



Indianhead



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May 9, 2008

KATUSA-U.S. Friendship Week kicks off in Area I



Spc. Leith Edgar

Above: A KATUSA strikes the ball during a soccer match on Camp Red Cloud May 5. Left: Focused on the ball, a KATUSA kicks the ball during a jogku match also on Camp Red Cloud May 5. KATUSA friendship week is an annual event, which builds camaraderie between KATUSAs and U.S. Soldiers through sports activities.



Spc. Leith Edgar



Sgt. Timothy Story

Soldiers from 2nd Bn., 9th Inf. Regt., 1st HBCT march along a route around Warrior Base and the DMZ during the Manchu Mile April 22. Soldiers endured the 25 mile march in honor of the 9th Infantry Regiment's exploits in Manchurian China.

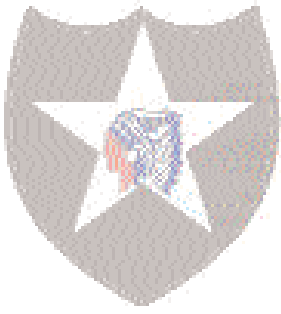
An uphill Battle: completing the 'Manchu Mile'

Commentary
by Pfc. Naveed Ali Shah
1HBCT Public Affairs Office

Just when I thought we were at the top of the mountain, the trail we followed made a wild curve and shot up an even steeper incline. I had no choice but to lower my head, set my shoulders and charge like a linebacker up the hill. That was only mile 20 of the 25-mile foot march known as the Manchu Mile. However, some would have you believe otherwise.

"It's just a mile," continuously repeated Lt. Col. Michael W. Rauhut, commander, 2nd Battalion, 9th Infantry Regiment, 1st Heavy Brigade Combat Team, I kept repeating my own mantra: "It's all downhill from here."

See **MANCHU MILE**, page 4



VOICE OF THE WARRIOR:

What are your ways to prevent heat injuries?



“Wear loose clothing.”

Cpl. Stanley Browne
HHC, 1st Bn., 72nd AR

“Staying hydrated. I drink about three 20-liter bottles per day.”

Pfc. Hank Boehme
Co. A, DSTB



“Take adequate breaks inside a building or in the shade.”

Capt. Aaron McNeill
HHS, 1st Bn., 38th FA

“Stay in the shade when working outside.”

Staff Sgt. Diego Lopez
HHS, 1st Bn., 38th FA



“Cold shower twice per day.”

Cpl. Huh, Ho Jin
RSO, HHC, DSTB

“Drink tons of water throughout the day.”

Pfc. Kim, Hun Sang
HHS, 1st Bn., 38th FA.

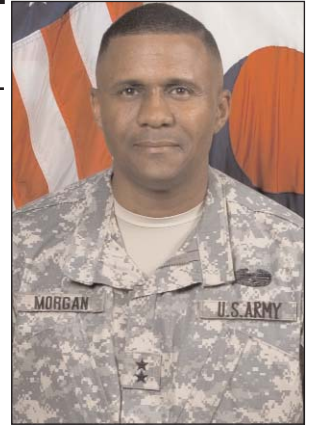


Commander's Corner:

2ID celebrates lasting contributions of Asian Pacific Americans

By Maj. Gen. John W. Morgan III

Second Infantry Division Commander



As we all know, our nation has a rich and diverse cultural heritage. During the month of May, we celebrate Asian Pacific American Heritage Month and I am proud to recognize and honor the importance of their traditions and the deep and enduring contributions they have made to our nation. It is only befitting that as we celebrate, we remember why we serve with and support our Republic of Korea allies - to preserve peace, stability and history.

In June 1977, Representative Frank Horton of New York and Norman Y. Mineta of California introduced a house resolution that called upon the president to proclaim the first ten days of May as Asian-Pacific Heritage week. On October 5, 1978, President Jimmy Carter approved the resolution designating the annual celebration. Congress passed legislation in 1992, and the recognition became known as Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1845 and also it marked the anniversary of the completion of the transcontinental railroad on May 10, 1869.

In order to better understand some of our Asian Pacific American history, I would like to highlight the public service and contributions that our fellow Americans have made to our nation- starting with the highest service any citizen can offer to his or her country - service in our military. There are over 330,000 Asian and Pacific Islander military veterans. The accomplishments they have made over the years are worthy of not only recognition this month, but throughout the year.

Among their most recognizable contributions to our nation's history are the actions of the Japanese-Americans who served in the U.S. Army's 100th Battalion and 442d Infantry Combat Group. History speaks for itself in documenting that none have shed their blood more valiantly for America than the Japanese-Americans that served in these units while fighting enemy forces in Europe during World War II. These units suffered an unprecedented casualty rate of 314 percent. The 100th, comprised mostly of Japanese National Guardsmen from Hawaii, was the first all-Japanese American combat unit. The 100th merged into the 442nd Infantry in 1944 and they never had more than 4,500 men in the ranks of its unit, but they earned over 18,000 decorations for individual bravery.

From 1943-1945, these Soldiers received one Medal of Honor, 52 Distinguished Service Crosses, 560 Silver Stars, 4,000 Bronze Stars and perhaps most telling of the sacrifices made by these gallant Soldiers - 9,486 Purple Hearts. It was one of the most highly decorated units of any American unit in World War II. Their motto "Go for Broke" is a perfect description of their spirit and character as men and as a fighting unit.

As we celebrate, let us not forget their sacrifices. We should all take the time to look through our resources to learn more about our history which have been touched by Asian Pacific Americans, as well as recognize the cultural influences and traditions that they have brought into our lives. We have outstanding Asian Pacific American Soldiers within our ranks who are a tremendous asset to this division. We would not be able to effectively accomplish our mission without them being a proud member of our team. I take pride in our wonderful history and I am proud of each of you. Thank you for your service to our military and to our nation. Second to None!

Indianhead

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USFK, Korea honor 'six-star' accomplishments

Story and photo

by Spc. Michael Adams

8th Army Public Affairs Office

The United Service Organizations recognized the top 80 servicemembers stationed in South Korea April 17-18 during the 37th Annual USO Six-Star Salute.

Among the honorees were 39 American Servicemembers, 39 from the Republic of Korea, one from the Philippines and one from Thailand. The honorees were picked by their supervisors for their hard work and dedication to their jobs. They were honored with banquets, tours around Seoul, and chances to meet the top military and political leaders in South Korea.

"In 1970, a group of Korean businessmen felt Servicemembers stationed in South Korea were doing such a good job, they deserved to be treated like they were six-star generals," said Jeff Herndon, a program manager for the USO. "As a 22-year veteran, I know the challenges and sacrifices of service, and I'm glad we have the opportunity to recognize what they do."

The honorees spoke of how honored they were by their selection.

"It makes me feel like I've accomplished something," said Pfc. Richard Bolin, a radar operator with Headquarters and Headquarters Battery, 1st Battalion, 15th Field Artillery at Camp Hovey. "I feel really good about myself."

"You do amazing things every day, and I am in awe of what you do," said Rear Adm. Thomas Rowden, Combat Naval Forces Korea commander. "I am honored to be here today to honor the real Soldiers of the show."

Servicemembers were also treated to eating lunch with Gen. B.B. Bell, United Nations Command, Combined Forces Command and United States Forces Korea commander.

"I really enjoyed lunch," said Air Force Master



Pfc. Aaron T. Paul, HHC 2ID, G-3 Ops analyst was one of 39 USFK honorees who attended the Six-Star Soldier Salute April 17-18.

Sgt. Steve Munoz, 7th Air Force qualified action evaluator, Osan Air Base. "Eating with Gen. Bell is not something you do everyday."

After the luncheon, the honorees toured the Korean National Museum, where they were greeted by Korean tourists asking for their autographs and the chance to have their photos taken with them. The honorees also appreciated the rich history in the museum.

"It was very fun seeing how Koreans used to live, the old uniforms and customs of the Korean warriors," said Sgt. Cesar Alvarado, United Nations Command Military Armistice Commission Control Corridor West, NCOIC. "They are hard-working people, and it shows in their history."

After the tour, a large gala at the Hyatt Regency in Seoul was held in the Servicemembers' honor.

"These are good people; they will do anything, including walking into harm's way," Bell said, despite a case of laryngitis. "They will do it without question, and they will do it fearlessly. I don't know why you do what you do, but you make my life worthwhile."

Bell also spoke about the dedication of the USO.

"When I was a kid, I didn't know what the military was, but I knew what the USO was. They are a great organization, and they do a lot of great work," he said.

The next day, the Servicemembers met Ra, Jin-Goo, vice mayor for Administrative Affairs of Seoul, at a luncheon sponsored by Seoul City.

"I am overwhelmed by the courage and dignity you represent with the environment around North Korea being so unpredictable," said Ra. "I would like to extend my gratitude for your commitment to peace on the Peninsula."

"Our combined team has a legacy of success unequalled in the world," said Lt. Gen. Joseph F. Fil Jr., 8th U.S. Army commander. "Freedom is not a hollow word here. The preservation of peace is a solemn and heavy responsibility, a responsibility that is neither cheap, nor easy. Our combined team stands firm on a legacy of success unequalled in the world. This success has as its foundation, men and women of great character. Patriots like those we honor here today."

At the end of the day, these servicemembers from all over the world went back to their units in South Korea, knowing their efforts in maintaining peace on the Peninsula did not go unnoticed.

4-2 honored at Daejeon conference

Story and photo by Capt. Brad DeLoach

2CAB Public Affairs Office

During the annual conference for enhancing the ROK-U.S. alliance, members from both ROK and U.S. Armies were awarded certificates of appreciation from Maj. Gen. Lim, Kwan Bin, chief of the Office of Policy & Public Affairs, Republic of Korea Army.

The 4th Battalion, 2nd Aviation Regiment was among a select few units to be recognized at the conference. The event was held March 27 in Daejeon, home of the Korean Army Headquarters.

The event showcased what these units had accomplished, and what they planned to do with their sister units. After the event, the participants were treated to a Korean style lunch, and the ROK Army band played traditional ROK music and a drum demonstration.

The commander for 4-2, Lt. Col. Lonnie Hibbard, was on hand to accept the award.

"It was surprising to be recognized with this award for something we enjoy doing. We have had a great relationship with the ROK's 109th Attack Battalion and the Combined Aviation

Force over the past two years," Hibbard said.

Hibbard's unit has a partnership with the ROK's 109th Aviation Battalion, who was also recognized during the conference. These two units are highly engaged with each other, with many training events and social gatherings occurring almost monthly.

"With the battalion's partnership and working relationship with the 109th, and the CAB, we have built personal friendships between many of the officers and Soldiers in the ROK Army that have evolved into lasting friendships with routine e-mails, phone calls and dinners," Hibbard said.

The capstone event for both battalions is a week-long, combined live-fire exercise at Rodriguez Live Fire Complex. During this event, Apache attack helicopters from 4-2 and Cobra attack helicopters from the 109th conduct missions together.

"It's this kind of training we need to do more of to better appreciate each other. If we go to war here on the Korean Peninsula we'll be working side by side, and we have to be familiar with each others' capabilities as well as have the same confidence in the ROK Army as our wingman, as we do with our own sister battalions," said Hibbard.



Lt. Col. Lonnie Hibbard, commander, 4th Bn., 2nd Avn. Regt., is awarded a certificate of appreciation from Maj. Gen. Lim, Kwan Bin for his unit's contribution to the ROK-U.S. Alliance at a conference held at the ROK Army Headquarters in Daejeon.

Wangnam Elementary School visits 2ID

Story and photo by Pfc. Bo Park

Staff Writer

"What is your name? Where do you live?"

Soldiers and officers were bombarded with questions by young kids. High-pitched excited voices filled the long queue at the Thunder Inn Dining Facility where Wangnam Elementary School students were waiting for lunch.

As a part of a national security cultural excursion,

sponsored by Gyeonggido Provincial Office 2, Wangnam Elementary School students from Sunnam visited Camp Casey April 23.

Upon their arrival, they were given briefings on the 2nd Infantry Division and the importance of its presence in Korea. The group then toured Camps Casey and Hovey.

They then had a chance to look at some of the tactical displays prepared by 6th Battalion, 37th Field Artillery. The students rushed into the vehicles as soon as the briefing was done, fulfilling their

curiosities about the Army's equipment.

"With this helmet on, I can't hear anything," said Kim, Min Ki, a fifth grader from Wangnam School. "We are not in war right now, but I am proud to see both ROK and U.S. Army working together to protect our country."

The students and Gyeonggido government officials were further entertained at Carey Gym, where the 2ID Tae Kwon Do Team demonstrated Combat Tae Kwon Do. The students' jaws dropped and they clapped after every kick, drawn into the rather charismatic force of the team.

"I thought there was a big cultural difference between Americans and Koreans but it's cool to see American Soldiers demonstrating our national martial arts," said Lee, Sam, a 5th grader from Wangnam School. "I feel like I know more of the Army which isn't all about the guns."

Children gave the Soldiers big high fives when they sat down to get a picture taken with the children.

"We tried to make it educational and fun," said Spc. Ira Solomon, a 2ID Taekwondo Team member. "I believe they really enjoyed it."

The students then moved to the dining facility for corn dogs and mini pizzas, but soon they were distracted by the mouthwatering desserts like ice cream.

They also ran around to get Soldiers' autographs, showing gratitude and much enthusiasm in their attempts to speak some English.

"My oldest son is the same age," said Lt. Col. Robert Hanley, commander of the 6th Battalion, 37th Field Artillery. "(Today was) just to let them see what we do for the country and to meet the Soldiers. After all, we are here for the kids, both American and Korean."



Cpl. Lee, Eui Jong, Co. B., 6th Bn., 37th FA, explains to Wangnam Elementary School students what an MLRS is and how it is operated during the school's national security cultural excursion at Camp Casey April 23.

'Guns' Battalion supports local orphanage in need with presents of food, toys

By Maj. Mike Nicholson

Staff Writer

Members of 1st Battalion, 15th Field Artillery, 1st Heavy Brigade Combat Team spent part of their weekend at a local Dongducheon orphanage cooking food and presenting toys and gifts to the children there.

Chaplain (Capt.) Sun Chung, 1st Bn., 15th FA, 1st HBCT, organized the event with the Aeshin Children Welfare Center.

"This is a great opportunity for us to come out and support our local community as well as spend sometime with the kids here," he said.

The battalion has supported the orphanage for several years. On this visit, they spent the day barbecuing hot dogs and ham-

burgers, and delivering soccer balls and other toys. They also donated about \$300 to the orphanage.

"We really appreciate the support," said Lee, Myong Sun, director, Aeshin Children Welfare Center. "The Dongducheon City Hall calls us whenever they find a child that is in need of our support. Right now, we have 46 children from ages 3 to 17 years old."

Members of the Mugungwha Lions Club, who regularly support the orphanage, were also present and appreciated the help that the 1-15 Soldiers brought.

"Overall it was a successful event and I think the kids really enjoyed it," said Chung, "and those of us who participated feel really good about the time we spent here."

MANCHU MILE

from page 1

Neither of those made the searing pain in my legs any better, but the key to completing any difficult task is mental toughness paired with physical ability.

So, I did my best to focus on anything other than the pain and marched on.

This all started out as a tradition of the 9th Infantry Regiment. The 9th Regt. acquired the name "Manchu" during its deployment to quell the Boxer rebellion in Manchurian China at the turn of the 20th Century.

The original Manchu Mile was to position the regiment for an attack. The regiment landed at Taku Bar, a port, July 9, 1900, and from there they had to march to Tientsin for their assault on Tientsin.

It was a three day, 85-mile trek that they undertook, and immediately upon their arrival in Tientsin, with no rest, they attacked the city. During the battle that ensued, the regimental commander was killed while holding the colors. His last words serve as the regiment's motto.

"Keep up the fire!" said Col. Emerson C. Liscom, as he passed the colors on to one of his troops.

So, in commemoration of that

serendipitous expedition the 2nd Bn., 9th Inf. Regt. conducts the Manchu Mile twice annually.

Soldiers assigned to the battalion who complete the march three times are awarded the Army Commendation Medal.

The modern day Manchu Mile is about 25 miles, less than a third of what the original expedition was. This year the march started off at Warrior Base and followed along the DMZ for a few miles.

It started off as a tradition, but in the end it was about overcoming one of the toughest things I've done, digging deep down inside and pulling out strength when I thought I had none left, thanks to the outstanding Soldiers I marched with.

When I volunteered to participate, I didn't expect to receive any sort of recognition because I wasn't assigned to the battalion.

However, at the end of the march I received the coveted Manchu belt buckle and the prestige of being named an Honorary Manchu.

I'll always look back upon the Manchu Mile with pride, knowing that I conquered it with courage. But I look forward to the future as well, to taking on any challenge with the same spirit that helped me finish this march.

"Keep up the Fire."

WARRIOR NEWS BRIEFS

Area I Duathlon Championship

MWR is sponsoring the "Warrior Country" Area I Duathlon Championship May 10 at the Camp Hovey Physical Fitness Center.

The event is open to active-duty Servicemembers assigned to Warrior Country.

The sequence and distances are as follows:

- 5 KM Run
- 30 KM Bike
- 5 KM Run

For more information, contact the Warrior (Area I) Sports Office at DSN 732-6927.

Band Concert

The Puddle of Mudd & Saliva concert will be held at the Camp Red Cloud Mitchell's Sports Grill May 20 at 7 p.m., and May 21 at the Camp Hovey Iron Triangle Club.

Puddle of Mudd is an alternative rock band from Kansas City, Mo. They achieved success on rock radio and mainstream, and their debut album has sold more than 5 million copies.

Saliva is a post-grunge band founded in Memphis, Tenn. Their self-titled debut album has sold more than 10,000 copies in their region.

For more information, call DSN 730-3400.

College-Level Examination Program

The College-Level Examination Program (CLEP) will help you forge

ahead on your path to a college degree.

You can receive credit for what you already know by earning qualifying scores on any of the 34 CLEP examinations.

There are 2,900 colleges and universities in the United States that will recognize your comprehensive subject knowledge acquired through course work, independent study, cultural pursuits, travel, special interests, and military service schools.

For more information, contact the nearest Education Center or Army Learning Center.

Access Control Application Training

The Access Control Application Training for all Directorate and Tenant Unit POCs will be held at 1 p.m. at the Camp Casey Digital Conference Center May 14.

The Access Control Training is for organizational points of contact who are assigned duties of putting together Installation Pass and/or Vehicle Decal applications for Employees & Contractors who do not have a U.S. DoD form of identification.

For more information, contact Tony Iafelice, the USAG-Red Cloud Access Control Officer at DSN 730-7843.

Korean Language Class

The Camp Red Cloud Community Activity Center is sponsoring a Korean language

class.

This two-hour class is held on the second and fourth Sunday of every month at 1 p.m. at Camp Red Cloud's CAC.

This free class is available for men and women of all ages. There is no need to sign up in advance; just stop by before class begins.

For more information, call DSN 732-6246.

Warrior Invitational Boxing Competition

MWR is sponsoring the Warrior Invitational Boxing Competition May 17 at Camp Casey's Carey Fitness Center.

The event is open to active-duty Servicemembers assigned to USFK installations in Korea.

For more information, contact the Warrior Sports (Area I) Office at DSN 732-6927.

Army Emergency Relief

Army Community Service is sponsoring an Army Emergency Relief Campaign.

Money received by unsolicited contributions, special gifts, memorials and fundraisers during the campaign period are usually categorized as campaign funds unless otherwise stated.

All funds donated ensure an emergency safety net remains in place to meet valid emergency financial needs for Servicemembers.

For more information, call DSN 730-3107 and 3142.

Movies

Camp Casey

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

May 9 ... 10,000 BC
The Bank Job
May 10 ... Doomsday
10,000 BC
May 11 ... Forgetting Sarah Marshall
The Bank Job
May 12 ... Forgetting Sarah Marshall
May 13 ... 10,000 BC
May 14 ... The Bank Job
May 15 ... Doomsday
May 16 ... Never Back Down
Shutter
May 17 ... Doomsday
10,000 BC

Camp Red Cloud

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

May 9 ... Forgetting Sarah Marshall
The Bank Job
May 10 ... 10,000 BC
Doomsday
May 11 ... 10,000 BC
The Bank Job
May 12 ... Doomsday
May 13 ... The Bank Job
May 14 ... No Showing
May 15 ... Iron Man
May 16 ... Iron Man
Never Back Down
May 17 ... Never Back Down
Shutter

Camp Hovey

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

May 9 ... The Bank Job
May 10 ... Rambo
Forgetting Sarah Marshall
May 11 ... Doomsday
10,000 BC
May 12 ... The Bank Job
May 13 ... Forgetting Sarah Marshall
May 14 ... Doomsday
May 15 ... 10,000 BC
May 16 ... Doomsday
May 17 ... Never Back Down
Iron Man

Camp Stanley

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

May 9 ... Doomsday
The Bank Job
May 10 ... 10,000 BC
Doomsday
May 11 ... 10,000 BC
The Bank Job
May 12 ... Doomsday
May 13 ... No Showing
May 14 ... Iron Man
May 15 ... The Bank Job
May 16 ... Never Back Down
Semi-Pro
May 17 ... Shutter
Never Back Down

Camp Humphreys

Show times: Sat.-Sun. 3:30, 6:30 & 9 p.m., Mon.-Tues., Thur.-Fri. 6:30 p.m. & 9 p.m.

May 9 ... Forgetting Sarah Marshall
May 10 ... 10,000 BC
Forgetting Sarah Marshall
May 11 ... 10,000 BC
Forgetting Sarah Marshall
May 12 ... Jumper
May 13 ... Jumper
May 14 ... Semi-Pro
May 15 ... Semi-Pro
May 16 ... Iron Man
May 17 ... Horton Hears A Who
Iron Man
For additional movie times visit:
www.aaffes.com

CHAPEL SERVICE TIMES

Camp Red Cloud

Protestant:

11 a.m. Sunday

Catholic:

11:30 a.m. M-F

4 p.m. Saturday

9 a.m. Sunday

KATUSA

7 p.m. Sunday

COGIC

12:30 p.m. Sunday

Camp Casey

Stone Chapel

Protestant:

10 a.m. Sunday

KATUSA:

6:40 p.m. Tuesday

Memorial Chapel

Gospel:

11 a.m. Sunday

KATUSA:

6 p.m. Tuesday

West Casey Chapel

KATUSA:

6:30 p.m. Thursday

Protestant:

10:30 a.m. Sunday

Catholic:

12 p.m. Sunday

LDS:

2 p.m. Sunday

Camp Hovey

Hovey Chapel

Catholic:

9:30 a.m. Sunday

Protestant:

11 a.m. Sunday

KATUSA:

6 p.m. Tuesday

Crusader Chapel

Protestant:

11 a.m. Sunday

Camp Stanley

Protestant:

10 a.m. Sunday

Gospel:

11 a.m. Sunday

Catholic:

1 p.m. Sunday

KATUSA:

7 p.m. Tuesday

Camp Castle

KATUSA:

6 p.m. Tuesday

Points of Contact:

USAG-Red Cloud:

732-7469

CRC Catholic: 732-6428

Hovey Chapel: 730-5119

Memorial Chapel

730-2594

West Casey: 730-3014

Stanley: 732-5238

Humphreys: 753-7952

Castle: 730-6889

Saint Nicholas

athedral: 753-3153

LDS: 730-5682

DSTB, 2nd LOGCOMM celebrate sisterhood

By Spc. Leith Edgar
Staff Writer

The Soldiers of Division Special Troops Battalion and 2nd Logistics Support Command celebrated their first year of sisterhood on Camp Red Cloud April 18.

The event marked one year since the 2nd LOGCOMM and DSTB signed a memorandum of agreement to promote mutual understanding and friendship.

The memorandum of agreement, which consists of six articles, covers the two parties' working relationship, joint training and annual celebrations. Maj. Yang, Kyung, the commander of Headquarters and Headquarters Company, 2nd LOGCOMM, sees the agreement as the basis of an ever-improving relationship.

"Since last year we have had a number of exchanges, and our ties have become stronger. I hope that this relationship will stay strong," he said in a speech during the opening ceremony.

Both the Soldiers of DSTB and the 2nd LOGCOMM share the mission of defending the Republic of Korea. However, each unit accomplishes the mission by different means. DSTB supports 2nd Infantry Division and the 2nd LOGCOMM provides logistical support to the 3rd Army of the Republic of Korea.

Capt. Lee, Hyun Woo, a ROK staff officer at CRC, said the event was a chance for the Soldiers to come together to remember the importance of their solidarity. "All of our units under 2nd ID have



Pfc. Hwang, Tae Jin

The leadership of Division Special Troops Battalion, 2nd Infantry Division, and 2nd Logistics Support Command cut a cake during a sisterhood ceremony on Camp Red Cloud April 18.

a strong relationship with 2ID Soldiers," he said.

The sisterhood ceremony included a reading of the agreement, leaders' remarks and a cake-cutting ceremony. Following the formal portion of the event, the leadership of DSTB squared off against the leaders of the 2nd LOGCOMM in friendly sporting matches, including soccer, softball, bowling and jokgu.

After the participants worked up a sweat from the physical activity, they cooled off by taking a dip in a dunk tank. Subordinates paid for an opportunity to plunge their leaders into an icy bath.

The event ended with a steak dinner at the Commanding General's Mess, where Lt. Col. Les Brown, the DSTB commander, touted the strength of the bilateral relationship.

"It is a great day in the Land of the Morning Calm and in Warrior Country," he said. "I want to thank all of you for attending the first anniversary celebration to commemorate the sisterhood agreement between the 2nd LOGCOMM and the Division Special Troops Battalion. This event is a small representation of the ROK and U.S. Alliance."



O, Myong Yong and Jon "Sharky" Pearlman stand with a CH-47D Chinook from Co. B, 3-2 AVN in the distance just prior to the overwater Hellfire shoot at Jik-DO Island off the coast of South Korea near Kunsan, Air Base.

'Rescue Swimmers': A pilots guardian angel

Story and photo by
Capt. Brad DeLoach
2CAB Public Affairs Office

KUNSAN, South Korea – Imagine 20-degree weather, 30-knot winds, 41-degree water, and nine foot waves.

This is what pilots from 4th Battalion, 2nd Aviation Regiment, would have to endure should the unthinkable happen, an 'aircraft-ditching situation.'

The 4-2 "Attack" conducted a live-fire off the west coast of South Korea near Kunsan Air Force Base at Jik-Do Island. They had their "angels in the sky" beside them, Mr. Jon "Sharky" Pearlman and O, Myong Yong, standing ready to rescue any pilot who found him or herself in the water.

The annual training event in which Apache pilots get to fire an anti-tank Hellfire missile, marks the first time that the unit has incorporated rescue swimmers from the 8th Army Water Survival Training Center, better known to Army Aviators as the 'Dunker.'

Made famous by the movie "The Guardian," these men became the "rescuers in the dark." Pearlman, a long-time veteran of the water, and the chief of aviation water survival, was the pri-

mary rescue swimmer, accompanied by his assistant swimmer, O, a prior ROK Special Forces Soldier also hailing from the "dunker."

Due to the overwhelming dangers of overwater missions in the winter, aircrews are required to wear an anti-exposure suit called a Mustang Suit. Wearing these suits protects against harsh elements, and greatly increases the survivability rate of an aircrew in a ditching situation by buying valuable time for rescue crews to pluck the pilots out of the water.

High above the Apaches were two CH-47D Chinooks from Company B, 3rd Bn., 2nd Avn. Regt. and one UH-60L Blackhawk from A Co 3rd Bn., 2nd An. Regt. Providing support to aircraft and aircrews as well as overwater coverage, the aircraft were equipped with a rescue hoist, caving ladder, and if all else fails the Chinooks were capable of landing in the water and floating like a boat.

The pilots were happy to have the Rescue Swimmers supporting the mission. It was very comforting for them to know that should the unthinkable happen, and an aircraft needed to be ditched in the icy waters, swimmers would soon be in after them to help hoist them to safety.

1-72 invites Families to Rod Range

Story and photo by
Pfc. Naveed Ali Shah
1st HBCT PAO

First Tank held a Family Day at the Rodriguez Live Fire Complex April 26 during their spring gunnery which ran from April 11 to May 7.

The Crusaders qualified on their tank and Bradley weapons systems during the gunnery as well as their personal weapons.

"We've had a lot of good training going with our tank tables, Bradley tables, M-16 ranges, M-9 ranges, and even the mortars got to practice," said Pfc. Robert J. Ford, cavalry scout, headquarters and headquarters company, 1st Battalion, 72nd Armor Regiment, 1st Heavy Brigade Combat Team.

The Family day featured a Bar-B-Que lunch, bounce houses for the kids, and a dunk tank to raise money for the battalion social. The Soldiers kicked off the Family Day with a live fire demonstration while their Families viewed from the range tower.

"It's an opportunity to have the Families come and see what their



Soldiers and Family members of 1st Bn., 72nd Armor Regt. observe a live fire exhibition during the Crusader's Family Day at the Rodriguez Live Fire Complex April 26.

Soldiers do in the Army," said Command Sgt. Maj. Andres Ortiz, 1st Bn., 72nd Armor Regt., 1st HBCT. "The Soldiers have been shooting well. The live-fire this morning was on point, the mortars registered their rounds, the tanks hit, the Bradley's hit and I think the Families enjoyed it."

The event was an important

morale booster for the Crusaders, as well.

"Everybody is getting together, we have some fun events going on, just having a relaxing day in-between our work," Ortiz said.

Inviting the Families to the range in the middle of the gunnery allowed the Soldiers to show their Families

aspects of their job that they otherwise would not see.

Ford said, "I could go home every day and try to explain to my wife what we do and how hard our jobs are, but her being able to come out here today makes her see what we go through on a day-to-day basis and how important our job is."

Think before you sink: Water Safety

By Chris Frazier
U.S. Army Combat Readiness/Safety Center

FORT RUCKER, Ala. – As the winter chill gives way to warmer temperatures, the U.S. Army Combat Readiness Center is reminding Soldiers to be mindful of the risks associated with water-related activities.

Over the last ten years, the Army has experienced 95 water-related accidents involving one or more Soldier fatalities. In fiscal 2007, there were 14 Army water-related accidents, resulting in 15 deaths.

With the summer months approaching, many Soldiers will be drawn to some form of water, whether it's a swimming pool, river, pond, lake or ocean. However, before participating in any water-related activity, Soldiers need to take the proper safety precautions and assess the readiness of everyone in their group.

"Even the most experienced swimmer can encounter difficulties in the water," said Col. Randall Cheeseborough, USACRC Ground Task Force director. "The battle buddy system is an excellent combat multiplier to help prevent a tragic accident from occurring. Soldiers must take care of each other, on and off duty."

Another safety measure Soldiers often tend to overlook is the importance of wearing a personal flotation device (PFD). According to U.S. Coast Guard statistics, small-boat accidents are the most frequent cause of drowning fatalities nationwide. In

half the water-related accidents in 2007, the Soldier did not plan on entering the water but went overboard from a fishing boat or similar watercraft.

In one of those accidents, a Soldier drowned when his kayak capsized in the ocean and he was caught in a rip current. The Soldier was not an experienced swimmer and wasn't wearing a PFD. Just weeks later, another Soldier drowned when the canoe he was sharing with two other Soldiers overturned about 200 meters from the shoreline. While attempting to swim to shore, the Soldier became fatigued and went underwater. None of the Soldiers were wearing PFDs.

While taking the time to put on a PFD is certainly a wise decision, some Soldiers choose to negate it with a poor decision - operating a watercraft under the influence of alcohol or drugs.

Coast Guard statistics reveal that a boat operator with a blood alcohol concentration above .10 percent is estimated to be more than 10 times more likely to die in an accident than a sober operator. To make matters worse, watercraft motion, vibration, engine noise, sun, wind and spray all intensify the effects of alcohol and drugs.

"These environmental stressors can cause fatigue and dramatically affect a watercraft operator's coordination, judgment, vision and reaction time," Cheeseborough said. "Operating a watercraft while under the influence of alcohol or drugs is extremely dangerous. When it comes to water-related activities, leave the alcohol on shore."

Don't Go to
War with the
bottle!



Drink
Responsibly!

World of Travel: Try Korean pancakes with soy sauce

Commentary and photos by
Pfc. Bo Park
Staff Writer

Pancakes do not always require vanilla ice cream and walnuts with generous servings of maple syrup. Instead, some require soy sauce and beans, at least in Korea.

If you have been reading my commentaries, you would know that everything comes in packages. It's not a building or just food, it's the whole experience that is worth the visit.

This time I invite you to Gwangjang Market, an original Korean market that specializes in food and fancy Korean duvets. I am not sure about its fame for the duvets, but certainly Korean pancakes and other foods are very popular amongst locals.

This is also an oasis for a weekend stroll on the Chunggyechun, the



Pancakes and different pan-fried vegetables and fish are displayed along the alleys of Gwangjang Market.

stream that runs through the center of the city. As you get hungry after a walk, you can easily pop into the nearby market stalls for snacks. The market itself is not big, which makes it easy to find your way around. All the pancake places are near the junction under one roof, so whichever direction you go, you will see many pancake vendors.

As you walk into the market, you will notice loads of middle-aged men, also known as 'Ajussee,' having food and soju. There are parks near the market where these Ajussees hang out during the day time. It has a very unique ambience that none of the tourist sights can offer. It is not hyped up by shops and pretty displays. Rather, it is like 'what you see is what you get.' If you seek down-to-earth Koreans and their food culture, this is definitely the place to be.

You will know that you're at the pancake stalls when different ven-

dors try to persuade you to eat at theirs. I personally think they are all equally good, so just pick one place and sit down on the benches. You may have to share the table with other people when the market is busy, but that's still a part of the experience. These chilled-out crowds may strike a conversation with strangers, just like in an Irish pub.

There is no menu, and there is no need to worry about how to order in Korean. As soon as you sit down, Ajumma is highly likely to bring you the only dish available, one massive fresh pancake (enough for 2-3 people), without asking you. My personal recommendation is to order maggulri, a fermented rice wine, to complement the food, help digest it and bring more flavors out from the pancakes.

Now, what is it that you are about to eat? The Korean pancake, properly called 'Bindaedduk,' is mainly made of ground mung beans, spring onions, sprouts and cabbage. It is packed with healthy ingredients and is a good source of protein. It is pan-fried with enough oil to make it crispy on the outside and very soft inside. The food is harmless to those who aren't fans of spicy kimchi or strong spices.

I took a co-worker to this market to witness the local atmosphere and

taste the delicious pancakes. He was impressed by the originality and bustling energy of the market that was truly Korean. He seemed very amused by a bunch of local 'Ajusees' having a good time.

I highly recommend making a day out of this little food excursion by walking along the Chunggyechun to burn off the calories and see the stream.

Admission: It's a public market. It does not have set hours of operation, but it is open on both weekdays and weekends until dusk. Each pancake costs 4,000 won, and the rice wine should cost 2,000 to 3,000 a bottle.

How to Get There: Take the Metro Line #1 (Dark Blue) toward Incheon, from Uijeongbu and Dongducheon Station, and get off at Jongno-5-ga Station. Come out of Exit #7 and turn right into a side street. Walk straight for one more block, Gwangjang Market is on the left. If you want to walk to the Chunggyechun, come back out to Exit #7 then walk toward the tallest building in sight, facing back to the Exit #7 for 2 blocks. Then you will see the creek, where you can take the under path along the creek toward the city center.



Left: Ajummas fry Korean pancakes at the Gwangjang Market for customers. Right: Ground mung bean pancakes are served in small pieces with onion marinated soy sauce. Korean rice wine, 'maggulri,' complements the pancakes very well.