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HEADQUARTERS, CAMP RED CLOUD, REPUBLIC OF KOREA



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2-8 CAV moves south

**Warrior Division Troops** 

attack air assault course

SECARMY visits sees Fight Tonight readiness



(Top): 2nd Lt. Sarah E. McMrary a CBRN/Plans officer from Kill Devil Hills, N.C, is the August photo of the month winner. McCrary photographed Lt. Col. Michael D. Schoenfeldt, commander of the 2nd Battalion, 5th Cavalry Brigade, and the commander of the ROK 38th Tank Company, in a tank after the Partnership Signing at Rodriguez Live Fire Range, South Korea.

(Cover): 2nd Battalion, 8th Cavalry Regiment "Stallions", 1st Armored Brigade Combat Team, 1st Cavalry Division Soldiers prepare to move tactical vehicles to Camp Humphreys, South Korea, July 12. The move is the first step in the historic shift of U.S. forces to south of the Han River.



Fort Hood, Texas-based Soldiers from the 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, convoy through Dongducheon, South Korea, July 14, on their way to Camp Humphreys, as the beginning of the relocation of U.S. forces south on the penninsula.

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#### INDIANHEAD

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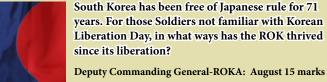


#### INTERVIEW WITH LEADERS

The Warrior Division takes a week each August to focus on communicating the division's mission and its relationship with its Republic of Korea counterparts, Brigade and Battalion commanders, command sergeants major, division primary staff and their spouses. What is the goal of transition week?

Commanding General: I am really excited about transition week. It's the first concrete steps we are taking to build the team for the next year. We bring new command teams onboard, learn about each other and start building the trust that is necessary so that we have command teams that can exercise initiative and inspire leadership. It is this trust and initiative, developed during this time, which will continue the growth of this division and its cooperation with the ROK.





the day of Korean Liberation, establishing the Republic of Korea as an independent nation following World War II.

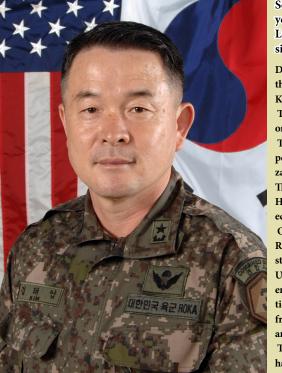
The end of the war left the ROK free of foreign rule but one of the poorest nations in the world.

The ROK quickly established a framework for a self-de-

The ROK quickly established a framework for a self-dependent economy and aggressively pushed an industrialization policy emphasizing overseas, centralized exports. The success of this program, known as the "Miracle of the Han," helped the nation rise to become the 10th strongest economy in the world.

Of the many nations liberated following the war, the ROK is the only country to achieve both democracy and a strong economy. Much of this success is due to the ROK-US alliance, initiated during World War II and strengthened during the Korean War and post-war reconstruction period. US military support and funding built the framework for deterrence of aggression by North Korea and economic development.

Therefore, the ROK-US alliance is the driving force that has brought prosperity to the ROK and will continue to contribute toward greater development of this nation.



THE INDIANHEAD

# LEGACYPAGE

## 509th PSB conducts Soldier Readiness Processing

Story and photo by Capt. Stacy A. Picard

More than 4,000 deploying Soldiers from the 2nd Infantry Division went through a readiness processing July 27 at Carey Physical Fitness

Army officials said the purpose was to send fully deployable 2nd Brigade Combat Team Soldiers to the

"We had to put ourselves in the shoes of the deploying soldier to decide exactly which agencies needed to be present, and then coordinate with all of those agencies," Lt. Col. Robert Bennett, 2nd Infantry Division G1

The 2nd Infantry Division G1 spearheaded the Soldier Readiness Processing. They coordinated all the participating agencies, reserved the facilities, drafted the division operations order, and tracked the number of Soldiers

"We also hope to accomplish peace of mind for the Soldiers and their families for the mission they are about to undertake," Bennett said.

updated based on the Army readiness and deployment checklist. Officials said it is an Army-wide requirement. The checklist covers areas of medical, dental, finance, and legal, as well as personnel

Soldiers from the 177th Finance Battalion at Camp Casey assisted Soldiers with allotments, direct deposits, and other financial queries. Representatives from the

"Our Soldiers conduct this



Capt. Brenda Richards, 168th Medical Bn., injects Spc. Ben Collett, 1st Bn., 503rd Inf., with a tetanus shot as part of SRP

division's Staff Judge Advocate office were also present to provide legal counsel, power of attorney and will services.

"This is my first SRP out of the three," said Mai, Timothy Cuevas, U.S. Army Health Each Soldier's information is Clinic, Camp Casey chief nurse. "To prepare, we did a lot of planning on paper and tasked our units to support the

> Soldiers from 168th and 121st Medical Battalions supported the processing with medications, immunizations, laboratory testing, ear plugs issue, shot records and medical screening.

type of training daily so not much preparation in that area

was needed," Cuevas said. "It's a great experience for the Soldiers to see how an SRP works, and should be conducted.'

Chief Warrant Officer Tyrone Simon, Detachment A, 509th Personnel Services Battalion agreed.

The SRP is outstanding training for those who haven't trained in a real life wartime

"Soldiers have the opportunity to see the impact their jobs have on the entire mission and how the processing works with the other agencies involved," Simor

Sixty-five Soldiers from the 509th Personnel Services

Battalion supported the deploying Soldiers in the areas of updating insurance paperwork, issuing new military identification cards and tags. Postal clerks also assisted in the redirecting of mail and answering questions.

United States Army Garrison, Camp Casey officials developed a "one stop" outprocessing station at the entrance of the SRP to minimize Soldiers' concerns prior to their departure. "All agencies on post are

located in one area for the soldiers to out process Camp Casey with ease," said Sgt. 1st Class Ronda Davenport, Headquarters and Headquarters Detachment, U.S. Army

Agencies such as Army

Emergency Relief, the Army and Air Force Exchange Service, and Morale, Welfare, and Recreation provided support canceling services and settling debts.

"This SRP was much better than the last two conducted," said Spc. Jonathan Town, 2nd Battalion, 17th Field Artillery Regiment. "This time, the flow was much quicker. I received great customer service and my paperwork has been cor-

Officials said the overall desired effect was achieved.

"The process significantly improved each time," Bennett AUGUST 2016

# CHAPLAIN'S CORNER

#### Army values apply in cyberspace



Remember the last time you encountered a rant on social media that crossed the line of dignity and respect? Thoughts expressed in written, photo, artistic or graphic form appear on our gadgets from a variety of sources. A caption from one person can become a catalyst to cause someone else's day to sour. Guess what? The person who posted the thought could be on the other side of the world!

When I was a kid, "posting" something meant creating a flyer and placing it on local bulletin boards or wooden light poles. It would influence readers that passed by in a small community. Now, anyone can make and post something for the world to see with little effort! Many times we hear about an item that goes viral and the maker says, "I had no idea this would happen!"

The Internet is like money – it possesses no good or bad until a person utilizes it. How do we use cyberspace in our personal or professional worlds when measured by the "respect yardstick"? None of us will fully know who will see and read what we leave in the digital world. It will be like graffiti found in an archaeological dig from a long perished empire. I encourage us to ask the question, "What can I create to affect people in a positive way in the digital world both now and in the future?"

My sarcastic explosion today probably won't match the way I am thinking in ten years or in the twilight of my life. We should all examine and edit our social media sites, email outboxes, articles and blogs. Do it today! Creative expression can make a positive difference. However, it can also lead to hurt feelings, depression or a feeling of being bullied from afar. If we don't apply any other Army Value, at least R-E-S-P-E-C-T should come to mind when we create something for the cyber world to see. If the damage has already been done, we should remove it and post something better!



### SURGEON'S NOTE



As the OPTEMPO increases across 2nd Infantry Division/ROK-U.S. Combined Division while maintaining a clear focus on readiness, Soldiers begin to feel stress. Stress is often a good thing in moderate doses; however, as stress levels increase, it begins to affect Soldiers in many ways.

Many Soldiers cope with their workplace stress by spending time with people they love either face to face or by telephone, playing sports, traveling and eating novel foods or by forming new friendships with those around them. Unfortunately, not all Soldiers cope with stress using these methods.

Many Soldiers cope with stress in less healthy ways such as increasing their drinking and sleeping less. Behavioral Health stands by to assist Soldiers with these problems. When seeking care, Soldiers can expect a comprehensive and compassionate assessment followed by a discussion of treatment taking their goals into account.

Sadly, not all Soldiers feel comfortable seeking behavioral health care. Sometimes this is due to anxiety over what they will be asked or expected to reveal in the session; behavioral health clinicians are dedicated to ensuring that information shared with them remains confidential. Other Soldiers are concerned about being viewed negatively by their units. Maj. Gen. Theodore "Ted" D. Martin, 2nd Infantry Division/ROK-U.S. Combined Division commanding general is determined to ensure this does not occur within our formation.

Soldiers may be concerned about possible career implications from seeking behavioral

health care. While behavioral health care sought for posttraumatic stress disorder is reportable when seeking a security clearance, it does not preclude a clearance. Part of being a fully functioning Soldier is being able to recognize when our behavior does not accurately

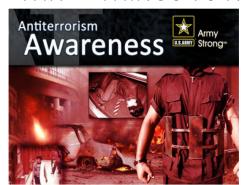
I encourage everyone to focus on self-awareness as we strive to be the best Soldiers, leaders and human beings that we can be, and sometimes when we become aware of changes, the best answer is to seek care.

For more behavioral health resources contact your local TMCs.

Camp Casey: 730-4336 Camp Hovey: 730-5599 Camp Red Cloud: 732-6011 Camp Humphreys: 753-8111 Camp Stanley: 732-5621



### THREE THINGS TO KNOW ABOUT ANTI-TERRORISM AWARENESS





Each year, the Army sets aside August to raise awareness of its ongoing efforts to protect Soldiers and their families, Department of the Army civilians and contractors from terrorist threats.

Here are a few things to always keep in mind: 1. The threat is real.

According to a recent article by the Heritage Foundation, there have been 60 terrorist plots against the U.S., since 9/11. Their research of media reports and court documents shows that military facilities were the number one target in these plots, followed by New York City and places with mass gatherings, such as the Boston Marathon.

"Our enemies never rest and continue to seek ways to attack our nation and destroy our way of life. AT month provides us an opportunity to contribute to the defense against terrorism and keep our families and communities safe through training and awareness," explained Col. Mike Blahovec, U.S. Army Training and Doctrine Command's protection director.

2. Awareness is critical.

Knowledge is power, and just like in the National Football League, defense wins championships. As part of the awareness month, every member of the Army team is required to take the online AT Level I Awareness Training course.

The online course is located at https://jkodirect.

To further enhance awareness, every Soldier within TRADOC, and all new civilian hires, are required to receive face-to-face AT Level I training, according to Jim Kirkland, TRADOC's anti-terror-

3. See something - Say something

Sometimes seemingly benign -- but odd -- situations can lead to terrible consequences, if they go

According to Kirkland, the "See Something -- Say Something" motto has contributed to preventing planned attacks. For example, an alert citizen in Minnesota recently noticed someone crossing her yard to a storage area. She reported the suspicious activity, and a 17 year old was charged with attempted murder, possessing explosives and attempted damage to property. He possessed six bombs, seven weapons, and 400 rounds of ammunition, and planned to kill his family and

"We are all in this fight together," says Bill Moisant, TRADOC's G-34 protection chief.

"Our Soldiers and their families know what they've signed up for, and they know the type of business we are in, but we can all help watch each other's back. AT Awareness Month focuses on training; this is critical in protecting our people and enabling our missions. Awareness is our most certain defense against an act of terrorism. If you see something - say something."

# RETENTION CONTROL POINT



The Army announced changes to retention control points for Soldiers in the ranks of corporal through sergeant that took effect Feb. 1.

Retention control points, or RCPs, refer to the number of years a Soldier may serve to, at a particular rank. Army ALARACT 026-2014, "Change to retention control points for enlisted Soldiers serving in the regular Army or under the Active Guard Reserve Title 10 programs," released Jan 31, spells out the changes in detail.

The changes apply to Soldiers serving in the active Army, the Army Reserve or Army National Guard who are serving under Active Guard Reserve Title 10 programs, but not reserve Soldiers who are mobilized.

Master Sgt. Chivon Legget, the 2nd Infantry Division/ROK-U.S. Combined Division senior Rrtention operations noncommissioned officer, said Soldiers can talk to their Retention NCO, Battalion Career Counselor and Leaders for information regarding their retention control point.

It is imperative that all leaders mentor and counsel their Soldiers on their promotion potential and requirements early in their career. The retention control points are essentially term limits for the Army's "up or out" system. We have to make sure our Soldiers understand how to remain successful and competitive in today's Army, she said.

The easiest way for Soldiers to earn promotion points is to take advantage of what is directly within their control. Physical Fitness is an individual effort,

so every Soldier should strive to maximize their APFT score. Qualifying with your assigned weapon is also an individual effort. Soldiers should continue to go to the range until they are an expert shooter. Civilian and military education opportunities will set Soldiers apart from their peers and will assist them in promotion. Earning promotion points is about setting a goal, making a plan and utilizing all of your resources.

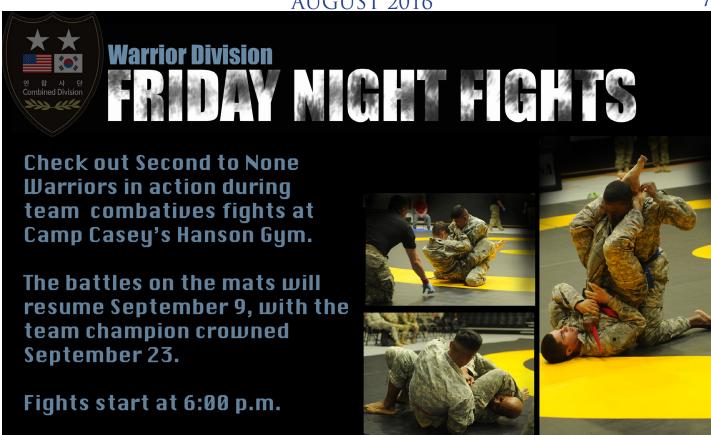
She explained, there are always reclass options available to Soldiers who qualify through reenlistment or voluntary reclassification. A Soldier who is in their reenlistment window can reenlist for reclassification into another MOS, otherwise they may request for voluntary reclassification. A few things that Soldiers need to consider if they're interested in reclassification are their line scores and the current In/Out Call Milper Message.

Soldiers serving in an over strength MOS are encouraged to reclassify to MOS's listed as understrength or balanced on the In/Out Call Message. The Special MOS Alignment Promotion Program (SMAPP) gives Soldiers the opportunity to reclassify into an identified specific critical MOS and upon

completion of training, Soldiers are promoted to the next rank. Reclassification into a MOS that is designated as critical can position a Soldier for predictable promotion and professional development opportunities in the future.

For more information on RCP, check out http://ncojournal.dodlive.mil/2014/01/29/new retention-control-points-take-effect-feb-1/









BORYEONG, South Korea -- Soldiers with the Headquarters and Headquarters Battalion, 2nd Infantry Division/ROK-U.S. Combined Division, enjoyed a duty day with the battalion chaplain at the Mud Festival here,

A duty day with the chaplain is not just a social event for Soldiers to participate in recreations, it is meant to expand their knowledge of the services the chaplain's office provides.

There were numerous mud related events for Soldiers to participate including a 30 foot mud slide, mud wrestling and a mud swimming pool.

"I never pictured myself sliding face first into a pool of muddy water," said Pvt. Malik Fails, an Orlando, Florida native and a human intelligence collector, with B Co., HSC, HHBN, 2nd Inf. Div. "Being from Florida, I love the beach atmosphere. It's just something I have always loved."

The annual festival was a success and will continue to strengthen the bonds between troops and their leader.

"A duty day with the chaplain is set up to increase spiritual resiliency in Soldiers," said Chaplain (Cpt.) Michael Kim, a South Korea native and the HHBN chaplain. "Soldiers are given the opportunity to build a personal relationship with me and each other."

That relationship could be beneficial in the future.

"I'd encourage any Soldier to get out and attend these events. Chaplain Kim makes it so enjoyable," said Pfc. Gavin Greene an Atlanta, Georgia native and an intelligence analyst, B Co., HHBN. "This is the second event I attended with the chaplain, and it allows me to relate with an officer in a more comfortable setting."

A positive command climate is maintained through events like these. "It allows Soldiers to feel more comfortable when communicating any

problems or needs they may have," Kim said.

"I plan to keep duty day with the chaplain an ongoing event for Soldiers, and I always ask Soldiers to bring a friend so I can continue to reach the troops," said Kim.

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# THUNDER BRIGADE KATUSA



## TAKES ORATORICAL COMPETITION

CAMP CASEY, South Korea - One of the most important virtues of Soldiers stationed at the front line of South Korea's defense is to understand the sacrifices of their predecessors who protected the country during the Korean War.

Fourteen Korean Augmentees to the United States Army assigned to 210th Field Artillery Brigade, 2nd Infantry Division/ ROK-U.S. Combined Division, did just that as they participated in the brigade's first oratorical contest, June 29, at the Casey Theater here.

The KATUSA program began in 1950 during the Korean War. The program was created to aid Soldiers from the U.S. Army and ROK Army in communicating with each other and to overcome language barrier obstacles

Prior to the competition, the candidates prepared a five minute speech on the hardships and dedication of KATUSA veterans and methods to improve military readiness of the ROK-U.S. alliance.

"It is an honor to open the first KATUSA oratorical competition in the brigade, and I hope it will be the first of many coming ahead," said Command Sgt. Maj. Carlos G. Gonzalez-Pabon, the Brigade command sergeant major. "The contest is a representation of how the ROK-U.S. alliance becomes stronger every day and the unification of U.S. Soldiers, KATUSA Soldiers and our ROK partners across the peninsula."

After careful examination of the speeches of all candidates, the judges thoroughly evaluated scores for each presentation. Prizes were awarded to those who scored the highest.

"I was able to feel the patriotism of KATUSA Soldiers in the 'Thunder' Brigade," said Maj. Hyungchul Oh, an officer-in-charge of the ROKA Staff Office assigned to 210th FA Bde. "The event was hosted in commemoration of heroic service during the Korean War, and to remind our Soldiers that Korea was built on top of the blood and sweat spilled by our ancestors."

The winner of the competition was Cpl. RyunHyeong Kim, a Chemical, Biological, Radiological, Nuclear, and Explosive specialist assigned to the 66th Forward Support Company, 3rd Battery, 13th Field Artillery Regiment, 210th FA Bde., who scored 472 points for his speech. Cpl. Kim was awarded with a brigade coin, a certificate of achievement, and an off-post pass for his accomplishment in the competition.

"I have always wondered if I was doing a good job for my 21 months of military service," said Kim. "I am honored to receive this award from the brigade, and I will think of this award as a guideline to become an exemplary KATUSA for the remainder of my service in Camp Casey."



(Top) Cpl. Chun, Sang Hyun, assigned to the Headquarters and Headquarters Battery, 210th Field Artillery Brigade conducts a speech during the KATUSA oratorical competition at Casey Theater, Camp Casey, June 29. The participants of the oratorical competition prepared a speech related to the spirits of defending the country and ways to boost the military readiness of the ROK-U.S. alliance. (Bottom) Korean Augmentees to the United States Army and senior leaders of the 210th Field Artillery Brigade pose for a group photo after completing the first KATUSA Oratorical Competition. Certificates of achievement were handed out to candidates who came in 1st, 2nd and 3rd place during the competition.



# WARRIOR DIVISION TROOPS SHOW SECARMY "FIGHT TONIGHT" CAPABILITIES





thumbs up as he takes off in one of the Army's last operational OH-58 Kiowa helicopters with rotational 1st Squadron, 17th Calvary Regiment, 82nd Airborne Division, on Rodriguez Live Fire Complex, South Korea, Aug. 3. (Above) Fanning tests out the technology used by 2ID/RUCD's 23rd Chemical, Biological, Radiological, Nuclear and Explosive Battalion.

RODRIGUEZ LIVE FIRE COMPLEX, South Korea – Soldiers from the 2nd Infantry Division/ROK-US Combined Division and its rotational elements highlighted the critical roles they play in strengthening the ROK-U.S. alliance, countering emerging threats and ensuring stability in the region, during Secretary of the Army Eric Fanning's visit to Camp Casey and Rodriguez Live Fire Complex, Aug. 3.

His visit to the peninsula was the fifth stop on his trip across the Pacific that kicked off July 25, with a focus on engaging with the Soldiers responsible for the Army's enduring and integral presence in the region.

He said, "The first thing I've learned is the value of these engagements that the U.S. Army has with other armies. It's really remarkable to see when the Army does an exercise with another country, how much interaction there is with Soldiers from all levels, all the way down to the most junior enlisted Soldiers. And there's a tremendous value in that, both for our Soldiers and for the other military working with the United States."

2ID/RUCD troops provided a hands-on and memorable experience for Fanning as they showcased the diverse missions performed by the combined division and the readiness created by its rotational warriors.

After hopping into a Multiple Launch Rocket System to join the crew for a simulated fire mission, he took a fast ride in a Bradley, experienced some emerging Chemical, Biological, Radiological, Nuclear and Explosives capabilities, and rounded out the action by arming, flying, and

firing from one of the Army's few remaining operational OH-58 Kiowa helicopters.

"He can come visit 2nd Infantry Division any time. I like it when they're hands on," said Maj. Gen. Theodore "Ted" Martin, the 2ID/RUCD commanding general.

Martin pointed out that many of the troops Fanning interacted with were part of the division's rotational elements including the 1st Armored Brigade Combat Team, 1st Cavalry Division out of Fort Hood, Texas; the 1st Squadron, 17th Calvary Regiment, 82nd Airborne Division out of Fort Bragg, N.C.; and the 3rd Battalion, 13th Field Artillery Regiment out of Fort Sill, Oklahoma, all serving a nine-month tour in Korea.

He said, "Ours is a trained and ready force, with rotational units, and it's a concept that's working, and [Secretary of the Army Fanning] heard it from the commanders down to the sergeants and the Soldiers that it's working well along with the partnership with our ROK teammates. It's a concept that builds readiness."

Fanning also credited the readiness he witnessed on the peninsula to the remarkable commitment between the U.S. and ROK governments and militaries, and said the ongoing relocation of U.S. forces south on the pen is a win-win in increasing readiness and modernization of facilities, in large part thanks to the Korean government's remarkable contributions.

The Secretary will conclude his Pacific tour with a stop in Alaska

THE INDIANHEAD AUGUST 2016







# **ALPHA ACADEMY**



### PREPS TO FIGHT TONIGHT

CAMP CARROLL, South Korea - The lights are dim entering the building but continuing down the corridor there are punching bags hanging up and a light shines from a room where free weights are scattered around, boxing gloves line the shelf, and people train.

The room is a part of the Camp Carroll's combatives gym. The people inside are the Area IV Alpha Academy led by Sgt. Ronnie D. Villahermosa, a combatives instructor and Chaplain's assistant assigned to the Special Troops Battalion, 2nd Sustainment Brigade, 2nd Infantry Division/ROK-U.S. Combined Division, and the training is self-defense, kick boxing, jiu jitsu, and wrestling that's been going on since the end of June.

Training and self-defense come in different forms.

"My program is more for individuals to get better within the different fighting techniques," Villahermosa said. "If they want to compete in different types of events, the jiu jitsu tournaments or division 'fight tonight' tournaments, then they can."

Combatives is a fight strategy that was developed by the Army, which can be applied in tactical and non-tactical environments, he explained. In the combatives program Soldiers dive deep into ground and stand-up techniques, however, in the self-defense program Soldiers learn grappling, kick boxing and wrestling techniques.

"Learning to fight is a process, not an event," said Sgt. 1st Class Sean R. Kazmierski, the combatives master trainer assigned with 2nd Sust. Bde. "To be effective, combatives training must be part of a system. Until Soldiers learn the techniques that form the systems foundation, they are unprepared for follow-on training."

In the conception of the self-defense program, coaches brainstormed ideas of how to gain interest, what techniques would be taught as well as the logistics of when and where the program would take place, said Villahermosa.

"The Army combatives program is blocked off in different levels so there is basic, tactical and master combatives course," he said. The self-defense program is structured by what technique is being taught for the day, said Villahermosa. It is also open to all

being taught for the day, said Villahermosa. It is also open to all Area IV Soldiers and their family members.

"You can strike or punch people, it is authorized," he said. "Ma-

"You can strike or punch people, it is authorized," he said. "Majority of those days, stand-up training and kick boxing training, will be on Tuesdays. So if you want to learn how to punch someone or kick someone in the face in the name of self-defense, you are more than welcome to join."

Experience is not required, said Villahermosa. Come in motivated, ready to learn and the instructors will take care of the rest.

"These classes have helped Soldiers demonstrate the techniques they have learned and apply them during competitions," said Kazmierski. "Many of the first and second place winners from the last brigade tournament were Soldiers trained by Sgt. Villaher-

For Soldiers looking to get into the self-defense program, just give it a chance, said Villahermosa. Learn the techniques, believe in them and get in better shape along the way.

(Left) Soldiers in the class are preparing for the "Fight Tonight" Friday Night Tournament hosted by the 2nd Infantry Division. (Mid-dle Top) Sgt. Matthew Brock, an instructor for the Camp Carroll self-defense program, conducts a speed round to practice jabbing and other boxing techniques. Brock is preparing for the heavyweight round of the "Fight Tonight" tournament. (Right) Sgt. Ronnie Villahermosa demonstrates a kick boxing combination to the Alpha Academy. Villahermosa is the lead instructor for the new Area IV Alpha Academy self-defense program.

### 21D SOLDIERS ASSAULT COURSE AND



### **COME OUT ON TOP**

CAMP HOVEY, South Korea – The foam of his buds stretched in his ears. He felt the rush of wind from the helicopter blades despite the silence.

His fingers clinched the lining of his gloves as his break hand secured himself to the repel rope. Capt. Robert Wright, an air assault graduate, pushed back with his legs and out of the helicopter.

Wright was just one of nearly 200 Warrior Division Soldiers who experienced moments like this during the air assault course held in July here.

The course qualifies Soldiers to perform air mobile helicopter operations, and the candidates are trained on aircraft orientation, sling-load, repelling techniques and fast roping.

"This course brings a lethal aspect to the force. Soldiers can get anywhere and do anything on any terrain," said Wright, a field artillery officer with 210th Field Artillery Brigade, 2nd Infantry Division/ROK-U.S. Combined Division. "We are able to move logistics and personnel in a quick manner with air assault."

The training that the candidates received is just as vital to the readiness on the penninsula as it was in the 1950s.

"Air assault is especially important since the Vietnam War because it is the interaction of Soldiers and helicopters," said Staff Sgt. Thomas Presutti, an infantryman and air assault instructor assigned to Bravo Company, Warrior Training Center. "They get an understanding of the helicopter, sling-loads [transporting equipment when it is attached below], and repelling."

Air assault hopefuls prepared prior to the course.

"I did all I could to prepare with early PT sessions, ruck marches, four mile runs, and constant work outs," said Pfc. Brandon Burke, a human resources specialist assigned to Bravo Company, Headquarters and Headquarters Battalion, 2nd Inf. Div. Combined. "It was easier to prepare physically for the class than mentally, but Soldiers have to have the mental toughness to make it through this course."

Soldiers were not actually accepted into the course until after day zero, [physical fitness test and obstacle course] which accounts for the high failure rate of 20-25 percent.

The course rapidly put Soldiers through crawl, walk, and run phases in the same day.

"The fast and rapid learning process was the toughest part," said Wright. "We were introduced to something in the morning, the afternoon we got hands on training with it, that evening would be the test, and the failures went home."

Attention to detail was key.

"Sling loading was the most challenging portion," said Burke. "It took a lot of practice and attention to detail. It was too easy to overlook a mistake with the time constraint."

Burke didn't make it through this time, but his atitude is exactly what the course demands. He said, "I will defiantly attend the class again, I have to go back". "Just because I didn't make it this time doesn't mean that I'll ever quit."

Air assault qualified Soliders add readiness across the Peninsula and the Army.

"The advice I would give to Soldiers who want to be one of the select few who make it through the course is come out mentally resilient, focused, understand the primary task at hand. Conduct everything to standard," said Wright. "Earn your badge, and take what you learned back to the unit to be that force multiplier."





(Top) 2nd Infantry Division Soldiers prepare to repel from a helicopter on Camp Mobile, South Korea, July 19, as part of the air assault course. Soldiers had to complete 10 days of training to become air assault qualified. (Bottom) Air Assault graduates recieve badges at a ceremony on Camp Hovey, South Korea, July 22. Graduates will return to their units to enhance the force. (Photo by 2nd Sustainment Brigade Public Affairs)

# SNAPSHOTS SNAPSHOTS

# This is our Division

"I only regret that I have but one life to give for my country."

Capt. Nathan Hale
Continental Army Soldier
American Revolution



























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Soldiers from the 2nd Battalion, 5th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, guide the unloading of M1A2 Abrams main battle tanks from Korean railcars July 13 on US Army Garrison Humphreys. The effort to move 2nd Bn, 8th Cav. Reg., 1st ABCT, from Camp Stanley to USAG Humphreys required the assistance of Soldiers from four battalions, including the 1st Squadron, 7th Cavalry Regiment, 1st ABCT; the 91st Engineer Bn., 1st ABCT; and the 115th Brigade Support Bn., 1st ABCT.

CAMP HUMPHREYS, South Korea – Pfc. Bryce Thomas' day started at 4 a.m. to get his M1A2 Abrams main battle tank ready to load on the Korean railcar by 6 a.m. Some 15 hours later, he and his tank arrived at their destination here.

While slowly maneuvering the 70-ton tank from the flatbed railcar, Thomas kept a sharp ear out for the creaking and groaning sounds coming from underneath. The Abrams had six inches of track hanging over either side; one wrong move and the weight of the tank could flip the railcar.

Thomas relied on the Soldier ground-guiding him as they unloaded the very first tank and made history.

Thomas and his fellow Soldiers from the 2nd Battalion, 8th Cavalry Regiment "Stallions," 1st Armored Brigade Combat Team, 1st Cavalry Division, were the first U.S. forces from the region along the Demilitarized Zone to relocate south of Seoul as part of a 2004 agreement between the U.S. and South Korea, designed to increase readiness on the peninsula.

The warrior Division rotational element moved from Camp Stanley and Camp Hovey to U.S. Army Garrison Humphreys, near Pyeongtaek, South Korea, in accordance with the agreement to move all U.S. forces to garrisons south of the Han River.

"This is an exciting and historic event, one that many thought would never come to pass, but folks, I'm here to tell you, the 2nd Infantry Division is on the move," said Maj. Gen. Theodore "Ted" Martin, the division commander. Moving more than 100 vehicles at night in convoys to avoid ensnarling

traffic, and line-hauling about the same number of tracked vehicles on railcars, the 750 Stallion Soldiers transitioned to brand-new facilities at Camp Humphreys and held their first official formation at the new location, July

"The 1st Armored Brigade Combat Team has been tasked with line haul, tactical road marches, and railhead operations simultaneously over a four-day period to relocate a combined arms battalion while maintaining 'Fight Tonight' readiness," said Chief Warrant Officer 2 Carlton Huguley, the brigade's chief mobility officer.

The Stallions moved M1A2 Abrams Main Battle Tanks, M2A3 Bradley Infantry Fighting Vehicles, M88 Armored Recovery Vehicles and other light tracked vehicles along with their respective crews.

Escorted by officers from the Korean National Police, the remaining Soldiers from the battalion conducted a series of tactical road marches through Seoul, in the middle of the night, with more than 40 containers and 180 pieces of equipment.

Soldiers from the 2nd Battalion, 5th Cavalry Regiment, supported the rail operations for the move, and Soldiers from the 1st Squadron, 7th Cavalry Regiment, manned traffic control points along the route. Logistics support was taken care of by the Soldiers of the 115th Brigade Support Battalion, said Huggley

As Soldiers arrived to Humphreys, they were greeted by newly built motor pools, barracks and facilities.

"I didn't want to go back to Stanley," said Pfc. Bretona Baldwin, a M1A2 Abrams tank system maintainer with the Battalion's Company D, after she had done a reconnaissance of USAG Humphreys with her unit days prior to moving there.

Soldiers appreciated the new barracks, a floor plan referred to as "1-plus-1," where two private rooms share a kitchen and bath.

"It's a major improvement," said Spc. Joseph Rhodes, an infantryman with the Battalion's Company B. "Going from sharing the bathroom with four people down to two – and then having my own room, that's going to be great."

The new dinning facility also won Soldiers over.

"It's the little things, just the cups at the dinning facility being glass and not plastic, and it being so clean, makes it seem better," said Spc. Ethan Tramel, an infantryman also with Company B.

Tramel also appreciated the planning that went into the layout of the facilities for Soldiers.

During the battalion's first formation at Humphreys, July 18, Martin thanked Stallion Soldiers for leading the way in the move.

"The unit you see arrayed before you are proud troopers from the world-famous U.S. 1st Cavalry Division, serving as a vanguard for the larger force that will eventually arrive to call Camp Humphreys their home," said Martin.





(Top) Spc. Raymond Pritchett, an armor crewman from Company D, 2nd Battalion, 5th Cavalry Regiment, 1st Armored Brigade Combat Team, works on freeing a wooden chalk block from underneath a M113 Armored Personnel Carrier, July 13, at the U.S. Army Garrison Humphreys railhead. (Bottom) Lt. Col. Patrick Douglas, commander, 2nd Battalion, 8th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Cavalry Division, and Command Sgt. Maj. Gregg Larsen, 2nd Bn., 8th Cav. Reg., uncase the unit colors during a historical ceremony, July 18, in the battalion's new motor pool at U.S. Army Garrison Humphreys.

# **REVIEW BY:**

#### **Cpl. Monica Delgado (Crossfit certified)**

For beginning athletes it is recommended that you perform box step ups. Then later transition to the box jump up and step down from the box to minimize the impact on the Achilles tendon. Once you get stronger and feel more comfortable with the movement, then perform the complete box jump.

- 1. Choose the proper box height for the athletes' level
- 2. Don't look down at the box, but out past the box (when athlete's look at the box, they tend to get the sensation that they
- 3. Stand facing the box, slight bend on the knees, and push hips back and arms back
- 4. In one motion jump up and towards the box, achieving leg and hip extension
- 5. Once you begin to land make sure you land with a slight bend on the knees

## WARRIOR



#### Speed Rope: Double Unders

It takes a lot of patience and practice to achieve this movement. None the less it is a movement that can be performed by athletes of all levels. All it takes is determination and constant practice; as well as the proper jump rope also known as a speed

- 1. Without the rope, stand with your hands at your sides
- 2. Jump and try to tap your hands on the side of your quads twice before your feet come in contact with the ground again 3. Repeat this process a couple of time consecutively, this will
- allow you to know the speed your hands and wrists need to move for the jump rope to go around twice
- 4. When you're ready, grab the speed rope and practice

Start with two to three single unders before attempting a double under. Eventually you will get to the point where you are performing one single under, one double under, one single under, one double under and so one. Proficiency in this movement will come from consistency and practicing every day for at least five minutes.





### **NEWS BRIEFS/HAPPENINGS**

#### **English Class**

**Every Thursday** 1300

CRC CAC

For more information call 732-6246



#### 5K Color Run/walk

Saturday, Aug. 13 Camp Staley Softball Field Registration: 1000 Start Time: 1100



For more information call 732-5464

#### 2016 Army Arts and **Craft's Contest**

For beginning and experienced artist 10 categories: Ceramic, digital, Fiber, Glass, Metal, Wood Art, Drawing, Painting, and 2D & 3D Mixed Media

For more information visit http://www.armymwr.com/recleisure/artsandcrafts/



#### FREE Korean Rock Band Championship

Bosan Village Saturday, Aug. 13 1200-2200



# **Eats In** KOREA



It was a sunny hot weekend, the perfect day to spend with an old friend at Gang-nam station in search of a great place to eat a delicious

We walked up a steep paved incline, behind the CGV movie theater, and at the top there were lots of restaurants to choose from. Suddenly, an aroma surrounded us.

My friend and I could not restrain ourselves so we followed our noses. We found ourselves standing in a line for 30 minutes, but eventually made our way to the sliding glass door.

The restaurant was called Big Plato, which means large servings for every meal. I was taken back by the interior design that filled the

It closely resembled a construction site. As soon as we entered the restaurant, a hostess loudly yelled "Welcome to Big Plato!"

We were quickly seated and ordered barbequed pork steak and blueberry gorgonzola pizza. To hold our appetites at bay we grabbed pickles and water from the Self Bar. I have lived in South Korea most of my life, but Big Plato was able to surprise me with a type of home-

made pickle I have never tried.

The atmosphere was busy like a bustling bee hive, but at the same time comfortable. It was a great place to bring my old friend. As we snacked on pickles and reminisced on old memories, the staff brought the food to us and we were speechless.

The plate was filled from corner to corner with the cheese covered barbeque with a fried egg on top. Plated with it was a salad, pineapple, tomato, potato and two sauces, which perfectly harmonized with the pork.

The first fork full of food melted in our mouths and left us sitting in continuous

After regaining our senses, we reached for the honey blueberry gorgonzola pizza. The combination of the ingredients caused us to inhale the pie in a few short minutes.

I was tempted to loosen my belt, but I didn't. I was overly satisfied with the food and service.

If travelers want to find a place bursting with life, Gang-nam station is the place to go and Big Plato is worth the wait.





#### Big Plato Address:

Seoul, Gangnam gu, Shinsa dong, 624-17

> **Contact Info:** 02-546-9994

For restaurant review suggestions or submissions contact the 2ID Division PAO at usarmy. redcloud.2id.list.paoeditorial-submissions@ mail.mil or DSN 732-9132



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SHOW TIME

1900

# CASEY MOVIES

# YONGSAN MOVIES

JASON BOURNE

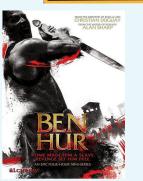
JASON BOURNE

1530

1830

DATE	DAY	TIME	MOVIE TITLE /CAST	RUN TIME	RATE	ADM
1-Aug	Mon	1900	THE CONJURING 2 /Vere Farmiga, Patrick Wilson	101	R	3-2D
2-Aug	Tue		No Showing			
3-Aug	Wed	1900	NOW YOU SEE ME 2	129	PG-13	3-2D
4-Aug	Thu		No Showing			
5-Aug	Fri	1800	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-2D
		2000	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-2D
6-Aug	Sat	1800	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-2D
		2000	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-2D
7-Aug	Sun	1800	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-3D
		2000	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-2D
8-Aug	Mon	1900	BAD MOMS / Matt Damon, Julia Stiles	101	R	2D-4
9-Aug	Tue		No Showing			
10-Aug	Wed	1900	SUICIDE SQUAD / Will Smith, Jay Hernandez	PG-13	130	4-3D
11-Aug	Thu		No Showing			
12-Aug	Fri	1800	SAUSAGE PARTY / Seth Rogen, Kristen Wiig	83	R	4-2D
		2000	SAUSAGE PARTY / Seth Rogen, Kristen Wiig	83	R	4-2D
13-Aug	Sat	1800	PETE'S DRAGON / Bryce Dallas Howard, Oakes Fegley	UNK	PG	4-2D
		2000	SAUSAGE PARTY / Seth Rogen, Kristen Wiig	83	R	4-2D
14-Aug	Sun	1800	THE PURGE: ELECTION YEAR / Frank Grillo, Elizabeth Mitchell	114	PG-13	3-2D
		2000	SAUSAGE PARTY / Seth Rogen, Kristen Wiig	83	R	4-2D
15-Aug	Mon	1900	THE PURGE: ELECTION YEAR / Frank Grillo, Elizabeth Mitchell	114	PG-13	3-2D
16-Aug	Tue		No Showing			
17-Aug	Wed	1900	THE CONJURING 2 /Vere Farmiga, Patrick Wilson	101	R	3-2D
18-Aug	Thu		No Showing			
19-Aug	Fri	1800	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-3D
		2000	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-2D
20-Aug	Sat	1800	WAR DOGS / Jonah Hill, Miles Teller	UNK	R	4-2D
		2000	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-2D
21-Aug	Sun	1800	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-2D
		2000	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-2D
22-Aug	Mon	1900	WAR DOGS / Jonah Hill, Miles Teller	149	R	4-2D
23-Aug	Tue		No Showing			
24-Aug	Wed	1900	BEN-HUR / Jack Huston, Morgan Freeman	UNK	PG-13	4-3D
25-Aug	Thu		No Showing			
26-Aug	Fri	1800	DON'T BREATHE / Jane Levy, Dylan Minnette	88	R	4-2D
		2000	MECHANIC: RESURRECTION / Jason Statham, Jessica Alba	UNK	R	4-2D
27-Aug	Sat	1800	HANDS OF STONE / Robert De Niro, Edgar Ramirez	105	NR	4-2D
		2000	MECHANIC: RESURRECTION / Jason Statham, Jessica Alba	UNK	R	4-2D
28-Aug	Sun	1800	DON'T BREATHE / Jane Levy, Dylan Minnette	88	R	4-2D
		2000	MECHANIC: RESURRECTION / Jason Statham, Jessica Alba	UNK	R	4-2D
29-Aug	Mon	1900	HANDS OF STONE / Robert De Niro, Edgar Ramirez	105	NR	4-2D
30-Aug	Tue		No Showing			
31-Aug	Wed	1900	DON'T BREATHE / Jane Levy, Dylan Minnette	88	R	4-2D

<i>J</i> .		-	ADMIS	SSION	FEES		1
	ADMISS	ION	1st Showing	Regular	Repeat	Special	
12 :	Adult	2D	\$6.50	\$6.00	\$5.50	\$4.50	34
23	Adult	3D	\$8.50	\$8.00	\$7.50	\$6.50	7
34	Child	2D	\$3.75	\$3.50	\$3.25	\$2.75	<u>.</u> 6
	(6-11)	3D	\$5.75	\$5.50	\$5.25	\$4.75	
1.							









(\*): First run or special engagement

For more information on movie schedules visit: Reel Time Theaters @ www.shopmyexchange.com







MECHANIC: RESURRECTION





SCREEN 2

KUNG FU PANDA 3 NOW YOU SEE ME 2

KUNG FU PANDA 3

NOW YOU SEE ME 2

ZOOTOPIA

NOW YOU SEE ME 2

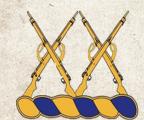


DON'T BREATHE

							1830	129	NOW YOU SEE ME 2	PG13	3			
4-Aug Thu	Thu	1900	125	125 JASON BOURNE	PG13	4	1530	108	ZOOTOPIA	PG	1			
Aug		1300	JASON BOURNE		1 013	7	1830	129	NOW YOU SEE ME 2	PG13	3			
Aug	Fri	1730/2030	130	SUICIDE SQUAD	PG13	4	1900/2200	105	BAD MOMS	R	4			
A=	Sat	1330	100	ICE AGE: COLLISION COURSE	PG 4		81		DO40	4				
-Aug Sat —	1630/1930	130	SUICIDE SQUAD	PG13	4	1330/1630/1930/2200	81	LIGHTS OUT	PG13	ľ				
7-Aug Sun	<b>1330</b> 100		ICE AGE: COLLISION COURSE	PG13	4	4 1330/1630/1930	81	LIGHTS OUT	PG13	4				
	1630/1930	130	SUICIDE SQUAD	R 4	4	1330/1630/1930	01	LIGHTS OUT	FGIS					
Aug	Mon	n 1830	130	SUICIDE SQUAD	PG13	4	1530	100	ICE AGE: COLLISION COURSE	PG				
8-Aug Mon	WOII			SOIOIDE OQUAD			1900	105	BAD MOMS	R				
-Aug	Tue	1830	130	SUICIDE SQUAD	PG13	4	1530	100	ICE AGE: COLLISION COURSE	PG				
-Aug	146	1830		OUGIE SQUAD	1 013	7	1900	105	BAD MOMS	R				
0-Aug	Wed	1830	130	SUICIDE SQUAD	PG13	4	1530	106	THE JUNGLE BOOK	PG				
J-Aug	wea	1830					1900	105	BAD MOMS	R				
1-Aug	Thu	1830	130	SUICIDE SQUAD	PG13	4	1530	106	THE JUNGLE BOOK	PG				
1-Aug	1110	1650	130	SUICIDE SQUAD		7	1900	105	BAD MOMS	R				
2-Aug	Fri	1800	105	PETE' S DRAGON	PG	4	1730	105	PETE' S DRAGON	PG				
E-Aug	• • • • • • • • • • • • • • • • • • • •	2030	85	SAUSAGE PARTY	R	4	2200	105	THE PURGE: ELECTION YEAR	R				
8-Aug	Sat	1330/1630	105	PETE' S DRAGON	PG	4	1330/1630	105	PETE' S DRAGON	PG				
J-Aug	Oat	1930/2200	85	SAUSAGE PARTY	R	4	1930	105	THE PURGE: ELECTION YEAR	R				
4-Aug	Sun	1330/1630	105	PETE' S DRAGON	PG	4	1600/1900	125	JASON BOURNE	PG13				
Aug	Jun	1930	85	SAUSAGE PARTY	R	4	1600/1900	123	SACON BOUNTE	1 013				
5-Aug	Mon	1830	85	SAUSAGE PARTY	R	4	1900	125	JASON BOURNE	PG13				
6-Aug	Tue	1830	130	SUICIDE SQUAD	PG13	4	1900	125	JASON BOURNE	PG13				
7-Aug	Wed	1830	130	SUICIDE SQUAD	PG13	4	1900	125	JASON BOURNE	PG13				
8-Aug	Thu	1830	130	SUICIDE SQUAD	PG13	4	1900	125	JASON BOURNE	PG13				
9-Aug	Fri	1730/2030	123	BEN-HUR	PG13	4	1900/2200	114	WAR DOGS	R				
		4000/4000/4000	123	BEN-HUR	PG13		1330/1630	105	PETE' S DRAGON	PG				
0-Aug	Sat	1330/1630/1930				4	1930/2200	114	WAR DOGS	R				
	_		123		PG		1330/1630		PETE' S DRAGON	PG				
1-Aug	Sun	1330/1630/1930		BEN-HUR		4	1930	114	WAR DOGS	R				
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23-Aug Tue	4000	4000	123	BEN-HUR	DO40	,	1530	100	FINDING DORY	PG				
	rue	1900 12	123	BEN-HUK	PG13	4	1830	114	WAR DOGS	R				
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E Aug	Thu	4000	100	DENTIND	DC 10	4	1530	105	PETE' S DRAGON	PG				
5-Aug	Thu	1900	123	BEN-HUR	PG13	4	1830	114	WAR DOGS	R				
6-Aug <b>Fri</b>	1730	UNK	MECHANIC: RESURRECTION	R	4	4000/0000	105	HANDS OF STONE	R					
	2030	90	DON'T BREATHE	R	4	1900/2200	105	HANDS OF STONE	R					
	0-4	1330/1630	UNK	MECHANIC: RESURRECTION	R	4	1330/1630	105	PETE' S DRAGON	PG				
27-Aug Sa	Sat	1930/2200	90	DON'T BREATHE	R	4	1930	105	HANDS OF STONE	R				
	C	1330/1630	UNK	MECHANIC: RESURRECTION	R	4	1330/1630	105	PETE' S DRAGON	PG				
28-Aug <b>Sur</b>	Sun	1930	90	DON'T BREATHE	R	4	1930	105	HANDS OF STONE	R				
9-Aug	Mon	1830	UNK	MECHANIC: RESURRECTION	R	4	1900	105	HANDS OF STONE	R				

# 5TH BATTALION, 20TH INFANTRY REGIMENT

#### Crest



#### Description/Blazon

A Gold color metal and enamel device 1 1/8 inches (2.86 cm) in height consisting of a shield blazoned: Gules, a conventionalized castle of Ehrenbreitstein with ramp Or on mount Proper, debruised by a bendlet Argent bearing two ribbons of the field and Azure with seventeen mullets of the last. A sinister canton bendy of eight ermine and of the field, (for the 8th Field Artillery).

#### Symbolism

The field of the shield is red, the artillery color. The principal charge is the castle of Ehrenbreitstein debruised by a bendlet carrying the American colors and seventeen stars, to signify the occupation of that castle by the 17th Field Artillery. On a canton is a device from the arms of the parent organization.

#### Background

The distinctive unit insignia was originally approved for the 17th Field Artillery Regiment on 8 May 1923. It was redesignated for the 17th Field Artillery Battalion on 2 August 1949. It was redesignated for the 17th Artillery Regiment on 28 November 1958. The insignia was redesignated effective 1 September 1971, for the 17th Field Artillery Regiment.

#### Coat of Arms





#### Description

Shield: Per bend Azure and Giles, on a bend Or between in chief a cross patée Argent and in base a triangle of the first fimbriated of the third charged with a sun in splendor of the same, a five-bastioned fort of the fourth fimbriated Sable.

Crest: On a wreath Or and Azure four muskets two and two saltirewise conjoined forming the Roman notation XX Or.

#### Symbolism

Shield: he regiment was organized in 1861 as the second battalion of the 11th Infantry and as such saw service in the Civil War. The first engagement was at Yorktown in 1862. The greater part of the Civil War service was in the second Division of the 5th Corps, the badge of which was a white cross patée. Designation changed to the 20th in 1868. The regiment saw service in Cuba in the Spanish War as a portion of the 5th Corps at El Caney and San Juan. The badge of the 5th Corps was a five-bastioned fort. In the Philippine Islands it saw service in the Pasig Campaign of 1899. The Katipunan device is shown in the base.

#### Mo

TANT QUE JE PUIS (To the Limit of Our Ability.)

#### Background

The coat of arms was approved on 19 Aug 1921.

#### History/2ID Relationship

August 1986 the unit was redesignated as Headquarters and Headquarters Company, 5th Battalion, 20th Infantry, and assigned to the 2nd Infantry Division.







Women Conference Demand Suffrage Holidav Liberty March

Peace Rallies Struggle

# **HOW TO SURVIVE IN KOREA**

l like your shirt/shoes. Sang/ui/wa Shin/bal/yi Yi/Bu/nae/yo. 상의와 신발이 이쁘네요.

Do you have this in a larger size? Yi/gut/bo/da doe Kun Gut lt/na/yo? 이것보다 더 큰 것 있나요?

Do you have a matching hat? Yi Ot/Gwa U/ool/Ri/nun Mo/ja lt/Na/yo? 이 옷과 어울리는 모자 있나요?

How does this outfit look? Nae/ga lb/go lt/nun Ot/ Ae/Dae? 내가 입고 있는 옷 어때? Does this match? Nae shirts/wa Ba/ji/ga Jal Eu/ool/ri/ni? 내 셔츠와 바지가 잘 어울리니?

How much is this? UI/Ma/E/yo? 얼마에요?

Do you have other shirts that I can try on? Da/Run Shirts It/na/yo? 다른 셔츠 있나요?







### 2016년 8월 **가추리 뉴스**

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



6월 말부터 시작하여, 캠프 캐롤 전투 훈련장에서 제2지원 여단 장병이 복싱 훈련을 시작 했다.



제1기갑사단 1전투여단 2대대 장병 켐프 험프리에서 7월 13일에 탱크 운송 훈련을 하고 있다.



제2보병사단 장병들이 7월 12일 캠프 모빌에서 공중 강 습 훈련을 하고 있다.

<사진\_병장 켈렌 스튜어트/제2지원여단 공보처>

<사진 \_ 병장 크리스터포 데니스 / 제1전투여단 공보처>

<사진\_ 병장 코트니 스미스 / 제2보병사단 공보처>





Think Twice! 한 번 더 생각하고 행동 하십시오!

• 제2보병사단 공식 페이스북 페이지 많은 좋아요와 공유하기 부탁드립니다.



7월 13일, 캠프 험프리(Camp Humphreys)에서 제1기갑사단 1전투여단 장병이 장비 이동을 진행하고 있다.

<사진 \_ 박진우 / 제2보병사단 공보처>

표지 사진: : 7월 13일, 캠프 험프리(Camp Humphreys)에서 제1기갑사단 1전투여단 장병이 훈련을 하고 있다.

<사진 \_ 박진우 / 제2보병사단 공보처>

#### 

미 제2 보병사단장 소장 시어도어 D. 마틴 한국군지원단 지역대장 중령 이일수 공보참모 중령 리처드 C. 하이드 공보행정관 상사 매리 E. 퍼거슨 공보관 김현석 편집장 병장 김진혁 기자 상병 이종국 일병 박준규 사진 전문가 박진우 글꼴 배포처 아리따체 : AMOREPACIFIC 함초롱체 : 한글과컴퓨터

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

인디언헤드지는 일성 인쇄소에서 월간지로 발행됩니다. 취재 요청은 732-9132으로 전화 바랍니다.

# 썬더 카투사를 위한 구술 경연 대회



북한의 도발로부터 대한민국을 지키는 장병들에게 있어서 가장 중요한 덕목은 한국전쟁에서 희생된 대한민국의 선대 장병들의 희생 을 기억하고 이해하는 것이다.

6월 29일, 14명의 제 210 포병여단 카투사 장병들은 여단에서 처음으로 주최한 구술 경연 대회에 참가하였다.

카투사 프로그램은 1950년 한국전쟁 당시에 시작 되었다. 이 프로그램은 미군 장병과 대한민국 장병들이 소통하고 언어장벽을 넘어서는 일에 도움을 주기 위해서 계획 되었다.

제210 포병여단의 카투사 장병들은 경연을 시작하기 전, 대략 5 분가량의 구술 발표를 준비했다. 그들의 연설은 선대 카투사들의 노고와 기여를 기억하고 한미 연합의 전투 준비 상태를 증강할 수 있는 방법에 대한 것이였다.

제210포병여단의 주임원사인 주임원사 카를로스 곤잘레즈 파본 (Command Sgt. Maj. Carlos G. Gonzalez Pabon)은 "저는 저희 여단의 첫번째 카투사 구술 경연 대회를 주최할 수 있게 되어서 영광입니다. 저는 이 경연 대회가 앞으로 있을 수많은 대회의 시발점이길 희망합니다"고 말했다.

곤잘레즈 주임원사는 "이번 경연은 한미연합의 전투력이 나날이 증강한다는것을 증명하는 증표이다"며 "또한 저희 미군들, 카투사 장병들, 그리고 한반도에 있는 모든 육군들이 진정으로 연합하였다 는 것을 보여주는 증표이기도 하다."고 말했다. 참가자들의 연설들을 모두 경청한 이후 시험관들은 참가자들 각 각의 발표를 평가했다. 곤잘레즈 주임원사와 함께 예하대대의 카투 사 부대의 지원반장들이 시험관으로서 경연에 참석했다. 그들은 가 장 높은 점수를 받은 참가자들에게 상을 수여했다.

제210포병여단 카투사 지원대의 지원대장인 오형철 소령은 "저는 이번 경연에서 카투사 장병들의 애국심을 느낄 수 있었습니다."라며 "이번 행사는 호국 보훈의 날을 맞이하여 한국전쟁의 영웅인 선대 카투사 선배님들을 기리고 희생된 우리의 조상님들의 피와 땀을 잊지 않기 위해 주최 되었습니다."라고 말했다.

첫번째 구술 경연 대회 우승자는 472점의 성적을 받은 3-13대대의 김륜형 상병이다. 제3-13대대의 화생방병인 김륜형 상병은 210포병여단의 사령관인 크리스토퍼 테일러 대령으로부터 (Col. Christopher P. Taylor) 여단을 대표하는 코인과 상장 그리고 5일동안의 휴가를 받았다.

김륜형 상병은 "저는 21개월의 복무기간 동안 제가 성실히 군생활을 했는지 항상 의문이 들었습니다." 며 "이번 경연에서 우승이라는 결과를 내게 되어서 영광스럽고, 앞으로 더욱 더 성실히 군생활을 하라는 의미로 받아드리고 앞으로 더욱더 열심히 하도록 하겠습니다."고 말했다.

# 군종부와 함께하는 근무일

제2보병사단 본부및본부대대 장병들은 머드축제에서 군목 과 함께 하는 근무일을 즐겼다.

군목과 함께 하는 근무일은 단지 오락활동을 하는 사교적 인 행사가 아니라 장병들에게 군종부가 어떠한 서비스를 제공 하는지 더 알 수 있게 하는데 의미가 있다.

본부및본부대대 소속이며 대한민국 출신인 마이클 김 목사 (대위)는 "군종병과 함께 하는 근무일은 장병들의 정신적인 회복력을 늘리기 위해 만들어졌다"며 "장병들에게는 군목과 친분을 쌓을 수 있는 기회이다"고 말했다.

이 행사에 참가한 인원들은 군목과 친밀한 관계를 유지하며 미래에 이러한 관계로 인해 장병들에게 도움이 될 수 있다

아틀란타 (Atlanta) 출신이며 본부지원대대 브라보중대 가빈 그린 일병은(Pfc. Gavin Greene) "나는 모든 장병에 게 이 행사를 추천하고 싶다. 김목사님이 재밌게 만들어 주시 기 때문이다."며 "이번이 두번째로 참가하게 된 행사이고, 나 는 이 행사를 통해 장교들과 더 편안한 환경에서 이야기 할 수 있어서 좋았다"고 말했다.

김목사는 "머드 축제가 장병이 더욱 편안한 환경에서 의사 소통 할 수 있게 도와줬다"고 말했다.

30미터 머드 슬라이드, 머드 레슬링, 머드 수영장 등 지금까지 많은 머드 축제 시설들이 있었다.

플로리다 주 올란도(Orlando, Florida) 출신이며 본부및 본부대대 브라보중대 인간정보수집병인 말릭 페일즈 이병은 (Pvt. Malik Fails) "머드로 가득찬 수영장에 얼굴이 먼저 들어가는 내 모습을 절대 상상한 적이 없었다"며 "플로리다 출신으로 바다공기는 내가 가장 좋아하는 것이다"고 말했다.

연례축제 참여는 성공적이었고, 지속적으로 장병들과 지휘 부와의 유대를 강화시킬 것이다.

김 목사는 "군목과 함께 하는 근무일을 계속 진행시킬 계획이고 장병들에게 지속적으로 관심을 가질 수 있도록 동료들의 참여를 독려하고 있다"고 말했다.











## 인디언헤드가 만난 사람들

### "후임으로 받고 싶은 사람은?"



제210포병여단 일반행정병 이병 권기현

저는 후임으로 프로듀스 101 출신의 최유정을 받고 싶습니다. 여자라서 실제로는 불가능 하겠지만 남자연예인은 별로 받고 싶지 않습니다. 유정이가 후임으로 들어온다면 그미소를 보면서 군생활을 잘 버텨갈 것 같습니다. 또한 주말이 끝나고 복귀할 때 정말기쁘고 두근거리는 마음으로 복귀할수 있을 것 같습니다. 또, 운동도 열심히 하고 정말 바람직하며 모범적인 선임이 될수 있을 것 같습니다. 정말잘해줄자신이 있습니다. 입대하기 전에 집에서 혼자 유정이에게 편지를 써서 책상서랍에 넣어났는데, 후임으로 오면 그 편지를 꼭 전해주겠습니다. 글을 쓰고 있는데 유정이의 모습이 떠올라서 저절로 미소가 지어집니다. 행복한 상상을 하게 해주셔서 감시합니다.



제210포병여단 일반행정병 일병 원유석

군대 후임으로 차량을 자원해줄수 있는 연예안이들어왔으면 좋겠습니다. 저희 포병여단은 TMP가 없기에 매번 버스를 이용해야해서 작은 업무에도 차량을 타고이동하는 미군들이 너무 부러웠습니다. 게다가 이번 달부터 올해 11월까지 70 지원대 앞다리 보수 공사로 인해 H221행, 호비행 버스 모두 포병여단 건물 앞으로 오지 않아 디팩 등 주변 시설을 이용하는 테도 불편함이많게 되었습니다. 그렇기 때문에 연예인이면서도 인사과 계원들의 발을 대신함 고급 차량을 지원해 줄수 있는 연예인이 후임으로 들어왔으면 좋겠습니다.한 술터 떠개그실력도 출중하여 한참 남은 저의 군복무기간을 웃음이 기득하게 해줄 연예인이면 좋겠습니다. 군대 후임으로 확한구가들어왔으면 좋겠습니다.



제210포병여단 일반행정병 상병 이찬후

군대 후임으로 들어오면 좋을 것 같은 연예인은 영화 배우 차태현씨입니다. 저는 차태현씨가 주연으로 나왔던 엽기적인 그녀, 헬로우 고스트, 과속 스캔들과 같은 영화들을 정말 재미있게 보았습니다. 이 작품들에 출연하는 차태현씨의 모습을 보면 자연스럽게 웃게 되고 마음이 따뜻해집니다. 군대도 사람 시는 곳이라는 말이 있지만 군대생활을 하다 보면 엄격한 규율과 경직된 분위기에 지쳐 바깥 사회의 인간미가 그리워질때가 있습니다. 그럴 때 곁에 차태현씨가 있으면 정말 큰 힘을 얻고 어려운 일이 생기더라도 함께 이겨나갈수 있을 것 같습니다.



제210포병여단 일반해정병 병장구일모

군대 후임으로 박유천이 들어왔으면 좋겠습니다. 저는 초심을 지키기 위해 지 금까지 계속 포병여단 화장실을 청소하고 있습니다. 박유천은 연예인임에도 불구하 고 화장실 청소에 진심을 다할 것 같습니 다. 또한 미국에서 저스틴 비버 급의 인물 인 박유천이 묵묵히 군인으로서 복무하고 있는 모습을 주변 사람들이 보게 된다면 자연스레 다른 전우들에게 보내는 사람들 의 시선에 존경이 더욱 더해질 것이 분명 하기 때문에 박유천이 후임으로 들어왔으 면 좋겠습니다.

인- 자기 소개를 부탁드립니다 양- 안녕하세요 210포병여단에서 이 제 막 선임분대장으로써의 업무를 시 작한 선임분대장 양건용입니다. 군 입 대천에는 학생이었습니다. 세상에서 제일 존경하는 아버지 어머니와 함께 서울에서 화목하게 살고있지만 제 손 으로 산 집에서 독립하는 꿈을 위해 직진 중입니다.

인- 부대소개를 부탁드립니다 앙- 제210포병여단은 감히 자랑할 수 있는 부대입니다. 거의 대다수의 부대 원들의 생각도 마찬가지 일 거라고 생 각합니다. 후임들은 선임들이 무언가 를 말하기 이전에 무엇을 할지 능동적 으로 임무를 수행하고, 선임들은 그런 후임들을 아끼며 비록 후임일지라도 배울 점이 있음을 알고 선후임이 서로 배우며 발전합니다.

인- 지금까지 군대에서 가장 기억에 남는 에피소드는?

마는 그리 길지않은 군생활이지만 잊을 수 없는 일들이 많습니다. 추운 겨울에 키 리졸브 훈련을 위해 훈련장을 오가던 일, 12시간씩 앉아있으면서 사상자를 기록하며 숫자 하나하나에 최선을 다하며 씨름하던일들은 훈련중



잊을 수없는 추억이고 이를 통해 여 단 코인도 받으면서 미군들과 가까워 지고 인정받는 계기가 되었습니다. 또한 비록 우승은 하지 못했지만 백 선엽장군 보드와 여단 웅변대회에 참 석했던 것 또한 잊을 수 없는 일들입 니다.

인- 입대한 뒤 지금까지 가장 긴장됐 던 순간은?

양- 백선엽 장군 보드에 참석했던 순간이 가장 긴장됐던 순간입니다. 사실 준비기간이 길지 않아서 준비가 많이 미흡했습니다. 하지만 하면 된다는 마음가짐으로 준비했는데 실제로 여단 주임원사님이 곤잘레스 주임원사님과 각 대대의 주임원사님들을 마주하자 아주 쉬운 질문조차 대답하지 못할 정도로 긴장했던 기억이 역력합니다.

인- 마지막으로 하고 싶은 말은? 양- 고맙다는 말과 미안하다는 말 모 두 하고싶습니다. 항상 선후임으로 아껴준 것에 대한 고마움 때문에 고 맙다는 말 하고 싶습니다. 그런 상황 들이 있을 것을 알기에 그런 것에대 해 미안하다고 말하고 싶습니다. 마 지막으로, 210포병여단 사랑합니다!



병장 양건용

제210포병여단 선임병장

### 인디언헤드는 사랑을 싣고**\***



이번 호의 주인공은 제210포병여단 명수군과 여자친구 소연양입니다. 게재를 바라시는 분은 미 2사단 공보처 카투사 메일 2idkoc@gmail.com 또는 732-9132로 연락주시기 바랍니다.

#### To. 소연

소연아! 어쩌다보니 인디언 헤드에 너한테 편지를 또 한번 쓰게됬네. 손 편지는 많이 써줬 어도 이렇게 공개적으로 편지 쓰려니까 오글거리네 (부대워 들이랑 내 동기들이 또 놀리겠 지...) 지난 10월달쯤 인디언 헤 드에 편지쓸때는 일병이였는데 지금은 곧! 병장이 다되가네. 이 렇게 보면 정말 시간 빨리 지나 가는거같아. 우리가 처음 만난 게 엊그제 같은데 8월이면 우리 가 만난지 1년이되네. 그 동안 서로한테 상처 많이 주고 싸우 고 그랬지만 그래도 뒤돌아 보 면 재밌었던 추억이 훨씬 많잖 아? 그러니까 내가 전역하고 앞 으로도 더 재미난 추억들 많이 쌏자. 내 군생활 내내 나와 함께 하면서 힘이 되줘서 고맙고 앞 으로 전역까지 남은 기간동안 역시 내 옆에서 함께하자.

From, 명수

#### To. 명수

오빠 안뇽! 소연이야~ 작년에는 사귀지 얼마 안되서 사진이 얼마 없었는데 이제는 너무 많아서 고르 려니까 엄청 고민된다 ㅎㅅㅎ벌써 1년이 다 되어가. 작년에는 오빠가 전역하는게 엄청 까마득했는데 이 제는 거의 3개월밖에 안남았다!! 완 전 신기해 빨리 나와서 나랑 많이 놀아줘~ 그때까지 싸우지말고 사 이좋게 지내자. 요즘은 또 안싸우 는 시기인데 또 언제 싸우는 시기 가 될지 모르니깐? 그래도 내가 요 즘 하나도 안지려고 하고 자존심 세우는데도 오빠가 예쁜 말로 나 맞춰주면서 넘어가줘서 고마워 ㅎ ㅎ그렇지만 오빠가 속상해하니까 나도 조금 덜 그러도록 노력해볼 게!! 내일도 또 주말이라 만나는데 또 같이 좋은 추억 만들면서 재밌 게 놀자!! 지금까지 같이 맞춰주고 사이좋게 지내줘서 고마워 앞으로 는 훨씬 더 사이좋게 함께 하자

From. 소연

### 한미 문화 교류 미국 대통령 선거 절차

#### **U.S President Election**

미국의 대통령 선출 방식은 선거인단이 대통령을 선출하는 형식 상 간접선거이지만, 내용면에서는 국민 직접선거의 특징을 지닌다. 미국 대서의 '미즈 · 고하다 가가이 대서 하면 서추의 의하 조(씨)

미국 대선은 '민주·공화당 각각의 대선 후보 선출을 위한 주(州) 별 코커스(당원대회) 또는 프라이머리(예비선거) → 대선 후보 추대 를 위한 전당대회 → 대통령 선거'의 과정으로 진행된다.

유권자들은 2월에서 6월까지 프라이머리나 코커스를 통해 각 당의 전당대회에서 대통령 후보를 지명할 대의원을 뽑고, 여기서 뽑힌 대의원들은 7~8월 열리는 전당 대회에 참석해 대통령 후보를 선출한다. 후보 지명전이 끝나면 각 당의 후보들은 상대 후보와 치열한 접전을 벌이고 국민들은 11월 첫째 월요일이 속한 주의 화요일에 대통령 선거인단을 뽑는다. 선거인단은 주별로 상원의원(100명)과 하원의원(435명) 수를 합한 만큼이며 여기에 특별행정구역인 워싱턴DC

의 선거인단 3명을 더해 총 538명이다. 이 대통령 선거인단 선거에서 사실상 차기 대통령이 결정되는데, 총 선거인단 538명 중 과반수인 270명을 얻으면 당선된다.



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