

The Morning Calm

March 03, 2017

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Check out our website!



Pvt. Jordan C. Daniel (left), and Pfc. Austin G. Warren, both information technology specialists with the 501st Signal Company, play a game of foosball during a ribbon cutting ceremony for the Warrior Zone at Camp Humphreys in Pyeongtaek, Feb. 16. This is the first Warrior Zone built in Korea. The Warrior Zone is a state of the art high-tech recreation facility centered on high-speed gaming options with a large variety of entertainment systems. (U.S. Army photo by Sgt. Sinthia Rosario, Eighth Army Public Affairs)

Camp Humphreys new high-tech Warrior Zone

By Sgt. Sinthia Rosario
Eighth Army Public Affairs

CAMP HUMPHREYS — The first Warrior Zone in Korea opened its doors during a ribbon cutting ceremony at Camp Humphreys in Pyeongtaek, South Korea, Feb. 16.

The Warrior Zone is a modern recreation facility centered on high-speed gaming options with a large variety of entertainment systems. It provides Soldiers the opportunity to compete against each other and showcase their gaming skills, kick it at the pool table or just simply relax, eat and watch a movie.

The United States Army Garrison-Humphreys Garrison Commander Col. Joseph C. Holland was the guest speaker during the ceremony. He spoke of the benefits and importance of this new facility.

"This is a great day to be here at U.S. Army Garrison-Humphreys as we deliver to our Soldiers a state of the art Warrior Zone, specifically designed for our men and women who are thousands of miles from their homes."

The facility's first visitors said the Warrior Zone is a welcome diversion since being away from the comforts of home can be at times challenging for Soldiers.

"I personally feel it's good, especially for first term Soldiers that aren't accustomed to being away from family and friends," said Staff Sgt. Frank E. Crump Jr., plans noncommissioned officer with Headquarters and Headquarters Battalion, Eighth Army (Forward). "The new Warrior Zone would be a good outlet for that Soldier to get out and meet new friends. For me it would be a great opportunity to go out and chit chat with a few battle buddies, maybe for lunch with some of the nice cuisine they have to offer and maybe shoot a game of pool."

Some of the highlights the Warrior Zone has to offer are:



The United States Army Garrison-Humphreys Garrison Commander Col. Joseph C. Holland (second left), USAG-Humphreys Command Sgt. Maj. Willie F. Pearson (third left), along with the Better Opportunity for Single Soldiers Council and active-duty Soldiers, perform a ribbon cutting ceremony for the Warrior Zone at Camp Humphreys in Pyeongtaek, Feb. 16. (U.S. Army photo by Sgt. Sinthia Rosario, Eighth Army Public Affairs)

Alienware gaming stations, gaming areas with more than 150 games for PS4, Xbox One, several pool tables, foosball, a movie theater with state of the art surround sound, commercial computers with free internet throughout the facility and a restaurant. The Warrior Zone is open to Soldiers, to include KATUSAs and guests 18 years and older.

"I think it's important to take care of our Soldiers, our troops and that we need to focus on meeting their needs in a relaxing environment," said Warren C. Latham, facility manager for Warrior Zone with the Camp Humphreys Family and MWR. "If the Soldiers have new ideas to improve this facility, we want to hear them. We want our Soldiers to feel this facility is their home, that it's their home away from home." ▴

The Morning Calm

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Submitting stories or photos to
The Morning Calm Weekly

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

Where Can I go to get Assistance?

- Your closest Army Installation AER Office
- If there is no AER Office near you, you can get assistance through your closest:
 - ♦ Air Force Base (Air Force Aid Society)
 - ♦ Navy/Marine Corps Base (Navy-Marine Corps Relief Society)
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- If you are not within a 50 mile radius of a Military Installation:
 - ♦ Call the American Red Cross 24 hour Military Assistance (877) 272-7337
 - ♦ You can begin your application online by going to our website at www.aerhq.org and following the prompts to "apply for assistance".

What Should I Bring With Me to the AER Section?

- Valid Military ID Card
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- Leave/PCS Orders
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 - ♦ Special Power of Attorney
 - ♦ Valid Military Dependent ID Card
 - ♦ Substantiating documents

How Do I Apply for a Scholarship?

- AER provides scholarships for dependent children and spouses of Active Duty, Retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James Ursano and Spouse Education Assistance Scholarship Programs.

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AER Assistance is available to Soldiers and their Families around the world.

- Local AER Offices
- American Red Cross 24hr Hotline: (877) 272-7337
- Air Force Aid Society
- Navy-Marine Corps Relief Society
- Coast Guard Mutual Assistance Office

The Army-wide annual AER fund campaign is conducted 1 March -15 May.

Your tax deductible contribution can be sent to your local AER Office or to AER National Headquarters any time by mail or on-line.

For more information contact your local AER officer or visit our website:

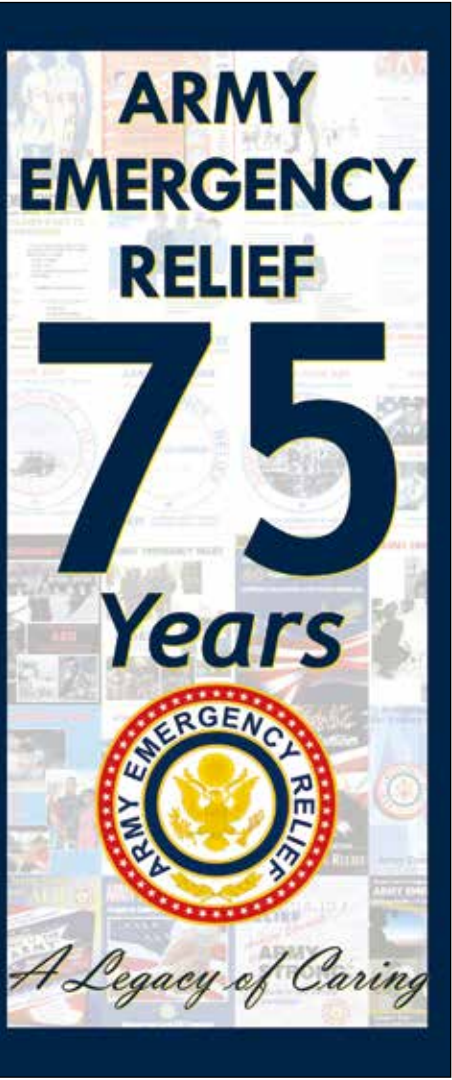


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AER Form 1—12/16



2017 Army Emergency Relief campaign kickoff

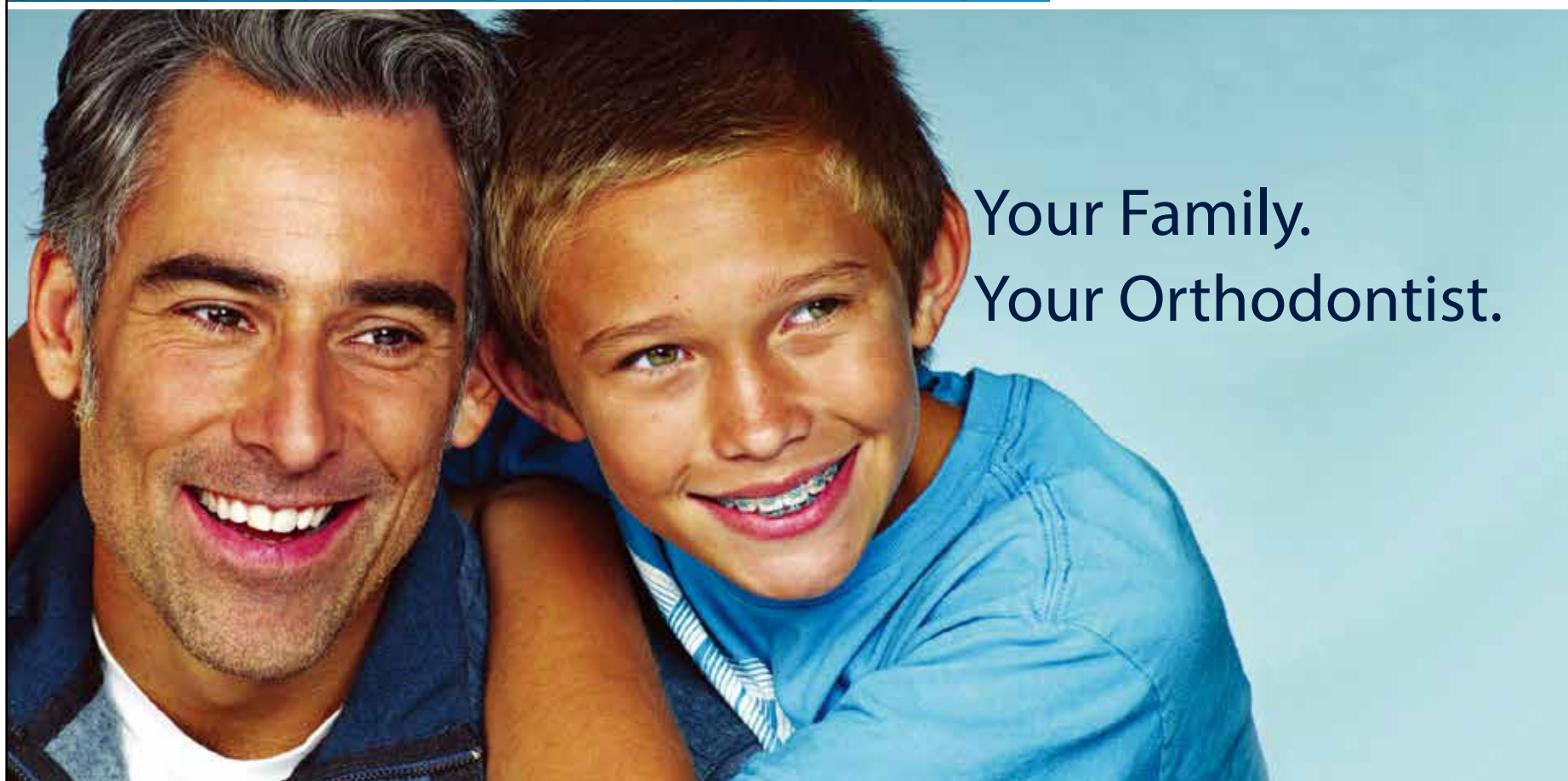


75 Years of Helping the Army Take Care of Its Own! The 2017 Army Emergency Relief campaign kicks off March 1, and runs until May 25. (U.S. Army photo by Pfc. Lee, Kyeong-yoon)

Claims

Anyone who has a claim against the estate of
Pfc. Austin B. Sisson,
Camp Red Cloud, Republic of Korea,
contact Lt. Col. Thomas Wood at:
Email: thomas.e.wood32.mil@mail.mil
Documentation is required to support the claim.

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Troops, guards, hit shotgun range



CAMP CASEY – U.S. Soldiers stationed in Area I held shotgun familiarization training on Camp Casey Feb. 16 for private security guards who work on U.S. Army camps in the region. Some 20 Soldiers assigned to Headquarters and Headquarters Company, U.S. Army Garrison Red Cloud, gave the guards preliminary marksmanship training on the 12-gauge M500 shotgun. The training covered how to load, aim, fire, and then clear the weapon. About 40 guards took the training, which involved firing live rounds at paper targets from a distance of about 20 yards. The day began with a briefing on how to keep safe on a firing range and on the safe use of the M500 itself. Then, Soldiers were set to their specific duties in helping with the training. Some served as “lane safeties” with the job of standing next to the person who’ll be firing and ensuring things are done safely. Still others got the job of collecting and distributing ammunition. Others were assigned to guard the range gate or help give firing commands. Before moving to the firing area, the guards formed a line and a Soldier checked each shotgun in turn to be sure there were no rounds in the chamber. Then it was time for the guards – eight at a time – to take places along the firing line, which consisted of eight firing stations known as lanes. One of HHC’s KATUSAs – a South Korean Soldier assigned to the U.S. Army – gave the firing commands over a bullhorn, first in English then in Korean. When the guards had finished their training several hours later, HHC’s Soldiers then took their turn on the firing line. The day’s training ended with a review of key points that had been taught through the day on use of the shotgun. (U.S. Army photos by Miguel Pena)▲



(Advertisement)

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



Woosung Yun, DDS

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



Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry.
- Columbia University School of Dental & Oral surgery DDS.
- Brown University: Bachelor of Science in Biology.
- Bronx VA Hospital, NY, New York: Oral Biology Externship.
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship.
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship.
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Columbia Dental Clinic is proud to introduce H. Kim, DDS. She joined us with her great expertise in Pediatric (Children) Dentistry.

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- Seoul National University: MS in Department of Pediatric Dentistry.
- Seoul National University Dental Hospital: Pediatric Dentistry Residency.

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1ID troops on the move in Warrior Country

A rugged column of Soldiers of the 1st Infantry Division prepare to board CH-47 Chinook helicopters at Camp Mobile in Dongducheon Feb. 14. The troops are with 1st Battalion, 16th Infantry Regiment, part of the division's 1st Armored Brigade Combat Team, which is serving a nine-month Korea rotation as part of the 2nd Infantry Division/ROK-US Combined Division. The troops boarded the helicopters for an air assault at the start of a four-day exercise called Warrior Strike 5. (U.S. Army photo by Staff Sgt. Warren W. Wright Jr.)



Air assault underway in Warrior Country



CH-47 Chinook helicopters head in to Rodriguez Live Fire Complex in Pocheon with Soldiers of the 1st Infantry Division during air assault training Feb. 14. The Soldiers, who boarded the aircraft at Camp Mobile in Dongducheon were from the 1st Battalion, 16th Infantry Regiment, part of the 1st Infantry Division's 1st Armored Brigade Combat Team. The brigade is on a nine-month Korea rotation with the 2nd Infantry Division/ROK-US Combined Division. The helicopters are from the Combined Division's 2nd Combat Aviation Brigade. The air assault was part of a four-day training exercise called Warrior Strike 5. (U.S. Army photo by 1st Lt. Kathryn Simecek)

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AREA I holds garrison workforce meetings



On Camp Red Cloud in Uijeongbu Feb. 24, Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, briefs civilian employees during one of four garrison workforce meetings held through the day to update U.S. and Korean employees on a variety of matters of importance to them. The meetings were on Camp Red Cloud in the morning and on Camp Casey in Dongducheon in the afternoon. Key topics included plans for the eventual closing of U.S. Army camps in Uijeongbu, as well as other administrative and personnel matters. Employees were encouraged to ask questions, which were answered by Newton, Steven J. Ryan, Deputy to the Garrison Commander, and by a battery of experts in U.S. Army civilian personnel matters whom the garrison invited to the meetings. In addition, several officials of the Uijeongbu and Dongducheon city governments attended as observers at the garrison’s invitation. (U.S. Army photo by Pfc. Lee Jin-woo)

Area I Commander’s Cup Standings

Following are Commander’s Cup standings through the end of 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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* **K Index** refers to positive effects of water on the human body.
* **Q Index** refers to minerals that improve the taste of the water

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Obesity : medication, cryolipolysis, lipolytic injection, lipoderm

Office Hours

10:00AM ~ 7:00PM (Mon, Wed, Thu)
11:00AM ~ 9:00PM (Tue, Fri - Evening Hours)
10:00AM ~ 4:00PM (Sat)
1:00PM ~ 2:00 PM (Lunch)



Map



Itaewon 6th line Itaewon station Exit 2 Caffe Bene KB bank Itaewon fire station EVER SKIN CLINIC IPbutik Hotel Hanabank

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News & Notes

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: Mar. 8, Mar. 22

2017 BEM Training Schudule

There will be Buliding Energy Monitor (BEM) trainings at DPW Conference room #120, Bldg. 1380, from 1:30 p.m. to 2:30 p.m., on the following dates.
March 9, March 16, April 13, April 20, May 11, May 18, June 8, June 15

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)
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.

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.

Restriction on Alcohol Comsumption

Alcohol consumption is strictly forbidden for all personnel participating in or supporting Key Resolve 2017, including command posts, logistics support areas, exercise control centers, the Walker Center and all training ranges and facilities.

Readiness Recall

Readiness Recall Policy (previously curfew) is in effect 1-5 a.m., Monday-Sunday, without exception. Service members must be either on a U.S. military installation, off the installation in a private-residence or, if TDY or on leave/pass/liberty at a lodging facility, in the hotel room. Please coordinate with local law enforcement if traveling directly to and from a military installation as part of official duty, attendance at an on-installation activity or to attend an installation-sponsored MWR/recreation activity.

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.

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.

College Fair 2017 - Representatives Needed

Alumni and individuals who attended, any 2-year, 4-year, all-male/all-female, religiously affiliated, military, are needed to represent their schools at 2017 Community College Fair on April 15 from 10 a.m.-1 p.m. at Commiskey's CAC. If interested, send an email to ROKCollegeFair1@gmail.com no later than March 15. Please include your name, contact number, and the name of the college/university you will be representing during the college fair.

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.12hospital.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

Religious Services Schedule as of September 26

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

2017 USAG-Yongsan Lent / Easter / Passover Schedule

Catholic
Stations of the Cross March 3 - April 14(Fridays) 5: 30 p.m. Memorial Chapel
Penitential Service March 29, 6 p.m. Memorial Chapel
Palm Sunday Mass April 9, 9 a.m. Memorial Chapel
Holy Thursday Mass April 13, 6 p.m. Memorial Chapel
Protestant
Palm Sunday Services April 9, 9 a.m. South Post Chapel (R.O.C.K. Contemporary)
9:30 a.m. Brian Allgood Hospital Chapel (Traditional)
10:30 a.m. K-16 Community Chapel (Contemporary)
11 a.m. South Post Chapel (Nondenominational)
11:30 a.m. Memorial Chapel (Pentecostal)
1 p.m. South Post Chapel (Gospel)
4 p.m. South Post Chapel (LDS)
Maundy Thursday Service April 13, 7 p.m. South Post Chapel (Combined)
Jewish
Passover Seder April 9 - 10, 5 p.m. South Post Chapel
For more information call USAG-Yongsan Religious Support Office, 738-3011

Walker Center Closure

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

Teen/Youth Poetry Contest

Teen/Youth can submit their own original poem in English to the Yongsan Library Check-out desk. Entry forms and the rules are available at the Library Check-out desk. Submission period is Feb. 24 - March 24.

AER 2017 Campaign

The Army Emergency Relief (AER) 2017 campaign theme is “A Legacy of Caring.” The campaign runs from March 1 until May 15 with the goal of creating greater awareness of the benefits of AER as well as providing Soldiers the opportunity to help their fellow Soldiers.

Seoul Complex Schools - Parent Support Group

The Seoul Complex Schools Parent Support Group will provide a forum for parents to meet with other parents, school professionals, and other community resources to discuss various topics related to their child's growth, development and wellness. This is open to all parents with students at the elementary, middle and highschool. Child care will be provided.
Location: Dolphin Theatre at Seoul American Elementary School
Time: March 23, April 27, May 25, 5:30 p.m.- 6:30 p.m.

2017 Second Hand Rose Thrift Shop Scholarship Campaign

Applicants must be military, DoD, civilian, or U.S. Embassy dependent, graduating high school senior, full time college student, adult continuing education student. Submission deadline: Mar. 15 5 p.m. Email thriftshopscholarship@gmail.com

Morning Calm, Notes from the Garrison Contact

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



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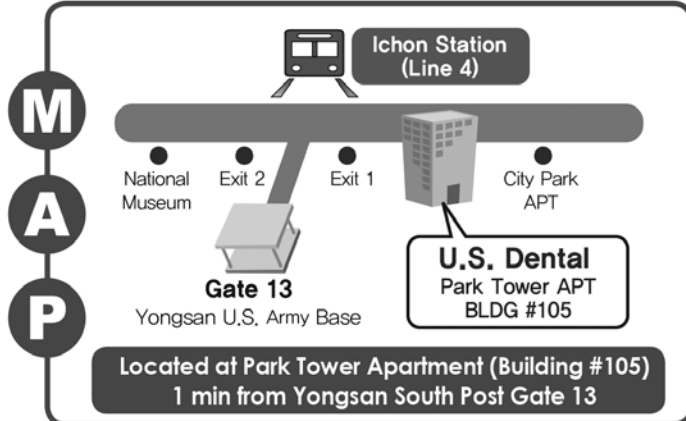


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- Child Dental Care.

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- Massachusetts Dental Society.
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- American Academy of Cosmetic Dentistry.
- American Academy of Implant Dentistry.
- American Academy of Pediatric Dentistry.



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School principals and parents visit USAG Yongsan



Dr. Choi, Won-ho explains to school principals and parents differences between the U.S. school system and the Korean school system during a school tour. (U.S. Army photo by Cpl. Park, Min-je)

By Cpl. Park, Min-je
USAG Yongsan Public Affairs

USAG YONGSAN — Approximately 40 school principals and parents, all members of the Korea Future Youth Foundation, visited U.S. Army Garrison Yongsan, Feb. 16, to get a first-hand look at the differences between U.S. and Korean schools. Following a luncheon with Deputy Garrison Commander Tommy

R. Mize at the Dragon Hill Lodge, the members participated in a windshield tour of the garrison with An, Changsin, USAG Yongsan Community Relations Officer. During the tour, they were able to see differences between the U.S. and Republic of Korea. “I was surprised when I observed cars stopping at stop signs and crosswalks near the schools,” said Park, Mi-jung, President of Parent



School principals and parents from the Korea Future Youth Foundation and U.S. Army Garrison Yongsan personnel, pose for a group photo after a luncheon at the Dragon Hill Lodge. (U.S. Army photo by Cpl. Park, Min-je)

Society Daehwa High School. “This is what I think drivers in Korea should learn so we can protect our children and students from accidents.” The tour ended with a walkthrough of schools on the garrison. The members entered school classrooms and were able to see how U.S. students interacted with instructors. It was a unique opportunity as it was the first time for them to get a glimpse into the U.S. school system.

“Unlike Korean school classrooms, American classrooms are open to everyone, and I think it helps students to build creativity,” said Park. “It was impressive that amenities including a library and [track] field are well established. Students are able to learn not only from teachers, but from experience, and I believe it is a critical difference between U.S. students and Korean students.”

USAG Yongsan hosts Volunteer of the Quarter Ceremony



U.S. Army Garrison Yongsan hosts the Volunteer of the Quarter Ceremony to recognize community members nominated by their organizations for the period of Oct.1 through Dec. 31. The ceremony took place Feb. 24, at the ACS Building, with USAG Yongsan Command Sgt. Maj. Joseph M. James on hand to present the nominees with a Certificate of Appreciation. (U.S. Army photo by Cpl. Park, Min-je)

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121st Combat Support Hospital becomes first to field new sterilizer

By William Wight
Medical Detachment Activity Command - Korea

USAG YONGSAN — Last September the U.S. Army began fielding a new water-efficient vacuum steam sterilizer for combat support hospitals that only uses 10 gallons of water to process up to 100 loads of sterilized medical instruments.

The fielding of the new sterilizer model P2131 Automated Field Steam Sterilizer retired the model 2151 field sterilizer, more fondly known as the "Bertha," that has been in use throughout the Army since the late 1960s.

On Feb. 17, 2017, the 121st Combat Support Hospital (CSH) became the first CSH to field this new equipment as biomedical and operating room staff were given hands on instruction.



The fielding of the new sterilizer model P2131 Automated Field Steam Sterilizer retired the model 2151 field sterilizer that has been in use throughout the Army since the late 1960s. (U.S. Army photo by William Wight)



Biomedical and operating room staff from the 121st Combat Support Hospital in Seoul, South Korea received hands on instruction on the P2131 Automated Field Steam Sterilizer, a new water-efficient vacuum steam sterilizer for combat support hospitals that only uses 10 gallons of water to process up to 100 loads of sterilized medical instruments. The 121st CSH is the first Combat Support Hospital in the Army to field the new equipment. (U.S. Army photo by William Wight)

"This new equipment not only brings us into the modern age of sterilization, but allows us to operate more efficiently with medical devices that are dependable regardless of the challenging working environment," said Maj. Hiram Gonzalez, chief sterilization nurse of the 121st CSH.

"The P2131 Automated Field Steam Sterilizer was designed with our medical warfighter in mind," said Christopher Karel, a U.S. Army Medical Materiel Agency's employee assigned to Camp Carroll, South Korea. "USAMMA recognizes that the difficult environments associated with a military field hospital and the demands that are placed on the personnel, who transport, set up, operate, and maintain field medical devices. Remote locations often

mean resources are scarce and conditions are challenging, but the need to care for combat casualties never changes."

The P2131 brings the most up-to-date steam sterilization technology to the austere environment of a field hospital. The autoclave combines the safety and efficacy of micro-processor controlled pre-vacuum cycles with the ruggedness, portability, and reliability required for a variety of harsh environments.

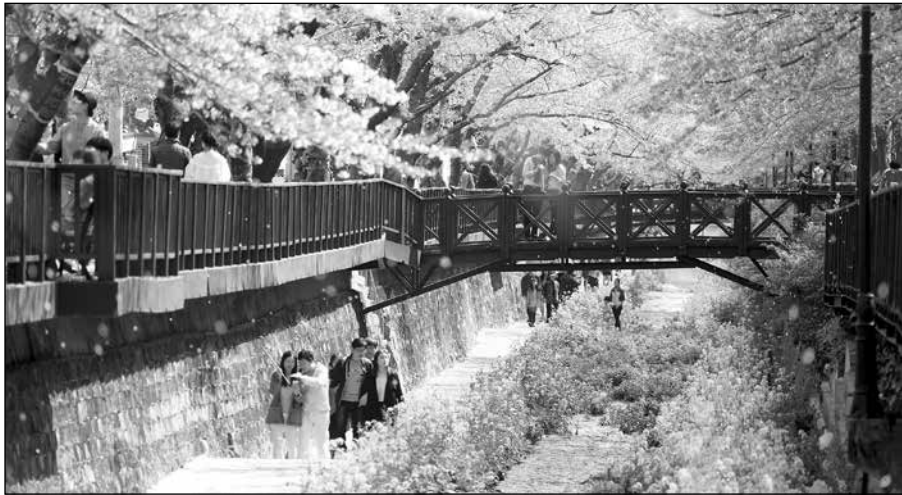
"The P2131 requires minimal maintenance, even in extreme environments. The Water Recovery System helps conserve not only a precious resource, but its durable design ensures that the P2131 operates reliably with every cycle. This will allow us more time to care for troops and save lives," said Gonzalez.▲

Soldiers deliver coal briquettes to elderly community



On Feb. 17, 2017, more than 40 service members and volunteers from Headquarters, Headquarters Detachment 121st Combat Support Hospital, Charlie Company 121CSH, Headquarters, Headquarters Company 65th Medical Brigade and Soldiers from the 1st Signal Brigade as well as family members delivered more than 2,000 coal briquettes to 10 houses in Sungbukgu, Seoul. The coal briquettes are used to heat older homes in less modernized areas of Korea. The briquettes were received by an elderly population without the means of procuring their own briquettes. The Soldiers and family member volunteers helped enhance the relations with the Republic of Korea community, strengthening the alliance and promoting the 8th U.S. Army Good Neighbor Program. (Courtesy Photos)

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 Oh, Dain
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.

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

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 Seoul Express Bus Terminal (Subway Line 3/7/9):

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- 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)

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Participants and guests of Black History Exhibition 2017 wait for the event to start at the Yongsan School Age Center. (U.S. Army photo by Pfc. Lee, Kyoung-yoon)



The two masters of ceremony introduce the first presentation of the event. (U.S. Army photo by Pfc. Lee, Kyoung-yoon)

Celebrating Black History month at Yongsan School Age Center

By Pfc. Lee, Kyoung-yoon
USAG Yongsan Public Affairs

USAG YONGSAN — Black History Exhibition 2017 was held at the Yongsan School Age Center Feb. 24, to highlight the contributions of famous and not so famous African Americans to the American way of life.

Black History Month is celebrated each year during the month of February. It began as a way to promote accomplishments of African Americans and to inspire them to contribute to

the African American community and society itself. From educators to sports stars, and scientist to artists, African Americans have contributed all across the board to advance not only America but the world forward.

This year's Black History celebration was special as it adopted a whole new aspect in order to raise awareness. "We wanted Black History Exhibition to be much more than just showmanship and entertainment. We encouraged children to make presentations to explore past African American accomplishments,

and we also had them create inventions similar to those of the accomplishments. This year, we invited the Eighth Army Band, fraternities, and sororities to make the event bigger" said Travis McKinney, assistant director of the School Age Center.

The essence of Black History Exhibition lies in the importance of accepting cultural diversity within a society. McKinney highlights the significance of creating strong bonds between different cultures. ▴

K-16 holds first-ever wellness conference

By Liz Pyon
USAG Yongsan Public Affairs

K-16 — More than 220 Soldiers, Family and Civilians turned out for the first ever Family and Morale, Welfare and Recreation Comprehensive Wellness Conference Feb. 22, at the K-16 football field and Community Activities Center, offering tips and information on physical, spiritual, emotional, financial, mental and social wellbeing.

The guest speaker at the event was Deputy Commanding General, Operations, Eighth Army, Brig. Gen. Thomas C. Graves, speaking on what wellness meant to him personally and professionally. "I can't remember a day where wellness wasn't part of my day," he said.

Event organizer, creator and presenter MWR Supervisory Recreation Assistant Randy Behr said the science-based event was intended to provide informative information, real-life tools, tips and strategies from a classroom and practicum perspective.

The conference started at 6:30 a.m., timed with physical training for most service members, and ended at noon. The event included a running and injury mitigation clinic and a session on how to perfect the P.T. test in terms of push-ups and sit-ups, as well as other helpful fitness information from experts in various areas.

Master resiliency trainer Sgt. 1st Class David Blankenship talked about energy management. "When Soldiers modulate their energy level to match their task at hand, they truly enhance performance in all aspects of life," he explained.

Physical Therapist Dr. Heather Hovey from the Brian Allgood Army Community Hospital provided instruction in the 101 P.T. class, and several



Deputy Commanding General, Operations, Eighth Army, Brig. Gen. Thomas C. Graves, gives a briefing to Soldiers who participated in the Annual Comprehensive Wellness Conference, Feb. 22, at the K-16. (U.S. Army photo by Pfc. David Garcia)

participants were able to benefit from her advice on a low back maintenance plan and exercises.

65th Medical Brigade Dietitian Capt. (P) Trinity Storey was a presenter on performance nutrition, specifically how to fuel before and after to get the most out of a workout. She also educated the group on the myths of supplements, highlighting the dangers of trendy powders and pills that service members getting in shape might be tempted to try. Handouts on the Performance Triad and a "Barracks" Healthy Cook Book were available for Soldiers to take home after the program.

Jennifer Regnier, a teller for the Community

Bank, was also on hand to discuss credit scores and budgets. In addition to physical health, financial health is important, especially for mental and emotional resiliency, she said.

Eighth Army Master Fitness Trainer Sgt. Bryan Granger shared information on how to set a plan for workouts, while Army Public Health Nurse Capt. Dexter Williams provided a session on how to quit smoking and forming healthy relationships.

"This conference was a great success," said Behr. "We hope to convene and improve on this event every year." ▴

March 1st movement : "Manse!" Live Long Korea



People shouting "Daehan dongnip manse!" with a flag in one hand during Samiljeol, Independence Movement Day of South Korea.

Story by Jeon, Seeun
Oriental Press

“Daehan dongnip” means the independence of Korea and “Manse” means to live for a longevity and it used as cheering. “Daehan dongnip Manse!!” was a sound heard throughout entire country on March 1, 1919. What happened to the whole region in Korea on this day?

‘Samiljeol’ (March 1st Movement) is one of the five national holidays in Korea which literally means ‘Three-One Movement Day’. In Samiljeol, Koreans held the national flag of Korea, also called *Taegeukgi*, at their houses and inspired their patriotism. On March 1, 1919, Korea’s Independence Movement took place declaring independence to the whole world especially Japan and united our nation. How did the ‘March 1st Movement’ occurred?

Samiljeol began in 1919 by the activisit named Yu Gwan Soon. At the end of the 19th century, China, Japan, and Russia were waiting for an opportunity to take the possession of Joseon Dynasty, Korea. After the victory of Japan in Sino-Japanese War in 1894 and the Russo-Japanese war in 1904, Japan began to invade Korea earnestly and rapidly. In November 1905, Japan besieged a palace and forced King Gojong to sign on the ‘Eulsa Treaty (Japan-Korea Protectorate Treaty)’ which deprived our diplomatic sovereignty. However, this unfair treaty was signed by the ‘Five Eulsa Traitors (pro-Japanese collaborators)’. Finally, on August 22, 1910, the ‘Korea-Japan Annexation Treaty’ was signed. This treaty led Japan to completely dominate Korea and the oppressive colonial control of Japan resumed.

In the end of World War I, the President of United States Woodrow Wilson asserted the National Self-determination. He announced that National aspirations must be respected; people may now be dominated and governed only by their own consent. By this speech, many citizens under colonial rule became hopeful. Korean independence activists from around the world gathered to Korea to prepare for independence movement. Then King Gojong who lived in under pressure and surveillance of Japan died on January 22, 1919. The rumor about King Gojong’s death that he was poisoned by Japan has turned Koreans into anger. Also on February

8, 1919, Korean students gathered for the ‘Feb. 8th Declaration of Independence’ and sent that to embassies, the Japanese Government General of Korea, and Japanese medias in Tokyo. King Gojong’s death and the ‘Feb 8th Declaration of Independence’ united the citizens of Korea and played a decisive role in the rise of the 3.1 movement.

The March 1st Movement, which was widely attended by citizens, showed the strong will of independence and solidarity of the people within and outside the nation.

On March 1, 1919, as the group of 33 representative leaders was reading the declaration of Independence at Jongno Tapgol Park, the March 1st Movement was initiated. In the whole country, people from various classes such as students, religious people, workers, farmers stood on the streets raising the *Taegeukgi* and shouting ‘Daehan-dongnip Manse!’ It was a peaceful and orderly movement. In addition, the 3.1 Movement

could be called a gigantic demonstration because 2 million people, a tenth of the total population, participated in demonstration. However, Japan had brutally trampled on those demonstrations by shooting guns and flourishing swords at people who had *Taegeukgi* in hand. As a result, independence activists such as Yu Gwan Soon got arrested in Seodaemun Prison and died through torture.

The March 1st Movement, which was widely attended by citizens, showed the will of independence and solidarity of the people within and outside of the nation. It also helped organizing the Provisional Government of the Republic of Korea. Furthermore, the 3.1 Movement greatly influenced on other independence movements from oversea colonies such as China, India, and etc. However, Japanese colonial rule didn’t end until August 15, 1945.

To commemorate the spirit of independence of the nation, the government set this day to the national holiday in 1949. On every Samiljeol, the government carries out a memorial ceremony and makes a tribute to the patriotic activists who died fighting for the independence of the country.

Continue on page 25



(Declaration of Independence was read by 33 Korean representatives: We now declare that our country is an independent country and our people are independent citizens.

Boy Scout Troop 88 visits Camp Humphreys



Service members from Eighth Army and Boy Scout Troop 88 gather for a group photo during their visit to Camp Humphreys, Jan. 21. (U.S. Army photo by Cpl. Lee, Kyeong-min)

By Cpl. Lee, Kyeong-min
Eighth Army Public Affairs

USAG YONGSAN — Tramping through the thick snow, Boy Scouts from Troop 88 loaded the bus at the U. S Army Garrison Yongsan Commissary as they started their journey to Camp Humphreys, Jan.21.

Service members with Eighth Army Aviation Operations volunteered to help the Boy Scouts earn their Aviation Merit Badge.

The goal of this journey for Boy Scout Troop 88 was to see various types of aircraft, tour military aviation facilities and experience UH-60 and CH-47F virtual helicopter simulators to earn their Aviation Merit Badge.

As they arrived at Humphreys, a number of service members volunteered their time to teach classes to the Boy Scouts on general aviation knowledge and gave a briefing on the jobs and duties related to aviation units.

"I think letting them be exposed to a new environment where they can experience something they might find interesting was a great opportunity for them," said Chief Warrant Officer 5 Chris Cottrill, Eighth Army Aviation Operations Standardization Officer. "It really made me feel their desire to learn about aviation."

During their visit, they received one-on-one training in UH-60 Blackhawk and CH-47F Chinook helicopter simulators.



Chief Warrant Officer 5 Eugene Santos, Eighth Army Aviation Operations Plans Officer, helps members of Boy Scout Troop 88 simulate flying a helicopter using the CH-47F Simulator at Camp Humphreys, Jan. 21. (U.S. Army photo by Cpl. Lee, Kyeong-min)

"Controlling an aircraft was harder than I thought," said Frank P. Intini IV, a Seoul American Middle School student. "I was nervous in the beginning, but after flying in the air, I felt more confident."

The instructors helped the Boy Scouts overcome their fears by teaching them how to control and land helicopters.

"I was scared when I sat on the simulator because I was not sure how to take off or land," said Titos Cerbone, a Seoul American Middle School student. "The instructor helped me with the direction and altitude when I was about to deviate from the route. It was a really exciting experience."

After the simulators, they headed

to the air traffic control center where they learned the importance of managing the altitude and direction of aircraft from the ground.

Lastly, the Boy Scouts moved to the General Support Aviation Battalion where they saw how service members maintain the installation and learned about their duties, which put an end to their journey at Humphreys.

"Mentoring young Boy Scouts about Army Aviation was a very rewarding experience," said Cottrill. "My hope is, that by bringing young men or ladies in to see and experience some of the different opportunities that exist in Army Aviation they might desire pursuing a career in the military aviation also."

Judge Advocates gather to conduct operational law training



Staff Judge Advocates from United States Forces Korea and Eighth Army pose for a picture in front of the United Nations Command and ROK/U.S. Combined Forces Command building on United States Army Garrison Yongsan, Feb. 21. Staff Judge Advocates from the U.S. Army, Navy, Marines and Air Force came together to conduct operational law training to focus on legal topics specific to the Korean Theater of Operations. (U.S. Army photo by Sgt. William Brown, Eighth Army Public Affairs)

An American correspondent to be remembered in Korean history



Albert Wilder Taylor, 1975~1948

Story by Oh, Dain
Oriental Press

An American baby was born in Japanese-occupied Korea. It was a day before March 1st, 1919 when the Japanese police were eager to quell the strife that Koreans had prepared for so long. The medical staff at Severance Hospital in Seoul, where the baby was born, was holding a copy of the most important documents in Korean history, the Korean Declaration of Independence.

As the colonial police came into the hospital door without warning, one of the nurses stuck the document under the baby boy's blanket. The police found the printing machine and had suspicions, but they never came to think what they were looking for was under a little boy's body.

"My father came down to the hospital, saw my mother and saw me. And he picked me up and then put me down. He found the copy of the Korean Declaration from Japan, the Declaration of Independence."

Bruce Taylor, at age 94 in an interview which was conducted by a documentary crew in 2013, recalled the memory that was handed

from their parents, Albert Wilder Taylor and Mary Linley Taylor. Albert Taylor was a foreign correspondent for The Associated Press (AP) and used to be a gold-mining engineer. Mary Taylor, an English actress, worked as a painter who later published a book, called "Chain of Amber".

As a correspondent, Mr. Taylor recorded what sorts of suppressions took place on the Korean land by the Japanese authority and succeeded in delivering his writings and the copy of the Declaration to Tokyo. It was the very first report that informed the March 1st Movement of Korea to the outside world.

"My grandfather was a man of great determination. He was standing up for the independence for the Koreans and he was doing that with the same type of the determination."

"To this day, I aver that, as a newly fledged newspaper correspondent, he was more thrilled to find those documents than he was to find his own son and heir."

In a memoir, Mrs. Taylor revealed how exhilarated Mr. Taylor was when he found the historical papers. Mr. Taylor arrived in Korea in 1896 and spent his life here before he and his family were forcibly deported by the Japanese government. The Taylors supported the Korean movement for independence and had so much respect for the Korean patriots who did not bow to Japanese authority. That eventually led Mr. Taylor to be put in a notorious jail, called "Seo-dae-mun-hyeongmu-so", and made Mrs. Taylor to be confined to her house.

The Taylors' house has remained to this day and has had a name, "Dilkusha". It means 'Heart's Delight' in Hindi. Built in

1923 by Mr. Taylor, the house is located in Haengchon-dong, Jongno-gu, Seoul. This red brick house on a hillside has now become a museum where reserves one important phase of Korean history. The year of 2019 will be the 100th anniversary for March 1st Movement and the house will finish its renovation by then in order to be open to the public. After the Taylors were expelled from Korea by the Japanese, some 20 squatters gathered at the place and made their living in it.

"I wish they did not have to leave with heavy heart. Wish they were moving onto very nice place."

Concerning the squatters who had to move out of the house, Jennifer Linley Taylor, a granddaughter of Albert and Mary Taylor, told to the press in 2016 when she visited Dilkusha and donated her grandparents' legacies to Seoul Museum of History, including Albert Taylor's journals.

"My grandfather was a man of great determination." Jennifer Taylor adds, "He was standing up for the independence for the Koreans and he was doing that with the same type of the determination."

Mr. Taylor died in 1948 in California, and later his ashes were buried at the Yanghwajin Foreigners' Cemetery in Seoul, in accordance with his will.

"He said if he died out of Korea, he wanted his ashes taken back and buried in Korea," said Bruce Taylor. He went on, "That was the country he lived in most of his life and that he really enjoyed living in."

Albert Taylor engraved words of the Bible at Dilkusha, hoping that they will bring independence to Korea. His spirit will always be remembered by a country, that he loved with his life.

"Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain." (Psalm 127:1)



Dilksha, 1919



Dilksha, 2006



At Odeng Sikdang restaurant in Uijeongbu recently, customers savor budaejjigae, or “military camp stew,” a unique dish that dates to the Korean War and its aftermath, and mixes such old GI chow hall classics as spam, hot dogs and other elements with traditional Korean ingredients. Uijeongbu boasts a separate street with restaurants specializing in the dish. (U.S. Army photo by Franklin Fisher)

Budaejjigae war fare still popular

‘Military camp stew’ mixes GI chow with Korean ingredients

Editor's Note: The following article was first published in the Morning Calm edition of April 20, 2012, and is reprinted occasionally for the benefit of our newer readers.

By Franklin Fisher
USAG Red Cloud Public Affairs

UIJEONGBU — Its Korean name translates roughly to “military camp stew,” and while there are more than a few versions of how budaejjigae got started, most agree that it came about amid the devastation of the Korean War and its day-to-day, hand-to-mouth aftermath.

Budaejjigae, (pronounced booday jee-gay), is a culinary convergence of two cultures --

traditional Korean and GI Joe American. It’s a steaming, bubbling, orange-colored stew awash with spam, hot dogs, ground beef, ham, sausage, sometimes a slice of cheese, tofu, bean sprouts, kimchi, Korean green peppers, red pepper powder, red pepper paste, garlic, onions, scallions, and one or more varieties of noodles, for example, potato noodles and ramen noodles.

The liquid, called yook-su, contains an ingredient that varies somewhat from one restaurant to another and is usually a closely-held house secret.

The standard account of budaejjigae’s origins is that Koreans working on U.S. military bases would scavenge leftovers from GI chow halls or officers clubs, take them off-post and combine them with whatever everyday Korean ingredients came to hand.

While it’s known to have gained popularity in a number of Korean cities over the years, it carries an especially close association with the city of Uijeongbu, about an hour north of Seoul and home of Camp Red Cloud.

In fact, Uijeongbu boasts an entire street of restaurants dedicated to serving budaejjigae, and the city has sought to further underscore the connection by erecting a special sign at the head of that street. It reads, in Korean and English, “Uijeongbu Budaejjigae Street.”

It’s maybe not surprising that on that street is one restaurant in particular whose owner lays claim to being the city’s originator of budaejjigae.

Huh Ki-sook, 78, is owner of Odeng Sikdang. Sikdang means restaurant. She opened it in 1955 when Korea was still a scene of rubble and postwar privation. In the earliest years she served only two Japanese dishes, odeng and udon.

According to Huh, it wasn’t until the 1960s that she started cooking GI ingredients but served them fried, not as a stew.

In those days, she said, there were a number of

U.S. military installations in Uijeongbu.

Some Korean civilian employees who worked at one of those – she doesn’t recall which one, she said – got hold of some leftovers tossed out at the post officers club, hid them under their clothes and brought them to her.

See what you can do with these, they suggested.

The food included spam, sausage and other scraps, and she said she mixed them with Korean ingredients.

The turning point, she said, came when South Korea hosted the 1988 Olympics. That, she said, is when she began serving the actual stew, budaejjigae.

At her restaurant, for example, kitchen staff cut the ingredients, then place them in a shallow black pan. Each pan is then stacked slantwise one behind the other in a shelf-like metal cabinet.

When an order comes in, a waitress carries the pan to the customer’s table and sets it on a gas burner, pours in the yook-su and starts the flame.

Within five to 10 minutes the budaejjigae is bubbling.

Budaejjigae was a hit with

Spc. Kara Buckner, a vocalist with the 2nd Infantry Division Band at Camp Red Cloud.

She had it for the first time a few weeks ago at Odeng Sikdang after hearing about the dish from her boyfriend, who’s Korean, she said.

“I really liked it,” said Buckner, 21, of Shepherd, Mich. “I was a vegetarian for a while, so this was one of the meals I tried once I started eating meat again, and I really loved it.

“I liked how they used spam, how Koreans can take the simplest things and make it taste so good. They have like, cabbage and all these different vegetables and it’s just like the perfect combination of everything together. Just makes it taste so delicious.”▲



Kitchen staff at Odeng Sikdang restaurant in Uijeongbu assemble the ingredients for budaejjigae, a legacy of the 1950-53 Korean War and aftermath. (U.S. Army photo by Franklin Fisher)

March First Movement Day

Story by Cpl. Park, Min-je
USAG Yongsan Public Affairs

USAG YONGSAN — The first day of March has special meaning to Koreans. Almost a century back in 1919, when Korea was under Japanese rule, the most prominent resistance movement against Japan occurred March 1. Numerous people were killed or injured but, because of their sacrifice, Korea took one step toward Independence. Every Korean owes a debt to those who willingly sacrificed themselves for this cause.

In the 1910s, after Japan took control of Korea, the governing body allowed military force to be used against criminals, corporal punishment, the suppression of the press, speech, assembly and association, and many human rights violations. Hostility great among the Korean people against the Japanese Governor-General, and the world around them was changing. In 1918, the 28th President of the United States, Woodrow Wilson, gave a speech about the “self-determination principle,” meaning that every ethnic group had the right to choose its own laws without external compulsion. Koreans believed the time for protest had come.

"National aspirations must be respected; people may now be dominated and governed only by their own consent. Selfdetermination is not a mere phrase; it is an imperative principle of action. . . ."
—Woodrow Wilson in his famous self-determination speech, Feb. 11, 1918 after he announced his Fourteen Points

Before the March First Movement, there were several attempts to protest and declare independence. In Manchuria and Maritime, the Muo Independence declaration was declared Feb. 1, 1919, by those who were exiled to avoid persecution in Korean Peninsula. In Japan, Korean students declared Independence Feb. 8, 1919, inspired by the Muo Independence Declaration and Wilson's speech. On the Korean peninsula, a group referred to as the 33 Korean Ethnic

Representatives cooperated with students on an independence movement, encouraged by these other events. They performed an independence ceremony, articulated the Korean Declaration of Independence written by Choe, Nam-seon, at Taehwagwan Restaurant located in Insadong, Seoul. The activists then voluntarily called the Japanese police and were arrested.

"We here with proclaim the independence of Korea and the liberty of the Korean people. This we proclaim to all the nations of the world in witness of human equality. This we proclaim to our descendents so that they may enjoy in perpetuity their inherent right to nationhood."
- Korean Declaration of Independence by Choe, Nam-seon

At the same time, a group of students read the same declaration at Pagoda Park (now Tapgol Park in Seoul), marched and assembled at for a peaceful protest known as the ‘Mansae (Hurray) movement’. The Japanese police dispersed the protest, but not before it had already spread from urban areas to rural areas all across the peninsula for a couple of months. A young female activist Yu, Gwan-sun (1902-1920), planned a large demonstration April 1, 1919, at Aunae Market, in Cheonan, about 20 km south away from USAG Humphreys. She was posthumously recognized as a symbol of the Korean fight for Independence. As the protest spread, protests became violent as a means to overwhelm Japanese forces. Approximately 2 million Koreans participated in the more than 1,500 demonstrations all across the nation.

The Japanese continued to suppress movements all over the country using force. More than 40,000 people were arrested, 15,000 people injured, 7,500 people killed, and 700 houses burnt to ash.

The protests rattled the Japanese Governor-General of Korea. He realized it would impossible to rule Korea using physical force and decided to adopt “cultural rule,” alleviating some of the discrimination and suppression against the Korean people. For instance, Koreans were allowed to have their own publications like the Chosun Daily and Donga Daily, which



Yu, Gwan-sun (1902-1920), a young female Independence activist. She planned a huge demonstration, April 1, 1919 at Aunae Market. Later she was arrested by Japanese police and tortured to death. She was posthumously recognized as a symbol of the Korean Independence.

are still some of Korea's largest newspapers in circulation.

Movements continued to become more organized and systemized. Furthermore, the movement affected other countries under colonial rules. In India, Mohandas Karamchand Ghandi led a non-cooperation movement and civil disobedience movement in the 1920s and 1930s, respectively. He was inspired by the non-violent Mansae movement. On May 4, 1919, the famous May Fourth Movement to oppose imperialism and feudalism took place in China, embracing the power of mass movement.

March 1 has been a national holiday in South Korea since 1949. Koreans enjoy a day off, reflecting on what their ancestors did for the nation's independence.▲



Large masses partakes in demonstrations at Daehan-moon, Deoksu Palace, Seoul. The March First Movement was recorded as the most prominent Independence movement in Korea during Japanese rule.

News & Notes

- Friday, Mar. 3: Is the registration deadline for the CYSS Family Field Trip to the Seoul Grand Park Museum on Saturday, Mar. 11 from 9 a.m. – 5 p.m with Parent Central Services. Cost (includes transportation) is \$10 for Families with 1-2 children, \$15 for Families with 3 or more children. Families are responsible for any entrance fees, food and miscellaneous expenses. All Families must have youth currently registered with CYSS in order to attend field trips. For more information, call 753-8274/3413.

-Friday, Mar. 3: ACS Volunteer Orientation from 10 - 11 a.m. in Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Tuesday, Mar. 7: Is the registration deadline for the Insa-Dong Trip on Saturday, Mar. 11 from 9 a.m. – 8 p.m. with Outdoor Recreation. Insa-dong is located in the heart of Seoul and is an important place where old, precious and traditional goods are on display. There is one main road with many alleys on each side filled with quaint shops, galleries, traditional restaurants, teahouses and cafes. Let ODR help you explore a beautiful and diverse area of Korea! \$25 includes transportation. Bring won for shopping and activities. For more information, call DSN 753-3013.

-Tuesday, Mar. 7: Is the registration deadline for the Dynamic Eco Adventure Zipline trip on Sunday, Mar. 12 from 8 a.m. – 6 p.m. with Outdoor Recreation. A dynamic zipline course consisting of 9 separate zips. The course is designed to allow you to experience this unique attraction while viewing the exciting ridges and breathtaking valleys. \$75 includes transportation and activities. For more information, call DSN 753-3013.

-Wednesday, Mar. 8: Child Birth Class from 1 – 3 p.m. in Army Community Service. For more information, call DSN 753-8041.

-Thursday, Mar. 9: Civilian 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.

-Friday, Mar. 10: FRG Treasury, Key Callers, Leaders from 9 a.m. - 1 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.

-Friday, Mar. 10: OPOC Training for New OPOCs from 10 - 11 a.m. in Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Friday, Mar. 10: NEO Training from 4 - 5 p.m. in the Army Community Service building. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Tuesday, Mar. 14: CARE Team Training from 9 – 11 a.m. in Army Community Service large classroom. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Tuesday, Mar. 14: Is the registration deadline for the Inje Bungee Jumping and Slingshot Adventure trip on Friday, Mar. 17 from 8 a.m. – 8 p.m. with Outdoor Recreation. Come bungee jumping with ODR and feel the rush at one of the highest jumps in Asia! \$80 includes transportation and 2 activities. For more information, call DSN 753-3013.

-Tuesday, Mar. 14: Is the registration deadline for the Yeosu Ceramic Village and Sinreuk Temple trip on Sunday, Mar. 19 from 8 a.m. – 6 p.m. with Outdoor Recreation. Ceramic village that features a bandal museum, ceramic art hall, handmade ceramic gallery, ceramic studio and traditional Korean kiln. This trip also features the Sinreuk temple, which is one of the largest temples in Korea. Bring some won for refreshments and shopping! \$35 adults, \$33 children includes transportation and entry fee. For more information, call DSN 753-3013.

-Tuesday, Mar. 14: Is the registration deadline for the Yeongdeok Snow Crab Festival trip on Saturday, Mar. 25 from 8 a.m. – 6 p.m. with Outdoor Recreation. \$35 adults, \$33 children includes transportation and entry fee. For more information, call DSN 753-3013.

-Tuesday, Mar. 14: EFMP Information Hour from 4 – 5 p.m. in Army Community Service. For more information, call DSN 753-8401.
- Wednesday, Mar. 15: Breast Feeding Basics from 1 – 3 p.m. in Army Community Service. For more information, call DSN 753-8041.

-Mar. 15-17: ACS Instructors Training from 9 a.m. – 4 p.m. in Army Community Service small classroom. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Thursday, Mar. 16: Federal Resume Writing Class from 1:30 – 4 p.m. at the Digital Learning Center. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Friday, Mar. 17: St. Patrick’s Day Lunch Buffet Special at the Alaska Mining Company. Menu will consist of corn beef & cabbage, Shepard’s pie and Irish green key lime pie. For more information, call DSN 754-3101.

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

-Tuesday, Mar. 21: Is the registration deadline for the Seoul Land Zoo trip on Sunday, Mar. 26 from 9 a.m. – 6 p.m. with Outdoor Recreation. \$30 adults, \$28 children includes transportation and entry fee. For more information, call DSN 753-3013

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

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

-Thursday, Mar. 23: Dress for Success from 1:30 – 2:30 p.m. at Army Community Service. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Friday, Mar. 24: FRG Treasury, Key Callers, Leaders from 9 a.m. - 1 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.

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

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

-Monday, Mar. 27: Is the registration deadline for Parent Date Night on Friday, Apr. 14 from 6:30 – 10:30 p.m. with Child, Youth and School Services. Children must be registered with CYS. \$4 per child/hour. Registration for Parent Date Night should be made through the program that your child is enrolled in. For more information, call DSN 753-3413.

-Tuesday, Mar. 28: Home Based Enterprise Class from 9 - 10 a.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, Mar. 28: CARE Team Training from 9 – 11 a.m. in Army Community Service large classroom. Registration is required 1 week prior to start date. For more information or to register, call DSN 753-8401.

-Tuesday, Mar. 28: Credit Booster Class from 2 – 3:30 p.m. in Army Community Service. Learn how to read and understand your credit report, how a credit score is determined and how you can improve your score. Learn how to correct errors found on your credit report which can reflect on your credit score. Also, you will learn how to understand the calculation of finance charges and how to lower your interest rate. Must register 72 hours prior to class date. For more information or to register, call DSN 753-8401.

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



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Humphreys Pregnancy/Postpartum PT program helps Soldiers and leaders

By Bob McElroy

USAG Humphreys Public Affairs

CAMP HUMPHREYS - Nearly ten years ago the Army implemented the Pregnancy/Postpartum Physical Training Program to provide commanders with a standardized physical training and education program for pregnant and postpartum Soldiers.

Camp Humphreys provides such a program to pregnant Soldiers. Managed by Staff Sgt. Michael S. Rich of the 106th Medical Detachment, the program offers physical training four days per week and one day of education.

When a Soldier receives a pregnancy profile she must enroll in the program, Rich said. There are about ten Humphreys Soldiers enrolled in the program.

Rich, the Installation Instructor/Trainer trains exercise leaders who in turn lead the hour-long physical training classes at the Super Gym. He conducts the education classes each Thursday, also in the Super Gym.

"The number one principle is Safety," Rich said. "The Soldiers determine the pace of the exercises."

Rich said the exercises are designed to build and maintain muscle strength

and endurance, promote flexibility, alleviate tension and prepare the mother's body for delivery.

Exercises change as the pregnancy progresses. After each exercise session the participants check their heartrate to ensure they are below 100 beats per minute.

"They can't leave the room until it's below 100," Rich said. "Our concern is safety."

Rich stressed that Soldiers cannot enroll in the program until they receive medical clearance and, following their pregnancy, they cannot resume normal physical training until they are medically-cleared.

According to U.S. Army Public Health Command Fact Sheet 46-002-1010, remaining physically active during and after pregnancy provides many physical and psychological benefits. Among these are reduced physical complaints a mother experiences during pregnancy.

Exercise and physical activity during pregnancy also promotes more-rapid recovery and a faster return to physical fitness after delivery; this can lead to successful passing of the Army Physical Fitness Test.

The postpartum phase of the program also helps female Soldiers to retain less pregnancy weight, prevent unwanted body fat gain and helps

them get ready for normal physical training. This ensures they meet their regulation height and weight standards.

Pfc. Alexis Ann Hudson, a Signal Intelligence Analyst assigned to B Company, 3rd Military Intelligence, enrolled in the program soon after she became pregnant. She discussed the morning exercise class.

"We always find our center of balance at the beginning and end of each class," Hudson said.

As the body changes during pregnancy so does center of balance; the exercises help the Soldiers find their new center of balance.

"We do stretching, pregnancy exercises, the birth squat which helps prepare you for labor, we walk to increase our heart rate, do step ups and stretching," Hudson said.

Rich said that the Soldiers also conduct exercises to reduce stress in the Soldier's life and alleviate tension in their bodies. The aim is to give them avenues to get through pregnancy and prepare for delivery.

The program uses strength bands and modified exercises to accommodate a Soldier's changing condition. The exercises change as the pregnancy moves into the second and third trimester.

The USAG Humphreys Family

Advocacy Program helps to conduct the Thursday education classes. Rich said classes cover about 30 subjects and include classes on nutrition.

Every installation has a PPPT Program, Rich said. But, if Soldiers are pregnant and at a remote location where there is no program they can take it remotely which includes online training, exercises and help from a remote PPPT instructor.

Rich is a believer in the program and its value to Soldiers and leaders. He said he knew of the program and would have volunteered to be an Installation Instructor/Trainer even if his unit hadn't tasked him to do it.

"I heard about the program and always considered doing it if I was given the opportunity," Rich said. "It's a great program because it's needed, without it you'd have Soldier without guidance on it."

Rich added that noncommissioned officers want to help their Soldiers but not too many of them are aware of the needs of pregnant Soldiers.

"That's where I come in at the local level and take charge of them."

For more information on the Army's Pregnancy/postpartum Physical Training Program visit the Army Knowledge Online webpage at: <https://www.us.army.mil/suite/page/693153>.▲

End of era, beginning of new one as AH-64D takes over

By Bob McElroy

USAG Humphreys Public Affairs

CAMP HUMPHREYS - Feb. 14 was Valentine's Day but it also marked the end of an era—the last OH-58D Kiowa Warrior squadron ended its mission in support of U.S. Forces Korea and to the U.S. Army when 1st Squadron 17th Cavalry transferred authority to 1st Squadron 6th Cavalry during a brief ceremony at Desiderio Army Airfield.

The Kiowa has served the Army for nearly 50 years and in that time it has transformed from an unarmed light reconnaissance helicopter to a potent armed reconnaissance platform that supported Soldiers in peace and war. The Army decided to end the Kiowa Warrior program in favor of the AH-64D Apache.

1-17th Cavalry completed its nine-month rotation to Korea and returns to Fort Bragg, North Carolina where it will transition to the AH-64D Apache and the heavy attack reconnaissance mission.

The 1-6th Cavalry, based at Fort Riley, Kansas, takes over the armed reconnaissance mission but with the AH-64D Apache and the Shadow Unmanned Aerial System.

Col. Lance Calvert, commander of 2nd Combat Aviation Brigade opened the ceremony.

"Today is a truly historic occasion because we bid farewell to the last OH-58D Kiowa squadron in the Army and welcome the Army's first converted heavy armed reconnaissance squadron on their first operational

deployment in support of the 2nd Infantry Division, Eighth Army and U.S. Forces Korea," Calvert said.

Calvert said that despite the challenges of transferring authority and missions the troopers of both squadrons performed flawlessly and maintained their combat focus.

"Executing unit transition is challenging, accounting for equipment, passing of knowledge, maintaining readiness and continuity of operations, these two units conducted the mission flawlessly," he said. "They maintained readiness and continuity to execute the mission without providing a scene for our enemies to exploit."

Calvert said that when 1-17th Cavalry began its tour nine months ago it quickly developed an understanding of their Korean mission.

"They demonstrated their toughness with demanding, realistic training; they trained at an incredible optempo, executing numerous complex operations and exercises, he said. "They demonstrated the character our profession of arms demands. They were incredible teammates, trusted members of the 2 CAB who made us all better."

Calvert praised the squadrons contributions to the Humphreys community on and off duty and said the 1-17th's exemplary service will ensure the proud warrior legacy of OH-58D squadrons will be remembered around the world for years to come.

- See AH-64D, page 26 -



During a brief transfer of authority ceremony at Desiderio Army Airfield on Feb. 14, 1st Squadron 17th Cavalry Regiment handed off its mission in support of U.S. Forces Korea to 1st Squadron 6th Cavalry Regiment from Fort Riley, Kansas. Here, the 1-17 commander, Lt. Col. Adam B. Frederick (left) and his Command Sgt. Maj. Timothy V. Overbey of prepare to case their colors signifying the end of their nine-month mission. 1-17th Cavalry is the last Army unit to fly the OH-58D helicopter. They will return to their home base, Fort Bragg, North Carolina and transition to the AH-64 Apache.

Continue from page 17



'Taegeukgi' is a national flag of South Korea in Korean.

The Five National Holidays of Korea:

There are five national holidays in Korea such as *Samiljeol*, *Jeheonjeol*, *Gwangbokjeol*, *Gaecheonjeol*, and *Hangullal*. These national holidays were designated by law at 1949. *Samiljeol* is a day to commemorate the Independence Movement that took place on March 1, 1919. *Jeheonjeol* is the Constitution Day to celebrate the enactment and promulgation of the Republic of Korea Constitution on July 17, 1948. *Gwangbokjeol* is a day of restoration of the national sovereignty on August 15, 1945, the most auspicious day of national holidays. *Gaecheonjeol*, which is October 10th, is the day when Dangun set up the country for the first time in 2333 before the Christian era. At last, *Hangullal* is a day of the anniversary of the birthday of Hangul, a cultural heritage on October 9, 1446.

Meaning of ‘Taegeukgi’

The national flag of Korea, ‘Taegeukgi’ includes nationalism and spirit of Korean. It has a very profound meaning. It symbolizes the birth of the universe and the circulation of the nature. The ‘Taegeukgi’ was used for the first time in 1882 and adopted in 1883 as the national flag. The ‘Taegeukgi’ is composed of ‘Taegeuk’ (the circle in the middle) and four black ‘Gwae’ (trigrams) on a white background. The white background represents lightness, pureness, and creativity of our nation. Four black trigrams, called ‘geon-gon-gam-ri’, symbolize the principle of our movement and harmony. Each trigram represents each of the four classical elements such as 4 seasons, 4 cardinal directions, and etc. The circle is divided into two parts and the blue section represents the negative cosmic forces (called ‘Yin’), and the red section represents the opposing positive cosmic forces (called ‘Yang’). Eventually, the ‘Taegeukgi’ has the basic principle that two energies, which are composed of the universe, are in a relationship of coexistence. It also represents the perfect balance of beauty and the presence of wisdom in the minds of Korean.

Korean movies are extending world-wide

Korean films have attracted widespread attention on the international stage. Korean actress Kim Min-hee won the Best Actress Award at the Berlin International Film Festival.

On February 18 (local time), Korean actress Kim Min-hee won the Silver Bear Award for the best actress for her role in “On the Beach at Night Alone” at the 67th Berlin International Film Festival. She made a praise from critics around the world after her first official screening of the movie. The Berlin International Film Festival is one of the three prestigious film festivals in the world with Cannes and Venice International Film Festival. This film is Director Hong Sang-soo's 19th feature and starred Kim Min-hee and Jung Jae-young. It tells the story about an actress who falls in love with a married man, travels, meets people, and worries about love. The release date of this movie in Korea this March 23.

Kim is not the first Korean actor to win awards at the three prestigious international film festivals. In 2007, Actress Jeon Do-yeon won the Cannes Film Festival's award for the best actress with Lee Chang-dong's film “*Miryang*”. In addition, the news that Korean actors have entered Hollywood is not a new thing nowadays. Actress Bae Duna starred in Wachowski siblings' film “*Cloud Atlas*”(2012) and “*Jupiter Ascending*”(2015). And actor Lee Byung-hun also filmed “*G.I. Joe*” and “*Red2*” with Hollywood actors.

Not only Korean actors but also directors

and movies have been recognized in the whole world. Director Park Chan-wook's film “*The Handmaiden*” has received numerous awards from various international film festivals and been praised for being perfect in the aesthetic part of the film. Also he has been chosen as one of the best 5 directors from the US critics. Director Bong Joon-ho is also in the producing of a movie with Hollywood actors such as Tilda Swinton, Jake Gyllenhaal. In addition, Korean films such as “*The Wailing*” and “*Train to Busan*”, were highly acclaimed for both their cinematic quality and popularity. Nowadays, Korean actors, directors and movies are not new to the Hollywood anymore. They are getting bigger and Hollywood has been recognizing them for the past decade.

In Korea, Busan International Film Festival (BIFF), the best film festival in Asia, which is not less than the world's three largest international film festivals, takes place every October. BIFF has started in 1996, and now it has been evaluated as ‘necessary film festival’. The high-quality and various programs, high level of participation rate of the audience and actors are the advantages of this festival. Due to these advantages, BIFF has built itself as a world class international film festival in Korea and contributes greatly to promote Korean films to the world. In addition, BIFF puts English subtitles in all movies for foreign tourists, so foreigners do not seem to have much trouble in attending the festival.

The Korean film industry has grown

dramatically and developed its reputation all over the world for these past years. World-renowned high-quality Korean films, how about stopping at a movie theater this weekend and watch some Korean movies?



Korean actress Kim Min-hee, winner of the Silver Bear Award, won as the best actress for her role in "On the Beach at Night Alone"

AH-64D

From Page 24

“Well done and thank you. Best wishes as you and your teammates return to Fort Bragg and begin your transition to a heavy attack reconnaissance squadron, AH-64-equipped.”

Turning to the 1-6th Cavalry, Calvert praised them for their successful transition to the armed reconnaissance mission.

“To the Saber troopers of 1-6th, the Army’s first converted heavy armed reconnaissance battalion, you should be immensely proud of your accomplishments, building a new unit and training for this deployment. You come to us as a tough, trained and trusted team of war fighting professionals.”

Calvert said 1-6th Cavalry’s capabilities added to the alliance’s ability to deter the enemy.

“I’m wholly confident that you will continue the proud legacy and history of what the air cavalry brings to the fight. Welcome to the team.”

Next to speak was Lt. Col. Adam B. Frederick, commander of the 1-17th Cavalry.

“Full disclosure. When I took command over two years ago at Fort Bragg I was not fully supportive of the Korean rotation,” Frederick said.

But he and his troopers accepted the mission and performed to the highest level.

Frederick said no matter the mission his squadron performed he had three core themes.

One, we represent the legacy of the Kiowa Warrior community—it’s not about us,” he said. “Two, we must earn the right to be proud. And lastly, how do you want to be remembered?”

Frederick said that the team that he calls the Wagon Wheel “crushed it in every facet.”

“The past nine months they logged 6,035 flight hours, more than most aviation battalions annual budget and they did it while maintaining a 93 percent operational readiness rate. They participated in mission command in seven live-fire gunneries in support of ABCTs, 210th Fires (Brigade) and our Korean partners demonstrating what air ground operations are truly supposed to

be.”

Additionally, Frederick said the squadron pumped more than 270,000 gallons of fuel, served more than 700,000 meals, developed and promoted 18 soldiers into noncommissioned officer corps and retained 60 Soldiers through reenlistments.

“I cannot be more proud of the Wagon Wheel where every component is important and reliant on the other in order to keep moving forward,” he said.

Frederick said the squadron could have stayed at Fort Bragg but so many of his Soldiers would not have realized and lived up to their potential.

“I cannot fathom a better culmination for the Kiowa Warrior than on the world’s screen line against a real enemy and standing ready to fight tonight,” he said.

Frederick said it has truly been an honor to serve in the Republic of Korea.

“I can attest that our rotation made us a better team and more ready than ever.”

Frederick said the Cavalry spirit lives on in the 1-6th Cavalry, commanded by Lt. Col. Clinton Cody.

“I cannot thing of a finer organization to take this mission to the next level and absolutely pioneering how to fight with the heavy ARS.

“Clint we have known each other for a great many years and I consider you a great friend. I’m incredibly excited for you and your team, you’re the right guy and this squadron is going to perform phenomenally. I look forward to reports of your resounding successes.”

Concluding, Frederick thanked his Soldiers and touched on the legacy of the Kiowa warrior and 1-17th Cavalry.

“1-17th Cavalry was the first squadron to fully field the OH-58D Kiowa Warrior. I think I can confidently proclaim that 1st Squadron 17th Cavalry lived up to Kiowa Warrior legacy,” Frederick said.

Cody followed, noting that this was a historical day for the 1-17th and 1-6th Cavalry Squadrons.

“Today marks the beginning of a new chapter for

the fighting Sixth as we assume the mission here as the first heavy attack reconnaissance squadron to deploy to Korea and also marks the end of an era for 1-17 as they push their steed out to pasture,” Cody said.

“It is truly a bittersweet day for the Kiowa Warrior community as we bid farewell to the aircraft that has put fear in the eyes of their enemies and provided up close personal air support to our ground brothers and sisters over the past 15 years of war.”

Cody pledged that his squadron was up to the task in Korea and ready to serve. He offered thanks to Frederick, 1-17th Command Sgt. Maj. Timothy Overbay and their Troopers.

“The Fighting Sixth is truly humbled and honored to be following in your footprints,” Cody said.

Cody praised his Soldiers for their performance during the transition from the OH-58D and preparing for deployment to Korea. He said he was awed by their dedication, professionalism and teamwork.

“I look forward the next nine months as we continue to hone and sharpen our skills as the Army’s premier heavy attack reconnaissance squadron. There’s no team in the world I’d rather be serving with, thank you for what you do and continue to do for our unit, our Army and our nation,” he said.

Cody closed with a recap of his squadron’s history and a promise for the future.

“From the battlefields of Gettysburg, to the Battle of the Bulge in World War II, to the deserts of Iraq, to the mountains of Afghanistan the fighting 6th has protected our nation and our allies since 1861,” Cody said. “And, although our steed has changed from horseback to armored vehicle to the Kiowa Warrior to the AH-64D and Shadow UAS, you have my word that the fighting Sixth will continue this legacy here on the peninsula by providing the ground force the most lethal attack reconnaissance platform on the battlefield.”

LARGE

Place	Unit	Points
1	HHC, USAG-H	443
2	B CO, 3D MI BN	260
3	HHC, 2ND CAB	240
3	557TH MP CO	240
5	HHC, 523D EN CO	235
6	A CO, 602ND ASB	229
7	A CO, 719TH MI BN	210
8	E CO, 4-2 ATK	195
8	HHC, 304TH SIG BN	195
10	339TH QM CO	185
11	520TH MAINT CO	175
12	E CO, 3-2 GSAB	160
13	509TH EN CO	155
14	A CO, 304TH SIG BN	150
15	C CO, 3-2 GSAB	145
16	HHC, 3-2 GSAB	135
17	HSC, 602D ASB	115
18	B CO, 304TH SIG BN	110
18	D CO, 4-2 ATK	110
20	B CO, 602D ASB	
21	D CO, 3-2 GSAB	95
22	348TH QM CO	90
22	B CO, 532D MI BN	90
24	C CO, 304TH SIG BN	55
25	HHB, 6-52D ADA	50
26	HHB, 35TH ADA	-35
27	F CO, 6-52D ADA	-80

MEDIUM

Place	Unit	Points
1	HHC, 4-2 ATK	250
2	HHD, 94TH MP BN	245
3	HSC, 3D MI BN	233
4	USACA-K	200
4	HHD, 719TH MI BN	200
6	HHSC, 532D MI BN	190
7	HHC, 194TH CSSB	175
8	HHT, 1/17 CAV	120
9	4-58TH AOB	100
10	106TH MED DET	40
11	D TROOP, 1/17 CAV	35
12	D CO, 6-52D ADA	0
13	B CO, 524TH MI BN	-15
14	B CO, 6-52D ADA	-46
15	E TROOP, 1/17 CAV	-50
16	C CO, 6-52D ADA	-75
17	A CO, 6-52D ADA	-115
18	HHC, 8A	-330

SMALL

Place	Unit	Points
1	C CO, 602D ASB	370
2	A CO, 4-2 ATK	320
3	C CO, 4-2 ATK	265
3	A CO, 3D MI BN	265
5	20TH MP DET CID	205
6	501ST SIGNAL CO	204
7	3BCD-K	175
8	B CO, 3-2 GSAB	136
9	B CO, 4-2 ATK	125
10	A CO, 3-2 GSAB	100
11	568TH MEDICAL CO	58
12	B TROOP, 1/17 CAV	55
13	B DET, 176TH FMSU	45
14	A TROOP, 1/17 CAV	40
15	C TROOP, 1/17 CAV	20
16	F CO, 3-2 GSAB	5
17	607 WEATHER SQD	-25
18	B CO, 307TH SC BN	-35
19	USANEC	-55

MICRO

Place	Unit	Points
1	95TH BLOOD SUP DET	160
2	1ST SPACE CO	90
3	618TH DENTAL	75
4	403D AFSB LRC-H	45
5	150TH MINIMAL CARE	40
6	138TH BMCT	25
7	629TH AQ DET	20
8	215 OPT	-5
9	3RD MI BN AERIAL REC	-20
10	52D ORD CO	-60
11	375 FA DET	-65
12	HHB, 94TH AAMDC	-75
13	MEDDAC-K	-215

USAG HUMPHREYS AND AREA III
COMMANDER’S CUP STANDINGS



The yellow flower trees to make you healthier



Spring has come to a little town of Gurye. The yellow Cornelian cherry trees cover up roads, houses, and farms. Whenever the town trees start blooming, local people sit aside the roads and share their lives together. Memories that people make in Gurye would be remembered in the color, yellow.

Cornelian cherry festival in Gurye, Jeollanam-do is from 18th (Sat) to 26th (Sun) March, 2017

Story by Oh, Dain
Oriental Press

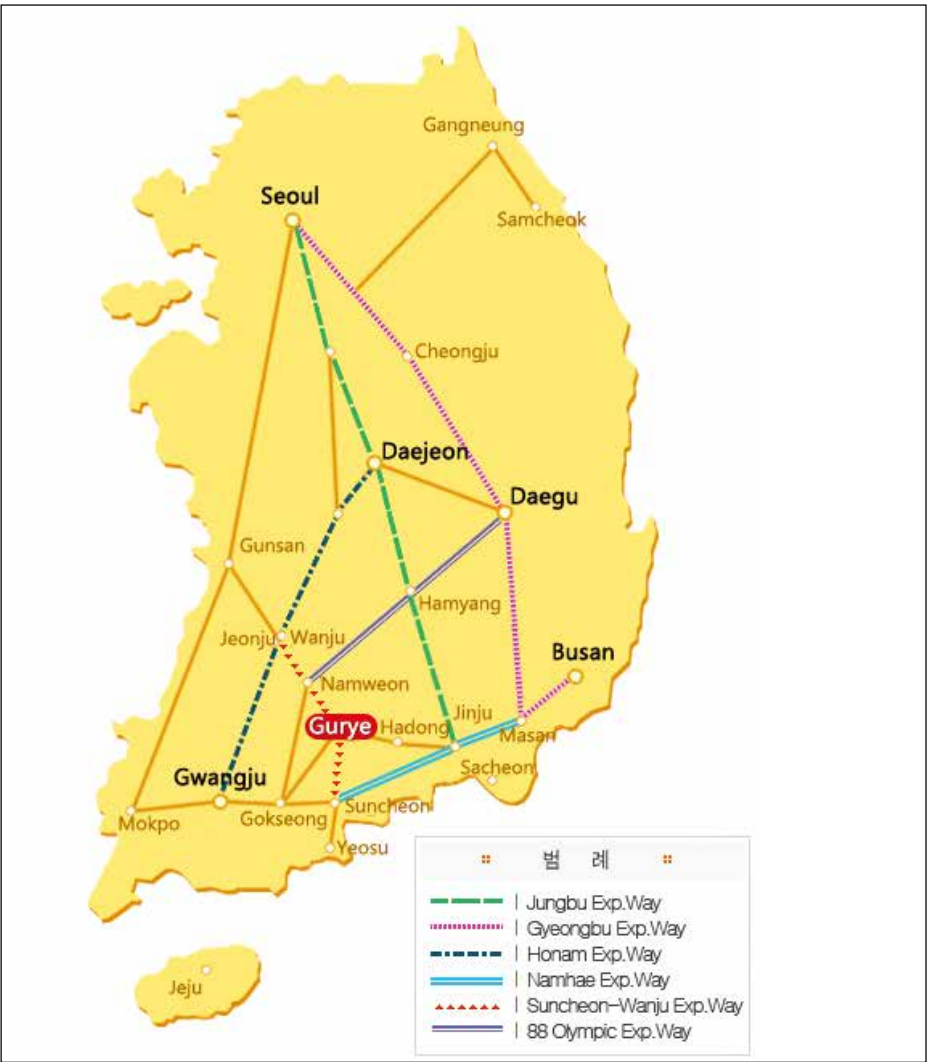
Botanically named as *Cornus mas*, Cornelian cherry is a tree with yellow flower and red fruits. Its origin goes back to the ancient Greece where started using its fruit as traditional medicine. The plant made its journey all the way to the Far East. It is told that, about 1,000 years ago, a Chinese woman who was married to a Korean man initially brought Cornelian cherry tree to Gurye, Jeollanam-do, South Korea.

Every March in Gurye, Jeollanam-do, a Cornelian cherry festival is held by the local government. This year, the festival meets the 18th spring. Gurye is located in the Southwest part of Korean peninsula, and the city's plants blossom relatively faster than other parts of Korea due to its location. In March, the yellow

flower decorates a small, low town of Gurye in a refreshing atmosphere, and visitors stroll through the country roads breathing a new season's air. This year's theme of festival is "Looking for Eternal Love", which aims to attract more couples to the village. It is a quiet, pleasant place to be for couples and families, too.

Cornelian cherry fruit has maintained its reputation as folk medicine since the ancient Greece, and has been primarily used by the Koreans, as well. The main virtue is to enhance immunity level and to help kidney function eminently. It is also known to have a major effect on solving a child's bed-wetting problems because the fruit help muscles contract effectively. At the festival, you can explore a variety of products made with cornelian cherry fruits. Whether you want it in a form of pill or a pack of juice, you will find one that suits your need.

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Gurye is located in the Southwest Korea. "Jwasa-ri 825, Sandong-myeon, Gurye-gun, Jeollanam-do" is the address for the festival. From Seoul to Gurye, it takes approximately three hours by KTX trains (You must go to Yongsan Station instead of Seoul Station for the destination in Jeolla-do). By express buses, it takes four hours (You can take the buses at the Seoul Nambu(Southern) Bus Terminal. They run seven times a day).

Giving “Fight Tonight” new definition



Sgt. Donteai Rushing, 551st Inland Cargo Transfer Company, proves kicks can be more powerful than punches as he defeats his opponent to claim the title of middleweight champion, Feb. 24, at Kelly Fitness Center. (U.S. Army photo by Sgt. Uriah Walker)

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

USAG DAEGU – As a soldier in the U.S. Army, there is a set of values that must be embodied. The Warrior Ethos instruct soldiers to “always place the mission first, never accept defeat, never quit and never leave a fallen comrade.” It is through training, mentally and physically, that a soldier has the opportunity to not only understand these values but also implement them in their personal and professional lives.

Over the last few years, combatives tournaments have grown in popularity across the peninsula. In order to provide service members stationed in Area IV with the opportunity to not only compete, but embody the warrior spirit, the United States Army Garrison – Daegu command, in coordination with Family Morale Welfare Recreation, hosted the first Fight Tonight Challenge at Kelly Fitness Center on Camp Walker, Feb. 24.

“As we have moved through the years, combatives has replaced boxing as the sport,” said Col. Ted Stephens, USAG-Daegu commander. “In other locations, and even on the pentagon channel at Fort Benning, they have an annual tournament that gets a lot of publicity and promotes the warrior spirit and we wanted to bring that here.”

In preparation for the Fight Tonight Challenge, service members were required to compete in preliminary competitions at both Camps Carroll and Walker earlier in the month. As a result of the preliminary rounds, 24 fighters qualified in seven respective weight classes to compete in the final challenge. Though it was not required, a majority of the participants invested many hours

before and after work training in preparation for Friday’s fights.

“I have had people come down to my gym and they have done a multitude of training,” said Staff Sgt. Michael Showes, 498th Combat Sustainment Support Battalion combatives instructor. “Now that we are doing the rules that are intermediate and advanced where you are striking, focus has been more on punches, kicks and takedowns.”

To start the night, all 24 competitors took to the mat for the semi-finals in hopes of placing in the top two for their respective weight classes in order to move on to the final rounds. Semi-final matches were regulated under intermediate rules with one ten-minute round per weight class. Intermediate rules include the addition of strikes such as slaps to the face, punches to the body and the ability kick without limitations.

After the completion of the semi-finals, participants were provided the opportunity to rest while the 168th Multifunctional Medical Brigade personnel provided competitors with medical care such as bandaging and concussion checks. During this time, the Twins Gym of nearby Chilgok, Korea provided multiple demonstrations on traditional forms of martial arts including wushu, hapkido and the official martial arts of the Korean Special Forces, teukgong moosool.

Moving into the finals, advanced rules were implemented. This meant the ability to punch the opponent in the face while wearing four-ounce gloves was added. Instead of one long round, the rules require three five-minute rounds.

Each fighter, throughout the rounds, was allowed to have one or two people selected to coach them from their corner of the mat.

When selecting who he wanted cheering him on and advising him throughout his final fights, there was no question whom 1st Lt. Nathan Santhanam, 6th Ordinance Battalion, would pick. These last few months, Santhanam has been volunteering at Daegu American High School as a varsity wrestling coach. For him it was a no brainer, it was time to flip the tables by selecting wrestling team members Jake Dexter, a senior at DAHS, and Hunter Lane, a junior at DAHS.

“It was pretty obvious when I thought about who I wanted to coach me and I knew it was these guys,” said Santhanam. “These two specifically work as hard as they can at practice everyday to get better and I feel that we built a connection throughout the season. If I needed anything for this fight it was going to be motivational and to keep my head clear. I knew these guys would do exactly that. It was awesome having them out here for me.”

Going into the final matches, Dexter and Lane advised Santhanam to “not worry about the weight difference and attack everyone as if they were the same as him” while also remembering small technical things throughout his fights. Santhanam did just as they suggested and came out a champion in the Lightweight Class during the final matches.

“It is really good and exciting,” said Dexter. “He put in a lot of work for us and a lot of time. The least I could do was come out here and watch him win.”

All first place finishers were awarded a medal at the conclusion of the event and the remaining participants received certificates of appreciation for their participation on behalf of Col. Ted Stephens and Gen. John P. Sullivan, 19th ESC commanding general.

The winners in each weight

division were as follows: flyweight champion was Pfc. Jacqueline Delagado, 188th Military Police Company; lightweight champion was Santhanam; welterweight champion was Spc. Latrale Noland, 551st Inland Cargo Transfer Company; middleweight champion was Sgt. Donteai Rushing, 551st ICTC; cruiserweight champion was Pfc. Caleb Nuss, 2-1 Air Defense Artillery Battalion; light-heavyweight champion was 2nd Lt. Tobin Cooper, 551st ICTC; heavyweight champion was Spc. Peter Cwalina, 2-1 ADA.

Moving forward, service members in Area IV can expect to see a growth in training at the fight house on Camp Carroll and more combatives tournaments. The Fight Tonight Challenge left the Kelly Fitness Center standing room only and showed an increased interest from personnel across all services on the peninsula.

“In the perfect world, we would have battalion or even company size level fights,” said Stephens. “The units would have teams and they would compete as teams. We would have individual competition followed by awarding the team competition as well.”

Units can anticipate an increase in training opportunities outside of the normal workdays for their members to participate in.

“Now that the tournament is over, I would like to set a schedule with some days oriented toward kickboxing and others toward things like wrestling and jiu jitsu,” said Showes. “The more interest that comes from the training, subsequently there will be more interest in competitions that come later.”

For information regarding the fight house hours and training opportunities, contact Showes at Michael.j.showes.mil@mail.mil or DSN 765-1044.▲



1st Lt. Nathan Santhanam, 6th Ordinance Battalion, dominates his opponent from the rear mount while fighting towards the title of lightweight champion, Feb. 24, at Kelly Fitness Center. The first Area IV Modern Army Combatives tournament saw 24 fighters vying for the top spot in their respective weight classes. (U.S. Army photo by Sgt. Uriah Walker)

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Gurye produces 73% out of national production of Cornelian cherry fruits and takes up 84% of harvest area in the nation.

Gurye is located in Mt. Jirisan, the number one national park of South Korea. The mountain covers a wide range of Southern Korea, such as *Gurye in Jeollanam-do*, *Namwon in Jeollabuk-do*, and *Hadong, Sancheong, and Hanyang-gun in Gyeongsangnam-do*. Mt. Jirisan is one of the three famous mountains of Korea and its name was after a folk tale; a fool becomes a wise man if he stays at the mountain. With abundant energy indwelt in, Mt. Jirisan has been greatly respected as a spiritual land throughout Korean history. A great number of novels and poems were written in regard to it.

If you make it to Gurye, it is recommended to visit *Nogodan*, one of the most famous mountain peaks in South Korea, and *Hwaeom-sa*, a temple where reserves numerous national treasures. One will not regret the journey once he or she sees the landscape at those two places.



A traditional Korean band performs an act asking for a rich year. The very first Cornelian cherry tree to Korea is believed to be planted at the spot where the band stands. This photo won the gold prize at 2015 Gurye Tour Photos Contest.



A little crowd of children are running down the roads where the yellow Cornelian cherry trees are covering up. The title of the photo is "Na-deu-ri" in Korean, meaning 'a day out'. Bright yellow color matches the little children's laughs. This picture was accepted for 2015 Gurye Tour Photos Contest.

Eschenlauer leaves HHC in good hands



Capt. Jheaniell Moncrieffe reports to Col. Ted Stephens that she is now taking charge of the Headquarters, Headquarters Company at the end of the Change of Command. (U.S. Army photo by Sgt. Chun, Taek-jun)

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

USAG DAEGU – Headquarters and Headquarters Company, United States Army Garrison Daegu bid farewell to its outgoing commander, Capt. Adam M. Eschenlauer and welcomed a new commander Capt. Jheaniell D. Moncrieffe, arriving from the Joint Security Area, during the change of command ceremony, at Henry’s Place, Camp Henry, Feb. 24.

USAG Daegu Commander Col. Ted Stephens praised Eschenlauer for his hard work and dedication to HHC and the Daegu community.

“I gave him a simple instruction and that was to lead the formation. He has clearly done that,” said Stephens. “I can talk about some of the statistics associated with his accomplishments:

unit medical readiness from 74% to 97%, eliminating all medical readiness category four deficiency within the company, increased the PT average to 263. I am sure that the unit maintained the high level of discipline at all time. He played a vital role in the ROK-U.S. alliance. He participated in the various community relations events such as World Water Day Clean-up, the friendship with Nam-gu Mayor Lim in the Nam-gu community with the Apsan Global English Camps and the various tours of our installations. I can’t think of a single greater contribution than how we work with our ROK allies.”

Stephens also welcomed Moncrieffe to her new role.

“As we handed off the guidon to Capt. Jheaniell Moncrieffe, I can honestly say that we handed off to an officer just



Capt. Jheaniell Moncrieffe passes the Headquarters, Headquarters Company guidon to 1st Sgt. Erick Figueroa during the Passing of the Guidon. (U.S. Army photo by Sgt. Chun, Taek-jun)

as talented,” said Stephens. “As Capt. Adam Eschenlauer laid the foundation within the company, the reach is so much higher so I truly entrust this responsibility with you.”

Eschenlauer thanked to all the members of HHC for working hard to provide installation support services of Area IV community.

“I want to say that I am extremely proud of the outstanding work that HHC has done over these past 14 months,” said Eschenlauer. “I can say without a doubt that this is a company comprised of true professionals who support the garrison’s mission and the defense of this nation. With literally thousands of collective volunteer hours amongst the current and past members of HHC, great efforts have been made to not only improve our

military community, but to strengthen the alliance with our host nation counterparts.”

Moncrieffe showed her gratitude to the Sentinel family including the HHC Soldiers, 1st Sgt. Figueroa, Silvia and Adam Eschenlauer.

“Without them, the unit would not have the morale and standard of excellence that it has today,” said Moncrieffe. “For that, I thank each of you and hope to build to continued excellence. If we’re always ready, we won’t have to get ready. I will strive to understand and enhance each unique skill set, build sustainable relationships and make a difference.”

Eschenlauer’s next assignment is with the U.S. Army Europe, 421st Multifunctional Medical Battalion, Baumholder, Germany.▲

Bidding farewell to Area IV's best volunteer



Mia Bostic hands over the Red Cross plaque of appreciation to Nicole Robinson for her selfless volunteer work to the Area IV Red Cross. (U.S. Army photo by Sgt. Chun, Taek-jun)

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

USAG DAEGU - Volunteer work is crucial for Non-profit organizations like Red Cross. Many people dedicate themselves to give something for others. In Area IV, there is one volunteer who has done this.

On Feb. 27, Nicole Robinson was awarded Red Cross plaque of appreciation by American Red Cross Area IV Regional Program Manager

Mia Bostic.

“Nicole is our local Volunteer of the Quarter. She has volunteered over 1200 hours from July until now,” said Bostic. “She holds the position as Station Volunteer Partner which is my direct counterpart, my other half. When I can’t be in the office or open the office, Nicole’s here. She is able to do everything I can do,” said Bostic.

“There are not a lot of opportunities to volunteer full time, and this is the first time I’ve found an opportunity to,” said Robinson. “I’m better if I

could throw myself into something completely, and there are four, five hours of week opportunities. I don’t have kids, so I wanted to do something fully and this is where chance came up. That’s why I took it to be able to go all the way into something.”

“She has been an integral part in streamlining the volunteer process at the Camp Walker Clinic. She has helped with the Animal Visitation Program and everyday admin in the office. She is a CPR instructor and has taught 2 classes. She has helped at various events within the community and has really been the Face of the Red Cross for our area. She goes on AFN weekly to discuss our services as well as briefing at Newcomers and Spouses orientation. So it is sad to let her go,” said Bostic. “I am not a very extroverted person, so it has been a learning experience to walk up to people and introduce myself at events. That has taken a lot of courage and learning to be the person to say hi and be the one to introduce myself,” said Robinson.

“Area IV Red Cross teaches health and safety classes every month,” said Bostic. We teach CPR and babysitting.

We are here for emergency messages. We have events for the community to keep up morale. We offer different programs for spouses and families. We have animal visitation program, where we will take our dogs around to visit the different units so that they could brighten their day. We have the youth program where we keep the kids engaged so they don’t get in trouble. They do different activities in the program. So it is just being there for the community and giving people an outlet. Because it is hard for spouses to get jobs, so they would volunteer in different areas. In clinic, we have nurses, doctors. We have people that work in the post office. It is just giving them a chance to give back to the community and to do something,” explained Bostic.

“I am going to miss this place a lot. I hope that I have added to the community,” said Robinson. “It was very sudden and I am sad to leave here. I expected to have more time. But we’ve just got orders two weeks ago.”

Nicole Robinson is now leaving Area IV on March. 15. Feb. 27 was her last Red Cross meeting.▲

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www.visitgwangju.kr

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Hands-on training readies new logistics Soldiers



Chief Warrant Officer 4 Diana Ortiz, 25th Transportation Battalion mobility officer, reviews the use of a Handheld Interrogator with students during the Movement Control Academy, Feb. 23. (Photo Courtesy of 19th ESC Public Affairs)

By Sgt. Byun, Sung-guk
19th ESC Public Affairs

USAG DAEGU – 25th Transportation Battalion hosted its first Movement Control Academy on Camp Henry where approximately 18 students participated over a four-day period, Feb. 21-24.

"The academy was held to prepare military personnel of all ranks on how to do movement control operations in the Korean Theater of Operation," said Chief Warrant Officer 4 Diana Ortiz, 25th Trans BN mobility officer. "The course gave the students a great overview of the operation as well as hands on training with transportation systems."

U.S. Army service members and Korean Augmentation to the U.S. Army newly arrived to Korea and assigned to 138th Movement Control Team, 517th MCT, 662th MCT or 668th MCT participated in the

academy. All of the MCTs fall under the command of 25th Transportation BN, the sole transportation battalion on the peninsula.

Current regulations and policies, convoy procedures and other movement related topics were covered during classes. Students also applied the material that they learned by developing a concept of operations that was briefed on the last day of the academy. Furthermore, the attendees received hands-on training on transportation systems like the Transportation Coordinators' - Automated Information for Movement Systems and Portable Deployment Kit - Lite.

All transportation movement coordinators use these systems, so it is crucial that the 25th Transportation BN soldiers are well trained and have the opportunity to familiarize themselves with the equipment. The systems play a key role in tracking



Two U.S. Soldiers and a KATUSA work together on a concept of operations development during the Movement Control Academy class, Feb. 23. (Photo Courtesy of 19th ESC Public Affairs)

equipment and packages as they move across the peninsula and the world. In other words, they provide exact information regarding where the current location of the equipment is and what equipment can be found in container boxes.

"The hands on portion was one of the most beneficial aspects of the training," said 2nd Lt. Tali Morse, 668th MCT executive officer. "Being able to work with the interrogator and PDKs, along with knowledgeable instructors on the subject, really helped to reinforce the content. It would be nice to do this training more often to gain more hands-on experience."

Hands-on training can prove extremely beneficial to new soldiers and junior leaders.

"After the class, it was important to create our own movement control scenarios," added Pfc. Dajanae Pinckney, 517th MCT transportation

movement coordinator. "The act of putting into action everything we learned really helped an enlisted soldier like me to better understand my job, especially in the grand scheme of things. I think this class will really be a great help during the joint exercises."

Ortiz as well as Sgt. 1st Class James Whitley, Sgt. 1st Class Christopher Southard and Staff Sgt. Tasha Jackson, who are all movement non-commissioned officers of the 25th Transportation BN, jointly taught the classes over the four day span.

Ortiz agreed with the students saying, "It's a good opportunity for soldiers to have a basic knowledge of movement control operations in Korea. The academy serves as refresher training for transportation systems."

With the graduation of the first class, the 25th Trans BN plans to offer the Movement Control Academy every quarter.▲

19th UMTs learn from POW history



Lt. Col. Douglas C. Swift Jr., Command Chaplain, 19th ESC, conducts a discussion on an article about the historical background of the camp, Feb. 22. (Photo Courtesy of 19th ESC Public Affairs).

By Cpl. Sin, Jae-hyung
19th ESC Public Affairs

GEOJE – The 19th Expeditionary Sustainment Command Unit Ministry Team conducted offsite training at the Historic Park of Geoje Island Prisoner of War Camp to provide professional

development for chaplains, chaplain assistants and Korean augmentation to the United States Army chaplain assistants in critical tasks and core competencies, Feb. 22.

The POW camp was established in 1951 to accommodate invaders who were captured during the Korean

War. Shortly after the release of anti-communist prisoners by the Republic of Korea government in 1953 the deadlocked armistice agreement between North Korea and the ROK was made, and the camp was closed. Now the camp has been remodeled into Geoje Island POW Camp Park. The camp remains as a symbol of ideological conflicts of the cold war era in the ROK.

The training was an opportunity to gain familiarity and understanding of the Korean War, detainee operations, mindset and motivation of POWs and caretakers and appropriate religious support functions.

"I could learn the importance of treating POWs with dignity and respect," said Sgt. Branwyn Duff, Battalion Chaplain Assistant, 6th Ordnance BN, Material Support Command – Korea. "As a chaplain assistant, I was surprised to learn that there were no chaplains or chaplain assistants to provide POWs with religious support in a place with different religions."

The training was held during the

two-hour long tour of the POW camp. The participants had read an article on the historical background of the camp and discussed the roles of chaplains and chaplain assistants during contingencies. They passed by tank exhibition hall, a replica of the Bridge of the Daedong River, Hall of POWs' Lives and Hall of POWs Relics to learn about the ROK history during the Korean War.

"The topic of this training was the religious support in detainee operations and POW camp ministry," explained Chaplain (Maj.) Simon Chang, Area IV Family Life Chaplain, 19th ESC. "This kind of training is important because it improves and checks our religious support readiness and provides us with a chance to think about how we can support logistics operations in terms of religious and humanitarian support."

The 19th ESC UMT plans to complete additional, inspiring training for chaplains and chaplain assistants covering varied topics to enhance their readiness and enhance their role as a combat multiplayer.▲

The three most treasured temples in South Korea



Story by Oh, Dain
Oriental Press

In Korea, you will find at least one temple whichever mountain you go. According to the 2014 report issued by the Ministry of Culture, Sports and Tourism of the Republic of Korea, there are 944 traditional temples across the country. As you can assume in the large number, Korea is a nation where Buddhism has had so much influence throughout its history.

Among almost one thousand temples in Korea, there are the top three temples that are treasured most: Yangsan Tongdo-sa, Hapcheon Haein-sa, and Suncheon Songgwang-sa. You may have noticed that all of the names end with a word “sa”. It means ‘temple’ in Korean. For the last several hundreds of years, these three temples have been respected so much by Koreans, not to mention the believers in Buddhism, because those places reserve the three most important treasures of Buddhism at each site. Korean Buddhists call them “sambo”, which implies ‘three(sam) treasures(bo)’.

To briefly sum up, the first treasure is the Buddha himself. The second one is the Law of Buddha, which is called “Bulbeop” in Korean. And the third one is Buddhist monks who observe the Law of Buddha. Reflected in the attribute of each treasure for each temple, Tongdo-sa, where has the Buddha’s real shrines, is entitled as “Bul-bo-jong-chal”. Haein-sa, where secures the complete collection of the sacred writings of Buddhism, is named as “Beop-bo-jong-chal”. And Songgwang-sa, where has turned out a number of excellent monks of high virtue, is labelled as “Seung-bo-sa-chal”.

Temple 1: Yangsan Tongdo-sa (통도사)

As mentioned above, Tongdo-sa reserves the first treasure of Buddhism, the Buddha. This means that this temple reserves the real shrines of the Buddha, which is called “Jinsinsari” in Korean. Since it has the real one, the temple does not have any Buddhist statues. Jinsinsari is kept under *Geumgang Stairs*, the most famous site of the place.

Tongdo-sa was established by Monk Ja-Jang, who brought Jinsinsari from Dang China, during Queen Sun-Deok’s reign

of Shilla (646). There is the *Seongbo Museum* where you can appreciate approximately 30,000 pieces of cultural assets of Buddhism, including roughly 600 Buddhist paintings, drawn during 18th to 19th century. Another attraction is *Ilju Gate* where you can stroll between the hundreds of years old pine trees.

Tongdo-sa has a temple-stay program which is designed for foreigners, and runs it every weekend around the year only except August.



Address: Jisan-ri 583, Habuk-myeon, Yangsan-si, Gyeongnam
Phone: 055-382-7182



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Chaplain assistants stand ready, vigorous

By Cpl. Sin, Jae-hyung
19th ESC Public Affairs

USAG DAEGU - The 19th Expeditionary Sustainment Command Unit Ministry Team hosted the 8th Army Chaplain Assistant Noncommissioned Officer and Soldier of the Year Competition on Camp Walker, Feb. 9-10, to determine their best qualified chaplain assistants to represent 8A at United States Army Pacific.

All United States Army Chaplain Assistants on the Korean Peninsula were eligible to participate in the event. The NCO category involved Cpl. to Master Sgt. and the soldier category included Pvt. to Spc.

"This competition allows chaplain assistants to gain confidence, test their skill knowledge and be recognized for their proficiency," said Sgt. 1st Class. Sharlene M. Lynch, 19th ESC UMT NCO in charge.

Various units across the Peninsula participated in the competition to compete for the right to represent their commands at the USARPAC level competition. Units included Material Support Command - Korea, 19th ESC UMT, 2nd Sustainment Brigade, 1st Signal Brigade, 65th Medical Brigade, 501st Military Intelligence Brigade, 35th Air Defense Artillery Brigade and United States Army Garrison - Daegu.

On the first day, competitors assembled in Kelly Gym on Camp Walker to conduct the Army Physical Fitness Test. The test consisted of two-minutes each of push-ups and sit-ups followed by a timed two-mile run.

"Chaplain assistants should be both mentally and physically ready because they are the care-givers to units as well as the protectors of Chaplains, the only non-combatants in the Army," explained Lynch.

In the afternoon, competitors were divided into teams of two and tested on the Military Occupational Specialty skill level competency tasks by completing five stations at different locations. The tasks tested various capabilities such as teamwork, map reading, provision of crisis intervention and religious support to wounded or dying soldiers, and preparation for religious services.

The last hurdle was the board on the second day. It consisted of various questions to assess one's knowledge as an NCO or soldier.

The winners were announced shortly after the conclusion of the board. Staff Sgt. Jamie L. Proudfoot and Pfc. Shane Edwards, USAG Daegu, earned Chaplain Assistant NCO and Soldier of the year, respectively.

"I believe that having faith brought me to victory and I feel that God calmed me to do better," said Edwards. "Since there is no telling what will happen between duty, events, and everyday life, Chaplain Assistants ought to be prepared all the time."

The winners of the NCO and Soldier categories will now make adjustments to their training based on their performance in this event and stand ready for the next competition at the USARPAC level.▲



Soldiers and an NCO carry out the task of preparing religious services as a team at the fifth station in Camp Walker Chapel as a part of the MOS skill level competency tasks, Feb. 9. (Photo Courtesy of 19th ESC Public Affairs)



Participants and staff celebrate a successful completion of the 8th Army Chaplain Assistant NCO and Soldier of the Year, Feb. 10. (Photo Courtesy of 19th ESC Public Affairs)

Area IV gathers to hope for the best

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

USAG DAEGU - The Area IV National Prayer Luncheon took place on Feb. 16 at the Camp Walker Evergreen Club. The USAG Daegu Religious Support Office hosted the luncheon, and people from around Area IV attended to pray for the nation. The guest

speaker was Area II Garrison Chaplain Lt. Col. Young D. Kim. He gave the people the day's message.

The luncheon began with Area IV Garrison Chaplain Lt. Col. Sun Macupa's welcoming remarks. "It is a beautiful event that we all come together to celebrate and pray for the nation," said

Macupa. Then Cpl. Cho, Jae Young and Pfc. Shane Edwards sang their respective national anthems. It was followed by the invocation and prayer for Soldiers, Families and Nation by Chaplain majors Tony Hampton, Simon Chang and Denise Hagler. Then Macupa introduced the guest speaker Chaplain Kim.

"It is a great honor to be here in Daegu. I brought the message today for you guys. I believe you are doing great job here in Daegu area. But remember, by his grace, his power, you can do," said Kim.

Chaplain Kim was born in Chung-Nam Province, South Korea and immigrated to San Francisco in early 1980's. He received his commission as a second lieutenant, chaplain candidate in May 1995 and became an Active Duty Chaplain in May 1997. He currently serves as the Yongsan Garrison Chaplain at USAG Yongsan.▲



Deputy to the Garrison Commander William Butcher enjoys the lunch buffet during the Area IV National Prayer Luncheon that took place at the Evergreen Club on Feb. 16. (U.S. Army photo by Sgt. Chun, Taek-jun)



Area II Garrison Chaplain Lt. Col. Young D. Kim gives his message during the Area IV National Prayer Luncheon that took place at the Evergreen Club on Feb. 16. (U.S. Army photo by Sgt. Chun, Taek-jun)

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Temple 2: Suncheon Songgwang-sa (송광사)

Located in the mountain Jogye, Songgwang-sa has produced numerous monks of high virtue. With this reason, the other name for Songgwang-sa is “Seung-bo-sa-chal”, meaning that this temple has the third treasure of Buddhism, the disciples. In Korean, “Guk-sa” implies ‘the monk of the nation’, and Songgwang-sa has turned out ’16 Gug-sa’, thus 16 monks of the nation.

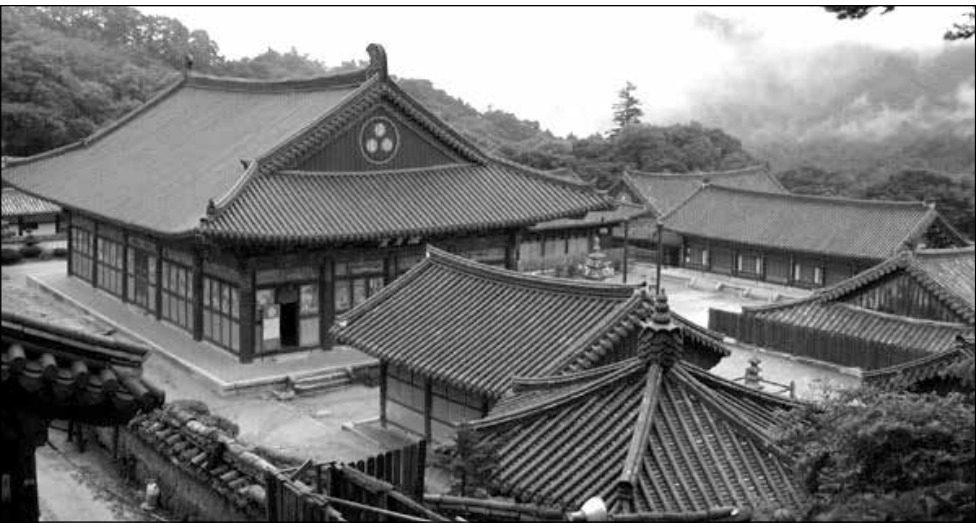
The first Guk-sa is Monk Jinul, who dedicated his life seeking for the essence of enlightenment which is compressed in two words, “Don-oh-jeom-su” and “Jeong-hye-ssang-su”. Don-oh-jeom-su teaches that you need to practice asceticism

consistently in order to have an epiphany. As a key to Buddhist asceticism, Jeong-hye-ssang-su professes to focus on your mind and to make it balance if you want to see the intrinsic attribute of things. From Monk Jinul to Monk Beopjang, the spirits of 16 Guk-sa live at the temple.

In addition, Songgwang-sa is a temple where preserves the largest amount of cultural assets in Korea. The construction of the temple itself is worth enough to visit. Some parts of the temple are not open to the public, but the scenery of Songgwang-sa, including pleasant woodland paths around the temple, has never disappointed its own visitors.



Address: Sinpyeong-ri 12, Songgwang-myeon, Suncheon-si, Jeonnam
Phone: 061-755-0107



Temple 3: Hapcheon Haein-sa (해인사)

Haein-sa is located in the mountain Gaya where connects Gyeongsangnam-do and Gyeongsangbuk-do together. The name of temple “Haein” originates from “Haeinsammae” in “Hwaeomgyeong”. Hwaeomgyeong is a Buddhist scripture that is considered to keep the essence of the East culture. Haeinsammae teaches mankind that the world is similar to an infinite ocean and people can see the world as it is only when they stop swimming in their own agony. The geographical feature of Haeinsa looks similar to the shape of a ship.

The second treasure of Buddhism is the Law of Buddha and it is enshrined at Haein-sa. Designated both as a National Treasure of Korea (No.32) and the UNESCO World Heritage, the Tripitaka Koreana shows the quintessence of Buddhism. The Tripitaka Koreana refers to the complete collection of 81,258

woodblocks which contains the venerable scripts of Buddhism. The scripts were engraved in the belief that the holy words of Buddha would fight off the Mongolian invasion of Korea. Since it was established in 802, the temple has suffered from numerous conflagrations, but it has succeeded in protecting the Tripitaka Koreana. It still remains as a mystery.

The Tripitaka Koreana was built through a fascinating process. From choosing the right woods to bowing to every single engraved word, the production itself took 16 years (1236-1251). The process of production and preservation is beyond imagination in a scientific way, which the world has recognized its tremendous value. Built with the greatest care, it has managed to preserve its initial form for almost 800 years.



Address: Chiin-ri 10, Gaya-myeon, Hapcheon-gun, Gyeongnam
Phone: 055-934-3110

News & Notes

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)
o800-1700 Monday through Wednesday
1300-1700 Thursday
o800-1700 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 o800 / Catholic Mass o900 / 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.

Subway Adventure Program

18 March, 15 April, 20 May. 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.

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. Please contact Outdoor Recreation Center at 764-4440 or 764-4432 for more information.
Saturday, March 11, Strawberry Picking Tour. Departs/Returns: Walker Commissary: 1300/1700, No Camp Carroll Pick up. Fees: \$49/Adult, \$45/Child, \$175/Family of 4.
Wednesday, March 14, Jikji Temple Tour. Departs/Returns: Walker Commissary: 0715/1100, No Camp Carroll Pick-up. Fees: \$20/person
Thursday, March 16, Korean Dinner & ARC Tour. Departs/Returns: Walker Commissary: 1930/2300, No Camp Carroll Pick-up. Fees: \$35/person, \$20/4 & under
Saturday, March 18, DMZ Tour, Departs/Returns: Walker Commissary: 0515/2300, Camp Carroll CAC: 0615/2200, Fees: \$55/Adult, \$50/Children. Must bring your passport or DoD ID. There are strict dress & behavioral codes, collared shirts for men, and no ripped jeans, revealing clothing or open-toed shoes.
Sunday, March 19, Jeonju Korean Village Tour. Departs/Returns: Walker Commissary: 0800/2030, Carroll CAC: 0900/1930. Fees: \$49/adult, \$43/Child, \$20/4 & Under, \$160/Family of 4
Wednesday, March 22, Donghwa Temple Tour, Departs/Returns: Walker Commissary: 0715/1100, No Camp Carroll Pick up. Fee: \$20/person
Friday, March 24, Korean Dinner Buffet & Suseong Lake Tour, Departs/Returns: Walker Commissary: 1930/2230, No Camp Carroll Pick up. Fee: \$35/person
Saturday, March 25, YongGung Temple and Busan Tour, Departs/Returns: Walker Commissary: 0800/2000, Camp Carroll CAC: 0700/2100, Fees: \$49/person, \$20/4 & Under, \$180/Family of 4

Multi-Day & Overseas Tours of Outdoor Recreation Center

Tuesday-Wednesday, April 4-5, Tour to Namiseom Island. Sign up Deadline is March 15. No refund after March 15.
Tour Fees: \$240/Adult, \$220/Child, \$39/Under 24 months, \$880/4 family
Friday-Monday, May 26-29,Tour to Danag, Vietnam.
Tour fees if registered before early sign up deadline, March 15: \$955/Adult, \$900/Child, \$250/Under 24 Months
Final Sign up Deadline: March 31.
Not included Vietnamese Visa, optional tours and personal expenditures.

Paintball Range Opens

Paintball Range opens from March 1. Available for units or recreational use. Range can be reserved for other training if available. \$20/hour or \$100/day.
\$15: Paintball Package(Includes Gun, CO2 Canister, Mask, chest protector, field use)
\$20: 500 balls.
\$80: 2000 balls.

April is the Month of the Military Child

Saturday, April 1, Heroes and Villains Run, 1700-1900 at Camp Walker Kelly Field, Dress as your favorite super hero or villain for the run. Age heats will be broken out as follows: under 3, 3-5, 6-8, 9-11, 12-14, 15 and up. A slice of pizza and a juice box will be offered after the run.
Friday, April 7, Camp Walker Youth Center Lock In, Middle schoolers and teens join together to experience an evening of fun, games and adventure.
Saturday, April 8, Camp George Field Family Movie Night, 2000-2200, Bring your family and a

blanket and join us on the field to enjoy popcorn, hot cider and a fun family movie.
Saturday, April 22, Camp Carroll Bowling Center Bowling Luau, 1100-1500, Families are invited to come celebrate military children with two free games of bowling and a slice of pizza.
Saturday, April 29, Kelly Filed and the Youth Center Maker's Family Experience, 1000-1600, It's time to let your inner explorer, scientist and inventor out! Join us for a day where we explore, build, play and experience a variety of hands-on activities and scientific principles. Get ready to be creative, get messy, and work as a Family using recycled materials to create new toys and answer challenges! Help us celebrate Military Child and Earth Day, learn the importance of being better stewards of our resources and environment, and learn how to apply new twists to old items.

Color Spring 5K Run

Saturday, April 8, 0900 at the Camp Walker Kelly Field, Participants will run/walk a 5K through Camp Walker and be "colored" as they pass color stations throughout the route.
Early Registration: March 1-April 3: \$30 p/person.
Day before and day of registration on 7-8 April: \$40 p/person.
Register at Camp Walker or Camp Carroll Community Activity Centers.
All paid participants will receive an event shirt, a pack of color, race bib, fruit and water.
Children 5 and under free but will not receive an event shirt, a pack of color or race bib.
Seeking volunteers to throw powder at the color stations.

Volunteers NEEDED for Child & Youth Services

CYS is seeking volunteers for volunteers for Coaches and Officials to coach the Swimming, Soccer, Bowling, Basketball, Flag Football, Baseball, Golf clubs. 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

Warrior Adventure Quest

WAQ is a Soldier reintegration program which combines a high adrenaline activity with resilience skills training. WAQ is endorsed and supported by FMWR and the Army Medical Department and can be coordinated through USAG Daegu Outdoor Recreation located at the Camp Walker Community Activity Center. This training presents coping outlets to help Soldiers realize their own new level or normal during and after deployment. Units choose a high adventure activity(Ropes course/zip lining, rock climbing, ATVing, biking, rafting, skiing, etc.) which is tied to resilience training. The training enhances unity readiness by building unit cohesion. Please call at 764-4440 or 764-4432 or stop by the Camp Walker CAC for availability and more information on the training.

Bike along the Sincheon

March 12, 1300-1800, Depart from the Camp Walker Community Activity Center. Fee: \$20 including equipment, \$12 without equipment. Sign up deadline: March 9. Ride along Sincheon River on one of Korea's amazing bike routes. Learn about the bike passport system, where to stop along the way, and enjoy the scenery.

Apsan Hike

March 26, 1300-1900, Depart from the Camp Walker Community Activity Center. Fee: \$12 per person. Sign up Deadline: March 23. Apsan offers miles of scenic trails, picnic spots, a cable car, snack spots and small temples. We'll show you how to get there and where to go to get the most out of your time on the mountain. There's no better place to get a sweeping panoramic view of Daegu.

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."

Through non-commissioned officer arches

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

OSAN AIR BASE - The 35th Air Defense Artillery Brigade and 51st Fighter Wing hosted a joint noncommissioned officer induction ceremony Feb 16 at Osan Air Base, Republic of Korea.

The Eighth Army Command Sgt. Maj., Command Sgt. Maj. Rick Merritt, served as the guest speaker and shared personal stories with leadership tips for the group of proud NCOs.

Merritt painted a vignette of himself as a junior Soldier, meticulously preparing his combat helmet over a weekend for a Monday morning inspection. Submitting to the audience that if his leadership didn't inspect his helmet, he would've been disappointed, he acknowledged he took a great deal of pride and satisfaction in his preparing his equipment.

"Expect what you inspect," said Merritt. A duty he charged each NCO to uphold. A mission of holding Soldiers and Airmen accountable.

Thirty-five Soldiers, 19 Airmen, and 15 Korean Augmentees to the United States Army were recognized during the ceremony, with each one passing through the NCO arch, signifying their entry into the storied noncommissioned officer corps.

Service members packed the enlisted club to support their fellow Soldiers, Airmen and KATUSAs. It



Soldiers, Korean Augmentees to the United States Army and Airmen assigned to 35th Air Defense Artillery Brigade and the 51st Fighter Wing, respectively, stand during a joint noncommissioned officer ceremony Feb. 16 at Osan Air Base, Republic of Korea. The event formally recognizes recently promoted service members into the storied NCO corps. (U.S. Army photo by Sgt. Vince Caputo)

didn't take long for the auditorium to reach standing room only, and groups of onlookers stood three to four waves deep beyond the railing that lines the tiered floor.

For some in the group, the event was extra special.

"Being inducted means I truly am a Sergeant now," said Sgt. Choi, Min Gyu, 6-52 ADA Battalion. "By going through that gate, I was officially recognized as a leader, and I learned I have higher standards to live up to."

The idea for the ceremony

spawned from Command Sgt. Maj. Eric McCray, 35th ADA Brigade Command Sgt. Maj.

Upon assuming his duty as the senior enlisted advisor to the Dragon Brigade, hosting an NCO induction ceremony was something McCray wanted to do for the Soldiers. However, the high operational tempo of the brigade made white space sparse, said Sgt. Maj. Gene Harding, 35th ADA Brigade.

According to Harding, senior noncommissioned officer in charge of the ceremony, they picked a date

on the calendar, and after multiple discussions with McCray, it went from an Army centric event to a joint ceremony.

While there is no set date for the next ceremony, the success and positive feedback suggests there will be more in the future.

"At the end of the day, it's all about recognizing the Soldiers, Airmen and KATUSAs," said Harding. "That's what we did today, we recognized a group of very deserving noncommissioned officers, and we welcomed them into our corps."▲

Put your best fork forward

By Ana Wolf-Carrizo

March is National Nutrition Month and our focus is to help you make informed food choices and develop good eating and physical activity habits. Now that your New Year's resolutions have passed, let's continue to put our best fork forward. Whether your path is continuing to make better choices or working on developing new habits, it's never too late to start eating healthy and the tips shown will hopefully motivate you to get started!

• Eat Breakfast

Include options like lean protein, whole grains, fruit and vegetables. Great example would be a breakfast burrito with scrambled eggs, diced veggies (optional), low-fat cheese, salsa and a whole-wheat tortilla or a parfait with low fat plain yogurt, seasonal fruit, and whole grain cereal (Grapenuts or Cheerios are good choices.)

• Fix Healthy Snacks

Healthy Snacks can continue to give you energy throughout the day, especially when they include more than one food group. Choose

from two or more of the MyPlate food groups: whole grains, fruits, vegetables, dairy and protein. Great choice for a snack would be raw bell peppers or carrots with a tablespoon of hummus or one cup of fresh fruit with half a cup of low-fat cottage cheese.

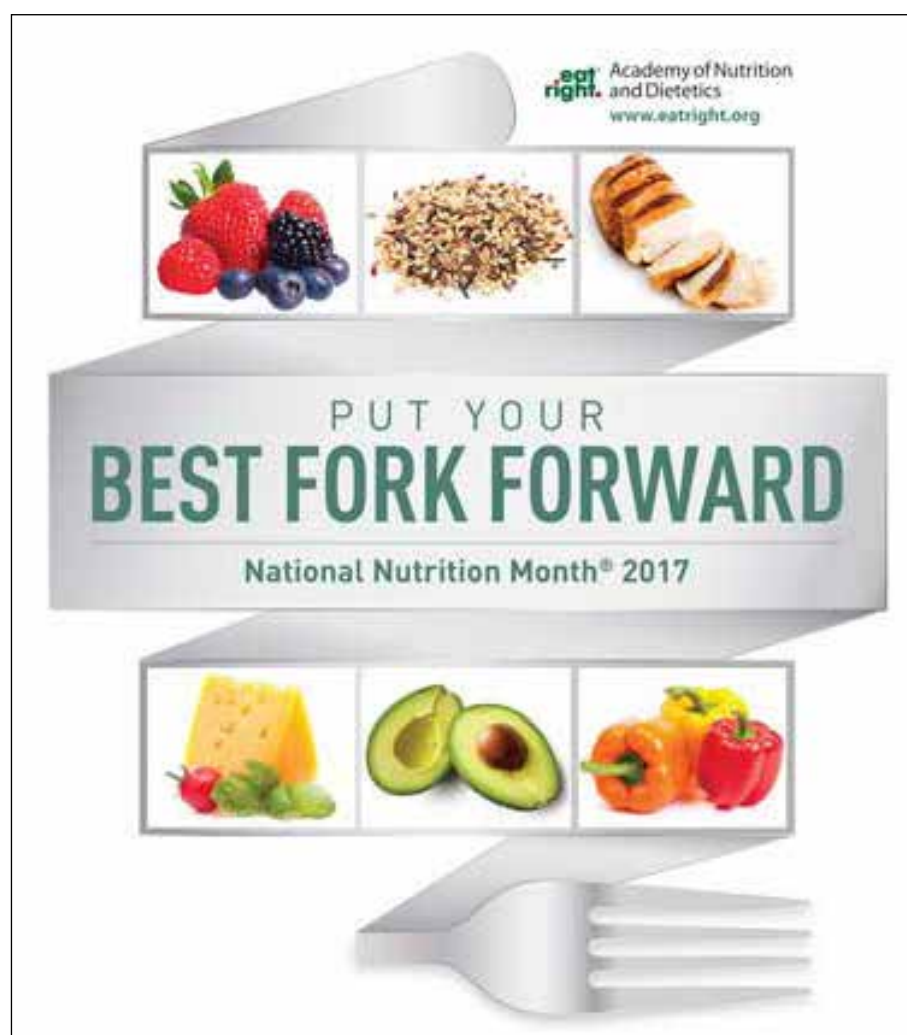
• Get to know Food labels

Reading Nutrition food labels can help you shop and eat or drink smarter. Focusing on reducing the saturated fat, sodium, and sugars would be a good start and looking for products higher in fiber and good fats (monounsaturated and polyunsaturated fats).

• Consult your Registered Dietitian

Whether you want to improve your eating to lose weight or lower your risk or manage a chronic disease, consult the experts! Registered Dietitians can help by providing easy-to-follow personalized nutrition advice.

For additional information visit your local area Registered Dietitian and for additional food and nutrition information please visit www.eatright.org.▲



Festivals filled with food, culture and arts

Mouthwatering food festival: Yeongdeok Snow Crab Festival

Food is a reflection of a nation's culture, and spring is the perfect season to taste great foods in Korea made of wild greens and fresh vegetables, all of which are vibrant and packed with nutrition. Some local delicacies, such as seafood caught in coastal regions, are only produced in spring. During this time, an abundance of food festivals take place throughout the nation, celebrating unique and delicious local specialties.

The Yeongdeok Snow Crab Festival is an annual event that celebrates local snow crabs, which were once served to the kings. Among festival highlights, the Snow Crab Public Auction as well as the snow crab market are the most popular. In addition, visitors can ride a snow crab fishing boat, participate in a snow crab cooking competition, and sample various snow crab dishes for free.

Period: March 23-26, 2017
Venue: Area of Gangguhang Port (centered around Haeparang Park), Yeongdeok-gun, Gyeongsangbuk-do
Description: Yeongdeok has long been known for its abundance of snow crabs. During the Goryeo Dynasty (918-1392), the region presented snow crabs to the king as a tribute. The festival is held at Gangguhang Port and event programs include snow crab fishing, product auctions, a night show, and more.
Transportation: From Dong Seoul Bus Terminal, take an intercity bus to Yeongdeok.
- From Yeongdeok Bus Terminal, take a Yeongdeok-Jangsa or Yeongdeok-Bugyeong Spa route bus to Ganggu Intercity Bus Terminal.
- Transfer to a Yeongdeok-Chuksan or Yeongdeok-Yeongdeok route bus, and get off at the Myeongsin Pharmacy bus stop.
- Go 700m forward to arrive at the festival venue.



Festival filled with culture and art: Jeju Fire Festival



Koreans treasure their long history and rich cultural heritage. The season of spring brings an array of festivals to celebrate Korean culture and ensure it is passed down throughout generations. The festivals cover diverse genres, and visitors to these attractions can make use of the opportunities to both watch and participate in the living culture on display at these festivals.

Jeju Fire Festival is held to pray for a good harvest and good health in the new year. Various folk game hands-on programs are available, and the beautiful natural surroundings located on Jeju Island add more value to enjoy the festival.

Period: March 2-5, 2017
Venue: Area of Saebyeol Oreum in Bongseong-ri, Aewol-eup, Jeju-si, Jeju-do
Description: The Jeju Fire Festival is traditional field-burning ceremony to pray for health and a good harvest in the coming year. The festival offers programs of various genres for all visitors to participate in and learn about Jeju's traditional culture.
Transportation: From Jeju International Airport, take Bus 100 to Jeju Intercity Bus Terminal.
From Jeju Intercity Bus Terminal, take an intercity

bus bound for Pyeonghwa-ro Road. Get off at Hwajeon Village.

* Shuttle buses available during the festival period.
* Transportation inquiries:
Tourism Policy Division (+82-2-64-728-2751),
Air Traffic Division (+82-2-64-728-3191),
Information Officers (+82-2-64-728-2021)
* Homepage
www.buriburi.go.kr (Korean, English, Japanese, Chinese)

Other Festival: Jindo Miracle Sea Parting Festival

Jindo Miracle Sea Festival is a unique event where people can witness the Korean version of Moses' miracle. The venue of the festival, Hoedong Village, has an interesting story behind its origin. Legend has it that Jindo was once an island abundant with tigers. When the tigers began invading the local villages, people fled to the nearby Modo Island. Unfortunately, Grandmother Ppong was left behind. Wanting to see her family again, she prayed to the Dragon King of the sea every day until finally, the Dragon King answered her prayers by making a path appear between Hoedong Village and Modo Island. This path later became known as the miracle sea path and thus began the annual tradition of the Jindo Miracle Sea Festival.

Period: April 26-29, 2017
Venue: Area of Modo Island, Hoedong-ri, Uisin-myeon, Jindo-gun, Jeollanam-do
Description: Due to a unique build-up of pebbles and silt, during the lowest point of the ebb tide, a 3 kilometer-long pathway appears in the seabed between Modo Island and Jindo Island at Hoedong-ri. This sea parting phenomenon is well known both domestically and internationally. This miracle path can only be seen for one hour a day.
Transportation: From Central City Bus Terminal (Seoul Honam Line), take an intercity bus to Jindo Bus Terminal (first bus at 07:35 / 4 times per day / estimated fare: 23,200-34,600 won Get off at Hwajeon Village.



35th ADA Brigade Soldiers go on trip to DMZ



Soldiers assigned to 35th Air Defense Artillery Brigade take a picture with Riki Ellison, founder and chairman of the Missile Defense Advocacy Alliance, Feb. 14, 2017 at the Joint Security Area, Republic of Korea. The purpose of the staff ride was to provide Soldiers with a better understanding of Korea's history. (U.S. Army photo by Staff Sgt. Timothy Orr)

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

OSAN AIR BASE - Riki Ellison, three-time Super Bowl champion and the chairman and founder of the Missile Defense Advocacy Alliance, spent Valentine's Day accompanying 35th Air Defense Artillery Brigade Soldiers on a staff ride to the Demilitarized Zone.

Staff rides are guided trips to significant places that provide Soldiers with a better understanding of the location's historical meaning. In this case, an opportunity to learn how Korea became divided.

"I've been serving in Korea for nearly eight months, and this was my first trip to the DMZ," said Staff Sgt. Timothy Orr, 35th ADA Brigade. "It's kind of a surreal place to visit and difficult to put into words, but it's a trip I believe every Soldier should go on during their tour in Korea."

The morning started at the DMZ Museum, then the 3rd Infiltration Tunnel, followed by the Joint Security Area. The JSA is where distinct blue buildings straddle the border, providing visitors an

opportunity to stand on North Korean soil.

"When I received my orders to South Korea, visiting the DMZ was on my short list of things to do," said Capt. Andrew Schumaker, 35th ADA Brigade. "I'm happy to say I've now done it, and the picture standing in North Korea makes it even better."

The trip concluded with a visit to the Dora Observatory. Sitting on top of Mount Dora, onlookers can take in panoramic views of the rolling hills, villages, and glimpses of North Koreans working their fields.

According to a National Geographic article, the DMZ was established during the end of WWII when U.S. and Soviet Union leaders agreed on the 38th parallel as the divider to separate the two Koreas.

The article further explains that U.S. Forces were initially looking for a natural occurring line north of Seoul, such as a river or mountain range to propose as a border. With no such luck, it was the 38th parallel on their National Geographic map that clearly stuck out, and without much bartering it was accepted by all.

For many young Soldiers, the

staff ride was the perfect trip to set the conditions for serving in Korea.

"This experience provided me with a new perspective on the importance of our mission in Korea," said Pfc. Emma Frerichs, 35th ADA Brigade. "It made everything feel real, and learning

about the history will make the rest of my tour in Korea more valuable."

Ellison addressed the Soldiers a couple times throughout the tour, reinforcing the value of 35th ADA Brigade mission, and how ballistic missile defense is critical to the Republic of Korea.▲



Riki Ellison, three-time Super Bowl champion and chairman and founder of the Missile Defense Advocacy Alliance, address Soldiers assigned to 35th Air Defense Artillery Brigade during the unit's staff ride to the DMZ, Feb. 14, 2017. The purpose of the staff ride was to provide Soldiers with a better understanding of Korea's history. (U.S. Army photo by Staff Sgt. Timothy Orr)



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	Gyeongnam Provincial Government
Population	3.4million
Area	Encompassing 10.5% of South of Korea
Administrative Divisions	18 Cities and Counties, 315 Districts
Major Cities	Changwon-si