



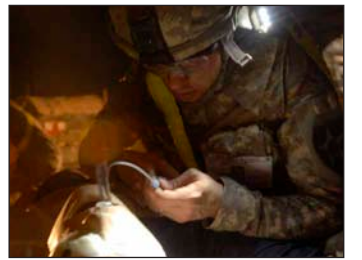
# Indianhead



**Soldiers soak up the sun with BOSS 'Fun in the Sun'**  
Page 4

**Area I married couples learn the skills to a long marriage**  
Page 6

**Raider Brigade medics take challenge for best honors**  
Page 8



Vol. 47, No. 14

[www.2id.korea.army.mil](http://www.2id.korea.army.mil)

July 16, 2010



Photo by Spec. Tim Oberle, 2nd CAB Public Affairs

## Time for change, 2nd CAB

Maj. Gen. Michael S. Tucker, commander of the 2nd Infantry Division, hands over the 2nd Combat Aviation Brigade colors to incoming brigade commander, Col. James T. Barker, during a change of command ceremony at Camp Humphreys June 29. Prior to the change of command, the outgoing commander, Col. Joseph A. Bassani Jr., received various awards from the Republic of Korea Army and from Tucker for his various accomplishments on the peninsula. Barker said he plans to keep things running much like they were under Bassani, only with his own personal thumbprint.

## Warrior Division begins road to resiliency

By Sgt. Karla P. Elliott

Editor

Think about the toll stress takes physically and emotionally on a Soldier during his first year in the military: 12 weeks of basic training with little to no contact with Family, followed by several more weeks of advanced individual training, and finally finish that off with orders separating him from friends and Family for some years.

Although many Soldiers are assigned to military

bases in the States, there are others who get stationed overseas such as Germany or the Republic of Korea. There, the language, the culture, the food and the people can be very different. And so, it takes Soldiers a while to acclimate to their surroundings.

For this reason, July 1 marked the first day in which 2nd Infantry Division officially implemented the resiliency training program for its Warrior Soldiers.

"It's going to have a huge impact," said Maj. Gen. Michael Tucker, 2nd ID commanding general.

"The purpose of this resiliency training is to enhance a Soldier's mental preparedness for life and help

them bounce back in the face of adversity," said Master Sgt. Nathan Stahl, a resiliency training instructor and an operations noncommissioned officer with 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade.

The resiliency training is covered for two days as part of the four-day Warrior Readiness Center training that all 2nd ID Soldiers receive prior to arriving to their units. The goal is for Soldiers to take the training "to better prepare them for adversities that await them at their gaining units," said Stahl.

See **TRAINING**, Page 8





## VOICE OF THE WARRIOR: What are your thoughts on the curfew having been lifted?



*"It is very good news but there is more responsibility. Soldiers should not forget that their actions might affect everybody else."*

**Spc. Mohamud Abdi**  
A Co., 602nd Avn.

*"It gives some type of freedom to Soldiers here, which will build up morale and provide more stability."*

**Staff Sgt. Kevin A. Wilson**  
B Co., 1-72nd Armor



*"I think it's awesome! People now have a chance to have fun and see Korea's nightlife without worrying about being late."*

**Pfc. Desire Brown**  
HHSC, DSTB

*"It is good to get rid of the curfew in South Korea. There might be some issues at first, but in the long run, I think we will be all right."*

**Spc. Michael Michaud**  
D Co., 3-2nd Avn.



*"I like the fact that not only can we stay out longer, but it gives a chance for the Soldiers to act more like adults than children."*

**Pfc. Christopher Nunn**  
HHC, 2-9th Inf.

*"It's great! It gives Soldiers the opportunity to feel like they are grown and they're responsible for their own actions."*

**Sgt. Ronald Jackson**  
B Co., DSTB



# COMMANDER'S CORNER

## Resiliency: through good times and bad

By Maj. Gen. Michael S. Tucker

2nd ID Commander

Warriors, sometimes the worst of times brings out the best in people. From the U.S. Army's days at Valley Forge to Operation Enduring Freedom, America's sons and daughters have persevered through unimaginable strife to always come out on top. That's why, if I had to sum up what it means to be an American in one word, that word would be resilient.

It was American resiliency that led a band of men through the bitter winter at Valley Forge 1777-1778, many with no shoes, little food and poor living conditions – all because they were fighting for independence. Those men got through the hard winter because of their belief in the ideals of democracy, freedom and trust in their leader – Gen. George Washington.

Washington is arguably one of our country's greatest war heroes, yet when we choose to remember him we rarely restate the stories of his numerous lost battles. Why do you think that is? I think the reason we revere our nation's first president is because he personifies our country's ability to experience loss without ever being defeated.

The strength we have as guardians of freedom began in those days of the Revolutionary War. It continued through the war of 1812, when Francis Scott Key bore witness to the bombardment of Fort McHenry at the Battle of Baltimore. While being held on a British war vessel, Key watched helplessly as the British navy continuously fired cannons and rockets onto Fort McHenry for more than 25 hours. After the smoke cleared, Key was amazed to see that our shining symbol of American freedom still continued to wave in the night air. This glorious vision inspired him to write what is today the National Anthem, the "Star-Spangled Banner."

That resilience was once again tested in the early morning hours of December 7, 1941 when Japan launched a surprise attack on Pearl Harbor, killing thousands of U.S. Servicemembers and innocent civilians, ushering us into the Second World War. The country banded together, buying war bonds to fund the battle, collecting scrap metal to donate for the manufacture of ammunition, and rationing their food to ensure the Soldiers "over there" had what they needed to sustain the fight.

And, on that terrible Tuesday in September 2001, terrorists tried to strike a blow to democracy and destroy our way of life – but, not in ways they expected. Tales of the indescribable bravery that abound that day remind us how resolute our nation's sense of unity is. We all remember hearing of the selfless patriotism of the passengers on board United Flight 93 and of the

bravery of police, fire and emergency service personnel who heard the calls of those in peril – and knowing full-well the consequences of their choice – still ran into a burning, collapsing building to answer cries for help. In fact, Americans all over our great nation volunteered to do their part.

Even doctors left their high-dollar private practices to help wounded warriors down range. The majority of you are here today serving your nation because you volunteered and answered the call to duty to serve in the armed forces in a time of imminent war.

For those of you who have been deployed to Iraq or Afghanistan and those of you currently forward deployed here in Korea, difficult times will come – on and off the battlefield. But, I know in my heart that all who wear the Indianhead patch on their left sleeve are strong, brave, and resilient American patriots. On the battlefield you display the might of our country's will to always be free. But I also know that when times get hard in your personal life, some of you may feel alone and may have brief moments when you forget that you have an Army of support behind you to catch you if you fall, and assist you through those tough times. Stress, depression, and sadness visit each of our lives, but we do not need to be defeated by them. Please know that you are part of the Warrior Family, and we are here for you. To this end, we have begun training Soldiers and leaders of the Warrior Division resiliency skills.

This month we started a comprehensive program at the Warrior Readiness Center to teach our newest Soldier's how to cope with the challenges we all sometimes face. By the end of the year, all Warrior Country Soldiers will receive this training and I expect it will make each of you even stronger than you already are. The skills you will learn will help in all areas of your life, from relationships to physical training.

It is in our history and it is in our blood to survive the unsurvivable and to withstand the unimaginable. But, no one is asking you to do it alone. We have an army of counselors, chaplains, doctors, leaders and trusting friends who want to help you through the challenges we all sometimes face. And, like George Washington, often it is the toughest challenges which make us stronger and it is his legacy which has allowed our great nation to truly be "Second to None!"



## Indianhead

**Maj. Gen. Michael S. Tucker**  
Commander  
2nd Infantry Division

**Command Sgt. Maj. Peter D. Burrowes**  
Command Sergeant Major  
2nd Infantry Division

**Maj. William J. Griffin**  
Public Affairs Officer  
william.griffin@korea.army.mil

**Sgt. 1st Class Robert Timmons**  
Public Affairs Chief  
robert.timmons@korea.army.mil

**Sgt. 1st Class Michelle Johnson**  
Plans and Operations NCO  
michelle.m.johnson1@korea.army.mil

## Newspaper staff

**Sgt. Karla Elliott**  
Editor  
**Cpl. Jung Ho-Young**  
KATUSA Editor

**Sgt. Andrea Merritt**  
**Pfc. Lee Hyun-Bae**  
**Pvt. Hong Sang-Woon**  
Staff Writers

**Cpl. Lee Sang-Jun**  
Broadcaster

**Mr. Kim Hyon-Sok**  
Public Affairs Specialist  
**Mr. Yu Hu-Son**  
Staff Photographer  
**Mr. Joshua Scott**  
Webmaster

[www.2id.korea.army.mil](http://www.2id.korea.army.mil)

The Indianhead is an authorized publication for members of the Department of Defense. Editorial Content is the responsibility of the 2nd Infantry Division Public Affairs Office. Contents of the newspaper are not necessarily the official views of, or endorsed by, the U.S. Government, or the Department of the Army. This newspaper is printed semi-weekly by the Il-Sung Yang Hang Co., Ltd., Seoul, Republic of Korea. Circulation is 6,000.

Individuals can submit articles by the following means: e-mail [karla.pamela.elliott@korea.army.mil](mailto:karla.pamela.elliott@korea.army.mil); mail EAID-PA, APO, AP 96258-5041 Attn: Indianhead; or drop by the office located in Building T-507 on Camp Red Cloud. To arrange for possible coverage of an event, call 732-8856.



## Fifty Warriors learn Korean language

Story and photo by Pvt. Hong Sang-Woon

Staff Writer

"Ahn-nyong-haseyo." Most U.S. Soldiers know what this means after five minutes of being in the Republic of Korea. But, aside from cordial phrases like "hello" and perhaps how to count, many troops don't fully understand the language, and that makes it difficult for them to fully understand the culture.

Gyeonggi Province officials wanted to try and bridge the gap between knowing how to say "hello" in Korean and actually being able to understand the intricacies of what is being said and how that can help U.S. Soldiers understand the country they are helping to defend. So, the province opened a Korean language class at the Camp Casey Education Center which opened July 7. More than 50 troops attended the course that will run Mondays and Wednesdays through Aug. 25.

"I think that the Army is doing a good thing. This program is a very good opportunity for Soldiers who want to learn the Korean language," said Spc. Joshua M. Burkholder of 4th Squadron, 7th Cavalry Regiment, 1st Heavy Brigade Combat Team. "Learning Korean will help me during my time here and it will be useful when I travel around Korea."

On the first day, the eager Soldiers waited for the teachers to arrive while reading the textbooks they received.

"My section NCO told me there was a Korean lan-

guage class available. I applied for this class because I wanted to learn Korean," said Pfc. Georgia Coleman of Headquarters and Headquarters Support Company, 302nd Brigade Support Battalion, 1st HBCT.

After the teachers arrived, the Soldiers were divided into three classes because of the large turnout. Each class consisted of one teacher from the Korean Language & Culture Center in Korea University to teach the Soldiers and one Korea Augmentation to the U. S. Army Soldier to assist the teacher.

The class started by the teachers introducing themselves to the Soldiers. The lesson was about the difference and pronunciation between the consonant and the vowels of Hangul.

By the end of the first session, the Soldiers left the classroom with a sense of satisfaction.

"I wish after I finish this class I will be able to speak Korean with the KATUSAS in my unit. If this class helps me speak Korean, I will apply for it again," said Coleman.

Kim Hyon-Sok, a 2nd ID Public Affairs specialist, sees this program as a good way to nourish the bond between the Koreans and the U.S. Army Soldiers.

"The purpose for this program is to further enhance the bond between U.S. Army Soldiers and their Korean counterparts. Teaching Soldiers how to speak Korean will help them use the skill in every day life and can also help them understand the Korean culture. This program is good for both Koreans and the U.S. Army Soldiers," said Kim.

## 6-37th FA 'Warlords' take Commander's Cup

By Capt. Michael Ozols

6-37th FA Public Affairs

Their battering of sports opponents over the last six months led a field artillery unit to an Area I Commander's Cup victory.

On July 1, C Battery, 6th Battalion, 37th Field Artillery was awarded with the 2nd Infantry Division Commander's Cup for its Soldiers' willingness to volunteer and compete in a variety of different sporting events that included rucksack bowling, track and field, a biathlon, swimming, triathlon, an obstacle course, and multiple fun runs.

Col. Steven Sliwa, 210th Fires Brigade commander, was on-hand at the Camp Casey Carey Gym to present the award to the Battery.

What began as a handful of Soldiers showing up on the weekends to participate in athletic competitions turned into much, much more for the "Warlords" from C Btry. About halfway through this past six-month competition, 1st Sgt. Kenneth Ball of C Btry., received an update of the Commander's Cup points and realized that with enough participation for the remainder of the competition, the battery could actually win.

With that, Ball and battery commander Capt. Douglas Mayes began to actively encourage their Soldiers to enter the weekend competitions, knowing that they were inching ever closer to certain victory.

As the end of the Commander's Cup competition neared, the Battery Soldiers rallied and had nearly a 100 percent turnout for the final two events that would eventually propel them to victory.

When asked about what the victory meant to him, C Btry. commander, Capt. Douglas Mayes said, "We couldn't have won this without the help of every single Soldier in the 'Warlord' Battery. The Commander's Cup is truly a team and unit-oriented event that is a grueling six months long. All of the events are voluntary, which makes the Commander's Cup even more special to me because Soldiers don't have to participate. So when they do, and in such a massive way, as a commander it makes you love what you do."



Courtesy Photo

Pvt. Spencer Underwood, with C Battery, 6th Battalion, 37th Field Artillery Regiment, 210th Fires Brigade, competes at the men's 200 meter individual medley and wins 1st place at Camp Casey.



Warrior Soldiers listen closely to a professor as she teaches them Korean language fundamentals on the first day of the Korean language class held at the Camp Casey Education Center July 7.

## LETTER TO THE EDITOR

Indianhead Editor:

My name is Jim Brennan and I volunteered for service in the U.S. Army in October 1966. I did basic at Fort Bliss, Texas and was then sent to Fort Gordon, Georgia. From there I was sent to Fort Hood and then my orders were cut for Vietnam. I was sent to Fort Lewis, but my luck changed.

The North Koreans captured an American boat called the Pueblo in late 1967. Somebody thought the North Koreans were going to come across the border so I was reassigned to Korea where I spent 15 months. I was stationed at Camp Casey, Camp Red Cloud and as I recall in something called the Blue Lancer Valley probably around Musan. A few other places as well.

After 4 1/2 months in the most northern areas, I was sent to Uijongbu which in those days was nothing but mud streets, girls of negotiable virtue and

the obvious leftovers from the Korean War in the 1950's. It was nothing like the place you have today.

I was honorably discharged and released from active duty in May of 1969 and I returned home.

My last unit in Korea was with the 696th Ordnance Headquarters Company.

You might be surprised that I am not an American. I was born and raised in Winnipeg, Canada. I am a Canadian.

You might be interested to know that there are slightly over 500 Canadian-born men who gave their lives in Vietnam and are listed on the Vietnam Memorial in Washington. A little known fact...

There's nothing short of my Family that I am more proud of than my service in the U.S. Army, in particular my beloved Indianhead Division with its rich history and great fighting spirit. That I was a small part of that history is something I cherish forever.

We are now engaged in many parts of the world in some bitter conflicts and if I had to do it again, I would in a heartbeat. If you are in the Army for 3 years or 30, you can't do better than serving your country, or in my case, my adopted country.

I wish to all the service personnel currently serving the good old USA in Korea and everywhere else the very best and I hope you have good luck and good health.

God Bless America and the United States Army.

Keep up the Fire!!!

James A. Brennan E-4  
RA 16944276  
U.S. ARMY  
1966 -1969  
Canadian Volunteer



## Soldiers enjoy 'fun in the sun' through BOSS



Soldiers bite into a watermelon eating competition during the Area I "Fun in the Sun" Kkoggi Beach trip sponsored by the Better Opportunities for Single and Unaccompanied Soldiers program July 9.

*More than 170 2nd Infantry Division Soldiers shed their Army Combat Uniforms for swim suits and beach gear July 9 for a Better Opportunities for Single and Unaccompanied Soldiers trip to Kkoggi Beach, Republic of Korea.*

*Called "Fun in the Sun," the beach trip was organized to help single and unaccompanied Soldiers enjoy their tours in the Land of the Morning Calm.*

*After a bus ride to the beach, located near Incheon, the Soldiers had a barbecue, soaked in the sun's rays and played various beach games including limbo and a watermelon eating competition.*



Far left: Fort Lauderdale, Fla. native Staff Sgt. Calven Wright, with Headquarters and Headquarters Support Company, Division Special Troops Battalion, appoints himself grill master.

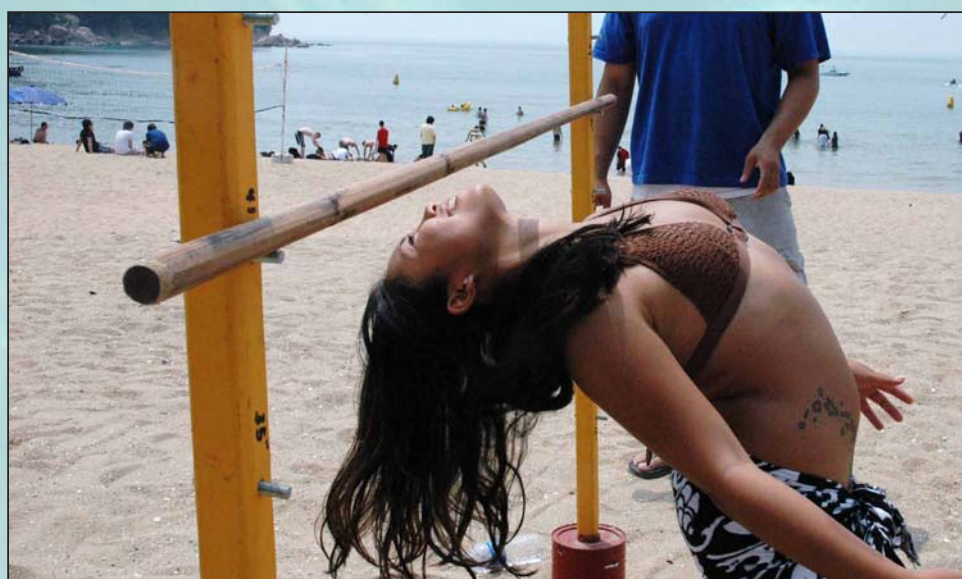
Left: Pfc. Destiny Daughtrey, a paralegal specialist with B Company, DSTB, spends some time with a buddy's furry friend.

Below: Pifford, N.Y. native, Pfc. Ashley Worden, a platoon office clerk with A Company, DSTB, listens to music and reads a book while soaking up the sun.



Bottom right: Spc. Jennifer Castillo, a Kahuku, Hawaii native, with C Company, DSTB, barely makes it under the bar during a limbo competition.

Bottom left: Kingstree, S.C. native, Pfc. George Chandler loses his balance and hits the ground during a limbo competition.





WARRIOR NEWS BRIEFS

Camp Castle fitness center

The Camp Castle fitness facility's normal operating hours will be 6 a.m.-8 p.m. Mon.-Fri. beginning July 15. For more information, call DSN 730-3170.

EEO/POSH training

The Camp Red Cloud Equal Employment Opportunity Office will hold prevention of sexual harassment training for supervisors 9 a.m.-noon and for non-supervisors 1:30-4:30 p.m. July 21 at the Camp Casey Community Activities Center in Bldg. 2236.

Upcoming ACS classes

The Army Community Service will hold the following classes at the Camp Casey ACS classroom:  
A credit reports class is slated for 9-10 a.m. July 26 – You will learn why it is important to monitor and review your credit report annually, understand how your credit score is computed, and how to contest mistakes. Plus, you can also find out how to pull your credit report for free, for what flags to be on the lookout and how to improve your score.

An Identity theft class is slated for 10:30-11:30 a.m. July 26 – You will learn how to deter, detect and defend against identity theft, a crime that affects nine million people a year.  
A consumer awareness class is slated for 9-10 a.m. July 27 – You can learn how to protect yourself against identify theft and computer fraud. You will also learn how to become aware of common frauds and scams, particularly those that target military personnel.  
For more information or to register, call DSN 730-3107 or 732-7779/5883.

ADSO class

The Division Safety Office will conduct an Additional Duty Safety Officer course Aug. 4-6 at the G-3 schools building on Camp Casey. The course teaches ADSO appointees how to support their company's safety program. Noncommissioned officers and officers with duty appointment orders are eligible to attend the class. Contact your unit training NCO to enroll.  
For more information, call DSN 732-7061.

MBA opportunity

The University of Phoenix is now offering the Masters of Business Administration at the Camp Casey Education Center.  
Classes start Aug. 28 and will meet 6-10 p.m. every Thursday.  
University representatives will be at the Camp Red Cloud Education Center every 1st and 3rd Tuesday of the month and at the Camp Casey Education Center every 2nd and 4th Tuesday of the month.  
For more information, call DSN 723-7807.

New taxi hours

The Army and Air Force Exchange Service has initiated an immediate amendment to the taxi service in Area I to provide the community with 24-hour daily service. Previous hours of operation were 6 a.m. to 1 a.m. Sun.-Thurs. and 6 a.m. to 4 a.m. Fri.-Sat. and U.S. holidays.  
The dispatch service will not begin operating 24 hours daily until Aug. 1 in order for the company to obtain additional staff.  
During the first three months of the new hour change, the dispatch service will collect and analyze customer calls

and operation costs to determine if additional adjustments are necessary to the taxi service hours in Warrior County.

Casey ed center relocates

The Camp Casey Education Center has relocated to the former Manchu Dining Facility near Warrior Club, Bldg. S-1757, and is now fully operational. The new DSN telephone numbers are:  
Receptionist ..... 730-1826  
Counselor ..... 730-1808  
Counseling support ..... 730-1804  
Education services spec. .... 730-1802  
Testing ..... 730-1836  
Learning facility ..... 730-1829  
University of Maryland ..... 730-1809  
Central Texas College ..... 730-1825  
University of Phoenix ..... 730-1838

Fire prevention relocates

The Camp Casey fire prevention office has relocated to Bldg. 2362, Rm. 102 on Camp Casey. The new DSN phone numbers are:  
Fire inspectors ..... 730-4011/3177  
Fire prevention chief ..... 730-6049  
Any fire safety and prevention-related questions or concerns for Camp Casey may be directed to the fire prevention office.

Shuttle to Gyeongju, Jeonju

Every day from June 1 to Dec. 31, there will be free shuttle bus bound for the 1,000-year-old city of Gyeongju and the city of traditional Korean food, Jeonju.  
To apply for a free ride, go to the Visit Korea website at [http://english.visitkoreayear.com/english/benefit/benefit\\_07\\_01\\_01.asp](http://english.visitkoreayear.com/english/benefit/benefit_07_01_01.asp)  
For more information, call DSN 730-2585.

Movies

Camp Casey

Show times: Mon. & Wed. 7:30 p.m.  
Fri. 9:30 a.m., 6:30 & 8:30 p.m.  
Sat. 3:30, 6:30 & 8:30 p.m.  
Sun. 6:30 & 8:30 p.m.  
  
July 16 ... Night at the Museum; The Twilight Saga; Iron Man 2  
July 17 ... Just Wright; The Twilight Saga (2)  
July 18 ... Iron Man 2; The Last Airbender  
July 19 ... The Twilight Saga  
July 21 ... Robin Hood  
July 23 ... Shrek the Third; Predators; The Last Airbender  
July 24 ... Predators; The Last Airbender (2)  
July 25 ... Despicable Me; Macgruber  
July 26 ... Predators  
July 28 ... Macgruber

Camp Red Cloud



\*\*No further showings until Sept. 24 due to renovations\*\*

Camp Hovey

Show times: Mon.-Sun. 7 p.m.  
  
July 16 ... Just Wright  
July 17 ... Robin Hood  
July 18 ... The Twilight Saga  
July 20 ... The Last Airbender  
July 22 ... Predators  
July 23 ... Just Wright  
July 24 ... Macgruber  
July 25 ... Predators  
July 27 ... Sex and the City 2  
July 29 ... The Sorcerer's Apprentice

Camp Stanley

Show times: Sun., Mon. & Thu. 7 p.m.  
Wed. & Sat. 7 & 9 p.m.  
Fri. 9:30 a.m., 7 & 9 p.m.  
  
July 16 ... Madagascar; Knight and Day; Robin Hood  
July 17 ... Knight and Day; Macgruber  
July 18 ... Knight and Day  
July 19 ... Iron Man 2  
July 21 ... Predators; The Last Airbender  
July 22 ... The Last Airbender  
July 23 ... Night at the Museum; Shrek Forever After; Just Wright  
July 24 ... The Twilight Saga; Sex and the City 2  
July 25 ... The Twilight Saga  
July 26 ... Letters to Juliet  
July 28 ... The Sorcerer's Apprentice (2)  
July 29 ... Letters to Juliet

Camp Humphreys

Show times: Mon.- Fri. 6:30 & 9 p.m.  
Wed., Sat. & Sun. 3:30, 6:30 & 9 p.m.  
  
July 16 ... The Twilight Saga (2)  
July 17 ... Grown Ups (2); The Twilight Saga  
July 18 ... Grown Ups; The Twilight Saga; The Last Airbender  
July 19 ... The Last Airbender (2)  
July 20 ... The Twilight Saga (2)  
July 21 ... Boy in the Striped Pajamas; Letters to Juliet (2)  
July 22 ... Letters to Juliet (2)  
July 23 ... Shrek Forever After (2)  
July 24 ... Despicable Me (2); Macgruber  
July 25 ... Despicable Me (2); Macgruber  
July 26 ... Macgruber (2)  
July 27 ... Macgruber (2)  
July 28 ... My Sister's Keeper; Sex in the City 2 (2)  
July 29 ... Shrek Forever After (2)

CHAPEL SERVICE TIMES

Camp Red Cloud

**Protestant:**  
11 a.m. Sunday  
**Catholic:**  
9 a.m. Sunday  
**KATUSA:**  
7 p.m. Sunday  
**COGIC:**  
12:30 p.m. Sunday

Camp Casey

At Stone Chapel  
**Protestant:**  
10 a.m. Sunday  
At Memorial Chapel  
**Gospel:**  
11 a.m. Sunday  
**KATUSA:**  
6:30 p.m. Tuesday

At West Casey Chapel

**Protestant:**  
10 a.m. Sunday  
**Catholic:**  
Noon Sunday  
**LDS Bible study:**  
7 p.m. Thursdays  
**Jewish:**  
6:30 p.m. Friday

Camp Hovey

At Hovey Chapel  
**Catholic:**  
9:30 a.m. Sunday  
**Protestant:**  
11 a.m. Sunday  
**KATUSA:**  
6:30 p.m. Tuesday  
At Old Hovey Chapel  
Bldg. 3592

**Orthodox:**  
10 a.m. 1st,3rd Sundays  
At Crusader Chapel  
**Protestant:**  
11 a.m. Sunday

Camp Stanley

**Protestant:**  
10 a.m. Sunday  
**Gospel:**  
12:30 p.m. Sunday

Camp Humphreys

At Freedom Chapel  
**Catholic:**  
9 a.m. Sunday  
**Protestant:**  
11 a.m. Sunday  
**Church of Christ:**  
5 p.m. Sunday

**Gospel:**  
1 p.m. Sunday  
**KATUSA:**  
7 p.m. Tuesday

Points of contact

**Camp Red Cloud:**  
732-6073/6706  
**Memorial Chapel:**  
730-2594  
**West Casey:**  
730-3014  
**Hovey Chapel:**  
730-5119  
**Camp Stanley:**  
732-5238  
**Camp Humphreys:**  
753-7952



# DSTB couple strengthens relationship during Strong Bonds retreat

By Sgt. 1st Class Michelle M. Johnson  
2nd ID Public Affairs Operations NCO

A new baby, a new marriage, and a new country – it’s a trio destined to test even a long-term couple’s faith in the institution of marriage. But what effect does it have on a couple who have only known each other for just over a year and are struggling to keep their marriage together as it is? The added challenges of military life have brought them to a tipping point – either get help or get divorced.

Kerry Davis, a Soldier with Division Special Troops Battalion, 2nd Infantry Division, wasn’t worried about what his guy-friends or his Family would say when he signed his wife and himself up for a marriage retreat held June.

“The world thinks anyone in our situation can’t make it. It’s good we’re doing what they think we can’t,” Kerry said.

Their downcast eyes examining the carpet below their feet, during the first day of the relationship enrichment workshop called Strong Bonds, weren’t enough to hide the extent of their troubles. While the other eight couples attending the seminar were holding hands or laughing together, the Davis’ sat with their chins propped in their hands staring at the four feet of blank space separating them.

“They are a young couple and need some guidance and mentorship from other successful couples who’ve made it through the difficulties,” said 2nd ID Family Life Chaplain Maj. InSoon G. Hoagland, who led the three-day Strong Bonds workshop, held at U.S. Army Garrison Yongsan’s Dragon Hill Lodge.

But how did this couple reach the point in which they were while at the retreat?

Michelle and Kerry Davis both grew up in Georgia, but in different towns. They both witnessed how divorce can wreck a child’s self esteem and they both wanted to join the Army.

Michelle was an “army brat.” Her father kept her and

her siblings engulfed in Soldier-speak and Army discipline. It was only natural for her to want to be a Soldier one day.

Kerry was a music major but was having trouble paying for both college and life when he decided to, “be all he could be.”

In April 2009, Michelle went to the military entrance processing station to take the armed forces aptitude battery test and that’s where she met Kerry. While waiting for the proctor to begin the test, they talked. They quickly noticed their shared beliefs in God, marriage and raising children.

After just one month and 25 days of knowing each other, Michelle and Kerry found out they were expecting a baby and moved in together.

“Here we are, we don’t know each other, I’m hormonal, and he doesn’t know how to deal with it,” Michelle said.

“It was hard,” Kerry added.

“I mean, I barely know myself, I’m only 22, about to be 23 and while I’ve been myself my whole life, I don’t really know about life. Now, I have to learn all these things about this other person. It’s hard,” Michelle said.

Michelle looked down at their baby girl as Kerry told the story of how they arrived at the decision to get married.

“Family, friends, everybody said we should take some time and think things over,” Kerry remembered. “Yeah, we hardly knew each other, but getting married had to come from the heart for both of us before we went through with the decision.”

“It was one of my beliefs that we get married, but I told him we didn’t have to be married. It was just something I was brought up believing,” Michelle said.

There was no getting down on one knee to propose, Michelle added, “But I knew he was the one I was supposed to be with.”

Kerry echoed his bride’s sentiment, “When I was at basic training she would write me all the time and give me scriptures to help me get through the hard times. That’s difficult to find in a woman these days – that kind

of spirituality.”

“The best advice I’ve ever received is to get help from someone outside your marriage like a counselor or therapist,” Michelle said.

“I may not know exactly how to do it yet,” Kerry joined in, “But, communication is the key. I’m sure the reason my father and mother got divorced is because he didn’t talk and my mother had an attitude.”

Back at the retreat, the Davis’ listen carefully at what Hoagland has to say.

The speaker-listener technique is one of the methods Hoagland introduced to the couples as a way of communicating an idea and making sure it was understood by the partner.

“This tile is called the floor,” Hoagland said as she held up a yellow and white three by three card, “You can use it to help you talk to each other about anything, even about what groceries to buy, but it is very helpful for times when the discussion could lead to an argument.”

Hoagland called the Davis’ up to the front of the room to attempt to demonstrate the technique which includes speaking with a calm voice while holding “the floor” and your partner must listen without interrupting.

Once the person with the floor has had their say, their partner must paraphrase what they heard. Hoagland told the class, paraphrasing helps to clarify information and can stop misunderstandings before they becomes major battles.

The Davis’ were tentative about putting their problems out in the open forum. It took three minutes before they were able to begin.

Michelle had the floor first and told Kerry how it made her feel ignored when he walked in the house after work every day and went straight to their room and fell asleep.

Kerry didn’t quite wait for her to finish before he defended, “I fall asleep everyday, everyday?”

Michelle replied, “See, I hate that. You take things so literally. I don’t mean every single day, but a lot.”

Another participant shouted, “Don’t be defensive. You have to paraphrase what she told you.”

After a bit of coaching from the crowd, they were able to use the speaker-listener technique to find out he was really just exhibiting behavior learned from his father, who Kerry described as cold. Michelle realized she was putting a lot of pressure on him to be “on” when he was tired from work. They both promised to try harder.

At dinner that same night, Kerry talked about how he hadn’t realized he was doing what his dad did. He said he didn’t want to be like that.

“I wanted to treat women better. But, once I got into my own marriage, I started seeing it. But, I was never trying to harm her,” he said.

Also at dinner, Michelle explained how she sometimes gets a bit resentful of Kerry, when he doesn’t spend time with her after work, because he is doing what she wanted to do – be in the Army. Hoagland called this “hidden anger.”

Michelle said she feels her upbringing in an Army Family might help her show him ways to cope with all the stuff he gets tired of. She said she just wants to help him through rough days at work.

“They are trying. At least they are seeking help,” said Hoagland.

“The way I see it, we started at the bottom. The ones who are the underdogs, who fight for their marriage and stick with it no matter what, those are the ones who will be 80 years old in their rocking chairs talking to their grandkids,” Michelle said.

The 2nd ID Chaplain Family Life Resource Center of-

fers Family wellness workshops, individual and marriage counseling, parenting through divorce classes and post-trauma recovery. Hoagland visits Camp Humphreys once a month and holds classes at Freedom Chapel. Classes

begin in August. For more information or to register, call DSN 732-7758, 730-6707 or call the chaplain directly at 010-6365-3962. You can also e-mail Hoagland for registration information at insoon.j.gho@korea.army.mil



Michelle and Terry Davis take a stroll on the beach with their baby and furry friend July 9.

## Area I Soldiers, Families tour local TRICARE facility

By Cpl. Lee Hyun-Bae  
Staff Writer

Warrior Division Soldiers and their Families visited Uijongbu St. Mary’s Hospital of The Catholic University of Korea, July 1, where they got a chance to see the medical facilities and learn about services the hospital provides.

St. Mary’s Hospital recently launched a 24-hour medical service network for international visitors and residents in the area. The tour showcased some of the ways this new network benefits Soldiers and Families living in Area I.

Ko Kyung-Ah, a nurse responsible for foreign patients, guided 2nd Infantry Division Soldiers and their Families through some of the areas they will most likely visit, like the delivery room, the newborn nursery and emergency room.

“I’m three months pregnant and I am interested in things related to childbirth,” said Pvt. Monica Arriaga, from 302nd Brigade Support Battalion. “I think this hospital has good facilities.”

The 2nd ID Division Surgeon Office used the tour as a fact-finding mission to determine how well Soldiers and Families were being treated at the hospital.

“We tried to find out what the Uijongbu St. Mary’s Hospital can provide to Soldiers and Family members,” said

Maj. Todd Speer, the deputy surgeon with DSO. “I got an absolutely good impression.”

He said the hospital will provide a good medical plan for the Division.

One woman decided to come all the way from Daegu.

Whitney Tucker, a teacher in the Daegu American School, said that it’s good to look around in case her Family one day requires emergency services.

“I looked inside of the hospital for 30 minutes and everybody here looks very busy,” said Tucker.

Soldiers and Families can contact English-speaking coordinators at the Uijongbu St. Mary’s Hospital for help. They can receive medical services not only at the central hospital but also at affiliated hospitals located near their residences.

“Soldiers from Area I tour this hospital every three months,” said Kim Un-Hee, a team leader of the referral center. “When foreign patients come to our hospital, we escort them, helping with their language problem. Patients can contact us at any time, 24 hours a day. There are more than 150 foreign patients a month.”

The hospital provides inpatients with 780 beds and a specialized ward with English-speaking nurses for foreigners. There are VIP rooms for those who want better services. Western-style food and insurance claim filing services are also pro-

vided to foreign patients.

“I think this hospital can give me a lot of help if I become sick in the future,” said Brittany Henderson, 2nd ID Family member. “Accidents can happen and it is important to know the nearest hospital from where you live.”

There is a variety of transportation options for getting to the Uijongbu St. Mary’s Hospital. Soldiers and Families going by taxi should ask for Uijongbu St. Mary’s Hospital in Geumo-dong, which is located near Home Plus Hypermarket and the Uijongbu Drivers License Test

Center. Also, bus #2, which stops outside the Camp Red Cloud gate, stops at the hospital. The nearest subway station to the hospital is Uijongbu Station.

“The tour to our TRICARE facility in Area I was a great opportunity for our families to be familiar with medical services available,” said Maj. Marta Artiga, Area I chief nurse and CRC head nurse. “It is very important to be familiar with resources so in case of an emergency we can utilize them.”

For more information, call Artiga at 010-9406-2129 or DSN 732-6011.



Servicemembers and their Families living in Area I can now go to the Uijongbu St. Mary’s Hospital for medical services when referred by post medical clinics.

### Warrior Family Forum:

What did you learn from the Strong Bonds marriage retreat that will help strengthen your marriage?



Donovon and Kristina Peterson

**Donovon:** I like “the floor” communication method. We put that to use and it helped.  
**Kristina:** We talked about giving and taking and keeping score. You can’t expect him to owe you because you do something nice.



Mitch and Sophia Perrault

**Mitch:** I’ve learned a little bit more about my wife’s personality and how it contrasts with mine.  
**Sophia:** I’ve learned how to communicate better with my husband.



Darrell and Valerie Pickett

**Darrell:** I’ve learned to be clear about what I say to my wife and about everything I do.  
**Valerie:** This retreat has taught me how to be patient with my spouse.



Bradley and Rose Joe

**Bradley:** I’ll use the “speaker-listener” method to make sure I get what she meant and we’re on the same track.  
**Rose:** I’ve learned to not be so demanding in the way I speak to him and to approach him in a different way.

\* “the floor” is a communication method card that looks like a floor tile which outlines how to approach a touchy conversation.  
\*\* “speaker-listener” is a communication method in which the listener repeats what the speaker just said to ensure he/she understands what the other person is saying.





# The sun never sets on the 2nd ID



## Medics test for best honors in Raider Brigade

Story and photo by Spc. Luisito Brooks

4th SBCT Public Affairs

**CAMP TAJI, Iraq** – Sixteen medics from 4th Stryker Brigade Combat Team, 2nd Infantry Division, participated in a top medic challenge at Camp Taji June 21.

The competition stretched the abilities of eight, two-medical teams who travelled from bases large and small across the brigade area of operations. Each of the six battalions in the brigade was allowed two teams, the goal being to determine the best team through grueling challenges aimed at testing Soldier and medic skills.

“It takes a lot of heart and determination to be the best medic,” said Staff Sgt. Steven Haney, a health care sergeant from 2nd Battalion, 23rd Infantry Regiment. “You have to set your goals and not let yourself come up short.”

Completing the tasks could have been tough enough, but they faced the additional challenge of a harsh Iraqi environment in which to compete.

“Even though it was at night, it was still roughly 100 degrees out,” said Haney. “The heat takes a lot out of you.”

Officials factored in the heat when deciding to conduct the competition at night in order to ensure teams proceeded through the entire course safely and with minimal risk of heat casualties.

Early in the evening, medics first completed a physical fitness test, followed immediately by a written exam. Each Soldier repeatedly wiped sweat from their dripping foreheads as they answered questions on basic medical treatment.

They then geared up in body armor for a 12-kilometer road march. Halfway through the road march, teams stopped to perform function checks on their M4 carbine and M9 pistols, and then attempted to qualify with each weapon at a range.

Following the weapons qualification, the medics returned to the road to complete the march, stopping one last time at a station to extract a simulated casualty from a Stryker, treat the injuries, and drag a sled simulating the weight of a wounded Soldier 250 meters, where they loaded the casualty onto another Stryker and called in a nine-line medical evacuation request.

Late into the night, as teams circulated through each event, some said the combination of heat and the sheer amount of physical activity brought them to a new lev-



**Sgt. 1st Class Dewey Webb (left), a senior medic from 2nd Squadron, 1st Cavalry Regiment, 4th Stryker Brigade Combat Team, Sgt. James Grady, a combat medic from 4th Battalion, 9th Infantry Regiment, as he performs medical treatment on a practice dummy during a challenge held at Camp Taji, Iraq, June 20.**

el of fatigue.

“I was hurting, but I kept myself motivated by motivating my partner,” said Haney. “I didn’t want to let my teammate down because he showed a lot of heart and determination throughout the competition.”

With the variety of skills and techniques that each medic brought to the competition, the experience provided them an opportunity to learn from each another.

“It was good to see and hear how they perform medical tasks to get different ideas about how to do things,” said Staff Sgt. Charles Ensminger, the Raider Clinic noncommissioned officer in charge.

He added that it was also great to complete the medical challenge with one of his own Soldiers.

“It felt good to accomplish this and finish on your feet,” said the Port St. Lucie, Fla., native. “We had a great team and so we definitely earned some bragging rights.”

Many competed, but in the end, Haney and his part-

ner, Sgt. Mitchell Popple, from 2nd Battalion, 23rd Infantry Regiment, captured the top medic title with a time of 3 hours, 27 minutes, 22 seconds.

After the intent of the top medical challenge was met and the winners rewarded after a night of grueling tests, every competing medic was acknowledged for their motivation, determination and expertise.

“We received great participation from the entire brigade which fostered esprit de corps among the medics,” said Capt. Brian Coaker, commander of C Company, 702nd Brigade Support Battalion, and the competition organizer.

“The best showed up to compete in this great event,” Coaker said.

Click on at [www.2id.korea.army.mil](http://www.2id.korea.army.mil) to view the electronic version.

### TRAINING

From Page 1

“By having every single Soldier, ranking from private to commanding general, partake in this training ensures not only that we know that we’re all coming from a common core of competency but also that we are able to express what we have learned in resiliency training amongst one another,” said Maj. Andrew Turner, the brigade fire support officer with Headquarters and Headquarters Company, 1st Heavy Brigade Combat Team.

Throughout the course of two days, Soldiers learn how to implement the six resiliency competencies and seven skills, said Stahl.

Teamwork, positive thinking, how

to have respect and be forgiving are some of the things Soldiers said to have learned in the two days of training. But, Warriors of all ranks grasped different concepts.

“This training opened my eyes and helped me learn more about being a strong Soldier and it even helped me learn about myself,” said Pvt. Moenisa McKay, a chaplain assistant with 2nd ID.

“I learned how to be positive, think positive, react positively and how to be a team player,” added Sgt. Justin Hale, a newly arrived Soldier training at the Warrior Readiness Center.

“Something I got out of this training is that I’m starting to notice traits that you might think are not important about yourself that you tend to overlook on a daily basis,” said Pvt. Jordy

McGuire, a Blackhawk helicopter mechanic with 3rd Battalion, 2nd Aviation Regiment, 2nd CAB. “I’m already noticing a difference in the way I look at things,” McGuire added that after the course, he started becoming more aware of his actions and turned them into a positive learning experience.

Turner gave his input as a leader on the knowledge he received from the training.

“I learned how to recognize and capitalize on the strengths and weaknesses in myself and my team, and how to cultivate the strengths and mitigate the weaknesses in order to form a collaborative unit and team that can accomplish the mission under any circumstances,” he said.

Turner explains that the training was useful not only for him personally but also because it helps him encour-

age positive behavior and mitigate negative behavior in his Soldiers.

Leaders can do a number of things to speed up the process and ensure that all Soldiers in the Warrior Division receive their training.

“They can help by filling the Master Resiliency Trainer slots in their units with motivated NCOs,” said Stahl. Once the NCOs are trained, leaders need to “give those NCOs their full attention and back them up by actually conducting the training,” he continued.

Although the training is mandatory for all Soldiers in 2nd ID, Department of the Army civilians and Family members can also take the two-day course.

“Rather than thinking of this as mandatory training, I’d like to think of it as an opportunity,” concluded Turner.