

The Morning Calm

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At Story Range in Paju Feb. 4, Soldiers using live explosives during combat training huddle for safety after setting off a breaching charge on a door that's set up to simulate the entrance to a building they need to break into during battle. The troops are with the 1st Engineer Battalion, part of the 1st Infantry Division's 1st Armored Brigade Combat Team. The brigade is on a nine-month rotational Korea tour with the 2nd Infantry Division/ROK-US Combined Division. The troops spent the day practicing the techniques they'd use in combat to blast their way through obstacles of various kinds, and said the chance to train with live explosives was of especially high training benefit. (U.S. Army photo by Capt. Jonathan Camire)

Troops hone live explosives skills

By Staff Sgt. Warren W. Wright Jr.
1st Armored Brigade Combat Team,
1st Cavalry Division

PAJU – Ground troops in combat often have to use explosives to blast their way through barricades, sealed doors or other obstacles to their advance.

So Soldiers of an engineer unit were especially glad they got a chance to not only practice those skills but to do so using live explosives during combat training at Story Range in Paju Feb. 4.

The Soldiers are with the 1st Engineer Battalion, part of the 1st Infantry Division's 1st Armored Brigade Combat Team, which is serving a nine-month rotational Korea tour with the 2nd Infantry Division/ROK-US Combined Division.

During their training, the engineers of the "Diehard" battalion learned how to properly breach razor wire obstacles using Bangalore explosive charges. They

also practiced putting together blocks of C4 plastic explosive and detonating cord and then from a safe distance setting it off. And they trained on the various ways of using explosives to blow open doors.

The first part of training saw Soldiers in squad formation attacking a barrier made of razor wire. The troops had to slide an explosive charge underneath it then draw back a safe distance before setting off the blast.

The Soldiers next set up doors, some of metal, others of wood, then practiced various methods of blowing the doors open before rushing through the opening.

"The training today went great," said Capt. John Trump, commander of the battalion's Company B. "We were able to accomplish everything planned with no issues."

A major benefit of the training was that Soldiers got to use live explosives, something engineers don't often do in a training situation.

"We can try to do this all day with inert explosives, but if we do it with inert explosives, you don't really get that live feel and that rush of adrenaline for having live explosives in your hand," said Sgt. 1st Class Aaron Craven, a platoon sergeant with Company B. "For platoon leaders to see that and actually experience it first-hand with live demolition is paramount to our training."

According to Trump, being able to conduct training such as this is one of the main reasons Soldiers choose to be engineers.

"This is the bread and butter" of what engineers do, Trump said. Engineers, he said, "join the Army to blow stuff up. It's not every day they get to do it, so when we get the opportunity to get out on a demo range, it's nothing but smiles," he said, using a shorthand term for demolition.

Breaching obstacles of various

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The Morning Calm

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COMMAND PERSPECTIVE

History matters-Let's start talking about it!

CAMP HOVEY – 2017 is a monumental year for many of our Army's combat divisions. This year, the 1st and the 2nd Infantry Divisions will celebrate 100 years of service to our nation, at home and abroad, and I have the good fortune to serve in both simultaneously. Standing in this place, at this juncture, serving in our nation's two oldest divisions, I am humbled and inspired by our history. Just as our forbearers did in 1917, when militaries united against a menace to our free and democratic way of life, we stand resolute today with our ROK teammates to deter the threats that North Korea poses to both our nations. As I reflect on the history of both the 1st and 2nd Infantry Divisions, three concepts emerge in my mind that bear special significance, and are worthy of disseminating throughout our team of teams. These are intended to drive conversations within our formations, to inspire professional and intellectual growth, and to develop leaders of character, competence, and commitment.

"History makes us bigger than we are..."

A mentor of mine once said this to me, and I have come to understand how history can inform our decisions and shape our future outcomes. Past experiences provide a wellspring of confidence in the face of uncertainty and adversity. It is essential that all leaders understand their unit history and can frame leadership examples that hold true today in this context. Even a quick study of history allows the requisite standoff distance to think critically in times of crisis. Talking about the historical significance of an idea, a value, or a significant lesson learned provides context, but more importantly, links our Soldiers today to their predecessors.

The 2nd Infantry Division's history is replete with vignettes from our past that both illustrate the genesis and attest to the validity of our current leadership doctrine. Discussions of commander's



- Colonel Timothy C. Hayden - 1st Armored Brigade Combat Team, 1ID Commander

intent, teamwork, resiliency, and Army Values during the Korean War can solidify these concepts for the modern Soldier. Throughout history, success has often been determined by small groups of Soldiers, capably led by junior leaders, cut off from communications, who were able to operate independently in the face of overwhelming odds, simply because they understood the commander's intent.

The 2nd Infantry Division was "born in France in '17, in the Hell of the First World War," and the 2nd ROK-US Combined Division now embarks on our second century of service as the nation's only combined division. Whether you take a group of leaders to tour the 2ID Museum, or set upon a professional study of our division's history in conflicts through your own personal reading, the important thing is to begin somewhere. Even a short journey through history will make your team more ready to fight tonight and win.

"You make a difference..."

A question we can ask our Soldiers today to spark intellectual curiosity and dialogue is why they think we are here in Korea. Ask them to use their own words, to articulate what they think their

ensures we have a common understanding and shared sense of purpose that fosters positive command climate and enables the practice of mission command. Further, it creates a window for a healthy dialogue between leaders and Soldiers where everyone feels like a valued member of the team. This has the capacity to directly affect your unit readiness.

"We rely on our NCOs and disciplined initiative..."

Our NCOs today are the smartest and most capable I've seen in my career. Further, they have the broadest collection of skill sets and experiences across low and high intensity conflicts of any modern army. The Commanding General of 2nd RUCD, MG Ted Martin, has declared 2017 the Year of the NCO. On our division's centennial, it's especially appropriate that we to look to our subject matter experts, our trainers, these guardians of our standards, to ensure we remain the premier fighting force in the world. Our NCOs will ensure that we do.

Consider this singular line from the NCO Creed: "Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine." Leaders at all levels should contemplate this line, and turn it on its head by asking, How are you providing the leaders in your formation, junior officers, NCOs and Soldiers alike, the maximum amount of time to accomplish their duties? What actions are taking to actively train, certify, resource, and empower your NCOs?

In that spirit, I encourage leaders throughout our formation to discuss the power of One Good Sergeant—our history is full of them. Use this conversation as a driver to empower, properly resource, and reinforce the authority and credibility of our NCO corps. Our history does make us bigger than we are, everyone on our team does matter, and our NCOs are in fact the backbone of our Army. Keep talking about it and share it with your teams. It will only make us better.

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Watch out for foreign agents

Authorities say spies eye U.S. troops in hopes of gleaning intelligence

Editor's Note: The following article on spying was first published in the Morning Calm edition of Aug. 19, 2016. It is being reprinted for the benefit of our newer readers.

By Franklin Fisher

USAG Red Cloud Public Affairs

CAMP RED CLOUD – It's a Friday night and a group of Soldiers are getting the weekend started at their favorite bar off post.

It's a place where the Soldiers feel comfortable, where they can unwind, talk smack, drink beer and where they and the bar employees know one another by first name. The Soldiers feel themselves among friends.

But according to U.S. Army intelligence authorities, friends aren't necessarily the only ones in the room.

There may also be intelligence operatives working for foreign governments – spies – trying to blend in and pick up even the most routine items of information, said Warrant Officer Christopher Douglas of the 524th Military Intelligence Battalion.

With infinite patience, reeling in one seemingly unimportant detail at a time, they can gradually fit together – as they would a jigsaw puzzle – a picture of how the U.S. military is operating in a given area of Korea.

So intelligence authorities are reminding Soldiers to be on their guard against foreign intelligence agents. And that if they think someone might be a foreign agent, to report their suspicions to the authorities right away.

"Soldiers may go out and have a good time and not realize that they're being watched or listened to," said Douglas.

A typical hunting ground for foreign agents is any place they know draws U.S. servicemembers. That could be the "Ville" outside Camp Casey in Dongducheon, for example. Or the Itaewon section of Seoul. Or countless other places throughout Korea where U.S. servicemembers congregate.

The agents can get useful information just by getting within earshot of a group of Soldiers. Especially Soldiers who may be drinking, and talking loudly and carelessly.

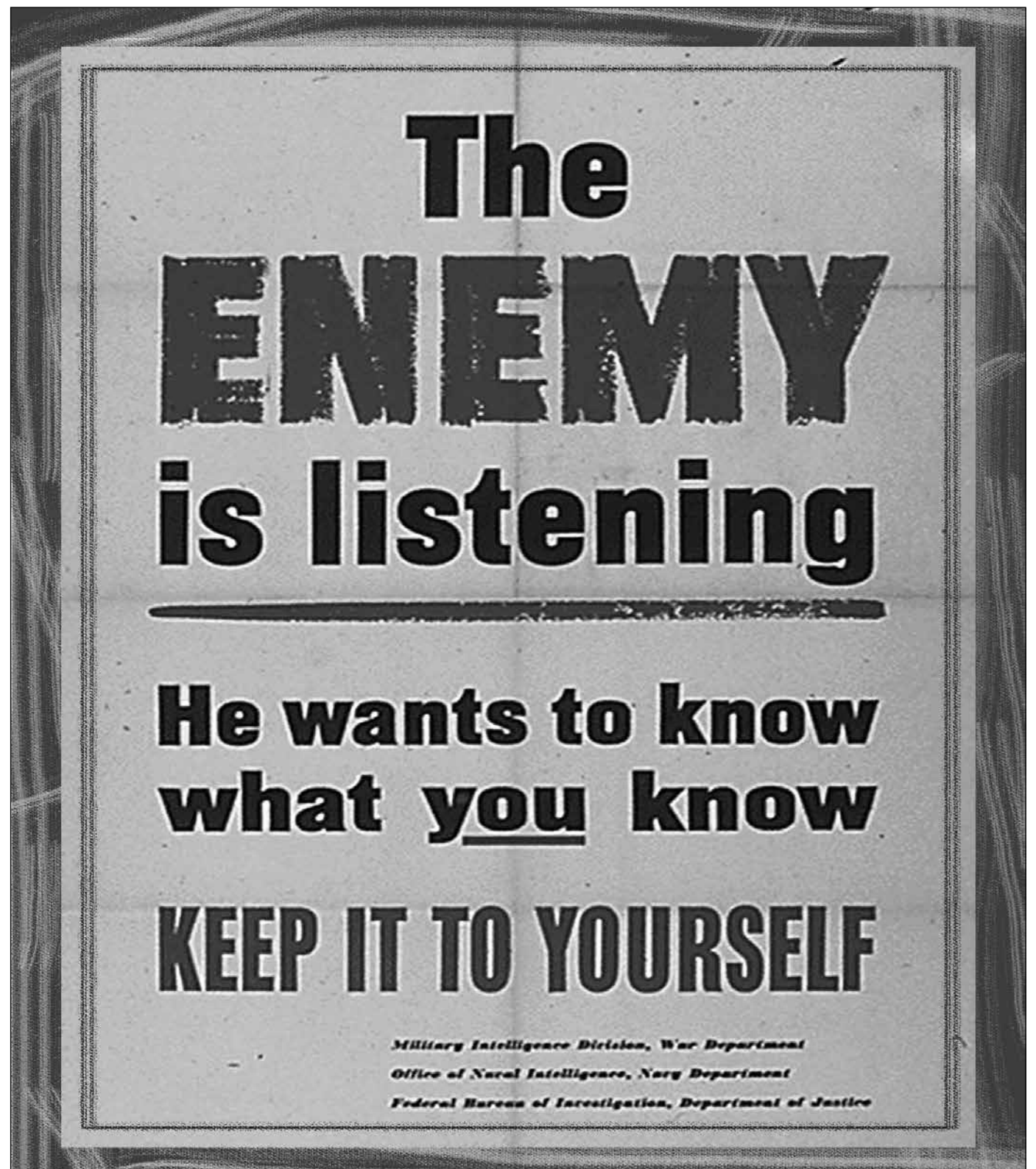
"It may seem not important, but to someone who's piecing together information, they may be able to glean a bigger picture of what's happening on Camp Casey" for example, Douglas said.

"Something as simple as when your unit is set to go to the field or when they're set to start the next exercise" can give foreign spies something useful, he said.

"Which then can lead to, 'Okay, well, if we know they're going to have an exercise, we know they're going to have convoy operations at this time,'" he said. "It can lead to several other avenues."

Other types of routine information can help foreign agents stitch things together.

Who's on the unit alert roster? How



This World War II U.S. government poster warned of the need to beware of enemy spies. U.S. Army intelligence authorities say that vigilance against foreign spies is just as necessary for U.S. troops in Korea today.

many Soldiers in the unit? What's the Soldier's job? What's his security clearance level? How long does he expect to be stationed in Korea? Does he have friends planning on requesting an extension on their Korea tour?

Agents can also look to start conversations with Soldiers.

"Maybe he buys him a beer, buys him a drink and they just chat," said Douglas.

And if they can ease an unsuspecting Soldier into any kind of friendly relationship, that opens even bigger possibilities for trained spies.

If the Soldier needs money, the agent may offer it.

"Maybe that person doesn't even ask for anything in return for the money," said Douglas. "Maybe they say, 'Hey, here's the money. I don't need anything in return right now but later on I may need a favor.'"

And agents may even find a way to maneuver the Soldier to where he or she can be blackmailed.

In a bar it could be inappropriate behavior with a female bar worker, behavior that someone gets a picture or video of with a cellphone camera.

"This," Douglas said, "could lead to a blackmailing situation where you're presented with these photos and someone basically saying 'Hey, either you help me out, give me this information, or these will be sent back home to your spouse or to your command.'"

"The main thing we want them to do," Douglas said of Soldiers who suspect spying, "is, first, remain calm. Remain calm while it's happening or if you suspect it's happening. Make mental notes. After the encounter, jot them down."

In Area I, suspected foreign espionage



activity can be reported to the Uijeongbu Military Intelligence Detachment at 010-3695-0370. Reports can also be made – from anywhere in Korea – by calling DSN 723-3299. Or by contacting the unit S-2 office.

Failing to report such activity is punishable under the Uniform Code of Military Justice.

"By not saying something, one could make the argument you're allowing it to happen," Douglas said.

For security reasons Douglas could not disclose examples of actual cases where reports from Soldiers helped hinder enemy spying. But he said those cases have occurred.

"Because of the efforts of Soldiers and civilians reporting suspicious activity," said Douglas, "intelligence professionals have been able to detect, identify, neutralize and sometimes counter these threats in Korea." ▴

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AREA I holds farewell luncheon for Art Smith of DPTMS



On Camp Red Cloud in Uijeongbu Feb. 7, members of U.S. Army Garrison Red Cloud and Area I hold a farewell luncheon for Arthur L. Smith, who since February 2013 has served with the garrison's Directorate of Plans, Training, Mobilization and Security (DPTMS). During the luncheon, at Mitchell's Community Club and Conference Center, Col. Brandon D. Newton, Commander, USAG Red Cloud and Area I, presented Smith the Commander's Award for Civilian Service for his "great rapport, professional working relationships and the utmost attention to detail in supporting operations, emergency crisis management response time under armistice and real world events," according to the written citation accompanying the medal. Smith's performance "greatly" enhanced the DPTMS mission, the citation said. (U.S. Army photo by Staff Sgt. Vincent Byrd)

Area I Commander's Cup Standings

Following are Commander's Cup standings through the end of January

Large Units

PLACE	UNIT	POINTS
1	55 MP CO	940
2	HSC, HHBN	935
3	B, HHBN	790
4	A, HHBN	650
5	C, HHBN	570
6	46 TRANS	545
7	580 FSC	485
8	E, 6-52 ADA	305
9	HHB, 210 FA	300

Medium Units



PLACE	UNIT	POINTS
1	HHC, USAG AREA I	720
2	579 FSC, 6-37 FA	550
3	61 MAINT	450
4	62 CHEM/CBRN	390
5	61 CHEM/CBRN	385
6	HHB, 1-38 FA	375
7	HHC, 70 BSB	295
8	4 CHEM/CBRN	275
9	HHB, 6-37 FA	275
10	B, 1-38 FA	225
11	A, 70 BSB	125
12	HHT, 1-7 CAV	50

Small Units

PLACE	UNIT	POINTS
1	8 ARMY NCOA	695
2	275 SIG	495
3	501 CHEM/CBRN	465
4	HHD, 23 CHEM	435
5	WRC	335
6	629 MCAS	312
7	618 DENTAL	310
8	579 SIG	300
9	560 MCGA	277
10	B, 6-37 FA	270
11	A, 6-37 FA	265
12	403 LRC CRC	250
13	A, 1-38 FA	225
14	D DET, 176 FIN (FMSU)	225
15	17 ORD CO	225
16	524 MI COA	215
17	604 ASOS	175
18	B, 70 BSB	125
19	602 DET	125
20	106 MED DET	125
21	21 MP DET	125
22	607 WEATHER SQDN	125
23	C, 6-37 FA	50
24	403 AFSB	50


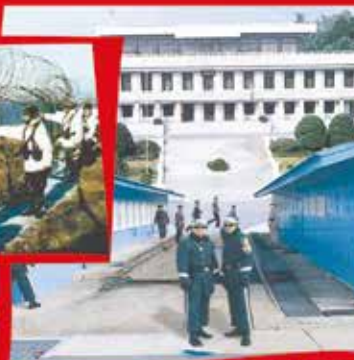


To find out more, or to enroll your unit, please contact Mr. Paul Henevich, 010-4694-5567

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Orientation visit

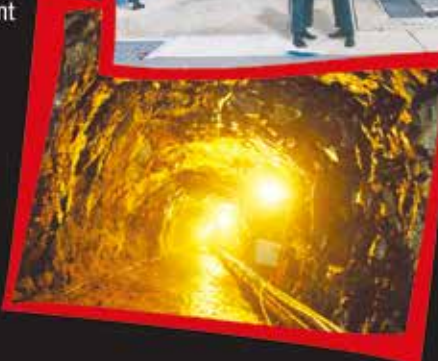



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Troops

From Page 1



(Above) During combat training using live explosives at Story Range in Paju Feb. 4, Soldiers of an engineer unit prepare to burst through a door just after blasting it loose with a breaching charge. The door represented a simulated building that the Soldiers needed to enter under combat conditions. The Soldiers are with the 1st Engineer Battalion, part of the 1st Infantry Division's 1st Armored Brigade Combat Team. The brigade is on a nine-month rotational Korea tour with the 2nd Infantry Division/ROK-US Combined Division. The troops spent the day practicing the techniques they'd use in combat to blast their way through obstacles of various kinds. (U.S. Army photo by Capt. Jonathan Camire)

(Below) Soldiers of the 1st Engineer Battalion, part of the 1st Infantry Division's 1st Armored Brigade Combat Team, prepare a chain of C4 plastic explosive charges during combat training at Story Live Fire Range in Paju Feb. 4. The troops spent the day using live explosives to practice various breaching techniques of the type they'd use in combat. (U.S. Army photo by Capt. Jonathan Camire)



types is an important capability engineers give a fighting force.

"Engineers are important because we bring a capability to the maneuver commander that they cannot provide for themselves," said Trump. "We enable them, mostly in this type of unit, by breaching. It brings an added effect to the battlefield that we have in our toolkit."

For the younger Soldiers, the training at Story Range was a unique experience that has allowed them to maintain readiness and the "Fight Tonight" mentality expected of those working within the Combined Division.

"It was a lot different from our usual training," said Pfc. Salvador Cota, an engineer with the battalion. "We've been doing it a lot lately since we've been in Korea and overall, it was just phenomenal training."

The battalion, formed in 1846, is the oldest and most decorated engineer battalion in the Army, and its Soldiers are mindful of that distinguished heritage.

"There's been some great Soldiers to come through this battalion," Cota said. "It feels great to follow in the steps of those that came before us." ▴

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Camp Red Cloud, Republic of Korea,
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Foreigners Feel At Home At Columbia Dental Clinic

US-educated Dentists Offer Comprehensive Dental Care.

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."

Wide-range of dental treatments provided at columbia dental clinic



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- 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.
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship.
- Van Eten Hospital, NY, New York: Prosthodontics Externship.
- U.S. National and Northeast Regional Licensure in Dentistry.

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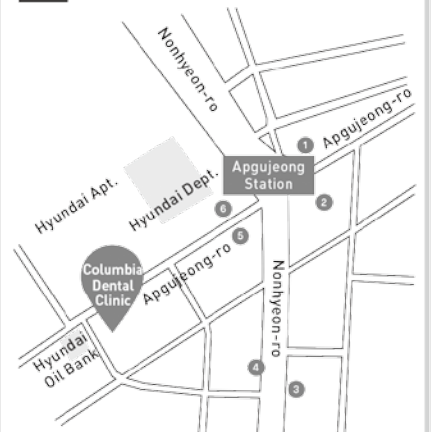
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News & Notes

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.

Walker Center Closure

Walker Center will be closed from Feb. 27 - March 24 for KRFE 17.

African American/Black History Month Observance / Basketball Tournament

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.

Also, Korea Wide Black History Month Men's & Women's Basketball Tournament will take place Feb. 18-20, at Collier Community Fitness Center.

Yongsan Library February Programs

Toddler Story Hour - Feb. 21, 28 at 10:30 a.m.-11:30 a.m.

Afternoon at the Movie - Feb. 21 at 4:30 p.m.

Keep Calm & Color On (Coloring program) - Feb. 23 at 10:30 a.m.

Baby Story Hour - Feb. 27 at 10:30 a.m.-11:30 a.m.

Youth/Teen/Adult Dance Class (Hula for Beginners) - Feb. 27 at 4:30 p.m.

Youth/Teen Book Club - Feb. 28 at 5:30 p.m.

Teen/Youth Poetry Contest - entry period Feb. 24 - March 24

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.

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.

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.

Yongsan Tax Center

Yongsan Tax Center is open from now to June 9, for the following hours:

Mon-Fri: 9:30 a.m.-6:30 p.m. / Sat, starting March 1 - May 1: 10 a.m.-4 p.m.

Closed on Sundays, public holidays, and training holidays. For tax services after May 25, please visit Legal Assistance office in ACS Building. Please call 723-5335 (DSN) or 02-7913-5335 (COM) for more info.

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.

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.

BAACH Smartphone APP

The Brian Allgood Army Community Hospital (BAACH) smartphone free App is now available through the Apple App store and Google Play app store. It is also available as a phone-based app at: <http://app.121hospital.com>.

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

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 Bldg. #4106, Room 118 (ACS)

July 20, 9:30 a.m.-11:30 a.m. / 1:30 p.m.-3:30 p.m., at Bldg. #4106, Room 118 (ACS)

For more info, contact USAG-Y SHARP Office at 738-3183/6365.

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. 22, Mar. 8, Mar. 22

2017 BEM Training Schedule

There will be Building 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. 23, March 9, March 16

Army Civilian Senior Leader Management Office Briefings

Army Civilian Senior Leader Management Office Briefings will be given to Army civilians, Feb. 27, 9-11:30 a.m. at USAG Yongsan ACS building, room 118. POCs: Mr. Ison Zibowsky, USFK J-1, DSN 723-7488 or Mr. Adam Herman, USFK J-1 DSN 723-5984

CDC Hourly Care

CDC hourly care is now available, Mon-Fri, from 8:30 a.m.-4:30 p.m. Parents may reserve hourly care up to 2 weeks in advance and must be enrolled in CYS. If the reservation is not cancelled at least 24 hours in advance, a no-show fee of \$10 will be assessed. Any family who accrues three (3) no-shows in any six-month period will be unable to reserve hourly care during the next six-month period. Per Army Regulation, parents are limited to a maximum of 20 hours of care per week in hourly care. Reservations can be made by calling the CDC, DSN 738-3404.

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 Christian 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.)

2017 USAG-Yongsan Lent / Easter / Passover Schedule

Ash Wednesday Masses (Catholic) - March 1 (11:45 a.m.) / Memorial Chapel

Stations of the Cross (Catholic) - March 3 - Apr. 14 (5 p.m.) / Memorial Chapel

Penitential Service (Catholic) - March 29 (6 p.m.) / Memorial Chapel

Community Ash Wednesday Service - March 1 (12 p.m.) / South Post Chapel

Palm Sunday Services - April 9 (various time) / Various location

Passover Seder (Jewish) - April 9 - 10 (5 p.m.) / South Post Chapel

Morning Calm, Notes from the Garrison Contact

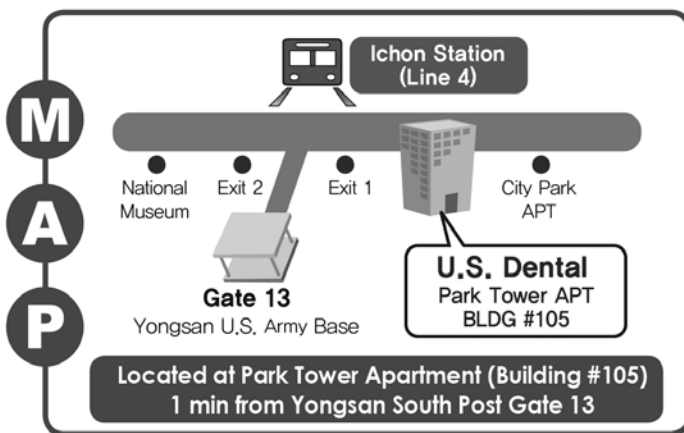
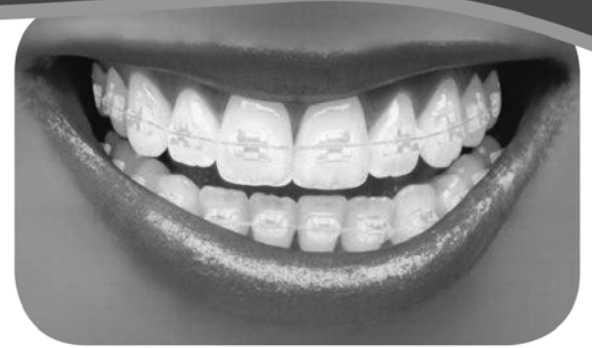
Anyone needing to have information put out to the community through Notes from the Garrison or has a story idea for The Morning Calm, should contact Laurri Garcia at laurri.l.garcia.civ@mail.mil or call 738-7354.



Dr. Gina Sohn. - U.S. Dentist Licensed to practice in Massachusetts, Connecticut & New Jersey. Tufts Graduate ..., the Smile Artist !

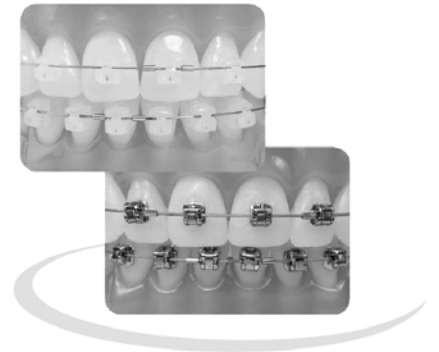
- Graduate of Tufts University, School of Dental Medicine – Boston, Mass.
- Studied at University Paris 5 (Rene Descartes).
- Orthodontics - trained at USDI.
- NYU Trained for Implant Dentistry.
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People to People luncheon at Main Post Club



USAG Yongsan celebrated Valentine's Day by hosting People-to-People, New Seoul Chapter, Feb. 14, at the Annual Recognition Luncheon. Garrison Commander Col. J. Scott Peterson welcomed 34 attendees to the Main Post Club, including Chapter President Park, Han-sang and vice presidents Jang, Hong-ryel and Choi, Yong-jae. Members of the USAG Yongsan team include Deputy to the Garrison Commander Tommy Mize; Director of Emergency Services Rob Nelson, and DPTMS Director Mr. Jim Adamski. Peterson took the opportunity to thank the organization for its support for more than 20 events this past year alone. People to People was founded by President Dwight D. Eisenhower in 1956 on the belief that countries, like people, could become friends by sharing common activities and goals. (U.S. Army photo by Pfc. Lee, Kyoung-yoon)

Brian Allgood Army Community Hospital celebrates Nurse Corps Birthday



The nursing staff at the Brian Allgood Army Community Hospital, located on U.S. Army Garrison Yongsan, gather together Feb. 2 to celebrate the 116th anniversary of the Army Nurse Corps. This year's theme, "Leading Readiness and Professional Practice: Getting it done since 1901" was the cornerstone of Deputy Commander for Nursing, Col. Andrew Baxter's key note address. Those in attendance watched a video covering the history of the Army Nurse Corps and later followed the Nurse Corps tradition of a cake cutting by the most senior Nurse Corps officer, Col. Baxter, and junior Nurse Corps officer, 1st Lt. Kelsie Whitney. (Photo courtesy of William Wright, Medical Department Activity Command Korea)

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PEOPLE ON USAG YONGSAN - CAPT. SKYLER M. SAITO

Story by Pfc. Park Min-je
USAG Yongsan Public Affairs

USAG YONGSAN— Capt. Skyler M. Saito has served as USAG Yongsan Headquarters and Headquarters Company Commander since Jan. 5, 2017, following Capt. John C. Ellerbe IV. While some have already gotten to know him, The Morning Calm sat down with Capt. Saito in hopes of sharing with readers some of the commander's personal and professional philosophies and experience. ▲

Q. Please tell us about yourself.

A. I'm ethnically Korean and was born in Seoul. I was adopted at a young age and grew up in Kentucky. My father is Japanese-American and my mother is Italian-American. After high school, I attended college at Xavier University in Ohio. I commissioned through ROTC and graduated with a degree in international studies. I'm an MI (Military Intelligence) officer and was first assigned to the 4th brigade combat team, 101st division at Fort Campbell. I deployed with them to Afghanistan in 2013, however the unit deactivated with the Army downsizing. I then jumped over to the 1-101st Aviation Regiment before attending Military Intelligence Captain's career course, after which I was assigned to Korea. Prior to me joining HHC, USAG-Yongsan, I worked in the Eighth Army G2.

Q. When did you make up your mind to serve your country? What was your motivation?

A. I always wanted to be in the military since I was young – maybe since around 10-12 years old. I originally wanted to be a fighter pilot. But I guess my mind changed, especially after 9.11 and the war Iraq. The Army became the organization that I wanted to be a part of.

Q. When was your 'brightest' moment in the army? And what did you learn?

A. I don't know if it was the brightest, but one of the most rewarding was some of the work I had the opportunity to do with as part of an advisory team. They needed an MI officer, so I was thrown in at the last minute. It was kind of an ad hoc team- none of the members had ever worked together. Despite the lack of collective train up, I think things worked out really well. One example is the time we spent with our Afghan counterparts to stand up a new Afghan battalion from scratch. This progressed from Mission Analysis all the way up to visiting forward outposts occupied by the new Soldiers. The effort was challenging at our level because we were mostly junior/company grade officers, but I learned a lot about myself and military operations. Overall, the experience exposed me to both tactical and operational level problem sets, and afforded me the opportunity to work with other individuals from different cultures, backgrounds and nationalities.

Q. Every person can confront hardships, especially during their service in the Army. But the hardships can make us stronger than before. Can you tell us about a hardship that made you stronger?

A. I guess the period of uncertainty after returning from deployment was the biggest hardship I've faced. I was kind of unsure of where I was headed, whether in the Army or out. But I guess what I learned then, and what I've continued to experience, is that the Army is full of great people. The work, the environment, and even the leadership might not always be enjoyable, but in the end there's always goodness in the people you work with – that's one of the big things that keeps me going.

Q. Could you tell me a little bit about your experience in Korea? Has it been enjoyable?

A. What little I knew about Korea was from a friend of mine who was here as a lieutenant with the 501st MI Brigade and a few other leaders who had served in Korea. The one common thing I heard about was "the winters are brutal". Other than that, I did not know anything about Yongsan, the Eighth Army, or USFK. However, it's turned out to be a great assignment, despite the winters. As an intelligence officer, it's been a great assignment professionally, with the real, persistent threat from North Korea providing a unique work environment you can't get back in the States. It's also been very rewarding culturally. I like the ability to explore a foreign country. Korea also has provided me with the opportunity to see many countries in Asia. Locally, I enjoy hiking Bukhansan and runs around Namsan and along the Han River. The food obviously is wonderful, not only just Korean food, but living in this metropolis provides a ton of opportunities to try new international foods and restaurants. Since I have an interest in history, I enjoy seeing historical sites around Seoul too.

Q. What's your philosophy on operating / managing troops, a company or the Army? What is the most important Army value? Why is it important to you?

A. Take care of each other, hold each other to the standards, and to trust in your peers and subordinates. For the most important Army value,

I think that's a trick question, but if I had to pick one, I'd say integrity. If you don't have integrity, you're lost as a leader. You have to be truthful. A lack of candor and honesty will ruin teams.

Q. What is your impression of the Soldiers at HHC? (Both U.S. Soldiers and KATUSAs)

A. It is pretty amazing how much the Soldiers do here and the wide range of support being provided across the garrison and Area II. The company is full of incredibly bright, and skilled Soldiers. To be honest, when I was at Eighth Army I had no idea what the company and its Soldiers did. I had no idea garrison Soldiers worked the helipad, assisted with religious events, or even produced this paper. I think a lot of it is taken for granted.

Q. It's rumored that your PRT performance is unparalleled. How hard have you had to work to achieve this? Do you have any advice or secret to share with HHC Soldiers in pursuit of PRT success?

A. I wouldn't say unparalleled, because there are so many Soldiers who perform a lot better than I do in PRT. I guess one key is diversifying your workouts. I would also say embrace PRT as much as you can because it's one of the measurable things that you can control yourself at the individual level. Your physical fitness depends a lot on how much effort you put into it. Of course PRT and exercise is tied to readiness and is important to advance as a Soldier, but I think most importantly, you have to remember overall it makes you a healthier person.

Q. What are your plans as HHC Commander?

A. 1st Sgt. and I will try to find small areas that can make this great organization even better. We're obviously looking at PRT and other readiness factors. We want every one of our Soldiers to do well on the APFT and get promoted. In the longer term, we're working to ensure the company is ready for the upcoming changes related to transformation.

Q. Do you have anything else that you would like to put out to your Soldiers?

A. I'm happy to be here with you all and I'm excited to continue to get to know everyone beyond just your duty position. I'm truly honored and privileged to be a commander and a part of this team! ▲

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Patriots fans roaring after the New England Patriots scores the winning touchdown. (U.S. Army photo by Pfc. Lee, Kyoung-yoon)



Super Bowl LI trivia contest hosted by Moral, Welfare & Recreation (MWR). (U.S. Army photo by Pfc. Lee, Kyoung-yoon)

Yongsan hosts Super Bowl LI party for all community members

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

USAG YONGSAN — Community members gathered at the Main Post Club to watch Super Bowl LI between the New England Patriots and Atlanta Falcons Feb. 6. Due to the time difference between the U.S. and the Republic of Korea, Super Bowl LI aired Monday morning instead of Sunday evening, and Morale Welfare & Recreation (MWR) hosted a party

with breakfast for the community.

“I am so glad to have the opportunity to watch Super Bowl LI with my battle buddies overseas, and I wish all the community members at Yongsan enjoy the Super Bowl LI party that we prepared! Also, I wish the Falcons would win the Super Bowl this year,” said Automated Logistic Specialist Spc. Elder K. Ester.

Free breakfast was provided to those who came in the early morning. Several events, such as a Super Bowl

trivia contest, Super Bowl raffles, and a Super Bowl dance contest, were held to entertain the passionate supporters of the two teams. To add even more excitement to the party, several prizes were up for grabs, from a \$50 PX gift card to two round-trip US Airline Alliance airline tickets to the U.S.

“Hosting the Super Bowl LI party as a recreation program through our business at the Main Post Club has been our best practice so far. We prepared various kinds of

entertainment for families, buddies, and all community members of Yongsan Garrison to have a delightful time,” said Timothy Higgs, Community Recreation Officer.

Super Bowl LI closed its curtains when the New England Patriots finally scored the winning touchdown after a long scramble to win the trophy. The atmosphere of the Main Post Club was filled with the roar of Patriots fans and the regrets of Falcons supporters.▲

42 KATUSAs complete their military service at USAG Yongsan



USAG Yongsan holds a KATUSA ETS ceremony, Feb. 10, at the Main Post Training Facility, recognizing 42 departing KATUSAs. Capt. Skyler M. Saito, USAG Yongsan HHC Commander, congratulated the Soldiers for having successfully completed their military service and wished them well as they return to their civilian adult lives. A photo session followed the ceremony, involving family and friends. (U.S. Army photo by Pfc. Kim, Min-gyu)

Cherry blossom season is just ahead



The largest cherry blossom festival in South Korea will take place in Jinhae, Gyeongsangnam-Do. The 55th Jinhae Gunhangje (meaning Jinhae naval port festival) is scheduled in early April 2017.

Story by Dain Oh
Oriental Press

If you are wondering about how to spend this upcoming Spring in Korea, there is no better thing to do than to visit Jinhae. About 340,000 cherry trees are closely lined up all over the city of Jinhae, which makes this small port city look breathtakingly beautiful in the Spring. You can catch the full blossom of cherry trees in Jinhae from 01 April to 10 April this year.

The cherry blossom festival of Jinhae is on the rank of 100 tourist attractions in Korea, carefully selected by the Korea Tourism Organization. In addition, it is also ranked as the fifth of the most beautiful places in Korea by CNN Travel. Approximately two millions of people from all over the world come and visit the city to be a part of this beautiful scene. A number of cherry blossom trees in Jinhae are over 100 years old and have been taken care of annually by professional tree surgeons of the region. Besides having the pink blast

of cherry blossom, there are other attractions, such as the March of Jinhae Military Band, the Romance Bridge and the Gyeonghwa Station.

The festival started in 1963 in memorial of Lee Sun-Sin, a naval commander who earned his outstanding reputation by defeating Japanese navy in the Joseon Dynasty. The memorial ceremony has grown as the city's iconic festival along with the full blossom in April. The Museum of Port Village History, located in Jinhae, reserves old pictures of the city from 1902. In short, the whole city of Jinhae is melted with historical sites, streets, buildings, and nature.

In Korean, the annual cherry blossom festival of Jinhae is called "JinhaeGunhangje," which means Jinhae naval port festival. Jinhae, under Japanese occupation, was developed as a naval port and has remained the status since then. During the festival, you can also tour the Jinhae Naval Base and Jinhae Naval Academy where normally prohibit the general visit.

How to get to Jinhae from Seoul

By Car:

Gyeongbu Expressway to Daejeon-Tongyeong Expressway to Changwon

By Flight:

- ICN, GMP to PUS (Gimhae Airport: 051-974-3114)
- Airport Limousine (Sein Tour: 055-299-9900)

By KTX:

- Seoul Station -> Changwon Station (055-292-7788)
- Seoul Station -> Changwon Central Station (055-250-4426)
- Seoul Station -> Masan Station (055-293-7788)

By Express Bus (Subway Line 3/7/9):

- Seoul Express Bus Terminal -> Changwon Bus Terminal (1688-0882)
- Seoul Express Bus Terminal -> Masan Express Bus Terminal (1688-3110)
- Seoul Express Bus Terminal -> Naeseo Express Bus Terminal (055-231-0113)
- Southern Seoul Bus Terminal (Seoul Nambu Terminal_Subway Line 3) -> Jinhae Intercity Bus Terminal (055-547-8424)

If interested, please contact Sung-Jin CNT : Tel. 02-722-7737
Email. lsm419@sjcnt.com

Eighth Army honors high-readiness unit with streamer



Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal, speaks to attendees during an Eighth Army Readiness Streamer ceremony at Camp Humphreys, Feb. 9. Vandal recognized Charlie Company, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment, for its outstanding achievement in earning the Streamer. (U.S. Army photo by Cpl. Jung, Dong-in)



Eighth Army Senior Enlisted Advisor, Command Sgt. Maj. Richard E. Merritt and Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal place the Eighth Army Readiness Streamer on Charlie Company's guidon at Camp Humphreys, Feb. 9. Charlie Company, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment was recognized by Eighth Army for maintaining high levels of physical, mental and tactical readiness in the last 180 days. (U.S. Army photo by Cpl. Jung, Dong-in)

Story and photos by Cpl. Jung, Dong-in Eighth Army Public Affairs

USAG HUMPHREYS — Eighth Army recognized Charlie Company, 4th Attack Reconnaissance Battalion, 2nd Aviation Regiment for its outstanding readiness during the first-ever Eighth Army Readiness Streamer Ceremony at Camp Humphreys, Feb. 9.

The Readiness Streamer is an Eighth Army-level award given to a company that has successfully maintained high levels of physical, mental and tactical readiness.

To earn the streamer, Charlie Company had to achieve zero recordable class A or B accidents, zero readiness recall violations and zero alcohol or sexual harassment/assault-related incidents in the last 180 days. They also had to maintain equipment readiness above the Department of the Army standard, medical readiness above 90 percent and 260 average on the Army Physical Fitness Test.

The streamer was placed on the Charlie Company guidon by the Eighth Army Commanding General, Lt. Gen. Thomas S. Vandal and Senior Enlisted Advisor, Command Sgt. Maj. Richard E. Merritt.

"We have intentionally set the bar high because we are not presenting this streamer to every unit," Vandal said. "You are the first to have achieved those standards."

Additionally, Vandal praised them for the tough and realistic training they regularly conduct.

"What you've done in training and demonstrating your capability to fight anywhere, but particularly to fight here on this peninsula is incredible," Vandal said. "From all that hard work and training, we can clearly see a unit that has high standards, trains hard and is ready to fight." ▴

Order of St. Maurice medallion presented to Sr. enlisted advisor



(Above) After receiving the Order of Saint Maurice medallion, 1st Sgt. Adam Petrone, Headquarters Support Company senior enlisted advisor poses with Eighth Army leaders who are former recipients of the medallion at U. S. Army Garrison Yongsan, Feb. 13. (U.S. Army photo by Sgt. Quanesha Barnett)

(Right) Brig. Gen. Thomas Graves, Eighth Army Deputy Commanding General, presents 1st Sgt. Adam Petrone, Headquarters Support Company senior enlisted advisor, the Order of Saint Maurice medallion at U. S. Army Garrison Yongsan, Feb. 13. The medallion represents the highest standards of integrity, dedication and outstanding contribution to the Infantry. (U.S. Army photo by Sgt. Quanesha Barnett)



Bucket List: Visit 12 world heritages in South Korea

There are loads of places claimed to be the "must-visit" here in South Korea when you glimpse at a travel magazine only just for a second. Too many information may lead you to a wrong direction and feel exhausted at the same time. So, here is the list for you to

save some time and energy. The UNESCO, the United Nations Educational, Scientific and Cultural Organization has inscribed 12 World Heritage properties in South Korea. 11 on the Cultural World Heritage and 1 on Natural World Heritage are on the list. The nomination

for the World Heritage is thoroughly processed by the UNESCO. Only the sites that are "of outstanding universal value" are finally included at the end of the nomination process. So, why not start from here if you are planning to look around Korea while you are stationed?

1. Baekje Historic Areas



Located in the mountainous mid-western region of the Republic of Korea, this property comprises eight archaeological sites dating from 475 to 660 CE, including the Gongsanseong fortress and royal tombs at Songsan-ri related to the capital, Ungjin (present day Gongju), the Busosanseong Fortress and Gwanbuk-ri administrative buildings, the Jeongnimsa Temple, the royal tombs in Neungsan-ri and the Naseong city wall related to the capital, Sabi (now Buyeo), the

royal palace at Wanggung-ri and the Mireuksa Temple in Iksan related to the secondary Sabi capital. Together, these sites represent the later period of the Baekje Kingdom – one of the three earliest kingdoms on the Korean peninsula (18 BCE to 660 CE) - during which time they were at the crossroads of considerable technological, religious (Buddhist), cultural and artistic exchanges between the ancient East Asian kingdoms in Korea, China and Japan.

2. Historic Villages of Korea: Hahoe and Yangdong



Founded in the 14th-15th centuries, Hahoe and Yangdong are seen as the two most representative historic clan villages in the Republic of Korea. Their layout and location - sheltered by forested mountains and facing out onto a river and open agricultural fields – reflect the distinctive aristocratic Confucian culture of the early part of the Joseon Dynasty (1392-1910). The villages were located to provide both physical and spiritual nourishment from their surrounding

landscapes. They include residences of the head families, together with substantial timber framed houses of other clan members, also pavilions, study halls, Confucian academies for learning, and clusters of one story mud-walled, thatched-roofed houses, formerly for commoners. The landscapes of mountains, trees and water around the village, framed in views from pavilions and retreats, were celebrated for their beauty by 17th and 18th century poets.

3. Changdeokgung Palace Complex



In the early 15th century, the King Taejong ordered the construction of a new palace at an auspicious site. A Bureau of Palace Construction was set up to create the complex, consisting of a number of official and residential buildings set in a garden that was cleverly adapted to the uneven topography of the 58-ha site. The result is an exceptional example of Far Eastern palace architecture and design, blending harmoniously with the surrounding landscape.

4. Gyeongju Historic Areas



The Gyeongju Historic Areas contain a remarkable concentration of outstanding examples of Korean Buddhist art, in the form of sculptures, reliefs, pagodas, and the remains of temples and palaces from the flowering, in particular between the 7th and 10th centuries, of this form of unique artistic expression.

5. Gochang, Hwasun and Ganghwa Dolmen Sites



The prehistoric cemeteries at Gochang, Hwasun, and Ganghwa contain many hundreds of examples of dolmens - tombs from the 1st millennium BC constructed of large stone slabs. They form part of the Megalithic culture, found in many parts of the world, but nowhere in such a concentrated form.

6. Haeinsa Temple Janggyeong Panjeon, the Depositories for the Tripitaka Koreana Woodblocks



The Temple of Haeinsa, on Mount Gaya, is home to the Tripitaka Koreana, the most complete collection of Buddhist texts, engraved on 80,000 woodblocks between 1237 and 1248. The buildings of Janggyeong Panjeon, which date from the 15th century, were constructed to house the woodblocks, which are also revered as exceptional works of art. As the oldest depository of the Tripitaka, they reveal an astonishing mastery of the invention and implementation of the conservation techniques used to preserve these woodblocks.

Continue on page 25

Two firefighters win top individual prizes for excellence

Story by Noh, Sa-bin and Lee, Jeong-hee
USAG Humphreys Public Affairs

CAMP HUMPHREYS - Two U.S. Army Garrison Humphreys firefighters recently won top individual prizes in the Installation Management Command Pacific Region competition.

Ko Pyong-son was named Best Civilian Fire Officer and Choe Chong-pil the Best Firefighter.

The Humphreys Fire Department also was named the Best Medium Fire Department in the Pacific Region and won for the Best Fire Prevention Program

The awards came after a thorough evaluation



Ko Pyong-son (left) was named Best Civilian Fire Officer and Choe Chong-pil the Best Firefighter in the Installation Management Command Pacific Region recently. (U.S. Army photo by Lee, Jeong-hee)

of the department, the services it provides and its crew performance.

Fire Chief Gilbert Lozano, who arrived at Humphreys about six months ago, said he was pleased the department was recognized.

"It's a great honor to win the award. I think it is the result of trusting each of the team members," Lozano said, "Mr. Ko and Mr. Choe are excellent in everything, even things above beyond their duty. They are truly deserving this award."

The fire department has a history of winning awards—it earned Best Medium Fire Department in 2010.

Ko, the Best Civilian Fire Officer said the awards came because of teamwork and effort.

"It is an honor to be recognized twice as the Best Medium Fire Department. It is not the result of doing it alone, but the result of all the efforts of the team members," Ko said

As a fire officer, Ko is responsible for management, maintenance, training, personnel management, command and dispatch.

"It is a great honor to be selected among many competitors. It is not my own award, I am very grateful to everyone who supported me. It took everyone's cooperation. I couldn't have achieved this award without co-workers support," he said.

Firefighter of the Year Choe is a driver operator. His main job is to drive the fire

engine, deliver firefighters to the scene, maintain equipment and to supply water. He accepts an award with great humility.

"I was just focused on doing the day-to-day work as one of my team. I just have been doing my job having proud of myself, Choe said."

Choe remembered an incident where a child lost consciousness—it made a major impression on him and shows how much he cares about his job and the people he serves.

"I think that the purpose of the fire fighter is to protect citizens' life and property. When I rescued an unconscious child, I continued to worry about him even after work." Choe said. "But when the child came to say thanks after the accident, I felt a great deal of satisfaction about this job."

Ko noted that as Camp Humphreys grows, so too do the fire department's responsibilities.

"As you all know, USAG Humphreys is getting bigger. That means our responsibility also should be getting bigger than before." Assistant Chief Ko said. "There are many people at USAG Humphreys such as Soldiers, Soldiers' families, Civilians and workers. I want to protect their life and property."

That shouldn't be a problem. As the results of the recent competition showed through their initiative and leadership they will continue to provide top-notch service and support to the community.▲

Humphreys Fire Department the best in the Pacific Region

Story and photo by Bob McElroy
USAG Humphreys Public Affairs

CAMP HUMPHREYS - U.S. Army Garrison Humphreys Fire Chief Gil Lozano knows that if he, his firefighters and first responders do their jobs well, those who live and work here will be safe.

And sometimes, those efforts are rewarded in other ways.

The Humphreys Fire Department was recently named the Best Medium Fire Station in the Installation Management Command Pacific Region.

The department's Fire Prevention Program also won best program and two firefighters were named the best in their field: Ko, Pyong-son was named Best Civilian Fire Officer and Choe, Chong-pil, the Best Firefighter.

Lozano said the department competed against 12-15 other departments in Korea, Japan, Alaska, Hawaii and Kwajalein.

"It's very gratifying to know you're at the top of the first-responder league and place number one," Lozano said. "It's a collaborative effort of 92 folks here, day in and day out, throughout the year, doing what they do in a high-caliber performance."

Humphreys Director of Emergency Services Charles T.

Walker praised the department and called the awards a rare achievement.

"I'm very proud of this recognition for our Fire and Emergency Services," Walker said. "I was very excited when I first found out because it is rare to achieve this recognition in all four categories, especially while continuing to provide excellent community service during the largest transformation project in the Department of Defense. I am thankful for all of our first responders in DES who put their own lives on the line every day to protect those who defend America."

Mark A. Wilson Assistant Chief for Fire Prevention said it was good to win the award for fire prevention because it validated everything he and his inspectors do at Humphreys.

"We're a little short-handed, I didn't think we would win it at first but it does let you know you're doing a good job," Wilson said. "It gives you that sense of pride that you're on the right track and to keep up the good work. Big kudos to my six inspectors."

Lozano said that as Humphreys grows so does the firefighter's responsibilities. He manages three fire stations and will add a fourth

on the new land within a year. In addition to ensuring the safety of the post through education, prevention and action, the fire department inspects all new construction to ensure it meets proper fire safety standards.

"It's a job that lives with you 24/7, 365," he said.

Lozano said that the awards make all the hard work and dedication his team demonstrates worthwhile.

"It gives us a sense of

accomplishment and lets us know that not only the community but those above us recognize our efforts," he said.

But for Lozano and his team, the safety and security of the Humphreys community is more important than awards.

"If you do your jobs well, it keeps people safe. First and foremost in our minds every day when we come to work is taking care of the mission and the people on this installation," Lozano said.▲



IMCOM Pacific Region recently recognized the Humphreys Fire Department's Fire Prevention program as the best in the region. A major part of the program is public education. Here, Mark A. Wilson, Assistant Chief for Fire Prevention (standing right), leads a Fire Prevention class for Humphreys Central Elementary School students in October 2016.

517th MCT conducts port clearance operations

**By Pfc. Sin, Jae-Hyung
19th ESC Public Affairs**

BUSAN – Members of the 517th Movement Control Team, 25th Transportation Battalion, 19th Expeditionary Sustainment Command supported port clearance operations for the Green Lake vessel at Pier 8, Busan, Feb. 3-8, successfully demonstrating their capability of providing transportation support utilizing commercial ground assets.

Almost 200 pieces of 1-6 Heavy Attack Reconnaissance Squadron and 576th Clearance Company equipment, including vehicles and containers, were unloaded from the Green Bay vessel by Korean National employees, Feb. 3.

Five Soldiers from the 517th MCT then worked in conjunction with the 837th Surface Deployment and Distribution Command Transportation Battalion to stage

the equipment for an upload onto commercial ground assets and to inspect equipment accountability for the onward movement to its final destination, Camp Humphreys, in support of Task Force Ready Rotation 2017.

“As things got unloaded from the vessel, 517th MCT soldiers wrote down the Transportation Control Numbers, called the receiving MCT, and made sure everything was going to their proper destination,” said 2nd Lt. Karl Gross, transportation officer, 517th MCT, 25th TRANS BN, 19th ESC. “We produced both inbound and outbound reports, and just in this month, we successfully oversaw transportation of almost 400 pieces of equipment. Yearly, we produce roughly 2500 pieces shipping and moving,” added Gross.

Nearly 100 trucks were incorporated to transport all of the equipment over three days. About



A 517th MCT soldier performs inspection on equipment in Pier 8 for the final time before it is staged and transported, Feb. 7. (Photo Courtesy of 19th ESC Public Affairs).



A Humvee is uploaded and tied down on a commercial ground asset in Pier 8 by Korean National employees, Feb. 7. (Photo Courtesy of 19th ESC Public Affairs).



A 517th MCT soldier inspects equipment accountability for the onward movement from Pier 8 to the final destination, Camp Humphreys, Feb. 6 (Photo Courtesy of 19th ESC Public Affairs).

80 pieces were secured to the commercial transportation assets and transported, Feb. 6, and close to 30 pieces were moved the next day. The rest of the pieces were moved out of Pier 8 Feb. 8.

Strategically, this kind of operation is important because the 19th ESC equipment is shipped across the Peninsula, and the operation enables future planning for the commanders and their equipment, according to Gross.

“Without the equipment, rotational units will not be able to function properly and carry out their missions on the Peninsula, so it is 517th MCT’s mission to assist

them to complete their missions by ensuring the shipping and moving of their equipment,” explained Sgt. Darnell A. Boyd, transportation management coordinator, 517th MCT.

The 19th ESC will now utilize the newly acquired lessons learned from this operation to better execute vessel stow plans and improve its transportation support ability for similar operations in the future.

Earthquakes are now a threat for families in Korea. Please check your emergency preparedness kits and update your NEO books. For more information on emergency preparedness at Ready.gov. ▴



A soldier from 517th MCT works with a Korean National employee to load a piece of equipment on a truck in Pier 8, Feb. 7 (Photo Courtesy of 19th ESC Public Affairs).

Brooks says King left indelible mark on America and the world

By Bob McElroy

USAG Humphreys Public Affairs

CAMP HUMPHREYS - U.S. Forces Korea commanding general Gen. Vincent K. Brooks delivered a thoughtful speech that highlighted the life, teachings and legacy of Dr. Martin Luther King Jr. before a huge audience here on Jan. 31.

The event was the last in U.S. Army Garrison Humphreys' Martin Luther King Jr. Day observances.

"I'll share some of my remembrances as we celebrate and I hope you'll be inspired to act as a result of what I share with you today," Brooks said. "The thoughts I'm going to share with you come from a child of the 1950s, that's when I was born."

Brooks said he grew up as the energy of the civil rights movement also was growing and reached its crescendo through the time of Dr. Martin Luther King.

"I remember the day that Dr. King was murdered, I do remember that. I remember the day of his March on Washington, I lived in Arlington, Virginia right across from where that occurred. I remember seeing it on TV that day, that hot day in August 1963," he said.

"I'll share as someone who tried to remain committed to the higher call that Dr. Martin Luther King Jr. laid before each one of us. I hope you'll take them inside you and ultimately you'll be inspired to acts of service."

Brooks said during the 1960s

violence was a daily occurrence in America.

Protests and demonstrations against injustice occurred throughout the country, especially in the southern states where constitutional decisions of the 1860s had been subdued by an additional set of rules that were matters of law, passed in each state, that made systematic discrimination a legal but unacceptable practice, he said.

People wondered what they should do, how they should oppose these injustices. Should they engage in peaceful protest in the face of violence or engage in violence?

"But out of the shadows of African-American life in Atlanta stepped another man. He was the age of many in this room. He was a preacher, a scholar, a gifted orator and he challenged the status quo and galvanized the movement to make change, to act. In the short span of time he was with us Reverend Dr. Martin Luther King became a beacon of light in a darkening world."

Brooks said that King left an indelible mark on American history and the world.

"During his short 39 years in this world he fundamentally changed the United States of America in ways that were difficult to imagine in his day."

And, although his methods were non-violent, King was met with extraordinary violence; murder and intimidation were weapons of desperation his opponents used to counter the momentum of his

campaigns.

King was undeterred, though and his efforts led to new legislation in civil rights and voting rights.

"And then in a moment, Dr. King was gone, his life snuffed out like an attempt to snuff out the bright light of social change. All done by a sniper's single bullet," Brooks said.

Brooks said that through the doors that Dr. King opened passed new civil rights legislation, the Congress opened to people of all races and later, the first African-American president occupied the White House.

"Two generations since the death of Dr. Martin Luther King Jr. we can all eat together, ride together, serve together, excel together and enjoy the benefits of a diverse society, showing forth an example of hope in a depressing world," he said.

Martin Luther King Day is more than about thinking about a dream—it's about internalizing a message that will make us all better human beings, brothers and sisters, he noted.

Brooks closed by charging everyone to carry on the legacy of Dr. King.

Remember who you are and how you got to be where you are; celebrate those who helped you get where you are; act in such a way that others may carry on the same way in the future.

"Thank you Reverend Dr. Martin Luther King Jr. for your life, for your legacy...I encourage you to put this to good use as you walk out of the gym today." ▴



Gen. Vincent K. Brooks, U.S. Force Korea commanding general, was the featured speaker at the final observance of Dr. Martin Luther King Jr. Day at Camp Humphreys. Brooks challenged all who attended to carry on the legacy of Dr. King. (U.S. Army photo by Cpl. Sydney Johnson)

Talented Falcons winning at Tokyo

By Caylin Smith

Seoul American High School

TOKYO - Numerous awards were won at Far East Creative Expressions held at Temple University in Tokyo, Japan: senior Sophie Wojtalewicz won Silver for acrylic; junior Hannah Pak, Student Choice in acrylic; senior Gloria Syers, Silver and Student Choice for drawing; and senior Sam Broach, Gold for best video and was awarded best audio technician.

Students at the event were immersed in week-long workshops where they learned different art techniques and displayed their artistic abilities by creating a final piece to be exhibited and judged on the last day. "Creative Expressions is an amazing opportunity for students to explore their potential and interact with students from different schools," said AP art teacher Ms. Patricia Kaweck.

The art subjects offered at the event were

acrylic, watercolor, photography, mixed media, and drawing. Art students were able to choose a major and a minor from the group. "I enjoyed being able to experience Tokyo and creating art," said sophomore Tiana Reed. The final major piece was exhibited and judged while the minor piece exposed students to a different medium.

Film students were split into different groups and were given the task to make a short creative film by the end of the week. "It was amazing being able to go to Tokyo and win the last two gold medals of my high school career," said Broach. Along with overall film awards, individual awards such as best director and best editor were awarded as well.

Far East Creative Expressions gave those who attended a week-long respite from schoolwork and responsibilities and allowed them to fully express their creative abilities with no limits or restrictions. ▴



Over 100 emerging student artists and 16 teachers from all 12 DoDEA Pacific high schools come together to create unique works of art by conducting an in depth exploration of visual arts through drawing, painting, ceramics sculpture, printmaking, digital art and photography.



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News & Notes

-Friday, Feb. 17: Monthly Advisory Council Meeting from 12 – 1 p.m. in the School Age Center. All families with children currently registered in the program are invited to attend. For more information, call DSN 753-8507.

- 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.

-Saturday, Feb. 18: Lotte World Indoor Water Park trip from 9 a.m. – 5 p.m. for Youth Center. Are you suffering from the winter blues? Come and have a one-day summer experience in the indoor water park at Lotte World. Have youth bring won for personal spending. \$15 trip fee. For more information, call DSN 753-5614.

-Saturday, Feb. 18: Splatter Painting Class from 1 – 2:30 p.m. at the Arts & Crafts Center. Cost is \$20 and includes materials. For more information, call DSN 753-6706.

-Saturday, Feb. 18: Poker Night from 5 p.m. at the Community Activity Center. \$15 buy-in. For more information, call DSN 753-8825.

-on 18th of February to 20th of February USO tours by Koridoor have trip to Jeju Island for 2nights 3days. Tour include hotel, breakfast, lunch, tour guide and all entrance fee. For more info, call DSN 753-6248, COM 070-4194-7142. Email to anna@koridoor.co.kr

-Sunday, Feb. 19: BOSS Volunteer Opportunity – Pyeongtaek Trash Pick-Up. Meets at the Pedestrian Gate at 9:45 a.m. Bags, gloves, and tongs will be provided. Bring Korean Won for lunch. For more information, call DSN 753-8970 or 010-8819-8980.

-Sunday, Feb. 19: Sunday Funday from 2 – 6 p.m. in the Community Activity Center. Variety of board games to be played from all eras. For more info, call DSN 753-8825.

-on 19th to 20th of February, 2017 USO tours by Koridoor have overnight ski trip to High 1 Resort in Jung sun area. This tour include accommodation (Gangwon land Hotel) breakfast, transportation, rental, lift ticket, tour guide. The price is \$169 for per person for twin. Tour departs at 0730am and returns next day 1430pm. For more information, call DSN 753-6248, COM 070-4194-7142. Email to anna@koridoor.co.kr

-on Monday 20th of February USO tours by Koridoor have trip to Paradise Spa DOGO. You can enjoy the indoor and outdoor spa. Tour price is \$47 for military and civilian. Tour departs at 0900 am and returns around 1500 pm. For more information, call DSN 753-6248, COM 070-4194-7142. Email to anna@koridoor.co.kr

-Monday, Feb. 20: Adult Coloring Club at 11 a.m. and 6:30 p.m. in the SFC Ray E. Duke Memorial Library. Relax, meditate, and relieve stress with “Art Therapy”! No experience necessary. All supplies provided. For more information, call DSN 753-8433.

-Tuesday, Feb. 21: Home Based Enterprise Class from 9 – 10 a.m. in ACS. Registration is required 1 week prior to start date. For more info or to register, call DSN 753-8401.

-Tuesday, Feb. 21: Is the registration deadline for Inje Ice Climbing on Saturday, Feb. 25 from 8 a.m. – 8 p.m. with Outdoor Recreation. ODR heads out for an exciting trip: ice climbing! Test your skills, learn to use crampons and ice tools and enjoy the great outdoors. Cost is \$190 and includes transportation and activity. For more information, call DSN 753-3013. Maximum 20 patrons. Weight limit: 100 kg (220 lbs)

-Tuesday, Feb. 21: Is the registration deadline for Oak Valley Ski Trip on Sunday, Feb. 26 from 8 a.m. – 6 p.m. with Outdoor Recreation. Join us for a ski/snowboarding trip to Oak Valley! Features 9 different runs, from relaxing beginners’ hills to challenging advanced slopes. Get out and enjoy the snow! Cost is \$75 adult and \$70 child and includes transportation, lift tickets, and ski or snowboard equipment rental. For more information, call DSN 753-3013.

-Tuesday, Feb. 21: EFMP Support Group from 4 – 5 p.m. in Army Community Service. For more information, call DSN 753-8401.

-Tuesday, Feb. 21: Tournaments Tuesdays Billiards at 6:30 p.m. in the Community Activity Center. Sign-ups at the CAC Front Desk. For more information, call DSN 753-8825.

- Feb. 21 & 22: AFTB Level G from 9 a.m. - 3 p.m. in the ACS large classroom. Registration is required 1 week prior to start date. For more info or to register, call DSN 753-8401.

- Tuesday, Feb. 21: Registration deadline for Oak Valley Ski Trip on Sunday, Feb. 26 from 8 a.m. – 6 p.m. with Outdoor Recreation. Join us for a ski/snowboarding trip to Oak Valley! Features 9 different runs, from relaxing beginner’s hills to challenging advanced slopes. Get out and enjoy the snow! Cost is \$75 adult and \$70 child and includes transportation, lift tickets, and ski or snowboard equipment rental. For more info, call 753-3013.

- Wednesday, Feb. 22: The next Humphreys Community Town Hall will begin at 6 p.m. in the Humphreys Community Fitness Center (Super Gym), rooms A&B. This is everyone’s chance to interact with the Garrison Command team and staff, hear new information and learn of changes coming to our community. It is also an opportunity for community members to address the garrison leadership with questions or concerns.

-Wednesday, Feb. 22: New Born Care Class from 1 – 3 p.m. in Army Community Service. For more information, call DSN 753-8041.

-Wednesday, Feb. 22: BOSS Installation Meetings at 3 p.m. in the Community Activity Center Ballroom. For more information, call 753-8970.

- Thursday, Feb. 23: Federal Resume Writing Class from 1:30 – 4 p.m. in the Digital Learning Center. Registration is required 1 week prior to start date. For more info or to register, call 753-8401.

-Friday, Feb. 24: FRG Treasury, Key Callers, Leaders from 9 a.m. - 1 p.m. in ACS. Registration is required 1 week prior to start date. For more info or to register, call DSN 753-8401.

-Friday, Feb. 24: Open Mic Night at 7 p.m. in the Community Activity Center. Calling all comedians, musicians, poets and more! Register no later than Feb. 17. For more information, call DSN 753-8825.

-Friday, Feb. 24: NEO Training from 4 - 5 p.m. in the ACS building. Registration is required 1 week prior to start date. For more info or to register, call DSN 753-8401.

-Friday, Feb. 24: Free Play Friday from 8 – 10 p.m. in the Community Activity Center. All arcade games, except the crane game, are free to play. For more info, call DSN 753-8825.

-Saturday, 25 February: The United Club presents Mardi Gras Night, an event to benefit our Scholarship and Welfare Fund. The event will take place at the Flightline on Fe b. 25 from 1800-2300. All DoD cardholders over the age of 18 are invited to partake in a night of gaming, live/silent auctions, raffles, entertainment, and a masquerade contest. Tickets are available at the Thrift Shop during their open hours and are \$10 in advance (\$15 at the door). Ticket price includes New Orleans style buffet and 10 gaming chips (not redeemable for cash). The first 50 guests in the door receive a special gift. For additional details, e-mail: unitedclub2vp@gmail.com. To volunteer at this event, go to www.signupgenius.com/go/20FoB4BABAf22A5F94-2017 or unitedclubvc@gmail.com.

-Saturday, Feb. 25: Incheon Escape Room trip from 9 a.m. – 5 p.m. for Youth Center. Are you up for a challenge? Youth will be divided into groups and follow clues while working as a team to break out of the escape room. Have youth bring won for personal spending. \$15 trip fee. For more information, call DSN 753-5614.

-Saturday, Feb. 25: BOSS Volunteer Opportunity at House of Love Orphanage. Meets at the Pedestrian Gate at 9:45 a.m. Volunteers will assist with cleaning and maintaining areas around the orphanage and playing with the children. Bring Korean won for bus fare and lunch. For more information, call DSN 753-8970 or 010-8819-8980.

-Saturday, Feb. 25: BOSS Volunteer Opportunity – Humphreys Trash Pick-Up. Meets at the Pedestrian Gate at 9:45 a.m. Bags, gloves, and tongs will be provided. Bring Korean Won for lunch. For more information, call DSN 753-8970 or 010-8819-8980.

-Sunday, Feb. 26: Blush & Brush (Paint over Wine) from 6:30 – 9:30 p.m. at the Arts & Crafts Center. Cost is \$25 and includes materials. For more info, call DSN 753-6706.

-Monday, Feb. 27: International Spouses Support Group from 10 – 11 a.m. in Army Community Service. For more information, call DSN 753-8401.

- Tuesday, Feb. 28: EFMP Allergies Class from 4 – 5 p.m. in Army Community Service. For more information, call 753-8401.

- Tuesday, Feb. 28: Care Team Training from 9 – 11 a.m. in the ACS building. Registration is required 1 week prior to start date. For more info or to register, call 753-8401.

-Feb. 27-March 3: BOSS Life Skills – BOSS Beast in the Fitness Annex. The BOSS Program would like to focus on how to improve the Soldiers’ way of life. Once the Soldier is taught the basics of the importance of muscle balance, basic anatomy, mobility, breathing, zero load, form, technique and then they can earn a TRX Level 1 Certification. All of these can be very beneficial to the Soldier while in the military and outside in the Civilian world. Only 10 slots available. Must have commander’s release form to attend all five days. For more information, call DSN 753-8970.

-Tuesday, Feb. 28: CARE Team Training from 9 – 11 a.m. in ACS large classroom. Registration is required 1 week prior to start date. For more info or to register, call DSN 753-8401.

-Tuesday, Feb. 28: Is the registration deadline for the Welli Hilli Ski Resort Trip on Saturday, Mar. 4 from 8 a.m. – 8 p.m. with Outdoor Recreation. This will be the last ski and snowboard trip for the season! ODR is inviting all skiers and snowboarders to participate in our Welli Hilli ski trip. Welli Hilli has 10 different runs, ranging from beginner to advanced. Cost is \$80 adult and \$75 child and includes transportation, lift ticket and ski or snowboard equipment rental. For more information, call DSN 753-3013.

-Tuesday, Feb. 28: Is the registration deadline for the Duk-Bong Trout Fishing Trip on Sunday, Mar. 5 from 5:30 a.m. – 2:30 p.m. with Outdoor Recreation. A lot of the farm raised trout are a trout/salmon hybrid that makes for very large fish (up to 60 cm.). Bring your own fishing rod or we can provide one for you, compliments of ODR! \$15 includes transportation and a rod from ODR. Bring won for your choice of either 30,000 won for catch and release or 40,000 won for catch and keep 5 fish. Children under 12 years old fish free but cannot keep fish without a fee. There is a small store to buy snack items such as drinks, ramen and bait. For more information, call DSN 753-3013.

-Tuesday, Feb. 28: Military Saves Week Class from 2 – 3 p.m. in Army Community Service. For more information or to register, call DSN 753-8401.

-Tuesday, Feb. 28: Allergies Class from 4 – 5 p.m. in Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401

-Tuesday, Feb. 28: Tournaments Tuesdays Lego: Jurassic Park at 6:30 p.m. in the Community Activity Center. Sign-ups at the CAC Front Desk. For more information, call DSN 753-8825.

-Tuesday, Feb. 28: Is the registration deadline for the EFMP Bowling on Tuesday, Mar. 7 from 10:30 a.m. – 2 p.m. at Osan Bowling Center. For more information, call DSN 753-8401.

-Wednesday, Mar. 1: Gearing Up for Pregnancy from 1 – 3 p.m. in Army Community Service. For more information, call DSN 753-8041.

-Thursday, Mar. 2: Federal Resume Writing Class from 1:30 – 4 p.m. at Building 542. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

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7. Hwaseong Fortress



When the Joseon King Jeongjo moved his father's tomb to Suwon at the end of the 18th century, he surrounded it with strong defensive works, laid out according to the precepts of an influential military architect of the period, who brought together the latest developments in the field from both East and West. The massive walls, extending for nearly 6 km, still survive; they are pierced by four gates and equipped with bastions, artillery towers and other features.

9. Namhansanseong

Namhansanseong was designed as an emergency capital for the Joseon dynasty (1392–1910), in a mountainous site 25 km south-east of Seoul. Built and defended by Buddhist monk-soldiers, it could accommodate 4,000 people and fulfilled important administrative and military functions. Its earliest remains date from the 7th century, but it was rebuilt several times, notably in the early 17th century in anticipation of an attack from the Sino-Manchu Qing dynasty. The city embodies a synthesis of the defensive military engineering concepts of the period, based on Chinese and Japanese influences, and changes in the art of fortification following the introduction from the West of weapons using gunpowder. A city that has always been inhabited, and which was the provincial capital over a long period, it contains evidence of a variety of military, civil and religious buildings and has become a symbol of Korean sovereignty.

8. Jongmyo Shrine



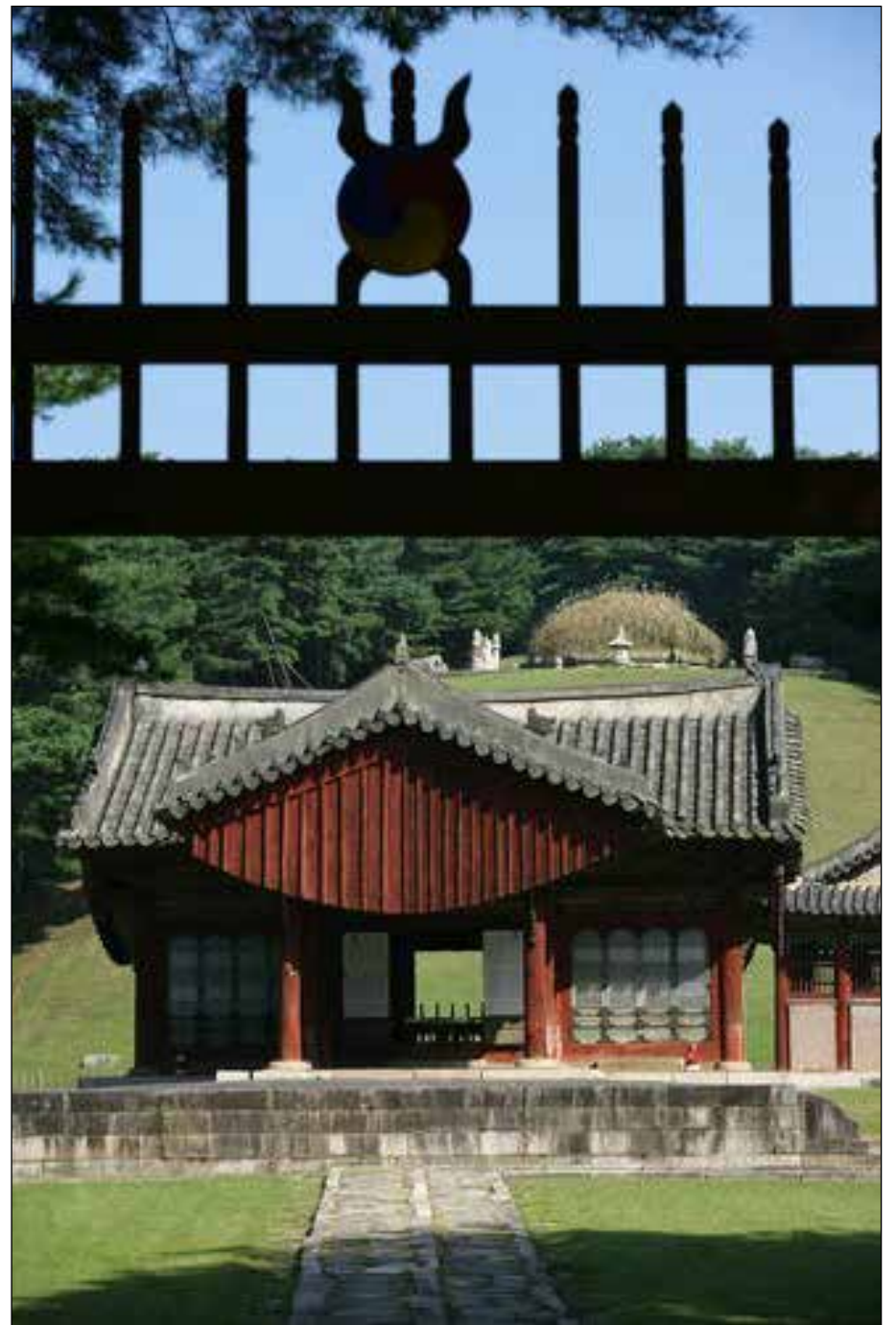
Jongmyo is the oldest and most authentic of the Confucian royal shrines to have been preserved. Dedicated to the forefathers of the Joseon dynasty (1392–1910), the shrine has existed in its present form since the 16th century and houses tablets bearing the teachings of members of the former royal family. Ritual ceremonies linking music, song and dance still take place there, perpetuating a tradition that goes back to the 14th century.

11. Seokguram Grotto and Bulguksa Temple



Established in the 8th century on the slopes of Mount Toham, the Seokguram Grotto contains a monumental statue of the Buddha looking at the sea in the bhumisparsha mudra position. With the surrounding portrayals of gods, Bodhisattvas and disciples, all realistically and delicately sculpted in high and low relief, it is considered a masterpiece of Buddhist art in the Far East. The Temple of Bulguksa (built in 774) and the Seokguram Grotto form a religious architectural complex of exceptional significance.

10. Royal Tombs of the Joseon Dynasty



The Royal Tombs of the Joseon Dynasty form a collection of 40 tombs scattered over 18 locations. Built over five centuries, from 1408 to 1966, the tombs honoured the memory of ancestors, showed respect for their achievements, asserted royal authority, protected ancestral spirits from evil and provided protection from vandalism. Spots of outstanding natural beauty were chosen for the tombs which typically have their back protected by a hill as they face south toward water and, ideally, layers of mountain ridges in the distance. Alongside

the burial area, the royal tombs feature a ceremonial area and an entrance. In addition to the burial mounds, associated buildings that are an integral part of the tombs include a T-shaped wooden shrine, a shed for stele, a royal kitchen and a guards' house, a red-spiked gate and the tomb keeper's house. The grounds are adorned on the outside with a range of stone objects including figures of people and animals. The Joseon Tombs completes the 5,000 year history of royal tombs architecture in the Korean peninsula.



12. Jeju Volcanic Island and Lava Tubes

Jeju Volcanic Island and Lava Tubes together comprise three sites that make up 18,846 ha. It includes Geomunoreum, regarded as the finest lava tube system of caves anywhere, with its multicoloured carbonate roofs and floors, and dark-coloured lava walls; the fortress-like SeongsanIlchulbong tuff cone, rising

out of the ocean, a dramatic landscape; and Mount Halla, the highest in Korea, with its waterfalls, multi-shaped rock formations, and lake-filled crater. The site, of outstanding aesthetic beauty, also bears testimony to the history of the planet, its features and processes.

For more information, please follow the link: <http://whc.unesco.org/en/statesparties/kr>

IMCOM'S Transition Assistance Program helps Army save \$900 million



Soldiers meet with civilian recruiters at a recent job fair at Fort Huachuca, Ariz. (Photo courtesy of Rob Martinez)



Soldiers listen to a representative from Robert Half Technologies at Fort Campbell's second Microsoft Software and Systems Academy. Microsoft invites speakers from their partner companies to help prepare soldiers for the job market, to network, and to interview participants when they've completed the program. (Photo courtesy of Heather Huber)

By Leslie Hargett and William Bradner
Installation Management Command

Unemployment Compensation for Soldiers leaving the Army during fiscal year 2016 dropped to the lowest amount recorded in 13 years.

The Army ended the year at \$172.8 million, according to the Department of Labor's unemployment compensation report. Army expenditures had peaked in 2011, at \$515 million. This is the first time expenditures dropped below \$200 million since 2003.

In the last four years the Army has saved over \$900 million in cost avoidance for unemployment compensation expenditures through programs like the IMCOM Soldier for Life Transition Assistance Program, which prepares Soldiers for finding employment in the civilian sector when they leave active service.

"The significant reduction in the Army's bill for unemployment compensation, along with the reduction in the national Veteran unemployment rate, can be attributed to the diligence of the team of teams at IMCOM's SFL-TAP centers who are selfless, passionate and dedicated to this important mission," said

IMCOM Cmd. Sgt. Major Melissa Judkins.

IMCOM executes SFL-TAP by providing resources, guidance and support to 73 centers world-wide. The command markets the program to Soldiers, provides direct funding and manpower, develops standardized training and monitors the execution of the program.

When Soldiers receive unemployment compensation from a state agency, the Department of Labor bills the Army for reimbursement. Reducing the number of Soldiers receiving compensation by assisting them in their transition to the civilian sector benefits both the Army and the Federal Government in cost avoidance savings.

In 2016 alone, over 117,000 Soldiers successfully transitioned into the civilian community using SFL-TAP services.

"We are excited to see that more Army Veterans are finding careers after they transition off of active duty service, and fewer are having to file for unemployment compensation," said retired Col. Walter Herd, Director of the Soldier for Life - Transition Assistance Program, based out of the U.S. Army Human Resources Command at Fort

Knox, Kentucky.

Although experience shows veterans generally enjoy a favorable employment rate in the nation's job market, many veterans initially find it difficult to compete successfully in the civilian labor market. SFL-TAP Centers help Soldiers alleviate many employment-related difficulties and prepare them for success.

IMCOM SFL-TAP Centers have partnered with the Department of Labor, DOD, the Small Business Administration, and Veterans Affairs to provide employment and training information to Soldiers and their eligible spouses within one year of their separation or two years of their retirement from the military.

"This is a positive step for our Soldiers and our Nation as we continue to support and provide the assistance Soldiers need as they transition off of active duty service," Judkins said.

"However, as we transition 90-thousand-plus Soldiers per year for the next 3-5 years, it's imperative for the Army to maintain the momentum to keep Veteran unemployment low and continue to reduce UCX for the Army," she concluded.▲

Garrison holds orientation for new employees

By Intern Seo, Bo-myung
USAG Daegu Public Affairs

USAG DAEGU - The orientation for new employees was held at the United States Army Garrison Daegu Command conference room in Camp Henry, Feb. 3 from 8 a.m. to 4 p.m. The orientation was directed from headquarter IMCOM for new employees. Each directorate attended this orientation to explain about their department and gave information related to the Garrison, Daegu and Korea.

"The orientation for new employees is important," said Ingrid Walsh Brown, Director, directorate of Human Resources. "This orientation not only gives information about the Garrison such as explanation of each directorate, rules and safety, but also information related to their individual interests such as how to ride transportation and where to buy their groceries and cultural adaptation. It could be good chance to make new employees more familiar with their new environment."

The orientation for new employees is held the first Friday of every month. Each department presents what services they are provide and they explain what kind of work they are doing. In this orientation, the Red Cross explained emergency

notification, and the Directorate of Plans, Training Mobilization, Security presented professional development, security brief antiterrorism, operation security, emergency essential civilians. The DHR presented professional development army civilian training, cultural adaptation and civilian wellness.

"I worked at Food Court and Golf club located in Osan Air base Camp before and now I have started at Fire station in Camp Walker," said Yi Chi-ho, firefighter in Camp Walker. "My responsibilities are extinguishing and controlling fires while aiming to save life, property and the environment and maintain safety. This job, firefighter, makes me feel more responsible because it directly affects people's life. The orientation for new employees is good a opportunity to understand overall Area IV rules and regulations."

The orientation is designed to help new employees understand the Garrison and the country where they are living and working. The orientation makes the new employees with concise and accurate information to make them more comfortable in the job and their position. The orientation offers the Garrison's own set of rules and policies. Also, to people who are not familiar with life in Korea, they

can offer information about life in Korea such as how to use transportations and how to go hospital. Through this orientation, the new employees can get a sense of the organizational culture so they have a better understanding of what they need to do to fit in more quickly.▲



Kevin Roberts from EEO tells new Garrison staff about EEO policies and procedures during new employees' orientation at Camp Henry, Feb. 3. (U.S. Army photo by Intern Seo, Bo-myung, USAG Daegu Public Affairs)

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Area IV Celebrates Year of Red Rooster



Deputy to the Garrison Commander Mr. William Butcher welcomes Republic of Korea Army 202nd Defense Security Command Commander Col. Park Tae-gyu at the Lunar New Year Reception. (U.S. Army photo by intern Seo, Bo-myung)



USAG Daegu Commander Col. Stephens and Community Relations Officer Mr. Chong, Yong-Kon gives his remarks at the Lunar New Year Reception. (U.S. Army photo by Sgt. Chun, Taek-jun)

By Sgt. Chun, Taek-jun
USAG Daegu Public Affairs

USAG DAEGU - United States Army Garrison Daegu hosted the 2017 Lunar New Year Reception, Feb. 10, at the Camp Walker Evergreen Club. USAG Daegu staff and good neighbors from Area IV came to celebrate the start of the year of the Red Rooster together.

“As Commanders, if we are lucky, we get to experience things twice; this is my second Lunar New Year reception,” said Col. Ted Stephens, USAG Daegu commander. “As I move forward in my life wherever that may be, when I think of new year, it is no longer Dec. 31 and Jan. 1. It is the Lunar New Year that I celebrate with my Korean friends.”

Although the official new year starts Jan. 1, people celebrate the new year on the lunar calendar in East Asia traditionally. There are 12 animals that represent the year. 2017 is the year of the red rooster, the tenth of 12 animals.

To celebrate the reception, performers from the Daegu City Cultural Center performed Gayagum, a 12 string traditional

instrument and traditional fan dance.

“I hope everyone was able to appreciate the performances we had from Daegu City Cultural Center,” said Stephens. “The dancers and the performers were outstanding.” While socializing, people could not help but watch the performances and be marveled about them.

Good Neighbors from around Area IV, Daegu and Chilgok County attended the reception. During the reception, they had a chance to mingle with their American friends while standing and eating refreshments. U.S. Soldiers and Officers also attended to meet with their Good Neighbors and socialize with them.

“I can genuinely say when I say this. It is truly an honor to be in your company,” said Stephens. “If I have said this one time, I cannot say enough. Kachikapshida, we go together.”

“It is the year of the rooster. I would like to say ‘Happy new Year’, and we look forward to a very prosperous and fortune-filled new year.”



Performers from Daegu City Cultural Center performs Gayagum, a traditional 12 string instrument at the Lunar New Year Reception. (U.S. Army photo by Sgt. Chun, Taek-jun)



Traditional fan dance performers make a heart shape with their fans during their performance at the Lunar New Year Reception. (U.S. Army photo by Sgt. Chun, Taek-jun)



Attendees at the Lunar New Year Reception watch the Gayagum and traditional fan dance. (U.S. Army photo by Sgt. Chun, Taek-jun)

The future of meat ‘Fake Meat’



Story by Jeon, Seun
Oriental Press

NEW YORK - Now in New York, the ‘Impossible Burger’, invented by an American chef David Chang is drawing people’s attention. People enjoy taking selfies while waiting in line, hoping to take a bite of it. The ‘Impossible Burger’ is a burger set in collaboration with ‘Impossible Foods’, a fake meat company that uses as plant-based ingredients and tastes the same as meat.

The ‘Food industry’ is a keyword at Silicon Valley recently due to its Earth-friendliness. The food ventures, accompanied with strong technology, are at the core of this current trend. The ventures made plant-based food instead of meat-based one

and it tastes exactly the same. As instance, we can find “Beyond Meat” which is made with proteins from plants to make chicken meat or “Hampton Crick” that can produce mayonnaise and cookies made with peas without using eggs. However, Google attempted to take over the “Impossible Food”, by offering between \$200 million and \$300 million but got rejected. The ‘Impossible Foods’ is a company that develops hamburgers with ‘fake meat’ made from plants rather than ‘real meat’.

Patrick Brown, the CEO of the Impossible Foods, has been living as vegetarian over 30 years, however he says “this hamburger patty is not for vegetarians.” It is a food for people who eat meat and are satisfied instead of real



meat. Brown described that he is putting on effort to develop and commercialize a product that can compete head on with meat and dairy products based on taste and value for consumers. Also it is for meatatarian who can’t imagine living without meat. Actually, patties from the “Impossible Food” are not just made with vegetables and beans, but it also analyzes the meat to the molecular level so it looks, smells, tastes and even bleeds like real meat.

According to the data from the Food and Agriculture Organization of the United Nations (FAO), the world population is expected to reach 9.7 billion in 2050, an increase of 2.4 billion more than now. With this population growth, food demand will be expected to increase drastically. In

particular, demand for meat consumption in 2050 is expected to be more than double from the early 2000s. Producing two pounds of beef (about 908 grams) requires over 30 pounds of corn and vast amounts of water. In the scientific community, the main causes of greenhouse gas emissions come from livestock such as cows and agricultural soils. The carbon emitted by livestock farming is worse for the environment than the total emissions from cars and airplanes.

Humans are no longer just looking at the quality of the final product. It is time to consider how animals should be treated, how much water and land are consumed, and how much greenhouse gases are generated from the livestock farming to make our hamburgers.

The ventures made plant-based food instead of meat-based one and it tastes exactly the same.



Interns bid farewell to Area IV



Col. Ted Stephens shakes hands with President of Yeungnam University Sur, Gil-soo. (U.S. Army Photo by Cpl. Soh, Jung-han)

By Cpl. Soh, Jung-Han
USAG Daegu Public Affairs

USAG DAEGU - The United States Army Garrison Daegu 2016 Fall Session Intern Program Closing Ceremony was held, Feb. 10, at Yeungnam University's Chunma Arts Center to celebrate every 54 interns who worked in Area IV for the last six months.

USAG Daegu Commander Col. Ted Stephens, Yeungnam University Vice President of External Cooperation Office Professor Yi Hui-uk, Area IV supervisors, and university administrators and teachers attended the ceremony to celebrate the successful closing of the 25th internship program.

"Over the last six months, our interns have contributed significantly to Area IV with their hard work," said Stephens. "It is hard to believe this incredible

program has begun its second decade, that almost one thousand students have taken advantage of this opportunity. It highlights the partnership between our two great nations, an alliance forged in blood."

Professor Yi Hui-uk welcomed all the distinguished guests and attendees. He congratulated the interns for completing the session and emphasized the importance of having a foreign experience.

"I would like to congratulate the students on the accomplishment of their intern program at USAG Daegu," said Yi. "It is a 'kill three birds with one stone' opportunity. Through the USAG Daegu internship program, the students can experience foreign corporate culture, build their careers and also upgrade their English skills."

There are six universities that participated in the internship



Col. Ted Stephens presents PAIO Management Analyst Aaron Bench Outstanding Intern Supervisor Award. (U.S. Army photos by Sgt. Chun, Taek-jun)

program. Each of them take turns hosting the ceremony. This time, the event was hosted by Yeungnam University.

After the congratulatory comments from Stephens and Yi, 54 interns received their Certificate of Appreciation for their dedicated work. Three awards were presented, outstanding intern, intern supervisor and intern video contest winning team. Ha Hyun-ji, an intern worked at Daegu American School, received the Commander's Award for Public Service. Aaron Bench, Management Analyst of Plans, Analysis and Integration Office, received the Commander's Award for Civilian Service and Team Green's video was chosen as the winner of the intern team video contest.

"I would like to thank you to my supervisors for helping whenever I

asked something," said Ha Hyun-ji, the awardee of Outstanding Intern Award. "For the last six months, I learned a lot and it was a great experience. I feel really excited that this is the first time for DAS interns to receive Outstanding Intern Award."

The intern program builds positive U.S. and Korean relationships, brings a unique and talented group of young adults with fresh ideas to multiple work sites, and gives a decided edge in future endeavors for those students as they move into the Korean workforce.

Stephens had an office call with the President of Yeungnam University, Sur, Gil-soo after the ceremony. They discussed several things including the internship program and President Sur showed the gratitude to Stephens for supporting the program. ▴



2016 Fall session interns gather on the platform for the group photo. (U.S. Army photo by Sgt. Chun, Taek-jun)

Atopic Dermatitis

Atopic dermatitis (AD) is a type of chronic inflammatory skin disease that accompanies the symptoms of itchiness, dry skin, and scaly skin. The disease usually begins to develop in the early years.

It is difficult to determine what caused a specific case of AD, and it is known to be difficult to cure. The known causes of AD include air and dust contaminated with chemicals, artificial seasoning, and excessive stress.

Now, here are some helpful information (or misinformation) about the disease.



Common Misconceptions about Atopic Dermatitis

1. Is AD contagious?

Although AD is an inflammatory skin disease, it is not caused by contagious bacteria or viruses. In other words, it is not contagious. However, an AD patient is susceptible to secondary infection by bacteria, viruses, and fungi. If the patient's immune system is weakened, the infection may easily spread to others.

2. Is AD a genetic disease?

Although somewhat correlated with a patient's family history, AD is not a genetic disease per se. A family member usually has a similar constitution and shares the same diet and environment with the patient. In this regard, family members have a higher chance of contracting a similar disease.

3. Should an AD patient control his/her diet?

If a patient is allergic to certain types of food, it would be wise to stay away from those. However, it is a common misconception that an AD patient needs to clear of allergy-inducing foods such as meat, dairy products, beans, fish, or eggs even when he or she is not allergic to any of them.

Unless accurately informed by the patient's conditions, diet control or vegetarianism may lead to nutritional imbalance. In the long term, it may weaken the patient's immune system, making it harder to treat AD.

4. Can AD be treated with steroid cream?

Applying steroid cream on an affected area temporarily subdues inflammation. However, inflammation is likely to return once

the effect wears off. Also, repeated use of steroid may interfere with the normal operation of the patient's immune system, leading to a higher risk of secondary inflammation and reduced cell regeneration. Please use caution when using steroid cream.

5. Should an AD patient not take baths too often?

Taking a bath, unless it is done excessively, moisturizes the skin and removes sweat, allergen, and bacteria that irritate the skin. An AD patient is recommended to take a 15-minute bath once a day in warm water. After taking a bath, make sure to apply moisturizer to the affected area within 3 minutes.

6. When using a moisturizer, more is better?

The skin of an AD patient is much drier than others, due to hypofunction and inflammation. For this reason, an AD patient needs to moisturize his/her skin to facilitate treatment. However, as damaged skin can only take so much moisture, use just enough amount to alleviate the dry feeling. A chemical moisturizer contains surface active agent, which causes the skin to lose moisture by destroying the skin barrier and making it drier and more sensitive. Therefore, carefully select the moisturizer suited to your condition.

7. Is sweating bad for an AD patient?

Sweat, when caused by heat and energy from exercise, helps AD treatment by removing various toxins and wastes from the patient's body. Therefore, it is recommended to work some sweat by doing exercises that fit your condition.



How to Prevent AD

1. Ventilate often, open the curtains, and let in the sunlight at least once a day.
2. Pull the plug of unused appliances. Keeping the plugs connected may cause formaldehyde and organic chemicals contained in the appliances to be discharged into the air.
3. Mind the humidity level of your rooms. Use flower pots or an aquarium to control the humidity level, rather than a humidifier.
4. Refrain from eating processed food and keep a vegetable-centered diet. However, make sure you get enough protein by eating beans or tofu.

AD is highly recurrent and difficult to completely do away with. Therefore, an AD patient needs to manage the symptoms by changing his/her living habits. Also, an AD patient is advised to contact a dermatologist before using a medication to ease the symptoms, as it may cause side effects.

KSC recognizes top achievers



Members of the Korean Service Corps are acknowledged for their hard work and accomplishments at the 2017 Annual Appreciation Dinner at Yongsan, Feb. 10. (Photo courtesy of 19th ESC Public Affairs)

By 2nd Lt. Ellen C. Brabo
19th ESC Public Affairs

USAG YONGSAN - During the month of February, supervisors have the opportunity to come together to recognize members of the Korean Service Corps who deserve to be awarded for their exceptional achievements throughout the year. All nominations are submitted in December and in January, the battalion nomination board meets to select this year's award recipients.

There are ten categories in which the supervisor may nominate their employee ranging from Technician of the Year to Supervisor of the Year. Once the selections were finalized, the Korean Service Corps hosted its annual awards dinner at the Dragon Hill Lodge, Feb. 10.

Chae, Yong-su, an Information Technology Specialist at KSC 37th Company, currently supporting the 2-1 Air Defense Artillery Battalion as a Lead Information Management Officer, is this year's Administrator of the Year. Chae was nominated by his supervisor, Capt. Harrison Steinberg.

"I honestly believe that Mr. Chae is the best employee in the KSC," said Steinberg. "Formal recognition as Employee of the Year just makes it official."

According to Steinberg, Chae saved the Army more than \$20,000 by diligently working to cut unnecessary costs on IT equipment

for the battalion and reutilizing found on installation equipment at Camp Carroll.

"Chae is an invaluable asset to the 2-1 ADA Guardian Battalion," added Steinberg. "There is so much personnel turn over in Korea that it would make it hard to accomplish the S-6 mission in a Patriot unit, without the continuity Chae provides."

Chae explained how his command group has confidence in him accomplishing the Eighth Army's mission by recognizing his efforts.

"If you do your best in all you do, you will be awarded," said Chae.

Not only are KSC members recognized for the work they do at the office, but outside of the office as well. Hyong, Paek-u, 22nd KSC Company, is currently working as an Administrative Support Specialist for the Logistics Support Team assigned to the 403rd AFSB at Camp Humphreys and was the recipient of the Volunteer of the Year Award.

As a Field First Aid Training Instructor for the KSC, Hyong is always ready and willing to help others should they need medical attention.

Hyong was nominated by his Company Command team after assisting a neighbor in need.

"In November, while I was on my way to work, I called for immediate medical attention after discovering a neighbor who had hurt his back and was lying in the middle of the

road," said Hyong. "As head of a household, I think it is meaningful to be recognized for my actions; I am setting an example for those around me."

The KSC was originally established as the Civilian Transportation Corps in 1950. For more than 60 years, the relationship between the KSC and the Eighth Army has continued to strengthen the Alliance.

"Your Battalion is comprised of 17 companies, considerably smaller than the three divisions of KSCs in the 1950s," said Col. Christopher Dexter, Commander, Material Support Command - Korea, and one of the guest speakers for the

evening. "However, your impact is equally important. Much like in the 1950s, you allow our Soldiers to focus on their primary task of readiness and the ability to fight tonight."

Further emphasizing the importance of mission readiness, the 7th KSC was recognized as the Best Company of the Year for demonstrating high performance in areas such as training, discipline, safety and resource management.

"Your success and excellence is our success and excellence," added Dexter. "Our alliance is the strongest in the world because of you and your efforts. You all truly are the heart and soul of MSC-K and Team 19."▲



Chae Yong-su, 37th KSC Company, receives the Administrator of the Year award for his achievements as an Information Technology Specialist supporting the 2-1 Air Defense Artillery Battalion. (Photo courtesy of 19th ESC Public Affairs)

Meet Spring Year-round in Greenhouse Botanical Gardens

There are places in South Korea where you can enjoy the refreshing feeling of spring year-round. To escape the freezing temperatures and snow of winter, or the rain that may come throughout the year, immerse yourself in the ever-green light of Korea's greenhouse botanical gardens. Simply stepping foot into the greenhouses will be enough to enter the land of spring and the beautiful flowers and sunshine this beloved season brings. Taking beautiful memorial snapshots is an added bonus of visiting one of the following gardens.



Children's Grand Park Botanical Garden



Children's Grand Park Botanical Garden



Ewhawon Nabi Story with Butterflies



Ewhawon Nabi Story with Butterflies

Children's Grand Park Botanical Garden

The botanical garden at Children's Grand Park is located within Seoul, making it easily accessible. The greenhouse is comprised of two levels and is divided into eight themes, including the tropical zone, flowers and butterflies zone, and succulent zone. Admission is free, and the botanical garden is just one of many attractions within Children's Grand Park, drawing in visitors both young and old all year-round.

Address: 216, Neungdong-ro, Gwangjin-gu, Seoul

Enjoy Ewhawon Nabi Story with Butterflies

Ewhawon Nabi Story provides a strong feeling overall of Korea, something not felt in any other greenhouse throughout the country. Past cabins and streams, guests will walk through a citron orchard, a forest of bamboo and other Korean-style gardens. Outside the greenhouse is the Butterfly Eco Center. Here you can see both framed butterfly specimens and live butterflies, flitting from flower to flower.

Address: 64, Jaraseom-ro, Gapyeong-eup, Gapyeong-gun, Gyeonggi-do



Ewhawon Nabi Story with Butterflies

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Soldiers battle in combatives tournament



One of the Soldiers is choking the opponent and the referee is giving him three points. (U.S. Army photo by Sgt. Chun, Taek-jun)



Two Soldiers are fighting each other in the Qualifying match. (U.S. Army photo by Cpl. Soh, Jung-han)



Staff Sgt. Michael Showes referees the match during Area IV Fight Tonight Tournament Qualifiers. (U.S. Army photo by Sgt. Chun, Taek-jun)

By Cpl. Soh, Jung-han
USAG Daegu Public Affairs

USAG DAEGU – Soldiers must be prepared to use different levels of force in an environment where conflict may change from low intensity to high intensity over a matter of hours. For this reason, hand-to-hand combative training is one of the fundamental building blocks for training the modern Soldiers.

The Area IV opened the Combative Tournament called “Fight Tonight”, Feb. 11, at the Camp Walker Kelly Fitness Center and the Camp Carroll Gym. The Soldiers from all over the Area IV participated in this tournament to test their fighting skills and mental durability. On that day, the qualifying matches took place with the standard rules.

The mission of the U.S. Army Combatives is to train Leaders and Soldiers in order to instill the Warrior Ethos and prepare Soldiers to close with and defeat the enemy in hand to hand combat. Staff Sgt. Michael Showes, Combatives Schoolhouse NCOIC from 498th Combat Sustainment Support Battalion, talked about the importance of Combative Tournament.

“I believe it's a great way to develop esprit de corps amongst our organization,” said Showes. “Competition breeds the will to

train and gives us a goal to aim for. Working towards that goal, we have Soldiers training together, meeting new peers through a common interest, watching their diet so as to make and maintain their weight for their weight division, increasing their skillset through repetition and trial and error, plus it's a great motivator to see your progression and to test your mettle towards a skilled opponent. Win or lose, everyone who competes comes out a better person.”

Through the tournament, Showes is looking forward to the future of next Combatives Tournaments and Combatives Schoolhouse. “The tournament is just the first of many tournaments and will be used as a foundation to improve with each one we organize,” said Showes. “I hope to open the tournament to all Soldiers/KATUSA on the whole peninsula, and possibly even to other services as well. I'm trying to have more personnel come by the gym after hours for open mat and focused training, so this could be a way to help generate visibility.

Three to four qualifiers from each weight classes will compete in the final tournament with the intermediate and advanced rules. The final matches will be held at the Camp Walker Kelly Fitness Center, Feb. 24, starting at 7 p.m.▲



One of the Soldiers is trying to take down the opponent. (U.S. Army photo by Sgt. Chun, Taek-jun)

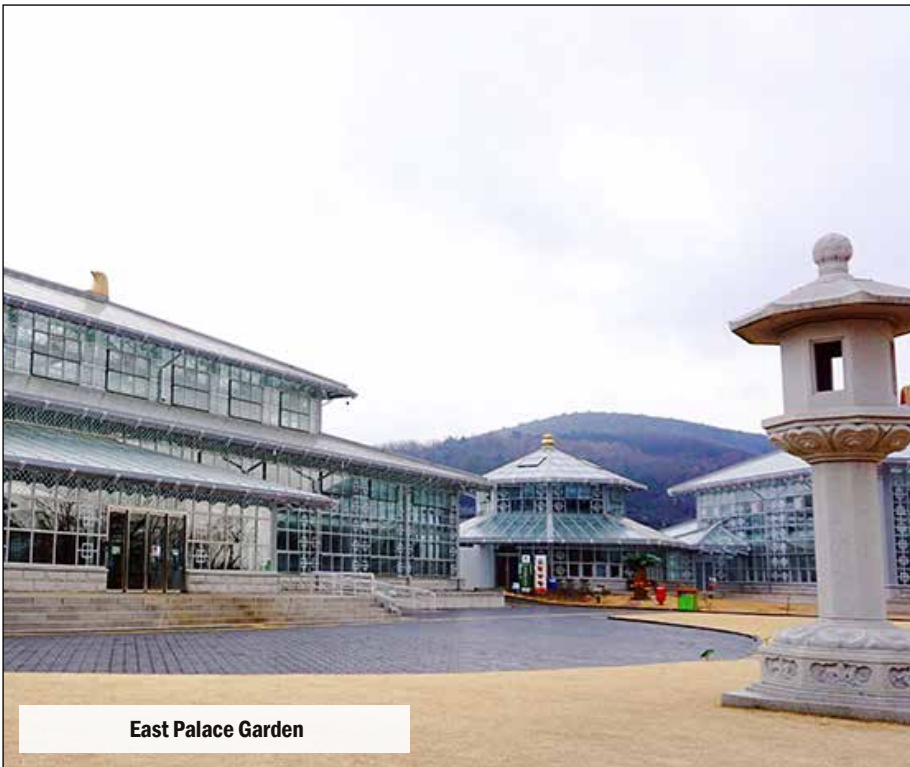
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National Institute of Ecology Ecorium



East Palace Garden



East Palace Garden

Flowers from Around the World Gathered at Asan Botanical Garden

Asan Botanical Gardens offers a chance to view famous garden species from all over the world blooming year-round. The garden also features hands-on experiences, from designing handkerchiefs with flower petals to repotting a plant to take home.

One of the garden's most popular attractions is the parrot enclosure, where you can meet dozens of parrots. The souvenir shop sells plants and goods made with herbs that make perfect mementos of your visit.

Address: 37-37, Asanman-ro, Dogomyeon, Asan-si, Chungcheongnam-do

Collaboration of Traditional and Modern at East Palace Garden

Designed after Donggung Palace & Wolji Pond, the East Palace Garden is located within Bomun Tourist Complex. Emitting a feeling of the Silla Dynasty, the interior is decorated with streamlets, old wells, and Cheonmadosang (Painting of Heavenly Horses), as well as a 7 meter-high path behind a cave waterfall.

Located nearby the botanical gardens is Gyeongju Bird Park, where visitors can participate in a variety of experiences and activities with birds.

Address: 74-14, Bomun-ro, Gyeongju-si, Gyeongsangbuk-do



Yeomiji Botanical Garden



Representative Attraction of Jeju, Yeomiji Botanical Garden

Yeomiji Botanical Garden is well-known for being a must-visit attraction

for all tourists to Jeju Island, housing many gardens, from a flower and butterfly garden to an aquatic garden, succulent plant garden, tropical garden and more.

In the center of the greenhouse is

an observatory tower reaching the ceiling. Ride the elevator up for a bird's-eye view of the entire botanical garden. On clear days, you can even see as far as the coast and the vast ocean beyond. A bit closer are the

gardens surrounding the greenhouse, showcasing garden layouts from various countries, including Korea, Japan, Italy and France.

Address: 93, Jungmungwangwang-ro, Seogwipo-si, Jeju-do

News & Notes

FLU VACCINES ARE STILL AVAILABLE

Immunizations Section are still providing Flu Vaccinations for all ID card holders 6 months and older, Monday through Thursday, at normal clinic hours (Walk-in basis only).

Community Mailroom Notice

Please be aware that some wet parcels and letters are being received due to weather conditions. If your package is insured, contact USPS.com and file a claim – other wet packages from mail-order companies (Amazon, Walmart, etc) can be refused, which will return the package without cost.

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.

Newcomers Orientation

Camp Carroll Theater, 1000-1600, 7 & 21 February
Camp Henry Theater, 1000-1530, 14 & 28 February

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.

DoDEA Schools (DAS: 768-9531/9501/9543, DHS: 764-4645/4602)

KIMEA Honors Music Festival (19-20 February); No school on 20 February (Presidents' Day) and Progress Reports (24 February).

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>.

Camp Walker Aquatics Center

Camp Walker Aquatics Center will be closed for annual maintenance beginning 6 February, for approximately 3-4 Weeks.

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 Area 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.

Company Level Basketball Championship at Camp Carroll fitness Center, 1800, 6-7 February, and **USAG Daegu Unit Level Basketball Championship** at Camp Walker Fitness Center, 1800, 13-14 February

Healthy You Wellness Fair

Sports & Fitness would like to invite you to the upcoming 2017 Healthy You Wellness Fair! This event will take place on **Saturday, 25 February from 1000 until 1300 at Kelly Fitness Center** on Camp Walker. You are invited to exhibit your products or services during our Wellness Fair. This program will allow participants to gain health and fitness related information, talk with healthcare professionals and take part in our interactive group fitness classes. The fair will feature information booths, opportunities for individuals to be aware of their overall wellness, encouragement to celebrate American Heart Month, information about the community, fitness programming, and what local healthcare options are offered to Soldiers, Families and Civilians while stationed at Camps Henry, Walker, George and Carroll. For more information, call 768-6603.

FMWR NAF SALE

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

Sports & Fitness(10) Ten Pound Challenge

25 February: Weigh In at the Wellness Fair, 13 May: Weigh In final at the ROK & Run Join the 10 pound Challenge, a program where you learn how to safely shed those unwanted pounds and be part of a motivated online group with the same goal. Open to all USAG Daegu Soldiers, Family Members, US and KN Civilians.

Outdoor Recreation Center

Note: If FMWR cancels the trip, a full refund will be provided to participants. If participant cancels less than 48 hours prior(unless otherwise noted in the tour description) no refund will be issued. Deadline to register is 72 hours prior to tours.

Saturday, 18 February, Uljin Snow Crab Festival. Departs/Return: Walker: 0900/2000, Carroll: 0800/2100(minimum of 5 participants for pick up) Fee: \$49/Adult, \$/45/Child, \$20/4 & Under, \$180/Family of 4(transportation, entrance fee, English speaking guide)

Sunday, 26 February, Asan City Tour. Departs/Return: Walker: 0700/2130, Carroll: 0800/2030(Minimum of 5 participants for pick up), Fee: \$49/Adult, \$/45/Child, \$20/4 & Under, \$180/Family of 4(transportation, entrance fee, English speaking guide)

Saturday, 4 March, Pottery and Korean Fan-Making Tour. Departs/Return: Walker CAC 1300/1800, No Carroll Pick up. Fee: \$49/Adult, \$/45/Child, \$180/Family of 4(transportation, entrance fee, English speaking guide)

Thursday-Friday, 6-7 April, Tour to Jeju Island. **Sign up Deadline is 20 February, and no refund after 20 February.** Call Hana Travel at 764-4440 or 764-4432 for details.

Volunteers NEEDED for Child & Youth Services

CYS is seeking 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

Valentine's Day Dinner Special at the Evergreen Club

Tuesday, 14 February 1700-2100. Couple: \$50/ Person: \$26, Three Course dinner includes appetizer, main course and dessert. Reservation required by 12 February. Call 764-4060.

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.

USAG Daegu Fire & Emergency Services Reminder

If you notice that your Automatic External Defibrillator (AED) has expired pads or batteries need to be replaced, please remove the AED from service, and tag the AED out of service. IAW the Garrison AED Policy, units are responsible to replace their pads and batteries for AED's in their facilities. USAG Daegu Fire & Emergency Services has purchased AED pads and batteries to get some units up and running, but please plan on purchasing replacement pads and batteries for the AEDs in your facilities.

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 go to <https://www.facebook.com/USAGDaegu/>, the USAG Daegu Facebook page, or if you have a question for the Garrison Commander or just want to know why USAG Daegu does something, then send your questions to AFNDAegu@yahoo.com. Then tune in to AFN Daegu the Eagle the 2nd Friday of the month to hear the answers to your questions.

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."

Modernizing Patriot fleet

Editor's Note: Readiness and modernization remain fixtures among the Army's top priorities, both of which are initiatives 35th Air Defense Artillery Brigade is addressing as the brigade upgrades their Patriot fleet. Upon completion of the largest Patriot modernization project ever conducted outside a depot facility, the Dragon Brigade will operate with the most technological advanced equipment within the ADA community. Furthermore, the brigade will execute a comprehensive new equipment training cycle to maintain Fight Tonight readiness throughout the transition. This article is part of a three part series that will follow the modernization and readiness effort as it materializes.

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

OSAN AIR BASE — The 35th Air Defense Artillery Brigade is executing the largest Patriot modernization project ever conducted outside a depot facility. A move that will place the brigade as the most lethal ADA brigade in the U.S. Army.

Three C-5 Super Galaxies from Travis Air Force Base, California, transported Patriot equipment to Osan Air Base, Jan. 25-26, to support the historical project.

"The Patriot equipment sets flown here from the states are key and critical for the Dragon Brigade to maintain Fight Tonight readiness while we modernize our Patriot weapon systems in the Republic of Korea," said Col. Mark Holler, 35th ADA brigade Commander.

The equipment was offloaded and transported to nearby Suwon Air Base, where defense contractors from Raytheon and the Lower Tier Project Office will begin the mass overhaul.

"The smooth execution of the multi-faceted mission to receive, stage and conduct onward movement of this Patriot equipment is a testament to the professionalism of the Soldiers, Airmen and



A radar system is lifted by two cranes and placed on a semitrailer at Osan Air Base, Jan. 26. The system will be transported to nearby Suwon Air Base to support 35th ADA Brigade as it conducts the largest Patriot modernization effort ever executed outside a depot facility. (Photo courtesy of Bryan Watkins)

DOD civilians serving in Korea," said Holler.

When the project is complete, the brigade's Patriot fleet will employ Post Deployment Build 8.0 technology, cementing the Dragon Brigade as the only air defense artillery brigade in the Army fully equipped with the most modern and advanced capabilities within the ADA community.

"There's a lot of excitement around the brigade, because we're doing something that's never been done before," said Chief Warrant Officer 3 Tara Gibbs. "The new technology is a game-changer, and it will significantly reduce maintenance requirements."

Some of the most notable improvements include

software to operate new radar circuitry, upgrades to increase wide band search sensitivity, flat panel monitors with touch screen technology, built-in test equipment, and the replacement of many legacy hardware systems with smaller more capable units.

As Patriot system pass through the modernization process, battalions will concurrently conduct a robust new equipment training cycle to ensure each crew is properly trained to employ the new equipment.

The Korean Peninsula remains complex due to North Korea's advancing technology and frequency of missile launches, reinforcing the value of modernizing the 35th ADA Brigade Patriot fleet.▲

USAG Yongsan Command Team visits Sunflower Center



U.S. Army Garrison Yongsan Commander Col. J. Scott Peterson and USAG Yongsan Command Sgt. Maj. Joseph M. James Jr. visit the Sunflower Center, a local domestic violence and rape crisis center, Feb. 10. Peterson and members of the garrison were given a tour of the crisis center and a short briefing by the center staff about the organization. (Courtesy photo)

Full of local vibes, Mangwon market



Story by Oh, Dain
Oriental Press

It has been a while since local markets, especially traditional ones, started going downhill in most parts of the world, but there is always an exception. Mangwon market, located in Mapo-gu, South Korea, has earned almost the opposite results and has drawn special attention when others had to swallow the bitter defeat by the mega-supermarkets run by a few conglomerates.

The unusual success of this local market is assessed with several reasons. Solidarity of individual traders at the market

was strong enough to fight off against the conglomerates. Young artists gather to the town where the rents are relatively low compared to other regions. The steering committee of market managed to modernize the environment, not harming its own vibes that reserve local traditions. Or it simply has better products than others do. You cannot find one answer to it, but it is sure that Mangwon market is still maintaining the upturn successfully and it is worth for you to pay a visit.

With terrific accessibility by subway (Line6) and city bus, you can easily visit the market, which only takes about 30 minutes from

central Seoul. From Samgakji Station to Mangwon Station, it takes 15 to 20 minutes at most. When you arrive at Mangwon Station and come out of exit #2, you are already right in front of the market entry point. Stroll through the main street in the market and pick up some street food which will give you the essential vibes that are offered by traditional local markets in Korea. Also, check out the small cafes and restaurants, vintage shops, handmade craft shops, and independent bookstores, located here and there in the market. If you are bored of typical bars with too much noise and plane taste, there are unique

local bars for you to have a drink, as well. It is a well-known fact that hipsters love this area, Mangwon-dong.

Note that most of the restaurants in Mangwon-dong have a break time from 2 pm to 5 pm and have a Monday off. Manwon-dong is adjacent to Han River and all you need to do to get to the riverside is just to walk straight through the market. It will be the perfect course if you have a little local tour at the market and chill out at the riverside, watching sunset over the river.

Go to Mangwon Station (Subway line 6) Exit 2. Walk straight for 15 - 20 minutes.

Belgium ambassador, Soldiers and civilians recognized at St. Barbara's Ball

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

OSAN AIR BASE — Soldiers, civilians and the Belgium ambassador to South Korea were recognized by senior leaders during the 35th Air Defense Artillery Brigade, and the 3rd Battlefield Coordination Detachment's St. Barbara's Ball at Osan Air Base, Jan. 20.

The Eighth Army Commanding General, Lt. Gen. Thomas Vandal, presented the Ancient Order of Saint Barbara to Ambassador Adrien Theatre, the highest decoration for individuals that have made extraordinary contributions to the artillery branch.

Theatre was just one of 40 U.S. and ROK service members and civilians to be recognized for their contributions to the artillery during the event.

The Headquarters and Headquarters Battery Commander, Capt. Maegan Hada, received the Honorable Order of Saint Barbara, an award bestowed upon those that have demonstrated an outstanding degree of excellence in the field.

"Being recognized by the brigade commander for what I've contributed to the air defense artillery community means a lot to me. Being a member of the Honorable Order of Saint Barbara is something we strive for as air defenders," said Hada. "It's nice to know that all the hard work and commitment over the last seven years has been appreciated."

Seven of the 40 awardees were spouses receiving the Honorable Order of Molly Pitcher. A symbol of gratitude and appreciation to those that have devoted significant time and energy to improve the air defense artillery community.

With nearly 350 guests from all over the Korean Peninsula and beyond, it took meticulous planning and numerous rehearsals to turn the script into a reality.

"We started planning the ball about three months ago, but the bulk of everything really came together the last few weeks," said Capt. David Malave, officer in charge of the ball. "Overall, I'm very pleased with how it went, everyone seemed to really enjoy it, and that's the most important part."

The St. Barbara's Ball is a traditional formal event hosted by field artillery and air defense artillery units at Army posts around the world to celebrate the rich history of the branch. While each unit portrays the events differently, the overall proceedings are similar.

Lt. Gen. Vandal served as the guest speaker, and recognized a handful of Soldiers with a coin for their dedicated service and commitment to the Dragon Brigade and the 3rd Battlefield Coordination Detachment, respectively.

One of the more lively sequences of the night was the grog ceremony. A theatrical telling of the artillery history through a series of Soldiers coming forward to pour a spirit into a cauldron that correlated to the fires involvement in that specific war.

Upon conclusion of the formal part of the ceremony, many guests eagerly revealed their hidden party shirts under their uniforms, some posed for pictures, while others showcased their best moves on the dance floor.

For one Soldier in particular, this ball was extra special.

"I've been in the Army for 10 years, both active and reserves, and this was my first Army formal," said Capt. Lauren Vasta, 35th ADA Brigade surgeon. "I really enjoyed seeing everyone in their dress uniforms, it was a great night."▲



The Belgium Ambassador to South Korea, Adrien Theatre, was presented the Ancient Order of Saint Barbara by the Eighth Army Commanding General, Lt. Gen. Thomas Vandal, during the 35th ADA Brigade and the 3rd Battlefield Coordination Detachment's St. Barbara's Ball at Osan Air Base, Jan. 20. The decoration is reserved for individuals that have made extraordinary contributions to the artillery branch. (Photo courtesy of Bryan Watkins)



Capt. Maegan Hada, HHB commander, 35th ADA Brigade, poses with Kim Jin-soo, good neighbor to the 35th ADA Brigade, and the 35th ADA Brigade command team, Col. Mark Holler and Command Sgt. Maj. Eric McCray. The Honorable Order of Saint Barbara is presented to those that have made an outstanding contribution to the artillery branch. (Photo courtesy of Bryan Watkins)



Capt. Lauren Vasta, brigade surgeon, Maj. Wil Thibodeaux, brigade communications officer, and Capt. David Matautia, brigade human resources officer, all 35th Air Defense Artillery Brigade staff, pose for a picture. After 10 years in the Army, Vasta attended her first Army ball. (Photo courtesy of Bryan Watkins)

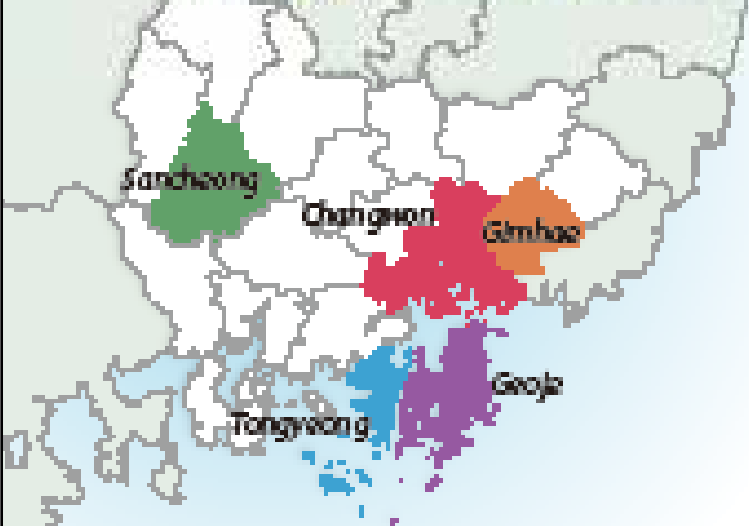


Korea- Mecca for Healing & Romance

Gyeongsangnam-do

Located in the Southern-east side of the Korean peninsula is Gyeongsangnam-do with Busan metropolitan city on its east and Daegu metropolitan city on its north. It has a temperate climate with a yearly average temperature of 55.4 F.

The province's main tourist attractions can be divided into two main categories, its North-western area is renown for 'Healing Tourism' with its dense, thick forests including Jiri Mountain, Deogyu Mountain, Gaya Mountain and clear valleys; all of where the beauty of nature meets the traditional culture of Korea. The southern area of the province is a famous tourist attractions full of small islands and outstanding scenery, allowing people to experience and enjoy its charm.



Place Name	Gyeongsangnam-do Provincial Government
Population	3.4 million
Area	Enccompassing 10.5% of South of Korea
Administrative Divisions	10 Cities and Counties, 315 Districts
Major Cities	Changwon-si