalion's fourth company, and is also the signal company for the 2nd Combat Aviation Brigade. The company's mission is to provide a tactical wide-area network system in support of the brigade.

The activation of Co. C represented the Army's transformation into a more relevant and ready force, said Lt. Col. Gregory Fawcett, 602nd ASB commander.

"I'm sure you know our Army is transforming. Our nation's security needs have changed, and the Army is re-organizing and re-equipping to better meet those needs while modernizing for the future," Fawcett said.

Fawcett said that standing up a new company was a formidable and exciting task.

"To build a unit from the ground up and to put your own personal touch on it is a unique opportunity most commanders do not experience," he said.

Noting that Korea is one of the toughest places in the Army to command, Fawcett said that Co. C was fortunate to have a talented, dedicated captain to command it.

"I have faith that Capt. Mark Frederick's technical knowledge, skills and exceptional leadership ability will result in great accomplishments for the Cobras," Fawcett

With Co. C in its ranks the 602nd ASB now numbers more than 800 Soldiers. The battalion provides logistical, maintenance and communications for the 2nd CAB.

Camp Casey celebrates Alcohol Screening Month

By Jim Cunningham

Area I Public Affairs Office

CAMP CASEY, Korea – Area I celebrated National Alcohol Screening Month at Camp Casey April 18 with Alcohol Screening Day.

"The screening is a promotion to let the folks know we are here to assist them and service the public," said Gloria Prince, education specialist and employee assistance program coordinator for the Alcohol and Substance Abuse Program at Camp Casey.

"There is a real need for alcohol screening," Prince said. "We are trying to let folks know that they do not have to drink to have a nice time. The main points are to control, drink in moderation and be responsible."

Alcohol Screening Month is an Army-wide program to convince Soldiers and employees to drink respon-

"We are looking at making sure people become aware of the health risks involved with alcohol and the accidents that are caused because someone consumed too much alcohol," Prince said. "We have issues out there that are being caused by irresponsible people drinking too much alcohol. If alcohol is causing problems, then alcohol is the problem."

When taking the screening questionnaire, it makes one think about how often and how much one drinks. The ASAP office also gives people who took the screening a card that shows how much alcohol one can drink at one sitting before coming to the blood alcohol limit of .10 set by the Army.

"We can give you a blood alcohol content chart on a card that will tell you how much you can drink before becoming inebriated," Prince said. "All should know their limit before going down range and drinking. If you drink then drink responsibly."

Chapel Service Times

Camp Red Cloud

Warrior Chapel **Protestant:** 11 a.m. Sunday Catholic: 11:30 a.m. M-F 4 p.m. Saturday 9 a.m. Sunday KATUSA 7 p.m. Sunday COGIC

12:30 p.m. Sunday Camp Casey

Stone Chapel **Protestant:** 10 a.m. Sunday KATUSA: 6:40 p.m. Tuesday

Memorial Chapel Gospel: 11 a.m. Sunday

KATUSA: 6 p.m. Tuesday

West Casey Chapel KATUSA: 6:30 p.m. Thursday **Protestant:** 10:30 a.m. Sunday Catholic: 12 p.m. Sunday 2 p.m. Sunday

Camp Hovey

Hovey Chapel Catholic: 9 a.m. Sunday **Protestant:** 11 a.m. Sunday KATUSA: 6 p.m. Tuesday

Crusader Chapel **Protestant:** 11 a.m. Sunday

Camp Stanley

Protestant: 10 a.m. Sunday Gospel: 11 a.m. Sunday Catholic: 1 p.m. Sunday KATUSA: 7 p.m. Tuesday

Camp **Humphreys**

Catholic: 11:45 a.m. M, T, T, F 9:30 a.m. Sunday **Protestant:** 10:30 a.m. Sunday

Camp Castle

Castle Chapel KATUSA: 6 p.m. Tuesday

Points of Contact:

USAG-Red Cloud: 732-7469 CRC Catholic: 732-6428 Hovey Chapel: 730-5119 Memorial Chapel 730-2594 West Casey: 730-3014 Stanley: 732-5238 Humphreys: 753-7952

Castle: 730-6889 Orthodox worship service Saint Nicholas Cathedral: 753-3153

LDS: 730-5682 Other services including bible studies and fellowships are offered in some chapels. Please call for complete schedules.



Warrior News Briefs

Earn \$2,000 in the Army SMART program

The SMART program (Sergeant Major of the Army Recruiting Team) is a program in which the Army is paying a \$2,000 bonus to active duty personnel or retirees who refer an individual to enlist in the Army. They can earn \$2,000 for making a referral who enlists, completes basic training and graduates from Advanced Individual Training. Referrals must not have previously served in the Armed Forces. Referrals may not be an immediate family member.

Warrant officer recruiting briefings

A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Kv., will brief on qualifications and application procedures to applicants interested in becoming U.S. Army Warrant Officers.

Current shortages include Military Intelligence, Food Service, Criminal Investigations, Special Forces and Air Drop Systems.

The briefings for Camp Red Cloud will be June 11-12 at 10 a.m. and 1:30 p.m. in the CRC Education Center. Call Warrant Officer Andrea Ebanks-Joyner at 732-7229 for more details.

The briefings for Camp Casey and Camp Hovey will be June 13-15 at 10

a.m. and 1:30 p.m. in the USAG Theater, Bldg. S-2437. Call Warrant Officer Steve Delgado at 730-5088 for more details.

Camp Humphreys Sgt. Audie Murphy Club

The Camp Humphreys Sgt. Audie Murphy Club is looking for SAMC members who want to become active while assigned to Korea. Sgt. Morales members who are interested in becoming SAMC members are also encouraged to attend. Meetings are held the third Wednesday of each month. For more information please contact Sgt. 1st Class Katherine Lawson-Hurt at 010-2259-

Off-limit establishments

Both locations for E-Z Pawn Shop (Home Boy and Home Town) outside the Camp Casey gates in Dongducheon are off-limits to all USFK military personnel until further notice due to the purchasing and resale of military equipment.

232nd Army Birthday Ball

Eighth Army will host the Army's 232nd Birthday Ball in the Grand Hyatt Ballroom from 6 p.m. to midnight on

The celebration will begin with the entrance of the official party, honors, guest speaker, formal entertainment, a

cake cutting ceremony, and will conclude with a DJ and dancing. Tickets are available for purchase from unit points of con-

Female Vocalist needed for 2ID Band

The 2nd Infantry Division Band is looking for a female vocalist. Anyone can audition. Please call Staff Sgt. Mari Bemis at 732-6695 for details.

AIP updated

As of May 1, Soldiers without a deployment to OIF/OEF since September 2001 are limited to one 12month extension in Korea. This change affects all personnel and applies to new requests only. Personnel with a deployment to OIF/OEF since September 2001 may continue to apply for AIP until they reach the 5-year theater limitation.

A recent change to AIP also moved the application deadline from 90 days prior to DEROS to 120 days prior.

Area I CIF closure

The Area I Central Issue Facility will be closed May 18-21 to conduct an inventory. It will re-open for business at 8 a.m., May 22. Emergencies during this closure will be handled on a case by case basis. Please call Dale Raffield at 730-6953 or 010-9971-1980.

Movies

Camp Casey

Show times: Fri.-Sat. 6:30 & 8:30 p.m., Sun. 3, 6:30 & 8:30 p.m., Mon.-Thur. 7:30

May 18 ... Zodiac;

May 19 ... 300; Zodiac May 20 ... Spider-Man 3; Spider-Man 3; Black Snake Moan May 21 ... Spider-Man 3 May 22 ... 300 May 23 ... Zodiac May 24... Black Snake Moan May 25 ... Pride; $\dot{P}remonition$ May 26 ... Breach;

May 27 ... Teenage Mutant Ninja Turtles; Lucky You; Lucky You May 28 ... Lucky You May 29... The Last Mimzy

May 30 ... Pride May 31 ... Wild Hogs

Camp Red Cloud

Show times: Fri.-Sat. 7 & 9 p.m., Sun. 6 & 8 p.m., Mon., Tue. & Thur. 7 p.m.

May 18 ... Spider-Man 3;

May 19 ... Zodiac; Black Snake Moan May 20 ... 300; Zodiac May 21 ... Black Snake Moan May 22 ... 300 May 24... Lucky You May 25 ... Lucky You; Pride May 26 ... Pride; Wild Hogs May 27 ... Teenage Mutant Ninja Turtles; Reno 911: Miami May 28 ... The Last Mimzy

Camp Hovey

May 29... Breach

May 31 ... Zodiac

Show times: Sat.- Sun. 6:30 & 8:30 p.m., un. 3, 6:30 & 8:30 p.m., Mon.-Thur. 7 p.m

May 18 ... 300

May 19 ... Black Snake Moan; Spider-Man 3 May 20 ... 300; Zodiac May 21 ... Black Snake Moan May 22 ... Spider-Man 3 May 23 ... 300 May 24... Zodiac May 25 ... Dead Silence May 26 ... Reno 911: Miami; Lucky You May 27 ... Pride; Black Snake Moan May 28 ... The Last Mimzy May 29... Lucky You May 30 ... Premonition May 31 ... Pride

Camp Stanley

Show times: Mon. -Fri. 7 p.m., Sat. 7 & 9 p.m., Sun. 7 p.m.

May 18 ... Zodiac May 19 ... 300; Black Snake Moan May 20 ... Zodiac May 21 ... Black Snake Moan May 23 ... Lucky You; Lucky You May 24... 300 May 25 ... Pride May 26 ... Teenage Mutant Ninja Turtles; The Last Mimzy May 27 ... Reno 911: Miami May 28 ... Pride May 30 ... Dead Rising: Hannibal Rising May 31 ... Zodiac

FEATURE

SIXSTAR

from page 1

"I feel very proud to be selected for such an honor," Bateman said.

The award is not something to be taken lightly, as only the most deserving Servicemembers receive it.

"He's a very highly-motivated Soldier and tries to do his best on everything," said Command Sgt. Maj. Antonio Holder, DSTB command sergeant major

Although an infantryman by trade, Bateman currently serves as Holder's driver.

"Command Sergeant Major Holder actually asked me to take the position," Bateman said. "I'm glad because he's the best boss I've ever had."

The same qualities that are used to judge Soldier of the Month and Quarter boards were used when choosing which Soldier would receive the award, Holder said.

One of these qualities Bateman holds is setting goals for himself. Whether it is scoring 300 points on the Army Physical Fitness Test or shooting expert on M-16 rifle marksmanship, accomplishing his goals is something very important, Bateman said.

All of this hard work does pay off. After winning the DSTB Soldier of the Quarter board for the third quarter of 2006, Bateman said he gained a lot of knowledge and experience through the board

Not only does he try to excel in his Army career, but also in his personal life.

"He pushes himself very hard and helps others achieve success like he has," Holder said.

One way Bateman has done this is by teaching English as a second language.

Prior to working as Holder's driver, Bateman was assigned to the unit's arms room. There he helped his fellow Korean Augmentee to the U.S.

Army, or KATUSA, Soldiers study English. A lot of the learning was done through discussion and actually speaking the language, Bateman said.

Teaching his fellow Soldiers soon opened a new door for Bateman.

"He became heavily involved in English teaching at two local elementary schools," Holder said.

Bateman did an outstanding job in his teaching

role, gaining many hours of experience over the course of several months, Holder said.

Because of all his contributions. Bateman was

Because of all his contributions, Bateman was one of those chosen to receive six-star treatment.

Part of this was meeting key leaders from across the Peninsula, including Command Sgt. Maj. Barry Wheeler, United States Forces Korea and 8th U.S. Army command sergeant major, and Gen. B. B. Bell, commander of USFK, Combined Forces Command and United Nations Command.

The Servicemembers were honored during a ceremony at the Seoul Grand Hyatt. Each table the Servicemembers sat at was sponsored by a different business. During the five-course meal, Bateman had the pleasure of sitting with the president and CEO of Nissan.

After the overnight stay at the Seoul Grand Hyatt, the group went to the Blue House, the residence of the Republic of Korea's head of state. There they exchanged words with Korean President Roh, Moo-hyun.

"The treatment we received was phenomenal," Bateman said. "We were treated like the biggest VIPs in Korea. We even had three and four-star generals saluting us."

Because of his hard work and ambitious attitude, Bateman deserved this treatment, Holder said.

said this is an experience he will never forget.

"He's an all-around good Soldier," Holder said.
"He fits the mold and the whole Soldier concept."
With only a few months left in Korea, Bateman

Staff Sgt. Lonnie Woods

Pull-ups Ranger-style

Maj. Kirk Liddle, 11th Inf. Regt., strains for another chin-up during the 2007 Lt. Gen. David E. Grange Best Ranger Competition. He and his partner, Capt. Ryan Armstrong, were among 39 teams who competed in the non-stop event April 20-22 that took them over 60 miles by foot.

Division encourages Soldiers to care for one another

By Sgt. Kim, Sang Pil

Staff Writer

ost suicidal people go through depression. Some are impulsive. Some can't find hope out of despair, many tend to escape from reality and suffer from helplessness.

This is when extreme decisions are made, especially when deployed.

Suicide is a result that nobody wants. It not only causes misery for the person who commits suicide, but it also causes his or her friends and family to suffer

Showing concern is the most important way to protect the misery from happening. When Soldiers are left alone in the barracks, keeping their matters inside, the chances are much higher for them to make a wrong decision.

"Completed suicides usually occur when the person is alone and secluded," said Capt. Christopher Perry, 2nd Infantry Division psychiatrist. "Those at highest risk are young men with depression and alco hol problems who face a serious loss or illness."

It is vital for Soldiers to look out for those around them. To do so, it will be helpful to know some of the indicators that suicidal people show.

"There is no single indicator that a person is going to commit suicide," added Perry. "However, there are numerous symptoms that may help in identifying people at risk."

According to the U.S. Army Center for Health Promotion and Preventive Medicine, some warning signs for suicide include:

- Appears depressed, sad, hopeless
- Threatens suicide or has tried before
- Talks about wanting to die
- Changes in behavior, appearance, mood

- Abuses alcohol or drugs
- Experiences significant loss or setback
- Deliberately injures self or self-mutilates
- Gives away possessions
- Recent break up in a relationship
- Financial or legal problems

When such signs are noticed, respond by providing A.I.D. and following L.I.F.E.

Soldiers going through the hardships should also seek help.

"Leadership in this division pushes help-seeking behavior and help-seeking environments as a norm," said Chap. (Col.) Thomas M. Durham, 2ID Chaplain, more widely-known as Chaplain Mike.

The Soldier can always contact battalion chap-

Provide A.I.D.

Ask: Don't be afraid to ask, "Are you thinking about hurting yourself?"

Intervene: Stop the Soldier from doing harm to him or herself.

Don't keep it a secret: tell someone – chain of command, chaplain, MPs

Follow acronym L.I.F.E.

Locate help: Staff Duty Officer/NCO; urgent care, chaplain, doctor/PA, 1SG, Commander, MPs, or a friend

Inform: Chain of command of the situation/circumstances

Find: some one to stay with the Soldier; NEVER LEAVE THEM ALONE

Expedite: Get help immediately – call the HELP line or take them to the local urgent care clinic

lains or reach mental health for counseling.

"Soldiers are always welcome to schedule an appointment with my office for an evaluation," Perry said. "Our phone number is 730-4304. If the thoughts of suicide occur suddenly after duty hours, Soldiers should talk to their chain of command to be taken to the urgent care clinic to be evaluated."

"Caring for mental well-being is just as important as caring for physical health," Durham said. "Today's Army has a stressful environment with deployments and being away from loved ones,"

Every unit is given suicide prevention classes periodically. Annual training is conducted to train the trainers and to train chaplains and chaplain assistants with latest statistics of suicide awareness and prevention.

Annual suicide prevention training is done in January because March and April show the highest statistics in suicides or suicidal gestures due to multiple reasons, Durham said. These are the times when relationships end due to PCS. Over the cold winter and after the holiday season, Soldiers may feel sudden loneliness, or experience 'post-holiday blues.'

A lot of spending over winter may get Soldiers into financial problems. Durham called it the 'season of getting through spring and summer' and said some don't get through it very well.

The first line of care for a suicidal Soldier is the unit chaplain. Provide A.I.D. and report through the chain of command and chaplain to save a life, Durham said. Every battalion has a chaplain, chaplain's assistant and KATUSA chaplain.

A suicide prevention hotline is available 24 hours at 730-HELP. The 2ID Chaplain's office is also available at 732-7998 or mike.durham @korea.army.mil.

"Junior enlisted buddies should ask the question, care and intervene," Durham said. "They want you to, though they don't say so."

KFW
Indianhead
May 18, 2007

KFW fosters friendship forged on battlefield

By Spc. Beth Lake

Staff Writer

CAMP CASEY, Korea – Fifty years ago during the Korean War, two Soldiers stood in the Pusan perimeter. One turned to the other and said, "Let's go together."

That's how it all got started, said Maj. Gen. James Coggin, 2nd Infantry Division commander, as he opened the championship ceremony May 3 for the 2nd Infantry Division KATUSA/U.S. Soldier Friendship Week.

The 2007 2ID KATUSA/U.S. Soldier Friendship Week, which took place April 30-May 3, enabled Korean and U.S. Soldiers the opportunity to forge new friendships as they played sports at their battalions before coming to Camp Casey for the championship games.

A variety of sports were played throughout the week such as Jok-gu, a form of foot volleyball; soccer; and Ssireum wrestling, in which participants wear a belt and wrestle against their opponent in a sand ring.

"This has been a fun week", said Spc. Joseph Vargas, Co. A, Division Special Troops Battalion. "Sports are good because they bring people together. This week has gotten people together more than working with KATUSAs in the office."

Pvt. Nicholas Connery, 6th Battalion, 37th Field Artillery, agreed. As a new Soldier to Korea, KATUSA/U.S. Soldier Friendship Week gave him a taste of Korean culture and helped him get to know others in his unit better.

"In the field you are at close ranks

with KATUSAs all the time and are getting along there," Connery said. "Then you come to a week like this and play sports and wrestling; it's great. I feel like I made new friends."

Overall, Connery's favorite part of the week was the way the teams were arranged.

"I like the fact that on every team you have so many American and KATUSA Soldiers," he said. "It shows that everyone is working together and cooperating on everything."

Many Soldiers planned to continue the friendships that were made. Cpl. Choi, Yong Suk, Headquarters and Headquarters Company, 304th Signal Brigade, said he hopes to meet at the softball field to play soccer with the Soldiers he has gotten to know.

Choi participated in soccer, Kimajun and tug-of-war.

"It was quite good because we made the soccer team with a lot of Soldiers I didn't know," Choi said. "After the event, we knew many more KATUSA and U.S. Soldiers. It was a nice chance to make a friendship. All the Soldiers this week, U.S. and KATUSA, were like one. It was Kapchi Kapchida."

As Coggin closed his speech during the opening ceremony, he emphasized the importance of the U.S. Soldier and KATUSA relationship and congratulated his Soldiers.

"The Koreans and Americans on this peninsula have a relationship that has been forged in combat," Coggin said. "It's a friendship, it's a coalition, and it's a true partnership for peace. KATUSA and U.S. Soldiers alike, you are the division and as always, you're second to none."



Søt. Paul Alexander

Leading from the front

Maj. Gen. James A. Coggin, along with others from the 2ID command group, lead the way for a division run April 30 on Camp Casey to kick off KATUSA/U.S. Soldier Friendship Week.



Spc. Beth Lake

Cpl. Lee, Woon-Taek, Co. E, 302nd BSB is joined by his family for KATUSA/U.S. Friendship Week. From left to right are his grandmother, Lee, Sun-Kyu; father, Lee, Yong-Kyu; and brother, Lee, Seung Taek.

Families visit Casey for KFW

By Spc. Beth Lake

Staff Writer

CAMP CASEY, Korea – Cpl. Lee, Woon-Taek, Co. E, 302nd Brigade Support Battalion, has served as a KATUSA for a year. Every weekend he departs Camp Casey and goes home to visit his family, transforming back into the son, grandson and brother that his family knows well.

However, when the command announced that KATUSA Soldiers could bring their families to Camp Casey, Lee was thrilled at the chance to show his family what he does.

"I have been here for one year and have never had the chance to show my family Camp Casey," he said. "This is my one chance to show them Camp Casey, one of the biggest American camps on the peninsula."

Lee's family was part of 300 guests who came to Camp Casey for the finale to KATUSA/U.S. Soldier Friendship Week May 3.

The guests arrived at Camp Mobile, inprocessed and were transported on buses to Camp Casey. Four buses ran every 15 minutes to and from Camp Mobile throughout the day.

To ensure everything went well, one KATUSA and one U.S. Soldier stayed on each bus to assist with translation and logistics, said Staff Sgt. Warner Ortiz, Headquarters and Headquarters Company, 2nd Infantry Division, noncommissioned officer in charge of in-processing and force pro-

tection. The guests were also escorted around Camp Casey by a KATUSA at all times, ensuring they did not get lost.

"Everything went fantastic," said Ortiz. "We heard from many families that they loved the courtesy from the KATUSAs and that the day went smoothly."

Lee's family was also pleased to be able to attend the day.

"I have never seen my son be a Soldier before," said Lee, Yong-Kyu, Cpl. Lee's father. "When he comes home he is my son, but here it's good to see him being a Soldier."

The tour of Camp Casey was the first time Lee's grandmother, Lee, Sun-Kyu had seen her grandson in this environment.

"This is the first time I have seen my grandson speaking English and working in the U.S. Army," she said. "It is good to see him here."

Lee participated in kimajun during KATUSA/U.S. Soldier Friendship Week. The excitement was evident in his voice as he described the events of the week. Even more apparent was the pride he felt that his family was able to visit.

"I had fun with my buddies this week, especially during the chicken fight," he said. "This week gave me the opportunity to get to know a lot of Soldiers in different battalions better. I also am so glad that my granny, my brother and my dad came here today. I would like to thank my company commander and first sergeant for this opportunity."

KATUSA/U.S. Soldier Friendship Week 2007



Two Soldiers test their strength and dexterity against each other in a bout of



(Above) Soldiers from 6th Bn., 37th FA use all their strength during the final tugof-war match May 3 on Camp Casey.

(Below) Sqt. Eric Palmateer, HHC, 2ID, lands a headbutt in a game of Jok-qu, or Korean volleyball, as part of KATUSA/U.S. Soldier Friendship Week.





Soldiers from the ROK Army's 701st Special Regiment martial arts team leap through hoops of fire as part of a Taekwondo demonstration during the KATUSA/U.S. Soldier Friendship Week opening ceremony May 3 at Camp Casey's Schoonover Bowl.



on Sgt. Nam, Ki Ho, Area I ROKA staff, during the DSTB first-



DSTB Soldiers struggle for the king's crown in a game of Kimajun, the Korean version of a chicken fight, outside of Freeman Hall on Camp Red Cloud April 30 during the division's KATUSA/U.S. Soldier Friendship



A Soldier from 304th Signal Bn. from Camp Stanley rushes for the ball during the championship soccer match against 1HBCT May 3.



(Above) The 2ID Band plays during the opening ceremony of KATUSA/U.S. Soldier Friendship Week May 3.

(Below) Soldiers from across the division push forward in the 4x400 relay race championship on Camp Casey May 3.



Pfc. Kim, Hosik

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KATUSA Hall of Fame welcomes new members

By Sgt. Kim, Sang Pil Staff writer

CAMP CASEY, Korea - Two former Soldiers were inducted into the 2nd Infantry Division KATUSA Hall of Fame in a ceremony at Camp Casey's Warrior's Club May 2.

Shim, Sang Don and Suh, Dae Won were named the newest KATUSA Hall of Fame members during the dinner, which U.S. and Korean Soldiers from around the division, including the Best KATUSA Soldiers of 2006, attended.

"The purpose of the event is to recognize the outstanding contributions that KATUSA Soldiers make to the Warrior team and honor the KATUSA Hall of Fame inductees from 2003 to 2007," said Lt. Col. Todd Goehler, the 2ID civil-military operations officer.

"We are privileged to have KATUSA Soldiers present here this evening that are continuing with the tradition of outstanding service. These KATUSAs here before you are an example of the dedicated service to the division that the Hall of Fame Inductees also possess. We are honored to be able to share this evening with both active and veteran KATUSAs."

Mun, Kwan Hun, a 2004 KATUSA Hall of Fame inductee, who served as a KATUSA from 1990 to 1992 in 2nd Battalion, 72nd Armor Regiment as a scout, made a special memory with 2ID. Mun visited 2nd Battalion, 9th



Shim, Sang Doh (left) and Suh, Dae Won wait as Maj. Gen. James A. Coggin, 2ID commander, prepares to induct the two former KATUSA Soldiers into the KATUSA Hall of Fame at a ceremony on Camp Casey May 2.

Infantry Regiment and gave a lecture to KATUSA Soldiers. After the lecture, while having a conversation with Lt. Col. Michael Rauhut, 2nd Bn., 9th Inf. Regt. commander, he was invited to participate in the Manchu Mile. Although he was not in the best of shape, he still chose to accept the invi-

"It was promised to the U.S. Army and myself," Mun said.

He completed the Manchu Mile April 26-27.

He finished the 26.2-mile march in

about seven and half hours with his self-prepared backpack and a wooden sword which replaced his personal

He trained for the event by running near the Korean presidential mansion. As long as his physical strength, time and circumstances permit, Mun said he would also like to compete for PT master and the Expert Infantryman's Badge.

"These guys are smarter and stronger, however they don't push themselves enough for a challenge,"

Mun said when comparing current KATUSA Soldiers from those during his time. "That's the reason why I participated in the Manchu Mile."

Mun also said it is his desire to see young KATUSA Soldiers challenging themselves and doing their best.

"Joining the ROK Army as a KATUSA Soldier is a gift," Mun said to his junior KATUSA Soldiers. "Even though you spend only two years in self-development and learning American culture, you still don't have enough time."

KATUSA/U.S. Friendship Week Results

Relay Race

1st: 1HBCT 2nd: DSTB 3rd: 210th Fires

Tug of War

1st: 1HBCT 2nd: 210th FA Bde. 3rd: DSTB

Kimajun

1st: 1HBCT A team 2nd: 1HBCT B team 3rd: DSTB B team

Basketball

1st: 1HBCT B team 2nd: DSTB B team 3rd: DSTB A team

Soccer

1st: 304th Sig. Bde. 2nd: 1HBCT 3rd: 210th FA Bde.

Ssiruem Wrestling

1st: 1HBCT A team 2nd: 304th Sig. Bde. 3rd: 210th FA Bde. B team

Jok-gu

1st: 304th Sig. Bde. 2nd: 210th FA Bde. A team 3rd: 210th FA Bde. B team

KATUSA/U.S. Friendship Week Division Champion

1st: 1HBCT 2nd: 210th FA Bde. **FEATURE** Indianhead May 18, 2007

U.S., ROK female Soldiers gather for day of fun

By Spc. Beth Lake

Staff writer

he Soldiers approached the mats to begin making straw crafts and took off their shoes as a sign of respect. They sat down and worked together with their ROK Army partners to create baskets filled with hard-boiled eggs.

Making egg baskets was one of the events that 60 female Soldiers from the 2nd Infantry Division participated in May 8 for the 2007 Cultural Exchange Event for Women sponsored by Gyeonggi Province.

The Cultural Exchange Event for Women has been held twice a year since 2000, said Kim, Chang Hoon, who works in the Civil and Military Cooperation Section of Gyeonggi province The next event will occur in September.

The Gyeonggi Province Women and Ability Development Division invited the 3rd Corps ROK Army and 2ID Soldiers to attend the event. The two armies then selected Soldiers to attend. As of this cultural exchange, 2,555 ROK and U.S. Army Soldiers have participated in this exchange.

The day began at the Gyeonggi provincial building in Uijeongbu, where the female Soldiers from the U.S. were paired with female Soldiers from the ROK Army. The partners were given traditional Korean snacks, then traveled to the Buraemi Village. The Buraemi village is a 200-acre piece of land where those who live in the city can go to experience what it is like to live on a farm and enjoy nature.

While half the group dined on traditional Korean food, the other half made handkerchiefs with yellow soil and straw baskets filled with hard-boiled eggs.

"I liked making the handkerchiefs," said Spc. Tabitha Swan, a field artillery meteorologist with Headquarters and Headquarters Battery, 210th Field Artillery Brigade.

Next, the group traveled to the 4th World Ceramic Biennale, where they experienced Korean dance and made pottery.



Staff Sgt. Nicole Hodges, HHB, 210th FA Bde., watches as her ROK Army partner inscribes Hangul writing on a vase at the ceramics expo during the 2007 Cultural Exchange Event for Women.

ROK Army Capt. Lee, Yong Ju, financial officer, 101st Infantry Brigade, said said the day was important because it fostered an environment of friendship among the Soldiers.

"When we think of the army, we think of physical things like war and combat," Lee said. "Having a friendly atmosphere like today makes both nations much more comfortable with each other."

For Swan, being able to see female Korean Soldiers was a highlight of the day.

"Today was special because I have male KATUSAs that I work with and get to know, but I never get to hang out with female Korean Soldiers," she said. "It was nice to bring the females together."

Before closing the day, the Soldiers attended a performance with modern and traditional Korean

music. They also danced in a circle holding hands while the performers played in the center.

"I enjoyed being able to participate in the dancing," said Pfc. Carla Cordova, an awards clerk for Headquarters and Headquarters Company, Division Special Troops Battalion. "Activities like this are important because they teach us about each other's culture. Everyone has a different culture and it is important to respect it."

Cordova also said the day was important because each country's military is different but ultimately the two are working together for the same

"A day like today, reminds us why we are here," said Swan. "We are not just here for Korea, we are here for the people of Korea."

2nd CAB Soldiers experience culture at ceramics expo

By Spc. Kevin Buzby 2nd CAB S-1

CAMP HUMPHREYS, Korea -An assignment to Korea is typically a one year tour. Helping to maximize the Soldiers' experience and ensure Americans more fully understand and appreciate the Korean culture, Soldiers of Headquarters and Headquarters Company, 2nd Combat Aviation Brigade, visited the Icheon Ceramic Expo April 30.

The event was hosted during the 2007 U.S. Soldier/KATUSA Friendship Week and served to raise camaraderie between the KATUSA and U.S. Soldiers, which is already at a high level, according to Maj. Vance McLeod, 2nd CAB S1. He said the event turned into somewhat of a training exercise to build an even more cohesive unit, positively affecting the 2nd CAB Headquarters' ability to "Fight

On display were many handmade plates, dishes and other pottery items. Both Soldiers and fellow KATUSAs were surprised and extremely pleased with the Expo, McLeod said. There was a museum outlining the history of Korean potteries and a performance displaying the techniques of traditional Korean ceramic making.

Cpl. Park, Se Chae, an awards clerk assigned to 2nd CAB's S1 said, "This experience was great for even me, a native Korean, because I have never seen this pottery made in person."

Pfc. Stephan Smith, from the 2nd CAB S3 shop, added similar sentiments, "It was a great experience for my friends and me. (It was) one of those days you'll remember years from now and think back about the people you were there with."



Soldiers from 2nd CAB (left to right: Pfc. Timothy Walker, Spc. Frankie Brown, Spc. Tevarius Patterson, Pvt. Stephan Smith, Pvt. Shaunise Oates and Pfc. Sarah Long) interact with Korean children at the Icheon Ceramic Expo April 30.

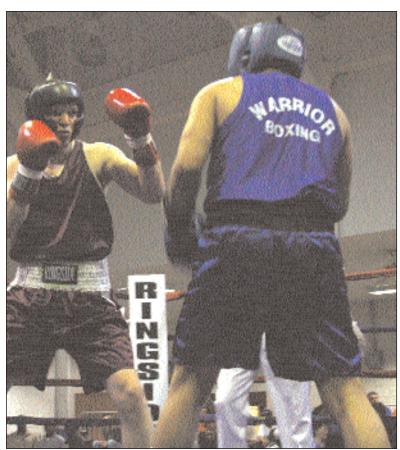
SPORTS & LEISURE



Sgt. 1st Class Rhonda Lawson

Lords of the ring

G.Q. Gallo puts a choke on Virgil to the delight of Soldiers at Camp Red Cloud during the International Championship Wrestling May 1 at the CRC Fitness Center.



Amateur Boxers

Two boxers compete at the Camp Red Cloud Amateur Boxing Tournament May 12. More than 30 boxers, who were from both the Army and Air Force came from all over Korea to participate.

Soldiers keep tradition going with historic march

By Pfc. Antuan Rofe

1HBCT Public Affairs Office

CAMP CASEY, Korea - More than 800 Soldiers from all over the 2nd Infantry Division participated in a strenuous 26.2-mile road march through Camp Casey, Camp Hovey and the surrounding community April 26-27.

The march, known as the Manchu Mile, is a commemoration of the Soldiers of the 9th Infantry Regiment, who made an 85-mile march from Taku Bar for their assault on Tientsin in 1900 during the Boxer Rebellion in

Making it through this type of road march is mostly mental. Soldiers know how far they have to march, but trying to figure out how many miles are left can leave many people mentally drained, said Sgt. Robert Lyons, Headquarters and Headquarters Company, 6th Battalion, 37th Field Artillery Regiment. The rest is just putting one foot in front of the other and getting it done physically, Lyons

Many Soldiers try to complete the march, but only about 85 percent of the participants actually finish. The march requires so much from the body that a lot of Soldiers need additional motivation, Lyons said.

"The reason I am doing the Manchu Mile is because it is a mental and physical challenge," said Spc. Jesse Gibbon, Company E, 2nd Battalion, 9th Infantry Regiment.

In preparation for the march, the Soldiers of Co. E walked about six miles three times a week for physical training, Gibbon said.



Soldiers from all over 2ID honor the heritage of the 9th Inf. Regt. by taking part in the Manchu Mile, a 26.2-mile road march through the Camp Casey enclave April 26-27.

"I know most of the NCOs have completed it once or twice, but for the other guys, they want to attack it and just get it done," said Pvt. Ervin Trower, combat engineer, Co. E, 2nd Bn., 9th Inf. Regt.

The Soldiers marched well into the night. They only stopped twice to fill their canteens with water, and then they were back on the

"It's a personal challenge, showing that I'm physically and mentally tough enough to finish it," Lyons said. "I'm trying to motivate the younger guys and push them to the point where they don't get hurt but still push themselves to

The march ended at the 2nd Bn., 9th Inf. Regt. headquarters, where many exhausted participants immediately dropped their gear and rested. Those who completed the entire march received a certificate of completion and the historic Manchu Belt Buckle, Trower said.

"Not a lot of people will be able to say that they completed a 26-mile march. Just the fact that you're doing something that is tradition will make you feel good when you complete it," Trower said.

"If you get the chance you should do it because not a lot of people have done it before. It's a very historical event and very prestigious," Gibbon said.