Warrior Division earns 7th ROK Presidential Unit Citation
(Cover): Maj. Gen. Ted Martin, 2nd Infantry Division/ROK-U.S. Combined Division commander, accepts the Republic of Korea Presidential Unit Citation, Oct. 1, from ROK President Park, Geun Hye. 2ID/RUCD has been awarded the ROK Presidential Unit Citation seven times.

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18 Maj. Gen. Shin In Ho, ROK 26th Mechanized Infantry Division commander, admires a display of historical artifacts at the 2nd Infantry Division museum on Camp Red Cloud, South Korea. The 26th ID leader signed a memorandum of understanding to continue combine training with 2ID.
Lt. Gen. John A. Lejeune commanded the 2nd Infantry Division from July 1918 to August 1919. He was one of two Marine commanders in the division’s early history. He later served as the Commandant of the Marine Corps.

“The relationship between officers and men should in no sense be that of superior and inferior, nor that of master and servant, but rather that of teacher and scholar. In fact, it should partake of the nature of the relationship between father and son, to the extent that officers, especially commanding officers, are responsible for the physical, mental, and moral welfare, as well as the discipline and military training of the young men under their command.”

“Leadership is the sum of those qualities of intellect, human understanding, and moral character that enables a person to inspire and control a group of people successfully.”

Sgt. Maj. of the Army (Ret.) Robert E. Hall served as the 2nd Infantry Division’s command sergeant major from December 1991 to November 1993. He later assumed the responsibilities as the 11th Sergeant Major of the Army in October 1997 and held the position until his retirement in June 2000.

“From the beginning of our Army, the best Soldiers have been selected from the ranks to wear the chevrons of the noncommissioned officer . . . The trust, confidence and authority to lead, train, instill discipline, care for and serve as role models and mentors for Soldiers come with the insignia of rank, training and experience.”

“While our national leadership evaluates key Soldier issues in the years ahead, we all recognize that resources do not exist to address every challenge. Our noncommissioned leaders must bridge that gap as they always have. We have to enforce standards, make the chain of command work and take care of Soldiers.”
November 1967

Colorful Ceremonies Mark Division’s 50th Anniversary

“Fifty years and 8,000 miles from its birthplace, the 2nd Infantry Division continues in the defense of our country’s freedom.” - Maj. Gen. Frank M. Izenour, 2ID CG, 1967

November 1990

The chance of war in Korea is still real, and the Army is responsible for evacuating all American noncombatants should a conflict erupt. 2ID trains for this quick evacuation through exercise Courageous Channel 1990.
For many of us, this time of the year marks the start of our holiday season – a joyous time to spend with family and friends. On this side of the world, however, the thought of celebrating the holidays away from home may be emotionally difficult. Korea is a great country with a lot to offer, but it can be difficult to make a foreign place feel like home, especially during the holidays.

But personal sacrifice for a greater good is not a new phenomenon - you are in noble company. The Bible is filled with stories of God's people living in foreign lands, determined to serve a higher purpose than they could at home.

Gen. (Ret.) Bruce C. Clarke said, “Rank is given to you to enable you to better serve those above and below you. It is not given for you to practice your idiosyncrasies”. We should use our position to make a positive impact in others lives.

We may not be in our homeland, but that should not stop us from seeking to make a difference and encourage others.

Let's start this holiday season with a new resolve to reach out to those among us who we see struggling, to make a foreign place feel like home, and to offer them the gift of friendship. Charles Haddon Spurgeon wrote, "Friendship is one of the sweetest joys of life. Many might have failed beneath the bitterness of their trial had they not found a friend.”

The start of this season can be joyous, even away from home, if we recognize the strength we can find in each other, and use that strength to build something beautiful for ourselves.

**2nd ID/RUCD Religious Services**

West Casey Chapel Bldg #S-2346 (Camp Casey)
Memorial Chapel Bldg #S-50 (Camp Casey)
Hovey Chapel Bldg #S-3592 (Camp Hovey)
Warrior Chapel Bldg #T-915 (Camp Red Cloud)
Stanley Chapel Bldg #T-2325 (Camp Stanley)
Humphreys Chapel 1 Bldg 6800 & Chapel 2 Bldg 6360 (Camp Humphreys)

**Area 1 Chaplain Services:**

usarmy.redcloud.2-id.list.division-chaplain@mail.mil or DSN 732-7998

**Camp Humphreys Chaplain Services:**
humphreys.korea.army.mil/rso or DSN 754-7275

**Camp Carroll Chaplain Services:** DSN: 765-8417

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**GET THOSE FLU SHOTS**

Coughing, sneezing, fever, aches … Flu season is here. It's the time of year to expect more of these symptoms in your family, friends or coworkers, but it doesn't have to be that way. The flu vaccination is now available and medical experts say the best protection against the flu virus is to get vaccinated.

Family member civilians and DoD civilians can call their local clinics for specific information on when and where to get vaccinated in their local community.

Experts recommend you should get vaccinated as soon as the vaccine becomes available, so the majority of 2ID/RUCD should have already received their shots, but keep in mind that it takes about two weeks for the antibodies to develop in your body to fully protect against the flu. It's important to get a flu vaccine every season, even if you got a vaccine last year.

Medical professionals also strongly stress the importance of continuous hand hygiene in not just a hospital setting but in the everyday routine, because influenza too often spreads from people touching something with influenza viruses on it and then touching their mouth or nose.

One of the challenging aspects of flu is that someone who becomes infected can infect others one day before they have symptoms and up to five days after becoming sick. Influenza usually causes mild to severe illness, and in extreme, uncommon, cases can lead to death.

Symptoms of influenza include fever, headache, extreme tiredness, dry cough, sore throat, chills, runny or stuffy nose and muscle aches. Stomach symptoms such as nausea and vomiting can also occur but are more common in children than in adults.

By the time you notice the symptoms, it's too late, so ensure you take the preventative measures to ensure your health and the readiness of our force.

**TIPS TO AVOID THE FLU**

- Avoid close contact with people who are sick and when you are sick.
- If possible, stay home from work, school and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands often will help protect you and others from germs.
- Dress appropriately for the weather.
- Keep your living area clean.
Despite rain threatening and a soggy parade field, the Republic of Korea celebrated its military with marching bands, speeches and exhibitions of military expertise during the 68th Annual Armed Forced Day Ceremony.

The Ceremony, held at the Grand Parade Field in Gyeongdae, near Daegu, South Korea, opened to marching drums. A motorcycle parade and a choral performance by ROK military cadets was followed by thunderous applause when ROK president Park Geun-hye arrived at the parade field.

During the ceremony, 2nd Infantry Division/ROK-U.S. Combined Division was awarded the Republic of Korea Presidential Unit Citation for successfully becoming a combined division.

The government of South Korea issues the Korea Presidential Unit citation to both Korean military and foreign units. This marked the seventh time the 2nd ID/RUCD has earned the Korean Presidential Unit Citation and first time as a combined division.

ROK President Park presented the citation to Maj. Gen Theodore D. “Ted” Martin and Command Sgt. Maj. Edward Mitchell, the 2ID/RUCD command team. The award symbolizes the strengthened ROK-U.S. alliance as it enhances ROK-U.S. combined defense capabilities and South Korean national security.

The ceremony presented several events such as pass in review, award ceremony and remarks from the several distinguished guests. A CH-47 Chinook helicopter flew over the field with a 30 meter by 20 meter Korean National Flag hanging beneath it.
Native American history in conjunction with American history is often complicated to understand. The complexity of the relationship of Native Americans is debated from Ivy Leaguers to Facebook scholars to this day. With the constant discussion, there is no doubt about one thing, Native Americans have served proudly in the U.S. Armed Forces since our Nation's birth.

The role Native American's have played in the U.S. Army goes all the way back to the Revolutionary War. Just as colonists did during America's fight for independence, many tribes supported the patriot cause, many remained loyal to the King, and some even chose to stay neutral.

Native Americans again chose sides in the War of 1812, including famous Shawnee leader, Tecumseh, who sided with the British.

As American borders expanded to the West, conflicts between the Army and Great Plains tribes arose, with the most famous taking place in Southeastern Montana at the Battle of the Little Bighorn in 1876. Lt. Col. George Custer's detachment of the 7th Cavalry was wiped out by Sioux, Northern Cheyenne and Arapaho tribes. However, Custer was aided by Crow and Pawnee scouts during this battle.

The United States entered World War I in April 1917, and although most Native Americans weren’t yet U.S. citizens (Native Americans weren’t granted citizenship until 1924), thousands enlisted to serve and were sent to Europe. Many members of the Choctaw tribe were used as radio operators to speak in a codified version of their native language and send messages between units. The Germans were never able to decipher the coded language. Some historians even credit the Choctaws’ ability to relay messages in their native language as the turning point in the Meuse-Argonne campaign in October 1918.

In World War II, Native Americans again played an important role in both the Pacific and European Theater of Operations. Pfc. Ira Hays (USMC), a Pima from Arizona, was one of the iconic “flag raisers” at Iwo Jima. The Marines also trained 29 Navajos to use “Ai-ee-yah” in lieu of the more common “Hooah.” The 3rd CR website says the term is a Sioux command that means “attack.”

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In 1957 the Army recognized Red Cloud’s heroic actions by naming Camp Red Cloud, home of 2ID/RUCD headquarters, after him.

Sgt. First Class Tony Kenneth Burris was a U.S. Army Soldier assigned to Company L, 38th Infantry Regiment, 2nd Infantry Division, during the Korean War. He was posthumously awarded the Medal of Honor for his actions near Mundung-ni, Korea, October 8–9, 1951.

On October 8, when his company encountered fire from a hostile force, Burris charged forward alone, throwing grenades into the position and destroying approximately 15 enemy soldiers. On the following day, spearheading a renewed assault on enemy positions on the next ridge, he was wounded by machine gun fire but continued the assault, reaching the crest of the ridge ahead of his unit and sustaining a second wound. Calling for a recoilless rifle team, he deliberately exposed himself to draw fire and reveal the enemy machine gun position. With the enemy emplacement destroyed, the company then moved forward and prepared to assault other positions on the ridge line. Burris, refusing evacuation and submitting only to emergency treatment, joined the unit in its renewed attack but hostile fire halted the advance. Burris again rose to his feet, charged forward and destroyed the first emplacement with its heavy machine gun and six-man crew. Moving out to the next emplacement, and throwing his last grenade, which destroyed this position, he fell mortally wounded.

Burris is buried in Blanchard Cemetery, Blanchard, Oklahoma.

Mitchell Red Cloud, Jr. served in the United States Marine Corps during World War II, and later served as a U.S. Army Soldier during the Korean War. As an Army corporal, Red Cloud was posthumously awarded the Medal of Honor for his actions near Chongbokon, North Pyongan Province, North Korea, on November 5, 1950.

Red Cloud enlisted in the U.S. Army shortly before the beginning of the Korean War. Serving with the 24th Infantry Division, he was among the troops who fought the first battles of the war during the Battle of Taejon and the Battle of Pusan Perimeter. He was also a part of the Eighth Army advance into North Korea. On the night of November 5, 1950, Red Cloud was manning a forward observation post when he spotted an imminent surprise attack by Chinese forces. Red Cloud singlehandedly held off the Chinese forces despite being shot eight times, at one point ordering his men to tie him to a tree because he was too weak to stand by himself. His company found him the next morning, surrounded by dead Chinese troops. He was credited with alerting his company to the ambush and saving them from being overrun. For these actions, he was posthumously awarded the Medal of Honor.

Born in Hatfield, Wisconsin, Red Cloud was a member of the Ho-Chunk Native American tribe.
CAMP CASEY, South Korea -- In the Army, situations arise when medics need to promptly transport injured people to places that safely offer the patient proper treatment.

To prepare for these situations, medics of Headquarters and Headquarters Battery, 210th Field Artillery Brigade, conducted medical evacuation training in October at Helipad-252 here.

Pilots and flight medics from 2nd Infantry Division/U.S.-ROK Combined Division's 3rd General Support Aviation Battalion, 2nd Aviation Regiment visited Camp Casey to lead the MEDEVAC training and integrate with ground medics of 210th FA to practice transporting patients on a helicopter.

“The purpose of MEDEVAC training is to familiarize ground units with the operating procedures of the aviation unit,” said Sgt. Ilm Yang, a Reno, Nevada native, and a critical care flight medic assigned to 3-2 GSAB. “This allows Soldiers to integrate ground operations and aerial operations.”

The two-part training consisted of transporting a patient onto a helicopter while on ground and while the aircraft hovered. In both parts, medics began the exercise by practicing with an empty litter and progressed to carrying one with sand bags on it, and validated their skills by carrying a person on the litter.

As with any kind of training conducted for the first time, there were some challenges. Although ground medics were not initially familiar with the equipment used by flight medics, it was an opportunity for them to learn the different procedures and measures to transport a casualty.

“The flight medics gave us a lecture about all of the equipment and the helicopter during the training, and they wanted to teach us as much as possible,” said Pfc. Yuseop Shin, a Lawrence, Kansas native, and a health care specialist. “Due to their great support, we could overcome the unfamiliarity by taking notes and paying attention to the instructor.”

Throughout the training, the medics became proficient with loading patients on and off the helicopter in a short amount of time.

“The medical field is constantly changing in either the military or civilian sector, so staying up to date on medical procedures, skills, and lessons learned is really needed for all of us to be ready to fight tonight,” said Yang.

“I was amazed to be a part of the training because I know that this training is very costly,” said Shin. “The Army was supportive enough to link us up with the flight crew and provide us the opportunity to fully experience the MEDEVAC in real life rather than in books.”

“Moreover, it was very motivating to meet the flight medics,” said Shin. “We now feel more equipped as medics by cooperating with them.”
CHUNGJU, South Korea -- Soldiers of 2nd Battalion, 2nd Aviation Regiment, 2nd Combat Aviation Brigade worked with their counterparts from ground units of the ROK Army’s 603rd Air Assault Battalion during combined nighttime air assault training in October near here.

“We are conducting a combined air assault involving six UH-60 Blackhawks from both sides,” said Capt. Chris Strain, an U.S. aviation officer involved in the training. “Most importantly, today’s training will be conducted during night time, which makes everything more complicated. You are losing primary visual sense. So, definitely more challenging. However, night time is also when we can possess an advantage over the enemy if everything is precisely conducted in the right way.”

With the sun setting, more than 100 ROK army soldiers from the 603rd Air Assault Battalion arrived at the pickup zone.

The sound of the first Blackhawks rose to a deafening roar from the dark sky as they approached. After the helicopters landed, the first group of ROK soldiers quickly boarded. Approximately five minutes after the six ROK Blackhawks left, the U.S. helicopters arrived to pick up the remaining ROK soldiers.

“With combined training like this, you get to see the other nation’s operations, tactics and techniques,” said Strain. “When you work with other nations since every nation has its different ways to proceed, you really have to step back and think ‘How do I do it?’ and ‘Why do I do it in that way?’”

Strain explained the importance lessons that he gained from conducting combined training.

“Not only learning from them, but you are taking a deeper look at why you do the things the way you do it and finding out if there’s a better way that it can be done.”

With 2nd Infantry Division/ROK-U.S. Combined Division’s 100th Anniversary coming up, its Soldiers and allies are continuing their efforts to build on the Indianhead’s legacy which is deeply engrained in combined efforts like this training.

“To be part of this training for me is very humbling,” said Sgt. Devon Canty who was part of the training. “It’s a great opportunity to see both units operating together, and I’m really honored to build upon the long history of the Second Infantry Division.”
CAMP CASEY, South Korea -- Two rotational units relinquished their responsibilities during a ceremony here Oct. 27, after successfully providing nine months of critical contributions to the security and stability of the Republic of Korea and the Fight Tonight readiness across the peninsula.

The “Ironhorse” Soldiers from 1st Armored Brigade Combat Team, 1st Cavalry Division will return to Fort Hood, Texas, as the “Devil Brigade” troops of 1st Armored Brigade Combat Team, 1st Infantry Division from Fort Riley, Kansas, assume the maneuver brigade mission set for the Warrior Division.

The ceremony also welcomed the 2nd Battalion, 18th Field Artillery Regiment Soldiers who replaced the 3rd Battalion, 13th Field Artillery Regiment, both home stationed at Fort Sill, Oklahoma. The multiple launch rocket system battalion will continue to be a part of 2ID/RUCD’s 210th Field Artillery Brigade’s critical counter fire task force mission.

“These units come to us complete, ready and stabilized for their nine-month deployments. This tremendous capability means that combat power and battle readiness will only continue to increase in the months ahead as they train side-by-side with our ROK counterparts,” said Maj. Gen. Ted Martin, the 2ID/RUCD commanding general.

Col. Tim Hayden, the 1st ABCT, 1st ID commander, said, “We are a lethal and disciplined team of warriors with excellent leaders. We look forward to continuing the partnership with the ROK Army and our commitment to the community.”

The 210th FA Bde. will also add 1st Battalion, 5th Field Artillery to their operational mission. 1-5 FA is a subordinate unit of 1st ABCT, 1st ID, but will be operationally attached to 210th FA Bde. during its time tour on pen.

“Having 2-18 Field Artillery and 1-5 Field Artillery allows us to have a greater impact in the defense of South Korea,” said Col. Chris Taylor, 201th FA Bde. commander. “Their capabilities increase our lethality and contribute to our ability to defeat enemy artillery quickly and efficiently and to the ability of our ROK partners to secure the country.”

During the ceremony, Martin thanked the outgoing rotational warriors for their dedication and selfless commitment to the division and the people of Korea.

“The tremendous capabilities of these two units and their outstanding efforts
greatly enhanced the Warrior Division’s readiness and allowed the ROK-U.S. Alliance to deter aggression in the Korean Peninsula each and every day,” Martin said. “To the Soldiers from Red Dragons and Ironhorse, I want to thank you for your discipline, attention to detail, and sky-high morale. We wish you the best of good luck and Godspeed as you return to Fort Sill, Fort Hood and your families.”

For the next nine months, the 1st ABCT, 1st ID Soldiers and 2-18 FA Soldiers will be training side-by-side with their ROK Army partners and Korean Augmentate to the U.S. Army (KATUSA) teammates in their formations.

“The unique thing about our relationship with the ROK Army is that it was forged in battle – fighting side-by-side in the Korean War,” Martin said. “It continues to be forged today, as we stand shoulder-to-shoulder with our Korean partners at freedom’s frontier against the North Korean threat. My standing orders to you are clear: make ready to fight tonight.”

(All) Leaders from the 1st Armored Brigade Combat Team, 1st Infantry Division, home-stationed at Fort Riley, Kansas, and the 2nd Battalion, 18th Field Artillery Regiment, home-stationed at Fort Sill, Oklahoma, mark the official start to their units’ nine-month deployment in support of 2nd Infantry Division/ROK-U.S. Combined Division missions on the pen, by uncasing their colors during a ceremony on Camp Casey.
Warriors in Action

“The most important thing I learned is that Soldiers watch what their leaders do. You can give them classes and lecture them forever, but it is your personal example that they will follow.”

- Gen. Colin Powell
CAMP CARROLL, South Korea -- Senior leaders from the 2nd Sustainment Brigade, 2nd Infantry Division/ROK-U.S. Combined Division participated in the unit’s first three-day Champion leadership symposium in October, to encourage leaders to speak in an open forum and to share their ideas about leader development and organizational improvement.

"The benefits of having a leadership symposium are bringing all of the senior leaders of our organization together and creating a level playing field by having a discussion on topics that we all have to deal with," said Command Sgt. Maj. Samara Pitre, the brigade’s Special Troops Battalion command sergeant major. "Because we are usually separated we don’t have that open dialog. Here in the leadership symposium we’re able to have that open dialog and get a good perspective from each other and really flatten the playing field."

The first day started with an open forum led by Col. Kenneth Williams, the brigade commander. He asked senior leaders, "What’s really on your minds?"

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Senior leaders began tackling different topics ranging from ways to improve Soldiers’ general technical scores to Soldiers’ mental health. Lunch was held at the Strike Zone bowling alley on Camp Carroll. The evening wrapped up with guest speaker Sung Kyuong Choi who answered Soldiers’ questions about her experience growing up in North Korea and later fleeing to South Korea.

Day two began with a Taekwondo instructor conducting physical readiness training at Suseong Lake in Daegu. The Daegu Grand Hotel in Daegu was the meeting place for the second day. More open discussions followed by guest speakers from military and family life counseling, and Child Youth Services who shared the services they provided and what signs to look for in junior soldiers who may need additional care.

"The officers got to understand how the brigade commander and the brigade command sergeant major send and receive information," said Lt. Col. Mark Rae, the Special Troops Battalion commander. "I think that they will be able to think more clearly and prioritize how and why we serve in 2ID Sustainment Brigade and link our own internal mission to the greater mission of both 2nd Infantry Division and Eighth Army."

The last day of the symposium ended at the Community Activity Center on Camp Carroll with speakers from the 2nd Infantry Division legal office.

"We need to learn the full spectrum of logistics, not just what we do," said Col. Williams.

He stressed to the leaders, "You should leave here better than when you showed up."
The first Warrior Division Friday Night Fights tournament concluded Oct. 13, at Camp Casey with 1st Battalion, 82nd Field Artillery Regiment claiming the championship after working their way through the brackets in the weeks leading up to the championship.

1-82nd FA, in dominating fashion, defeated 3rd Battalion, 13th Field Artillery in the championship round. Headquarters and Headquarters Battalion, 2ID/RUCD, beat 23rd CBRNE Battalion to claim third place. Unlike the championship match, HHBN and 23rd needed an overtime match to decide third place.

The team representing 1-82nd FA, a rotational unit that returned to Fort Hood soon after the finals, was coached by Sgt. First Class Carlos Taveras. He said his team came prepared to take the title.

“We've been training hard,” Taveras said. “We deserved to win, we knew we'd take the championship to Fort Hood.”

The next Friday Night Fights tournament will begin in mid-November.
**TO THE STANDARD: 4 For The Core**

Portions of Chapter 6 from FM 7-22 covers 4 For the Core. This set of exercises is designed to strengthen the abdomen, lower spine, and pelvis that comprise the trunk (core) of the body. For maximum effectiveness, the 4 For the Core exercises need to be done in the specific order from FM 7-22. All four exercises should be performed for 60 seconds.

**The Bent-Leg Raise**

The first exercise is the Bent-Leg Raise. The Bent-Leg Raise starts in the modified sit-up position with both hands underneath the small of the back. The feet are on the ground with the head elevated approximately two inches. On the command “exercise” contract the abdominal muscles and bring the knees up, forming a 90-degree angle from the hips to the feet. Then slowly extend the legs holding them six to eight inches off the ground with a slight bend in the knee (the legs should be relatively straight). Should the Soldier need a break during this exercise, they should bring their knees and feet back to a 90-degree angle and hold for three to five seconds and then extend the legs again. The feet should not touch the ground. At the completion of the exercise, the PRT leader will give the command “Starting Position, move.”

**The Side Bridge**

The Side Bridge is a two-part exercise, done separately from both the right and left sides. In the starting position, the upper body is off the ground supported by the forearm and fist. The feet are crossed, with the bottom foot providing support. On the command “exercise,” raise the trunk and pelvis off the ground forming a straight line from the shoulder to the knees. Hold this position for 60 seconds. If the Soldier cannot hold the position, return to the starting position for three to five seconds and then continue the exercise. At the end of 60 seconds the PRT leader will give the command “starting position, move.” He will then give the command to “change position, move” and the exercise will be repeated from the right side.

**Back Bridge**

The Back Bridge starting position is similar to The Bent-Leg Raise but the hands are extended at a 45-degree angle and the head is on the ground. On the command “exercise” contract the abs and raise the hips off the ground until a straight line forms from the chin to the knees. Then straighten the left leg until it aligns with the trunk and thigh. The hips and trunk should not sag. Hold for five seconds then switch with the other leg. Repeat this method for 60 seconds. Should the Soldier get tired, return to the starting position for three to five seconds and then continue with the exercise.

**Quadruplex**

The final exercise in the 4 For the Core is the Quadruplex. The starting position is a six-point stance with the hands, knees and toes on the ground. The back is straight with the head and neck forming a line. On the command “exercise,” extend the right arm with the palm facing the ground and extend the left leg with the toes pointed down. The abdominal muscles should be contracted during the entire exercise. Hold the exercise for 60 seconds and return to the starting position for three to five seconds if a rest is needed. Change positions when the PRT leader directs.

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**KOREAN FOLK VILLAGE HISTORICAL DRAMA FESTIVAL**

Runs thru Nov. 13, from 9:30 A.M. to 6:30 P.M.

Location: 90, Minsorkhon-Ro, Giheung-Gu, Yongin-si, Gyeonggi-do

Historical Drama Festival at the Korean Folk Village is the one and only festival in Korea dedicated to Korean historical dramas. Visitors can participate in all the fun and action offered which has now become the center of Hallyu. Entertainment such as performance arts and hands-on programs related to historical dramas are available. For more information and admission prices, you can contact the Korean Folk Village or visit their website at www.koreanfolk.co.kr.

**THANKSGIVING DAY 10K RUN**

Date: Nov. 19

Admission: Free

Registration: 8 A.M. / Race: 9 A.M.

For more information please contact: Jim Williams, Intramural Coordinator at 730-1730 / 010-2113-3552, or any one of the Installation Fitness Centers:

Camp Red Cloud 732-6309, Camp Stanley 732-5460, Camp Casey (Carey) 730-2323, Camp Casey (Hanson Field House) 730-3220, or Camp Hovey 730-1977

**WOODSBALL SCENARIO PAINTBALL TURKEY SHOOT**

Date: Nov. 19, 9 A.M.

Camp Casey - CAC - Camp Casey, Building S-2236

Cost: $45 per person (Includes gun, facemask, 500 rounds of ammo & field fee)

$25 for those with own equipment (includes 500 rounds of ammo and field fee)

Registration Info: Open to all valid DoD Cardholders. Sign-up by the Nov. 17 at any Area I CAC.

Transportation from Casey CAC to Woodsball Course at 9 a.m. & 10 a.m. provided. 30 slot maximum.
Turkish foods are one of the unique cuisines found throughout the world.

While many are familiar with the Turkish kebab which has its differentiations across the Middle East, most have not tried the other Turkish dishes.

The Istanbul, located in Seoul, is not one of those big chain restaurants where they usually lower the quality of food for cheaper prices. It is instead a small shop located in a corner of the Hyehwa neighborhood (which, by the way, is famous for plays and musicals), dedicated to giving the customers the best Turkish experience.

The exterior of the shop is small and simple. The interior, decorated with numerous items, gives the restaurant an overwhelming presence of the Turkish culture.

As we had not tried Turkish cuisine other than kebab, we ordered the recommended menu dishes for someone who had not tried Turkish cuisine before, the Shrimp Guvec, Istanbul Kebab and Chicken Pide.

The appetizer was the Borek, a small pastry, filled with cheese, potato and spinach. It came with a sour sauce, which blended well with the dish.

Next came the Shrimp Guvec, a slightly spicy shrimp stew that was eaten with Turkish bread. It tasted like a thick kimchi soup with shrimp and was an interesting experience.

The second main dish was the Istanbul Kebab, the signature dish. This dish was splendid. The bittersweet sauce gave the beef a rich flavor. I would definitely eat it again.

The last dish was the Chicken Pide, a long Turkish pizza. Unlike American pizza, the pide is quite dry. However, when you take a bite, you can feel the juice of the ingredients fill your mouth.

After we ate the main dishes, we were not disappointed when dessert arrived. We had ordered the red tea and a very sugary rice pudding, Sutlac. We also ordered the Turkish yogurt beverage, Ayran, which has a peculiar bittersweet and savory taste. These desserts completed our Turkish food experience.

The Istanbul is great in the fact that the interior creates a foreign atmosphere and that the spices used in the Turkish foods are controlled so that everyone can enjoy the cuisine. The quality of the ingredients also add up to the great experience for people who may be new to this type of food.
Commanders of the U.S. Army’s 2nd Infantry Division, ROK-U.S. Combined Division and the Republic of Korea’s 26th Mechanized Infantry Division signed a training memorandum of understanding Oct. 21, here outlining a training model for future combined fires training and missions.


The memo outlined the way ahead for training and missions conducted by the Warrior Division’s 210th Field Artillery Brigade and the ROK’s 76th Infantry Brigade, whose mission sets involve critical counter fires task force operations.

Martin said he was constantly impressed with the performance of ROK soldiers within the combined division and was looking forward to continuing the arrangement with their ROK counterparts.

“The 76th Brigade stands as a model of what right looks like for combined operations, combined training and partnership,” said Martin.

Shin was involved with the initial planning of the RUCD as an executive officer assigned to the Joint Security Area of the Korean Demilitarized Zone. He said that he was proud of how the division had taken shape and it was his honor to visit with Martin and the Soldiers of 2ID/RUCD and sit at the common history the two units share.

“I was a privilege and honored visiting the ROK-U.S. Combined Division, which is also our partner unit,” said Shin. “My division has been partnered with 2nd Infantry Division since 1982, and over the course of the last 30 years we have continued to partner with them for combined training.”

Shin said that he looks forward to continuing the relationship between the two divisions.

“I wish all the best to the ROK-US combined division and I know we will continue to follow in the example of Col. [Paul] Freeman and how he led his unit to victory at Chipyong-ni.”

Freeman was a Medal of Honor recipient for his actions during the Korean War, and the 2ID/RUCD headquarters building is named after the legendary warrior.

The two commanders exchanged gifts and unit coins upon completion of the signing. The meeting concluded with a luncheon and a tour of the 2ID Museum.
Did you know that just 20 minutes after a person quits smoking, his or her heart rate and blood pressure drop? Did you know that after 12 hours, the carbon monoxide level in his or her blood drops to normal?

November 17 is the Great American Smokeout Day - a day dedicated to understanding the impact of smoking and to encouraging smokers to make a plan to quit using tobacco for at least the day and go smoke-free for 24 hours.

About 42 million Americans still smoke cigarettes. Tobacco use is the leading cause of preventable death in the United States accounting for more than 480,000 deaths each year or 1 out of every 5 deaths. According to the recent Department of Defense Survey of Health-Related Behaviors, at least 24 percent of our military personnel reported smoking cigarettes.

Smoking is especially hazardous for our Soldiers and directly impacts the readiness and health of our force. Tobacco use decreases Soldier readiness by causing impaired night vision, respiratory illnesses, delayed wound healing, increased surgical complications and accelerates hearing loss. Tobacco not only stains your teeth, but also causes tooth decay, gum disease and various types of cancers. Smoking decreases oxygen in the muscles leading to decreased physical performance.

It also impacts smokers’ families and baffle buddies. Secondhand smoke contains over 250 chemicals that are harmful, leading to serious health effects such as heart disease, stroke and lung cancer. It causes health problems in infants and children such as asthma, bronchitis and other lung diseases. According to the CDC, over the past 50 years, 2.5 million adults who were nonsmokers died from secondhand smoke-caused issues.

Join people around the world to support quitting tobacco for the Great American Smokeout on November 17. If you smoke, make a pledge to quit. If you don’t smoke, help someone to quit.

Here are a few tips to help you prepare for the day:

- Plan ahead
- Change your daily routine for that day to help you break the habit such as taking a different route to work
- Get rid of all tobacco in your house or car
- Remove cigarettes, ashtrays, lighters and matches in your house, car or other locations.

Plan alternatives or substitutes for smoking, such as:
- Chew sugar-free gum, carrots or suck sugar-free hard candy.
- Picture something pleasant in your mind.
- Go for a run.

If you feel an urge to smoke, use the 4 D’s:
- Delay the urge. Count to 100 or 200. Wait 15 minutes.
- Drink water. Water flushes out the nicotine toxins.
- Do something else. Distract yourself. Talk with a friend or co-worker.

All of us should take this day to quit or help others to quit in order to attain a tobacco-free lifestyle. Do you want to help someone else to quit? Frustration, anxiety, irritability, and mood changes are normal reactions when a person quits smoking, so:
- Be encouraging.
- Be available to listen.
- Be understanding.

Although the Great American Smokeout encourages you to quit for one day, it can be the first day of being tobacco-free for life. Commit to quit and take an important step towards a healthier life. Resources are available to help you quit and remain tobacco-free.

For more information on tobacco reduction and cessation, visit these websites:
- U Can Quit 2, http://www.ucanquit2.org
- Become an EX, Online Tobacco Cessation Program, http://www.becomeanex.org
4TH MARINE BRIGADE

The 4th Brigade was originally formed during World War I as the 4th Marine Brigade. It served in France as one of the two infantry brigades of the U.S. Army 2nd Infantry Division, and all Marine combat units in World War I were organized under the 4th Marine Brigade.

Following World War I the brigade was deactivated until just before the commitment to the war in Vietnam in 1964.

6TH MARINE REGIMENT

The 6th Marine Regiment was first organized at Marine Corps Base Quantico, Virginia, on 11 July 1917 under the command of Medal of Honor holder Colonel Albertus W. Catlin.

Regimental increments arrived in France during late 1917 and early 1918. Upon arrival, the 6th Marine Regiment joined the 5th Marine Regiment and the 6th Machine Gun Battalion to form the 4th Brigade, U.S. 2nd Infantry Division (Regular), American Expeditionary Force.

The 4th Brigade was ordered to shore up crumbling French lines near Château-Thierry in late May 1918. The 6th Regiment took up positions southwest of Belleau Wood, then it was ordered to seize the town of Bouresches and to clear the southern half of Belleau Wood itself on 6 June. These attacks were the beginning of a month-long struggle that eventually became a landmark battle for the U.S. Marine Corps.
Thanksgiving Day Crosswords

Celebration  Harvest  Thursday
Family       Holiday       Tradition
Feast        Pilgrims       Turkey

HOW TO SURVIVE IN KOREA

1. Basketball
   nong gu
   농구

2. Soccer
   chuk gu
   축구

3. Football
   mee sik chuk gu
   미식 축구

4. Baseball
   yah gu
   야구

5. Ball
   gong
   공

6. goal post
   goal dae
   골대

7. Which team do you support?
   Uh nue team ul ung won hae yo?
   어느 팀을 응원해요?
제2보병사단 공식 페이스북 페이지
많은 좋아요와 공유하기 부탁드립니다.

제2보병사단 공식 페이스북 페이지
많은 좋아요와 공유하기 부탁드립니다.

제1기갑사단 1전투여단과 악마여단 (Devil Brigade)의 권한 이행식이 10월 27일 캠프 케이시에서 진행되고 있다.

표지 사진: 10월 28일, 캠프 레드클라우드에서 참모 대표단이 방문하여 카투사가 기지방어를 하고 있다.

사단소식

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

제2지원여단과 제2보병사단/한미연합사단의 상급 지도자들은 10월 캠프 케이시에서 3일간 진행된 챔피언 리더쉽 토론회에 참석했습니다.

제2보병사단의 상급 지도자들이 캠프 케이시에서 3일간 진행된 챔피언 리더쉽 토론회에 참석했습니다.

인디언헤드 한글판 스태프
인디언헤드 한글판은 미 제2보병사단 카투사들을 위해 공보처에서 발행되는 미 국방성 공인신문입니다. 신문 내용은 미 육군의 의견과 다를 수 있습니다.
군대에서 생활하다면, 환자를 치료받기 적절한 장소로 안전하고 신속하게 수송해야 하는 경우가 있기 마련이다.

그런 상황에 대비하기 위해서 제210포병여단 본부포대의 의무병들은 10월 6일, 캠프 케이시의 Helipad-252에서 의무헬기수송 훈련(Medical Evacuation Training)을 실시했다.

제2전투항공여단, 제3일반지원항공대대의 헬기 조종사들과 항공 의무병들이 캠프 케이시에 방문하여 의무헬기수송 훈련을 이끌었으며, 210포병여단의 지상 의무병들과 협력하여 헬리콥터를 이용한 환자 수송을 연습했다.

2항공여단, 3항공대대의 중환자관리 항공의무병인 네바다 주 리노 시 출신의 양임 병장(Lim Yang)은 “헬기수송 훈련의 목적은 지상 부대가 항공 부대의 작전수행 절차에 익숙해지도록 하는 것입니다”며 “이 훈련은 장병들로 하여금 지상의 작전과 항공의 작전을 통합할 수 있게 도와줍니다”고 말했다.

훈련은 땅 위에 착륙해 있는 헬기에 환자를 이송하는 것과 공중에 떠 있는 헬기에 이송하는 것, 크게 두 부분으로 나누었다. 의무병들은 처음에는 비어있는 들것으로 연습하다가 나중에는 모래주머니를 싣고, 마지막에는 실제 사람을 실어서 이송 기술을 연마해 나갔다.

처음 실시하는 훈련이 어려움을 겪었다. 항공의무병이 쓰는 장비에 지상의무병이 익숙하지 않아서 어려움을 겪었다. 210포병여단 본부포대의 보건 전문병이자 켄사스 주 로렌스 시 출신의 신유섭 일병(Yuseop Shin)은 “항공의무병들은 우리에게 어린 것을 전부 전달하려는 의지 를 가지고 헬리콥터와 그들의 장비에 대해서 가르쳐주었습니다”며 “그들의 훈련 딕본에 우리는 그 설명에 집중함으로써 처음보는 장비에 대한 어려움을 극복할 수 있었습니다”고 말했다.

부상자가 헬기수송 훈련을 통해서, 210포병여단 본부포대의 의무병들은 짧은 시간 내에 헬리콥터에 부상자를 올리고 내려보낼 수 있게 되었다. 양병장은 “의학 분야는 군대에서든 민간 세계에서든 지속적으로 변화하기 때문에 우리가 훈련받은 최신의 의료적 절차와 기술에 대한 지식을 항상 지니고 있어야 한다”고 말했다.

신일병은 “헬기수송 훈련에 돈이 많이 들다 놀람”을 알고 있었기 때문에, 이 훈련을 실제로 받을 수 있다는 것에 대해 놀랐습니다. 그는 훈련을 실제로 받게 되면 그들이 흔히 헬기수송 훈련을 받을 수 있게 해 준 것에 감사하고, 그들과의 첫 합동훈련은 우리가 의무병으로서 더 준비하고 갖춰진 느낌을 받도록 해 주었습니다.”

사단소식

인디언헤드 2016년 11월
한미 장병들 야간 공습훈련 실시

10월 13일 진행된 야간공습훈련에서 제2보병사단 제2전투 항공여단 제2대대가 육군 제603공습대대 2항공여단 지상부대를 지원했다.

2항공여단의 항공장교 크리스 스트레인(Chris Strain) 대위는 “우리는 한국군 603공습대대와 2-2기습헬기대대에서 각각 UH-60 Blackhawk 6대씩 포함된 합동공습을 진행하고 있습니다”며 “가장 중요한 점은, 오늘의 훈련이 야간에 진행된다는 것입니다. 이것은 모든 것을 더욱 복잡하게 만듭니다. 기본적인 시야 능력을 잃기 때문에 훈련은 당연히 더 어렵습니다. 그러나, 모든 것이 정상적으로 진행될 시, 적 상대로 우위를 점할 수 있는 때가 야간이기 때문에 중요합니다”고 말했다.

석양이 짐과 동시에, 603공습대대 소속의 100여명 국군병사들이 픽업존에 도착했다. 밤 하늘의 블랙호크들은 큰 소리를 내면서 다가왔다. 착륙하자마자 한 그룹의 한국군 병사들이 헬기에 빨리 올라탔다. 한국군 블랙호크 6기가 출발한지 5분 이 지나갔을 때 쯤, 미군 헬기들이 남은 한국군 병사들을 데리고 떠났다.

스트레인 대위는 “이러한 합동훈련으로 우리는 서로의 작전과 전략 그리고 기술을 볼 기회가 생깁니다.”며 “각 국가의 진행방식이 다르기 때문에, 같이 일할 때 우리는 '어떻게 진행하지?' 또는 '왜 이 방식대로 진행하지?'와 같은 질문을 자주한다”고 말했다.

스트레인 대위는 함등 훈련을 진행하면서 그가 얻은 중요한 교훈들을 설명했다.

스테인 대위는 “배우기만 하는게 아니라, 우리는 그것을 진행하는 방식이 왜 이런지에 대한 고민을 하게 되고, 그것을 더 효율적으로 진행할 수 있는지에 대한 생각을 하게 됩니다.”고 말했다.

제2보병사단의 100주년이 다가오면서 병사들은 인디언헤드의 유품을 끊임없이 쌓아올리고 있다.

2항공여단의 대변인(Devon Canty) 대장은 “이 훈련에 참여할 수 있어서 영광입니다”며 “양 부대가 함께 작전을 진행하는 것을 보기 좋은 기회였습니다. 2사단의 오래된 역사의 일부가 될 수 있어 영광스럽습니다.”고 말했다.
사단소식

인디언헤드
2016년 11월
인디언헤드가 만난 사람들

"내가 카투사가 아니었다면?"

상병 이영준
제2지원여단 산업병장

인- 저기 소개를 부탁드립니다.
이- 지사분들로부터 Camp. Carroll에 위치한 제2ID SSO의 사니어 카투사가 된 이영 준 상병입니다.

인- 부대 소개를 부탁드립니다.
이- 501 지원여단 이었다가 재작년 2사단 예하로 편입되어 2지원여단이라고 불리게 되었습니다. 2사단 예하 전투부대들이 전투를 이어갈 수 있도록 지원하는 역할을 담당하고 있습니다. 저희 여단은 2개 대대로 이뤄져 있는데, 특수임무대대는 Camp. Carroll에, 194th 전투지원대대는 Camp. Humphreys에 위치하고 있습니다.

인- 지금까지 군대에서 가장 기억에 남는 에피소드는?
이- 올해 5월에 있던 Champion Thunder훈련이 가장 기억에 남습니다. 허허벌판에 텐트를 치고 숙영을 하였다는데, 바로 옆 텐트가 비바람에 날려 부너지던 모습이 아직도 생생히 기억합니다.

인- 가장 좋아했던 과목은?
이- '사회과학글쓰기'라는 과목을 수강했었는데, 재밌었습니다. 여러 수강생들이 사회문제들에 대해 어떻게 생각하는지 의견을 공유할 수 있었고, 제 사고를 넓혀주지 않았나 생각합니다.

인- 어떤 수업을 듣고 싶은지?
이- 있지 않을지 몰라도 전쟁에 관련된 수업을 듣고 싶습니다. 전역 후에 군인의 입장으로 수업을 듣으면 재밌고 느끼는 바도 많을 것 같습니다.

인- 전역 후의 목표는?
이- 사실 아직 그러하다 할 목표는 없었습니다. 군대에 입대한 지 얼마 되지 않아 아직은 미숙합니다. 혹시나 군 대내기도 쉽지 않을까 싶었습니다.

인- 전역하고 보고 싶은 사람은?
이- 여자친구가 보고싶을 것 같습니다. 저는 군인이고 여자친구는 시험을 준비하느라 못보는데 전역하고 나서 서로 마음 편하게 여행 다닐 수 있겠어요.

인- 마지막으로 하고 싶은 말은?
이- 아직 사니어 카투사가 된지 얼마 되지 않아 미숙합니다. 저희 부대 안 그래도 좋은 분들이지만, 열심히 노력해서 더 나은 부대를 만들고 싶습니다.
인디언헤드는 사랑을 싶고

To. 희수

희수아 안녕! 같이 이거 해 보자고 했는데 막상 쓰려니까 막막하네...ㅠㅠㅠ
사실 인디언 헤드 프로그램 하자고 할 때 너가 하기 싫다하면 어쩌지 했는데 흔쾌히 알겠다고 해줘서 고마워!!

내가 항상 귀찮게 하기 싫어하는데 그래도 잘 참고 많이 받아줘서 고마워 ㅎㅎㅎ

우리 100일째 되던 날에 너가 준 커팅찌... 얼마나 감동이었는 줄 알아??? 내가 사귀기 전에 그냥 '아 나는 나중에 여자친구 생기면 저런거 해보고 싶다~' 이렇게 대충흘러 넘어간 말이었는데 그거를 기억하고 선물로 맞춰주고...ㅎㅎㅎ 처음에는 얼굴도 잘 못쳐보고 그러길래 왜이지 내가 맘에 안드는지 걱정도 했었어... 근데 저건은 너무 좋아 그냥 좋다!

항상 나랑 같이 있어줘서 고맙고 더 예쁜 추억도 많이 만들자 ㅎㅎ 언제나 농담식으로 '잘하자'하는데 이런 것에 비해 많은 부분을 빼먹고 지지 않겠다고 노력할게!!

으... 너무 부끄럽네 ㅋㅋㅋㅋ 항상 고맙고 사랑해 희수야~

From. 요성

오빠 안녕! 오빠 덕에 이런 것도 해보고 신기하고 좋다ㅎㅎ 요즘 이것저것 준비하는 데 지쳐있는 시간이 많을 것 같아서 걱정되는데, 그래도 네가 준비해 주는게 큰 도움이 되고 있어. 아직도 가난하다고 말하는 것도 있지만, 잘 지내시고 평온한 하루를 보내시길 바란다.

추수감사절 (秋收感謝節, Thanksgiving Day)은 전통적인 북아메리카의 휴일로 미국의 경우 11월 넷째 목요일에, 캐나다에서는 10월 둘째 월요일에 기념한다. 대한민국에서는 11월 첫째 일요일에 기념한다. 추수감사절은 축제와 축제를 겸해 가족 친구들끼리 모여 파티를 열어 칠면조를 비롯한 여러 음식을 만들고 이야기를 나누곤 한다. 또한 이날에는 대부분의 학교와 직장에서는 여행 및 휴식을 즐기기 위해 추수감사절 다음날인 금요일을 휴무로 지정하여 총 4일간 휴가를 즐기는 경우가 많다.

한미 문화 교류 추수감사절 Thanksgiving Day

추수감사절 (秋收感謝節, Thanksgiving Day)은 전통적인 북아메리카의 휴일로 미국의 경우 11월 넷째 목요일에, 캐나다에서는 10월 둘째 일요일에 기념한다. 한미문화교류의 기간과 다양한 문화와 휴일을 함께 즐기는 목적을 두고 있다. 추수감사절은 가족 친구들끼리 모여 파티를 열어 칠면조를 비롯한 음식을 만들고 이야기를 나누기 때문에 많은 사람들이 즐겁게 지내는 시기이다.

처음 청교도들이 미국으로 이주했을 때 큰 스트레스를 겪는 것에 대한 감사에서 유래한다. 영국의 청교도들은 신약성서의 창세기 1장 22절에서 아담과 이반의 창조에 감사하며, 자녀들이 빅 휴일에 가족 친구들끼리 모여 파티를 열어 칠면조를 비롯한 음식을 만들어 즐기는 것을 찬양한다. 추수감사절은 가족 친구들끼리 모여 파티를 열어 칠면조를 비롯한 음식을 만들어 즐기는 것을 찬양한다. 추수감사절은 가족 친구들끼리 모여 파티를 열어 칠면조를 비롯한 음식을 만들어 즐기는 것을 찬양한다.