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INDIANHEAD



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International Women's Day 2022

International Women's Day, created in 1911, honors the social, economic, cultural, and political achievements of women. This year's theme, *Gender equality today for a sustainable tomorrow*, highlights gender parity as essential in all aspects of life—from thriving global economies to vibrant local communities. International Women's Day strives to bridge the gender gap by equally addressing the needs of both women *and* men.

The 2nd Infantry Division-ROK/US Combined requires diverse viewpoints to successfully operate in a dynamic and complex environment. International Women's Day helps highlight examples of smart, practical, and *inclusive* solutions to the missions our nation expects us to accomplish. Our division strives to create opportunities for women to excel, and today we reflect on progress made in gender equality over the past 104 years we have served together as we increased stability, security, and prosperity at home and abroad.

Today, we celebrate the contributions of women within the 2nd Infantry Division-ROK/US Combined who serve in multiple capacities; from our Chief of Staff to our brand-new privates and our Civilian employees, women serve in critical positions throughout our organization. I want each of them to be able to see themselves reflected in the division because creating an inclusive workplace environment—one that addresses the needs of people, regardless of sex, race, creed, religion or social class—is vital to our success. Inclusive and unified diversity of our team makes us stronger, and better.

International Women's Day is a call to action to combat bias, gender inequality, and violence against women. I challenge each of you to do your part in advancing gender parity, and ensuring our division is a place where women know they can reach their full potential. It takes you, me, all of us, working together, to make a difference, and it starts now.

SHAWN F. CARNS
CSM, USA
Command Sergeant Major

DAVID A. LESPERANCE
Major General, USA
Commanding

W. Maria Bochat

Division Chief of Staff



March is a great time for all of us to practice introspection about the contributions provided to us by women in the military. These contributions are both past and present, and we should always look to the future to make our workplace, the Army, and the Nation a better, more inclusive, and diverse place. As I think through my career, which started as a Private, to being the first woman to serve as the Chief of Staff of the Army's only forward deployed, combined ROK US division, I see one common theme. And that is mentorship, which was and is a huge reason for my success so far.

As a leader, not only in this division but in the Army as a whole, we have a duty, responsibility, and an obligation to mentor and support everyone across the force. We should do this through formal and informal mentorship. The purpose and goals of mentorship can be endless, but the core tenets are to help empower our young Soldiers with information, and provide them with support.

I understand how intimidating it is to start the conversation. We are all nervous and apprehensive because we do not want to look weak, uneducated, or that we might be complaining. The following are a few things I have shared and still practice. I hope they are helpful to you, both as mentors and mentees.

First, don't be afraid to reach out for a mentor. I know some are hesitant to reach out to a senior for help or advice because that senior might be busy and have limited time. You may also think you are bothering that senior individual. That is not true. Mentors get just as much, and often more, from a mentee. The learning process is a two-way street, after all.

With that said, do not put all your eggs in one basket either. I challenge each of you to have five good mentors. There is no magic number, but each mentor should have a purpose and a reason.

And each time you reach out for mentorship, you should have a purpose—even if it is to catch up if you haven't talked in a while: that is a great purpose to connect with your mentor as well. Remember, a mentor is there to help you be successful and help you navigate both the work and life challenges that come with this profession. I recommend a starting goal of three mentors in your branch and two "lifestyle" mentors.

Second, when you talk to your mentor, be open, and don't hold back. I know this can be contrary to how we are trained in the military, and it can be a scary thought. But if you want to get the most out of your relationship with your mentor, be honest! Your mentor will have your best interests at heart. If you are not completely open, you are not giving the mentor the opportunity to fully advise you. This is especially important for career advice. If you want a certain position, ask your mentor and be direct. This is not the time to hope your mentor will pick up on subtle clues. You need to allow your mentor to understand your goals so your mentor, in turn, can help you understand how you can best achieve those goals. Third, you must have trust and respect for each other for this mentor-mentee relationship to work. In fact, it is crucial because both you and your mentor are invested in your success. Remember, your mentor has been in your shoes, and they have navigated some of the similar problems you have faced. Yes, times change, beliefs change, and people change, so it is crucial to find mentors that are dynamic and are adaptive to change. Because a good mentor will be self-aware to understand new challenges arise, and not to diminish your issues.

Talk to your mentor often. Tell them the good and the bad. And when things are bleak, reach out, please! We are there for you. It is easy for us to be a leader and a mentor when everything is perfect, but you know who the true leaders and mentors are when they help you navigate through the rough terrain. We want to be there to help you through that because we want you to succeed in both your professional and personal life. We feed off that energy knowing you are winning.

Having a mentor is good for everyone, is good for the organization, and is good for the Army. A great relationship allows the creation of an environment where you feel free to talk through your problems to your mentor. Having the space, trust, and respect in the relationship allows the mentor to help you analyze your problems and figure out a possible road ahead. Because what a good mentor will do is not give you advice as much as ask those probing questions to help you see the problem and solution more clearly.

My last point is one I certainly live by, but often takes listeners aback. You don't have to take your mentor's advice. You are you, and only you know everything that happens with you and your life. A mentor can and will provide you with their point of views on the topic and they can ask those question to help you see the problem differently. And as I said before, times and situations change. You are free to choose your own path, With that said, remember whether you take the advice, or not, you, and only you are responsible for your decisions, choices, and career path. Your mentor will cheer you on through all of it.

Shawn F. Carns

Division Command Sergeant Major



As I say farewell to 2nd Infantry Division/ROK - U.S. Combined Division, I would like to reflect on my time as the division command sergeant major. I would like to first start with thanking the awesome people who have helped make these last 18 months successful. To my beautiful wife Theresa, who has been by my side during our ride with the Warrior Division. She is truly the rock of our Family and the love of my life. To my son, Matthew, who I had the privilege of being his division command sergeant major. Yes, my son is in 2ID, assigned to the 2nd Combat Aviation Brigade. I enjoyed every minute of being your DCSM and father. I know you will continue to grow as a Soldier and person. Mom and Dad will miss you.

My two commanding generals, Maj. Gen. Steven Gilland who selected me as his command sergeant major, and Maj. Gen. David Lesperance who took command of the division about a year ago. I appreciate you both for being great mentors, leaders and friends. To our brigade command teams, you all are amazing and will continue to make this organization better. This was the first time in my career that an entire division, for the most part, everyone got along and really implemented "team effort". I was blessed and honored to be your DCSM. I look forward to seeing each and every one of you as we all continue our military careers. To our deputy commanding generals, Brig. Gens.

Jones, Calvert, and Robinson, I appreciate the times I was able to come into your office and discuss business or just get things off my shoulders. You were great sounding boards, mentors and friends. To our past and present chief of staff, Cols. Jerome Parker and W. Maria Bochat, you both keep the staff moving forward and in the right direction. I was always impressed how each of you kept all the staff rowing in the CG's direction. You don't always see that in large organizations. Usually, one or two staff sections might try to row in a different direction. Because of you two, we were all facing forward.

I have been a part of four Korea Rotation Force Armored Brigade Combat Team rotations, numerous Combine Command Post Trainings, Validation Exercises, and Korea Combat Training Center rotations. I have made many friends who have either been assigned to, or deployed to Korea during my time here. I appreciate each of you and the leadership you have given to the division during your time in Korea. I would be remised if I didn't thank my ROK counterparts, 5th, 7th, and Capital Corps CSMs Kang Han Duk, Yoo Seung Mo, Kim Kwang Woo. Also, the 17th ID, Capital Mechanized Infantry Division, and 16th Mechanized Brigade CSMs, Heo Chul, Kim Young Gyu, and Kim Jae Ho, I enjoyed every moment with each and every one of you. We made sure our Alliance was strong and we were ready to "Fight Tonight". As I say goodbye, it is not goodbye forever, but more of a 'see you later.' The Army is small, so we will see each other again.

Warrior 7 signing out!!



Soldiers assigned to 2-2 Assault Helicopter Battalion search for wildfires on a UH-60 Blackhawk helicopter near the city of Daegu. (U.S. Army photo by Cpt. Frank Spatt, 2nd Combat Aviation Brigade)

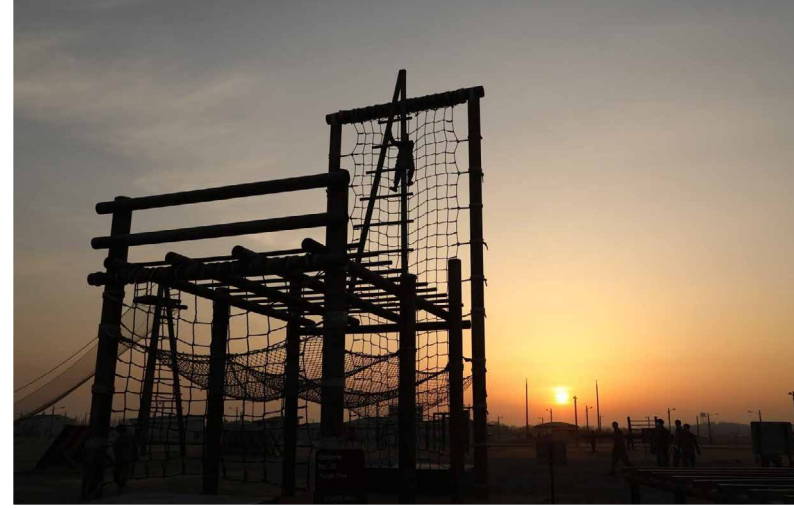


Lt. Col. Charles B. Smith is commemorated at the Task Force Smith memorial for his exemplary service in Osan, Republic of Korea during the Korean war. Smith and the Soldiers in his charge were the first to give their lives for the U.S. and ROK alliance. (U.S. Army photo by Pfc. Kade M. Bowers, 2nd Infantry Division Public Affairs Office)



21D Throughout March





WARRIORS ON THE STREET



Capt. Katherine Gross

Signal Officer

Santa Rosa, California

3rd Battalion, 13th Field Artillery Regiment, 210th Field Artillery Brigade

"Two women who have inspired me are my mother and grandmother. They are great women who are very hardworking, kind, and funny. They always give me the courage to do anything and inspire me to maintain a positive attitude."

Cpl. Sydney E. Clark

Automated Logistical Specialist

Chesterfield, Virginia

Echo Troop, 4th Heavy Attack Recon Squadron, 6th Cavalry Regiment 2nd Combat Aviation Brigade

"I have always seen my mother as my hero. She is a strong independent woman and someone I can turn to for advice. She gave me advice and helped me overcome this wall which was blocking my path. I am grateful to have a woman like her in my life."



WHO IS A WOMAN ROLE MODEL YOU LOOK UP TO ON A DAILY BASIS AND WHY?



Sgt. 1st Class Jason Fuoss

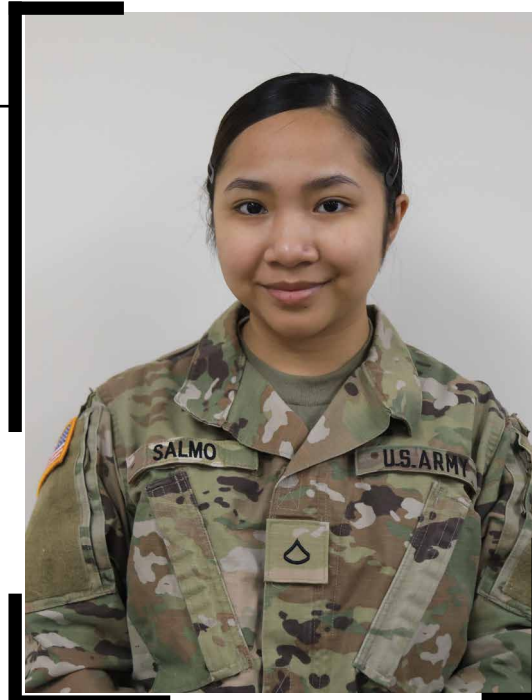
*Horizontal Construction Engineer
Westville, Texas
Bravo Company, 2nd Engineer Battalion, 3rd Armored
Brigade Combat Team, 1st Armored Division*

"The important woman role model in my life is my mother. Pretty much just because she raised me and taught me to be who I am now. She was pretty much my support throughout my Army career, supported me through my six deployments and pretty much made me the person who I am."

Pvt. 1st Class Desirae Salmo

*Human Resource Specialist
Hilo, Hawaii
Headquarters Battery, 210th Field Artillery
Brigade*

"My supervisor, Sgt. Thurman, inspires me because she is a great role model and noncommissioned officer. She encourages me to be a leader and helps me study for the board."



1st Lt. Alyssa A. Magnuson

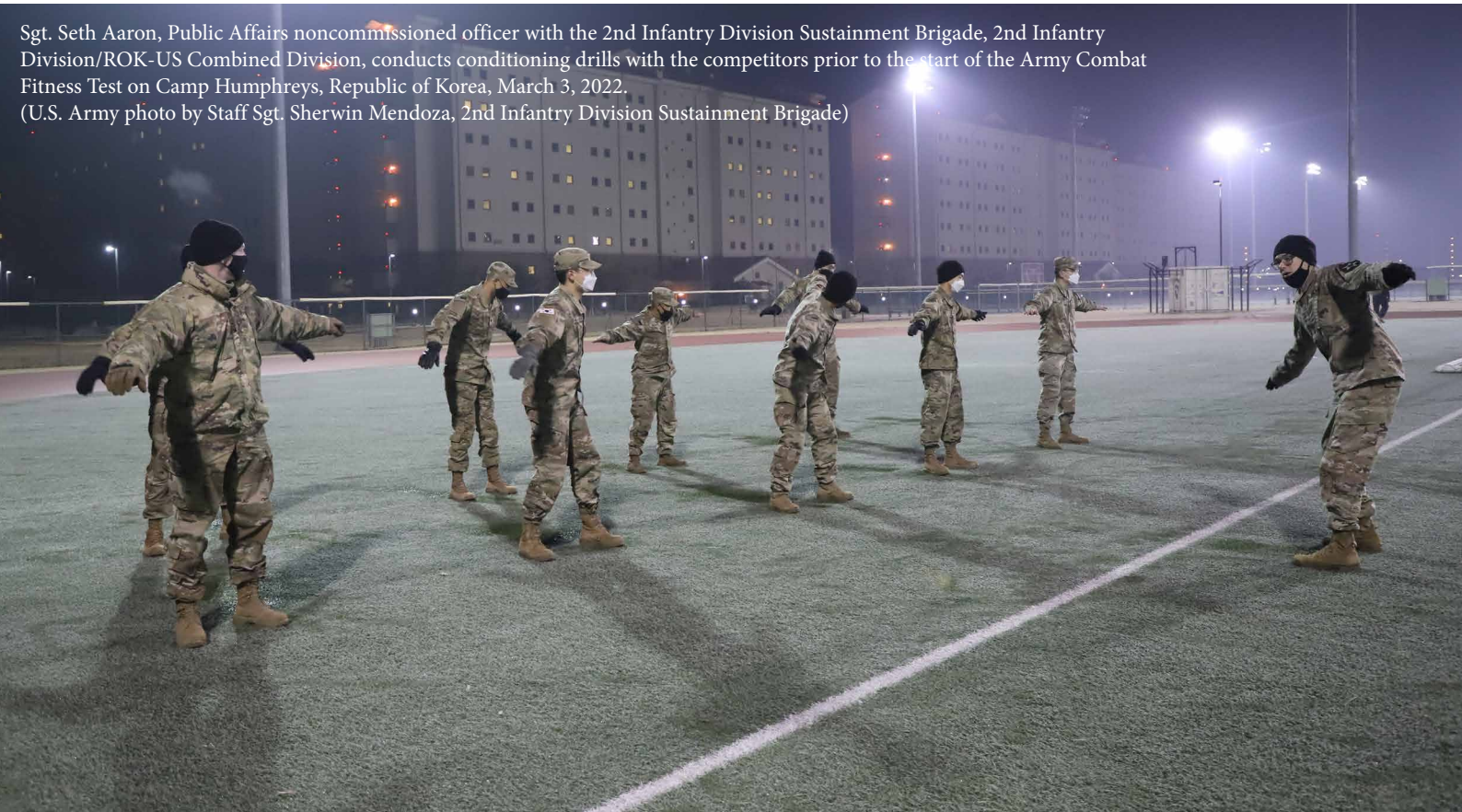
*Quartermaster Officer
Rochester, New York
Echo Troop 4th Heavy Attack Recon Squadron, 6th
Cavalry Regiment 2nd Combat Aviation Brigade*

"Alice Miller-Nation once told me 'If someone in a vulnerable state confides in you to bring a personal issue to your attention, shift your priority to that individual.' She was my college mentor at Saint Bonaventure University in New York and to this day in and out of the military, I follow her advice."



2nd DSB Hosts NCO and Soldier of the Quarter Competition

Sgt. Seth Aaron, Public Affairs noncommissioned officer with the 2nd Infantry Division Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division, conducts conditioning drills with the competitors prior to the start of the Army Combat Fitness Test on Camp Humphreys, Republic of Korea, March 3, 2022.
(U.S. Army photo by Staff Sgt. Sherwin Mendoza, 2nd Infantry Division Sustainment Brigade)



CAMP HUMPHREYS, Republic of Korea - In the early morning hours of a brisk Korean morning, before many people even consider waking up, Soldiers from the 2nd Infantry Division Sustainment Brigade, 2nd Infantry Division ROK-US Combined Division, stood ready with their rucksacks laid out, dressed-right-dressed, waiting patiently to have their layouts inspected. With attention to detail, senior noncommissioned officers walked around with clipboards and a packing list, subtracting points if items on the list were not present. This was the start of the noncommissioned officer/Soldier of the quarter competition.

The competition was a strenuous day-long event, consisting of the Army Combat Fitness Test, land navigation, tactical combat casualty care, weapons knowledge, movement under fire, and more tasks a warrior would expect to conduct during real-life combat scenarios. To top it all off, the Soldiers competing would also be asked questions in an administrative board testing their knowledge on Army programs, field manuals, and unit history.

After a long day of competing, the winners were announced. Cpl. Hyeonho Jung of the 814th Multi-Role Bridge Company, 11th Engineer Battalion. Spc. Woonghee Choi of the 55th Engineer Mobility, 11th Engineer Battalion, and Sgt. Daniel Kupchunos of the 643rd Engineer Support Company, 11th Engineer Battalion, performed the best out of the 18 competitors and took home the win as the DSB's NCO/Soldier of the quarter and will move on to represent the brigade during the division's week of the warrior.

"It was a great honor to represent my battalion, the 11th Engineer Battalion, and also just to push myself to be the best warrior possible," said Choi. "It wasn't easy and I didn't expect it to be. However, once the competition was over, I was so proud of myself and all the other Soldiers who participated in the event."

Excelling technically and tactically in every event, Spc. Choi, Cpl. Jung, and Sgt. Kupchunos were awarded an Army Achievement Medal from Command Sgt. Maj. Marilyn Foster, the Division Special Troops Battalion senior noncommissioned officer.

"Being able to compete for NCO of the quarter has helped me sharpen my skills as a leader in the Army," said Kupchunos. "For the Best Warrior Competition, I am going to go above and beyond and try my best to win again for myself, my Family, and my battalion."

For the upcoming Best Warrior Competition, the top Soldiers from each brigade under 2nd Infantry Division will undergo even tougher and more intense training, proving to the division that they have what it takes to be the most motivated, physically fit and knowledgeable warrior possible.

By Sgt. Seth Aaron
2nd Infantry Division Sustainment Brigade
Public Affairs



From left to right, Cpl. Hyeonho Jung, 814th Multi-Role Bridge Company, 11th Engineer Battalion, Spc. Woonghee Choi, 55th Engineer Mobility, 11th Engineer Battalion, and Sgt. Daniel Kupchunos, 643rd ESC, 11th Engineer Battalion, stand proudly after winning the 2nd Infantry Division Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division's Soldier of the Quarter Competition on Camp Humphreys, Republic of Korea, March 3, 2022. The three Soldiers will move on to represent the brigade at the division level competition. (U.S. Army photo by Sgt. Seth Aaron, 2nd Infantry Division Sustainment Brigade)

Spc. Anthony Condon, 581st Quartermaster Company, 2nd Infantry Division Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division, conducts hand-release push-ups during the Army Combat Fitness Test on Camp Humphreys, Republic of Korea, March 3, 2022. For this event, the candidates performed deadlifts, hand-release push-ups, the sprint-drag-carry, and the leg-tuck. (U.S. Army photo by Staff Sgt. Sherwin Mendoza, 2nd Infantry Division Sustainment Brigade)



Spc. Woonghee Choi, 55th Engineer Mobility, 11th Engineer Battalion, 2nd Infantry Division Sustainment Brigade, 2nd Infantry Division/ROK-US Combined Division, performs tactical combat casualty care by applying a tourniquet to a wounded casualty during the medical portion of the competition on Camp Humphreys, Republic of Korea, March 3, 2022. (U.S. Army photo by Staff Sgt. Sherwin Mendoza, 2nd Infantry Division Sustainment Brigade)

Staff Sgt. Jose A. Garcia and his team of CH-47 Helicopter Repairers assigned to Bravo Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division-ROK/US Combined Division, remove a rotor blade from a crane sling attachment March 2, 2022 on Camp Humphreys, Republic of Korea. The service for a Chinook requires 320-hours to complete, or approximately 28 days. (U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)

Aviation Maintainers Give Chinooks a Makeover



CAMP HUMPHREYS, Republic of Korea — Soldiers assigned to Bravo Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division ROK-US Combined Division begin a 320-hour long service inspection on the CH-47F Chinook March 1, 2022 on Camp Humphreys, Republic of Korea. These services are conducted based on hours of flights to ensure the helicopter's electrical, hydraulic and mechanical components are functioning properly.

The Army CH-47 Helicopter Repairers are responsible for the inspections, maintenance and repair procedures guaranteeing the flight safety of the Chinook. Staff Sgts. Benjamin L. Lyon and Staff Sgt Jose A. Garcia, noncommissioned officer of the quality control team, observe as their team begins the removal of interior wall and floor panels and major exterior components.

"We begin our phase inspection by de-paneling the interior soundproofing and floorboards, along with the removal of exterior rotor blades and drive shafts," said Lyon. "The interior panels are removed to expose all the wiring, hydraulic, and mechanical components for any type of damage, fraying or corrosion. Meanwhile, the other half of the team removes the rotor blades and inspects them for any damage."

There are various types of phase inspections based on hours of flight pertaining to the model of helicopter. For Lyon and Garcia's team, they are tasked with a 320-hour phase

inspection which, with no complications, can take close to 28 days to complete.

"The team and I have to make sure every component on this helicopter is operational, if we encounter an issue during the inspection, we make sure the item is able to be repaired or replaced," said Lyon. "There is no excuse for the bare minimum. The safety of our brigade's pilots and passengers depend on our services."

Any issues found by the team are brought to Lyon and Garcia's attention immediately. It is up to both supervisors to determine whether or not the issue can be fixed, replaced or delegated to another team within the Aviation Support Battalion for specialized repairs.

"As helicopter repairers, we do the removal, installation and troubleshooting to determine what is the cause of a malfunction," said Garcia. "If the issue is something we cannot fix, we proceed to inform our specialized shops about components we identified as, 'requires additional repairs'."

The team is aware of the importance of their job. Every component on the Chinook has a functional purpose that corresponds with the next, and one small issue could lead to a fault that will cause the aircraft to be incapable of flying.

"Though having many years of experience, I still verify my tasks by using my manuals and checklists," said Garcia. "We have to be precise

with our inspections! My team and I understand our responsibility for the safety of every crew member and equipment on board during flight operations."

Garcia expressed his dedication to his job and the assurance of his team being able to perform under pressure.

"I tell my Soldiers, if you fly this aircraft, you should know how to maintain it," said Garcia. "It is within our responsibilities and duty to ensure the helicopter can take us up safely, and bring us back down."

Lyon also shared his understanding of the importance of conducting inspections correctly to keep the Army's aviation operational.

"Our aircraft can carry up to 30 passengers, along with sling-loaded external cargo," said Lyon. "If our job is not conducted properly, we run the risk of losing personnel and military equipment, so for us, safety is our main priority."

The maintainers of the 602nd ASB, 2nd CAB, uphold the 2nd Infantry Division's mission of "Fight Tonight" by performing their duties to maintain aerial safety throughout the peninsula.

Story & photos by:
Spc. Oscar Toscano
2nd Combat Aviation Brigade



A CH-47 Helicopter Repairer assigned to Bravo Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division-ROK/US Combined Division, conducts a thorough inspection of the rotor on the CH-47 Chinook, March 3, 2022 on Camp Humphreys, Republic of Korea. Each helicopter in the 2nd CAB requires a specialized team to service, and can take up to 28 days on the process to ensure the aircraft is safe to fly. (U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)



Army CH-47 Helicopter Repairers assigned to Bravo Company, 602nd Aviation Support Battalion, 2nd Combat Aviation Brigade, 2nd Infantry Division ROK-US Combined Division, conduct a thorough inspection on the CH-47F Chinook March 2, 2022 on Camp Humphreys, Republic of Korea. These services are performed to ensure the helicopter's electrical, hydraulic and mechanical components function properly. (U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)

2CAB Conducts Aerial Water Drops to Aid in Wildfires



CH-47 Chinook helicopter prepare for the flight, USAG Daegu-Carroll in support of firefighting operations, March 11, 2022. Fuelers are on standby at the Carroll Army Heliport to immediately refuel aircraft to continue the mission. (U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)

Camp Humphreys, Republic of Korea — Soldiers from K-16 Air Base assigned to 2nd Assault Helicopter Battalion, 2nd Aviation Regiment 2nd Combat Aviation Brigade, 2nd Infantry Division ROK-US Combined Division, assists the city of Daegu in fighting wildfires, March 10, 2022.

Soldiers throughout the 2nd CAB were notified of the mission and answered the call by providing the necessary equipment and personnel to accomplish the mission.

"We were notified early Monday morning of an opportunity for our unit to assist the Koreans in fighting the wildfire outbreak," said Maj. Charles Hale, 2-2 AHB's Operations Officer. "Our pilots and crew members conduct semiannual training for these types of missions, so once we got the call, we were ready."

A team, consisting of pilots, crew members, fuelers and a command team, arrived at the Carroll Army Heliport and immediately set up a Forward Arming and Refueling Point (FARP).

"On ground, we have three UH-60 Blackhawks and two CH-47 Chinooks with six individual crews," said Hale. "In total, we have about 62 Soldiers from our unit to assisting with operating the FARP and fighting the wildfires."

Flight crews communicate with Daegu firefighters on ground to receive and translated information on where the fires were beginning to grow.

"There is a lot of coordination between not only the firefighters on ground, but the pilots and crew members as well," said Chief Warrant Officer 2 Luke Lennon, a pilot with 2-2 AHB. "We have a translator on

board speaking to ground support who tells us where the fires are located. Next, we coordinate between pilots for the perfect altitude and speed so the crew members can time the release of the water from the Bambi Bucket."

The Blackhawk and Chinook buckets range in size from 75-gallon capacity all the way up to 2,600 gallons. Each bucket corresponds to the helicopters payload weight they are allowed to carry.

"We are required to conduct semiannual training on operations involving the Bambi Bucket," said Lennon. "I think the training leading up to actual fire events is extremely helpful, we were prepared for this mission as soon as we received word."

Lennon shared his experience on assisting the city of Daegu and the Republic of Korea in their time of need.

"We refill and release around 12 buckets an hour. It's a tough maneuver for us conduct repeatedly, but we performed to the best of our abilities to stop the fire from spreading into the city," said Lennon. "It was a great opportunity for us to show we will do our best to help the locals. I am proud to assist this country in any way I can."

The Soldiers of the 2nd Combat Aviation Brigade continue to show their strength through support to maintain the ROK and US Alliance.

Story and photos by:
Spc. Oscar Toscano
2nd Combat Aviation Brigade

Soldiers assigned to 2nd Assault Helicopter Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division-ROK/US Combined Division, prepares to attach the Bambi bucket sling harness to UH-60 Blackhawk, USAG Daegu-Carroll, March 11, 2022. Crew members ensure the sling tow pintle is properly secured before each flight.
(U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)



A crew member assigned to 2nd Assault Helicopter Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division-ROK/US Combined Division, coordinates with pilots while refilling the Bambi bucket, USAG Daegu-Carroll, March 11, 2022. It's the crew members duty to inform the pilot if they are too close to the surface of the water.
(U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)

Soldiers assigned to 2nd Assault Helicopter Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade, 2nd Infantry Division-ROK/US Combined Division, release water over fires via a Bambi bucket, near United States Army Garrison Daegu-Carroll, March 10, 2022. Crew members and pilots coordinate in preparation of releasing the water.
(U.S. Army photo by Spc. Oscar Toscano, 2CAB Public Affairs)



Kicking It!

21D Soldiers Practice Self-defense and confidence Through Taekwondo

Staff Sgt. Andre Stanley practices his Taekwondo forms during a class at Carey Fitness Center on Camp Casey, Republic of Korea, March 9, 2022. Taekwondo roughly translates to 'the art of punching and kicking', and is recognized as one of the oldest forms of martial arts. (U.S. Army photo by Sgt. Willis Hobbs, 210 FAB)



From Left to right, Staff Sgt. Andre Stanley, Grandmaster Yi Yong Son, and Sgt. 1st Class Adina Millerpitts, pose for a photo after a taekwondo Class at Carey Fitness Center on Camp Casey, Republic of Korea, March 9, 2022. (U.S. Army photo by Sgt. Willis Hobbs, 210 FAB)

CAMP CASEY, Republic of Korea - Soldiers from the 210th Field Artillery Brigade, 2nd Infantry Division ROK-US Combined Division, attend taekwondo classes at Carey Fitness Center on Camp Casey weekly to better themselves by learning a valuable new skill in self-defense, while also finding confidence in themselves.

Taekwondo translates roughly to "the art or way of kicking or punching", but it is not all this fighting style is about. Taekwondo originated in Korea and is recognized as one of the oldest forms of martial arts, dating back over 2,000 years. Mostly anyone can learn taekwondo, but it takes lots of time and self-discipline to master.

Staff Sgt. Andre Stanley, a field artillery fire finder radar operator with Headquarters and Headquarters Battery, 210th FA Brigade, 21D RUCD, has been practicing taekwondo under Grandmaster Yi, Yong Son for about nine months.

"Taekwondo has taught me about self-defense and confidence," said Stanley. "I do plan on continuing my training once I leave South Korea."

Taekwondo on the surface is just a martial art and self-defense skill, but it can also be a great character builder to improve confidence in one's self as well as mental fortitude.

"It has taught me how to be very confident in myself," said Stanley. "It teaches self-defense but also helps with leadership skills and being able to teach others."

Stanley has so far earned his red belt over five months of training. The taekwondo classes at Carey Fitness Center occurs every on Monday, Wednesday and Thursday, and are taught by Grandmaster Yi.

Grandmaster Yi has been practicing taekwondo for around 40 years, and his skill and dedication to the martial art are easy to see during his classes. Yi is very personable with his students and creates a positive atmosphere to learn in.

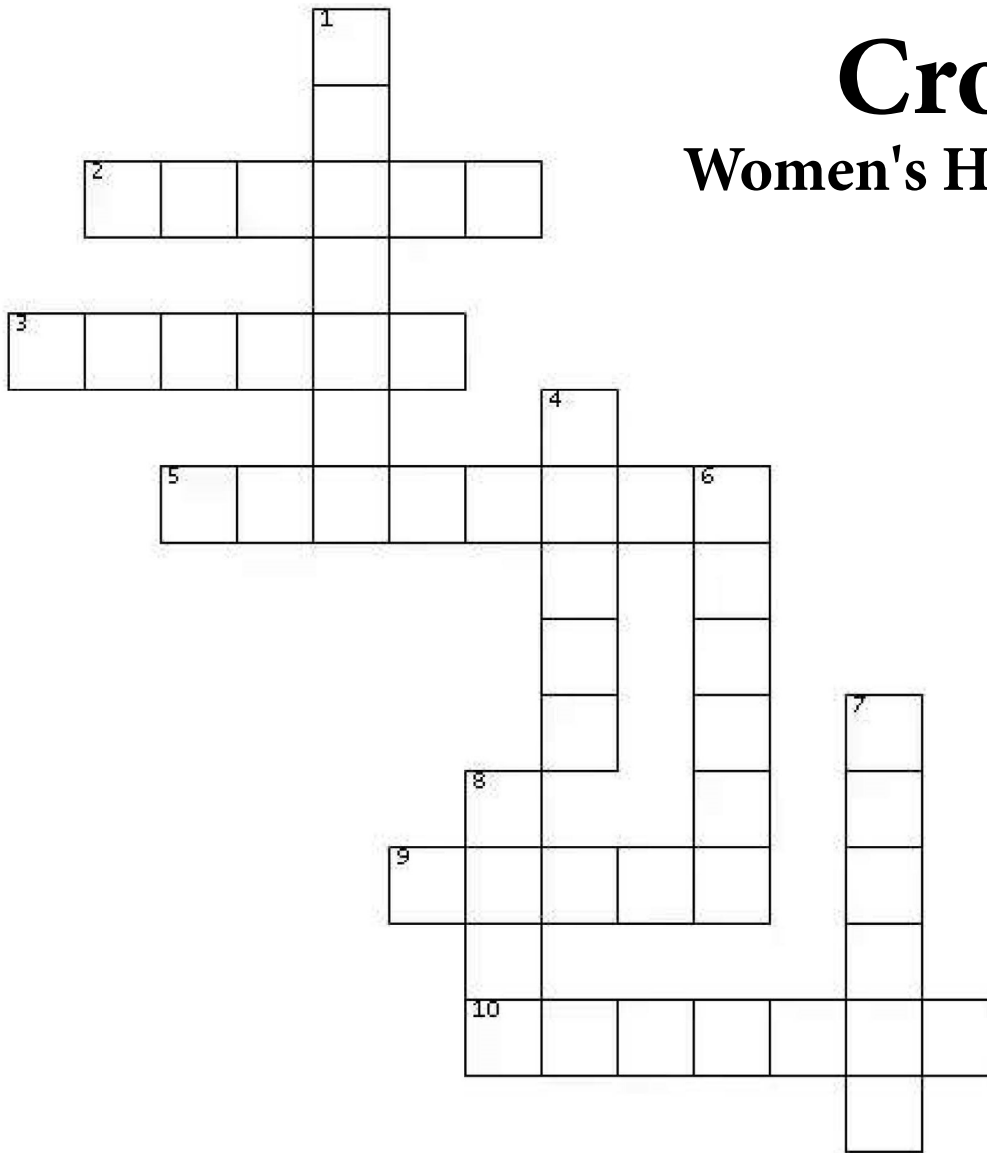
"Taekwondo is about self-defense but more importantly, discipline," said Yi. "With seven or eight months of training, you could earn your black belt here."

Yi explained doing Taekwondo at Camp Casey is a great opportunity, as the students are able to learn valuable life skills in self-defense, as well as bettering themselves both physically and mentally.

By Sgt. Willis Hobbs
210th Field Artillery Brigade

Crossword

Women's History Month

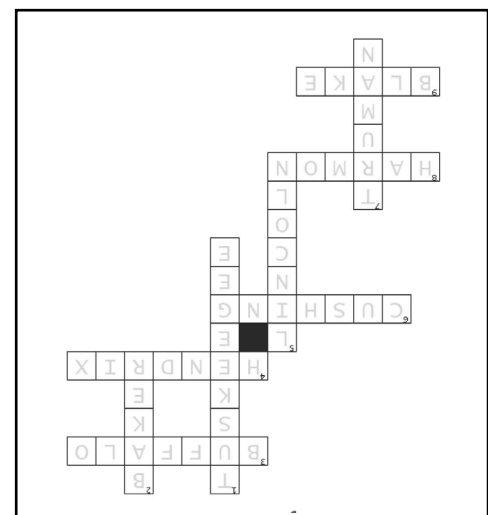


ACROSS

2. Harriet _____, abolitionist & Union spy during Civil War
3. First female Ranger graduate, 2 of 2
5. First female four-star General
9. First female Ranger graduate, 1 of 2
10. Molly _____, Revolutionary war icon

DOWN

1. Deborah _____, Disguised as man to fight in 1782
4. Symbol for women in WW2. "We can Do it!"
6. First female general to command Infantry
7. Mary _____, only woman awarded MOH
8. All-woman air corps in WW2.



Namyangju

[남양주]

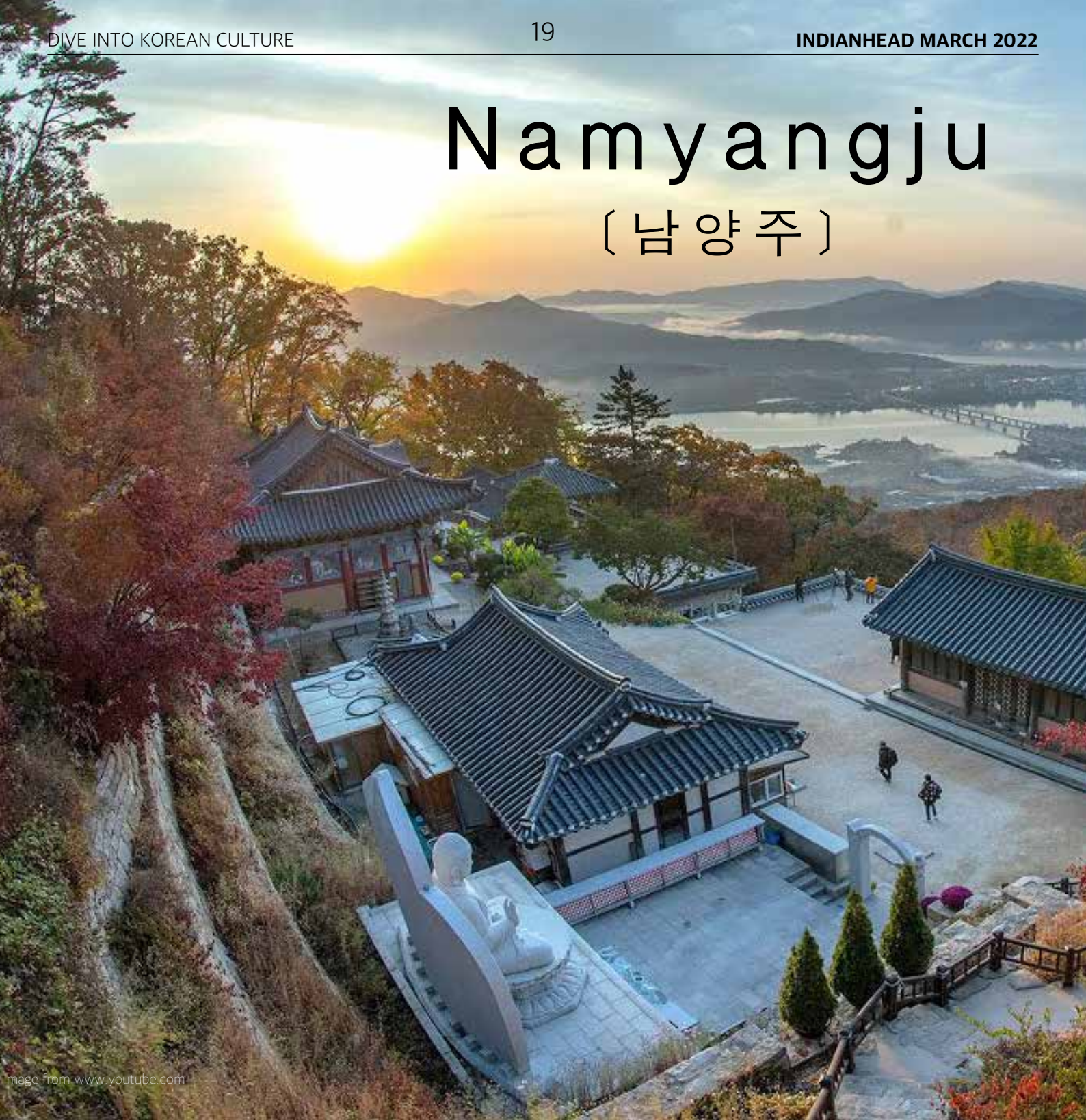


Image from www.youtube.com



Image from kyobolifeblog.co.kr



Image from Bruch.co.kr



Namyangju, a city located in the middle east of Gyeonggi-do, Korea, is a city where you can learn about the history of the Joseon Dynasty and enjoy beautiful natural scenery at the same time.

Namyangju is home to Dasan Culture Street, a representative tourist destination. Dasan Culture Street has the only Silhak Museum in Korea, dedicated to Jeong Yak-yong, who is considered the best Silhak scholar in the late Joseon Dynasty. Silhak is an influential Korean Confucian social reform movement that took place in the late Joseon dynasty, and Jeong Yak-yong is a very important figure in the movement and the history of Korea. The museum is considered a United Nations Educational, Scientific and Cultural Organization Heritage site. Therefore, you will be able to learn a lot about Korean history by visiting Dasan Culture Street and visiting the museum.

On Ungilsan Mountain near Namyangju, there is a temple called Sujong Temple. Sujong Temple was built in the early Joseon Dynasty and has been very well preserved since then. Inside Sujong Temple, there is an octagonal five-story stone pagoda, which is designated as a treasure of Korea. Sujong Temple is a place with great natural scenery, and you will be able to enjoy the beautiful scenery once you visit.

Alongside the historical significance, there are many famous restaurants that use lotus leaves in the Namhan River area of Namyangju. You can enjoy a variety of foods, such as lotus leaf noodle soup and lotus leaf glutinous rice, and you can also try their most famous dish, lotus leaf wrapped rice. In particular, if you eat lotus leaf food here in the Namhan River area, you will be able to enjoy the cool scenery of the Namhan River.

Namyangju offers historic sights, beautiful views of nature, and unforgettable food for anyone visiting or stationed in Korea.

Story by
Kcpl. Cho, Hee Won
2nd Infantry Division/
ROK-U.S. Combined Division



Bibimbap



Image from ko.wikipedia.org

Ingredients

- 100g of Chopped pork
- 1/5 piece of zucchini
- 1/2 cup of chopped onion
- 1/5 cup of chopped green onion
- 1/3 cup of carrot
- 2 tea spoon of chili pepper paste
- 2 tea spoon of soy sauce
- 1.5 tea spoon of sugar
- 1 tea spoon of sesame salt
- 1 tea spoon of sesame oil
- 1 tea spoon of vinegar
- 1 bowl of cooked rice

Instructions

1. Chop the onion and zucchini into small pieces.
2. Add chili pepper paste, soy sauce, sugar, sesame salt, sesame oil and vinegar into a small bowl and mix to create seasoning sauce.
3. Fry carrot, zucchini and onion in medium heat for seven minutes. Once done, set aside in a separate dish
4. In a separate pan, fry chopped pork for seven minutes.
5. In a bowl, mix pork with seasoning sauce.
6. In a separate pan, fry the egg.
7. Prepare one bowl of white rice. Add carrot, zucchini, onion and one teaspoon of seasoning sauce on top of the rice. Add the seasoned pork, then top with the egg. Enjoy!

APRIL OUTLOOK

02

Month of the Military Child Field Day

Celebrate our Military Children with fun and games!

02

Pochon Herb Island

Experience the lights at night! Visit the largest botanical garden in Korea and enjoy the light festival with friends and family!

08

I-130 Petition Process

Take the first step to bring your Spouse/Family Member to the U.S

09

Indoor Fishing Trip

This trip departs from the Suwon Recreation Center. Join us for a fun fishing trip! If you don't like the cold...don't worry! We're going to be staying inside for this one.

16

2nd Annual Dash of Color Fun Run

Open to the whole community! All proceeds go to fund BOSS programs!

17

Easter Meals To-Go

Take home an eggs-quisite Easter meal from the Flightline Tap Room!

22

Earth Day Run (A Run A La Carte Series)

Enjoy a Virtual Run! Register by April 12.

23

Zipline Trip

This trip departs from the Suwon Recreation Center.

26

Company Level Softball League

Play hard, Play Smart, Play together. Register by April 26!

30

Deadlift Competition

Compete in a maximum deadlift competition following USAPL Deadlift Raw Equipment Guidelines.

The above schedule is tentative. For the latest information, visit Humphreys Family and Morale, Welfare and Recreation (MWR - QR code on the right).

*All participants are required to adhere to the current HPCON measures, which includes wearing a mask and / or practicing social distancing.



인 디 언 헤드

THE INDIANHEAD MAGAZINE / KOREAN EDITION



인 디 언 헤 드

THE INDIANHEAD MAGAZINE

2022년 3월 호 / 제 59권, 제 3호, 통권 제 701호

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인 디 언 헤 드

2022년 3월호 / 제 59권, 제 3호, 통권 제 701호

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黃勇夏

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상병 조정현

인디언헤드지 그래픽 디자이너
상병 조희원

참모장

W. 마리아 보쉐

사단 참모장



전들을 헤쳐나갈 수 있도록 도와줄 것입니다. 저는 당신의 부대에서 3명의 멘토와 2명의 "라이프스타일" 멘토를 가지는 것부터 시작하는 목표를 추천합니다. 이것은 당신의 경력과 경력개발에 따라 여러 가지 이유로 바뀔 것입니다. 예를 들어, 저는 모방하고 싶은 두 명의 군사분야 멘토를 찾아야 했고, 지금도 여전히 그렇습니다. 공교롭게도 저와 그 멘토의 배우자 모두 은퇴했기 때문에 이 멘토는 여전히 저의 멘토입니다. 저는 그녀에게 자주 조언을 구합니다.

둘째, 멘토와 이야기할 때는 마음을 열고 망설이지 마세요. 나는 이것이 우리가 군대에서 훈련받는 방식과 반대될 수 있고, 무서운 생각이 될 수 있다는 것을 안다. 하지만 만약 여러분이 멘토와의 관계에서 가장 많은 것을 얻고 싶다면, 솔직해지세요! 당신의 멘토는 당신의 가장 큰 관심사를 마음에 두고 있을 것입니다. 만약 당신이 완전히 열려있지 않다면, 당신은 멘토에게 당신에게 충분히 조언할 기회를 주지 않을 것입니다. 이것은 진로 조언에 있어서 특히 중요합니다. 만약 당신이 어떤 자리를 원한다면, 당신의 멘토에게 물어보고 직설적으로 말하세요. 지금은 당신의 멘토가 미묘한 단서를 얻기를 바랄 때가 아닙니다. 당신은 당신의 멘토가 당신의 목표를 이해하도록 기회를 제공할 필요가 있습니다. 그러면 당신의 멘토는 당신이 그 목표를 가장 잘 달성할 수 있는 방법을 이해하도록 도울 수 있습니다.

셋째, 멘토-멘티 관계가 작동하기 위해서는 서로에 대한 신뢰와 존중이 있어야 합니다. 사실, 그것은 당신과 당신의 멘토 둘 다 당신의 성공에 투자하기 때문에 중요 합니다. 기억하세요, 당신의 멘토는 당신의 입장을 경어왔고, 그들은 당신이 직면했던 것과 유사한 문제들을 해결했습니다. 시대가 변하고 신념이 바뀌고 사람이 변하기 때문에 역동적이고 변화에 적응할 수 있는 멘토를 찾는 것이 중요합니다. 왜냐하면 좋은 멘토는 새로운 도전이 발생한다는 것을 이해하고 문제를 줄이는 것이 아니라 스스로 인식하기 때문입니다.

멘토와 자주 대화하세요. 그들에게 좋은 것과 나쁜 것을 말하세요. 그리고 상황이 암울할 때, 제발 손을 내미세요! 우리는 당신 곁에 있습니다. 모든 것이 완벽할 때 우리는 리더가 되고 멘토가 되는 것이 쉽지만, 여러분은 여러분이 험한 지형을 헤쳐나갈 수 있도록 도와줄 때 진정한 리더와 멘토가 누구인지 알고 있습니다. 우리는 당신이 직업과 생활에서 모두 성공하기를 바라고 때문에 함께하고 싶습니다. 우리는 당신이 성공하고 있다는 것을 알고 그 에너지를 주입하고 있습니다.

멘토를 찾는 것은 모두에게 좋고, 조직에도 좋고, 우리 육군에게도 좋습니다. 좋은 관계는 당신이 자유롭게 당신의 문제를 당신의 멘토에게 말할 수 있는 환경을 만들 수 있게 해줍니다. 관계에서 공간, 신뢰, 존중을 갖는 것은 멘토가 여러분의 문제를 분석하고 앞으로 일어날 수 있는 길을 찾는 것을 도울 수 있게 해줍니다. 왜냐하면 좋은 멘토가 할 일은 조언보다는 탐색적인 질문을 하는 것이 문제점과 해결책을 더 명확하게 볼 수 있도록 도와줄 것이기 때문입니다.

3월은 우리 모두 군을 위한 여군들의 기여에 대해 성찰 할 수 있는 좋은 시기입니다. 이러한 공헌은 과거부터 현재까지 존재하였으며, 우리는 우리의 일터인 군과 국가를 보다 나은, 보다 포용적이고 다양성이 보장되는 곳으로 만들기 위해 항상 미래를 내다봐야 합니다. 이등병으로 시작하여 미 육군 유일의 전진배치된 한미연합사단의 첫 여성 참모장을 지낸 제 군 경력을 통해 생각해보면 공통적인 주제가 하나 보입니다. 그 주제는 멘토링이고, 그것이 지금까지 제가 성공한 큰 이유이기도 합니다.

이 사단뿐만 아니라 육군 전체의 리더로서 우리는 군 전체에 걸쳐 모든 사람을 지도하고 지원할 임무와 책임, 그리고 의무가 있습니다. 우리는 이것을 때로는 공식적으로 때로는 비공식적으로 멘토링을 해야 합니다. 저는 항상 소속된 모든 팀에서 멘토링 프로그램에 참여하려고 노력했습니다. 멘토링의 목적과 목표는 무궁무진할 수 있지만 핵심 원칙은 젊은 병사들에게 정보를 제공하고 지원을 제공하는 것입니다.

대화를 시작하는 것이 얼마나 겁이 날 수 있는지 이해합니다. 우리는 나약한 것으로 보이거나 교육을 못받은 것으로 보이거나 불평하는 것으로 보이고 싶지 않기 때문에 모두 긴장하고 걱정합니다. 다음은 제가 동료들과 공유하고 있는 몇 가지 사항이며, 지금도 실천하고 있습니다. 멘토, 멘티 모두에게 도움이 되었으면 좋겠습니다.

첫째, 멘토를 찾는 것을 두려워하지 마세요. 선임이 바쁘고 시간이 한정되어 있기 때문에 도움을 청하거나 조언을 구하는 것을 저저하는 사람도 있다는 것을 알고 있습니다. 당신은 또한 당신이 선임을 괴롭히고 있다고 생각할 수도 있습니다. 그건 사실이 아닙니다. 멘토는 멘티로부터 많은 것을, 때로는 보다 더 많은 것을 얻을 수 있습니다. 결국 학습 과정은 쌍방향입니다.

그렇다고 모든 계란을 한 바구니에 담지 마세요. 저는 여러분들에게 5명의 좋은 멘토를 가지라고 조언합니다. 매직넘버는 없지만 각각의 멘토들은 목적과 이유가 있어야 합니다. 그리고 멘토십을 받으려고 할 때마다, 비록 오랫동안 이야기를 나누지 않아서 지난 날들을 공유하는 것도 좋으니, 목적을 가지고 있어야 합니다. 그것은 멘토와 연락을 취하는 훌륭한 목적이기도 합니다. 멘토는 여러분이 성공하도록 돕고 직무에 따라 오는 업무와 함께 삶의 도

주임원사 션 F. 칸스

사단 주임원사



군대에서 주인의식과 책무는 매우 중요합니다. 주인의식과 책무는 무엇을 의미합니까? 어떠한 느낌이 됩니까? 어떻게 적용합니까? 이러한 질문들이 저에게는 쉽게 대답할 수 있는 것들이지만 우리의 과제는 후배, 심지어 선배 리더들에게 주인의식과 책무가 무엇인지 전달하는 것입니다.

주인의식과 책무는 당신에게 어떤 의미입니까? 잠시 시간을 내어 처음 자동차를 구입했을 때를 생각해 보십시오. 저는 16살 때 처음으로 차를 샀습니다. 저는 500달러 머큐리 밥캣을 사서 소유했습니다. 따라서 제가 책임졌습니다. 우리는 보통 새 차로 무엇을 하나요? 우리 취향에 맞게 차를 꾸미려고 하지 않습니까? 저도 다르지 않았습다. 저는 고물상에서 산 차에 새 휠을 달았습니다. 비록 새타는 아니었지만 저에게는 새차와도 같았습니다. 저는 매 주말마다 세차, 왁스칠을 했습니다. 이 부분이 바로 주인의식에 대한 부분입니다. 저는 차를 샀고, 차가 고장 나더라도 그것에 대한 책임을 졌습니다. 제 밥캣은 실제로 대부분의 차량들처럼 유지보수를 하지 않으면 고장났습다. 라디에이터에 구멍이 나서 고물상에 가

서 교체용 라디에이터를 찾아 제 차에 설치해야 했습니다. 이것이 주인의식과 책무의 모습입니다. 만약 당신이 어떤 것을 가치 있게 여기고 그것을 개선하는데 실패한다면, 당신은 그것의 실패에 대한 책임을 져야 합니다.

그렇다면 주인의식과 책무를 어떤식으로 적용합니까? 먼저, 우리는 배워야 합니다. 제 아버지는 저에게 "네가 차를 원한다면, 그 차 값을 지불해야 할 것이다."라고 말했습니다. 그래서 저는 제가 원하는 차를 살 수 있도록 직업을 구해야 했습니다. 저는 차를 살 충분한 돈을 벌기 위해 저희 동네 온실에 가서 저녁과 주말에 일했습니다. 그러자 아버지가 제게 말했습니다, "네가 차를 소유하게 되면, 너는 차량 유지보수에 대한 책임을 져야 해." 저는 아버지로부터 자동차 구입과 림과 라디에이터 교체 방법에 대한 가르침을 받았습니다. 아버지는 그냥 "이제 차가 생겼으니, 가서 유지보수 해!"라고만 말하지 않았습니다. 그는 매 단계마다 저와 함께 하며 주인의식과 책무에 대해 가르쳐 주셨습니다.

주인의식과 책무를 가르칠 때, 우리는 선임 리더로서 후배 리더들을 지속적으로 가르치고 지도하는 시간을 가짐으로써 주인의식과 책무가 의미하는 과정을 안내할 수 있습니다. 그들은 실패했을 때 우리에게 의지할 수 있도록 합니다. 그들이 쓰러졌을 때 일으켜 세우고, 먼지를 털어내고, 올바른 방향으로 안내하는 것이 여러분의 일입니다. 일단 하급 리더가 당신을 신뢰하게 되며, 그들은 무엇이든 주인의식과 책무를 가지게 될 것입니다. 왜냐하면 그들은 실패해도 당신이 그들 곁에 있어줄 것을 알기 때문입니다.

제2전투항공여단이 산불 진화를 돕기 위해 지상 물투하를 진행한다

캠 프 험프리스, 대한민국 - 2022년 3월 10일, 제2보병사단, 제2전투항공여단, 제2전투비행단, 제2항공연대 2대대에 배치된 K-16 공군기지의 장병들이 산불 퇴치를 위해 대구시를 도왔다.

제2전투항공여단에 있는 군인들은 임무에 대한 요청을 받았고 임무를 완수하기 위해 필요한 장비와 인력을 제공함으로써 요청에 응했다.

"우리는 월요일 아침 일찍 우리 부대가 한국인들을 도와 함께 산불을 진화해달라는 요청을 받았습니다."라고 제2항공연대 2대대의 작전 책임자 찰스 헤일 소령이 말했다. 그는 또한 "우리 조종사와 승무원들은 이런 종류의 임무를 위해 일년에 두 번 훈련을 하기 때문에, 항상 준비가 되어 있습니다."라고 말했다.

조종사, 승무원, 연료공급단, 지휘팀으로 구성된 팀은 캐럴 육군 헬기장에 도착하여 즉시 전방 무장 및 급유 지점을 설치하였다.

헤일 소령은 "지상에는 UH-60 블랙호크 세대와 CH-47 치누크 두대가 있으며 여섯명의 승무원이 있습니다"라고 말했다. 그는 또한 "우리 부대에는 전방 무장 및 급유 지점의 운영과 산불 진압을 돕기 위해 총 62명의 병사가 있습니다."라고 말했다.

승무원들은 지상에 있는 대구 소방관들과 소통하며 어디에서 불이 나기 시작했는지에 대한 정보를 받고 번역한다.

"지상에 있는 소방관들뿐만 아니라 조종사와 승무원들 사이에서도 많은 조율이 이루어지고 있습니다."라고 제2항공연대 2대대의 조종사 루크 레넌 준위가 말했다. 그는 또한 "화재 장소를 알려주는 통역사가 헬기에 탑승합니다. 다음으로 우리는 조종사들이 밤비 버킷에서 물을 방출하는 시간을 측정할 수 있는 완벽한 고도와 속도를 정하기 위해 조종사들이 서로 조율합니다."라고 말했다.

블랙호크와 치누크 물탱크의 크기는 75갤런에서 2,600갤런까지 다양하다. 각 물탱크는 허용된 헬리콥터 탑재 중량에 해당한다.

"우리는 밤비 버킷과 관련된 작업에 대해 매년 두 번 훈련을 해야 합니다."라고 레넌 준위가 말했다. 그는 또한 "실제 화재 사건까지 이어지는 훈련은 매우 도움이 된다고 생각합니다. 우리는 연락을 받기도 전에 준비가 되어있었습니다."라고 말했다.

레넌 준위는 어려운 시기에 대구시와 대한민국을 도와준 경험을 공유했다.

"우리는 한 시간에 약 열두개의 물탱크를 리필하고 배출합니다. 이것은 우리에게 반복적으로 행해지는 힘든 작업이지만, 우리는 불이 도시로 번지는 것을 막기 위해 최선을 다했습니다."라고 레넌 준위는 말했다. 그는 또한 "그것은 우리가 현지인들을 돕기 위해 최선을 다할 것이라는 것을 보여줄 수 있는 좋은 기회였습니다. 저는 제가 할 수 있는 어떤 방법으로든 이 나라를 도울 수 있다는 것이 자랑스럽습니다."라고 말했다.

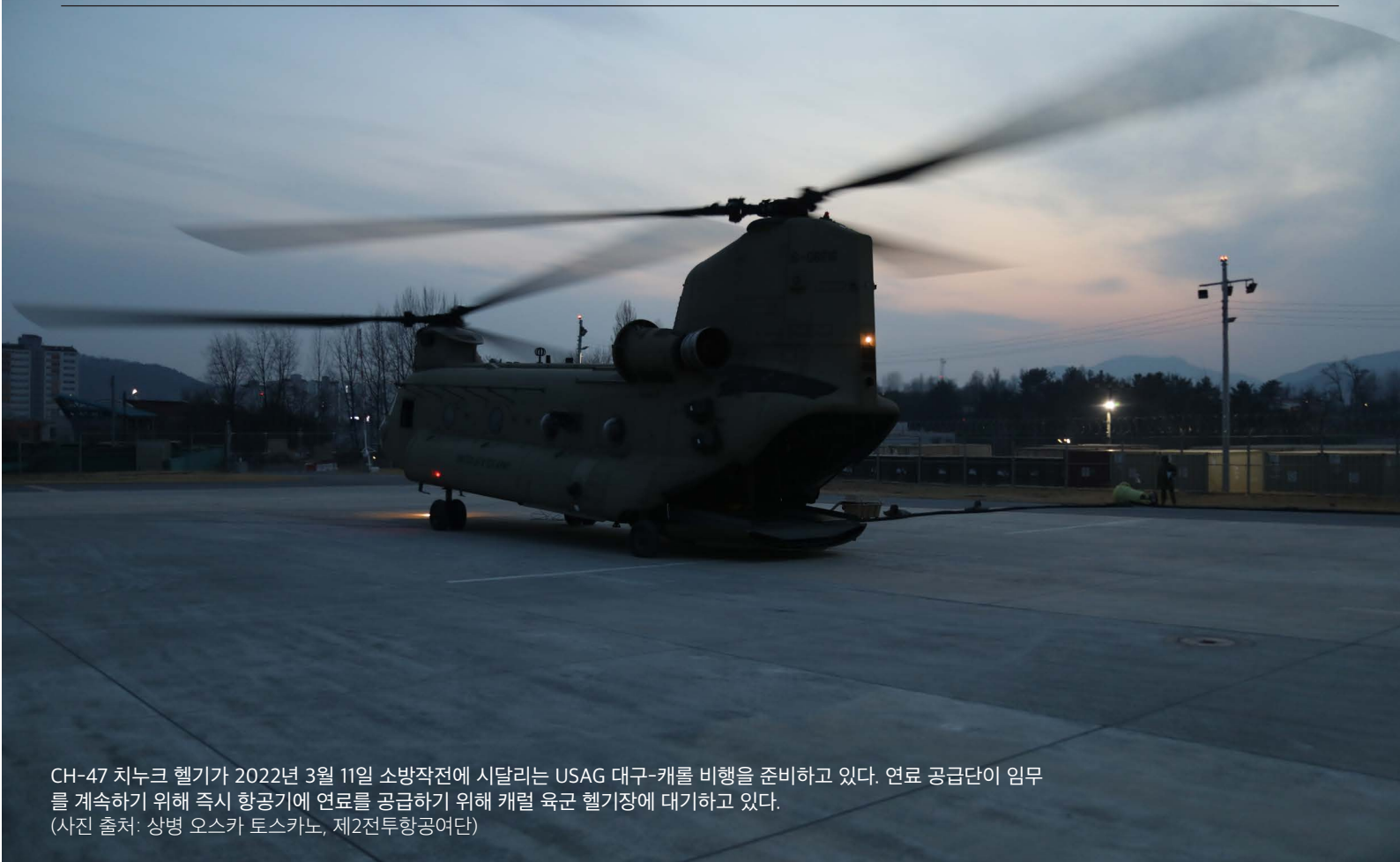
제2전투항공여단 장병들은 한미동맹 유지와 지원을 위해 지속적으로 노력하고 있다.

오스카 토스카노 상병
제2전투항공여단

상병 조희원 / 번역
미 제2보병사단 / 한미연합사단
공보참모처



제2보병사단, 제2전투항공여단, 제2전투비행단, 제2항공연대 2대대에 배치된 K-16 공군기지의 장병들이 2011년 3월 11일 캠프 캐롤에서 CH-47 치누크 헬기를 급유하고 있다.
(사진 출처: 상병 오스카 토스카노, 제2전투항공여단)



CH-47 치누크 헬기가 2022년 3월 11일 소방작전에 시달리는 USAG 대구-캐롤 비행을 준비하고 있다. 연료 공급단이 임무를 계속하기 위해 즉시 항공기에 연료를 공급하기 위해 캐럴 육군 헬기장에 대기하고 있다.
(사진 출처: 상병 오스카 토스카노, 제2전투항공여단)



2022년 3월 10일, 한미연합사단, 제2보병사단, 제2전투항공여단, 2대대에 배치된 군인들이 미군기지 대구-캐롤 인근에서 밤비 물탱크를 통해 화재에 물을 뿜고 있다. 승무원들과 조종사들은 물을 방출할 준비를 위해 협력했다.
(사진 출처: 상병 오스카 토스카노, 제2전투항공여단)



2022년 3월 11일, 한미연합사단, 제2보병사단, 제2전투항공여단, 2대대에 배치된 군인들이 미군기지 대구-캐롤 인근에서 밤비 물탱크를 채우며 조종사와 조율하고 있다. 수면에 너무 가까워지면 조종사에게 알리는 것이 승무원의 의무이다.
(사진 출처: 상병 오스카 토스카노, 제2전투항공여단)



왼쪽부터, 2022년 3월 9일 대한민국 캠프 케이시의 캐리 피트니스 센터에서 열린 태권도 수업 후 안드레 스탠리 하사, 이영선 그랜드 마스터, 아디나 밀러 피트니스 중사가 기념촬영을 위해 포즈를 취하고 있다 (사진 출처: 병장 윌리스 홉스, 제210야전포병여단)

제2보병사단의 장병들이 태권도를 통해 호신술과 자신감을 기른다



안드레 스탠리 하사는 2022년 3월 9일 대한민국 캠프 케이시에 있는 캐리 피트니스 센터에서 수업 중에 태권도 품을 연습한다. 태권도는 '주먹을 날리고 발로 차는 기술'로 번역되며, 가장 오래된 무술의 형태 중 하나로 알려져 있다.

(사진 출처: 병장 윌리스 홉스, 제210야전포병여단)

대한민국, 캠프 케이시 - 제2보병사단/한미연합사단 210야전포병여단 소속 장병들은 매주 캠프 케이시에 있는 캐리 피트니스 센터에서 태권도 수업을 들으며 자기 방어 기술을 배우면서 자신감도 얻게된다.

태권도는 대략 "발차기 또는 주먹질하는 기술이나 방법"으로 직역되지만, 이것이 전부가 아니다. 태권도는 한국에서 유래되었고 역사가 2,000년 이상 거슬러 올라가는 가장 오래된 형태의 무술 중 하나로 인정받고 있다. 대부분 누구나 태권도를 배울 수 있지만, 마스터하기 위해서는 많은 시간과 수양이 필요하다.

제2보병사단/한미연합사단 210야전포병여단 본부 및 본부중대의 야전포 사격탐지기 레이더 운용사 안드레 스탠리 하사는 약 9개월 동안 이영선 그랜드마스터 밑에서 태권도를 연습해왔다.

"태권도는 저에게 호신술과 자신감을 가르쳐 주었습니다."라고 스탠리 하사는 말했다. "저는 한국을 떠나도 훈련을 계속할 계획입니다."

태권도는 겉으로는 무술이자 호신술로만 보이지만 실제로는 자신감과 정신력을 키우는 데 큰 역할을 할 수 있다.

"태권도는 저에게 자신감을 갖는 법을 가르쳐 주었습니다."라고 스탠리 하사는 말했다. 그는 또한 "태권도는 자기 방어를 가르쳐줄 뿐만 아니라 리더십 기술과 다른 사람들을 가르칠 수 있는 능력을 기르는 데에도 도움이 됩니다." 라고 했다.

스탠리 하사는 지금까지 5개월간의 훈련으로 레드벨트를 획득했다. 캐리 피트니스 센터의 태권도 강좌는 매주 월요일, 수요일, 목요일에 열리며 이영선 그랜드 마스터가 가르친다.

이영선 그랜드 마스터는 약 40년 동안 태권도를 연습해 왔고 그의 기술과 무술에 대한 헌신은 그의 수업에서 쉽게 볼 수 있다. 이씨는 학생들과 소통을 하며 배울 수 있는 긍정적인 분위기를 조성한다.

"태권도는 호신술이지만 더 중요한 것은 규율입니다."라고 이영선 그랜드마스터가 말했다. 그는 또한 "7~8개월만 이곳에서 훈련한다면 블랙벨트를 딸 수 있을 겁니다." 라고 말했다.

이씨는 학생들이 신체적으로나 정신적으로나 자신을 향상시키는 것뿐만 아니라 자기 방어를 위한 기술을 배울 수 있기 때문에 캠프 케이시에서 태권도를 배울 수 있는 것은 좋은 기회라고 설명했다.

병장 윌리스 홈스 / 기사
제210야전포병여단

상병 조희원 / 번역
미 제2보병사단/한미연합사단
공보참모처

이영선 그랜드 마스터가 2022년 3월 9일 대한민국 캠프 케이시에 있는 캐리 피트니스 센터에서 태권도 수업 중 학생을 위해 발차기 패드를 들고 있다. 이영선 그랜드 마스터는 40년 넘게 태권도를 연습해왔다. (사진 출처: 병장 윌리스 홈스, 제210야전포병여단)





Image from: www.youtube.com



Image from: kyobolifeblog.co.kr



Image from: ohmynews.com.1

대한민국 경기도 중동부에 위치한 도시 남양주는 조선시대 역사에 대하여 배울 수 있으며 동시에 아름다운 자연경관을 즐기며 관광할 수 있는 도시입니다.

남양주에는 대표적인 관광 장소로 다산 문화의 거리가 있습니다. 다산 문화의 거리에는 조선 후기 최고의 실학자로 평가받는 다산 정약용 선생의 고향을 유적지로 꾸며놓은 다산 유적지와 국내 유일의 실학 박물관으로 실학과 관련된 다양한 자료들을 볼 수 있는 실학 박물관이 있습니다. 정약용 선생은 유네스코 세계 기념인물로 선정이 된 한국의 역사에 매우 중요한 인물입니다. 따라서 다산 문화의 거리에 방문하여 그와 관련된 자료를 보면 한국 역사에 대한 많은 것을 배울 수 있을 것입니다.

남양주의 운길산에는 수종사라는 절이 있으며 이곳에는 대한민국의 보물이 있습니다. 수종사는 조선시대 초기 세워진 절이며 이후 매우 보존이 잘 되어 있는 곳입니다. 수종사 안에는 수종사 팔각오층석탑이 있는데, 이 석탑이 바로 대한민국의 보물로 지정된 석탑

입니다. 수종사는 자연경관이 굉장히 좋은 곳 임으로 방문하면 아름다운 경치를 즐길 수 있을 것입니다.

남양주의 남한강 일대에는 연잎을 재료로 하는 맛집들이 많이 있습니다. 연잎 칼국수와 연잎 찰밥과 같은 연잎의 향을 맡을 수 있는 다양한 음식들을 즐겨볼 수 있으며 제일 유명한 연잎 찜밥또한 먹어볼 수 있습니다. 특히 이곳 남한강 일대에서 연잎을 사용한 음식을 먹는다면 남한강의 시원한 풍경을 즐기면서 음식을 먹을 수 있을 것입니다.

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