

The Morning Calm

February 03, 2017

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Check out our website!

Vietnam Veteran inspires Area IV



Chaplain Sun Macupa thanks Dave Roeber for speaking to members of the Area IV community about his experiences and resiliency. (U.S. Army photo by Sgt. Chun Taek-jun, USAG Daegu Public Affairs)

By Cpl. Soh Jung-han
USAG Daegu Public Affairs

USAG DAEGU – Dave Roeber visited the Camp Walker Chapel, Jan. 23 to speak about spiritual resiliency to the Area IV community.

“Because it’s spiritual resiliency, you keep bouncing back from where you’ve never been on,” said Roeber. “How can you return from something you’ve never been to?”

Dave Roeber is a famous public speaker and also founder of the Roeber Foundation. He served as United States Navy Patrol Boat, River gunner during the Vietnam War. While serving in Vietnam, a grenade exploded in his hand and he underwent numerous major surgeries.

Drawing on his war experiences, Roeber delivered a lesson of hope from loneliness, pain and despair.

“For the first time in my life and the only time since, I lost hope,” said Roeber. “I looked in the mirror

and saw a freaking monster that no teenage girl would ever love. I had no gun, had no knife, so I pulled the tube and I laid my head back. Sometimes life is scarier than death, and I’m going to say to you from my lips, my nose, my breath, my heart to yours. Don’t miss this point. Suicide has never been the solution.”

The Roeber Foundation has a long and exciting history in support of public education, the US military, assistance to wounded warriors, and tours in military war zones, with public speaking opportunities engaging the troops with a message of hope. The Roeber Foundation’s goal is to assist those especially in underprivileged countries and the youth in our public schools and assistance to our military providing them with inspirational speaking tours and training for wounded warriors through the Wounded Warrior Alliance.

He also emphasized that you have to be young in spirit although you grow older.

“Stay young all of your life,” said Roeber. “Your body will get old and decay, so what! Don’t get old, because somebody near you is looking at you as an example.”

After Roeber finished his story, he sang and played the guitar with his beautiful voice. Lt. Col. Sun Macupa, United States Army Garrison Daegu Chaplain presented USAG Daegu and U.S. Army Chaplain Corps coins to Roeber. “It was great to have you here today,” said Macupa.

Roeber is now having a military installation tour across the Korea peninsula from Jan. 17 - 26.

For his miraculous background and talented communication skills, he now travels all across the world including schools and military bases to give a message of hope using his life as an example. ▴

The Morning Calm

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The Morning Calm Weekly

Send your Letters to the Managing Editor, guest commentaries, story submissions, photos and other items to: christopher.j.perkey.mil@mail.mil. All items are subject to editing for content and to insure they conform with DoD guidelines.

COMMAND PERSPECTIVE

Commanding General looks forward to 2017

USAG YONGSAN – Happy New Year!
As we move into a critical period of training and transition for Eighth Army in the coming months, I want to emphasize my priorities and expectations for 2017; a year that I anticipate will be full of challenges and opportunities across all of Eighth Army.

My four lines of effort for this year are Readiness, Leadership, Transformation, and maintaining the Alliance. Over this next year you can expect to see each of these four areas emphasized throughout the command.

Our first line of effort is increasing our Readiness. Given the political situation in Korea and the possibility of North Korean provocation, we must remain vigilant so that we are prepared to Fight Tonight! This means raising our Readiness standards to the highest levels and keeping Readiness our #1 priority. The first way we will do this is through focusing on the fundamentals. A deliberate effort to complete our mission essential tasks, from medical readiness to weapons qualifications, will contribute to our Readiness. Second, training to increase our Leadership and Discipline represents a separate, critical effort on the part of leaders at every level. Character development is an area that all Soldiers and leaders need to continually develop to enhance our Readiness. Transformation and our Headquarters' movement to Camp Humphreys is a significant operation this year. Success in Transformation relies on maintaining our Readiness and ability to carry out the mission throughout the move and relocation. Finally, the strength of the Alliance underpins everything we do here in Korea. Maintaining and enhancing the ROKUS Alliance remains a focus for every Soldier through both our combined training and our community interactions. There is no defense of Korea without a strong partnership with our Korean allies.

For those of you who were here over this last year, you know 2016 was challenging and saw increased tension across the peninsula with a growing threat from the North. However, Eighth Army has consistently risen to the challenge to provide a lethal and ready deterrent against those provocations. All of the training that you have conducted



- Lieutenant General Thomas S. Vandal - Eighth Army Commanding General

demonstrated Readiness, Teamwork and Leadership. You have proven to North Korea, our ROK Partners and the world that you stand ready to Fight Tonight!

For those of you who have just arrived on the peninsula, welcome to the Republic of Korea! You have an exciting opportunity to be a part of a superb organization, steeped in the proud legacy of those Pacific Victors who have preceded us here in Korea over the last 66 years. You will

participate in fast-paced, realistic, combined and joint training which will both test and improve your warrior skills. I challenge you to make the most of the next year and to use this as an opportunity to stand out from your peers and develop yourself in your profession.

I am looking forward to great training throughout the year as we remain ready to Fight Tonight in defense of the Republic of Korea.

Pacific Victors! Katchi Kapshida!▲



Check out the garrison's mobile app to get the latest garrison news, information and social media updates in a single, easy to use location.

The app is available for download to Android, IOS (Apple) and Amazon devices. It will be available for Blackberry devices soon.
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Area I suicide prevention effort best in Army

Stage play with Soldier cast, other actions, earn Warrior Country Pentagon-level recognition

By Franklin Fisher
USAG Red Cloud Public Affairs

CAMP RED CLOUD – The efforts made in Area I last year to help combat suicide, including a stage drama with an all-Soldier cast, have been chosen by the Pentagon as the best such efforts in the entire U.S. Army.

The recognition came in the form of a certificate of appreciation presented to Area I senior leaders Jan. 23 on Camp Red Cloud in Uijeongbu by the Pentagon's top suicide prevention official, Dr. Keita Franklin, Director of the Defense Suicide Prevention Office. Franklin is responsible for policy and oversight of suicide prevention programs within the Department of Defense.

The certificate recognizes Area I for "exceptional and innovative efforts" during Suicide Prevention Month, September 2016.

During a brief ceremony Franklin presented the certificate to Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, and Command Sgt. Maj. Michael L. Berry, the garrison's senior enlisted leader. Also present were Maj. Gen. Theodore D. "Ted" Martin, Commanding General, 2nd Infantry Division/ROK-U.S. Combined Division, whose Soldiers performed in the play and were otherwise key in Area I's suicide prevention effort last September.

In remarks at the ceremony, Franklin said the suicide prevention drama had been a standout aspect of Area I's suicide prevention efforts last year. The drama, titled "Open Door," was made up of cast and supporting crew drawn from various Area I units, including the Combined Division and the 1st Cavalry Division's 1st Armored Brigade Combat Team, which last year served a nine-month Korea rotation with the Combined Division.

The play was written by Russell Jordan, Risk Reduction Program Coordinator with USAG Red Cloud and Area I, and performed last September before enthusiastic Soldier audiences on Camp Casey in Dongducheon and Camp Red Cloud.

"Your community has increased awareness that suicide can be prevented and encouraged Service members, their families, and DoD civilians to Be There for each other," the certificate reads in part.

In addition, according to the certificate, Area I "has embraced an environment where a person's request for help is a sign of strength, where we each know the warning signs and can identify those in need, and where we leverage safe and effective treatments and technologies in restoring health. Your commitment to excellence and to each other reflects great credit upon your installation, the U.S. Army, and the Department of Defense."

In an interview after the ceremony, Franklin said Area I was recognized in part because of a variety of quality actions it took during Suicide Prevention Month and that those efforts were marked by a "true focus"



On Camp Red Cloud in Uijeongbu Jan. 23, Dr. Keita Franklin (right), Director of the Pentagon's Defense Suicide Prevention Office, presents a Certificate of Appreciation to Col. Brandon D. Newton (center), Commander, U.S. Army Garrison Red Cloud and Area I, after Area I's efforts during last year's Suicide Prevention Month were chosen as the best Army-wide. With Newton is Command Sgt. Maj. Michael L. Berry, the garrison's senior enlisted leader. Also at the ceremony were key members of the garrison's suicide prevention staff, as well as Maj. Gen. Theodore D. "Ted" Martin, Commanding General, 2nd Infantry Division/ROK-U.S. Combined Division, and Brig. Gen. Johnnie L. Johnson, the division's Deputy Commanding General Maneuver. Area I was chosen among 29 Army nominees for its varied and robust Suicide Prevention Month initiatives in September 2016. Those included a stage drama performed before Soldier audiences and featuring an all-Soldier cast, that focused on suicide and related problems. The drama was written by Russell Jordan, the garrison's Risk Reduction Manager. (U.S. Army photo by Pfc. Lee Jin-woo)

on Soldiers being ready to support each other in helping prevent suicide.

"We saw that throughout their entire package, and so we're happy to be out here to recognize that."

Her office received 29 packets from units seeking recognition for their suicide prevention efforts, Franklin said, and Area I's submission – especially because of the play – stood out.

"Traditionally what we see is the delivery of material in traditional ways, PowerPoint presentations, training seminars," said Franklin. "But to deliver it in the style of a play in such a creative way, that I think probably allowed for folks to learn the material better, learn the material in a creative way that sinks in, in a way that can help them think of their own role in saving lives."

"So it's very, very significant 'cause there's one that was issued across the Army," she said of the certificate of recognition, "and it's here at Area I. So 29 packages came in for recognition, and people self-nominated, and so they really had to go through the rigor of designing, strategically planning, a Suicide Prevention Month that lasted the whole month of September and set the stage for 11 more months of sustainment of the campaign, and they had to embrace doing that, and Area I did just that, so it's truly remarkable."

Jordan, who wrote the play in 2014 while working at Fort Bliss, Texas,

voiced surprise and satisfaction at the recognition.

"It was a surprise because there's so many other organizations out there as far as the Army's concerned and they have great suicide prevention programs, so we feel honored that they selected."

He contacted most of the Soldiers who'd been involved with the play and told them news of the recognition.

"And they were honored to know that they were a part of an event which was recognized" by the Pentagon," Jordan said.

Newton said Warrior Country had made a robust effort to put across to Soldiers the importance of suicide prevention.

"What the garrison did in September was, almost every single day there was something that tried to bring awareness of suicide – of what to do – in the forefront," said Newton.

"In a very non-standard and creative way, the Soldiers and the professionals in the garrison were able to take something and just through their own constant effort make it into something that was not what Soldiers had seen in every other place they had been," he said. "The play was an example of that."

"Of course, being the best program in the entire Army is good too," Newton said, "but I think what really means a lot to me is, we were able to take a problem and work some creative solutions to try to bring the

attention to that problem, to Soldiers, in a way they would understand, as opposed to just your standard delivery of platform based classroom PowerPoint instruction."

The role of Soldiers from a variety of units in Area I had proved crucial to last year's Suicide Prevention effort in Area I, Newton said.

"The garrison professionals who designed the program and kind of led the structure could not have had that happen without the participation from units, and Soldiers," he said.

Those Soldiers included junior enlisted, noncommissioned officers, members of the Better Opportunities for Single Soldiers (BOSS) program, and from various units in Area I.

"It would not have been possible without units from rotational brigade – from 1st Cavalry Division – Soldiers from 2nd Infantry Division and other 8th Army units that are in Area I," Newton said.

The presentation ceremony, at Mitchell's Community Club and Conference Center, was followed by a suicide prevention discussion led by Franklin and attended by about 25 others, mostly U.S. Army mental health professionals, chaplains, and others involved in helping the Army prevent suicide. Franklin was accompanied during her Area I visit by another official of the Pentagon's Suicide Prevention Office, Wendy Lakso, its Director for Outreach and Education. ▴

(Advertisement)

Foreigners Feel At Home At Columbia Dental Clinic

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Like a lot of foreigners who move to Seoul without speaking Korean, 15 year-old Angela Castillo was nervous about not being able to communicate with her healthcare providers. Until the Castillos, from San Antonio, Texas, found the Columbia Dental Clinic, Angela says that getting dental work was frustrating, "because no one could explain it in English. I want to know what's going on with my teeth." A year ago, her mother, Insun Castillo was referred to Columbia Dental by an American friend, and Angela felt comfortable immediately. "They speak English, and they take good care of my teeth, even though I've always had teeth problems."

Shortly after Angela got her first braces at Columbia Dental, she needed intensive procedures to correct overcrowding. "It was scary and it was worrisome," she remembers,



"McBride family and Glossup family gathered for little photo session with Dr.Yun and his hygienist suhyun."

"but they always made sure that I was all right and that nothing was hurting." On top of the good care, Angela's mother, Insun, likes that the clinic is extremely convenient, especially because it's set-up for TRICARE coverage. "In other places, they don't know how to do the paperwork for TRICARE, but here,

there is everything we need. There's even valet parking". Now, Insun, Angela, Jadon, and Ret. Military Rank Mr. Castillo are all regular patients. "Dr. Yun has really taken care of our family," said Sarah Burns, age 13 from Kansas. Michael Burns and his family moved to Seoul from Kansas City, Oklahoma

a year ago. Sarah started with braces and then the rest of the family started visiting the clinic too. "He's also good with younger children, like my brother, Joshua, who is 8 years old. Dr. Yun is a good mix of professional and kind."

For the Lenfant family, Columbia Dental was a critical link in continuing the quality of service they'd had in the States. "Dr. Yun is U.S educated and licensed, with significant experience" said Col. Babette Lenfant and her husband Phil, who brought their 12 year-old son in for Phase 2 orthodontic treatment. "On the basis of comparison with an American orthodontic clinic, other U.S. general dentistry clinics and a renowned general dentistry clinic in Seoul, Columbia Dental Clinic stands out as one of the best we have ever experienced."

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Woosung Yun, DDS

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- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Yale New Haven Hospital Dental Department Externship.
- Columbia University School of Dental & Oral Surgery Doctor of Dental surgery.
- Dr.Parlow's Orthodontic Clinic Partnership Practice.
- Licensed in New York, New Jersey, Connecticut U.S.
- Diplomate of the American Board of Orthodontics.
- 18th Medical and Dental Company Affiliated Hospital.



Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Columbia University School of Dental & Oral surgery DDS.
- Brown University: Bachelor of Science in Biology.
- Bronx VA Hospital, NY, New York: Oral Biology Externship.
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship.
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Armor comes in by rail for combat training in Warrior Country



Soldiers of the 1st Infantry Division off-load an M88 Armored Recovery Vehicle and other armored vehicles at a rail yard on Camp Casey in Dongducheon Jan. 17. The troops are with the 1st Battalion, 16th Infantry Regiment, part of the division’s 1st Armored Brigade Combat Team. The battalion moved the vehicles by rail from Camp Humphreys in Pyeongtaek to Camp Casey so they can use them during combat training. The brigade is on a nine-month Korea rotation with the 2nd Infantry Division/ROK-U.S. Combined Division. (U.S. Army photo by Staff Sgt. Warren W. Wright Jr.)

1st Infantry Division Soldiers keep marksmanship skills sharp



A Soldier fires his M4 carbine rifle at a target at the Rodriguez Live Fire Complex in Pocheon Jan. 19 during marksmanship training. The Soldier is with the 1st Battalion, 16th Infantry Regiment, part of the 1st Infantry Division’s 1st Armored Brigade Combat Team. The brigade is serving a nine-month Korea rotation with the 2nd Infantry Division/ROK-U.S. Combined Division, and trains continually for combat. (U.S. Army photo by Capt. Jonathan Camire)



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Before & After



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Before & After



Before & After


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Before & After

Area I takes next steps in Practicum program for college students



At Shinhan University in Dongducheon Jan. 17, Steven J. Ryan (right), Deputy to the Garrison Commander, U.S. Army Garrison Red Cloud and Area I, greets Shinhan students who have applied for positions in the garrison’s new Practicum Experience Program. Slated to begin in March, the program gives students a chance to learn practical skills in a professional environment under the supervision and mentoring of garrison staff. Ryan talked to the students about key aspects of the program, after which garrison staffers interviewed the applicants. (U.S. Army photo by Pfc. Lee Jin-woo)

Area I Commander’s Cup Standings

Following are Commander’s Cup standings through the end of October

Large Units

PLACE	UNIT	POINTS
1	55 MP CO	4528
2	HSC, HHBN	3601
3	A, HHBN	3144
4	B, HHBN	3101
5	C, HHBN	2221
6	580 FSC	1654
7	46 TRANS	1606
8	E, 6-52 ADA	1558
9	HHB, 210 FA	1080

Medium Units

PLACE	UNIT	POINTS
1	HHC, USAG AREA I	3165
2	61 MAINT	2668
3	62 CHEM/CBRN	1720
4	61 CHEM/CBRN	1628
5	HHB, 1-38 FA	1508
6	4 CHEM/CBRN	1439
7	HHB, 6-37 FA	1437
8	HHC, 70 BSB	1352
9	579 FSC, 6-37 FA	1212
10	HHT, 1-7 CAV	1203
11	B, 1-38 FA	1002
12	A, 70 BSB	740

Small Units

PLACE	UNIT	POINTS
1	8 ARMY NCOA	2590
2	275 SIG	1984
3	629 MCAS	1785
4	501 CHEM/CBRN	1640
5	604 ASOS	1265
6	HHD, 23 CHEM	1240
7	560 MCGA	1225
8	B, 6-37 FA	1216
9	WRC	1141
10	D DET, 176 FIN (FMSU)	1139
11	579 SIG	1135
12	A, 6-37 FA	1109
13	403 LRC CRC	1017
14	A, 1-38 FA	997
15	618 DENTAL	915
16	21 MP DET	802
17	B, 70 BSB	800
18	17 ORD CO	790
19	C, 6-37 FA	710
20	106 MED DET	700
21	19 AG (POSTAL)	650
22	524 MI COA	640
23	602 DET	600
24	607 WEATHER SQDN	600



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News & Notes

Youth Services

Youth Services is looking for Senior Leaders to teach a skill, play games, or simply spend time with the YS group. Great opportunity for senior leaders to connect with youth in the community. Boys and Girls Club of America SMART Girls Program, sponsored by YS, is looking for female Soldiers and professionals in the community to speak to the club on thematic monthly topics.

Main Post Club

The email for Main Post Club to make reservations is usarmy.yongsan.imcom-pacific.list.main-post-club-reservations@mail.mil. Main Post Club is open for dinner on Saturdays 4-9 p.m.

2017 BEM Training Schudule

There will be Buliding Energy Monitor (BEM) trainings at DPW Conference room #120, Bldg. 1380, from 1:30 p.m. to 2:30 p.m., on the following dates. Feb. 16, Feb. 23, Mar. 9, Mar. 16

Religious Services Schedule as of September 26

K-16 Chapel (741-62870/6448):
Protestant "Contemporary" - SUNDAY (10:30 a.m.)
South Post Chapel (738-6054):
Protestant "Contemporary" - SUNDAY (9:00 a.m.)
Protestant "Nondenominational" - SUNDAY (11:00 a.m.)
Protestant "Gospel" - SUNDAY (1:00 p.m.)
Latter Day Saints (LDS) - SUNDAY (4:00 p.m.)
Jewish - FRIDAY (7:00 p.m.)
Memorial Chapel (725-4076):
Catholic Mass - SUNDAY (9:00 a.m.)
Pentecostal - SUNDAY (11:30 a.m.)
Catholic Mass - SATURDAY (5:00 p.m.)
Catholic Daily Mass - MON/WED/FRI (11:45 a.m.)
KATUSA Worship - TUESDAY (6:30 p.m.)
Catholic Mass in Honor of the Blessed Virgin Mary - 1st SATURDAY (9:00 a.m.)
Korean Christan Fellowship - 3rd TUESDAY (11:45 a.m.)
ROK Catholic Mass - 3rd THURSDAY (5:30 p.m.)
Brian Allgood Community Hospital Chapel (737-1636):
Protestant "Traditional" - SUNDAY (9:30 a.m.)
Seventh Day Adventist (SDA) - SATURDAY (11:00 a.m.)
Catholic Daily Mass - THURSDAY (11:45 a.m.)

SAES Volunteer Opportunity

Leaders for Literacy/Math and Literacy Frenzy Volunteer Opportunity at Seoul American Elementary School. Volunteer your time by working with students in small reading/math groups or on educational games. Call SAES at 736-4613 or email jacqueline.ashmore@pac.dodea.edu for more information.

2017 National Prayer Luncheon

2017 National Prayer Luncheon will take place Feb. 28, 11:30 a.m. - 1 p.m., at Dragon Hill Lodge. Special Guest is Lt. Gen. Thomas S. Vandal, Commanding General of Eighth Army. Attire : Duty Uniform.

TARP Training Schedule

Annual TARP training is a requirement for U.S. Service Members, DoD Civilians and DoD contractors (U.S.). Local national employees and family members are not required but are welcome to take the course.
Venue: Main Post Theater
Time: 1-2 p.m.
Dates: Feb. 8, Feb. 22, Mar. 8, Mar. 22

CIF closure

Yongsan CIF will be closed for their 100% Wall to Wall Annual Inventory from Feb. 6 - 17, during this time frame the CIF will be only excepting emergency turn-in; please plan your CIF turn-ins and request for issues around our inventory dates.

Valentine's Day All-U-Can Eat Steak Buffet

Main Post Club presents Steak Buffet to celebrate Valentine's Day, Feb. 14, at 5 p.m.-9 p.m. Adults: \$19.95, Children 6-11: \$9.99, Children under 5: Free. For more info, call 723-5678/8785.

USAG Yongsan Mobile App

Check out the new USAG Yongsan mobile app to get the latest garrison news, information and social media updates in a single, easy to use location. The app is available for download to Android, IOS (Apple) and Amazon devices. For more information, send an email to: usagyongsanapp@gmail.com

2017 USAG Yongsan Superbowl LI Parties

The Superbowl event will take place Feb. 6, 6 a.m. - 1 p.m. at Main Post Club and K-16 Landing Zone Club. Free breakfast (first come-first serve) will be provided. For more info, call 723-5721/741-6030 or go to the USAG Yongsan, FMWR Facebook page.

Area II Transformation Townhall

Transformation townhall will take place Feb. 23, 3 p.m. - 5 p.m. at South Post Chapel. For families and servicemembers. For more info, please contact the Eighth Army PAO at 723-7196.

USAG-Y FY17 SHARP Training Schedule

SHARP Training is MANDATORY for U.S. Soldiers, U.S. civilians, KATUSAs, KN's. (the latter two - only Face to Face training)
Feb. 23, 9:30 a.m.-11:30 a.m. / 1:30 p.m.-3:30 p.m., at Bldg. #4106, Room 118 (ACS)
March 30, 10 a.m.-12 p.m. / 1:30 p.m.-3:30 p.m., at Bldg. #370, Room 113/222 (K16 ACS)
April 20, 9:30 a.m.-11:30 a.m. / 1:30 p.m.-3:30 p.m., at SHARP 360 Bldg. #1657 (MP)
July 20, 9:30 a.m.-11:30 a.m. / 1:30 p.m.-3:30 p.m., at SHARP 360 Bldg. #1657 (MP)
For more info, contact USAG-Y SHARP Office at 738-3183/6365.

African American/Black History Month Observance

65th Medical Brigade hosts Area II African American/Black History Month Observance. It takes place Feb. 24, 11:30 a.m.-12:30 p.m., at Dragon Hill Lodge Naija Ballroom. The guest speaker is Brig. Gen. Bertram C. Providence, RHC-Pacific Commanding General. For more info, contact Sgt. 1st Class Goode at 737-1995.

The Sisters of the ROK Mentorship Forum

As an female mentorship program under the USFK TogetHER mentorship program, the Sisters of the ROK Mentorship Forum will take place Feb. 16, 9 a.m.-12 p.m. in the South Post Theater Screening Room 1 followed by small group discussion at the Honors Café. This event will be combined joint forum co-hosted by US and ROK SELs. The forum is aimed at sharing experiences and raising awareness for female enlisted members.

4 Chaplains Day Observance

Interdenominational Community Wide Event to promote brotherhood and selfless service honoring the 4 Chaplains of different faiths that gave their lives during the worst sea disaster of WWII will take place Feb. 4, 1-2 p.m. at South Post Chapel.

K-16 Townhall

K-16 Townhall will take place Feb. 9, at K-16 CAC.

Area II Newcomer's Orientation

ACS holds Area II Newcomer's Orientation from Feb. 21 to Feb. 22. On day 1, USAG Yongsan agency briefings will take place, 9 a.m.-4 p.m. On day 2, an optional cultural tour around off post is provided, 9 a.m.-2 p.m. Sign-up is required. Please call 738-7505/05033-38-7505 for more information.

Transportation 101

Learn to navigate Seoul's public transportation system. The event takes place every 3rd Wed. of the Month. Sign-up is required. Classes meet at ACS, Bldg. 4016 at 9 a.m. For more info or to sign up for this class, please contact ACS at 738-7505/05033-38-7505.

Teen Dating Violence Awareness Month

This Valentine's Day, wear orange and spread the message that everyone deserves a healthy relationship. Share your pictures with #orange4love and #RespectWeek2017. Please contact Family Advocacy Program at 738-7505 and Victim Advocacy 24/7 at 0503-364-5997.

Comprehensive Wellness Conference

The very first annual comprehensive wellness conference will take place Feb. 22. The first session is running and injury mitigation session, from 6:30-7:30 a.m., at K-16 Fitness Center. The second session will be held at K-16 Community Activity Center, from 8 a.m. to 12 p.m. Free fitness and health goodie bags will be given out on a first-come, first-serve basis. Call 741-6434 or 010-8419-1970 for more info.

President's Day 5K Run

President's Day 5K fun run will take place Feb. 11, at Collier Community Fitness Center. Registration opens at 9 a.m. and run begins at 10 a.m. Free T-shirts while supplies last. For more information, call 738-8608.

Morning Calm, Notes from the Garrison Contact

Anyone needing to have information put out to the community through Notes from the Garrison or has a story idea for The Morning Calm, should contact Laurri Garcia at laurri.l.garcia.civ@mail.mil or call 738-7354.



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Yongsan tax center opens doors for tax season

By Pfc. Lee Kyoung-yoon
USAG Yongsan Public Affairs

USAG YONGSAN — Tax centers are opening up all across the peninsula and Yongsan is no different.

USAG Yongsan celebrated the opening of the Yongsan Tax Center Jan. 31, at the Moyer Community Activities Center. Garrison Commander, Col. J. Scott. Peterson joined the tax center staff as they kicked off the 2017 tax season. Those needing assistance with their taxes will have until June 18, to take advantage of the professional tax services available to them through the center.

For over 20 years, the Yongsan Tax Center (YTC) has provided quality tax preparation services, offering free assistance to all service members and their families, retirees and DoD Korea specific contractors. To utilize this service, it is best if community members call ahead and make an appointment, however walk-ins are also welcome.

There are mandatory financial documents that should be brought while entering YTC. “Military ID, Social Security cards for dependents, Internal Revenue Service (IRS) forms, and a copy of last year’s tax return are the required documents for utilizing the tax center service,” said Sgt. 1st Class Jonathan Fuqua, the career counselor.

All volunteers and staff at the tax center are trained thoroughly. “We’re here to help serve the community and provide the best quality service. Every tax preparer and reviewer has completed four-and-a-half weeks of training, starting with USFK peninsula-wide training at Camp Humphreys, then training by a representative from the IRS, followed by two weeks of practice led by



USFK/8A Staff Judge Advocate, Col. Eugene Bowen, USAG Yongsan Commander, Col. J. Scott Peterson, and Judge Advocate, Capt. Anthony Iozzo cut a ceremonial cake. (U.S. Army photo by Pfc. Lee Kyoung-yoon)

Ms. Younhee Davis and Ms. Christine Hayes,” said Capt. Anthony Iozzo, the judge advocate.

For service members overseas taxes must be completed no later than June 18, while service members not stationed overseas have until April 15 for completion.

The tax center is open now through June 12 and

is located in Moyer Community Activity Center, building 2259, room 102. Community members can call DSN: 723-5335 to make an appointment with the Yongsan Tax Center. Hours of operation are Monday – Friday 9:30 a.m. to 6:30 p.m. From March 1 to May 1, it is open Saturdays from 10 a.m. to 2 p.m.▲

USAG Yongsan HHC conducts Land Navigation Training



U.S. Army Garrison Yongsan Headquarters Headquarters Company (HHC) or the “Dragon Knights” executes Land Navigation Training, Jan. 17 and Jan. 26, at Mt. Dobong near the KATUSA Training Academy (KTA). Soldiers use a variety of equipment such as a compass and map to reach the designated spots. Around 30 Soldiers participated in each training. (U.S. Army photo by Pfc. Kim Min-gyu)

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Map



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USAG Yongsan gathers at quarterly All-Hands Ceremony

By Pfc. Park Min-je
USAG Yongsan Public Affairs

USAG YONGSAN — U.S. Army Garrison Yongsan employees gathered at the quarterly All-Hands Ceremony Jan. 26, South Post Chapel, to recognize employees for going above and beyond, as well as for reaching specific length of service milestones. The ceremony kicked off with Garrison Commander Col. J. Scott Peterson welcoming and thanking all garrison employees for their hard work. “On behalf of the community, on behalf of the Command team, not just Yongsan but General Vandal, you have no idea how proud all of them are of what you do,” Peterson said. He also provided updates on current garrison issues, including transformation to USAG Humphreys.



"To catch a tiger, one must enter its cave." The tiger is the commander's personal recognition logo, representing the commander's philosophy of personal courage, commitment and communication.

The ceremony continued with recognition of employees who have done exceptional work. USAG Yongsan, K-16 and the Camp Tango Directorate of Public Works (DPW) snow plowing teams received special mention for their work clearing snow and ice during the past few weeks of inclement weather. They worked tirelessly during the week, weekends and holidays, even voluntarily shoveling unit-assigned areas. Afterwards, longevity awards were presented to employees who had reached specific milestones. The hail and farewell ceremony followed, welcoming new Soldiers and employees like USAG Yongsan HHC Commander Capt. Skyler M. Saito, and saying farewell to those departing Yongsan like former USAG Yongsan HHC Commander Capt. John C. Ellerbe IV.

Peterson also took this opportunity to unveil his personal recognition logo to the community in the form of a tiger, symbolizing personal courage. The tiger is meant to be a motivator and personal incentive that corresponds with the commander's philosophy. The comander's personal coin with the tiger logo was designed for presentation and recognition of those who exemplify the commander's personal performance values and work ethic.

The All-Hands ceremony was an opportunity for both the Command team and community members to express their commitment and devotion to the USAG Yongsan community.▲



U.S. Army Garrison Yongsan Commander Col. J. Scott Peterson presents a medal to the former USAG Yongsan HHC Commander, Capt. John C. Ellerbe IV, who departs from USAG Yongsan to USAG Italy. (U.S. Army photo by Pfc. Park Min-je)



U.S. Army Garrison Yongsan Directorate of Public Works (DPW) snow plowing team members, Col. Peterson and Command Sgt. Maj. Joseph M. James pose for a group photo. Snow plowing teams are recognized for their hard work during destructive weather. (U.S. Army photo by Pfc. Park Min-je)

USAG Yongsan strikes out sexual assault by bowling at Yongsan Lanes



Participants of the "STRIKE OUT Sexual Assault" bowling event, Jan. 20, at Yongsan lanes, pose for a group photo. (Back, from left to right) Sgt. 1st Class Love Shtine, Staff Sgt. Changwon Nicolas, Hocaoglu Huseyin, Maj. Willie Ramsey, and Metcaif Booker T. (Front, from left to right) Sgt. 1st Class Wilkinson Christina, and Sgt. 1st Class Kinsey Diana S. (U.S. Army photo by Spc. Terrell Tarrace T.)

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Eighth Army recognizes best themed dining facility winner

Story and photo by Sgt. William Brown
Eighth Army Public Affairs

USAG YONGSAN — Dining facilities from across the peninsula showed off their creativity and culinary skills in a themed dining facility competition.

Each dining facility came up with their own theme. The winning dining facility, the Provider Grill from Camp Humphreys earned top honors with an aloha Thanksgiving theme. Three other dining facilities were chosen to represent each of four areas in Korea.

The dining facilities were recognized by Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal and Eighth Army Senior Enlisted Advisor, Command Sgt. Maj. Richard E. Merritt during a ceremony at U.S. Army Garrison Yongsan, Jan. 17.

Joining the Provider Grill were K16's The Rotor Wash Café, Camp Casey's Thunder Inn and Camp Henry's Sustainer Grill.

Master Sgt. Christopher Brendel, the 403rd Army Field Sustainment Brigade's food service NCOIC and the 2nd Infantry Division logistics evaluated the DFACs from area one through four and selected the four finalists for competition.

Each facility was evaluated based on the best display theme, culinary arts display, menu, customer service and nutritional requirements.

"It's good to be acknowledged as the best dining facility," said Staff Sgt. Ashley Dennis, the culinary and operations noncommissioned officer in charge for Headquarters and Headquarters Company, 194th Combat Sustainment Brigade. "We are around 6,000 miles from home and it's good to at least bring a smile to the Soldiers' faces. Even if they are only gone for a year, it's still the best feeling."

Competitors say the competition gave food service



Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal and Eighth Army Senior Enlisted Advisor, Command Sgt. Maj. Richard E. Merritt pose with representatives from the four winning dining facilities at a ceremony for the Best Thanksgiving Day competition held on U. S. Army Garrison Yongsan, Jan. 17. The Best Thanksgiving Day competition gave food service personnel an opportunity to build esprit de corps and raise the standards of culinary excellence and professionalism in the army food service program. Each facility was evaluated based on the best display theme, culinary arts display, menu, customer service and nutritional requirements.

personnel an opportunity to build esprit de corps and raise the standards of culinary excellence and professionalism in the army food service program.

"We have to work as a team because it is definitely not an individual event," said Pfc. Levi Facemyer, a food service specialist for 520th Maintenance

Company, 194th Combat Sustainment Brigade. "Everyone works hard so that we can get the mission accomplished and given the short time frame we were able to pull off as much as we did and win overall. Being recognized like this really makes me want to be the best I can be."▲

KATUSA Veteran Association recognizes current and former KATUSAs

Story and photo by Sgt. William Brown
Eighth Army Public Affairs

USAG YONGSAN — Every year, the KATUSA Veterans Association recognizes Korean augmentees to the U.S. Army both past and present. This year, the association recognized the awardees during a ceremony at U.S. Army Garrison Yongsan, Jan. 23.

"The KVA was established in 2007 and helped bring together and recognize those Korean citizens who had done so much to support the United States Army over the year," said Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal. "Both KATUSAs and KVA have done amazing things for the U.S. Army and the Republic of Korea."

This year, the KVA recognizes five KATUSAs who have been nominated by their units as having demonstrated exceptional leadership and potential. Each of the following Soldiers were presented the best KATUSA award:

Sgt. Park Joon-woo, 1st Squadron, 4th Cavalry Regiment, 1st Armored Brigade Combat Team, 1st Infantry Division (rotational), 2nd Infantry Division/ ROK-U.S. Combined Division.

Sgt. Lim Keun-soo, Special Troops Battalion, United States Forces Korea.

Sgt. Park Dae-hyun, 719th Military Intelligence Battalion, 501st Military Intelligence Brigade.

Sgt. Choi Chul-woong, Headquarters and Headquarters Company, 19th Expeditionary Sustainment Command.

Cpl. Choi Jae-young, 19th Human Resources Company, 19th Expeditionary Sustainment Command.

"It was a great honor to win this award, and I am proud of my time as a KATUSA," said Lim.



Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal, Eighth Army Senior Enlisted Advisor, Command Sgt. Maj. Richard E. Merritt and Mr. Kim Jong-wook, chairman of the KATUSA Veterans Association, pose for a picture with the recipients of the Best KATUSA Award during a ceremony on United States Army Garrison Yongsan, Jan. 23. The KATUSAs received the award for their exceptional leadership and potential.

After the KATUSAs received their awards, Eighth Army recognized Kim Hae-sung, a former KATUSA, who is now an executive advisor of Shinsegae Group and vice chairman of KVA, with the Eighth Army Distinguished Former KATUSA Award. The award was created in memory of former KATUSA Staff Sgt. Kim Sang-won for his service and commitment to his country, and it

recognized KATUSA veterans who continue to serve and contribute to Korean society.

"Being a part of the KATUSA program was only a 27 month-long experience, but it has played a crucial role in my life and career for the past 30 years," said Kim. "I will continue to seek ways to contribute to the stronger relationship between U.S. and South Korea."▲

Beginners' Guide to: Skiing in Korea

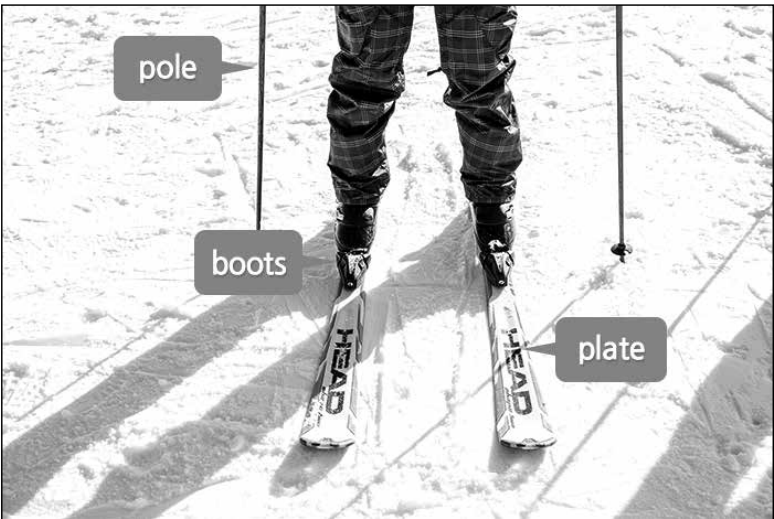
SKIING GUIDE



Step 1. Purchase lift pass & rent equipment

The first thing to do when arriving at the ski resort is to purchase a lift pass and rent ski equipment. You can bring your own ski suit and equipment if you have them, but if not, they are available for rental at the resort. However, please note that ski caps, goggles and gloves are not available for rental so you should bring your own or purchase these items if needed.

Lift passes are generally divided into morning, afternoon, evening, and midnight runs. If you don't want to cut your ski time short, all day passes are also available, as well as combination morning+afternoon, afternoon+evening, or evening+midnight types. Equipment rental time can be matched to your lift pass time.



Ski equipment names & explanations

- **Plate:** Beginners should start with plates the same length or 10cm shorter than the skier's height.
- **Boots:** Wear the correct sized boots for the best experience. When renting equipment, give your shoe size for the right boots. Be aware that Korean shoe sizes are measured in millimeters (mm).
- **Pole:** Poles should be as tall as the skier's bellybutton. Poles can be used to help with balance and to release your boots from the ski plates when taking them off.

Step 2. Become familiar with basic poses

Before getting on the lift and heading up to the top of the slope, we recommend beginners become familiar with the basic poses used when skiing. When starting out, you should put your skis in a **parallel line**. Grab your poles for balance and step down strongly onto the bindings of the ski plates to lock into the skis. With your skis still in a parallel line, bend your knees and lean forward slightly, being sure to keep your back straight without sticking your rear end out too far.

After becoming comfortable with the first pose, it's time to learn the A-pose! As the name suggests, in this pose the skier spreads their legs apart with the heels leading to position the plates in the shape of an 'A'. The A-pose is used to control speed, and a build-up of friction

can stop the skier's motion.

One thing to be aware of when making the A-pose is the spacing of the plate tips. The distance between the two front tips should be roughly the size of a fist. If the skis are too far apart, you can lose your balance; too close and you will change directions without decreasing your speed.

Steps to basic poses

1. Put Your Skis in a Parallel Line.
2. Grab your poles for balance and lock into the skis.
3. Bend your knees and lean forward slightly.
4. Practice A-pose to control speed



Parallel ski-pose



Correct A-pose



Incorrect A-pose with crossed ski tips



Continue on page 19

Eighth Army conducts combined tactical discussion with ROK 2nd Operational Command

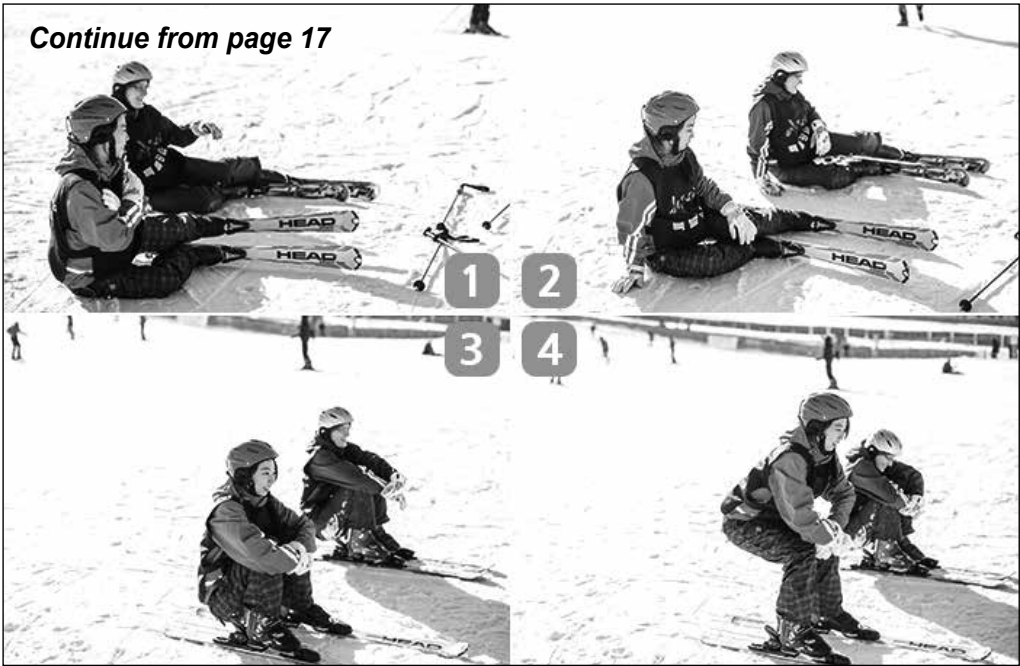


Eighth Army conducts a combined tactical discussion and tour of Camp Humphreys with Republic of Korea Second Operational Command, Jan. 23, at Camp Humphreys in Pyeongtaek. The event was intended to enhance the combined operation capabilities and strengthen the alliance between the two units. (U.S. Army photo by Cpl. Jung Dong-in, Eighth Army Public Affairs)

Soldiers take part in Best Paralegal Soldier/NCO Warrior of the quarter competition



Soldiers and NCOs from various paralegal offices participated in the Best Paralegal Soldier/NCO Warrior of the quarter competition on U.S. Army Garrison Yongsan, Jan. 20. Participants competed in an Army Physical Fitness Test, eight-mile ruck march, weapons qualification, general knowledge examination and an oral board. The two winners for the second quarter of fiscal year 2017 were Sgt. Jae Min Lee from Headquarters and Headquarters Battalion, Eighth Army and Spc. Denzic O. Blakeney from Headquarters and Headquarters Company, 19th Expeditionary Sustainment Command. (U.S. Army photo by Cpl. Cho Ha-woon, Eighth Army Public Affairs)



Step 3. Learn how to fall safely

It sounds silly, but another step for a safe and enjoyable skiing trip is to learn how to fall properly. As a beginner, falling over is expected, so it's best to learn the method for minimizing the risks of getting hurt.

When one begins to fall, the natural inclination is to put out one's hands to stop the fall. However, catching your full weight on your wrists is dangerous, so cross your arms over your chest and let your rear end touch the ground first. From the ground, arrange your plates in a parallel line, cutting across rather than down the slope. Scoot as close to the plates as you can, place your hand on the ground and push yourself into a sitting position. From here, hug your knees and pull yourself up in to a standing position.



Step 4. Learn to walk back up the slope

While skiing, you might drop a pole or perhaps your glove or hat. In this situation, you can “walk” up the slope while still wearing your skis. Walking up the slope is a bit different from normal walking, but you will quickly get used to the motion.

Similar to when you get up from falling, stand with your ski plates in a parallel line cutting across the slope. From this position, move your top leg up the slope and bring your down-slope leg to meet it, being sure to maintain the parallel positioning. Continue this sideways stair-stepping motion until you reach the point of the slope where your item is waiting.



Step 5. Ride the lift

After learning the basic poses and positions, it's time to ride the lift to the top of the slope! When it is your turn on the lift, hold on to your ski equipment and stand in the waiting area. Look behind you to confirm the position of the lift before you sit down. Once you are seated, pull down the safety bar and put your plates over the footrests. The footrests hold the safety bar in place while providing support for the heavy ski boots and plates. If your equipment is not securely in place on the lift, it can fall down so be careful, especially about any loose clothing and your poles.

At the top of the slope, follow the guidance of the staff. At their signal, take your feet off the footrest and lift the safety bar. When the staff tell you to stand up, quickly get up and ski away from the lift so the chair will not hit you as it continues around.



Tip) Ski lessons from an expert instructor

For first-time skiers, signing up for lessons with an instructor is one way to learn all you need to know. Ski resorts in Korea offer a variety of classes, from groups to private lessons for one or two students. Private lessons are more expensive but the instructor can provide more personalized guidance. The content of lessons can range from beginning instruction to intermediate and even advanced ski techniques depending on what the students require. In addition, some resorts offer lessons in other languages, but be sure to check in advance before you pick a resort. Please be aware that there are basic lesson programs included with the lift pass and special programs with a separately charged fee.

Convoy live fire training enhances 3-2 GSAB Soldier tactical skills

By Sgt. Kalandra Miller
2nd Combat Aviation Brigade Public Affairs

WARRIOR BASE - Soldiers from E Company, 3-2 General Support Aviation Battalion, 2nd Combat Aviation Brigade conducted Convoy Live Fire training, Jan. 23, at Story Range.

This training was aimed to enhance the Soldier’s abilities to carry-out a proper tactical convoy operation, said 1st. Lt. Mustafa Hamdallah, the E Company Executive Officer.

“What we are trying to do here is have these gunners become very comfortable with the weapon system because right now we’re not at stable gunnery,” said Hamdallah, “This is something on the move.”

During stable gunnery it is very easy and we have trained on it but here it is very different because the vehicles are moving, Soldiers are engaging targets and relaying reports all at the same time, he said.

There are so many things going on at once, the vehicle commanders and convoy commander need to be focused at all times.

During the exercise commanders are relaying reports to their convoy commander, who goes back to the company commander and first sergeant, who are evaluating each convoy that goes through the lanes by evaluating the convoy commander, said Hamdallah.

This exercise simulates a down-range incident where Soldiers could be ambushed by the enemy.

E Company commander Capt. Brittany M. Ashlock said there is another objective to the exercise.

“The main thing here is to get the platoon leaders and TC’s comfortable with talking on the radio,” Ashlock said.

This enhances the vehicle commander’s ability to relay reports such as situation reports and lace reports, said Hamdallah.

Soldiers participated in four different phases of training leading up to the live-fire exercise.

Phase one was the preparation stage which began with the identification of gun crews, trainers and platoon-level instructions that focused on individual tasks.

Phase two was training. Soldiers practiced on



Soldiers from Echo Company 3-2 General Support Aviation Battalion, 2nd Combat Aviation Brigade conduct a Convoy Live Fire Exercise, Jan. 23, at Story Range. Soldiers trained for several months in preparation for the exercise.

the HMMWV Egress Assistance Trainer (H.E.A.T.) at Camp Humphreys, conducted night vision driving and participated in a reconnaissance of the exercise site.

During Phase three deployment operations began and Soldiers dispatched the vehicles required to execute their mission. They were also given a safety brief and instructed on convoy operations to Warrior Base.

The fourth and final phase was the convoy live-fire exercise which consisted of three engagement areas, four day convoys and four at night, said Hamdallah.

Soldiers were able to properly exit a vehicle in a roll over simulation, mount a tactical vehicle, and execute troop leading procedures and convoy operations.

The company has trained for this exercise for about five months, Ashlock said after the fourth convoy of the day. The overall goal is to make sure our Soldiers are trained and familiarized with defending a tactical convoy.

“The Soldiers have adapted very well and seem very familiar with the weapon system so I am very pleased with their progress thus far,” she said. “I am just happy to be out here training.” said Ashlock.▲

Humphreys Cub Scouts hold annual Pinewood Derby



By Bob McElroy
USAG Humphreys Public Affairs

CAMP HUMPHREYS - About 40 Cub Scouts from Camp Humphreys’ Pack 203 held their annual Pinewood Derby car races at the 304th Expeditionary Signal Battalion motor pool, Jan. 21.

According to the Boy Scouts of America Pinewood Derby website-<http://pinewoodderby.org/about-the-purpose-of-the-event-is-to-foster-a-closer-father-son-relationship-and-promote-craftsmanship-and-good-sportsmanship-through-competition>.

Cub Scouts have built and raced the small wooden cars in races around America since 1953. Each scout selects a car design and carves it from a small block of pine, paints and decorates it and then races it.

The criteria for the cars is strict. They cannot be more than 2.75 inches wide or seven inches long and cannot weigh more than five ounces. The axles, wheels and body must only be from the kit. Wheel bearings, washers and bushings are prohibited and, while no lubricating oil may be used, Scouts may lubricate their axles with powdered graphite or silicon. Finally, cars cannot ride on any kind of spring and must be free-wheeling.

The Humphreys Pinewood Derby also included about 14 Girl Scouts. Several Boy Scouts from Humphrey Troop 203 supported the races as well. For the second year in a row, Military Police Soldiers from the 557th Military Police Company handed out speeding tickets to some of the racers.▲

The Pinewood Derby featured some spirited competition. Here, from left to right, Maddox Cruz, Reagan Webb, Ethan Cruz, Wesley McCarthy, Keegan Welsh and Adam Armstrong watch the action.

National Arts Contest recognizes young Yongsan talent

Story and photos by Pfc. Lee Kyoung-yoon
USAG Yongsan Public Affairs

USAG YONGSAN— Child and Youth Services (CYS) held an awards ceremony at the Main Post Club Jan. 18, to congratulate and recognize the winners of the 2016-2017 National Arts Contest.

A few months ago, CYS hosted the National Art Contest and accepted submissions from individuals with a deadline until Jan. 6. Youth ages six to 18 were eligible to compete for more than 10 different categories but limited to one entry per category. The categories for this contest ranged from black and white artwork to sculptures, allowing youth to explore different perspectives of art. The event was intended to give youth opportunities to explore or even compete in areas they were interested in.

"This annual contest recognizes the talented youth in our community and continues encouraging them to pursue their passion," said Tamara Browning, CYS chief. "There are youth who create artwork but don't get a chance to showcase their art. This contest gives the youth the opportunity to showcase their art, which will give them courage to continue doing art."

In terms of awards, judging was based on skill levels. Each submission from all categories had to meet strict guidelines such as composition techniques. Three judges decided on how proficiently the artworks met the benchmark. Most importantly, all first place winners of the art contest advanced to the regional art show, which will be held in Japan in the spring. All first place winners in the regional art show move on to Atlanta for the national competition. Yongsan has had two national winners in the past five years, and CYS is looking forward to its third winner this year.

"The 2016-2017 National Arts Contest was phenomenal," said Browning. Some of the kids will go on to art school when they graduate, but it is amazing how talented some of these kids are," she said. "It was extremely difficult to select the winners because in looking at each category there were so many incredible entries.



2016-2017 National Arts Contest entries are displayed at the Main Post Club, Jan. 18, for judging.

There were several judges, and we were looking at composition technique and a little bit of everything. For the overall grand winner, it was almost unanimous since everyone knew that one piece of art that just spoke to everybody."

On the same note, three outstanding pieces for each category were awarded, and one grand winner was selected from the entries. At the ceremony, the first place winners had blue ribbons on their artwork, and the overall grand winner had the honor of a purple flower ribbon placed on the artwork.

"I did the bibimbab drawing, the light bulbs and the portrait of a girl. It was an honor to win first place for two of my drawings, and also an honor to win first place for two consecutive art contests," said Rebecca Slife, first place winner

for monochromatic drawing and oil/acrylic paint. "When I did the light bulbs, I wanted to create a monochromatic piece, and I thought it would be fun doing it. For the portrait, I wanted to experiment with different kinds of material, so I used oil paints."

The overall grand winner of this art contest was Gloria Syers who drew the red flower. She received the purple flower ribbon on her artwork and was recognized on stage in front of the entire audience.

"I feel strange, nervous, and really surprised to be the grand winner, and I don't think I am ready to compete in the regional contest yet. But I think I will continue practicing with my art teacher on a daily basis to become more and more proficient," she said. ▴



(Left) Grand prize winner, Gloria Syers's entry of a red flower.

(Above) First prize winner for the monochromatic category, Rebecca Slife's entry called "The lightbulbs."

News & Notes

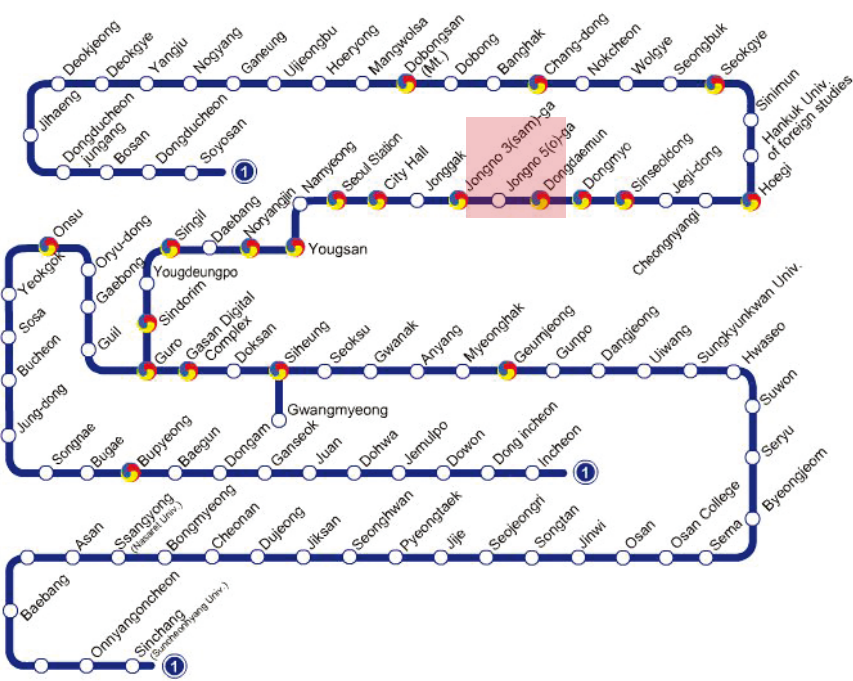
- Friday, Feb. 3: USO Humphreys will be hosting a USO's 76th Anniversary Celebration. Free cake, refreshment, and drinks will be served at 1130 to till we run out of food.
- Friday, Feb. 3: Is the registration deadline for the CYSS Family Field Trip to Coex Mall on Saturday, Feb. 11 from 9 a.m. – 5 p.m. with Parent Central Services. Cost (includes transportation) is \$10 for Families with 1-2 children, \$15 for Families with 3 or more children. Families are responsible for any entrance fees, food and miscellaneous expenses. All Families must have youth currently registered with CYSS in order to attend field trips. For more information, call 753-8274/3413.
- Friday, Feb. 3: Smart Start Transportation Class from 10 a.m. – 2 p.m. in Army Community Service. Registration is required 1 week prior to start date. For more information, call 753-8401.
- Friday, Feb. 3: ACS Volunteer Orientation from 10 – 11 a.m. in Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call 753-8401.
- Sunday, Feb. 5 & 6: USO tours by Koridoor are offering an overnight ski trip to High 1 Resort in Jung sun area. The trip includes accommodation (Gangwon land Hotel) breakfast, transportation, rental, lift ticket and tour guide. The price is \$169 for per person for twin occupancy. Trip departs at 7:30 a.m. Sunday and returns the next day at 2:30 p.m. For more information, call 753-6248, 070-4194-7142 or email to anna@koridoor.co.kr.
- Monday, Feb. 6: USO Humphreys will be hosting a Super Bowl Viewing Party. Free Burrito Breakfast and soft drink will be served at 0800 to till the games over.
- On February 6, 2017, a training holiday, the K-16, Camp Stanley, Camp Red Cloud and Camp Carroll clinics will be closed as they are for every training holiday. The Brian Allgood Army Community Hospital will have reduced services at all clinics.
- February 6-17: BSEP (Basic Skills Education Program) Class will be held Monday -Friday from 9 a.m. to 1 p.m. in Bldg. 558, Room 207. The requirements needed to enroll in the class are a current TABE (Test of Adult Basic Education) test and a signed Commander's approval form. For more information, visit the Camp Humphreys Education Center or call 753-8909 or 753-8907.
- Monday, Feb. 6: Super Bowl Breakfast Buffet starting at 6 a.m. in Alaska Mining Company. Watch the BIG game while enjoy a Houston style breakfast buffet and ribeye steak for \$18.95 or foot long Texas chili dogs for \$5. For more information, call 754-3101.
- Tuesday, Feb. 7: Is the registration deadline for The Garden of Morning Calm (Five Color Starlight Garden Exhibition) from 1 – 11 p.m. with Outdoor Recreation. Join ODR as they visit this special Korean attraction! Beautiful multi-colored starlight gardens, indoor plant exhibitions and spectacular lighting make for a fun and unique outing for all ages. Cost is \$40 adult and \$37 children and includes transportation and entry ticket. For more information, call 753-3013. Bring warm clothes and Korean won for shopping and food.
- Tuesday, Feb. 7: Is the registration deadline for Welli Hilli Ski Resort on Sunday, Feb. 12 from 8 a.m. – 8 p.m. with Outdoor Recreation. ODR invites all skiers and snowboarders to participate in our Welli Hilli ski trip. Welli Hilli has 10 different runs ranging from beginners to advanced, so there is fun for all ages and experiences! Cost is \$80 adult and \$75 child and includes transportation, lift tickets, and ski or snowboard equipment rental. For more information, call 753-3013.
- Wednesday, Feb. 8: Child Birth Class from 1 – 3 p.m. in Army Community Service. For more information, call 753-8041.
- Thursday, Feb. 9: Civilian Resume Workshop from 1:30 – 3 p.m. at Building 542. Registration is required 1 week prior to start date. For more information or to register, call 753-8401.
- Friday, Feb. 10: NEO Training from 4 – 5 p.m. in the Army Community Service building. Registration is required 1 week prior to start date. For more information or to register, call 753-8401.
- Saturday, Feb. 11: Youth Sports is seeking 20 volunteers for a swim meet from 8 a.m. to 4 p.m. Volunteers are needed for set up/clean up, timers, hospitality table, safety marshals etc. We will provide lunch and snacks for all volunteers. If anyone is interested in helping out or has any questions, please contact Raina B. Goodlow at raina.b.goodlow.naf@mail.mil.
- Tuesday, Feb. 14: USO Humphreys is offering a free trip to Classical Music Concert at Seoul Arts Center. Bus leaves USO Humphreys at 1400 and returns at 2230. Registration available at USO Humphreys and there is \$10 deposit which will be refunded at the venue. This is a free event open to active duty and family members.
- Tuesday, Feb. 14: Is the registration deadline for Jisan Forest Ski Resort on Saturday, Feb. 18 from 8 a.m. – 6 p.m. with Outdoor Recreation. ODR is offering a trip to Jisan Forest Ski Resort! Jisan offers lots of varied terrain, from bunny to black diamond slopes. Cost is \$80 adult and \$75 child and includes transportation, lift tickets, and ski or snowboard equipment rental. For more information, call 753-3013.
- Tuesday, Feb. 14: Is the registration deadline for Coex Mall Aquarium and Shopping Trip on Sunday, Feb. 19 from 9 a.m. – 6 p.m. with Outdoor Recreation. Join ODR on a trip to the COEX Mall and explore their recently renovated space and shops! Then, journey through the incredibly beautiful aquarium. Bring Korean won for lunch and shopping. Cost is \$35 adults and \$30 child and includes transportation and entry ticket. For more information, call 753-3013.
- Tuesday, Feb. 14: Care Team Training from 9 a.m. to noon in the Army Community Service building. Registration is required 1 week prior to start date. For more information or to register, call 753-8401.
- Tuesday, Feb. 14: EFMP Information Hour from 4 – 5 p.m. in Army Community Service. For more information, call 753-8401.
- Tuesday, Feb. 14: Valentine's Day Dinner from 5 – 8 p.m. in Alaska Mining Company. Couple will be invited to enjoy a lavish eight course meal at \$50 per couple. Limited seating available. For more information or to make your reservation, call 754-3101.
- Wednesday, Feb. 15: Breast Feeding Basics from 1 – 3 p.m. in Army Community Service. For more information, call 753-8041.
- Thursday, Feb. 16: Exploring your Work Personality from 1:30 – 2:30 p.m. in Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call 753-8401.
- Friday, Feb. 17: Is the application deadline for the Scholarships for Military Children program. You can pick up an application at the Commissary or download it at www.militaryscholar.org.

Enjoy Seoul through subway

SUBWAY LINE 1 - DARK BLUE LINE

Gwangjang Market

① Jongno 5(o)-ga Station, Exit 8, walk straight approximately 5-minutes.
Gwangjang Market began in 1905 and in 1962, the market was separated into Dongdaemun Market and the current Gwangjang Market seen today. Imported goods can mostly be found on the second and third floors while bindae-tteok (mung bean pancake), gimbap, yukhoe (beef tartare) and many other delicious street foods are notably found in the first level of the market. Although it is a traditional market, it is one of the most popular attractions in the Jongno area among the local youth and international tourists.



Dongdaemun Fashion Town Special Tourist Zone

① Dongdaemun Station, Exit 7, walk straight approximately 5-minutes.
The Dongdaemun Fashion Town Special Tourist Zone consists of both wholesale and retail markets. From Pyeonghwa Market and a variety of shopping complexes to Dongdaemun Design Plaza (DDP), this is an area with a wide assortment of shopping spaces. The biggest advantage that visitors can get here is the fashion boutiques of young and avant-garde high-end fashion designers. Gorgeous lighting at night and a wealth of cultural events add to the fun of shopping and for that, it is known as Seoul’s representative attraction for midnight shopping.

Connecting Station:

Dongdaemun Station (Seoul Subway Line ④), Dongdaemun History & Culture Park Station (Seoul Subway Line ②, ④, ⑤)

SUBWAY LINE 2 - GREEN LINE

Hapjeong Café Street

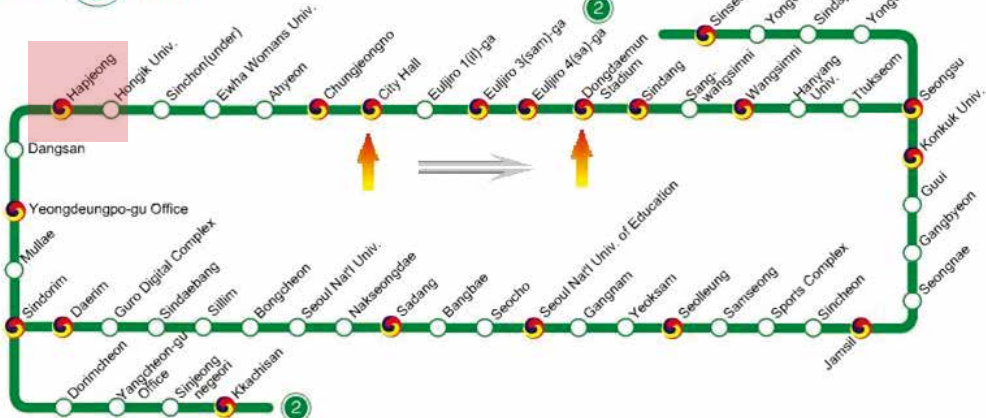
② Hapjeong Station, Exit 3 or 6, walk straight approximately 10-minutes.
If you want to enjoy a laid back experience in the heart of the city, Hapjeong-dong is one of the best places to head to. The alleys surrounding Hapjeong Station are dotted with cafés that boast unique interiors, making the neighborhood an ideal destination to go for a leisure walk. Hapjeong-dong Café Street not only has coffee shops suited to young people’s tastes, but there are also fast food restaurants, family restaurants, bakeries, and other diverse themed cultural spaces. While strolling along the charming street and adjacent alleys, you can feel the distinct atmosphere of Hapjeong-dong through the shop windows and interiors. What’s more? The KBS TV drama “Who Are You: School 2015” was filmed at the Mecenatpolis Mall that is connected to Hapjeong Station.

Connecting Station:

Hapjeong Station (Seoul Subway Line ⑥)



Line ② Map



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USAG Humphreys Tax center opens for business

By Bob McElroy
USAG Humphreys Public Affairs

CAMP HUMPHREYS – The U.S. Army Garrison Humphreys Tax Center opened for business on Jan. 24 with a pledge to provide first-rate tax assistance to the Soldiers, Families, Civilians and Retirees who live and work here.

Located in the Humphreys Consolidated Legal Center, the Tax Center is staffed by 18 Soldier volunteers from seven units on Camp Humphreys. All have completed the U.S. Forces Korea Federal Income Tax Law Course, the U.S. Internal

Revenue Service’s Voluntary Income Tax Assistance training, online training and certification.

According to Lt. Col. David A. Dulaney, the Command Judge Advocate, the tax preparers have more than 120 hours of tax preparation training and are ready to support the tax preparation needs of the Humphreys community. The Tax Center will be open through June 16, the last day of filing for overseas taxpayers.

At Tuesday’s grand opening, USAG Humphreys Deputy to the Garrison Commander Patrick L. MacKenzie thanked the volunteer

tax preparers for stepping up to help the community. He recalled some final statistics from last year’s tax season.

Last year the tax center served more than 2,000 clients, more than \$3 million tax refunds, saved over \$400K tax preparation fees and not a single filed return was rejected by the IRS as being improperly filed, MacKenzie said.

“That is fantastic, that benefits the whole organization; it benefits the community and really is great.”

MacKenzie said the tax preparers would learn much during their tenure.

“You’re going to benefit the community and you’re going to take on some really interesting tax situations, folks with rental property, folks who sold houses, folks with income they don’t know how to claim, you’re going to learn so much in this process,” he said.

MacKenzie said he knew this

because of his own experience as a VITA tax preparer—he showed the VITA certificate he earned in 1987 as an Army staff sergeant.

“Staff Sgt. MacKenzie got this VITA certificate after doing taxes but what I really got out of this was Staff Sgt. MacKenzie—now Old Man MacKenzie—still does his own taxes. I am very comfortable doing my taxes having gone through this process,” he said.

MacKenzie thanked the tax preparers for volunteering to help others and assured them the knowledge they’d gain would serve them throughout their lives.

The Tax Center is located in the USAG Humphreys Consolidated Legal Center, Building 578, in the Legal Assistance Office. It is open from Monday-Wednesday and Friday from 9:30 a.m. to 5:30 p.m. and Thursdays 1 p.m. to 4:30 p.m. For more information call DSN 753-5680 or civilian 031-690-5680.▲



USAG Humphreys Tax Center 2016 final statistics

Total number of returns prepared	2,525
Total number of Federal returns	1,561
Total number of State returns	964
Total amount of refunds	\$3,596,057
Total preparation fees saved	\$407,096
Total number of rejections	0

U.S. Army Garrison Humphreys Deputy to the Garrison Commander Patrick L. MacKenzie, was the featured speaker at the official opening of the Humphreys Tax Center on Jan. 24. MacKenzie praised the Soldiers who volunteered to be tax preparers telling them the skills and knowledge they will gain through their training and service will help them throughout their lives. (U.S. Army photo by Spc. Sydney Johnson)

Debt Consolidation: Is it right for you?

Editor’s note—U.S. Army Garrison Humphreys Army Community Service provided the following article from another source.

What is Debt Consolidation?

For some people with credit problems debt consolidation may be an answer. Debt consolidation is borrowing enough money from one lender to pay off all your debts. When you consolidate:

- You make only one payment each month, to the new lender.
- You will usually pay out less money each month.
- You typically pay more money in finance charges to consolidate debts.
- You make your payments longer.

Before Consolidating, Review All Options.

Before you decide to consolidate your debts, look at your other choices:

- Talk to your family members about the problem. See if you can lower expenses or raise income.

- Seek financial counseling. You can go to an Army Community Service, financial counseling service for free FICO score and credit report. We may know a solution you have not thought of.

- Call your creditors to see if you can work out some changes to your monthly payments that will ease the pressure. The creditors may be willing to adjust payments, if requested.

After You Decide Debt Consolidation Is For You!

If you do decide to consolidate your debts, shop around. There are different places you can go, such as banks, credit unions, and finance companies.

Before you choose whom you will get the loan from, find out the following information from each place:

- The charge for the service.
- The annual percentage rate (APR).
- The amount of your monthly payments.
- How long you must make payments.
- What the total amount is that you will pay.
- What happens if you miss a payment?
- What happens if you are late making a payment?

Potential Problems

Making only one payment a month may make you think you are better off than you actually are. You may be tempted to buy something else on credit, and before you know it you could have an even worse problem: too many bills with too little income.

For more information or for an appointment contact Army Community Service, Financial Readiness Program at 753-8401.

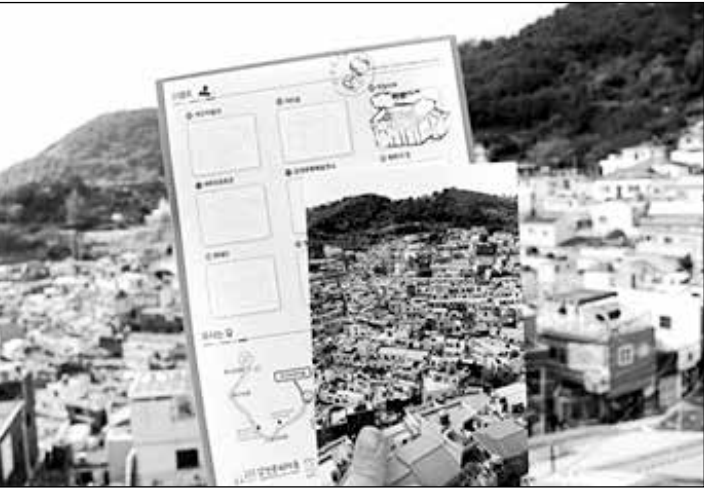
Enjoy Busan on a 10 Dollar Budget!



The second largest city in the nation just after Seoul, Busan is a city of delicious foods and modern buildings standing tall beside the beautiful ocean. Within this coastal city are dozens of fun ways to enjoy a budget-friendly vacation. Similar to our previous article on how to enjoy Seoul on a 10 dollar budget, follow our guide to explore all Busan has to offer for just 10 dollars!

Transportation (Seoul→Busan):
KTX: Seoul Station → Busan Station
Adult: 59,800 won / Travel time: 2hr 40min
Busan Tourism:
tour.busan.go.kr (English, Japanese, Chinese)

Enter a Fairy Tale World, Gamcheon Culture Village



Gamcheon Culture Village started in the 1950s as a settlement of refugees fleeing from the war that would eventually split Korea in half. This community spread up the steep hillside, following the natural curves of the mountain to build houses atop houses with narrow streets winding between them. The area underwent an art project to decorate the houses in bright murals, creating a village straight out of a child’s story book. The stacks of houses have also earned the village the nickname “the Santorini of Busan.”

The village is dotted with interesting things to see. The narrow alleys offer craft experiences in addition to the colorful murals. Of the many crafts, writing a personal message or creating a special drawing to put on a bracelet is a popular one, both special and inexpensive. Visitors to the village can also enjoy a multitude of unique street foods and snacks.

A great way to explore the village fully is to take part in the Gamcheon Culture Village Stamp Tour. Maps can be purchased from the tourist information center at the entrance of the village for just 2,000 won. With map in hand, follow the winding course to each of the stamp locations. A completed stamp tour shown to the staff at the final location will be rewarded with a souvenir postcard of Gamcheon.

• **10 Dollar Budget for Gamcheon Culture Village!**

Stamp tour 2,000 won + personalized bracelet experience 4,000~6,000 won + street food 3,000~5,000 won.

Address: 203, Gamnae 2-ro, Saha-gu, Busan-si
Directions: From Busan Station, walk approx. 150m to Busan Station Bus Stop → Take Bus No. 87 to Yangseong Supermarket Bus Stop → Walk approx. 600m to Gamcheon Culture Village.
Website: www.gamcheon.or.kr



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138th Movement Control Team assists 1-16 IN



A U.S. Soldier and a KATUSA release the tie down of a track vehicle from a cargo train while another U.S. Soldier oversees the process, Jan. 20, at Camp Casey railhead.

By Cpl. Byung Sung-guk
19th ESC Public Affairs

CAMP CASEY – 138th Movement Control Team, 25th Transportation Battalion, 19th Expeditionary Sustainment Command and 1st Battalion, 16 Infantry Regiment out of Fort Riley, Kansas transported military vehicles from Camp Humphreys to Camp Casey, Jan. 16-20.

138th MCT assisted 1-16 Infantry (IN) move military vehicles from Pyeongtaek to Dongducheon in

order to support 1-16 IN with their participation in the Brave Warrior Exercise using their Track Vehicles. “This transportation mission was the first big mission at Camp Humphreys since the opening of the rail head,” said 2nd Lt. Denzil L. Dennison, mobility transportation officer, 138th MCT. “For the mission, 98 Track Vehicles were transported and more than 50 Soldiers and KATUSAs were involved. Our mission was to transport the Track Vehicles so that 1-16 IN could have their vehicles to accomplish their



A U.S. Soldier off-loads a track vehicle from a cargo train while a KATUSA serves as a ground guide, Jan. 20, at Camp Casey rail head. (Photos courtesy of 19th ESC Public Affairs)

own mission.” The vehicles were loaded onto cargo trains at the Camp Humphreys railhead and securely tied down. They were then transported to Camp Casey where the vehicles were released and off-loaded.

138th MCT soldiers and KATUSAs oversaw the entire transportation process. They acted as security guards and ensured all equipment was tied down properly. The soldiers worked hand-in-hand with Korea Railroad (KORAIL)

personnel when conducting inspections of the vehicles. The KATUSAs also acted as translators in order for the Korean Nationals and U.S. soldiers to work together in an efficient manner.

“The weather made the mission more challenging. We weren’t expecting snow, but the team still got the mission done. As I mentioned, this was a big mission for us but all our Soldiers, KATUSAs and Korean Nationals did their parts to accomplish the mission,” said Dennison.▲

517th Movement Control Team supports Cobra Gold

By Staff Sgt. Michael Armstrong
19th ESC Public Affairs

USAG DAEGU— A joint operation between U.S. and Republic of Korea Soldiers successfully transferred munitions at the port of Chinhae, in support of an annual training mission between the U.S. and the Kingdom of Thailand, Jan. 19.

Soldiers assigned to 517th Movement Control Team, 25th Transportation Battalion, 19th Expeditionary Sustainment Command and ROK Port Operations Group worked together to ensure all containers, filled with ammunition ranging from bullets to missiles, were properly identified, marked, stored and loaded onto an Army Landing Craft Utility 2007 class vessel prior to its departure in support of Exercise Cobra Gold.

“Transportation Management Coordinators with the 517th inspected containers for HAZMAT placards and insured the proper paperwork was turned in,” said Capt. Theodore Villasenorloya, commander 517th MCT. “From there, the ROK Port Operations Group safely loaded the containers onto the vessel. Once everything is in order and the containers are secured the vessel can proceed.”

Once the vessel leaves South Korea it will continue its journey to transport the containers to U.S. forces in Thailand for the exercise.

“The operation served as an excellent learning forum for the 517th to use this knowledge and prepare for future missions later this year,” added Villasenorloya. “In the event contingency operations we will conduct continuous combined marine terminal operations and will rely on the ROK soldiers to provide support for these operations.”

Villasenorloya explained the importance of working with the ROK in a combined setting and how beneficial and important it is for his unit to work closely with their ROK counterparts.

“The 517th capitalized on the opportunity to train with the ROK Port Support Group by also learning each other’s FM radio systems and operating procedures,” said Villasenorloya. “This will prove invaluable to conduct port operations without line of sight visibility.”

Exercise Cobra Gold is a recurring, multinational and multiservice exercise hosted annually by the Kingdom of Thailand and developed by the Thai and U.S. militaries, scheduled to be held throughout Thailand. Cobra

Gold 2017 is designed to advance regional security by exercising a robust multinational force from

nations sharing common goals and security commitments in the Asia-Pacific region.▲



Soldiers assigned to 517th Movement Control Team, 25th Transportation Battalion, 19th Expeditionary Sustainment Command inspect a container insuring it has the proper HAZMAT placards prior to being loaded onto an awaiting vessel at the Port of Chinhae, Jan. 19. 517th MCT and ROK Port Operations Group worked together to make sure all containers are properly identified and loaded onto an Army Landing Craft Utility 2007 class vessel prior to its departure in support of Exercise Cobra Gold. (Photo Courtesy of 19th ESC Public Affairs)

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Line 3 Map



Gwanghwamun Station (Seoul Subway Line 5)



BLUE LINE



Myeong-dong Cathedral is the Church for Archdiocese of Seoul and was also the birthplace for the Roman Catholic Church community in Korea. The church houses the remains of several individuals: Bishop Laurent Joseph Marie Imbert (1796-1839), and priests Peter Simon (1803-1839), James (Jacques Honor

Cathedral is the oldest Catholic cathedral in Korea. In 2013, Pope Francis held a mass for peace and reconciliation in this cathedral. Visitors can feel a sense of piety and holiness upon stepping into its interior. At dusk, the holy place behind the cathedral offers a stunning sunset view, adding to the mystique of the place.



News & Notes

FLU VACCINES ARE STILL AVAILABLE

Who: All ID Card Holders 6 month and Older
Where: Camp Walker Medical Clinic Immunizations Section
When: Monday – Thursday Normal Clinic Hours (Walk-in basis only)
Must have your DOD ID cards!

Wood Army Medical Home New Operating Hours

(Effective February 1 2017)
0800-1700 Monday through Wednesday
1300-1700 Thursday
0800-1700 Friday

Wood Army Medical Clinic does not have sick call or emergency services. If you have an emergency, please visit one of the Tricare approved Emergency Departments. For more information, check out **Wood Army Health Clinic, Camp Walker** on Facebook or call at

DSN: 737-2273
Cell: 05033-372273, prompts 2-5-1
After hours Call: 05033-374782

Camp Walker Soldier Memorial Chapel

Catholic Confession 0800 / Catholic Mass 0900 / Protestant Service 1100 / Multi-Cultural Gospel Service 1230 / Contemporary Service 1700. For more information, SFC Volz, Dennis J. Jr on DSN : 764-5455 or Cell : 010-2997-5230.

Outdoor Recreation has all winter recreation needs

Outdoor Recreation at Community Activity Centers have winter recreation needs. Contact them at 764-4440/4432 for skies/poles/boots/helmets, bike rentals and other outdoor equipment.

Area IV FIGHT TONIGHT Combative Tournament

Friday, 24 February, from 1900 to 2330, Area IV invites you to the Area IV Fight Tonight, the combative tournament open for all level. The competition will take place at Camp Walker Kelly Fitness Center, and there will be qualifying meets and Weigh on February 11, from 0800 to 1200 at Camp Walker and Camp Carroll. Approval letter and physical exams are required. The top two qualifiers from Camp Walker and Camp Carroll will compete in final tournament on February 24, and the weigh in will be from 0800 to 1200 on the same day at Camp Walker Fitness Center. All bouts will take place at Kelly Fitness Center. The rules will be standard rules bouts for qualifying bouts, intermediate rules bouts/semi finals for Semi Finals Matches, and Advanced rules finals and Championships for the final matches. Pre-registration sign in and forms will be located at all fitness facility and must be brought by Kelly Fitness Center. The weight classes are as below:

Bantamweight – Male 110lbs. & under, Female 120& under
Flyweight – Male 125 lbs. & under, Female 136& under
Lightweight – (M) 140 lbs. & under, (F) 153& under
Welterweight – (M) 155 lbs. & under, (F) 169 & under
Middleweight – (M) 170 lbs. & under, (F) 185 & under
Cruiserweight – (M) 185 lbs. & under, (F) 198 & under
Light Heavyweight – (M) 205 lbs & under, (F) 227 & under
Heavyweight – (M) 206 lbs. & up, (F) 228 lbs. & up
****Finals will be fought with Advanced Rules****

Anybody who would like to hone warrior skills, exhibit the Warrior Ethos, determine the best fighters across Area IV, and further the Warrior's mindset across the Army are welcome to compete.

Scholarship for Military Children

Scholarship for Military Children's deadline is February 17. Requirements include providing a completed two-page application; the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten or computer printed essay of 500 words or less, and no longer than two pages. Make sure you double-check the list of items required to be submitted to be eligible for the scholarship. All rules and requirements for the program, as well as links to frequently asked questions and the downloadable application are available at **http://www.militaryscholar.org**.

USO, Camp Walker

Sunday, February 5, Super Bowl Party at the USO
Every Wednesday, Penny Wednesday: Everyone are welcome to join at USO for hot dogs.
Every Friday, Video Game Tour: February 10 NBA 2K16, February 17 FIFA 17, February 24 MADDEN NFL 17
Monday, February 13 and 27, Magic Tour
Tuesday, February 14 and 28, Taco Night

Subway Adventure Program

18 February, 18 March. Depart from Camp Walker Lodging at 9:15 a.m. Every third Saturday of the month, join the Community Activity Center staff and volunteers on our subway adventure program! For more information, contact Camp Walker

Community Activity Center at 764-4123 or Camp Carroll Community Activity Center at 765-8325.

Beginning Korean Classes at Community Activity Centers

Camp Walker: Tuesdays / 1200-1300 & 1730-1900, Camp Carroll: Wednesdays / 1200-1300 & 1730-1900. This is an ongoing beginning language class. This basic class is aimed at helping non-Koreans learn how to pronounce, read and write the Korean language. Topics covered include the alphabet, numbers, currency, useful Korean words and phrases.

Learn the art of quilting and sewing

1800-2000, Tuesdays at Community Activity Center. Call the Community Activity Center for more information or stop by to check it out! / 764-4123. \$5 per visit (2 hour session) which includes use of sewing machines, surges and sewing tools. A different "Project of the Month" will be offered monthly to club participants.

Arts & Craft Classes at Camp Walker Community Activity Center

Watercolor Class: Fridays / 1500-1600, Class fee is \$2 per class. Candy Crafts Class: 21 January, Class fee is \$10. For more information, call 764-5692 or 764-4123.

Enjoy the winter weather on a bicycle!

Monday-Sunday / 1100-2000 Rental Fees: \$9 per day, \$18 on Friday thru Monday, \$45 for Weekly. Helmets and reflective gears are provided. For more information, call Camp Walker Community Activity Center at 764-4432 or 764-4123 / Camp Carroll Community Activity Center at 765-8325 or 765-8671.

2017 Area IV Unit Level Commander's Cup Events

The Commander's Cup is a bi-annual event. Points awarded based on team, individual entry and 1st, 2nd & 3rd placing. All leagues will have a mandatory coaches meeting prior to the start date. One team per unit in Are IV, active duty only. Civilians can participate but will receive no points. For more information on the sports program, call 764-4800 or 764-4225.

FMWR NAF SALE

Saturday, 11 February, 1000-1500, FMWR Warehouse, Bldg #379 located behind the Hilltop Club, Camp Walker / 768-7572

Volunteers NEEDED for Child & Youth Services

CYS is seeking volunteers for volunteers for Coaches and Officials to coach the running club and the swim team. Also CYS Schools of Knowledge, Inspiration, Exploration & Skills Unlimited is currently seeking instructors for martial arts, music, fine arts and more. The Point of Contact for this opening is by henry.ross27.naf@mail.mil by email or 764-5851 by DSN.

BOSS Meeting

Camp Henry / Walker : Every Wednesday / 1000 / Camp Walker CAC

Camp Carroll / Every Wednesday / 1330 / Camp Carroll CAC

Contact your company BOSS representative for volunteer opportunities or to share BOSS program ideas. Like us on Facebook @BOSSAREAIV. For more information, email us at: area4boss@gmail.com

Mardi Gras Fit Tuesday Functional Fitness Event!

Tuesday, 28 February, 1900, Camp Walker Kelly Fitness Center
Participants will complete the bodyweight fitness workout for the best time. All participants will receive Mardi Gras beads at completion. Top times in the men's and women's category will be awarded a t-shirt and prize. For information, contact your unit/company BOSS representative or email us at area4boss@gmail.com

Winter Driving Safety Tips - Enjoy the winter season and stay safe!

Last winter, there were 130,966 traffic accidents with 3,259 fatalities and 276,485 injuries on Korean roadways. The main causes of accidents were excessive speed for road conditions and following too close. Defensive driving under any condition means operating in a manner that will prevent not only you, but other drivers and pedestrians from having an accident/collision. Winter conditions add an extra degree of difficulty requiring sharp skills, knowledge, and alertness. Remember: 1. Be prepared to drive; 2. Prepare your vehicle for winter; 3. Keep control of your vehicle to avoid collisions.

Demonstrations and Civil Gatherings

Demonstrations and Civil Gatherings are on the rise in Area IV. See the AFN Daegu Official or USAG Daegu Facebook Page for up-to-date information on dates and locations.

USAG Daegu Facebook

For Official Garrison information, check USAG Daegu Facebook at https://www.facebook.com/USAGDaegu/

Morning Calm, Notes from the Garrison Contact

"Please email the Public Affairs Office at <usarmy.henry.id-pacific.list.usag-daegu-pao@mail.mil> if you have any News & Notes submissions."

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K&Q Indices:

	K Index	Q Index
Standard	Above 5.2	Above 2.0
DMZ Mineral Water	15.2	3.9

* **K Index** refers to positive effects of water
on the human body.
* **Q Index** refers to minerals that improve the
taste of the water

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The Wolf Pack Lodge offers 201 rooms all private bath accommodations including DV Suites, VQs and LDVQs. Conveniently located in the home of the Wolf Pack, Kunsan AB all rooms are within walking distance to the BX, Bowling Center, Commissary, Banks, and the Collocated Club.

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- Dedicated front desk customer service representatives
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- Air Force Lodging Link - <http://dodlodging.net>

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- Fitness Room with aerobic equipment available
- Laundry Room located in all buildings – Laundry Detergent and fabric softener available for purchase
- Hot beverages, snacks, toiletries and Local souvenirs and gifts available for purchase at the Rickenbacker’s
- Business Center with high-speed Internet access, copier, and fax machine (free of charge)
- Wolf Pack Lodge is completely “wireless”. We now have wireless internet in all our rooms.

Are you looking for the best lodging choice on your holidays?
Then book your holidays at the Wolf Pack Lodge, enjoy a privileged location at Kunsan AB. Get away from the routines, visit Gunsan the city with the world longest Seawall. Explore and enjoy the city life of Gunsan City this holiday season

Rest with the Best



Korean students visit small America



Students from Hamchang Middle School visit the Camp Henry Barracks and take a picture with Soldiers from the Headquarters and Headquarters Company, U.S. Army Garrison Daegu, Jan. 18. (U.S. Army photo by ChongYong-kon)

By Chong Yong-kon
USAG Daegu Public Affairs

USAG DAEGU - The students received a fresh cultural shock seeing everything that the camps in United States Army Garrison Daegu have to

offer.
“In a word, it sure is a fresh shock, my first word was wow,” said Mr. Hwang, Su-hyun, second grade student. “I expected it would be somewhat open and free in the U.S. Army, but a far freer Soldier’s living style than I expected after work.”

Hamchang Middle School is located in Jeungchon-ri, Hamchang-up, Sangju city, Gyeongbuk Province, about one and half hours away from Daegu.

“I thought an United States Army base is a simple base where the Soldiers are living, but this is a small America with all kinds of living and convenient systems,” said Ms. Yu, Jun-ae, teacher. “I am sure that the students are thinking and learning a lot from this rare and precious opportunity. I was especially moved by the traffic culture, the 25K speed limit and yielding for each other at the four way cross-section and pedestrian priority over vehicular traffic, I think we should learn this good and safe traffic culture. Many things touched me and I’d like to get another chance for our students next year.”

The students had the chance to visit Camps Henry and Walker, visiting the library, the Armed Forces Network Studio and barracks.

“Now, I understand why my parents always said to me that KATUSA is good,” said Hwang. “Now coming and seeing the life of the KATUSA, I now realize the reason why my parents strongly insisted to me.”

The students’ first-ever experiences in the U.S. Army base with most of them seeing and talking to the foreigners everywhere in the base who they have been rarely seen in their place will be remaining as their life-long memories. It will stay for long time as a positive impression while they are growing and advancing to the future society and will impact positive way to the improvement of ROK/US relations in the future.▲

Recycling is right thing to do



United States Army Garrison Daegu Commander Col. Ted Stephens and Command Sgt. Maj. Juan A. Abreu test the new recycling bins that will be installed into the barracks on Camp Henry, Jan. 20. (U.S. Army photo by Sgt. Chun Taek-jun)



Russell Grossley talks to United States Army Garrison Daegu Command Sgt. Maj. Juan A. Abreu about recycling and the bins that will be installed into the barracks on Camp Henry, Jan. 20. (U.S. Army photo by Cpl. Soh Jung-han)

By Sgt. Chun Taek-jun
USAG Daegu Public Affairs

USAG DAEGU - U.S. Army Garrison Daegu Directorate of Public Works, Environmental Office handed out recycling bins to USAG Daegu Camp Henry Consolidated Barracks, Jan. 19.

“The work that we do in the Environmental is ensuring that we all follow all federal state and local regulations to ensure the protection of the environmental resources,” said Russell Grossley, Environmental Division Chief in DPW, USAG Daegu. “We perform inspections to ensure we are following those rules and regulations, ensuring that the units and shops have right tools and equipment to perform their duties in protecting the environment,” said Grossley.

The Environmental Office handed out recycling bins to the consolidated barracks, where there were none to help Soldiers recycle easier. USAG Daegu Commander Col. Ted Stephens and CSM Juan A. Abreu took time out of their busy day to observe the installation of the Recycling bins into the barracks. Abreu added by saying, “There are three reasons recycling is important. It reduces waste. It reduces pollution, and it reduces the amount of energy it takes to reproduce items.”

“Right now, there are about 110 to

120 new recycling bins distributed throughout the Garrison,” said Grossley. “The new ones are sturdier, can be placed outside, and also have ‘dual language’, both English and Korean on the bin. So everyone can understand what particular materials go where.”

“It is important to recycle in the barracks as any other facility, because we generate waste,” said Abreu. “It is also important to make sure that all are held responsible for the environment and take care of it.”

According to Grossley, approximately about 8,600 tons of solid waste are generated in Area IV.

“Of that 8,600 tons, we recycle approximately 67%. Our cost avoidance by recycling is approximately \$385,000 a year. Recycling is the right thing to do. It helps us to conserve natural resources, protects our cultural resources and protects the overall environment,” said Grossley.

“It is important to recycle because it is the right thing to do, as well as practicing good environmental stewardship,” said Pfc. Teion Middleton, USAG Daegu command group administrative.

“I want to tell the USAG Daegu, Area IV. Take pride in your environment, in your community. Make a difference,” said Abreu.

As he is saying, Area IV is certainly making a difference, conserving energy and recycling.▲

The Focal Point of Busan, Haeundae

Continue from page 25



A major attraction of Busan, Haeundae is more than just Haeundae Beach! The area also encompasses the multipurpose Marine City and other skyscrapers, Dongbaekseom Island that bursts with red camellia blossoms in winter, and Gwangandaegyo Bridge, crossing the ocean landscape like a second horizon line. Marine City serves as a great back40ground for souvenir photographs, and Dongbaekseom Island is perfect for a leisure stroll.

Originally an island off the coast near

Marine City, Dongbaekseom Island has since been connected to the mainland due to a build-up of sediment. The island’s Nurimaru APEC House was the site of the 2005 APEC Summit. Open to the public for free, visitors can see the meeting room set as it was for the summit, as well as the banquet for those who attended.

Just a short walk away from the beach is Haeundae Traditional Market. Despite the small size, visitors can fill up with tteokbokki (spicy rice cakes), twigim (fried food), eomuk

(fish cake), mandu (dumplings), dakgangjeong (glazed fried chicken bites) and other popular street foods.

• **10 Dollar Budget for Haeundae!**
Street food 3,000~10,000 won.

Address: Area of U-dong, Haeundae-gu, Busan-si
Directions: From Busan Station, walk approx. 50m to Busan Station Bus Stop → Take Bus No. 1003 to Haeundae Beach Bus Stop.

The Essence of the Sea - Oryukdo Skywalk & Igidae Park Coastal Trail



Oryukdo Island is named for its changing appearance, seeming to be a grouping of five or six (o and yuk being “five” and “six” in Korean, respectively) islands depending on from where they are seen. The best place to see the islands is Oryukdo Skywalk, built on a cliff high, with nothing but a transparent floor between you and the ocean waters below. The skywalk is a great place to take photos and on clear days, you can even see as far as Japan’s Tsushima Island.

A coastal walking trail connecting Oryukdo Skywalk with Igidae Park offers stunning views of the sea and the city of Busan. Built along the sharp cliffs above the ocean, the approximately 4 km-long trail features various sections, including a cloud bridge, wooden deck, stone pathway, and trails through the forest.

The main starting point is Igidae Park but many people also start from Oryukdo Skywalk. If the full 4km seems too long, walk a short bit to the section of your choice before turning back. Strolling along a section of the coastal trail with a cup of coffee in hand is enough to create a beautiful and romantic memory of your time here.

• **10 Dollar Budget for Oryukdo Skywalk & Igidae Park!**
Beverage at a café 4,000~6,000 won

Address: 137, Oryukdo-ro, Nam-gu, Busan-si
Directions: From Busan Station, walk approx. 50m to Busan Station Bus Stop → Take Bus No. 27 to Oryukdo SK View Rear Gate Bus Stop → Walk approx. 300m to Oryukdo Skywalk.
Oryukdo Skywalk operating hours: 09 a.m. - 18:00 p.m.

6th KSC mobilizes troops and vehicular assets



Soldiers of the ROKA 5th BN, 125th Regiment, 53rd Infantry Division and a member of the 6th KSC Company work together to inspect a truck in order to issue a registration plate as a part of the WHNS FTX, Jan. 18 (Photo courtesy of 19th ESC Public Affairs)

By Pfc. Sin Jae-hyung
19th ESC Public Affairs

BUSAN – The United States Army Materiel Support Command – Korea’s Korean Service Corps Battalion, 19th Expeditionary Sustainment Command, conducted its annual Mobilization Exercise and Wartime Host Nation Support Field Training Exercise for three days at Jugam Middle School, Busan, Jan 17-19.

The MOBEX operation involves the mobilization of nearly 4,000

Republic of Korea military reservists in Busan for the purpose of provisioning the ROK manpower to the U.S. Forces in Korea during contingency. The number of personnel to be mobilized in times of contingency culminates to 22,000 across the Peninsula.

The WHNS program in Busan utilizes 48 resources, provided by the ROK during contingency operations, to support the USFK, in accordance with the ROK/US mobilization plan.

While these two exercises may appear separate, they are conducted

simultaneously every year because they support one another and both are valuable opportunities to enhance the ROK/US alliance and coordination between allies.

The MOBEX involved six stations each of which had 6th KSC Company cadres to assist in the process. Members of the 6th KSC Co. role-played as mobilees. At the first station, on the playground, the cadres verified mobilees’ identity and completed a basic physical examination. Next, in a classroom, they were issued M50 chemical protection masks and received hands-on training. Mobilees then input their personal information at the third station before moving on to receive Organizational Clothing and Individual Equipment at the fourth station. Finally, after mobilees conducted Army warrior training, the cadres produced Geneva Conventions Cards and two identification tags for each qualified mobilee at the last station.

Staff Sgt. Robert Q. Jones, Signal Communication Specialist, Headquarters and Headquarters Company, 498th Combat Support Sustainment Battalion said, “The 498th CSSB provided the 6th KSC Company with Signal support using a Combined Operation Very

Small Aperture Terminal Network – Korea, which is vital to the MOBEX because it enables cadre to verify and input mobilees’ information on a secured server.”

During the WHNS FTX, the ROK Army’s 5th BN, 125th Regiment, 53rd Infantry Division delivered 10 resources to include vehicles, an ambulance, trucks and fuel tanks to the site, Jan. 18. Then, with the 6th KSC Company members, they conducted verification and registration of the resources, followed by functional checks. After they issued a registration plate on the bumper, the resources were ready to be transported to the USFK to support its missions during contingency, according to Cho Kyu-hyong, Operations Specialist, 6th KSC Company, MSC-K, 19th ESC.

“These exercises are critical because they offer a great opportunity to see how swift 6th KSC Company can carry out the mobilization process and how many mobilees and resources will be able to be deployed to support different USFK in times of contingency,” said Cho. “Moreover, they are also a chance for the ROK/US to examine the effectiveness of their mobilization plan.”▲

19th ESC assists 1-6 HARS arrival



A 2ID Soldier checks if there is any malfunction in the helicopter before it takes off straight to Camp Humphreys. (Photo courtesy of 19th ESC Public Affairs)

By Pfc. Sin Jae-hyung
19th ESC Public Affairs

BUSAN – Members of the 19th Expeditionary Sustainment Command successfully demonstrated its capability of providing movement control and transportation support utilizing both commercial ground assets and Army transportation assets throughout the Korean Peninsula during a coordinated exercise alongside an aviation unit assigned to the 2nd Infantry Division, Jan. 9.

Twenty-four helicopters and over 180 pieces of containers arrived from Fort Riley Kansas were unloaded

from the Green Bay vessel at Pier 8 in Busan by members of the 517th Movement Control Team, 25 Transportation Battalion.

The helicopters were assembled and checked by 2nd Infantry Division Soldiers prior to their return flight back to Camp Humphreys. Meanwhile, the containers were loaded on trucks and transported to their final destination, Camp Humphreys, stopping by several designated locations.

This exercise provided reception, staging, and onward movement training, which was designed to



19th ESC Soldiers load a 1-6 Heavy Attack Reconnaissance Squadron Rotation cargo on a truck to be transported to the 2ID at Camp Humphreys. (Photo courtesy of 19th ESC Public Affairs)

exercise movement control systems. The movement included 210 pieces of the 1-6 Heavy Attack Reconnaissance Squadron rotational forces’ vital military equipment and material within the Busan metropolitan area and onward all the way up to Camp Humphreys.

“This kind of exercise is important because it provides our rotational units with their equipment such as helicopters and cargos so that they can execute their missions on the Korean Peninsula. More importantly, it gives us a sense of fight-tonight mindset,” explained 2nd Lt. Karl D.

Gross, 25th Transportation Battalion, 517th Movement Control Team Transportation Officer.

“517th MCT Soldiers from the 25th TRANS BN successfully conducted the onward movement, pre-departure safety checks, and cargo documentation operations in support of the 1-6 HARS rotation,” said Capt. Theodore A. Villasenorloya, commander, 517th MCT.

The 19th ESC will now use the lessons learned from this exercise to further improve movement control coordination with other units for future exercises.▲

Romantic Seaside Vacation at Tongyeong & Geoje

Tongyeong and Geoje are two of the most favorite cities of Gyeongsangnam-do. Not only are these cities perfect for those seeking a seaside vacation, its close vicinity to Busan makes it a great sightseeing destination to include during your travel around Korea's south coast. Beautiful nature, on top of a variety of things to see and eat will undoubtedly make the trip as rewarding as any would expect. Particularly, there are several ideal spots for taking romantic photos with your loved ones, and thus explaining the huge presence of dating couples visiting here.

Region: Gyeongsangnam-do | Suggested Duration: 2 Days/ 1 Night



Dongpirang Village

Also often referred to as the east cliff, Dongpirang Village is well-known for its mural paintings. Tourists may get a great overview of Gangguan Port, and find mural artwork painted on every other wall here. An all-time favorite date spot among couples for taking myriad of photos, visitors may also find many couples holding hand in hand, busy snapping photos along with the mural paintings. Once at the verge of being demolished, a local community decided to take lead in a revitalization project to gather people throughout the nation in order to paint murals on the walls of this village. Since then, the village was transformed into a mural village, as well as a must-go attraction of Tongyeong today. Although this is a tourist attraction open to the public, there are still locals residing in village, and thus visitors are advised to take consideration of the living residents and prevent any unnecessary disturbance. Besides, there are several pretty and cozy cafes hidden in the village. If you are tired from all that walking and exploring every nook of the alleyways, take a short rest at any of the interesting cafes that you may pass by!

- **Directions:** From Tongyeong Bus Terminal Bus Stop, take Bus No. 101 and get off at Jungang Market Bus Stop. → Walk for about 400m to Dongpirang Village.
- **Address:** Areas of Dongho-dong, Tongyeong-si, Gyeongsangnam-do.

Lunch at Tongyeong Jungang Market



After enjoying your time at Dongpirang Village in the morning, it shall be lunch time soon after. Tongyeong Jungang Market located nearby is the best place for you to experience both delicious food and a traditional local market atmosphere concurrently. Shape of a bite size gimhap, added with a spicy seasoned squid and radish kimchi, this simple combination of ingredients makes it incredibly addictive. Another representative must-eat street food found in Jungang Market is the famous Tongyeong honey bread. A variety of fillings are available for options including the classic red bean, sweet potato, cream cheese, citron and more. Besides these snacks, Tongyeong is also particularly popular for sea urchin bibimbap, whereby sea urchin roes are added into the mix of bibimbap bowl. Since no gochujang (red pepper paste) are added, this dish is not spicy and it gives off a rich fragrance thanks to the sea urchins and sesame oil added.

Safety, security, suicide and SHARP



Richard S. Green talks about the importance of OPSEC during the mandatory training, Jan. 17 at the Camp Henry Theater. (U.S. Army photo by Intern Ha Si-on)

By Intern Ha Si-on
USAG Daegu Public Affairs

USAG DAEGU - United States Army Garrison Daegu Soldiers and Civilians gathered Jan. 17 at the Camp Henry movie theater to conduct mandatory training. It is regular training organized by the Directorate of Plans, Training, Mobilization and Security that is useful in not only preventing injuries, but also coping with hazardous things in work places.

In the morning, the training sections started for Korean employees from 8 a.m. to 12 p.m. After lunch time, the same sections were presented for Soldiers and

Department of the Army Civilians at 1 p.m. and finished at 5 p.m.

The speakers shared some insights during this training that served as adequate preventive measures to avoid any unpleasant events.

First, Ernest Davis, a security officer in DPTMS gave a presentation about security awareness. He taught the importance of controlling security information by an authorized person and he also explained how to access, recognize and store classified information.

After the security awareness, Sexual Harassment/Assault Response and Prevention Training was presented by USAG Daegu

Sexual Assault Response Coordinator Richard Flowers.

“Senior leaders, NCOs and officer must participate in unit sexual assault training,” and he ensured that victims of sexual assault can receive support and are not re-victimized as a result of reporting the incident. This section’s goal was to minimize sexual assaults, prevent victims by providing people with USFK sexual assault trends, reporting options and the leaders’ responsibilities.

“I believe SHARP training will very benefit everyone in Korea, because not many people have had proper training and do not know what to do in these kinds of situations,” said Chun Taek-jun, Headquarters, Headquarters Company, USAG Daegu KATUSA.

Participants had a break time and then the training continued at 2:45 p.m. by Operation Security Manager Richard Green. “It’s all about the information,” said Green. “We must do our best that information posted has no significant value to the adversary.” The OPSEC means unclassified information that could cause compromise or threat to our national security, Army organizations, activities, family members, Department of the Army civilians or Department of Defense contractors.

Suicide Awareness was conducted by Sgt. 1st Class Dennis Volz from the Garrison Religious Support Office. If someone reveals some warning signs

such as relationship issues, feeling hopeless, and alcohol or substance abuse, we need to help them by listening and caring. Also, escorting is our duty. He encouraged people to participate the Army Suicide Prevention Programs.

“I also learned how to respond hazardous situations, when one of my friends are having a hard time and thinking about extreme decisions,” said Chun.

In final section, Mr. Kim Chon-il from Directorate of Public Works dealt with Environmental Awareness. He explained not only the environmental policy, but USAG Daegu significant environmental aspects like spill control, solid waste reductions, hazardous waste reduction, energy efficiency and air emission.

“I can understand why they are doing this training on a regular basis. The subjects are so important that we cannot afford to forget those, so we need to refresh our memories regularly,” said Chun.

With this refresher training, Civilians and Soldiers could have an excellent opportunity to be prepared for various emergencies, and people can succeed in their working places.

Life is unpredictable and full of surprises. The only way to avoid mishaps is being aware of them. With increased awareness about security and regulation in U.S. Army, people can handle problematic situations easily and effectively.▲

Interns meet for last time in Area IV

By Intern Ha Si-on
USAG Daegu Public Affairs

USAG DAEGU - Korean University interns in Daegu who work throughout Area IV offices gathered at 8:10 a.m., Jan. 20, at the Camp Henry movie theater to arrange some classes finally.

Interns started working last November in different offices such as Public Affairs Office, Army Community Service, Religious Support Office, Daegu American School and many tenant units, are immediately immersed in a new American workforce and environment.

“I’ve been very excited since I started to work at Area VI community, especially in the 411th CSB office,” said Ko, Sihyun, intern of 411th CSB. “While performing work involved in the contract administration of procurement activities, I became confident and I’m proud of my job,” said Ko.

Interns have successfully been dealing with Soldiers, their family members, Department of the Army Civilians and Korean staff.

“I hope you feel lucky too to participate!” said Col. Ted Stephens, USAG Daegu. “I know that there are not many programs like it in terms of U.S Army perspective, so we are quite

lucky to be able to cover this!”

Following the Stephens’ introduction, a representative of United States Army Civilian Human Resources briefed how to apply for the job in USAG Daegu and employment opportunities for interns who are interested in recruitment for Korean National positions.

“Being ‘good’ with money, is every day management,” said Lee Chae-won, Army Community Service financial readiness intern “Money Management”. She gave a money management presentation and clarified that there are three basic steps people can take to make the most of their money whether they’re planning for themselves or for their whole family.

After the lunch time at Dinning Facility in Camp Henry, all interns assembled in each group to make video presentation. This meeting was the last time before closing ceremony in Yeungnam University on Friday, Feb. 10 starting at 9:30 a.m. All interns will receive their graduation certificates.

“This intern program is the best choice in my life because I learned many things like American culture, business manner, and business English as well” said Ko. “Thank you for your kindness and hospitality!”▲



United States Army Garrison Daegu Commander Col. Ted Stephens listens to a question from an intern during the final meeting of the Area IV Fall Session interns, Jan. 20. (U.S. Army photo by Intern Ha Si-on)



United States Army Garrison Daegu Commander Col. Ted Stephens and the Area IV Fall Session interns gather to take a picture, Jan. 20. (Photo courtesy of Army Community Service)

Hallyeosudo Viewing Ropeway



The Hallyeosudo Viewing Ropeway brings visitors to the peak of Mireuksan in Tongyeong, with a distance of about 1,975m, making it the longest cable car in operation in the nation. Passengers can get a panorama view of Hallyeohaesang National Park, a highlight of Namhae, from the cable car. As the cable car goes up or down Mireuksan Mountain, passengers may feel as if they are on a thrill ride at an amusement park. If you would like to enjoy picturesque vistas in all directions, walk for about 15 minutes more via the stairs to the summit, after getting off the cable car. Nonetheless, the view from the observatory when you get right out of the cable car upper station is sufficiently beautiful, a great option for those traveling with elderly.

- **Directions:** From Jungang Market Bus Stop, take Bus No. 100 and get off at SLS Shipyard Humun (Back Gate) Bus Stop → Walk for about 200m to Hallyeosudo Viewing Ropeway
- **Address:** 205, Balgae-ro, Tongyeong-si, Gyeongsangnam-do
- **Operating hours:** 09:00-18:00 (Vary according to season and weather conditions. Closed days vary every month; please refer to website before visiting.)
- **Fees:** Adults & Teenagers (round-trip) 10,000 won, (one-way) 6,500 won / Children (round-trip) 6,000 won, (one-way) 4,000 won

Hansan Marina Hotel & Resort Yacht Tour



- **Directions:** Take a taxi from Hallyeosudo Viewing Ropeway for about 4km
- **Address:** 820, Samchingilhaean-gil, Sanyang-eup, Tongyeong-si, Gyeongsangnam-do
- **Fees:** Catamaran Yacht Tour (fixed experience program): Adults & Teenagers 70,000 won (non-peak period: 50,000 won) / Children 40,000 won (non-peak period: 30,000 won)

Yacht Rental: 600,000 won – 2,500,000 won (Vary according to rental hours & type of yacht)

If you feel like it's a waste to only appreciate the beautiful sea onshore, take a ride on the yacht to experience the sea atmosphere personally. For couples traveling, this could be an ideal activity to capture unforgettable memories as you ride on a posh yacht with your loved ones while out on the magnificent sea, as if some classic romance movie scene. Hansan Marina Hotel & Resort provides luxurious European-style yachts. Every yacht offers drinks and other basic necessities, great for on-board parties and even swimming in the sea. If you are looking for cheaper alternatives to enjoy this yacht experience, you can gather a few friends to join the regular '70-min' yacht experience program. For those who prefer having privacy and a more lavish experience, renting a yacht is recommended. Accommodation is also available on yacht, making it a popular activity among couples who wish to celebrate anniversaries or hold wedding proposals.

MLF prepares for Key Resolve ‘17



Members of the 22nd KSC Co. Mobile Labor Force set up tents in Camp Humphreys, Jan. 25. (U.S. Army photo by Sgt. Uriah Walker)



A member of the 22nd KSC Co. Mobile Labor Force assembles a portion of a tent, Jan. 25, in Camp Humphreys.

By Sgt. Uriah Walker
19th ESC Public Affairs

USAG DAEGU – Construction efforts are under way at Camp Humphreys, preparing for Key Resolve and Ulchi Freedom Guardian 17. A temporary life support area is being built by the 22nd Korea Service Corps, Mobile Labor Force to accommodate more than 600 service members.

The new LSA site comes as part of the larger plan to consolidate camps across the peninsula and allow the South Korean military to showcase its role in the defense of its country. “In support of KR 17, the Camp Humphreys LSA is being constructed with 47 temporary lodging tents,” said Kim Myong-su, MLF labor technician. “Services will include two MWR tents in

addition to basic life support such as power, water, medical services and personal furniture items in the tents.” Once the tents are up, Kim said, the MLF would be split into two crews. One to furnish tents with cots, footlockers and clothing racks and the other to build walkways and support the Department of Public Works’ installation of water and electricity.

“Our number one mission is to support USAG Humphreys,” stated Kim. “Our primary task is supporting exercises with transportation, carpentry, masonry and welding.” He further explained that the MLF would be on-call to complete maintenance requests and any future construction of a permanent LSA similar to the current site at Camp Coiner.▲

February is African American History Month

*The following is from <http://africanamericanhistorymonth.gov/>
It is an excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History*

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American’s contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded materials to instruct their pupils; and progressive whites, not simply

white scholars and philanthropists, stepped forward to endorse the effort. By the time of Woodson’s death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all color on the subject of the contributions of African Americans to our history and culture. The celebration was expanded to a month in 1976, the nation’s bicentennial. President Gerald R. Ford urged Americans to “seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history.” That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.▲



A crowd of African-Americans and whites surrounding the Reflecting Pool and continuing to the Washington Monument, Aug. 28, 1963. (Photo courtesy of Leffler, Warren K.)

Commissaries begin measuring regional savings

By DeCA Corporate Communications

FORT LEE, Va. – Commissary savings will be reported more often and better reflect the cost of living where patrons shop, said the director and CEO of the Defense Commissary Agency.

“We have updated how we measure patron savings at the commissary,” Joseph H. Jeu said. “This enhanced way of calculating savings doesn’t change the actual dollars that patrons save, but it will give patrons a better understanding of price comparisons in their local area.”

Historically, DeCA measured savings globally, by comparing national prices at commissaries against average market prices for the whole country. However, the cost of living varies by region. To account for these geographic differences, Congress now requires DeCA to report on savings regionally, comparing prices with two-to-three commercial grocers, including super centers, in the local area of each commissary in the United States.

Through this updated measurement, DeCA is also expanding the range of items on which it measures savings. Besides continuing to compare approximately 38,000 branded items at a national level, DeCA will also be comparing local prices on approximately 1,000 products, which are representative of a shopper’s typical market basket.

“What we did before was good for showing a worldwide, annual savings average,” Jeu said. “However, now we are diving deeper into our

patrons’ shopping experience to better reflect regional differences in cost of living and actual shopping patterns.”

Since the savings rate is calculated from local price comparisons, it will vary by region due to differences in the cost of living, even when commissary prices remain uniform and constant.

For example: Imagine the price of macaroni is \$1.25 at all commissaries, but the comparison price at local commercial retailers varies by region. In Hawaii, where the cost of living is higher, the price of macaroni in commercial retailers is \$2, but in Georgia, where the cost of living is lower, the price outside the gate is \$1.50. This would mean even though customers pay \$1.25 for macaroni at commissaries worldwide, customers in Hawaii save 37.5 percent by using their commissary benefit, whereas customers in Georgia save 16.7 percent.

Congress requires that DeCA maintain savings at current levels, even as the commissary system transforms its business operations and improves the shopping experience. The new savings rate provides an accurate baseline that will allow DeCA and Congress to monitor and protect patron savings.

“I am pleased that DeCA can offer significant savings to our patrons on products they frequently purchase,” said Jeu, “The enhanced savings calculation will allow us to measure the benefit more specifically and more often, protecting it at current levels for years to come. The value of a

patron’s market basket should not change because of the new savings calculation. Although market fluctuations will cause prices of grocery products to increase and decrease – as they do today – commissary patron savings levels will remain constant.”

For information on savings by region, see the table below:

	Commissaries	Savings %*
New England	36	21.4%
South Atlantic	30	19.9%
South Central	33	18.1%
Pacific	31	20.9%
Mountain	20	17.6%
North Central	18	20.2%
Alaska/Hawaii	9	32.6%
US Average	177	20.2%
Overseas	61	44.2%
Global Average	238	23.7%

*Calculation includes applicable taxes in commercial grocery store prices and surcharge in commissary prices; without these, savings would be US (22.3%); Overseas (45.6%); Global (25.7%). 35 States (70%) do not have sales tax on food items.

For more details on the commissary’s new business model, visit the transformation page on DeCA’s website, www.commissaries.com for FAQs.▲

Teen Dating Violence Awareness & Prevention February 2017



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Selected FAQs

What is the commissary savings rate supposed to measure?

- The savings number is meant to capture the percentage a patron can save, on average, by shopping at a commissary instead of a commercial retailer.

In the past, why have you said the savings rate was 30 percent? I notice I save more on some products than others.

- In the past we measured the savings rate across all items in a worldwide average market basket – which means you might find some variation in how much you save on individual items.
 - o For example, let’s say that the average savings rate is 30 percent worldwide. On a given day, the average savings might be 35 percent on pasta and 25 percent on beans, but on average, the savings would be 30 percent for a typical shopper’s basket of groceries.
- When you, the shopper, compare prices, you’re looking at a single point in time. But prices change regularly, as costs from suppliers change, demand fluctuates, and retailers put items on sale. A snapshot on one day might compare a product on sale at the commissary to a product at a commercial retailer that’s not. That’s why we provided an annual average number, compared to all retail grocery outlets.

Why are you updating the way you measure patron savings?

- Before, we measured savings globally, by comparing prices at commissaries against average market prices for the country. But, cost of living varies by region.
- Congress has mandated that we update the methodology to add a geographically specific measurement. Now you’ll get a better sense for how much you save by shopping at your local commissary, compared to retailers in your region rather than retailers across all regions.
- We calculate the savings by looking at market prices on all products and by checking prices at local stores on select items we know are important to you. We’ve also updated which items we use for the comparison to better reflect your shopping patterns today, for example by including private label items.

Have you changed how much I save at commissaries? Will my savings change in the future?

- No. Changes to the savings methodology won’t change how much you spend. Congress protects your savings by law. Instead, the new calculation will give you a better, more locally specific sense for how to compare what you spend at the commissary to what you would have spent at local retailers. With this new calculation, we’ll be even better equipped to monitor savings levels and ensure your savings are protected and maintained at this new baseline for years to come.▲

One-day Tour of Gangnam's Hottest Places!



Gangnam sprang to the forefront of Korean tourism after Psy's song "Gangnam Style" hit the international airwaves! Known as the most prosperous area in all of Seoul, Gangnam is almost synonymous with words like fashion, trendy and cutting edge.

Gangnam has the largest floating population out of any district in Seoul. Skyscrapers line the many straight and wide roads that stretch through Gangnam; the buildings house businesses ranging from finance and trade to information technology. On weekday mornings, the area is crowded with office workers, while the evenings and weekends play host to young 20- and 30-year-olds looking for some fun.

There is no shortage of things to see at Gangnam Station, between the modern skyscrapers above ground, and the vast Underground Shopping Center. Here you can find a multitude of shops selling trendy items from hats to shoes; buy an item or two to take back as souvenirs and show-off your very own "Gangnam Style."

Seoul Travel TIP: *If you only have one day to travel around Seoul, take the Seoul City Tour Bus. To enjoy just the Gangnam area, you can take the "Around Gangnam City Tour Bus" and if you'd like to see more of the city, ride the "Panorama + Gangnam Tour Bus." With just one ticket, you can freely hop on and off at Seoul's most popular tourist attractions.*

Walk around Sinsadong Garosu-gil Road



Garosu-gil Road in Sinsa-dong, Gangnam-gu, is lined with interesting and unique things to see. Stretching approximately 700m from Sinsa Station on Subway Line 3 to Hyundai High School in Apgujeong, the street is lined with perfectly straight ginkgo

trees. The verdure of the leaves in summer creates a refreshing feeling of nature, while the golden leaves in autumn make for beautiful photo spots. The trees are beautiful and should definitely not be ignored, but the real charm of the area lies elsewhere, in the

shops, cafés, and restaurants. Unique shops with individual characteristics and tastes began to spring up one or two at a time. After this, it became easy to spot fashionable young men and women year-round. The area is also popular among couples as a date location.

Address: Sinsa-dong, Gangnam-gu, Seoul
Directions (Gangnam Station → Sinsadong Garosu-gil Road, approx. 20 min): Walk approx. 237m to Gangnam Station Bus Stop → Take Village Bus Seocho03 and get off at Sinsa Four-way Intersection. Garosu-gil Bus Stop → Walk approx. 329m to Garosu-gil Road

Joint air load training enhances readiness

By Capt. Jonathon A. Daniell
35th ADA Brigade Public Affairs

OSAN AIR BASE — With snow on the ground, 6th Battalion, 52nd Air Defense Artillery Regiment Soldiers battled the elements learning the procedures of joint air load operations from Airmen assigned to the 51st Logistics Readiness Squadron at Osan Air Base, Jan. 12.

Air load operations are essential to air defenders on the Korean Peninsula. In wartime situations, Soldiers may be tasked to move interceptors to more heavily targeted locations in accordance with the commander's redistribution plan, or assist with integrating external ADA units onto the Peninsula to bolster ballistic missile defense capabilities.

"This training was an introduction to U.S. Air Force specific air mobility equipment and processes," said Master Sgt. Christopher DiSanto, lead instructor for 51st LRS. "This training encompassed both classroom and hands-on training, in an effort to expose individuals to air load procedures, enhance overall military readiness and rapid deployment capabilities."

The training was conducted over three days. Day one consisted of movement preparation area operations, where Soldiers focused on the requirements prior to conducting joint air load operations. The Soldiers trained on hazardous material procedures, the frustration zone process, vehicle inspections, documentation requirements and ended the day with final inspections.

"Fight tonight readiness is the number one priority on the Korean Peninsula, and that means being ready for every situation," said 2nd Lt. Kami Miles, 6-52 ADA officer in charge of air load



Soldiers assigned to 6-52 Air Defense Artillery Brigade conduct joint air load training with the 51st Logistics Readiness Squadron at Osan Air Base, Jan. 12. The Soldiers are offloading a Patriot missile canister to prepare it for aerial transportation on a 463L pallet. (U.S. Army photo by Pfc. Daniel Lee)



2nd Lt. Kami Miles and 2nd Lt. Connor Camp, 6-52 Air Defense Artillery, secure the chains around a Patriot missile canister while executing joint air load training taught by the 51st Logistics Readiness Group at Osan Air Base, Jan. 12. (U.S. Army photo by Pfc. Daniel Lee)



Master Sgt. Christopher DiSanto, lead instructor for 51st Logistics Readiness Group, prepares for a joint air load training class at Osan Air Base, Jan. 24.

training. "This event ensured we have Soldiers trained and ready to execute air load operations when needed."

The second day of training was spent in the classroom learning the proper techniques of air load operations, discussing common errors, and the different responsibilities for everyone involved. With decades of experience between the instructors from the 51st LRS, the Soldiers received a thorough overview of what to expect on execution day.

"The final day of training involved hands-on training with

small cargo build-up of 463L pallets, measuring and calculating center-of-balance for vehicles and equipment, and securing large vehicles and equipment," said DiSanto.

Although the Soldiers didn't get the opportunity to load equipment onto an aircraft, the hands on training securing equipment to the 463L pallets met their desired end state. The unit is planning similar training events in the future, and the 51st LRS is prepared to support.

"We definitely look forward to working with them again," said DiSanto. ▴

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