

The Morning Calm

August 4, 2017

Published by U.S. Army IMCOM for those serving in the Republic of Korea

Volume 17, Issue 21

Read the latest news from the Army in Korea online at: www.Army.mil



At the Rodriguez Live Fire Complex in Pocheon July 20, an M1A2 Abrams tank crew awaits the signal to roll into position for live-fire gunnery practice. The Soldiers are with the 1st Battalion, 9th Cavalry Regiment, part of the 1st Cavalry Division's 2nd Armored Brigade Combat Team, also known as the "Black Jack Brigade," which is on a nine-month Korea rotation as part of the 2nd Infantry Division/ROK-US Combined Division. The training began July 17 and runs through mid-August. — U.S. Army photo by Sgt. Patrick Eakin

1st Cavalry tankers hold live-fire drills

Soldiers of division's 'Black Jack Brigade' are on nine-month Korea rotation

By Sgt. Carolyn Hart
2nd Armored Brigade Combat Team Public Affairs

POCHEON, South Korea – Tank crews of the 1st Cavalry Division who are on a nine-month rotational tour in Korea are spending several weeks testing their

gunnery skills at the Rodriguez Live Fire Complex here.

The 1st Battalion, 9th Cavalry Regiment, part of the division's 2nd Armored Brigade Combat Team, started the training July 17 and is scheduled to finish in mid-August.

The brigade, known as the "Black Jack

Brigade," is based at Fort Hood, Texas, and is serving a rotational tour as part of the 2nd Infantry Division/ROK-US Combined Division.

The aim of the 28-day training stint is to give crews a chance to meet the qualification requirements for using the weapons system of the M1A2 Abrams

tank, a capability important to the unit's combat readiness.

The training tests the tank crews' gunnery skills but also tests them on other crew-related tasks.

Shoot to Page 2



Inside this Issue:

- Chemical training** Page 08
- Chaplain Corps** Page 10
- Gyeongbuk palace** Page 18
- Fire safety** Page 26

GARRISONS

- USAG RED Cloud/Casey** Page 04
- USAG Yongsan** Page 10
- USAG Humphreys** Page 18
- USAG Daegu** Page 24

EXTRAS

- Camp Casey change of command** Page 04
- Korean language classes** Page 14
- Green community** Page 16
- Friendship street** Page 30

The Morning Calm

Published by

The United States Army Garrison Humphreys
Public Affairs Office in coordination with
USAG Red Cloud, USAG Yongsan
and USAG Daegu Public Affairs Office

USAG RED CLOUD

Commander: Col. Brandon D. Newton
Acting Public Affairs Officer: Franklin Fisher
Writer/Editor: Franklin Fisher
Public Affairs NCO: Sgt. James M. Griffin
Editorial Assistant Cpl. Lee Jin-woo

USAG YONGSAN

Commander: Col. J. Scott Peterson
Public Affairs Officer: Laurri L. Garcia
Command Information Officer: Elizabeth A. Pyon
Editor: Staff Sgt. David T. Chapman
Staff Writers: Cpl. Park Min-je and Cpl. Lee
Kyoung-yoon

USAG HUMPHREYS

Commander: Col. Scott W. Mueller
Public Affairs Officer: Bob McElroy
Command Information Officer: Jim McGee
Managing Editor: Clint Stone
Staff Writer: Cpl. Kim, Dong Hyun
Interns: Kim, Jae Woong and Lee, Ji Min

USAG DAEGU

Commander: Col. Robert P. Mann
Public Affairs Officer: Teresa Kaltenbacher
Command Information Officer: Anthony Mayne
Staff Writers: Cpl. Soh, Jung-han and
Pfc. Kim, Bum-joon
Interns: Shin, Hyo-ju and Lee, Jo-eun

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of The Morning Calm are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Army. The editorial content of this biweekly publication is the responsibility of U.S. Army Garrisons in Korea. Circulation: 9,500

Printed by Pyeongtaek Culture Newspaper, a private firm in no way connected with the U.S. Government, under exclusive written contract with the Contracting Command. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army or Pyeongtaek Culture Newspaper of the products or service advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, religion, gender, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If an violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation of the equal opportunity policy is corrected.



평택문화신문
PYEONGTAEK CULTURE NEWSPAPER

CEO: JongSoon(Sophia) Chung
Editor: JeongHee Hong
Design: SungNam Cho
Commercial Advertising
Comm: (031) 651-7211 / Fax (031) 651-7210
Head Manager: SangSong Chon 010-3511-2328
Deputy General Manager:
JinYoung(Julie) Lee 010-2604-8392
Location & Mailing address : 3rd Fl, #522,
Gyeonggi-daero, Pyongtaek City.

SUBMISSIONS OR COMMENTS:
Phone: DSN 754-1096
Managing Editor: clint.l.stone.civ@mail.mil



Submitting stories or photos to
The Morning Calm Biweekly

Send your Letters to the Managing Editor, guest Commentaries, story submissions, photos and Other items to: clint.l.stone.civ@mail.mil. All items are subject to editing for content and to Insure they conform with DoD guidelines.



An M1A2 Abrams tank fires its 120 mm cannon July 21 during live-fire gunnery training at Rodriguez Live Fire Complex in Pocheon. The crew is part of Company B, 1st Battalion, 9th Cavalry Regiment, part of the 1st Cavalry Division's 2nd Armored Brigade Combat Team, known also as the "Black Jack Brigade." — U.S. Army photo by Sgt. Patrick Eakin

Shoot from Page 1

"Our mission stateside revolves around coming here," said Staff Sgt. William Cullen, the master gunner assigned to 1st Battalion's Company A. "We're here to train and maintain the equipment so at any given moment we're ready to fight tonight."

KATUSA Soldiers – South Korean Soldiers assigned to the U.S. Army – are assigned to the brigade during its Korea rotation, and they are training shoulder-to-shoulder with their U.S. counterparts during the live-fire testing.

One of the benefits of the rotation in Korea is that the Fort Hood troops get to train on Korea's rugged, hilly country, a variety of terrain markedly different from that of Fort Hood.

"The difference in the terrain here makes for a better training environment," said 2nd Lt. Moroni Redd, platoon leader for 1st Battalion's Company B. "Coming here requires additional planning to coordinate with the Korean authorities, to iron out things such as which rounds we can use each day and how we can transport our equipment."

For many in 1st Battalion, it's their first time experiencing a live-fire gunnery exercise. One such person is a cadet from the U.S. Military Academy at West Point, Cadet Tyler Wilkinson. He's with the 1st Battalion as part of the U.S. Army Cadet Command's Cadet Troop Leader Training program. It gives cadets a chance to learn leadership by being part of an active-duty military unit for three to four weeks.

"I auditioned for the position of a



Staff Sgt. Theron Wyatt hands an armor-piercing round to Pfc. Gregory Griffith during live-fire tank gunnery training July 21 on Rodriguez Live Fire Complex in Pocheon. The Soldiers are with 1st Battalion, 9th Cavalry Regiment, part of the 1st Cavalry Division's 2nd Armored Brigade Combat Team, known also as the "Black Jack Brigade." — U.S. Army photo by Sgt. Patrick Eakin

loader and was excited to be picked to come with these guys," said Wilkinson. "I'm enjoying this experience and am learning a lot every day because this really does take a lot that you don't see. I've been shadowing the platoon leader, and the rest of these guys took me under their wing. They're a great group."

As the first cavalry unit to conduct gunnery for the 2nd Armored Brigade Combat Team, the Soldiers said the demanding conditions of gunnery training helps strengthen their unit and prepares them to fight in any environment.

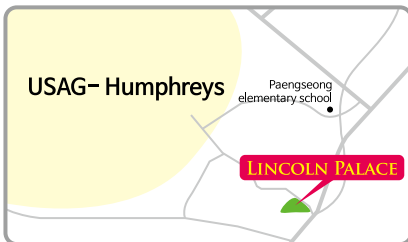
"It's definitely tough making sure my

guys get the proper rest in between training," said Sgt. First Class Jesus Roman, a platoon sergeant with Company B. "But we know what we do here is important. It's the best job I've ever had."

The Soldiers are serious about their mission and understand what it takes to physically and mentally prepare their soldiers for combat at a moment's notice, said Cullen.

"It is our job to keep the enemy at bay and we're one of the first on line," he said. "It's our job to hold that line. So we train like our lives depend on it." ▀

LINCOLN PALACE

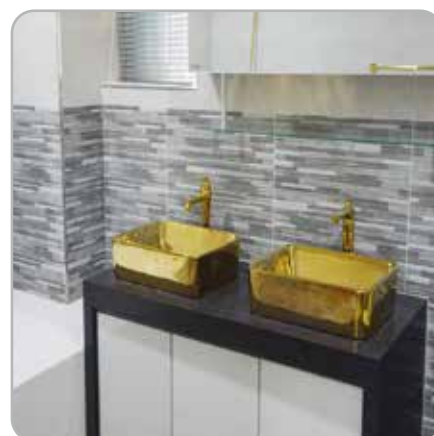


A four story single residence with a sun drenched **Penthouse**-like upper floor, equipped with a **Thyssenkrupp Elevator** (Personal Elevator).

Perfect for residents with **Sensitive Knees** and family members!

Tall ceilings, **Spacious laundry room**, Dressing room, **Car canopy**, **Guardhouse security service**, Vehicle access control bar, CCTV, Home security system and etc.

It has beautiful **Terraces** on the second and fourth floor and lets in a lot of sunlight!



LINCOLN PALACE

JC Realty in Humphreys (Housing Management Co.)

Joseph Park_ 010 - 9128 - 6141 E-mail_ joycom10@naver.com

335-1, Songhwa-ri, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do, Republic of Korea

Chang Lee_ 010-3351-0384

Gloria Choe_ 010-7726-1908

Peter Kim_ 010-7554-3858

USAG Casey has new commander

Lt. Col. Brian A. Jacobs assumes command of U.S. Army Garrison Casey

By Franklin Fisher
USAG Red Cloud Public Affairs

CAMP CASEY, South Korea – An air defense artillery officer who is a graduate of West Point and whose service includes assignments in Iraq, Qatar and Korea, assumed command of U.S. Army Garrison Casey July 21 in a ceremony here.

Lt. Col. Brian A. Jacobs assumed command of U.S. Army Garrison Casey, replacing Lt. Col. Jon R. Gardner, who moves to a new assignment after commanding USAG Casey for the past two years.

Jacobs' most recent previous assignment was in Qatar as Deputy Commanding Officer for the 69th Air Defense Artillery Brigade in support of Operation Spartan Shield.

The 10 a.m. ceremony went forward inside the Carey Physical Fitness Center, and was preceded by an award ceremony in which Gardner received the Meritorious Service Medal for his service as the USAG Casey commander.

USAG Casey runs the day-to-day operation of Camp Casey and Camp Hovey, both in Dongducheon. The garrison mainly supports those elements of the 2nd Infantry Division/ROK-US Combined Division stationed in the Camp Casey enclave.

It provides water, electricity, upkeep of roads, barracks, motor pools and other facilities, as well as sports and recreation programs for Soldiers and civilians.

During remarks at the ceremony, Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, of which USAG Casey is a part, said Gardner had been a "linchpin" in supporting Area I's "transformation." The term refers to a major repositioning of forces currently underway — by gradual, carefully orchestrated stages — in which U.S. forces are moving from Area I south to Camp Humphreys in Pyeongtaek.

"He's led the Casey enclave tirelessly during a time that all of Area I has been forging ahead with the detailed planning and complex muscle movements of what we call transformation..." Newton said.

But Gardner has also had a marked impact on the people of the Casey garrison community, Newton said.

"In the past two years, Jon Gardner has brought to bear a knowing eye and steady hand to the support and quality of life of more than 12,000 Soldiers and civilians within the Camp Casey-Camp Hovey enclave," said Newton.

Newton named a variety of projects Gardner had seen through to success, including the refurbishing or remodeling of numerous barracks and offices.

He'd also worked skillfully to support the needs of the 2nd Infantry Division/ROK-U.S. Combined Division, and had "deftly managed the arrival and settling in of three separate rotations" of combat brigades.

"Jon, said Newton, addressing Gardner



On Camp Casey in Dongducheon July 21, Lt. Col. Brian A. Jacobs (right), assumes command of U.S. Army Garrison Casey, during a ceremony inside the Carey Physical Fitness Center. At left is Col. Brandon D. Newton, Commander, U.S. Army Garrison Red Cloud and Area I, of which USAG Casey is a part. Jacobs replaces Lt. Col. Jon R. Gardner, who led USAG Casey for the past two years. Gardner moves to a new assignment. — U.S. Army photo by Cpl. Lee Jin-woo

directly," your straightforward, hands-on, committed stewardship of the Casey enclave, has led it successfully through these crucial years of transformation.

"The garrison whose colors you've passed this morning to your successor, is one that's now squarely positioned for the next, equally crucial phase of transformation, here at the tip of the spear" Newton said.

Gardner's commitment to the well-being of Soldiers had amounted to "an eyes-on, boot-on-the-ground effort to foster their individual well-being and safety. As part of this, Gardner had routinely on Friday nights walked about an entertainment district outside Camp Casey by way of "keeping a finger on the pulse of Soldier life and safety," Newton said.

To Jacobs, Newton said "you have assumed command of a garrison that will play an increasingly pivotal role, as transformation proceeds on the Korean peninsula. We look forward to having you here" over the next two years, he said.

In his farewell remarks, Gardner thanked various people he'd worked with during his two years as USAG Casey commander, including the garrison's Soldiers, who stood in company formation during the ceremony and from whose ranks were drawn the members of the morning's ceremonial color guard.

"Gardner thanked them "for the work you do every day," and said he'd seen them carry out their duties" with pride every day.

"Please trust me when I say that I appreciate the dedication of everyone in this room for working to improve the lives of everyone that comes into contact with Camp Casey," said Gardner. "Not just those that work on Camp Casey but those

that live and work outside the gates as well."

"There isn't a single day that goes by without everyone on this camp being impacted by the work of the garrison staff," he said.

"Everything from driving in the front gate in the morning, to buying coffee, turning on the computer in your office, flushing the toilet, and enjoying the lights and air conditioning in the gym. Everyone is impacted by the garrison, every single day, and your hard work is appreciated."

"This has been the best assignment of my 27-year career," said Gardner, "and after two years as the Camp Casey garrison commander, I am proud of the garrison where I was a member of the team. The greatest part of this assignment will always be the people, the Soldiers and civilians, both U.S. and Korean."

At an earlier point in his farewell remarks, Gardner also thanked various garrison personnel by name, including the other members of the Casey garrison command group, including its administrative support team.

To them, said Gardner, "I will miss you more than you will ever know."

Early in his remarks as the new USAG Casey commander, Jacobs recalled his first tour of duty in Korea as an air defense artillery officer.

"This time 13 years ago I stood about a mile from here taking command of an Avenger Battery on Camp Casey. To now return as the Camp Casey garrison commander is beyond words humbling, and I am truly grateful."

Addressing himself for a moment to Newton, Jacobs said "I look forward to learning from you over the next year and

carrying the ball forward in support of the senior commander's and your priorities."

During the awards ceremony that preceded the change-of-command ceremony, Newton presented Gardner the Meritorious Service Medal. Gardner received the award because while in command at Casey he "adroitly delivered and integrated base support to 12,000 Soldiers in the Casey/Hovey" community, according to the written citation that accompanied the award.

Jacobs is a 1999 graduate of the U.S. Military Academy at West Point, where he earned a Bachelor of Science degree in environmental geography. He is also a graduate of the Command and General Staff College, the Air Defense Artillery Captains Career Course, and Air Defense Artillery Officer Basic Course.

He's served in a variety of strategic, operational and combat assignments, including platoon leader, battalion and division staff positions.

Prior to his most recent assignment in Qatar, Jacobs served as assistant executive officer for the Assistant Chief of Staff for Installation Management. He has also served as an Army analyst in the Commander's Initiatives Group for the Commander of United Nations Command/Combined Forces Command/United States Forces Korea; battalion executive officer for 2nd Battalion, 1st Air Defense Artillery Regiment in Korea from 2011 to 2012; and battalion S-4 and battery commander with the 5th Battalion, 5th Air Defense Artillery Regiment in Korea from 2003 to 2005. Jacobs also completed a one-year combat deployment to Iraq with 1st Brigade, 1st Infantry Division, serving as an adviser to the Iraqi Border Police. ▀

CHUNG DAM IVY DENTAL CLINIC

TRICARE APPROVED PREFERRED PROVIDER
IVY League Educated & U.S. Certified Orthodontic Specialist



Your Family.
Your Orthodontist.



FIRST CHOICE FOR YOUR FAMILY BRACES

- ✓ Dr. Kim is a **U.S certified orthodontic specialist** with 20 years of clinical experience in the U.S. and Korea.
- ✓ **With 15 years of dental studies and training at the most prestigious schools and hospitals** (University of Pennsylvania School of Dental Medicine, University of Illinois at Chicago, NYU Medical Center), Dr. Kim has successfully treated thousands of patients of all ages and ethnic backgrounds.
- ✓ **Dr. Kim has written numerous publications** in his areas of expertise, including a recent textbook chapter: Orthodontics Basic Aspects and clinical considerations

Orthodontics (BRACES)

- Children / Adults
- Speed Braces / Clear Braces / Invisalign

Comprehensive Dental Care

- General check-ups, Cleaning
- Fillings, Crowns, Root Canal, Implants
- Cosmetic Dentistry : Veneers, Whitening

Dr. JAY H KIM DMD, MS

U.S. Certified Orthodontic Specialist

- **University of Pennsylvania**
School of Dental Medicine (DMD)
- **University of Illinois at Chicago**
Orthodontic Specialty Residency/ MS
- **NYU Medical Center**
Reconstructive Plastic Surgery: Fellowship
- **Catholic University of Korea**
Director & Professor
- **Member of American Association of Orthodontists**



Special Offers for New Patients
and Family Members

02-518-2722

E-mail. ivyface@naver.com / Website. www.IVYsmile.kr

- Free Taxi for New Patients with TRICARE from YoungSan
- *Subway #7Line(Exit.12)
- Find Us on **facebook "IVY dentalclinic"**

NON COMMISSIONED OFFICERS ASSOCIATION THE NCOA OUTSTANDING LARGE CHAPTER OF THE YEAR



The **Non Commissioned Officers Association of the United States of America (NCOA)** was established in 1960 to enhance and maintain the quality of life for noncommissioned and petty officers in all branches of the Armed Forces, National Guard, Reserves and their families. This is accomplished by a myriad of programs that are designed to provide assistance for men and women who have served and their families. These programs include, but are not limited to: the NCOA Benevolent Programs (NCOA Scholarship Fund, Disaster Relief Fund and NCOA Betsy Ross Educational Fund), Career Fairs, and legislative representation in our Nation's capital. Our members around the world are making a difference in their local communities. The NCOA offers its members a wide range of benefits and services designed especially for enlisted service members and their families.

The NCOA Korea Dragon Hill Chapter #1507 was chartered Feb 12, 1991. NCOA Korea Chapter #1507 represents All Branches of Service. We serve our Military and surrounding communities by sponsoring or co-sponsoring Service Member Recognition Programs (SAMC Induction, BLC Distinguished Graduate etc.), Civic Organizations, DOD Schools, Community Programs to include USO Six Star Salute and other Service And Families Programs.

We contribute funds and or promotional items to Unit activities, Charitable Organizations, Family MWR Programs, NCOA National and Local Scholarship Programs. We sponsor the Give Out Love Handicap Home AKA Baby Drop Box, and Hyesimwon Youth Welfare Center, in support of the Good Neighbor Program.

In the last 2 years our members logged in over 17,000 volunteer hours and contributed over \$90,000 Dollars to these and other programs.

For more info: chairman.joe@gmail.com or visit our websites @

www.your.ncoakorea.org

www.ncoausa.org

NCOA “The Voice Of The Enlisted”

Area I holds farewell dinner for Lt. Col. Jon R. Gardner



On Camp Casey in Dongducheon July 19, the Area I community holds a farewell dinner for Lt. Col. Jon R. Gardner (center), Commander, U.S. Army Garrison Casey, days before he relinquished command to Lt. Col. Brian A. Jacobs in a July 21 ceremony on Camp Casey. Gardner moves to a new assignment, having led the garrison since July 2015. During the dinner, at the Warrior's Catering and Conference Center, various members of the Area I community presented Gardner with farewell gifts, and thanked him for what they said had been the dedication and support he brought to the day-to-day operation of the Camp Casey-Camp Hovey enclave. Master of Ceremonies for the dinner was Command Sgt. Maj. Jason R. Copeland, USAG Casey's senior enlisted leader. Also among those attending were Gregory B. Kirkland, the garrison's Deputy to the Garrison Commander, as well as Col. Brandon D. Newton (left), Commander, U.S. Army Garrison Red Cloud and Area I, and Command Sgt. Maj. Michael L. Berry (right), USAG Red Cloud and Area I's senior enlisted leader. — U.S. Army photos by Sgt. James M. Griffin and Cpl. Lee Jin-woo

Area I Commander's Cup Standings

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

Large Units

Medium Units

Small Units

PLACE	UNIT	POINTS
1	A, HHBN	2565
2	HSC, HHBN	2525
3	55 MP CO	1910
4	580 FSC	1775
5	B, HHBN	1680
6	C, HHBN	1420
7	46 TRANS	1165
8	E, 6-52 ADA	905
9	HHB, 210 FA	695

PLACE	UNIT	POINTS
1	HHC, USAG AREA I	2130
2	61 MAINT	1530
3	4 CHEM/CBRN	1355
4	62 CHEM/CBRN	1265
5	579 FSC, 6-37 FA	1170
6	HHB, 1-38 FA	1010
7	61 CHEM/CBRN	940
8	HHB, 6-37 FA	795
9	HHC, 70 BSB	745
10	B, 1-38 FA	690
11	A, 70 BSB	475
12	HHT, 1-7 CAV	50

PLACE	UNIT	POINTS
1	8 ARMY NCOA	2025
2	275 SIG	1700
3	501 CHEM/CBRN	1532
4	HHD, 23 CHEM	1365
5	629 MCAS	1143
6	560 MCGA	996
7	579 SIG	785
8	WRC	780
9	A, 6-37 FA	750
10	618 DENTAL	730
11	403 LRC CRC	725
12	A, 1-38 FA	700
13	D DET, 176 FIN (FMSU)	675
14	B, 6-37 FA	660
15	607 WEATHER SQDN	605
16	17 ORD CO	600
17	65 MED	575
18	524 MI COA	565
19	604 ASOS	525
20	21 MP DET	525
21	B, 70 BSB	375
22	602 DET	375
23	106 MED DET	375
24	C, 6-37 FA	50
25	403 AFSB	50
26	19 AG (Postal)	0



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

Troops train to meet chemical attack

By Sgt. Michelle U. Blesam
210th Field Artillery Brigade Public Affairs

CAMP HOVEY, South Korea – The chatting among the Soldiers stops abruptly and gives way to “Gas! Gas! Gas!” and the ripping sound of Velcro as the troops reach for an item that can make the difference between life and death: their chemical protective masks.

The Soldiers, assigned to various Korea-based units, were taking part in a week-long field exercise in mid-July that trained them in the methods of chemical decontamination. It’s called the Field Management of Chemical and Biological Casualties course.

The training included troops of the 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division, as well as Soldiers of the 135th Forward Surgical Team, and the 629th Medical Company (Area Support), both elements of the 65th Medical Brigade.

“We are here to train the 2nd Infantry Division/ROK-US Combined Division on chemical agents and biological agents,” said Lt. Col. Jimmie Foster, Deputy Chief of the Chemical Casualty Care Division, U.S. Army Medical Research Institute of Chemical Defense.

The course combined in-class training, simulation and demonstrations, and a field training exercise.

“We teach them the fine points of chemical and biological warfare,” said Foster. “They are going to go back and teach their units some of the fine points on how to protect themselves, how to perform medical interventions, how to triage, and decontamination. That’s the purpose of this mission.”

The Soldiers’ tasks were to evaluate each patient and perform medical interventions, and to combine the lessons they had learned throughout the week, while wearing their M61 protective masks, or “pro-masks.”

As Soldiers donned their pro-masks they started receiving patients in what is called the “hot zone.”

“The hot zone is where contamination is very prevalent, which is where the triage site starts,” said 2nd Lt. Colin Montgomery, medical officer with the 210th Field Artillery Brigade’s Headquarters and Headquarters Battery. Montgomery was also in charge of the triage site during the training exercise.

From there, patient’s injuries were listed on a casualty feeder card. They were then transferred on a litter into what is called the warm zone, where all the decontamination and treatments were done.

The warm zone consisted of several sites: the litter decon site, the emergency medical treatment site, and the shuffle-pit.

In July’s hot, humid weather, with masks on and in sweat-drenched uniforms, Soldiers placed a mock patient on the litter stand at the litter decon site and



During a training exercise on Camp Hovey in Dongducheon in methods of battlefield decontamination from chemical agents July 14, Soldiers prepare to transport a mock patient for decontamination. The training was part of the Field Management Chemical and Biological Casualties course, and involved troops of the 210th Field Artillery Brigade, part of the 2nd Infantry Division/ROK-US Combined Division, and elements of the 65th Medical Brigade. The training was under guidance from instructors from the Chemical Casualty Care Division of the U.S. Army Medical Research Institute of Chemical Defense. — U.S. Army photo by Sgt. Michelle U. Blesam

began decontaminating him.

“I thought it went well, us doing it for the first time,” said 2nd Lt. Catherine Browning, a medical officer with the brigade’s Headquarters and Headquarters Battery, 6th Battalion, 37th Field Artillery Regiment.

“There were a few hiccups at first but the longer we worked at it and with more practice, it got better,” she said.

After decontamination a patient was then transferred to the EMT site for treatment. As one Soldier began reading the casualty feeder card, another picked up a tube-shaped injector and pressed it into a patient’s thigh, simulating an injection of a nerve agent antidote.

“Essentially, it’s a couple of medications that mitigate the effects of a nerve agent,” said Montgomery.

There were further stages in the decontamination process too.

And at each one, Soldiers took meticulous care to ensure that not only were patients decontaminated but that equipment and the medical personnel themselves were decontaminated as they moved through the different stations of the decontamination process.

“Overall,” said Browning, “it was a very good course and I think there is a lot of relevance to our mission set here in Korea. I hope more people can benefit from the training that we received.”



On Camp Hovey in Dongducheon July 14, Soldiers practicing the methods used in battlefield decontamination from chemical agents prepare to place a mock victim on a litter so they can move him to a decontamination point. The Soldiers were taking part in the Field Management Chemical and Biological Casualties course. — U.S. Army photo by Sgt. Michelle U. Blesam

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, “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

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

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.
- Diploma of the American Board of Orthodontics
- 18th Medical and Dental Company Affiliated Hospital

Son A Kim, DDS

- Columbia University School of Dental & Oral surgery Advanced Education in General Dentistry
- Columbia University School of Dental & Oral surgery DDS
- Brown University: Bachelor of Science in Biology
- Bronx VA Hospital, NY, New York: Oral Biology Externship
- Columbia University School of Dental & Oral Surgery: Cosmetic Dentistry Externship
- Columbia University School of Dental & Oral Surgery: Oral Surgery Externship
- Van Eten Hospital, NY, New York: Prosthodontics Externship
- U.S. National and Northeast Regional Licensure in Dentistry

Columbia Dental Clinic is proud to introduce H. Kim, DDS. She joined us with her great expertise in Pediatric (Children) Dentistry.

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



- Orthodontics [adult, preventive, adolescents, invisalign]
- Crown and Bridges
- Cosmetic Dentistry [bleaching, laminate veneers]
- Pediatric Dentistry
- Dentures
- Laser Therapy
- Highest Quality and Excellence in Patient Care
- Infection Control Protocols Following OSHA Guidelines
- U.S. Educated and Dentists
- English Fluent Doctors and Staff Members
- Implants
- Cavity and Gingival Treatment
- Comprehensive Dental Care

ADDRESS

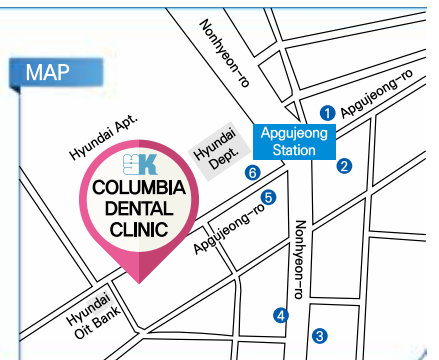
#401(4F) Karocity 2, 579 Sinsa-Dong Gangnam-Gu Seoul, South Korea

SUBWAY

Orange Line No.3
Apgujeong Station Exit No.5

BUS

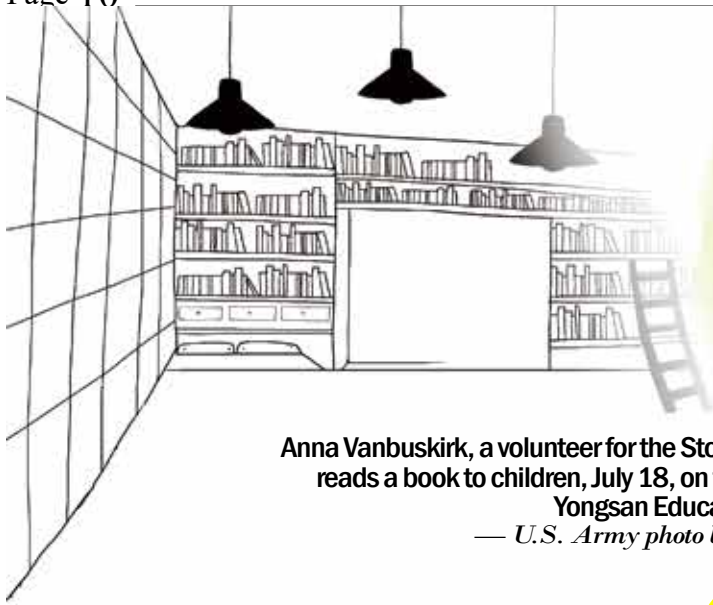
Apgujeong Station : 2411, 3422, 148
Kwanglim Church Station :
4419, 3422, 4312, 9470, 240



Tricare Dental Program Preferred Provider Since 2003.

- 02.3444.2835
- snip9@hanmail.net
- www.cdental.co.kr

MON-FRI • 10AM - 7PM
LUNCH • 12:30PM - 2PM
SAT • 10AM - 4PM
SUN/HOLIDAYS • Closed



Anna Vanbuskirk, a volunteer for the Storywalk program (left) reads a book to children, July 18, on the trail in front of the Yongsan Education Center building.
— U.S. Army photo by Cpl. Park, Min-je



Children and volunteers for the Storywalk pose for a group photo after they finished reading a book, July 18, by the Yongsan Library.
— U.S. Army photo by Cpl. Park, Min-je

Storywalk program catches both reading and workout at library

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

USAG YONGSAN - The sounds of reading intertwined with the laughter and birds singing as the U.S. Army Garrison Yongsan Library hosted its summer reading program July 18 for children and parents looking for something to do over the summer vacation time.

More than 50 children and parents gathered at the library to take part in the Storywalk program, and made their way, reading through the book, “Dear Mr.

Blueberry” as they walked from the library to the Yongsan Education Center.

The Storywalk Program is designed so that children can enjoy reading and the outdoors at the same time and was sponsored by the Army Strong B.A.N.D.S. (Balance, Activity, Nutrition, Determination and Strength) program.

Laminated pages from a children’s book are attached to stakes, and posted along a designated walking path. Parents and instructors read books to children as they stroll down the trail. Other fun activities are often added at select stops to add even

more fun.

“While they walk and read books they do exercises, stretch and hop,” said Esther Kim, supervisory librarian. “It is both fitness and reading so it is good for the children and the parents like it.”

Some parents appreciated the opportunity for their kids to not only learn, but also have the chance to get out and get some physical activity. While encouraging them to be involved in children’s education. It also helps children to build interest in reading.

After reaching the Yongsan Education Center, kids and parents made their way

back to the library for refreshments.

According to Kim, the program was a great success and she was happy that the weather didn’t hamper the turn out.

“Despite the rain in the morning, more than we had expected gathered at the library. Both parents and children liked the program very much since it helped promote both physical fitness and reading,” Kim said. “This was the second time we did the Storywalk Program. The first one was June 20 as part of summer reading program, and we’re going to hold the program quarterly.”▲

Chaplains gather to celebrate 242nd anniversary of Chaplain Corps



(From left to right) Pvt. Kenyata U. Thomas, USAG Yongsan chaplain assistant, Chaplain (Col.) Matthew S. Wysocki of U.S. Forces Korea, and Pfc. Lee, Dong-jae, USAG Yongsan chaplain assistant represent the honor of Chaplain Corps’ 242nd anniversary through the cake cutting ceremony. — U.S. Army photo by Cpl. Lee, Kyoung-yoon

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

USAG YONGSAN - Members of the U.S. Army Chaplain Corps from the Area II footprint all came together to celebrate the 242nd anniversary of the corps with a summer picnic and fellowship time, July 28 at the U.S. Army Garrison Yongsan, South Post Chapel.

The Army Chaplain Corps, officially established in 1775, embodies Army commissioned officers serving as military chaplains and enlisted Soldiers serving as chaplain assistants. The Chaplain Corps are obliged to provide the best religious services, moral, and spiritual support to the community, whether in peace time or war. When soldiers are performing their mission or deployed, the Chaplain Corps are the ones known for supporting and lifting up the Soldiers and their families.

“As long as there have been Soldiers in America, there have been Army Chaplains,” Said Chaplain (Lt. Col.) Joseph H. Ko from 1st Signal Brigade. “Since the War for Independence, to the most recent conflicts in Iraq and Afghanistan, members of the Chaplain Corps have served their fellow Soldiers with bravery and dignity. Nearly 400 Army Chaplains and Chaplain Assistants have been among those who made the ultimate sacrificing by laying down their lives in battle.”

Sometimes, chaplains and their assistants are unseen when walking among the Soldiers in formation and out in the field. But they offer services that can be significant for those they work beside.

“Chaplain Corps provide support for people to exercise their own faith. What we do is take care, nurture and honor military members and their families,” Said Ko. “Moreover, also those deployed in the field. Today we gather to celebrate 242nd anniversary of the Chaplain Corps and remember who we are out of this celebration. It is time for us to remind ourselves the importance of our role through taking time to go back to our core value. It is a true honor and privilege to serve for those in the same uniform as ours, willing to die to protect our country and people.”

But the festivities were not only limited to chaplains, Service members from the garrison also had the opportunity to take part in the lunch as guests of the organization.

“It was a great lunch and good barbecue,” said Cpl. Kim, Min-gyu, from USAG Yongsan Headquarters and Headquarters Company, Republic of Korea Army Support Office. “I didn’t know chaplains actually went to war, I thought they just stayed in the chapel and prayed for the Soldier’s victory.”

For one particular soldiers, the opportunity to represent the Chaplains Corps means something extra special to him.

“To me Chaplain Corps mean resiliency, spiritual support and mainly happiness,” Said Cpl. Marcus K. Young, USAG Yongsan chaplain assistant. “The most positive thing about the Chaplain Corps is that it brings soldiers together to make them more of a family and also it helps raise awareness of spiritual awareness.”▲



Yonsei Millennium Dental Clinic

Tricare approved preferred provider






Four Specialists



Dr. Kim C H
For Implants, Restorations



Dr. Lee S Y
For Braces



Dr. Lee Y H
For Root canals



Dr. Ann H R
For Braces



You can see the infection control process through the QR code.

- Perfect infection control system
- Free valet parking service
- Free taxi for new patients with Tricare from C.Humphreys, Osan Air Base
- We accept International SOS



Yonsei Millennium Dental Clinic 3rd Fl. 209, Osan-ro, Osan-si, Gyeonggi-do, Republic of Korea
 Tel_ 031.373.4600 Mobile_ 010-2708-9770 mille4600 <http://en.osanm.com>

WANTED

PROGRAM MARKETING ASSISTANT



image by VLADGRIN

- * Promote a Unique Quality of Life Program/Benefit Only Available to Service Members Overseas
- * Flexible Hours
- * Connect With Your Military Community
- * Grow Your Nest Egg While Overseas

must be ENERGETIC, ENTHUSIASTIC and have an OUTGOING PERSONALITY

Contact : Jeff Klose
jklose@militarycars.com





ARE YOU AWARE THAT ?

**SOOBAHK (=수박/手搏/徒手搏鬪)
MEANS BARE HANDS/FEET COMBAT
SKILLS THAT BACKS UP MOST OF
TODAY'S MARTIAL ART SPORTS.**

**WHEN YOU WORK HARD AND ARE
EXHAUSTED, GO TO THE GYM
AND FIND A HEALING WORKOUT
WITH SOOBAHK.**

**A PSYCHOSOMATIC (= MIND-
BODY RELATED) MARTIAL ART
CAN BE A BOOST FOR YOUR
BETTER TOMORROW.**

**USAG YONGSAN'S
SOOBAHK CLASSES ARE AT
TRENT WR FITNESS CENTER
(bldg #1496 btw PO & PX)
ON TUE-WED-THU EVENING.**

**SCHOOL YEAR 2017-2018'S
EXTRA CURRICULAR ACTIVITY
OR OUTREACH-KOREA PROGRAM
MAY BE AVAILABLE WHERE
YOU ARE AT. FREE OR AT
A REASONABLE COST...**

**CONTACT: 010-SOOBAHK-1
WEBSITE: SOOBAHK.ORG**

Be safe from heat in USAG Yongsan

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

USAG YONGSAN - The summer season is at its peak, and weather is scorching. U.S. Army Garrison Yongsan community members should be prepared for heat-induced illnesses.

Here are some interesting stats from the last year: The average temperature of Seoul in August was 90.68 F (32.6 C), and the highest average temperature reached astonishing 97.88 F (36.6 C). The weather forecast says that the weather is likely to be the same this year.

There have been many reports of heat illness or injury over the peninsula. According to Korea Centers for Disease Control and Prevention, a total of 5,910 people came down with heat illness or injury during 2012-2016 in the Korean Peninsula, and 58 died. Although there were no serious incidents reported in Area II for the last three years, the region is not safe from the heat.

Soldiers should be aware of the risks of heat and be cautious. Recently, a Soldier from Area I suffered a heat illness and was hospitalized.

Soldiers routinely perform strenuous physical activities during hot weather while wearing uniforms and often carrying equipment. In the past, there were an average of two or three Soldiers who died from heat stroke and more than 1,000 lost duty time from non-fatal exertional heat illness each year, according to U.S. Army Public Health Center.

Even mild exertional heat illness often leads to degradation of job-performance and increase of future heat illness. To prevent those from happening, it's recommended you be aware of heat-related information and act responsibly.

Examples of Heat illness

But prevention can be key to avoiding heat injuries. There are four types of EHI: (from the mildest to the most serious) Heat cramps, heat exhaustion, heat injury, and heat stroke. If mild EHI can be

caught, we would be able to block further deterioration.

Heat cramp symptoms include muscle cramps, muscle pain or muscle spasms, usually in arms, legs or belly. They are associated with dehydration. If you experience any of those symptoms, it is recommended for you to stop activities immediately and rest in shade.

Heat exhaustion occurs when the body cannot keep up with the high blood flow needed for strenuous activities sweating in heat. It usually comes in with headache, dizziness, unsteady walk, nausea, and vomiting.

Heat injury and heat stroke can occur if your body's cooling function is out of order. Heat injury can damage internal organ like the liver, kidneys or muscle tissues. This can progress to heat stroke and seriously effect the central nervous system if proper cooling is not conducted. A change in mental states, convulsions and chills are often symptoms of heat stroke. If those symptoms are observed, rapid cooling and evacuation for immediate medical treatment are critical to prevent death.

There is another medical emergency situation, called hyponatremia, or water intoxication. Hyponatremia occurs when one drinks so much water at one time in an effort to stay hydrated. Symptoms include vomiting and confusion. It's best to limit water intake to one and an half quarts in an hour.

How to prevent heat illness

It is necessary for leaders, families and battle buddies to do a simple risk management before planning on any physical activities outside. First, check the temperature outside. USAG Yongsan Public Affairs Office sends out a notice on USAG Yongsan Facebook when Wet Bulb Global Temperature Heat Category reaches five. Community members and leaders need to adjust activity intensiveness based on the WBGT Heat Category. If the category happens to be five, water consumption of around one quarts per hour is recom-

Garrison Operations WBGT Work/Rest Water Consumption Guidance

Easy	Moderate	Hard
<ul style="list-style-type: none"> Sitting Attending a meeting Reading /Completing paperwork Watching training or monitoring work Sitting with light manual work with hands and arms Driving with frequent stops Standing with light arm work Casual walking (2 mph) Lifting 10 lbs fewer than 8 times per minute or 25 lbs less than 4 times per minute Using small bench or power tools Inspecting / sorting small or light materials Assembling small parts Nailing 	<ul style="list-style-type: none"> Sustained moderate hand and arm work Moderate arm and leg work Moderate pushing and pulling Walking at a moderate speed Lifting 10 lbs 10 times per minute or 25 lbs 6 times per minute Repetitive bending or squatting Painting Pushing or pulling lightweight materials Off road operation of trucks, tractors or construction equipment Operating an air hammer Weeding or hoeing 	<ul style="list-style-type: none"> Intense arm/leg work Carrying, shoveling, manual sawing Pushing or pulling heavy loads Walking at a fast pace 4 mph Lifting 10 lbs 14 times per minute, or 25 lbs 10 times per minute Transferring heavy materials Sledge hammer work Hand mowing, weed wacking, shoveling or digging Laying concrete or constructing Very intense activity at fast to maximum pace Jogging running or walking faster than 4 mph Lifting 10 lbs more than 18 times per minute or 25 lbs more than 13 times per minute Ax or demolition work Climbing stairs, ramps or ladders

The work rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
NL = no limit to work time per hour.
Rest means minimal physical activity (sitting or standing), accomplished in shade if possible.
Caution: Hourly fluid intake should not exceed 1 ½ quarts. Daily fluid intake should not exceed 12 quarts.

Heat Category	WBGT Index	EASY		MODERATE		HARD	
		WORK/REST	WATER INTAKE (QT/HR)	WORK/REST	WATER INTAKE	WORK/REST	WATER INTAKE
1	78-81.9	NL	1/2	NL	3/4	40/20	3/4
2	82-84.9	NL	1/2	50/10	3/4	30/30	1
3	85-87.9	NL	3/4	40/20	3/4	30/30	1
4	88-89.9	NL	3/4	30/30	3/4	20/40	1
5	>90	50/10	1	20/40	1	10/50	1

mended, while balancing the ratio of work and rest depending on the intensiveness of the activity. Note that in August 2016, 23 days out of 31 had highest temperature of over 90 F, causing the heat category five.

It is important to identify potential heat injuries in your team. Especially those who have had a prior heat illness, or who have been in cooler climates before exposure to extreme heat are more susceptible to heat illnesses. Also people who are overweight, have poor physical fitness, consumed alcohol within 24 hours, or donated blood are at stake. If you have potential heat casualties in your team, take care of them before they're in trouble.

Finally, plan on rest and water intake.

Check if there's a place to rest, with shade or indoors with air-conditioning. Also, bring enough water to your outdoor activities. Fluid intake could vary based on individual differences, but preferably drinking water every 15 minute. Being cautious of hyponatremia.

Conclusion

"If you keep these simple rules, you will be safe from heat illness: Please stay cool, hydrated and protect your personnel," said Chong, Chae-uk, Safety Specialist.

Summer time can be a time when memories are made. Sports, cooking outside, and time with family and friends can be what make the time of year great. But paying attention to some simple guidelines can avoid a summer time tragedy.▲



Army Community Service celebrates its 52nd birthday

U.S. Army Garrison Yongsan Army Community Service celebrates its 52nd birthday, July 25, at the ACS building. Garrison staff and community members came to enjoy food and gifts to celebrate the birthday. USAG Yongsan Command Sgt. Maj. Joseph M. James, USAG Yongsan Deputy to the Commander, Tommy R. Mize, and ACS staff members pose for cake-cutting.

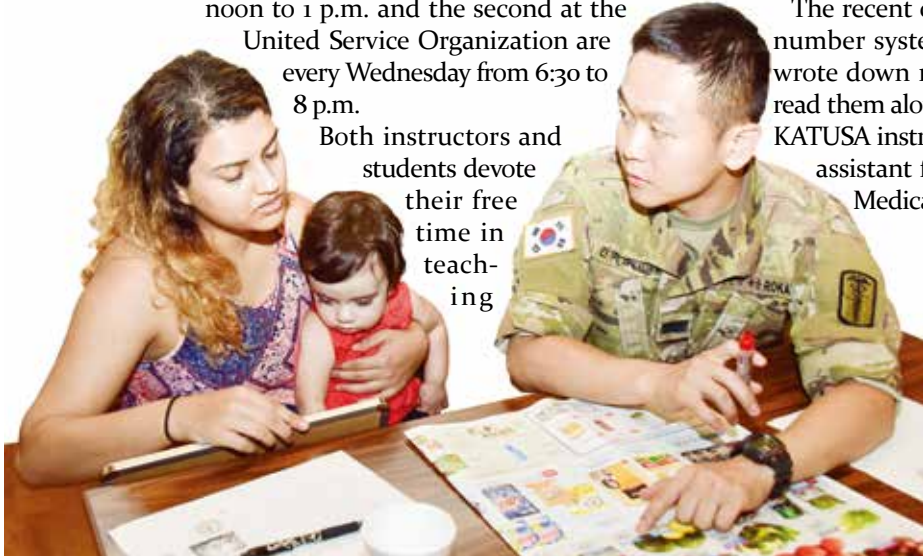
— U.S. Army photo by Cpl. Park, Min-je

KATUSAs share their talent at Korean language classes

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

USAG YONGSAN - U.S. Army Garrison Yongsan hosted basic Korean language classes for U.S. Army service members, civilians and families with the support of Area II Republic of Korea Army Support Group. There are two different classes offered. The first at Army Community Services are every Tuesday and Thursday from noon to 1 p.m. and the second at the United Service Organization are every Wednesday from 6:30 to 8 p.m.

Both instructors and students devote their free time in teaching



KATUSA instructor, Cpl. Kyun, Ki-young, dental assistant from 618th dental company, 65th Medical Brigade, points price tag printed on a supermarket brochure at Malaika Master, USO Class student for her practice, July 19, during the Korean class. — U.S. Army photo by Cpl. Park, Min-je

of ten KATUSAs willingly shared their time and knowledge with students for two hours a week.

"I have not had enough opportunities to talk with U.S. Soldiers in my office," said Cpl. Bang, Hyun-sik, Senior KATUSA of U.S. Forces Korea. "I was thinking about how I could contribute for the community as a KATUSA. Volunteering at Korean class was like killing both birds with one stone, helping people in English with my Korean knowledge."

The recent class at USO, July 19, learned the number system in Korean. As the instructor wrote down numbers on the board, students read them aloud. After students got a grasp of it, KATUSA instructor, Cpl. Kyun, Ki-young, dental assistant from 618th dental company, 65th Medical Brigade, pointed at price tags on

[English] in many aspects," said Sgt. 1st Class Green Wendell from 121 Combat Support Hospital, ACS Class student. "KATUSAs helped me out to fill in the gap between two languages since they have a good understanding on both Korean and English."

The class was a unique experience to both students and instructors. Sometimes they shared their bond outside of the classroom. KATUSA instructor, Pfc. Park, Young-jae, administration specialist from USFK and ACS class student, Theresa Lauder shared their story.

A student named Hana Park, who was born in Korea and later adopted by American couple, attended the class at the ACS. The instructor Kim, helped her in writing letters to her real mother, finally leading to family reunion. Kim traveled with Park to Daegu for the first family meeting. Park's 'new' sister also visited Seoul to spend more time together, and had dinner celebration. Pfc. Park was cordially invited to dinner to assist in conversations between family members. Lauder recollected thanks to his language support, she and Hana Park's family were able to enjoy the dinner celebration more.

In both classes, KATUSAs played an instrumental role in teaching.

"At first time, I was doubtful whether KATUSAs could help me. However, they proved to be able team members," said Cho, Hyun-sook, instructor of the USO class. "After I briefly explain class materials to students, KATUSAs teach each students one-to-one in more detail and it improved students' understanding a lot. Thanks to their effort, my job got easier."

"I was only able to cover very basic materials when I was alone," said Kim, Jung-sook, instructor of the ACS class. "After KATUSA volunteers joined in the class, we could make a couple of groups, and they taught more things depending on the student's language level. Had it not been for them, the class could have not developed as it is now."

KATUSAs experienced some sorts of difficulty at the beginning of the class, but overall they got to express their satisfaction to the program.

"I've had some difficulties at first. As a native Korean, I take most of the material covered in this class for granted. It was hard for me to explain things to students," said Pfc. Park.

"The class helped me a lot more than I helped it," said Cpl. Kyun. "I've never been to other countries for a long time, and I haven't had many opportunities to talk with U.S. Soldiers here. Thanks to the class, I could experience something very different, talking with foreigners and sharing my knowledge."

The class at the USO will temporarily stop until September, and will resume in October. But the class at the ACS will continue.

Area II ROKA Support Group plans to recruit newly arriving KATUSAs for supplementary instructors. It expects this opportunity will greatly benefit them.

"KATUSA instructors have devoted their time and talent to the class. They are exemplary KATUSAs who found the value of military service in the Army," said Lt. Col. Kim, Young-hoon, Area II ROKA Support Group Commander. "I hope both Koreans and Americans get to understand each other through this class, furthermore strengthening ROK-U.S. alliance." ▴



Instructors and KATUSA volunteers take charge of students' group and teach Korean to them, July 20, during Korean class at ACS. — U.S. Army photo by Cpl. Park, Min-je

and learning Korean. Each one has a special reason to be part of the class, but everyone enthusiastically participates in the class. Some come back more than once.

"This class aims at learning very basic Korean expressions in only one month so that students can fluently communicate with Koreans," said Kim, Jung-sook, instructor of the ACS class. "Sometimes people make mistakes in front of Koreans, and they often offend them. I teach students in the hopes that they avoid such mistakes. Sometimes students sign in for more than two times so as not to forget what they learned from the class."

One special thing about the class is that Korean Augmentees to the United States Army or KATUSAs in Area II volunteer as instructors. A total

a supermarket advertisements and asked students to say the numbers.

The July 20 class at ACS had a larger, more diverse group. The instructor, Kim, Jung-sook, explained Korean expressions about public transportation. Afterwards, students were divided into groups, and practiced key expressions several times with volunteers including KATUSAs.

In both classes, students expressed how happy they were with the class.

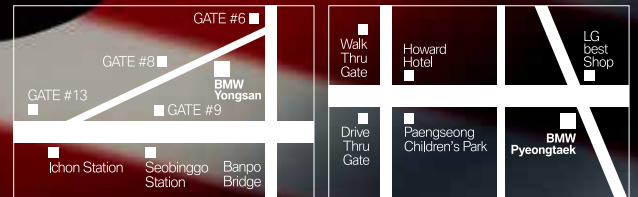
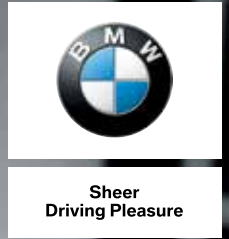
"I really enjoyed the class. My teacher was very enthusiastic and very tolerable at my mistakes," said Malaika Master, USO Class student. "She made everything so easy to understand. Also, KATUSAs definitely helped me a lot. I was able to ask them a lot of questions."

"Korean is very different from my language

WE GO TOGETHER, KATCHI KAPSHIDA.

Discover a special BMW program for US military personnel in Korea. Enjoy tax-free purchasing on special pricing, the option to buy models based on US specifications, and worldwide maintenance service with the BMW global network. Discover BMW and experience the custom services designed for you.

BMW MILITARY SALES PROGRAM.



BMW Communication Center (080) 269-2200 BMW Military Sales Website www.bmw-dsskorea.com

BMW Military Sales 1577-BMW-M(2696) Yongsan Showroom* / Pyeongtaek Showroom
*FREE CHECK-UP SERVICE (The 1st Thursday on every month)



ENJOY LIFE IN A NEW RIDE

It's a great time to apply for an auto loan from Navy Federal. With low, competitive rates, you'll be hitting the road in style.

- > Easy application and fast approval process
- > Low monthly payments
- > Flexible payment options

Plus, if you didn't finance your current auto loan at Navy Federal, now is your chance to save. Refinance your current auto loan from another lender with us and get **\$200.***



ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
VETERANS

APPLY TODAY!

Find a complete list of worldwide locations along with international calling information at navyfederal.org.

Federally insured by NCUA. *Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. \$200 will be credited to the primary applicant's savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the \$200 offer will become invalid. Offer may end at any time. Account must be in good standing for credit to be processed. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive.



© 2017 Navy Federal NFCU 10096 (5-17)

Creating a Green Community

By Intern Shin, Hyo-ju
USAG Daegu Public Affairs

USAG DAEGU, South Korea – There are many areas which are out of our sight, but work on silently and importantly in our workplace. The United States Army Garrison Daegu Directorate of Public Works Environmental Division is one of those departments. It is not a coincidence that we have always been able to work in a pleasant environment without inconvenience, and it is because there have been many efforts to organize and execute medium and long term plans about the environment. This is the first in a series of articles focusing on those who are quietly working hard on their mission, the Environmental Division.

The primary responsibilities of the Environment Division are to ensure that all environmental policies, rules, regulations are followed. They conduct environmental planning, provide awareness to the military and Korean communities, and they monitor, analyze, and report various issues related to the environment across Area IV. The Environment Division also provides environmental assessments and hazardous waste and materials management. Each part is important in terms of helping the garrison sustain its mission.

“These days, it is more about the sustainability,” said Russell K. Grossley, chief of Environmental Division. “Trying to keep doing what we are doing in terms of reducing our environmental footprint. At the same time, helping to sustain for the future means that we are doing good things now, but there are more ways that we can improve that helps to sustain what we need to do in the future.”

Recycling is a big part of sustainability for the garrison. The gains from recycling are modest, but they have a lot to contribute to the garrison and community. If recycle, the Environment Division is able to sell those commodities. By selling those commodities, the garrison gets money back to which is invested in community outreach programs. This is good for promoting a better quality of life for Soldiers and Families, as well as protecting our natural resources.

“It is more about trying to ensure that everyone understands that recycling and doing these energy conservation things, gives us a better quality of life,” said Grossley. “Not just for now, but in the future. That is all sustainable.”

In matters of environmental issues, people want conservation of our natural resources such as energy, water, use of light, and recycling. When we destroy our natural resources, it costs more to create new things. But if we recycle or reuse the materials and wastes, we can reduce our environmental footprint.

“Everyone just needs to continue with great environmental stewardship, and we got great programs and great leadership to support here,” said Grossley. “All of the Area IV managers, directors, commanders, units, Soldiers and Families can also join with us. We are conserving the environmental footprint while continuing to meet the mission objectives. We want to develop and implement certain environmental strategies and action plans that will help us to ensure installation sustainable development.” ▴

**USAG Daegu
Environmental
Division Chief
Russell Grossley
speaks about garrison
environmental initiatives
emphasizing the community must
continue to be responsible stewards of the
environment.** — *U.S. Army photo by
Intern Shin, Hyo-ju*



(From left to right) USAG Daegu Environmental Division Staff Russell Grossley, Gwak, Da-hye, and Kim, Myong-han pose with their outreach materials about Earth Day, April 22. — *Photo courtesy of USAG Daegu Public Affairs Office*

1st of an Ongoing Series about Environmental Initiatives at USAG Daegu

Richard Santos, Environmental Protection Specialist from USAG Daegu Directorate of Public Works Environmental Division

Richard Santos, Environmental Protection Specialist from USAG Daegu Directorate of Public Works Environmental Division gives presentation in the Environment Meeting, June 13 at Command Conference Room, Camp Henry. — Photo courtesy of USAG Daegu DPW Environmental Division



(From left to right) Environmental Engineer Kim, Chon-il, Environmental Protection Specialists Kim, Myong-han, Richard Santos, and Kim, Hak-kyun, pose in front of the Earth Day Outreach booth, April 21 at Camp Walker Exchange. — U.S. Army photo by Intern Lee, Jo-eun

Q: What is your name and what is your job title?

A: My name is Richard Santos and I am an Environmental Protection Specialist working for USAG Daegu Directorate of Public Works Environmental Division

Q: Can you tell me a little bit about your Area of Responsibility or duties?

A: My primary areas of responsibilities are the Hazardous Materials and Environmental Officers training programs. I conduct compliance inspections to ensure that the procurement, use, storage and management of HM is done in accordance with all applicable regulations and policies. I review HM products used by the installation to ensure that we are using nonhazardous alternatives where practicable, make sure that all users are authorized the materials for use, and all HM is recorded and tracked. Bottom line all HM have to be tracked from “Cradle to Grave” meaning from the time it’s ordered until it becomes a waste. We use the Environmental Safety and Occupational Health –Management Information System to record all HM that enters Area IV. I’m responsible for ensuring that all EESOH-MIS users maintain their access and have the required specialized training to accomplish their jobs. Training is required for all units/organizations that have the potential to impact the environment, and my job is to provide that training. I provide training to HM and Hazardous Waste handlers, as well as Unit Environmental Officers.

Q: Do you have any success stories or accomplishments regarding your programs?

A: HM reuse and recycling Initiatives such as our Free Issue Program, Antifreeze Recycling, and finding alternative products that are less hazardous contributed to the Garrison saving over \$315K dollars in disposal cost during this fiscal year. However, the total cost savings since FY15 has been a whopping \$1.9 million dollars. We also enhanced our Household Chemical Reuse program. This program allows personnel living in military family housing or barracks to drop by our Self Help Store and acquire usable consumer type products. Personnel who are making a PCS move either onto the Garrison or leaving may pick up or drop off any usable consumer type product that is in its original container and properly labeled. This program helps the consumer by not have to make a new purchase, thus saving the consumer money and also helps prevent improper disposal of hazardous chemicals in the trash. The Environmental Officer training program has also been really successful. To date we have about 97 appointed and trained EO’s, we only require 74. So basically we have more eyes and ears at the unit level to help monitor our activities that could possibly impact the environment. Having personnel trained and aware of their environmental aspects and impacts is imperative to understanding how to be compliant. The Global Harmonization System has brought a lot of changes to the hazardous material arena. One of the key elements of the GHS is changing the method from “Right to know” to “Right to Understand.” Basically meaning that every employee in the workplace should not only know what hazards are around them but understand why they are hazardous. Hazardous Materials are all around us but it’s my job to make sure that we all follow the rules to ensure that safety is priority. My main mission is to help prevent pollution and minimize our impacts to the environment. One initiative that I am spearheading is the startup of a Hazardous Material Management Program. The purpose of a Hazardous Material Management Program is to integrate accountability and safe handling procedures for hazardous materials into day-to-day decision-making, planning, operations, and compliance across all Army missions, activities, and functions on an installation.

Q: Is there anything else you would like to the community to know?

A: Yes, I would like to let everyone know that we all can play a part by being good environmental stewards to our planet. We are at a point in our society where our precious resources such as fresh water are in danger of being contaminated. Also please note that every unit/organization that has the potential to impact the environment should have an Environmental Officer appointed and trained, both primary and alternate. If you have questions regarding hazardous materials please contact us. Also if you need training or want to know how you can be proactive and be good stewards to the environment please contact me at DSN 765-1201. ▴



Humphreys family members and their Korean tour guides pose inside the main courtyard of Gyeongbuk palace in Seoul July 22. — U.S. Army photos by Lee Ji Min and Kim Jae Woong

Humphreys Soldiers and families visit Gyeongbuk Palace and Insadong

By Lee Ji Min and Kim Jae Woong
USAG Humphreys Public Affairs

CAMP HUMPHREYS, South Korea - 40 U.S. Soldiers and families learned about Korean culture, history and traditions on July 22 when they visited sites in Seoul courtesy of the Pyeongtaek YMCA.

After the bus ride from Humphreys, the group met their guides, South Korean teenagers who spoke English, at Gwanghwamun, the main gate of Gyeongbuk palace. Built in 1395, Gyeongbuk was the first royal palace the Joseon Dynasty built.

The teens divided the group into several smaller ones, identified each with a colored patch and led them on a tour of the palace. The guides were shy at first but their confidence grew as they led the tour through the palace.

Chief Warrant Officer 4 Todd Howell who works at Humphreys as Criminal Investigation Division Operations Officer said this wasn't his first trip to Seoul but he enjoyed it.

"This is a great tour, great experience to get to meet the local students and learn from them." Then, he smiled and said "I would recommend just about anybody our unit."

After finishing the trip to Gyeongbuk Palace, they headed to Insadong for lunch.

Insadong is a part of Seoul that features arts, crafts and traditional Korean cultural attractions as well as shopping.

The groups had lunch in teams. One team went to a restaurant called Bukchon-Son-Mandoo' and ate Naengmyeon noodles, Mandoo soup and anchovy noodles.

Another group ate at a restaurant called Bukchon Sonmando, dining on traditional Korean fare including rice and kimchi--everyone found the food delicious.

After lunch, the group visited a Hanbok rental store in Ssamji-gil to experience Korean traditional clothes. There were various clothes the king and the queen wore. The

store was so popular that there was a long line waiting to get into it. Even though the weather was hot, everyone seemed to enjoy their Korean traditional clothes experience.

Hye Sun Howell, who participated in the tour, said it was a good experience for her and her children.

"The most memorable thing is that I took a picture wearing a Hanbok. I think it was really good for my kids to wear Korean traditional clothes, such as Hanbok, and take pictures," Howell said.

Ryan Marshall said this was the first time he and his family went on a tour like this.

"My wife was born in Osan, but this is the first time we've ever had such a tour, and it was awesome, a great experience learning lots new things about Korean culture," he said. "Next time we have this opportunity, I want to participate."

Howell praised the student guides who led the tour.

"It was nice to see the young people who worked hard for us and this program. I was very happy to be part of this program that I linked with Pyeongtaek City and U.S. Army units and I would like to participate again."

Lee, Mi Young of the YMCA which hosted the event, said she was happy the Humphreys people enjoyed the tour.

"I felt glad that they enjoyed the tour because I had prepared hard for four months," Lee said. "Thank you too everyone from Humphreys for your support and cooperation."

To learn more about Gyeongbuk Palace and Insadong visit the following websites:

<http://www.royalpalace.go.kr/html/eng/main/main.jsp>

http://english.visitkorea.or.kr/enu/SH/SH_EN_7_2_2_1.jsp ▀



Move to Humphreys?

Comfortable and Modern life in Korea with
Julie's Realty & Relocation



Humphreys (Tel. 031-652-6517~8)
Eugene 010-2361-8731
Rachel 010-3936-8731
Juno 010-3935-8731

Yongsan (02-790-2097/795-7958)
Lindsay 010-3934-8731
Kathy 010-3932-8731

CASEY (031-865-2097~8) Jane 010-3937-8731

K-16 (031-756-2095~6)
Suzie 010-2367-8731,
Suin 010-2368-8731



For more information www.Juliesrealty.com & www.facebook.com/juliesrealtykorea

K6 Main Gate Walking Gate



Anjungri Shopping mall



HYUNDAI

Pyeongtaek Southern Dealer

USFK MILITARY PERSONNEL & THEIR FAMILY CAN PURCHASE THE HYUNDAI AUTOMOBILE BY INSTALLATION PAYMENT.

*** Compare the chart below.**

Korea		Model	SantaFe 2.0T Smart
MSRP	Price		26,950,000 KRW (23,850 USD)
	Power Train		2.0L Turbo GDi
	Specs		LED Tail Lights
			Artificial Leather Seats
			N/A
		N/A	
		N/A	
Korea		Model	SantaFe 2.0T Premium
MSRP	Price		28,550,000 KRW (25,265 USD)
	Power Train		2.0L Turbo GDi
	Specs		Heated Steering Wheel
			Front & Back Row Heated Seats
			12WAY Power Driver Seat
		Artificial Leather Seats	
		Front & Rear Parking Assist System(PAS)	
		N/A	
Reference			Korea : www.hyundai.com

USA 2017.04.24 Exchange Rates : 1130 KRW/USD

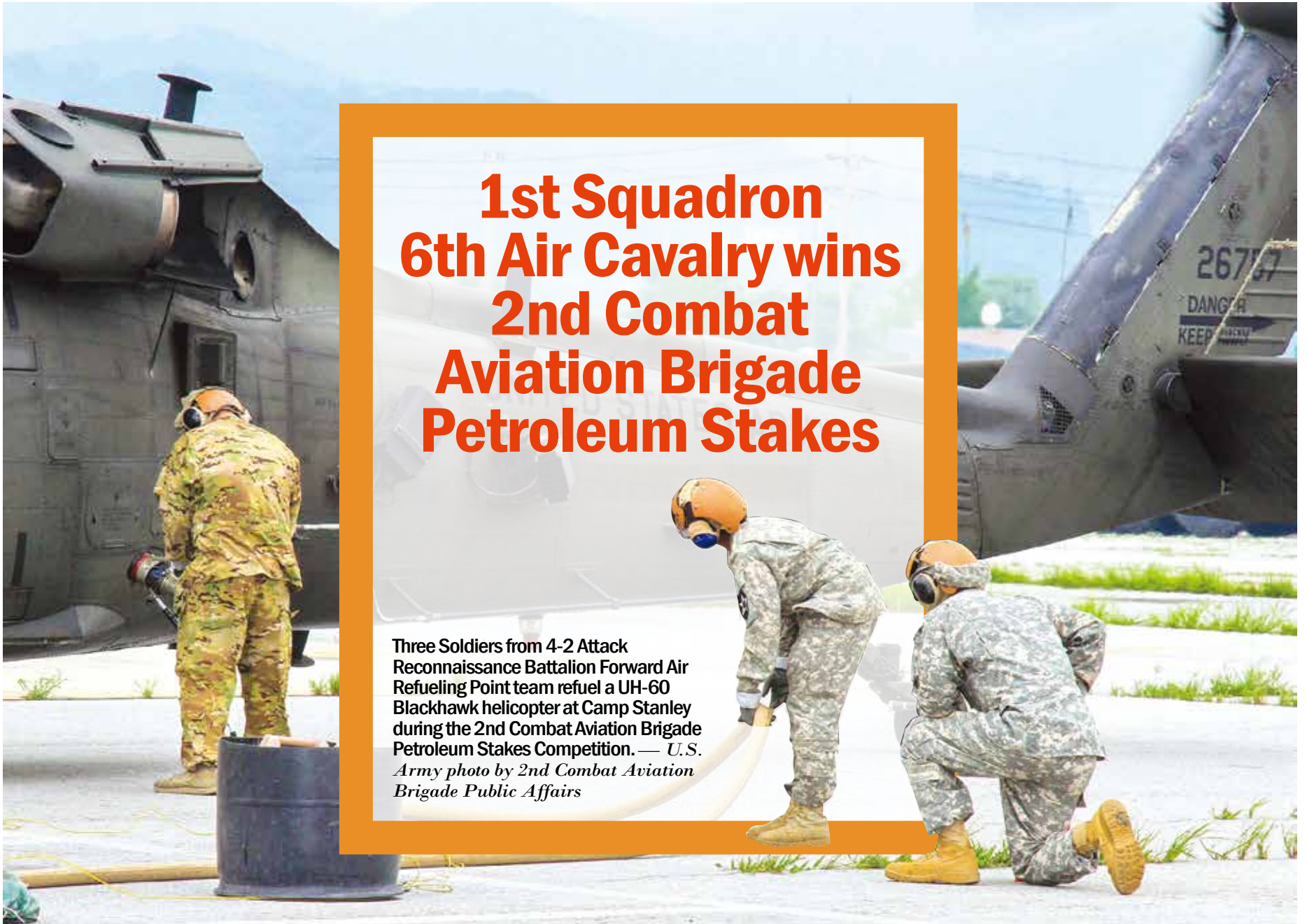
USA	Model	SantaFe Sport 2.0T
Price Difference: 7,850 USD	Price	31,700 USD
	Power Train	2.0L Turbo GDi
	Specs	N/A
		Leather Seats
		Smart Key
		Rear Camera
		Blind Spot Detection(BSD)
		N/A
		Front Row Heated Seats
		8WAY Power Driver Seat
Price Difference: 6,435 USD	Specs	Leather Seats
		Rear Camera
		Blind Spot Detection(BSD)
		N/A
		USA : www.hyundaiusa.com

**NEW THINKING.
NEW POSSIBILITIES.**



Julie Lee 010-2604-8392 E-mail_ jinteng91@gmail.com

Address_ 522, Gyeonggi-daero, Pyeongtaek-city Gyeonggi-do KOREA



1st Squadron 6th Air Cavalry wins 2nd Combat Aviation Brigade Petroleum Stakes

Three Soldiers from 4-2 Attack Reconnaissance Battalion Forward Air Refueling Point team refuel a UH-60 Blackhawk helicopter at Camp Stanley during the 2nd Combat Aviation Brigade Petroleum Stakes Competition. — U.S. Army photo by 2nd Combat Aviation Brigade Public Affairs

By Pfc. Jee Hwan Choi
2nd Combat Aviation Brigade Public Affairs

CAMP HUMPHREYS, South Korea - Iron Horse Soldiers from 1st Squadron, 6th Air Cavalry recently captured the 2nd Combat Aviation Brigade Petroleum Stakes trophy following a tough four-day Petroleum Stakes Competition here and at Camp Stanley.

602nd Aviation Support Battalion organized the competition in the 2nd CAB motor pool on Camp Humphreys. The battalion provided the senior logistics officers and noncommissioned officers to grade each team's knowledge and proficiency through tests, layouts, and inspections before reaching the culminating event: the execution of an aircraft refuel mission.

The mission was simple—execute a four-point Forward Air Refueling Point at Camp Stanley demonstrating all proper fuel handling techniques and observing all safety protocols in as little time as possible—but the standards were set high for the full-day event.

On July 21 Soldiers from E Company, 4th Attack Reconnaissance Battalion 2nd Aviation Regiment competed in the final day of the contest.

The Death Dealer Soldiers began their day early, at 4:30 a.m. for the road convoy to Camp Stanley. When they arrived the Soldiers executed the FARP operations in the extreme humidity and 95 degree heat.

Dauntless in the face of these conditions, the Soldiers completed their mission in 1 hour 1 minute and 29 seconds.

After the competition the graders reviewed the

team's performance, offering advice to the Soldiers based on their observations.

Sgt. 1st Class Preston A. Thomas stressed the paramount importance of safety in FARP operations. Critiquing the 4-2 performance, he praised the team for their strict adherence to safety standards, and offered advice for briefing techniques to organize and streamline operations.

Chief Warrant Officer Two Thompson had a different advice: to think outside the box. Noting a near standardization uniformity of FARP set-ups he observed across all five units in three days of competition, he challenged the leaders to be smart and unafraid to change. He commended the noncommissioned officers for doing a good job taking care of young Soldiers and leading the operation.

The final two graders, Chief Warrant Officer Three Lindsey A. Muller and Staff Sgt. Pringle both recognized the organization and coordination. Muller underscored how pilots must trust fuelers' guidance, making it essential that they give correct, unwavering direction and execute smoothly.

The Petroleum Stakes awards ceremony will be on Aug. 14 when the Iron Horse Soldiers will receive their winner's trophy and guidon streamer. ▀

Watched by sharp-eyed evaluators and working against the clock, Death Dealer Soldiers demonstrate meticulous safety procedures as they conduct refuel operations during the 2nd Combat Aviation Brigade Petroleum Stakes Competition. — U.S. Army photo by 2nd Combat Aviation Brigade Public Affairs





CANAAN Realty

TOTAL RENTAL SERVICE at USAG HUMPHREYS

HOME SWEET HOME in Korea

*You will find it at Canaan realty.
We will make your dream home come true.*

What we deal with

- Rent for Foreigners ★
- Single-Family House ★
- Various Villas ★
- Condo(apartments) ★
- Rental Management ★
- Sell & Buy & Develop ★
- Real Estate ★

www.canaan3651.com
Office: 031-692-4489




Alex Yuny Jessica Sander Jin

- ✓ English Speakers
- ✓ One Stop Service
- ✓ Rent & Relocation

24 hours / 7days
031-692-4489

CANAAN Realty
USFK APPROVED since 2003

Jin: 010-3396-3906 | kindjinchoi@hotmail.com
Yuny: 010-9186-3651 | eunice671@gmail.com
11, Anjeong-ro, Paengseong-eup, Pyeongtaek-si(17985)




NAPOLEON REAL ESTATE AGENT




WE MAKE IT HAPPEN!

OUR SERVICE is key to your SUCCESS!

Brown Stone Humphreys APT, Single House, Villa

FOR ALL THINGS REAL ESTATE

- ✓ Room for Rent - USFK Approved
- ✓ Housing Management
- ✓ Specializing in Brown Stone APT



CALL NOW! Tel. 031 - 655 - 9010
Cell. 010 - 5187 - 8881

Email : napolrealty@gmail.com
www.napolrealty.com



Itaewon Han Shin Realty Co.

Real Estate. Consultant
USFK Approved Realtor

Home sweet Home!

Looking for Housing
Total Rental Service

U.S. Veteran helping USFK
Service Members and their Families
find the perfect home



Cell phone_ **010-3999-0633**



Seoul office_ 02-790-2002 Pyeongtaek office_ 031-653-9971, 9972
E-mail_ kisok0523@gmail.com



Vacation Bible School 2017 in Troop Chapel #2 featured many fun events for the hundreds of children who attended. It included instructor-led dance sessions such as this one. — U.S. Army photo by Kim Jae Woong



VBS Kids-Kids had lots of fun dancing during Vacation Bible School July 10-14. — U.S. Army photo by Lee Ji Min



The Obstacle Course gave kids the chance to run and have fun during Vacation Bible School from July 10-14 at Troop Chapel #2. — U.S. Army photos by Kim Jae Woong

Vacation Bible School offered kids plenty of fun things to do in addition to the spiritual education they received. — U.S. Army photos by Kim Jae Woong



Vacation Bible School brings fun and spirituality to Humphreys kids

By Bob McElroy
USAG Humphreys Public Affairs

CAMP HUMPHREYS, South Korea – Chaplain (Capt.) Jody Harlow, 194th Combat Sustainment Support Battalion, and 100 volunteers from Catholic, Traditional, Gospel, Contemporary, Spanish, and KATUSA religious services made the recent U.S. Army Garrison Humphreys Vacation Bible School complete success.

Vacation Bible School is a five-day

program of religious education and fun for elementary school-age children. This year's VBS ran from July 10-14 at Troop Chapel #2.

This year's theme was Maker Fun Factory and it didn't disappoint. It featured a series of events such as dancing with instructors in the main sanctuary. More than 30 kids jumped and moved to upbeat religious music as five instructors on stage led them through the steps.

One grown-up instructor in a blue VBS tee shirt, cargo shorts and a cowboy hat jumped into the mob of kids and danced and hopped with them, a

broad smile on his face.

I'm just a big kid too, he said.

VBS also offered drawing, building a house of cards with religious-themed cards and acting out Bible stories. Outdoors kids participated in wet sponge races and an obstacle course that included running around cones, jumping over foam tubes and through a hula hoop.

If the kids got hungry there were plenty of healthy snacks plus sweet treats like strawberry shortcake with whipped cream, sprinkles and cookies.

According to Humphreys Garrison chaplain Lt. Col. Steve Shin, Harlow masterfully planned and executed the

event to bring fun and spiritual lessons to the children.

He maneuvered around challenges and orchestrated 100 volunteers and multiple activities, keeping children and volunteers safe and healthy, Shin said in an e-mail message.

Each day VBS hosted more than 200 kids and nearly 100 volunteers. By the end of the five-day event 1,098 children and 473 volunteers for a total of 1,571 people participated and made it a success.

Shin said that preparation for VBS began in February and March and included 4,000 hours of spiritual resilience training valued at \$16,000 and 2,000 volunteer hours with a value to the community of \$20,000. ▀

Hard Rock CAFE SEOUL **UWS** **Hard Rock CAFE BUSAN**

United We Serve

15% OFF
SHOW YOUR MILITARY ID
On Food & Non Alcohol Beverage / Rock Shop*
(* Except charity and limited edition items.)

HARD ROCK CAFE KOREA WELCOME YOU

HARD ROCK CAFE SEOUL
5F, LOTTE WORLD MALL, JAMSIL, SEOUL
T. +82 2 418 7625 F. +82 2 418 7635

HARD ROCK CAFE BUSAN
HAEUNDAE BEACH, BUSAN
T. +82 51 742 7625 F. +82 51 743 7625

HARDROCK.COM/SEOUL **HARDROCK.COM/BUSAN** **#THISISHARDROCK**



THE PLAZA Seoul, Autograph Collection

An Iconic Hotel in the Heart of Seoul with Unique and Stylish Design Curating Personalized Service

Perfect location for business travelers - located in Central Business

7 event halls including the most recently renovated Grand Ballroom - Capacity : 600 people

6 restaurants including all day dining, Japanese, Chinese, Italian, French bakery and bar



MEMBER OF
AUTOGRAPH COLLECTION
HOTELS
AUTOGRAHPHOTELS.COM

Marriott
REWARDS

119 SOGONG-RO, JUNG-GU, SEOUL, KOREA 04525 TEL 82.2.771.2200 FAX 82.2.755.8897 www.marriott.com/selak

Go together!

Pyeongtaek Culture Newspaper and The Morning Calm



평택문화신문
PYEONGTAEK CULTURE NEWSPAPER

The Morning Calm
Published by U.S. Army JCOM for those serving in the Republic of Korea

Enjoying Mocktails at Porch Talk

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

USAG Daegu, South Korea – Are you enjoying the summer time in South Korea? There are a lot of fun things happening on the peninsula but there is also a greater chance for mishaps and accidents to happen. We call the period between Memorial Day and Labor Day the 101 Critical Days of Summer. During this period, the statistics show an increase in accidents and fatalities.

United States Army Garrison Daegu Army Substance Abuse Program office invited the Area IV community to ASAP Porch Talk in order to give awareness of alcohol usage, July 25 at the ASAP building 1712.

“We started hosting ASAP Porch Talk, June 16 and it’s to bring a new approach to prevention education,” said Vanessa Mitchell, ASAP program manager. “It is taking the training out of the standardized classroom slide presentation, to give it a real life, social interaction with people in an educational setting. It’s to help people to see that they can still play games, have snacks and still have fun without alcohol.”

Mitchell shared her thoughts about how ASAP Porch Talk is in conjunction with the 101 Critical Days of Summer and Eighth U.S. Army Responsible Drinking campaign.

“The 101 Critical Days of Summer begins at Memorial Day and ends at Labor Day and what that is, during summer months, people, society and community tend to engage more in barbecues and swimming outdoors, said Mitchell. “Events in summer time have increased possibility of alcohol abuse. We combined those two in a social setting for ASAP to address those 101 Critical Days of Summer campaign without alcohol.”

“Eighth Army wants to be able to ensure Soldiers are



Vanessa Mitchell (left), Manager, United States Army Garrison Daegu Army Substance Abuse Program, talks about alcohol usage during the summertime to Robert Ducksworth (right), Chief, administrative services division of USAG Daegu Directorate of Human Resources, July 25 at Camp Henry ASAP building 1712. — U.S. Army photo by Cpl. Soh, Jung-han

ready for fight mode,” said Mitchell. “If you are impaired, how can you be ready to fight? So the responsible drinking campaign teaches ‘Zero, One, Two and Three’. Zero drinks if you are on duty, if you are driving, if you are pregnant, and if you are taking medications. One drink per hour but no more than two drinks per night with a max of three. So that means total of 14 drinks a week and you cannot save them all for the

orphan.”



USAG Daegu ASAP is here for the Area IV community. It provides prevention, deterrence, intervention along with education and it is primarily there to help Soldiers stay in readiness mode. So that they are able to get up and fight tonight if needed.

For more information on Army Substance Abuse Program, contact ASAP Office, 768-7434. ▲



Nicholya Williams, Area IV school liaison officer talks about what SLO does for the Area IV community, July 12 at the Camp Walker Child and Youth Center. — U.S. Army photo by Intern Lee, Jo-eun

By Intern Lee, Jo-eun
USAG Daegu Public Affairs

USAG DAEGU, South Korea – When civilians and Soldiers who have children move to another station, one of their biggest concerns must be about the new education system. To prepare for this

situation, the Area IV School Liaison Office helps people in many ways.

The SLO coordinates and assists Army families and school-aged youth with educational opportunities and information necessary to achieve academic success. They serve in a communication and assistance role

**School Liaison Officer:
A Walking
Resource**

between the school system and military families.

“The School Liaison Office is very important to our community,” said Nicholya Williams, Area IV school liaison officer. “What I do is that I help to ease their transition. A lot of families coming to new countries have trouble when they arrive adjusting to the new duty station with their children. Parents are interested in not only the school but also multiple ways of education such as home-schooling. Furthermore when families are leaving, we connect them with the SLO at their new station.”

Williams supports families’ transition when they are PCSing in and out of the

garrison. Anyone who comes into the garrison with school-aged children can visit the office and get information and resources about the school system. She also helps families connect to the Child and Youth Center to support home-schooling.

The Child and Youth Center works as a resource as well as a facility to utilize. It also provides transitional support for children wishing to go to Daegu Middle High, International, and elementary schools on Camps Walker and George to satisfy all parent’s educational needs.

Williams always tries to go out and meet newcomers at the Newcomers Briefing, Newcomers Orientation, Spouse Orientation and American Forces Network radio show to spread out information to new families coming to Area IV.

The educational experience of our military children is crucial and of utmost importance. Therefore, the relationship between the schools and military families need to be nurtured and enhanced constantly.

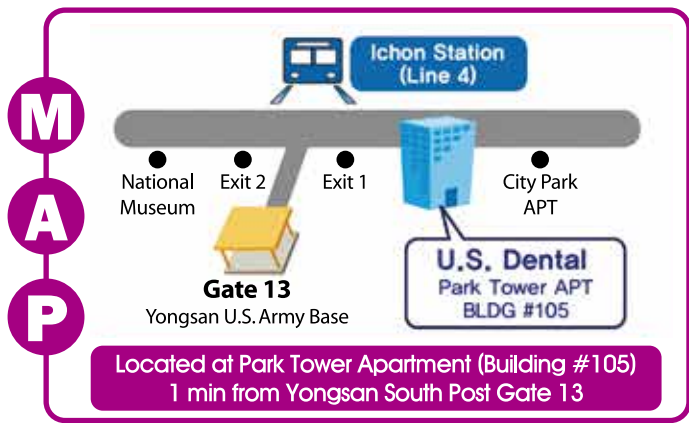
For more information regarding the School Liaison Office, contact 764-5467 on DSN or nicholya.williams.naf@mail.mil. ▲



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

- Graduate of Tufts University, School of Dental Medicine - Boston, MA
- Studied at University Paris 5 (Rene Descartes)
- Orthodontics - trained at USDI
- NYU Trained for Implant Dentistry
- Fluent in English, Korean, Japanese & French

Tricare / Cigna / MetLife / GeoBlue



Services

- General Dentistry, Cleaning & Check-up
- Braces & Invisalign
- Cosmetic Dentistry & Smile Makeover, Whitening
- Veneers / Lumineers, Gummy Smile Correction
- Dental Implants
- Root Canal & Wisdom Tooth Extraction
- Child Dental Care



Professional Affiliations

- American Dental Association
- American Academy of Cosmetic Dentistry
- Massachusetts Dental Society
- American Academy of Implant Dentistry
- Connecticut State Dental Association
- American Academy of Pediatric Dentistry

U.S. Dental Call : 02-553-7512 / www.drginasohn.com

What we kindly offer

- **Botox / Filler**
Facial augmentation, dermal wrinkles
- **Laser Therapy**
Scar and pore rejuvenation, tattoo/hair removal, freckle/melasma/mole removal
- **Skin Care**
Peeling, whitening care, moisturizing therapy
- **Facial Lifting**
HIFU laser tightening, thread lifting
- **Obesity**
Cryolipo, lipolytic injection, carboxy therapy, HPL, medication
- **Liposuction**
Abdomen, upper/lower limb, breast, etc
- **Other**
General skin disease

Example

Cryolipo®
\$25 PER PAD

Liposonix®
Whole Abdomen / Thigh
\$750

Liposuction
Thigh / Abdomen
\$2500

thermage
ulthera
STARTS! \$400 Full Face

*10% VAT not included

Address
Yuhwa bldg. 8F, Gangnam-daero 439 Seocho-gu, Seoul, Korea

Office Hours
Weekdays : AM 11:00 ~ PM 09:00
Saturday : AM 11:00 ~ PM 05:00

EDUCATIONAL COMMISSION FOR FOREIGN MEDICAL GRADUATES
The Won Kim

- 1:1 customized consultation with bilingual surgeons
- Reasonable price / accept credit card
- Over 25,000 patients treated
- Specialized care for fast recovery and optimum satisfaction

TALK ID : cyanclinic TEL.02-534-5555
For TAXI Drivers 강남역 CGV 건너편 폴더건물 8층





A firefighter demonstrates how dangerous it is to pour water into the frying oil pot, July 12 at the barracks on Camp Henry.

— U.S. Army photo by Intern Lee, Jo-eun

Clearing the Air through Fire Safety

By Intern Lee, Jo-eun
USAG Daegu Public Affairs

USAG DAEGU, South Korea - United States Army Garrison Daegu Fire & Emergency Services conducted fire safety training, July 12, at Camp Henry.

Over the few months, we had increased fire accidents in barracks," said Anthony Smith, USAG Daegu Fire Department fire prevention chief. "So we got with leadership within the Garrison and Fire Chief, and we decided to do interactive training with all of our residents in order to teach them how to deal with unpredictable situations. We reached out to each barracks and their residents to make this training happen. I want to emphasize and make sure everybody in the barracks knows what that they should do to keep safe."

This training began with fire drills. As the fire alarm starts to go off, personnel staying in the building should stop whatever they are doing and walk to the nearest fire exit. After the evacuation, Smith explained and showed various types of fire accidents that can happen such as trash basket fire and electrical fire. He briefly taught emergency response procedures to prevent larger accidents.

"We learned what to do when there is fire and what not to do," said Cpl. Lee, Hyun-chang, Headquarters and Headquarters Company, USAG Daegu. "This was a very useful training because recently there has been a lot of case related to fire. Hopefully there will be no incident from now on. But if it happens I hope that this

training helps all the U.S. Soldiers and KATUSAs evacuate safely. Once again I want to thank all the members of USAG Daegu Fire Department including fire fighters for providing us with the training and hard work."

Among these cases, the Fire Department tried to demonstrate how dangerous it is to pour water into a frying oil pot. When the fire fighter poured water into the oil pot, the pot was wrapped in huge flames in a few seconds. After putting out the oil fire, the Fire Department gave off smoke in the barrack to help people escape through the smoke.

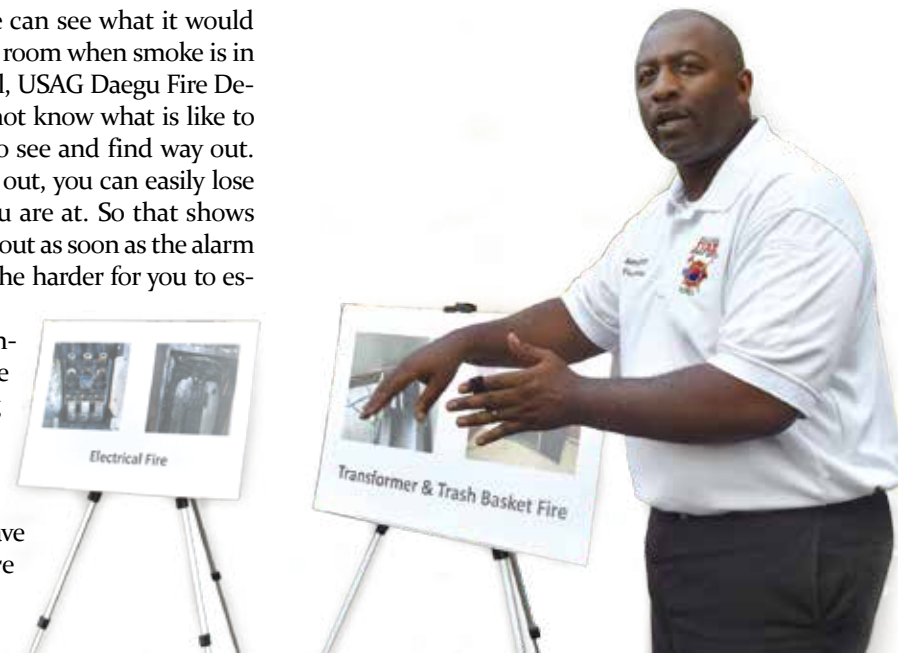
"During the training, people can see what it would look like if they walk out of the room when smoke is in the hallway," said Michael Diehl, USAG Daegu Fire Department fire chief. "They do not know what is like to come out and how hard it is to see and find way out. Smoke makes it difficult to get out, you can easily lose you orientation and where you are at. So that shows them why it is important to get out as soon as the alarm goes off. The longer you wait, the harder for you to escape."

"In my opinion, the most important thing is that everyone should be responsible for being able to recognize some type of fire situation," said Smith. "If you are involved in any other issues that related to fire or have questions, please call the Fire Department at 911."

This fire safety training including fire drills will go on until the end of July and restart in September. For more information regarding the training, contact at 0503-364-5911. ▲

Anthony D. Smith, fire prevention chief, USAG Daegu Fire & Emergency Services explains examples of fire hazards found in the barracks, July 12 at the barracks on Camp Henry.

— U.S. Army photo by Intern Lee, Jo-eun



SPOTLIGHT ON AREA IV: Pacific Rim Leaders Training

By Anthony R. Mayne
USAG Daegu Public Affairs

USAG DAEGU, South Korea - I have been in Korea for over a year and I am convinced that United States Army Garrison Daegu is the best place to work. Of course, you may consider me biased because it is my current assignment, but I feel strongly about this because of the organization's dedication to professional development for its employees.

I had the honor of being chosen to attend the Honolulu-Pacific Federal Executive Board, in partnership with the U.S. Office of Personnel Management, Western Management Development Center Pacific Leadership Academy's Emerging Leaders program. There are two tracks the Senior (GS13-15) and Emerging Leaders (GS9-12) program.

The class is open to military, state and federal employees throughout the Pacific Region. I had classmates from Alaska, Japan, Washington state and Hawaii. The fellows came from the local and federal fire departments, the Departments of Defense, Army, Navy (and Marine Corps), Air Force, Commerce and Agriculture.

This is what made the program so unique and valuable; it was not just military employees. It was refreshing to receive training that was not "military-centric". Each session gave everyone a chance to learn about themselves and others, helping us to reflect on the members of our teams both in the class and at our duty stations.

The class was great because it provided unexpected learning opportunities. For example, we were divided into the executive board (CEO, Deputy, CIO,

CFO, HR, etc.), supervisors and technicians. The board and the supervisors were allowed in a room where there was a task. The board decided the monetary goal and communicated that to the supervisors and a general idea of expectations for the task. The supervisors then explained the details to the technicians.

I was a member of the board and we felt that we gave our intent and communicated sufficiently with the supervisors and technicians, and then the task began. We did reach our goal, because we set a manageable and achievable goal, but the discussion we had after the task was illuminating. The one thing that stuck with me was this task perfectly encapsulated the problem with communication in organizations. At the top, we assumed we were communicating effectively and efficiently,

but most of our message was being lost and we never realized it. There was more information from the middle and the bottom that we never received that might have made our mission more successful.

That is just one example of the learning we received. It was not a "death by Power Point" class, the activities, group and individual discussions allowed you to focus on your leadership journey, dealing with others and effecting change in organizations.

All in all this was a great class and I was proud to be able to attend. I highly recommend this class to everyone. For more information about these programs, please contact Honolulu-Pacific Federal Executive Board Deputy Director, Ms. Toni Allen at toni.allen@navy.mil. ▲



PSY **흥백쇼**
SUMMER
SWAG

August 11 (Fri) 7:42pm
Daejeon World Cup Stadium



BOOKING **ticket.interpark.com** INFORMATION **1588-2532**

| HOST | Daejeon **MBC** & **늘품엔터테인먼트** Co. | PRODUCED BY | **SEULENT.**



Col. Christopher E. Dexter, Materiel Support Command – Korea commander, receives the unit colors from Command Sgt. Maj. Prentiss E. Hall, MSC-K Command Sergeant Major during a change of command ceremony that took place at Camp Walker's Kelly Field, July 18. — U.S. Army photo by Cpl. Sin, Jae-hyung

Materiel Support Command - Korea conducts Change of Command ceremony

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

DAEGU, South Korea – U.S. service members, Korean Augmentees to the United States Army, community leaders, and cultural advisors gathered to bid farewell to Col. Christopher E. Dexter, Materiel Support Command – Korea, outgoing commander, and welcomed its incoming commander, Col. Eric L. Jackson during a change of command ceremony. The ceremony was hosted by Maj. Gen. John P. Sullivan, 19th Expeditionary Sustainment Command's Commanding General, and it was held at Camp Walker's Kelly Field, July 18.

"The Army is a team sport, and MSC-K is the ultimate team of mine," said Dexter. "It is an outstanding collection of soldiers and civilians, always finding a way to accomplish every mission and deliver readiness for the 19th ESC and 8th Army. It has been my privilege to be a member of this team."

Dexter, who assumed command of MSC-K, on July 30, 2015, had been in command for nearly two years. The unit is located at

Col. Christopher E. Dexter, Materiel Support Command – Korea's outgoing commander, expresses his sincere thanks to all the people who took part in the MSC-K's change of command ceremony that took place at Camp Walker's Kelly Field, July 18. Dexter's remarks included words of gratitude for all the people who worked with him during his time as the MSC-K commander.

— U.S. Army photo by Cpl. Sin, Jae-hyung



Materiel Support Command – Korea's subordinate commands' personnel stand in formation during the MSC-K change of command ceremony that took place at Camp Walker's Kelly Field, July 18. During the ceremony, Col. Christopher E. Dexter surrendered command of the unit to Col. Eric L. Jackson. — U.S. Army photo by Cpl. Sin, Jae-hyung

Camp Carroll.

Sullivan, Dexter, and Jackson performed an inspection of troops and conducted the passing of the MSC-K unit colors during the ceremony.

The passing of the colors signifies the transfer of command responsibility to the new commander because the unit colors are the very soul of a military unit beholding the past, present, and future of the unit.

During the ceremony, Dexter received the colors from Command Sgt. Maj. Prentiss E. Hall, MSC-K Command Sergeant Major and then passed the colors to Sullivan, symbolizing the relinquishment of command. Lastly, the colors were passed to Jackson and then to Hall signifying the assumption of command.

"Col. Dexter left an enduring legacy as a caring leader. His focus on readiness and developing junior leaders will reap

dividends for his brigade and our Army at large for many years to come," said Sullivan. "He created and sustained a command environment and climate that fostered excellence. That brought out the very best in all those fortunate to serve in his command."

MSC-K is 19th ESC's largest brigade and provides theater sustainment maintenance, supply, ammunition, distribution, and transportation coordination support for forces operating in the Republic of Korea.

Present in formation during the ceremony were all the units under MSC-K including the 25th Transportation Battalion, 6th Ordnance Battalion, 498th Combat Sustainment Support Battalion, and the Korean Service Corps Battalion.

Dexter is heading to the Pentagon, Washington D.C. for his next assignment, later this year. ▀

“Beauty Salon”
My Bling nail

Military ID holders will receive a 10% discount

The sensible choice of trendy ladies.

Gel nail, Pedicure, Ingrown nail, Eyelash extension, Waxing, Acrylic

- Over **2000 Colors**
- Any **Gel Art Design**
- Nail Extension
- Private treatment space
- **Comfortable Procedure** with recliner

Location

613-5 2F Bongdeok-dong, Nam-gu, Daegu

Mon. ~ SAT.

※ Reservation Required

Open AM 10 : 00
Close PM 9 : 00

[f Myblingnail](#) [Myblingnailshop](#)

070-8747-2414

TRADITIONAL THAI FOOD

Taste of Thailand Restaurant
 In front of Camp Humphreys Tel_ **031-653-8891**
 #(101)Ho 122, Anjeong sunhwan-ro 222 beon-gil,
 Paengseong-eup,
 Pyoungtaek-si, Kyounggi-do, Korea

Thailand 2 Restaurant (2 Floor)
 In front of Taxi Stand Tel_ **031-668-7829**
 298-147, Sinjang-dong,
 Pyoungtaek-si, Kyounggi-do, Korea

Thailand Corner Restaurant
 Tel_ **031-668-7828**
 24 Songtan Shopping mall (2 floor)
 opposit with NH Bank.
 Pyoungtaek-si, Kyounggi-do, Korea

For You Rent A Car **X EXCHANGE™**

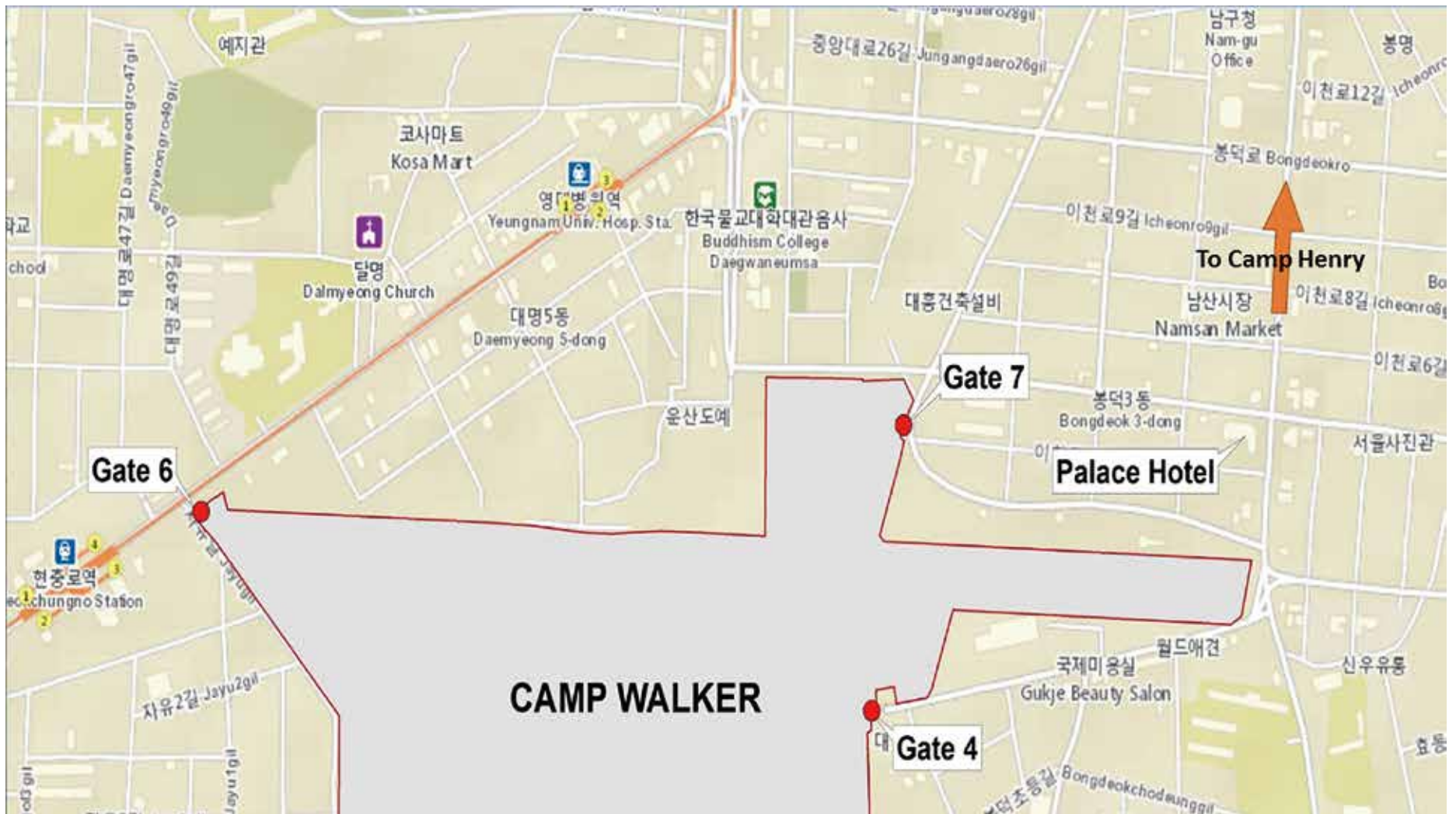
USFK Pass **Gold Tower**

Home to Home Delivery

Start **\$50~**

Every month, special promotion. E4 and below, always **10% off**

1800-4111 **KakaoTalk** **USFK Rent**



Revitalizing Friendship Street

By Intern Shin, Hyo-ju
USAG Daegu Public Affairs

USAG DAEGU, South Korea – United States Army Garrison Daegu Camp Walker Gate 4 is closed from July 23 to August 18 due to the on-going improvements with the Korean-American Friendship Street.

The street is not closed for local traffic and businesses will remain open. The closure of Gate 4 will allow the city to make improvements on the Korean-American Friendship Street more quickly and safely, reducing the length of the disruption and traffic congestion.

Vehicles are regulated at Gate 4, but the Gate 4 pedestrian gate is open 24 hours a day, and 7 days a week during this time frame. Alternatively, Gate 6 is open 24 hours a day, and 7 days a week during this time. The members of the Area IV community are strongly encouraged to use Gate 6 as their primary option to enter and depart Camp Walker. Visitors must enter through Gate 6. Also, Gate 7 is open for authorized personnel only from 6 a.m. to 6 p.m. and is open 7 days a week for inbound and outbound traffic. This entrance is only for registered vehicles and ID card holders.

“We will continue to develop culture contents that can be linked with the specialized street such as Apsan Mountain food streets in the vicinity of the Korean-American Friendship Street, and provide local residents and visitors with different pleasures,” said Hwang, Du-cheol, Nam-gu Office. “This is a plan to establish a new model of regional development where environment and culture can coexist.”

The rebuilding of Korean-American Friendship Street began on March 24. The street will be transformed into a unique street with the pedestrian-centered environment. The back-streets that gave negative impressions will be transformed into bright and characteristic cultural and theme streets. This will become a cultural space providing energetic communication for U.S. Soldiers, local residents and visitors as well as a central hub revitalizing the surrounding commercial areas.

Korean-American Friendship Street will build up close bonds between local residents and U.S. Army in Daegu and lay as a passage to live harmoniously. ▲



Camp Walker Gate 4 is closed due to the construction of Korean-American Friendship Street until August 18. — U.S. Army photo by Intern Lee, Jo-eun

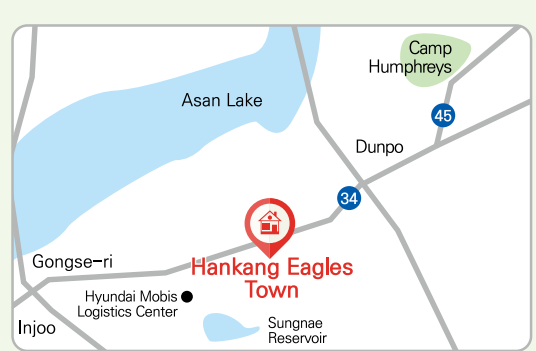


The value and elegance of masterpiece

For Sale now

Experience One Call Service!

Fluent English speaking staff is ready for you.



www.thishome.co.kr **010-5323-5501**

Address
503, Sinbong-ri, Yeongin-myeon, Asan-si,
Chungcheongnam-do, Republic of Korea

SUPERB RENTAL SERVICE EXPERIENCE!!



Pine Hill Town

very special , very cozy, very convenient...

This is your home!



Pine Hill 5 Shinnam-ri



Pine Hill 11 Shinhyu-ri



Pine Hill 4 Wonnam-ri



Pine Hill 6 Du-ri



*Right at the gate,
On the hill with great view,
Beautiful single house for
Military Family as well as Civilian
Wonderful yard in the green nature....*

*Everywhere, Anywhere..
more than 13 places around
the Camp Humphreys...*



Visit here ~
www.facebook.com/pinehillrealtykorea



for **also other various rental houses** as well as Pine Hill series,
Just **Call Helen ☎ 010-2913-0816** your house Specialist!!!

