

# Crimson Sky



## USAF, RAAF integrate over Queensland

### Pacific Air Forces Public Affairs

**JOINT BASE PEARL HARBOR-HICKAM, Hawaii** -- U.S. Air Force B-52H Stratofortress bomber integrated with the Royal Australian Air Force (RAAF) and Australian Defence Force (ADF) during a routine Continuous Bomber Presence (CBP) mission over south-east Queensland, Australia, June, 19, 2018.

The bomber took off from Andersen Air Force Base (AFB), Guam, and integrated with F/A-18F Super Hornets, EA-18G

Growlers and ADF Army elements. Upon completion of the mission, the bomber returned to Andersen AFB, Guam.

Routine missions allow for U.S. and RAAF forces to practice and increase their capabilities to operate together seamlessly while also enhancing security cooperation in the region.

The employment of CBP missions in the USINDOPACOM area of responsibility, conducted since March 2004, are in accordance with international law and are vital to the principles that are the foundation of the rules-based global operating system.



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**7th Air Force**

**Commanding General/Publisher**  
Lt. Gen. Thomas W. Bergeson

**Public Affairs Officer/Editor**  
Lt. Col. Michal Kloeffer-Howard

**Editor/COR**  
Park, Do Young

**51st Fighter Wing**

**Commander**  
Col. William D. Betts

**Public Affairs Officer**  
Capt. Carrie Volpe

**Staff Writers**  
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Staff Sgt. Benjamin Raughton  
Staff Sgt. Franklin Ramos  
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Airman 1st Class Ilyana Escalona

**8th Fighter Wing**

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Col. David G. Shoemaker

**Public Affairs Officer**  
Capt. Christopher Mesnard

**Staff Writers**  
Senior Airman Colville McFee  
Senior Airman Michael Hunsaker  
Senior Airman Colby Hardin  
SSgt. Victoria Taylor

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**Oriental Press Chief Executive Officer**  
Charles Chong

**Advertising Manager**  
Chris Vaia

**Art Director**  
Eric Young-Seok Park

**Commercial Advertising**  
Telephone: 738-2222 ext. 6815  
E-mail: oriental\_press@outlook.com  
Address: PSC 450, Box 758, APO AP 96206-0758  
Location: Dragon Hill Lodge, Bldg. 4050-B

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Submit Letters to the Editor, guest commentaries, and story submissions to the bi-weekly Crimson Sky at:

7afpa@us.af.mil

51fwpa@us.af.mil

8fw.pa@kunsan.af.mil

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# New Phoenix takes command of 8 MXG

By Staff Sgt. Victoria H. Taylor, 8th Fighter Wing Public Affairs



**U.S. Air Force Col. Steven Anderson, 8th Maintenance Group commander, receives the guidon from Col. John Bosone, 8th Fighter Wing commander, during a change of command ceremony June 15, 2018, at Kunsan Air Base, Republic of Korea. Anderson accepted command of the 8th MXG and received the title of "Phoenix." (U.S. Air Force photo by Staff Sgt. Victoria H. Taylor)**

**KUNSAN AIR BASE, Republic of Korea --** U.S. Air Force Col. G. Hall Sebren Jr. relinquished command of the 8th Maintenance Group to Col. Steven Anderson during a change of command ceremony June 15, 2018, at Kunsan Air Base, Republic of Korea.

Col. John Bosone, 8th Fighter Wing commander, presided over the ceremony, welcoming Anderson and remarking on the accomplishments of Sebren and the Airmen of the 8th MXG.

"Despite the heightened tensions, the exercises, the heat and the cold, your leadership team has seemed to have done the impossible," said Bosone. "Phoenix without your team the F-16 serves no purpose."

Bosone presented Sebren with the Legion of Merit, and afterwards, Sebren expressed his gratitude toward the Wolf Pack for their dedication and commitment to the mission.

"To the men and women of the 8th MXG, one year ago I asked you to simply focus on your task at hand, show up with a positive attitude, work as a team and you did just that. Your hard work has not gone unnoticed," said Sebren. "[Col. Anderson] you are definitely the right person at the right time to take these fantastic Airmen to new levels of greatness."



**Members of the 8th Maintenance Group render a salute during a change of command ceremony June 15, 2018, at Kunsan Air Base, Republic of Korea. The 8th MXG is responsible for the daily flying and maintenance operations for the F-16 Fighting Falcon aircraft assigned to the 8 Fighter Wing. (U.S. Air Force photo by Staff Sgt. Victoria H. Taylor)**

The 8th MXG is responsible for the daily flying and maintenance operations, intermediate level maintenance, component repair and maintenance training for a combat wing with approximately 50 permanently assigned F-16 Fighting Falcon aircraft.

"I can say without a doubt that I'm very glad to be back on Peninsula," said Anderson. "To the men and women of the 8th MXG, I look forward to serving with you and

learning from you as proud members of the class of 2019."

Anderson comes to the 8th FW from 309th Aircraft Maintenance Group, Hill Air Force Base, Utah, where he was Deputy Commander. As commander of the 8th MXG, he controls and allocates resources, directs the activities of more than 1,200 personnel, manages the annual budget and develops and implements plans to meet wing operational taskings.

# Reservists ensure Guard Airmen medically ready



**U.S. Air Force Capt. Jessica Blas, Air National Guard's 254th Red Horse Squadron personnel officer, checks in at the medical laboratory with Tech. Sgt. Jean Arroyo, Air Force Reserve's 624th Aerospace Medicine Flight medical laboratory non-commissioned officer in charge, to complete individual medical readiness requirements during a unit training assembly at Andersen Air Force Base, Guam, June 3, 2018. The 624th AMDF, which is part of the 624th Regional Support Group, provides medical support to ensure wartime readiness and deploys qualified medical professionals in support of aerospace expeditionary rotations worldwide. (U.S. Air Force photo by Jerry R. Bynum)**

**By Jerry Bynum**  
**624th Regional Support Group Public Affairs**

ANDERSEN AIR FORCE BASE, Guam -- Total force integration was put into practice here recently when Reserve Citizen Airmen from the 624th Aerospace Medicine Flight helped Air National Guard Airmen from the 254th Air Base Group meet medical requirements.

Guardsmen and Reservists in Guam have built a successful relationship by working together when other resources aren't available during weekend duty to meet Airmen's needs.

"We have a great working relationship with the Air Force Reserve," said Brig. Gen. Johnny Lizama, Guam National Guard assistant adjutant general - Air. "We can work together regardless of the mission or need, and we're better because of that cooperation."

Airmen who needed physical health assessments and individual medical readiness requirements were seen by 624th AMDF medical staff who provided dental exams, immunizations, laboratory work and medical provider visits. While managing their own Reserve requirements, the 624th AMDF was able to facilitate 84 appointments during the weekend.

"Medical readiness is absolutely critical for our Airmen's ability to deploy at a moment's notice," said Col. Timothy Puzan, ANG's 254th Air Base Group commander. "We typically don't have this type of medical access through the active-duty medical staff during our unit training assemblies, and the Reserves give us that flexibility. It's a win for the total force team."



**U.S. Air Force Staff Sgt. Ealani Flores, Air Force Reserve's 624th Aerospace Medicine Flight immunizations backup technician, administers a vaccination to 1st Lt. Tommy Rivera, Air National Guard's 254th Air Base Group cyberspace officer, as part of individual medical readiness requirements during a unit training assembly at Andersen Air Force Base, Guam, June 3, 2018. The 624th AMDF, which is a unit of the 624th Regional Support Group, provides medical support to ensure wartime readiness and deploys qualified medical professionals in support of aerospace expeditionary rotations worldwide. (U.S. Air Force photo by Jerry R. Bynum)**

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Lt. Col. Robert Marsi, West Point Garrison chaplain, led those gathered in prayer at the conclusion of the ceremony and noted what an honor it was to celebrate the life of Maj. White, "an American Hero." (Photo by Cory Angell, West Point Garrison PAO)

# Vietnam Fighter Pilot Finally Comes Home

By Cory Angell, West Point Garrison Public Affairs



Sharon Cook attends the funeral of her late husband, Maj. James White, a fighter pilot who went missing in Southeast Asia in 1969. White's remains were recently identified by the Defense POW/MIA Accounting Agency and the Armed Forces Medical Examiner System. (Photo by Cory Angell, West Point Garrison PAO)

WEST POINT, N.Y. (AFNS) -- Maj. James Blair White went missing in Southeast Asia on Nov. 24, 1969. He was finally laid to rest at West Point alongside of his mother, father and brother, June 19, 2018.

His wife, Sharon Cook, and daughter, Katherine White, were in attendance. Katherine was less than a year old when her father went missing.

"When we were in high school, he was always incredible at sports," said Cook. "It could be a game where they were losing and the odds seemed impossible, that seem to drive him even more. Early on I expected him to knock on the door any day. I figured if anyone could make it, it

would be him."

According to the Defense POW/MIA Accounting Agency, White, a 357th Tactical Fighter Squadron fighter pilot, was in a flight attacking enemy troops when weather conditions deteriorated and contact with him was lost after his first pass. When wreckage was sighted four days later, a ground team searched the area and found small pieces of wreckage, but no remains were recovered.

White was later declared missing in action. He was not accounted for until recently, when scientists from DPAA and the Armed Forces Medical Examiner System used mitochondrial DNA analysis, dental

and anthropological analysis, as well as circumstantial evidence to identify his remains.

The headstone he will be buried under reads, "Missing in SE Asia." His father, Air Force Maj. Gen. Edward H. White, West Point Class of 1924, and his mother Mary Haller White, are named on the same stone.

His brother Air Force Lt. Col. Edward H. White II, is buried one stone away. His stone says, "First American to walk in space." He was an astronaut killed Jan. 27, 1967 while rehearsing on the launch pad for the upcoming Apollo I launch. A fire broke out in the capsule killing him, Virgil Grissom and Roger Chaffee.

"Inspired by his brother's

accomplishments, Jim also wanted to enter the space program and to do that you needed to be a test pilot," said Lt. Col. Robert Marsi, West Point Garrison chaplain. "To be a test pilot he needed flight time in combat and volunteered for service in Vietnam."

White's Air Force Academy classmates also attended the ceremony along with veterans, POW/MIA supporters, friends and members also attended. The Air Force and the West Point Band provided honors. A missing-man F-15 Eagle flyover opened the events.

"I am proud to join you all here today in honoring Maj. James Blair White, an American hero," Marsi said.

- Continued from page 3 -

Individual medical readiness requirements must be met in order for members to be placed in a deployable status. Working together in a TFI environment means standards are the same, regardless of the Air Force component. No matter the Airmen's status, they're able to have their requirements met because of uniformity.

This collaboration allows Guard Airmen to have their unique medical requirements met, and provides an opportunity for Reservists to gain experience, improve expertise and increase overall effectiveness.

"This is what being on the same team is all about," said Tech. Sgt. Vincent Nelson, 624th AMDF dental services non-commissioned officer in charge. "Guard Airmen get the care they need in order to be worldwide qualified, while our Reserve Citizen Airmen get valuable hands-on specialty experience."

All Airmen train to the same standards and capabilities, which permits flexibility between the various Air Force components. This allows units to interact and work together, maximizes resources and improves proficiency.

"Working together is mutually beneficial for the Air Force Reserve, the Air National Guard, and the total force," said Lt. Col. John Tudela, 624th AMDF commander. "Our teamwork ensures Airmen's IMR requirements are met so they're ready when needed. We're one Air Force contributing to the larger mission."

The 624th AMDF, which is part of the 624th Regional Support Group, provides medical support to Air Force component organizations to ensure wartime readiness. The unit supports the 624th RSG's mission to deliver mission essential capability through combat readiness, quality management and peacetime deployments to any area of responsibility while deploying qualified medical professionals in support of contingency operations worldwide.

**U.S. Air Force Maj. Michael Fernandez, Air Force Reserve's 624th Aerospace Medicine Flight chief dentist, conducts a dental exam for Tech. Sgt. Joshua Reyes, Air National Guard's 254th Security Forces Squadron craftsman, as part of individual medical readiness requirements during a unit training assembly at Andersen Air Force Base, Guam, June 3, 2018. The 624th AMDF, which is part of the 624th Regional Support Group, provides medical support to ensure wartime readiness and deploys qualified medical professionals in support of aerospace expeditionary rotations worldwide. (U.S. Air Force photo by Jerry R. Bynum) ►**



**U.S. Air Force Senior Airman John Cortez, Air Force Reserve's 624th Aerospace Medicine Flight immunizations backup technician, discusses immunization processing with Brig. Gen. Johnny Lizama, Guam National Guard assistant adjutant general - Air, and Col. Timothy Puzan, Air National Guard's 254th Air Base commander, where Air National Guard Airmen are completing individual medical readiness requirements during a unit training assembly at Andersen Air Force Base, Guam, June 3, 2018. The 624th AMDF, which is part of the 624th Regional Support Group, provides medical support to ensure wartime readiness and deploys qualified medical professionals in support of aerospace expeditionary rotations worldwide. (U.S. Air Force photo by Jerry R. Bynum) ◀**

# Yokota Airmen provide airlift at Red Flag-Alaska



Containment delivery system bundles parachute to the ground after being dropped from a C-130J Super Hercules assigned to the 36th Airlift Squadron during Red Flag-Alaska, June 15, 2018, near Joint Base Elmendorf-Richardson, Alaska. Approximately 2,000 total service members participate in the exercise each year, with about 1,300 coming from outside Alaska-including more than 200 international visitors (U.S. Air Force photo by Airman First Class Juan Torres).

**By Airman First Class Juan Torres, 374th Airlift Wing**

**Joint Base Elmendorf-Richardson, Ala.** -- Airmen assigned to the 374th Airlift Wing flew to Joint Base Elmendorf-Richardson, Alaska, to provide joint airlift support during the 2-week exercise, Red Flag-Alaska 18-2.

Representing the Pacific's Premiere Power Projection Platform, the Yokota Airmen joined the approximately 2,000 total service members participating in the exercise each year. With approximately 1,300 coming from outside Alaska, including more than 200 international visitors.

RF-A is a Pacific Air Force's-directed field training exercise for U.S. and international forces flown under simulated air combat conditions. It is conducted on the Joint Pacific Alaska Range Complex with air operations flown primarily out of Eielson Air

Force Base and JBER.

"We're training on how to pre-flight and load cargo, getting these bundles and personnel ready to drop under different conditions," said Airman 1st Class Jaime Suarez, 36th Airlift Squadron C-130J Super Hercules loadmaster. "During the flights we're an extra pair of eyes in the back of the aircraft. We make sure those drops go out without any problems."

RF-A is a joint exercise that includes participation from the U.S. Air Force, Army, and Marine Corps as well as international participation from allied nations.

"Being in the Pacific, we're always trying to build better partnerships and connections with our hosts," said Suarez. "When we get to fly with them it's especially rewarding because we get to show them how we perform our operational procedures, we get to discuss our differences how we can better and learn from each other."



Containment delivery system bundles fall out the back of a C-130J Super Hercules assigned to the 36th Airlift Squadron during Red Flag-Alaska, June 15, 2018, near Joint Base Elmendorf-Richardson, Alaska. RF-A is a Pacific Air Forces-directed field training exercise for U.S. and international forces flown under simulated air combat conditions (U.S. Air Force photo by Airman First Class Juan Torres).

This year, RF-A is the largest one yet with over 100 aircraft participating from the U.S. and allied nations.

The focus during RF-A is on maximizing regular, bilateral training with long-standing allies, improving integration, interoperability and cross-cultural understanding.

“At Yokota Air Base we’re expected to deliver resources or personnel throughout the Pacific region,” said Capt. Christopher Ansel, C-130J mission planning cell chief. “The airspace in Alaska allows us to better integrate with our joint partners and allied nations participating in the exercise”

This exercise provides joint offensive counter-air, interdiction, close air support and large-force employment training in a simulated combat environment.

**A 36th Airlift Squadron C-130J loadmaster, checks the approaching drop zone from a troop door during a joint jump training flight in Red Flag-Alaska, June 13, 2018, at Joint Base Elmendorf-Richardson, Alaska. RF-A provides joint offensive counter-air, interdiction, close air support, and large force employment training in a simulated combat environment (U.S. Air Force photo by Airman First Class Juan Torres)**



## Yokota's C-130J Super Hercules makes its debut in Red Flag-Alaska

**By Airman First Class Juan Torres, 374th Airlift Wing**

**Joining Base Elmendorf-Richardson, Ala.** -- Joint Base Elmendorf-Richardson, Alaska -- After a transition from the older C-130H Hercules model, the 36th Airlift Squadron are ready to provide tactical airlift throughout RF-A.

“It’s our first time flying the J-model in RF-A, so it’s really been a learning experience for us as a squadron,” said Capt. Christopher Ansel, 36th Airlift Squadron C-130J mission planning cell chief.

Yokota’s C-130Js are used to support critical peacekeeping and contingency operations in the Pacific region, including cargo delivery, troop transport, airdrop and aeromedical missions. The aircraft provides significant performance improvements and added operational capabilities that translate directly into increased effectiveness.

“The C-130J is more capable in terms of power and size which enhances our ability to move cargo, especially throughout a mountainous environment like the one here in Alaska,” said Ansel. “Also, by having the improvement of a fully digital flight deck with

more situational awareness tools helps us safely operate on a more complex airspace.”

The C-130J incorporates state-of-the-art technology to reduce manpower requirements, lower operating and support costs, and provide life-cycle cost savings over earlier C-130 models. Compared to older C-130s, the J model climbs faster and higher, flies farther at a higher cruise speed, and takes off and lands in a shorter distance.

While Yokota has earned the name of Pacific’s Premiere Power Projection Platform, the Airmen from the 374th Airlift Wing have no doubt they now stand on the shoulders of giants.

“The C-130H Hercules aircrews definitely made an impact in the Pacific,” said Airman 1st Class Jaime Suarez, 36th AS C-130J loadmaster. “Now as a transitioned C-130J Super Hercules squadron, we try to live up to their legacy. Being here with over 30 units participating in an exercise this big is definitely a good opportunity for us to develop our understanding of how we operate and how we function with others. We need to know everything from working with the U.S. Army to working with different nations, so when the time comes we just have to send it.”



**Airmen assigned to the 36th Airlift Squadron load containment delivery system bundles into a C-130J Super Hercules during Red Flag-Alaska, June 11, 2018, at Joint Base Elmendorf-Richardson, Alaska. CDS bundles are used to simulate airdrop procedures for supplies to ground forces during a real-world scenario (U.S. Air Force photo by Airman First Class Juan Torres).**

# A peak behind the curtain: PTSD barriers and stigmas

By Shireen Bedi  
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Effective treatment of post-traumatic stress disorder is possible, but many Airmen falsely think seeking medical help for PTSD will hurt their career and will not help them get better.

These stigmas and misconceptions create perceived barriers, preventing Airmen from seeking care. Delaying treatment can cause the anxiety and fear following a traumatic event to affect an Airman's readiness.

"If not properly addressed, PTSD decreases Airmen's quality of life," said Capt. Jordan Fields, an Air Force clinical psychologist at Joint Base San Antonio, Texas. "They can be less engaged, isolate themselves, and become more irritable and angry. It tends to have a negative impact on relationships, job performance, and mission readiness."

Lt. Col. Joel Foster, the Air Force Mental Health Policy chief, says that many times Airmen delay seeking treatment for mental health problems because they have heard supposed stories of Airmen losing their jobs after going to the mental health clinic. Air Force mental health experts say these stories are largely myths, and that the vast majority of visits to the mental health clinic result in Airmen getting better.

"You can have one person in an entire squadron be discharged for mental health and word of that rare case spreads," said Foster. "As a result, the rest of the squadron will have that fear despite the overwhelming fact that there is a relatively low risk that their PTSD diagnosis will negatively impact their career."

As Foster explains, cases of Airmen losing careers from a PTSD diagnosis are extremely rare because current treatments have improved and access to mental health care has increased.

Some Airmen may put off seeking PTSD treatment because

they do not know what the therapy entails.

"People are hesitant to try something when they do not know what to expect," said Foster. "Many associate mental health with things they have seen on television, which is not always a positive image."

Foster explained that negative media portrayals of mental health creates an image that PTSD is a chronic, life-long disease that is difficult to treat. According to retired Lt. Col. Alan Peterson, consortium director, South Texas Research Organizational Network Guiding Studies on Trauma and Resilience in San Antonio, Texas, this is not the case.

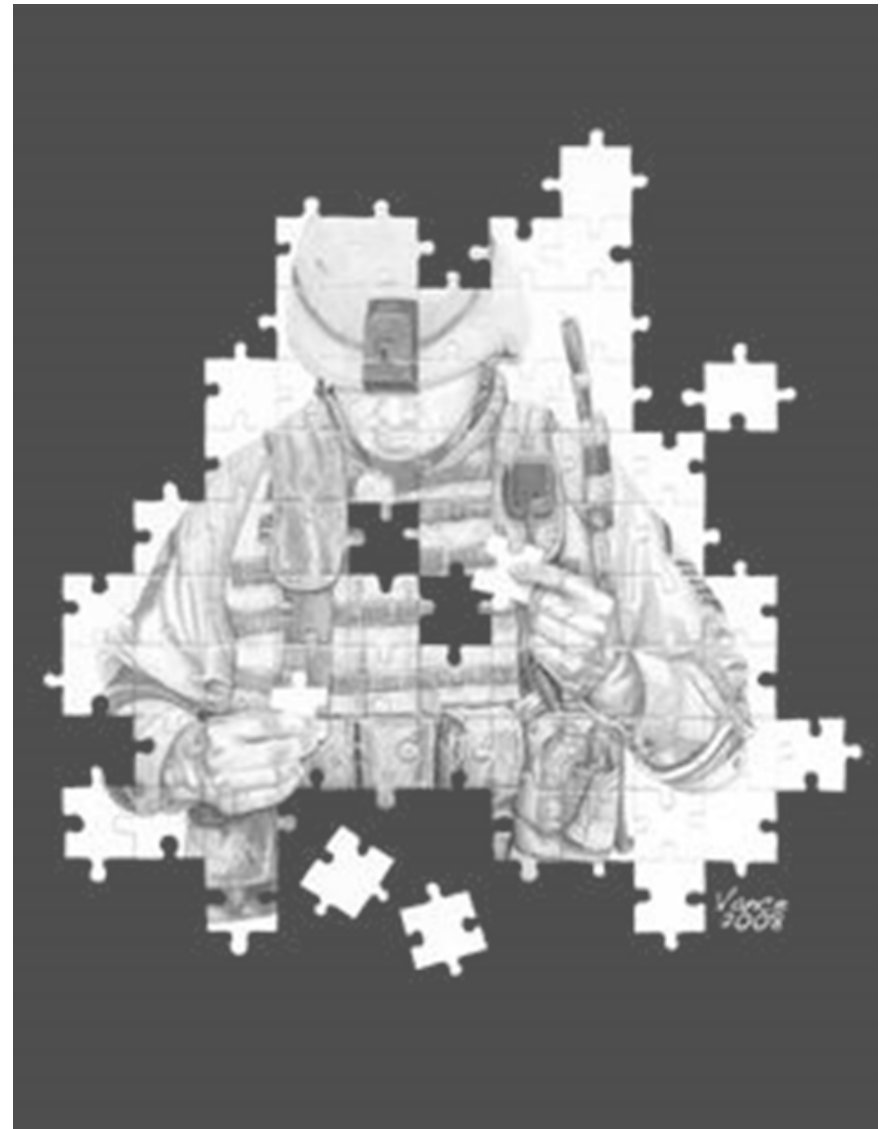
"This could not be further from the truth," said Peterson. "For active duty military who seek PTSD care, there is a very good chance that they can be treated within 10 sessions and be fully fit to support the mission."

According to Foster, mental health providers depend on a set of standard treatment practices, built on years of research, proven to be effective, and vary little from therapist to therapist. Protocol-based therapies have clear objectives in place for each session. Prolonged exposure and cognitive behavior therapy are two of the most common therapies.

"For example, with prolonged exposure, we will safely work with the patient to slowly discuss those feelings and emotions surrounding the traumatic event until the fear and anxiety subsides," said Foster. "Sessions are recorded for patients to review on their own. Often, they are given homework to help continue the therapeutic practices at home."

PTSD treatments are highly effective. Foster cited research that shows more than 80 percent of patients respond favorably to protocol-based treatments.

"I have treated many PTSD patients who respond extremely well to protocol-based treatment," said Foster. "After treatment



**Those that suffer from post-traumatic stress disorder (PTSD) are consistently trying to regain some sense of the normalcy they had before events that caused pieces of themselves to go missing. Misconceptions and stigmas surrounding PTSD get in the way of successful recovery and the ability to return to duty. (U.S. Air Force illustration by Master Sgt. William Vance)**

many of them no longer meet the criteria to be diagnosed with PTSD. It is a total loss of diagnosis. This is great for the active duty population because it allows them to do their job."

As Fields explains, treatment can be difficult, but worth it. Most patients are able to return to their jobs and lives, and function at a high level.

"We are still learning more about PTSD itself, but it is important to know that it is very treatable," said Fields. "Every Airman needs to know that."

Researchers continue to look at ways to improve PTSD treatment so that Airmen can get even better results. Peterson established a group of 150 investigators to focus

on developing and evaluating protocol-based treatments for PTSD in active duty military.

"One study, called Project Remission, involves a 3-week, full-time intensive treatment for PTSD," said Peterson. "The goal is to provide the most intensive treatment that has ever been developed where patients can return to duty after three weeks of treatment."

Project Remission accepts referrals for active duty military to participate in this intensive treatment program through Brook Army Medical Center and the University of Texas Health Science Center at San Antonio. Those interested can visit [www.strongstar.org/treatment](http://www.strongstar.org/treatment) for more information.



# 7th Air Force commander visits Wolf Pack

By 8th Fighter Wing PA  
8th Fighter Wing

Kunsan Air Base, Republic of Korea -- Lt. Gen. Thomas Bergeson, 7th Air Force commander, met with Wolf Pack leadership and Airmen during a visit to Kunsan Air Base, Republic of Korea, June 22, 2018. The 8th Fighter Wing is assigned to 7th Air Force, which plans and directs U.S. air component operations in the Republic of Korea and Northwest Pacific.



Col. John Bosone, 8th Fighter Wing commander, greets Lt. Gen. Thomas Bergeson, 7th Air Force commander, after arriving at Kunsan Air Base, Republic of Korea, June 22, 2018. During the visit Bergeson met with Wolf Pack leadership and visited Airmen. (U.S. Air Force photo by Tech. Sgt. Charles McNamara)



Chief Master Sgt. Robert Baker, Chief Enlisted Manager from the 8th Communication Squadron, welcomes Lt. Gen. Thomas Bergeson, 7th Air Force commander, to Kunsan Air Base, Republic of Korea, June 22, 2018. While at Kunsan, Bergeson met with the Wolf Pack's top enlisted leaders and visited Airmen. (U.S. Air Force photo by Staff Sgt. Levi Rowse)



Lt. Gen. Thomas Bergeson, 7th Air Force commander, speaks with Senior Airman Alexander Wing, a vehicle operator from the 8th Logistics Readiness Squadron, during a visit at Kunsan Air Base, Republic of Korea, June 22, 2018. While at Kunsan, Bergeson visited Airmen and met with Wolf Pack leadership from across the base. (U.S. Air Force photo by Tech. Sgt. Charles McNamara)

## Improved AF-WIN tool helps eligible Airmen meet retraining goals

By Richard Salomon  
Air Force's Personnel Center

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS)

-- Officials at the Air Force's Personnel Center recently updated and improved the Air Force Work Interest Navigator, or AF-WIN, tool which helps Airmen who are interested in re-training to identify which Air Force Specialty Codes best fit their strengths and interests.

AF-Win is a web-based tool that presents a series of questions to Airmen on functional communities, job contexts and work activities and then creates a customized career fit report (ranked highest to lowest in terms of fit) on more than 130

enlisted Air Force careers tailored to the Airmen's interests.

"The AF-WIN tool requests Airmen to take a 10-minute survey and serves as an important self-discovery tool for Airmen exploring other Air Force career fields," said Mr. Ken Schwartz, Air Force Testing & Survey Policy chief. "It provides an overall occupational snapshot to help Airmen identify good-fit areas for retraining."

The new AF-WIN version has an improved user interface, more information about specific career fields, technical training information, specific work activities and improved filters that allow users to sort career fields based on Armed Services Vocational Aptitude Battery,

or ASVAB, scores and educational requirements.

For example, clicking on the manpower career field's (3S3X1) AF-WIN entry brings up information on job tasks such as using and integrating process teams, benchmarking, process mapping, performance measurement, establishing metrics for manpower requirements and more.

Although the AF-WIN tool can help Airmen identify potential AFSCs, it does not reflect actual retraining quotas nor an individual's eligibility for retraining.

"Enlisted retraining is a force management program used primarily to balance the enlisted career force across all AFSCs and

ensures the sustainability of career fields," said Mr. Bob Kerr, Air Force Training Requirements chief. "The AF-WIN tool creates a customized career fit report that can help Airmen fine tune their retraining goals while helping the Air Force meet current and future mission needs."

The Air Force Recruiting Service launched a similar version that is geared toward new recruits on AirForce.com.

All retraining information, including the AF-WIN tool, is available on the enlisted retraining homepage on myPers using a CAC-enabled, .mil computer. Click "Retraining" from the active-duty enlisted landing page.



**M**embers of the Army's 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade and the Italian Army's 186th Airborne Regiment, Forlgoe Brigade board a C-17 Globemaster III during exercise Bayonet Strike June 13, 2018, at Aviano Air Base, Italy. (U.S. Air National Guard photo by Senior Airman John Linzmeier) ▲



**A**irman 1st Class Victoria Goehner, 18th Security Forces Squadron response force member, places Airman 1st Class Ronald Martinez, 18th SFS response force member, in a choke hold during combatives training June 12, 2018, at Kadena Air Base, Japan. (U.S. Air Force photo by Staff Sgt. Micaiah Anthony) ▲



**F**our A-10 Thunderbolt II aircraft fly next to a KC-135 Stratotanker during Saber Strike 18, June 8, 2018. All four A-10s were refueled in flight allowing them to quickly return to their training and provide support for the exercise. (U.S. Air Force photo Staff Sgt. Jimmie D. Pike) ◀



**A**n F-16 Fighting Falcon assigned to the 18th Aggressor Squadron, Eielson Air Force Base, Alaska, takes off prior to a sortie as part of Red Flag Alaska, June 11, 2018. (U.S. Air National Guard photo by Tech. Sgt. John Winn)



**R**ussell Logan, a Department of Defense Warrior Games athlete and Team Air Force member, passes the ball to his teammate, Anthony Pearson, during the wheelchair basketball championship game at the U.S. Air Force Academy, Colorado Springs, Colo., June 9, 2018. Competing in the games were service members and veterans with upper and lower body limitations, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses and post-traumatic stress. (U.S. Air Force photo by Senior Airman Dennis Hoffman) ◀



**S**enior Airman Cristen A. Manjarrez, left, an aeromedical evacuation technician with the 514th Aeromedical Evacuation Squadron, 514th Air Mobility Wing, checks the blood pressure of Master Sgt. Latresia T. Pugh, an aeromedical examiner with Air Mobility Command during a joint training mission with Airmen from the 732nd Airlift Squadron on board a C-17 Globemaster III June 17, 2018. (U.S. Air Force photo by Master Sgt. Mark C. Olsen) ▲



**A**ir Force Chief of Staff Gen. David L. Goldfein presents Mrs. Doris Day the Brig Gen. rank of her husband Colonel George E. "Bud" Day, retired and deceased, during the 2018 Heritage to Horizons summer concert in Arlington, Va., June 8, 2018. The stars were originally Goldfein's when he was a Brig. Gen. (U.S. Air Force photo by Wayne A. Clark) ◀

## • BULLETIN •

In case of fire, smell of smoke, and/or fire alarm bells sounding, remember S-P-E-E-D and perform these actions:

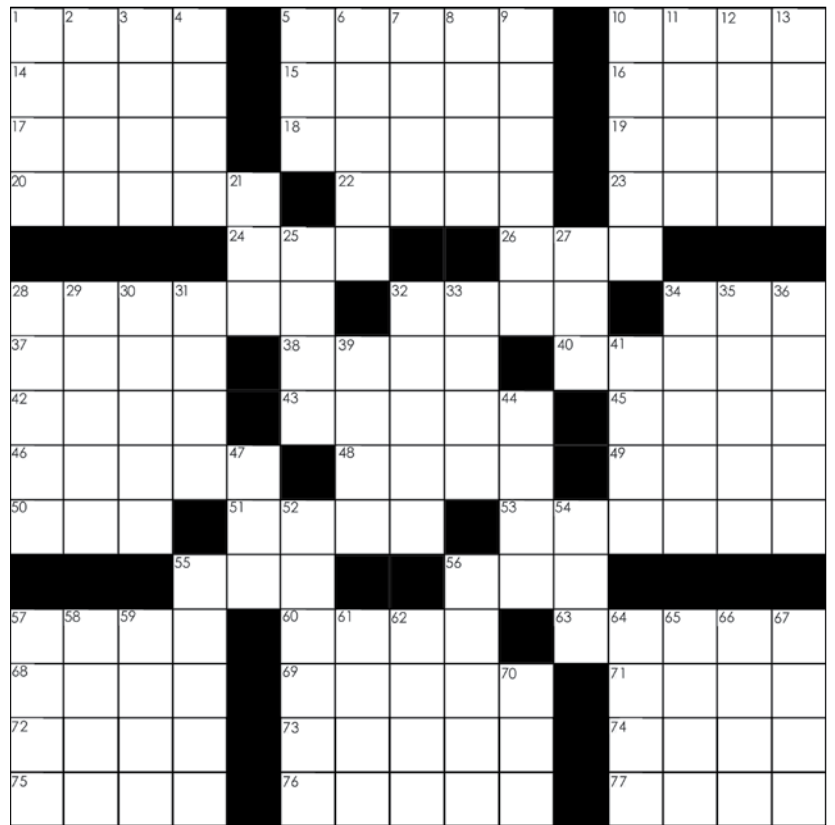
- S - Sound the alarm (Alert all in the building)
- P - Phone 911 (call Fire Department Dispatch Center with details)
- E - Evacuate the building
- E - Extinguish the fire (if it can be done without injuring yourself)
- D - Direct first arriving fire crew of where the fire or emergency is located

No matter how small or large the fire is, even if it is extinguished, call 911 or 0505-784-9111. All fires must be reported to the Fire Department. Should you have any questions, feel free to reach out to Fire Prevention Office at 784-4835. Have a fire safe day.



## The Crossword

By Jon Dunbar



### ACROSS

- 1 Right to bear \_\_\_\_
- 5 Dreamworks ogre
- 10 Desert-dwelling alien
- 14 Baby beef
- 15 K-pop girl group
- 16 Rideshare app
- 17 Uncool
- 18 Rich person's boat
- 19 Gonorrhoea
- 20 Brains rival
- 22 Actress Seear
- 23 Wife of Zeus
- 24 Gas alternative
- 26 Myung-bak or Bruce
- 28 US Navy ship in Pyongyang
- 32 Greek god of war
- 34 Breaking \_\_\_\_
- 37 Thomas \_\_\_\_ Edison
- 38 Bridge \_\_\_\_ Return
- 39 Soldier's vacation
- 42 Goes with name or friendly

### DOWN

- 33 Cowboy's rope
- 45 \_\_\_\_ retentive
- 46 Han Solo's friend
- 48 Hite rival
- 49 Saliva
- 50 Social media
- 51 Opposite of closed
- 53 Nipple surrounder
- 55 Two \_\_\_\_ Kind
- 56 Ten divided by ten
- 57 Rotary phone feature
- 60 Eliminates
- 63 Asian dollar store
- 68 Elevator manufacturer
- 69 Astronomer Giovanni
- 71 Cut with scissors
- 72 Pimple
- 73 Philippine city
- 74 \_\_\_\_ boy!
- 75 Snub
- 76 Lotte Mart rival
- 77 Liam Gallagher's brother

### DOWN

- 1 Mobile bridge
- 2 Goes with admiral or echelon
- 3 Opposite of papa
- 4 Scads
- 5 Pig's home
- 6 Kyo-ahn or Woo-suk
- 7 "\_\_\_\_ Suave"
- 8 Between delta and foxtrot
- 9 Makes tea or corn
- 10 North Korean state ideology
- 11 Capable
- 12 Put on
- 13 Marine radar feature
- 21 Korean maritime boundary
- 25 Goes with motor or cue
- 27 Foreign teacher's subject
- 28 Anka and Rudd
- 29 Korean shipyard city
- 30 Opposite of odds
- 31 Medieval entertainer
- 32 Korean city with lots of migrant

### workers

- 33 Betsy or Wilbur
- 34 Bridge in Seoul
- 35 To no \_\_\_\_
- 36 Competitor of United
- 39 Goes with book or cloth
- 41 Relaxation
- 44 Pyeongtaek air base
- 47 Screwup exclamation
- 52 Military street celebration
- 54 Goes with herring or dawn
- 55 Mary-Kate and Ashley
- 56 Academy Award
- 57 Casualties
- 58 Skin irritation
- 59 Japanese-Siberian people
- 61 Islamic worship leader
- 62 Prima donna
- 64 Cheonan neighbor
- 65 Beating swords \_\_\_\_ ploughshares
- 66 Goes with camp or web
- 67 Whitish jewel

Answers (6-15-2018)	25 YON	63 EQUUS	6 MAKGEOLLI	36 EYED
ACROSS	27 CEOS	64 SOUS	7 OREO	37 RORO
-----	29 DEURNE	65 THEO	8 GASSY	39 GANGNEUNG
1 DAUM	34 OPERA	66 WURST	9 MARINES	41 ATEC
5 SMOG	38 LOGISTICS	67 INNO	10 ERIC	44 AMNESTY
9 MEDAL	40 DAYO	68 TEAM	11 DODO	45 ESC
14 OGRE	41 ALLAN	69 NATTY	12 AMEN	48 TUCSON
15 LARA	42 EGIS	70 SIGN	13 LARS	50 OASIS
16 AROMA	43 OPERATION	71 ELMS	24 RCA	52 LOTTE
17 VIAL	45 ERASE	DOWN	26 ODIN	53 ETHEL
18 EKES	46 RADOME	-----	28 SOLOS	54 ATEAM
19 RIDER	47 SGTS	1 DOVER	30 UTER	55 ROOMS
20 ELLE	49 NCO	2 AGILE	31 RIGA	56 HEWN
21 EGOS	51 NUCLEAR	3 URALS	32 NCIS	57 AQUA
22 ICONS	56 HAOE	4 MELEE	33 ESSE	58 HURT
23 RESERVE	60 ALEC	5 SLEEVE	34 ODOR	59 OUST
	62 OTTO		35 PAPA	61 LONI

**"DISCOUNT!!"** All 2D movies! **40~45% OFF**

This deal applies (only) to all U.S base military personnel.

From : Jan. 15th, 2018 ~ Jun. 30th, 2018

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# Guidebook to Korea's Summer Festivals

- July -



Summer is a time for fun vacations and outings with family and friends. Wherever one's destination in Korea may be, check out some of these fascinating summer festivals to help you forget the scorching heat. For summer activities, the best of the best includes beach festivals like Boryeong Mud Festival in July, and Busan Sea Festival in August. There are also cultural festivals like Bucheon International Fantastic Film Festival, where one can watch fantasy movies all night long; Incheon Pentaport Rock Festival, with performances by internationally famous rock musicians; and Gangjin Celadon Festival, which features a variety of ancient ceramics. With so many great festivals to choose from, it's easy to find many ways to enjoy your summer in Korea.



## Buyeo Seodong Lotus Festival

**Period:** July 6-15, 2018

**Venue:** Area of Seodong Park and Gunnamji Pond in Buyeo-gun, Chungcheongnam-do

The Buyeo Seodong Lotus Festival is held at Gunnamji, the first man-made pond in the nation. The most popular event at the festival is the performance showcasing the love story between Prince Seodong (King Muwang's childhood name) and Princess Seonhwa. This year's festival will feature LED illuminations and sculptures for beautiful photos. Other programs include lotus face-painting, drinking lotus tea, making lotus soap, and a variety of other hands-on events for all to enjoy.

- Continued on page 22 -

## Kunsan

**- KUNSAN PHOTO CLUB -**

Interested in sharing your photography experience with others and exploring Korea along the way? Have a camera, but want to learn how to use it more completely? Then join the Kunsan Photo Club as they delve into the finer qualities of photography where the key concept is: "It's not the camera that makes a great photo, but the photographer." If interested in joining, the group can be found on Facebook, just search for "Kunsan Photo Club."

**- WOLF PACK LODGE -**

Lodging Space A Policy  
Need a break? Got family visiting and no room to house them? You can book lodging rooms on a space available basis up to 120 days in advance for a maximum of 30 days depending on availability. You can also book reservations for the holiday season (November and December) up to 30 days in advance for a maximum of 15 days. (Depending on availability) Book now for all of those relatives coming for the holiday!

Reservations – Front Desk-DSN 782-1844 or Commercial (82)63-470-1844 FAX: DSN 315-782-0633 Commercial (82)63-470-0633

**- SUNDAY SONLIGHT DINNER -**

Every Sunday, volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to "Southern style." For more information or to volunteer, contact the chapel at 782-HOPE.

**- SPONSOR TRAINING -**

Learn creative ways to assist newcomers reporting to Kunsan AB. Registration required. Class is held at the Airman and Family Readiness Center. Call 782-5644 for more information, dates or to sign up.

**- ROKAF ENGLISH CLASS -**

Team 5/6 is looking for volunteers to support the ROKAF English class every Saturday, at the Sonlight Inn. You will be talking to ROKAF Airmen (enlisted) for approximately one hour. This event is open to all ranks! Civilian attire is preferred, however, UOD is allowed.

For more information, contact Staff Sgt. Charles Nelson.

**- PING PONG TOURNAMENT -**

Free to all. Prizes for first and second places. Prizes include Wolf Pack Won. To sign up, dates or for more information, call the CAC at 782-5213 or 4679.

## Osan

**- WHAT'S HAPPENING -**

**FITNESS CENTER TO CLOSE ON SUNDAYS:** The Osan Fitness & Sports Center will be closed on Sundays starting on Sunday, 24 June, 2018. 24 Hour access is still available on Sundays. If you still need to register your CAC, please feel free to stop by the Fitness Center front desk Monday through Friday from 0500-2200 or on Saturdays from 0800-1700.

**TAEKWONDO LESSONS:** The 51st FW is offering Combat Taekwondo to Osan units to physically and mentally prepare Airman to "Fight Tonight". For more information or to sign up, please contact chet.garretson@us.af.mil.

**FINANCE CLOSURE:** 51 CPTS will be closed for an official function, 2 Jul, 1100 - 1630. Normal business hours will resume 3 July, 0830 – 1630.

**- VOLUNTEER OPPORTUNITIES -**

**HONOR GUARD RECRUITMENT:** The 51st FW Honor Guard team are looking for Airmen who will represent the epitome of excellence and professionalism. Membership to the Honor Guard is not automatic but earned. If you wish to apply, please contact the Honor Guard NCOIC, SSgt Barry Hubbard at barry.hubbard@us.af.mil or his alternate, SSgt John Olubiyi at john.olubiyi.1@us.af.mil. The Ceremonial Guardsmen are the epitome of excellence and professionalism that represents the Air Force. Applicants must have at least 6 to 9 months left on station.

**BASE SEEKS SOFTBALL OFFICIALS:** Earn a bullet for your EPR or OPR by officiating intramural softball games at Osan AB. Along with the community service bullet, you can earn extra spending money while you serve the community. The season is underway, but you can still get trained and assigned games from June into August. Please contact David Moysey at 784-9176 or 010-2188-5528 for more information.

**- RECURRING -**

**KOREAN AMERICAN PARTNERSHIP ASSOCIATION (KAPA):** Are you seeking ways to get involved in the local community and interact with Korean students while you are here at Osan? Here are some opportunities to get involved and learn about the local culture and community:

**CULTURAL EXCHANGE:** Korean students are brought on to Osan to learn English while interacting with American volunteers. This event is held the first Saturday of each month from 0930-1500. Meet at the 7-11 outside

Osan's main gate.

**OSAN TROOPS FOR TRASH:** Korean students and volunteers go on an 8-mile hike to pick up trash in the Songtan Entertainment District and on Buraksan Mountain. This event is held on the second Saturday of each month from 0930-1500. Meet at the 7-11 outside Osan's main gate.

**DOOLITTLE DUMPSTERS:** Korean students and volunteers clean up garbage along the road between Osan's Main Gate and Doolittle Gate. This event is held the third Saturday of each month from 0930-1400. Meet at the 7-11 outside Osan's main gate.

**HUMPHREY'S TROOPS FOR TRASH:** Korean students and volunteers clean the shopping area outside the walk-through gate of U.S. Army Garrison Humphreys. The group also goes to Castle Park to learn some of the history and culture of Korea. This event is held the fourth Saturday of every month from 1000-1400. Meet at Camp Humphrey's walk-through gate. If you are interested in any of these events or would like more information, please email Mr. In Won Yi at kapaosan@yahoo.com.

**- PUBLIC AFFAIRS ASSISTANCE -**

**OSAN STORIES:** The Public Affairs office is always looking for Airmen of any rank or AFSC with unique backgrounds, interesting hobbies or special stories that can be told to the Air Force audience. If you believe that you or someone you know falls into one of these categories, please contact the 51st FW Public Affairs office at DSN 784-4044 or email at 51fwpa@us.af.mil.

**OSAN SOCIAL MEDIA:** Keep up on what's going down. Visit the 51st FW's official Facebook, YouTube and now you can find us on Instagram by searching for OsanAirBase from your mobile Instagram app.

**WEBSITE UPDATES:** If you see any outdated or missing information or updates that need to be made to the official www.osan.af.mil/ website, let the Public Affairs office know at DSN 784-4044 or email at 51fwpa@us.af.mil.

**OFFICIAL PHOTO WALK IN HOURS:** Walk-in hours are every Tuesday and Wednesday from 0800 to 1030. Studio appointments are available from 0800 to 1030 and 1200 to 1600, Monday through Friday, except on official U.S. and Korean holidays, or on wing down days. A vMPF printout of your ribbon rack is required. Appointments can be made in person or by calling Mr. Song at DSN 784-2218.

Kunsan's emergency phone numbers			
Emergency Services	911	Commander's Hotline	782-5224
Off Base/Cell Emergency	063-470-0911	After-hours medical advice	782-4333
Crime Stop: (to report a crime)	782-5444	IG Complaints FWA Reporting:	782-4850 (duty hours) 782-4942 (anytime)
Base Locator: (after duty hours)	782-4743	Chaplain (After duty hours)	782-6000
Law Enforcement desk	782-4944	Sexual Assault Response Coordinator (SARC)	782-7272
Emergency Leave / Red Cross	782-4601 (on base) 1-800-733-2761 (anytime)		

Osan's emergency phone numbers			
Emergency Services (Fire, Medical, Security Police)	911	Commander's Hotline	784-4811
Off Base/Cell Emergency	031-661-9111	Crime Stop: (to report a crime)	784-5757
Emergency Room:	784-2500	IG Complaints FWA Reporting:	784-1144
Base Locator: (after duty hours)	784-4597	Emergency Leave	784-7000
Force Protection Information Hotline:	115	Sexual Assault Response Coordinator (SARC)	784-7272
Chaplain (After duty hours)	784-7000	Security Forces Control Center	784-5515



# 51st Squadron change of command



## Security Forces Squadron

**OSAN AIR BASE, Republic of Korea** -- Col. Kevin Mantovani, 51st Mission Support Group commander, left, presents the guidon to Maj. Stephen Addington, 51st Security Forces Squadron commander, during a change of command at Osan Air Base, Republic of Korea, June 22, 2018. Addington is a recent graduate of the U.S. Army's Command and General Staff College. Previously, he was the commander of the 791st Missile Security Forces Squadron at Minot Air Force Base, North Dakota, where he led over 400 military and civilian professionals tasked to provide continuous security response for the 91st Missile Wing and our nation's most vital strategic nuclear deterrent assets. He supervised the protection of 150 Minuteman III intercontinental ballistic missiles during maintenance operations and logistics movements, as well as launch facilities, which remain on constant 24-hour alert, throughout an 8,500 square mile area. His unit also sustained a combat-ready force deployable in support of wartime and peacetime operations. (U.S. Air Force photo by Staff Sgt. Benjamin Raughton)

## Communications Squadron

**OSAN AIR BASE, Republic of Korea** -- Col. Kevin Mantovani, 51st Mission Support Group commander, left, presents the guidon to Lt. Col. Austin Hood, 51st Communications Squadron commander, during a change of command ceremony at Osan Air Base, Republic of Korea, June 19, 2018. Hood was the Information Dominance and Chief Information Officer for the office of the Secretary of the Air Force, A5, at the Pentagon in Washington D.C., where he was the primary support for the Information Dominance Governance structure, which addressed enterprise-level issues underpinning all Air Force missions. Prior to this, Hood commanded the 14th Communications Squadron at Columbus Air Force Base, Mississippi, leading 47 personnel to provide a collaborative working environment supporting the Air Force's third largest flying hour program culminating in 110 thousand sorties and 144 thousand flying hours for 45 allied nations. (U.S. Air Force photo by Staff Sgt. Benjamin Raughton)



## Maintenance Squadron

**OSAN AIR BASE, Republic of Korea** -- U.S. Air Force Maj. Kristen Torma receives the 51st Maintenance Squadron (MXS) guidon from Col. Michael Hammond, 51st Maintenance Group commander, during a change of command ceremony at Osan Air Base, Republic of Korea, June 21, 2018. Prior to taking leadership of 51st MXS, Torma served as commander of the 20th Aircraft Maintenance Squadron at Shaw Air Force Base, South Carolina. (U.S. Air Force photo by Senior Airman Kelsey Tucker)





## Operations Support Squadron

**OSAN AIR BASE, Republic of Korea** -- U.S. Air Force Lt. Col. Peter Moughan receives the 51st Operations Support Squadron guidon from Col. Cary Culbertson, 51st Fighter Wing vice commander, during a change of command ceremony at Osan Air Base, Republic of Korea, June 15, 2018. Moughan is a senior pilot with more than 1,600 flight hours, 298 of which were combat hours in the T-38C Talon and A-10C Thunderbolt II. (U.S. Air Force photo by Senior Airman Kelsey Tucker)

## New 8th Medical Group Hawk “takes flight”



**U.S. Air Force Col. Robert D. Peltzer, 8th Medical Group commander, receives the guidon from Col. John Bosone, 8th Fighter Wing commander, and speaks during a change of command ceremony June 13, 2018, at Kunsan Air Base, Republic of Korea. The 8th MDG is responsible for the medical care of approximately 2,700 active duty personnel and also maintains a specialty care network partnering with several civilian and military health care facilities. (U.S. Air Force photo by Staff Sgt. Victoria H. Taylor)**

**By Staff Sgt. Victoria H. Taylor  
8th Fighter Wing Public Affairs**

**KUNSAN AB, Republic of Korea** -- U.S. Air Force Col. Joann Palmer relinquished command of the 8th Medical Group to Col. Robert D. Peltzer during a change of command ceremony at Kunsan Air Base, Republic of Korea, June 13, 2018.

Col. John Bosone, 8th Fighter Wing commander, presided over the event and noted the accomplishments during the past year and the continuing successes of the medical group.

“In the last year, Col. Palmer, you led the Medical Group to amazing levels of readiness during a time of crisis and you did it exceptionally

well,” said Bosone. “I see the passion in your eyes when you talk about your team, and it is apparent how much you care about every Airman in your group.”

Bosone presented Palmer with the Legion of Merit, and afterwards, Palmer expressed her gratitude toward the Wolf Pack for their dedication and commitment to the mission.

“I couldn’t be more proud of the accomplishments of our group,” said Palmer. “It was truly an honor and privilege to be called to serve as the 49th Hawk and be a part of the legendary Wolf Pack.”

The 8th MDG is responsible for the medical care of approximately 2,800 active duty personnel and also maintains a specialty care network partnering with several civilian and military health

care facilities.

“To the men and women of the 8th Medical Group, I thank you for welcoming me as your new commander,” said Peltzer. “Our group is comprised of less than 200 taking care of more than 2,000, therefore we need to remain laser focused on providing trusted care to the remain 90 percent of the base so they are ready to fight tonight!”

Peltzer comes to the 8th FW from the Air Force Medical Operations Agency, Joint Base San Antonio Lackland-Kelly, Texas where he was Chief, Health Benefits Division and Deputy Director.

“We are fortunate to have a fantastic leader, Col. Peltzer to take command of the mighty medical group,” said Bosone.

# Living with Post-Traumatic Stress Disorder; a veteran's story (Part 1)

By Cory Angell, West Point Garrison Public Affairs

**Ryan Kaono, a support agreement manager with the Air Force Installation and Mission Support Center, shares a laugh with a videographer during an interview while his service dog Romeo keeps a steady eye on the photographer. Romeo helps Kaono quickly recover from bouts of anxiety and night terrors related to enemy attacks while he was deployed to Saudi Arabia and Iraq. (U.S. Air Force photo by Armando Perez)**



## JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS)

-- Post-traumatic stress disorder carries him into the depths of fear and pain; reliving images of death and destruction. Closing his eyes to night terrors at sundown and fighting through daily anxiety attacks eventually pushed him to the brink of suicide so he could put an end to the never-ending cycle.

It wasn't until his second suicide attempt that Air Force veteran and Air Force Installation and Mission Support Center support agreement manager Ryan Kaono took steps to face his invisible scars and reach out for help.

It was 2010 and he hadn't slept in more than four days, knowing he'd get flashbacks of what he'd experienced during deployments to Saudi Arabia and Iraq.

"They were terrible," Kaono said. "I would wake up screaming and my wife would be scared. Out of desperation, I decided I was going to end it."

Kaono's wife, Alessa, said it was very difficult for her to watch her husband suffer with no real diagnosis.

"You feel helpless," she said. "I described it as having an animal or child unable to speak yet you know they're feeling something. You see a look in their eyes that they're suffering but you don't know what you can do to help them."

Exhausted and going through

myriad feelings, Kaono swallowed numerous prescription drugs in the hopes of not waking up. Something inside him, however, made him reach out to his commander for help, letting her know what he'd done.

He was admitted to the Los Angeles Veterans Affairs hospital for a few days of observation and diagnosed with PTSD. This began his journey of living with the disorder instead of being a slave to it.

His diagnosis came with some relief but angst as well.

"I was scared yet relieved at the same time," Alessa said. It was a roller coaster of emotions. I was happy he was finally diagnosed but both he and I knew it would be a long and difficult journey at times."

Even today, two deployments replay in the mind of the former security forces military working dog handler and logistician.

### Khobar Towers, Saudi Arabia

In June 1996, Kaono was working a gate at Khobar Towers, Saudi Arabia, when a vehicle-borne improvised explosive device detonated on the other side of the compound, killing 19 and wounding countless others.

"When the actual blast went off, it was chaos everywhere," Kaono said. "I had to stop and put that part behind me. I needed to focus and ensure that the folks who had been

injured or disoriented ... were taken care of."

For years, he continued pushing the many visions of pain and suffering he'd seen there to the back of his mind where they festered.

In total, the Hawaii-native had 11 deployments as a security forces defender by the time he found himself at Ramstein Air Base, Germany, struggling with anger issues.

"I would quickly get frustrated; I would have bouts of just frustration and real anger," he said.

While on a smoke break outside of central security control one day, Kaono lost consciousness and fell to the ground. Controllers inside the building were able to see what happened and his officer-in-charge ran to his aid.

When he regained consciousness, his captain was leaning over his chest, trying to wake him.

He was quickly taken to the hospital where he suffered with partial paralysis in his legs for about 10 hours and the inability to use his body from the base of his neck to his fingertips for three days.

His medical team diagnosed him with syncope; the uncontrollable loss of consciousness with no real explanation.

"From that, they determined I couldn't deploy, I couldn't carry a weapon so I couldn't really be a security forces member anymore,"

Kaono explained. "I was force retrained for medical reasons into logistics."

### Balad Air Base, Iraq

Fast forward to 2005 when Kaono served as first sergeant and deployment manager for the 93rd Aircraft Maintenance Squadron in Balad, Iraq.

As a dual-hatted logistics planner and first sergeant in the Reserves, he was responsible for making sure unit members arrived safely at their deployed location, were able to get their jobs done and would return home to Homestead Air Reserve Base, Florida, when their deployment was over.

While in a meeting with senior leaders, the base began taking mortar fire that impacted closer and closer to Kaono's trailer and two fully-loaded F-16s nearby.

"They were trying to walk (mortars) up our runway to our loaded aircraft," Kaono said, with the expectation that they'd be able to hit the aircraft causing secondary explosions with more damage.

While everyone in the room was running for cover, Kaono gathered up classified materials to stow in a safe.

"It wasn't my first mortar attack so I really didn't think anything of it," he said.

With the sensitive documents in the safe, Kaono turned to leave to

seek shelter when a mortar pierced the aluminum trailer and exploded, sending him 15-20 feet in the air before slamming his head and right shoulder into a concrete Jersey barrier.

"It felt essentially like The Matrix ... I'm floating through the air and everything is going in slow motion. I see shrapnel and dust and everything just going around me," he said.

Once he hit his head, he was snapped back to reality and felt the severe pain of what would later be diagnosed as a traumatic brain injury.

"I went to the hospital there at Balad and they checked me out and told me I had a concussion but that was about it; nothing really life threatening so I didn't get sent home," he said.

When he eventually rotated back to Homestead AFB, he went through a standard post-deployment physical health assessment where he initially struggled with discussing what he'd endured. When he was

able to talk about it, the doctor said he entered what was considered a fugue state – a complete loss of what was going on around him.

"I essentially was staring off into nothingness for a period of time suffering a flashback," he said. "From there, they said I had a possibility of PTSD and they sent me on my way."

Five years later, after his extreme cries for help, his PTSD diagnosis came.

#### PTSD, the daily struggle

"PTSD and living with it is a daily struggle," Kaono said. "We're always cognizant of it. Those who are around us may see us and see absolutely nothing's wrong. We don't typically have external signs of our disability but emotionally and mentally, we still have to deal with it."

In the years between 1996 and today, Kaono said there were times when he would just shut himself away because he didn't want to be a burden on anyone. There were

also times when he could go to work and feel that people would think there was nothing wrong with him because he looked fine.

"That just reinforced the issue that I had," he said. "To me, one of the main issues of dealing with PTSD is that people don't (realize) ... they don't see you missing a limb, they don't see you scarred, they don't see you burned and so to the outside world you look like you're no different -- you're not special, you have no issue, no disability to really claim."

In order to live his life, Kaono has to acknowledge his PTSD and what caused it every single day.

"If I continued down the path that I was on previously, where I just let it consume me, I wouldn't be here today," he said.

The U.S. Department of Veterans Affairs estimates 31 percent of Vietnam veterans, 10 percent of Gulf War veterans, 20 percent of Iraqi war veterans and 11 percent of veterans from the war in Afghanistan live with PTSD.

To be able to help them, Kaono recommends people educate themselves on the disorder.

"Find out what post-traumatic stress is, see what it does, look at the studies that show why there are 22 people per day committing suicide because they can't handle the stress anymore. Don't just pass us off as being fine ... that's the worst thing that people can do," he said.

On top of everything else, dealing with the stigma of having PTSD is a struggle for the Kaono family.

"When people hear the word PTSD they think of the negative news articles out there. Ryan may have PTSD, but it doesn't make him any less of a human being," Alessa said.

"We're not asking people to walk on eggshells around us," Kaono said. "Treat us as if you would treat anybody else ... we are still people. We still hold jobs. We still have families. We still have responsibilities and if you don't give us the opportunity to meet those responsibilities, you're not helping us."

## Airman Leadership School Class 18-B graduates



**Airman leadership School Class 18-B graduated during a formal ceremony at the Kunsan AB, Republic of Korea, June 21, 2018. The John L. Levitow Award was given to Senior Airman Roman Campbell, of the 8th Aircraft Maintenance Squadron and Senior Airman Jonathan Ross, of the 8th Operations Support Squadron, received the commandant award.**

#### By 8th Fighter Wing Public Affairs

**KUNSAN AB, Republic of Korea** -- Airman Leadership School Class 18-B graduated 27 Airmen June 21, 2018 during a formal ceremony held at the Kunsan AB, Loring Club.

ALS is a five week-long Air Force program designed to develop senior Airmen and newly selected Staff Sergeants candidates for the non-commission officers corps. It is the first professional military

education that enlisted Air Force members encounter. The program curriculum covers an array of topics including leadership, human resources, communication, and profession of arms.

During the ceremony, four members of the class were recognized with individual awards.

Senior Airman Roman Campbell, a member of the 8th Aircraft Maintenance Squadron, received the John L. Levitow Award. This award is the highest

award presented at all levels of enlisted PME and is given to the top graduate in the class.

Senior Airman Jonathan Ross, a member of the 8th Operations Support Squadron, received the Commandant Award. This award is presented to the student who consistently displays exemplary military professionalism and promotes teamwork.

Two students were also recognized as distinguished graduates. This distinction

recognizes students who were outstanding in objective and performance evaluations, demonstrated leadership, had superior performances as team players and finished in the top 10 percent of the class. These graduates were as follows:

Senior Airman Jacob Hill, a member of the 8th Logistics Readiness Squadron and Senior Airman Angelika Kassel, a member of the 8th Maintenance Squadron.

# Pride Avengers



Jules speaks to audience at Pride Month Community Discussion.

Photos by Jaime Waterbury

To celebrate Pride Month the Osan American Red Cross and LGBTQ Pride Committee hosted a community base discussion with a panel of LGBTQ members and allies, entertaining photo booth, inspiring speakers, and a plethora of information this past Thursday June 21st at the Osan Enlisted Club. TSgt Abbey Oladiti; Project Officer for this year's Pride Events co hosted the forum with Kimberly Gold; Red Cross Station Manager, starting out the evening right with upbeat tunes, buffet, and colorful informative boards before jumping right into the night's main discussion.

TSgt Oladiti of the 51st Comptroller Squadron hopes that having the events in Pride month will "inspire community members to not just have a onetime committee but that someday Osan has a LGBTQ organization that has long term sustainability to provide support for LGBTQ members and members that want information about LGBTQ or how to become an ally."

Second Lt Patrick Wiggers, guest speaker and panel member for Thursday night's event; spoke candidly when asked why he felt it was crucial to be a part of the forum. "It was important to participate in this event to set an example for those who might be struggling to come to terms with who they are and in addition to showing people that we have had a lot of progress and it is ok to be who you are."

Event organizer and panel member SSgt Jacquelyn Molina engaged with community members before and after the

night's forum, noticing that some seemed hesitant to come in, not wanting to be put on the spot or weren't ready to form an opinion yet. After the event; participants were happy they came and had plenty of good things to say. "Once the audience started interacting with the warm and welcoming panel members, it was different from what they thought, it was very informative. There was a real sense of what kind of community it is, what it's all about."

Ms. Anna Garcia-Lucas a panel member and "fierce mama bear of two children within the LGBTQ community" and former 1st Sergeant in the Air Force recalls "Before the repeal of Don't Ask Don't Tell: she had troops that couldn't openly talk about what was going on in their personal lives." "There were times when the issues in their lives were impacting them so severely they were near the point of suicide ideations." The inability to discuss openly and honestly about what was going on impacted her ability to take care of her troops and her troops trusting her to take care of them "which in fact impacts the mission."

Speaking earnestly on the importance of having diversity events and showing awareness of the LGBTQ Community Ms Garcia-Lucas stated "I think that there is a lot of fear about what is not known, fear about things that are perceived, and out of fear grows anger, uneasiness, and can grow hatred or violence. Bottom line, hatred causes a division, so the more we can commune over something, the more we can ask questions and become informed; that just might start to ease that tension."



## American Red Cross



5K runners and members of the LGBTQ Pride Committee pose together after race.

In addition to the forum the committee also hosted a fun filled 5K in front of the Osan Air Base Fitness and Sports Complex the following Friday morning June 22nd. Lt Col Chris Jeffreys, the 51st Comptroller Squadron Commander, kicked off the run by thanking members of the LGBTQ community for their service stating, "The purpose of the monthly special observances is to recognize the expanding definition of service. This month, we specifically recognize and thank our LGBTQ service members for their dedication

and willingness to serve our nation, especially far from home here in Korea at a very important time in history."

Lt Wiggers sums up the 2018 Pride month best by saying "At the end of the day no matter who are, if you are wearing the uniform I will have your back no matter who you love, and I hope that for everybody in the military community it's the same way. It shouldn't matter who you love; it matters that we are one team and we are here to work together to protect freedom and protect America."



Runners begin 5k race for Pride Month.

# Songtan Center: Your Home Away From Home

By Ron Roman



**B**ored with your old routine? Need something to do right after duty hours? Head on over to Songtan Center (formerly Songtan International Community Center: SICC) across the street from Osan AB Morin Gate. This non-profit Center serves local Korean and international residents and our own USAF community in all aspects of community relations. Take advantage of your chance to partake in activities of all kinds, make new friends, and meet up with old ones. Activities and events are low-cost or, in many instances, totally free. There's something here for everyone; you won't be disappointed.

The Center is now run by Pyeongtaek International Exchange Foundation (PIEF). Its mission is to transform Pyeongtaek into an international city hosting globalized residents; its vision is to foster international exchange among both resident Koreans and non-Koreans from all nations and cultures.

Facilities include Lecture Rooms, Conference Room, and a Multipurpose Building (300 seats). There is also a large Lobby for meeting people, complete with comfortable cushion seats and the latest brochures, newspapers, magazines, and information you need to discover what's happening at the Center and in the greater Songtan community.

Here's a smattering of classes



**Left to right: Ron Roman (author); Lee Dong Ryul (assistant manager); Oh Sung Ja (veteran Korean instructor); and Kim U Kyum (original Korean language program director)**

and activities: Pyeongtaek City Tours (June 30, July 4 and 28, August 23, September 1 and 15). In the past tours included Lake Tourist Complex, Wootdali (culture village), and Daryewon (Korean traditional tea venue). Call the Center at 031-667-2353 two weeks prior. (It's free to boot!) Traditional Korean Culture Class: Every Wednesday from 6 pm to 8 pm. Contact the Center one week prior. Cost: ₩30,000/three months. Korean-American Kids' Summer School: Gives Korean and American children a chance for intercultural exchange by experiencing taekwondo, K-pop, US military base tours, etc. Offers an excellent opportunity to

enhance cultural understanding for the younger generation every May. PIEF Flea Market: September 9. Sell your handmade or used goods or scour the market to buy whatever else is available. Discover the creative artwork of local craftsmen and artists. For Koreans there's the PIEF Academy (four times/year). Hosts an academic curriculum offered to cultivate greater awareness of global affairs and issues for Korean area residents. E-mail or phone for details.

Korean Language Classes: Arguably the best deal here. Three levels taught by three very professional KFL (Korean as Foreign Language) teachers;

veteran Ms. Oh Sung Ja and two other new instructors. Take it from me, they're the best in the business. Ms. Oh Sung Ja started from the beginning of the program in September 2012 as I did. I attend her class weekly. (By now you'd think I'm the one who should be the teacher!) Students pay for textbooks; tuition is ₩30,000 per two-month semester. Eight weeks/session; six sessions/year-round. Joining mid-semester is permitted.

There you have it. Something for everyone! New programs and activities are always being added. Make the most out of your tour here in the ROK. Come to Songtan Center. Wednesday tours used to be offered. No more. But feel free to come in and take one by yourself or with your buddies. Just tell the staff: "Ron sent me!"

\* Address: 124, Sinjang-ro, Songtan. Go straight across the street from Osan AB Morin Gate.

\* Opening Hours: Monday-Friday: 9 am-6 pm. Closed weekends and Korean holidays.

\* Admission: Free.

\* Inquiries: 031-667-2353; webpage: [www.pief.or.kr/en](http://www.pief.or.kr/en).

\* Facebook page: [www.facebook.com/withpief](http://www.facebook.com/withpief).

*The author has taught English and the Humanities for University of Maryland University College (UMUC) all over the U.S. Pacific Command originally since 1996.*

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## Bucheon International Fantastic Film Festival

**Period:** July 12-22, 2018

**Venues:** Bucheon City Hall, CGV Bucheon, CGV Bucheon Station, etc.

Enjoy nights filled with movies and free-style conversations with directors at this unique film festival. Bucheon International Film Festival screens movies from all over the world and from a variety of genres, including horror, mystery, thriller, and sci-fi.



## Boryeong Mud Festival

**Period:** July 13-22, 2018

**Venue:** Daecheon Beach Mud Square in Boryeong-si, Chungcheongnam-do

At the Boryeong Mud Festival, visitors jump in a huge pool of mud for more than just fun, as Boryeong mud is well-known for its excellent quality and efficacy. This fun, action-packed festival is popular among local and international visitors because it offers various programs such as the mud massage pack, colored-mud body painting, and mud soap-making.

## Pohang International Fireworks Festival

**Period:** July 25-29, 2018

**Venues:** Hyeongsangang Sports Park, Yeongildae Northern Beach and other areas of Pohang-si, Gyeongsangbuk-do

The Pohang International Fireworks Festival offers fantastic views of the night ocean as it is lit up by fireworks made by representative teams from different countries during the international fireworks contest. Among the many festival activities and events, festival highlights include the light parade, live beach concert, and light art contest.



## Jeongnamjin Jangheung Water Festival

**Period:** July 27 – August 2, 2018

**Venues:** Areas of Tamjingang River and Cypress Forest Woodland in Jangheung-gun, Jeollanam-do

This unique festival has its foundations in the waters of the Tamjingang River and Jangheung Multipurpose Dam in Jangheung. The festival teaches the value of water for the environment, humans, and energy in many ways through exhibits, films, and hands-on programs. Exciting summer water programs such as a natural medicinal herb bath, water slides, water cycling, and bare-handed fishing are popular among visitors.



## Bonghwa Eun-Uh (Sweet Fish) Festival

**Period:** July 28 – August 4, 2018

**Venues:** Areas of Naeseongcheon Stream and Sports Park in Bonghwa-eup, Bonghwa-gun, Gyeongsangbuk-do

This festival is held in the pure waters of Naeseongcheon Stream in Bonghwa-gun. The main programs are catching sweet fish with a net or with just one's bare hands, and sweet fish-related exhibits. Sweet fish are small freshwater fish with a light watermelon smell.

## Gangjin Celadon Festival

**Period:** July 28 – August 3, 2018

**Venue:** Area of Gangjin Goryeo Celadon Kiln Site in Gangjin-gun, Jeollanam-do

This festival is held in Gangjin, the largest production site of celadon in Korea from the 8th to the 14th century. Visitors can not only gain a deeper appreciation of Korean celadon's impact on the global art community, but also have a chance to make their own pottery, an activity that is popular among local and international visitors alike.

