

# Crimson Sky

## Wolf Pack Day: A day for resiliency



Airmen finish a two mile run during a Wolf Pack Day wing run at Kunsan Air Base, Republic of Korea, March 16, 2015. The run was the first event of the day, which was spent promoting resiliency within the Wolf Pack. (U.S. Air Force photo by Senior Airman Taylor Curry)

**By Senior Airman Taylor Curry**  
8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea** -- The 8th Fighter Wing took a day to focus on the strategic importance of resiliency here, March 16, during what is now officially called Wolf Pack Day.

The morning began with a wing-wide “fun run” to not only foster unity, but camaraderie amongst the wing. Airmen from all units across base, including deployed members from the 140th Wing, Colorado Air National Guard, lined up for a team photo before Kunsan leadership led a two-mile run along the runway.

Following the run, Airmen split into their squadrons to participate in small-group discussions with facilitators leading the group in focusing on suicide prevention.

The training is considered a critical element of the Air Force Suicide Prevention Program, which leverages

the wingman culture of Airmen looking out for each other. It also encourages Airmen to seek help early and intervene when a fellow Airman is in distress.

“Suicide is an issue not only in the armed services, but our society as a whole, and all of us share the responsibility of preventing it,” said Col. Ken “Wolf” Ekman. “A key part of this is encouraging resiliency, through which we strive to reduce the risk factors that may lead to suicide and help individuals see the warning signs in others.

“To accomplish this, we are dedicating an entire day to small group discussions and group physical activities,” he added. “We are also going to look in-depth at warning signs, early intervention, helping resources, and following up.”

A particular focus of the training was the Ask, Care, and Escort model used when dealing with a fellow Airman in distress. Asking someone if they have thoughts

about suicide serves as the first step and is important in early intervention. Caring encourages individuals to take responses seriously and seek helping resources should an individual need it. Last, escorting the individual serves as a protective factor, ensuring that person gets the help they need.

“Our goal is to arm our Airmen with the skillset to be able to recognize and assist a fellow Airman in distress,” said Capt. Claudia Santos, 8th FW sexual assault response coordinator. “Being vigilant and establishing genuine connections with others are important in preventing suicide. Once you get to know someone it increases your ability to recognize a change in a person’s behavior, even in its early stages. This is where wingmen can take the first step to helping that person.”

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Heart**

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## AED knowledge, CPR skills can save lives

**By Capt. Ashlee Rogis**  
51st Fighter Wing Public Access Defibrillator program coordinator

**OSAN AIR BASE, Republic of Korea --** Knowledge of the availability and access of automated external defibrillators as well as cardiopulmonary resuscitation trained responders are important. Early bystander CPR and rapid defibrillation are the two major contributors to survival of adult victims of sudden cardiac arrest.

Everyone has heard the term "cardiac arrest." If you witnessed someone go into cardiac arrest, would you know what to do? According to the American Heart Association, an estimated 383,000 sudden cardiac arrests occur outside of the hospital setting annually. Most arrests are a result of irregular heart rhythms. An electrical shock, termed defibrillation, is the best known treatment for these arrhythmias. However, defibrillation must be administered within minutes of a cardiac arrest in order for it to

be effective. For every passing minute without defibrillation and/or CPR, a victim's chance of survival decreases by seven to ten percent. After just 10 minutes, very few resuscitation attempts are successful.

Are you prepared? We are a young and healthy population; however, tragedy can strike at any time. We all need to ensure we are ready to act in an emergency situation to save a fellow wingman's life.

Did you know Osan has a Public Access Defibrillator program? Osan's PAD program ensures that 30 buildings, gate entrances, and public shopping areas are equipped with 49 AEDs and CPR trained staff. It is crucial these AEDs are available, because studies show that early defibrillation increases survival rates. Every AED is inspected daily to ensure it is operational. Targeted responders are part of the PAD program which trains its members to recognize emergencies, activate emergency response and provide CPR or defibrillation, which are the most important steps anyone can take when

faced with a sudden emergency. During a cardiac arrest, time is precious. Waiting on an ambulance to arrive in order to begin to use an AED will not contribute to the survival advantage of the victim. That is why CPR/AED training provided by PAD programs is of the utmost importance.

Practice makes us better, which is why training across the installation is paramount. This year, your Osan PAD team and site locations will conduct quarterly "man down" exercises to ensure the staff at every AED location knows what to do in the event of a sudden cardiac arrest emergency. Most important is taking preventive measures that reduce the risk of heart disease like routine exercise, healthy diet and maintenance health exams. I encourage each of you to engage in a CPR course, contact your site coordinator, and become familiar with your unit's AED. It can happen to anyone, anywhere, and YOU may need to react quickly in order to save a life. One last time, are you prepared?

## Judge Advocate General visits the Pack

*Lt. Gen. Christopher Burne, Judge Advocate General, visited Kunsan Air Base today to experience how the Wolf Pack defends the base, accepts follow-on forces, and takes the fight north!*





# MC-130Js visit Kunsan

Airmen from the 17th Special Operations Squadron inspect two MC-130J Commando II's on the last day of Exercise Gryphon Knife at Kunsan Air Base, Republic of Korea, March 2, 2015. Exercise Gryphon Knife is a routine training exercise designed by Special Operations Command Korea to integrate partners from the ROK Special Warfare Command and U.S. special operations forces. (U.S. Air Force photos by Senior Airman Divine Cox)

**By Senior Airman Divine Cox**  
8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea --** Members of the 353rd Special Operations Group visited Kunsan Air Base in support of the Special Operations Command Korea Exercise Gryphon Knife from Feb. 23 to March 3, 2015.

Exercise Gryphon Knife is a habitual training exercise designed to integrate partners from the ROK Special Warfare Command and U.S. special operations forces components to increase combined and joint special operations capabilities.

Airmen stationed out of Kadena Air Base, Japan, routinely travel to Republic of Korea to train new crews and enhance interoperability through combined training exercises led by SOCKOR.

However, this was the first time the unit flew the new MC-130J Commando II to the ROK.

The Commando II primarily flies missions at night to reduce probability of visual acquisition and intercept by airborne threats. Its secondary mission includes troop drops and airdrops.

Leaders used this opportunity to assess the handling and capabilities of the new aircraft in the challenging Korean terrain and sustain crew and aircraft readiness in support of SOCKOR and the ROK/U.S. Alliance.

“This is a very unique mission,” said Lt. Col. Matthew Bartlett, 17th Special Operations Squadron director of operations. “Primarily since our aircraft is new, and our crew is new to operating both in the Pacific as well as operating in Korea, we wanted to familiarize ourselves with operating in the Korean Peninsula as well as familiarize ourselves with our customers we supported for this mission.”

In December 2014, the first MC-130J arrived at the 353rd Special Operations Group at Kadena AB, replacing the retiring MC-130P Combat Shadows assigned to the 17th Special Operations Squadron.

The MC-130J Commando II multi-mission combat transport/special operations tanker, assigned to the Air Force Special Operations Command (AFSOC), delivers



A member of the 17th Special Operation Squadron prepares a MC-130J Commando II for takeoff from Kunsan Air Base, Republic of Korea, March 2, 2015. During Exercise Gryphon Knife, U.S. and ROK special operations forces conducted combined airborne operations, while leaders assessed the capabilities of the new aircraft to meet air support requirements of Special Operations Command Korea and the Alliance.

increased combat performance to the warfighter with its more powerful engines and unique features.

“The future for us looks pretty bright,” said Staff Sgt. Christopher Tanner, 353rd Special Operations Aircraft Maintenance Squadron MC-130J crew chief. “We have a lot of contingency exercises and plans in the future that will go a lot smoother using this new aircraft.”

The MC-130J crew conducted specialized training while on mission here to the ROK.

“One of our missions was to conduct night vision low levels,” said Bartlett. “The mountainous terrain in

Korea made that pretty challenging, so you have to do quite a bit of planning for that type of mission.”

Airmen from the 353rd Special Operations Group look forward to flying and familiarizing themselves with the new MC-130J Commando II.

“The increased range and reliability of this aircraft is amazing,” said Master Sgt. Justin Solis, 353rd Special Operations Maintenance Squadron production superintendent. “Not only does the MC-130 make our job easier, but every Airman involved can operate more efficiently.”

# Build Fight Tonight Readiness: Weather flight helps gauge mission

By Senior Airman David Owsianka  
51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- *This is the third in a series of articles relating to an overview of the 51st Fighter Wing priorities at Osan Air Base. The major role Team Osan plays in the Republic of Korea and the extent of its mission will be showcased this week in the way Team Osan's practices "Building Fight Tonight Readiness." We will provide an in-depth look at how Team Osan "Strengthens the base and team." Concluding this series will be a wrap-up article reiterating the importance of the wing's priorities.*

Weather affects a variety of aspects in a daily mission, yet there isn't anything that can be done to change or stop it. A flight at Osan Air Base, Republic of Korea, is dedicated to provide the Airmen with a constant update of the climate conditions to achieve mission readiness.

The 51st Operations Support Squadron Weather Flight uses real-time radar, satellite imagery, sensor readouts and visual observations to forecast local conditions to provide useful information to the 25th and 36th Fighter Squadrons. By doing this, it allows pilots to complete their mission of flying sorties.

The flight provides timely, relevant and accurate environmental intelligence to enable Osan AB personnel to defend the base, accept follow-on forces, and conduct armistice and wartime operations. The flight is the focal point for all weather services to the 51 FW and other units assigned to Osan.

"We are trained to support 51 FW assets and the mission," said 1st Lt. Rachel Layne, 51st Operations Support Squadron wing weather. "Our role in supporting realistic and robust readiness is to guide the pilots and mission planners in visualizing the playing field, helping them to arrive at the most effective approach based upon environmental concerns and impacts.

"Weather affects nearly every aspect of our lives," she said. "Our job is to forecast weather events so that Team Osan can take the necessary precautions to mitigate the effects of the inbound weather."

To effectively provide readiness to Osan's mission, the weather flight is split into two main elements: the airfield services element and the mission weather element.

The ASE is responsible for observing and forecasting for the airfield. This element works with the operational weather squadron to create terminal aerodrome forecasts and issue weather watches, warnings and



Senior Airman Adam Martin, a 51st Operations Support Squadron weather flight forecaster, provides Capt. Justin Davis, a 25th Fighter Squadron pilot, with a weather brief prior to flying a training sortie Feb. 12, 2015, at Osan Air Base, Republic of Korea. The flight provides timely, relevant and accurate environmental intelligence to enable Osan AB personnel to defend the base, accept follow-on forces, and conduct armistice and wartime operations. (U.S. Air Force photos by Senior Airman David Owsianka)

advisories. The section also directly supports the base tower with information that guides their decisions of landing patterns, alternate airfields and other aviation at Osan.

"When driving a car around the country, all you need is a map and a sense of direction because roads don't change that much," Layne said. "But when flying, the 'road' can change from day-to-day and even minute-to-minute. Through our forecasts of weather at the airfield and those for the ranges, we attempt to give the pilots a 'road map' for their mission."

The MWE forecasters are integrated into the fighter squadrons to create a mission execution forecast. The intent of this forecast is to tailor the forecasts across the peninsula to the pilot's specific training location and time.

"Forecasters will notify the pilots if weather will be bad in the area the pilots want to train in, and suggest areas with a better climate," said Senior Airman Adam Martin, 51st Operations Support Squadron weather

flight forecaster. "We will provide the pilots with a weather forecast, and solar and lunar information."

Working in a FS has helped Martin realize the impact his job has on the pilot's mission.

"Working within an FS is the most interactive experience I have received by being able to see how we impact the mission by having the pilots come back from their sortie and tell us how providing them with weather information helped them complete their training," he said.

The weather flight ensures the pilots are able to complete their training sorties.

"It's important for us to complete our job because weather is always changing and the pilots need the most up-to-date information when planning their flights," said Senior Airman Jared Elswick, 51st Operations Support Squadron weather flight forecaster. "By providing them with information about weather conditions, it gives pilots the ability to make short and long-term decisions."



Left: Senior Airman Jared Elswick, a 51st Operations Support Squadron weather flight forecaster, checks a tactical weather center sensor to ensure systems are accurate on the flight line Feb. 12, 2015, at Osan Air Base, Republic of Korea. The air service element works with the operational weather squadron to create terminal aerodrome forecasts and issue weather watches, warnings and advisories.

Right: Staff Sgt. Daniel Schon, a 51st Operations Support Squadron weather flight forecaster, performs a surface visibility observation check on the flight line Feb. 12, 2015, at Osan Air Base, Republic of Korea. To effectively provide readiness to Osan's mission, the weather flight is split into two main elements: the airfield services element and the mission weather element.



**From page 1, Wolf Pack Day: A day for resiliency**


The Wolf Pack and Redeyes came together for a day of resiliency, which included an early morning fun run and an afternoon 10K ruck. Throughout the day, units at Kunsan participated in group discussions regarding resiliency topics. (U.S. Air Force photos by Senior Airman Taylor Curry)



U.S. Air Force Airmen begin a six-mile ruck during a Wolf Pack Day event, Ruck for the Wounded, at Kunsan Air Base, Republic of Korea, March 16, 2015. The run and walk was held in remembrance of those who have made sacrifices for their country, while promoting individual and team resiliency.

Another focus of the day was discussing the Comprehensive Airman Fitness pillars of social, mental, spiritual and physical fitness.

“Having a balance of each of the four pillars helps ensure an individual is healthy in all aspects of his or her life,” said Staff Sgt. Lawrence Robinson, 8th Comptroller Squadron wing staff agencies resource advisor and Wolf Pack Day facilitator. “A noticeable decline in one of these areas can be a sign of distress in an individual’s life. When you recognize that in someone, it might be worth it to get involved.”

Following the group discussions, the day’s activities came to a close with one final event, a Ruck for the Wounded event.

Every Airman was invited to participate in a ruck walk and run in remembrance of those who have made sacrifices for their country, while promoting individual and team resiliency. Airmen were encouraged to carry a pack with 25 pounds of weight, while they complete a six-mile ruck.

“The turnout for the ruck was very successful, with more than 300 Airmen in attendance,” said Staff Sgt. Jessica Osgood, 8th Medical Operations Squadron family advocacy program NCO in charge. “The reason we did the ruck was to bring something new to Wolf Pack Day. The distance was also longer than most “fun runs” because we wanted to represent the distance we will go to continue to support those who have been wounded, physically or mentally.”

The ruck succeeded in bringing units across the base together. Members of the 8th Security Forces Squadron showed



up in full battle-rattle along with the 8th Civil Engineer Squadron’s fire department donning their fire suits for the run.

“There were also teams that formed in a line so everyone could cross the finish line at the same time,” Osgood added. “I do hope we do

something like this again, being it was an amazing turnout, and it was a great way to show our resiliency here at the Wolf Pack!”

# Supporting the Dreams of Women and Enabling Their Success

By Chief Master Sgt.  
Shelina Frey  
7th Air Force Command Chief

OSAN AIR BASE, Republic of Korea -- "Women's History Month, like other observances we celebrate every year, is about a commitment to inspire generations, to reflect on the strides we have made, to celebrate great courage, to share experiences, and to pave the way for our future in and out of the military. Understanding that we each bring something very special to the workplace allows us to make a difference; it allows us to continue to build on what the generations before us have done and accomplished. This month is about understanding the power of diversity...building brighter futures together...and carrying forward our legacy of proud achievements." (Col Amanda Gladney, USAF Retired)

Do you think our grandmothers imagined that we'd ever talk about or consider the next President of the United States being a woman? Today we have two 4-star females commanding Major Commands in our Air Force. That didn't magically happen, these women made that happen through hard work and sacrifice!

As women we are the single greatest force and asset to our own success and by extension the success of those women around us. We are the catalysts that will change our tomorrows by building on the success of women of all backgrounds today. We bring this change about by educating and knowing ourselves, by opening ourselves to opportunity, by mentoring and investing in those around us.

Helen Keller said 'The highest result of education is tolerance.' From graduating seniors and freshman to the working mothers who manage a class in between little league, dinner, work, ballet...we can't become complacent and accept "good enough." Even today, we, as Women, have to be twice as good as our counterparts, and this means being twice as qualified. In today's economy, however, this concept has become universal. We can all be replaced. If we don't strive to be the best we can be, we will fall behind and there are others who are more than willing to step forward.

I'm not just speaking to the education we receive in classrooms and training centers, but also the lessons we learn from those around us. From the little tidbits of information gleaned at the knees of our grandmothers to the experiences we have as we make our way through life, all provide the opportunity to learn, to dream.

Education weaves the past and present into the possibilities of the future. It helps level the playing field. It helps us find out who we really are as people, not just as women.

We have to know what we bring to the table. What skills, assumptions, perceptions—what weaknesses. We must know who we are, and not just existing in our comfort zones. It's obvious we are a Woman; the question is, what do you

have to offer? Condoleezza Rice noted, "What you know today can affect what you do tomorrow. But what you know today cannot affect what you did yesterday."

Everyone modifies and adapts to situations. We don't act the same at church as we would at a club; at our parents' house as opposed to our best friend's house. Different settings provoke different reactions. This doesn't mean that we are losing our identity, but rather that we are aware of our environment. It's up to us to determine what this is going to mean, including when we are interacting with our male co-workers. Don't get caught up in a perceived identity.

Are we mothers, siblings, doctors, Airmen, students, Christians, African-Americans, Caucasians, Asians, Hispanics? Do we let any of these labels dominate who we are or do we recognize that at any given time, we are all of these things? Do we celebrate our own diversity? Women's History Month is not about "Recognizing the accomplishments of Women," no; it's about "Celebrating the accomplishments of Women!"

How we identify ourselves as women will impact how we are perceived in the workplace and how others will see us. If we are labeling ourselves, chances are we are labeling others. And if we don't discover our own identities, I guarantee that someone will give us one.

As Nikki Giovanni noted, "If you don't understand yourself, you don't understand anybody else." If we don't know what we think, how do we expect to communicate our dreams, our needs, our thoughts to someone else or expect them to understand us? Knowing who we are as women and understanding our value, as a woman to those around us is one of the strongest tools we can arm ourselves with as we move into the future.

We have the power to change the course of our lives. But we have to be prepared for it. We need to know what we want because someday somebody might ask us and give us the opportunity to get it. We have to be ready to accept the challenge. Whoopi Goldberg said, "I am the American Dream. I am the epitome of what the American Dream basically said. It said you could come from anywhere and be anything you want in this country. That's exactly what I've done."

Consider these three things about opportunity:

First, opportunity comes in many different forms and at many different times. We have to be ready and observant because they don't come with a big red bow and an "I'm an Opportunity" tag.

Second, opportunity often only knocks once. We don't want to spend a career regretting the "what could have been" because we were afraid to jump in when opportunity presented itself.

There's a story that Martin Luther King was approached by a woman in New York who had been inspired to seek him out and offer her support after hearing him speak at her college. He turned her down without consideration, without even asking her name. She was white

and at that moment in time, he didn't see what she could offer.

Upon reflection, he realized the opportunity he had missed. This is exactly what he had been working towards—inclusion of ideas, celebration of diversity, and he had judged on the color of skin rather than content of character. He had missed the opportunity to build on his own message. We can't afford the same mistake.

Finally, we have to understand what we're willing to give up seizing an opportunity and whether the value is worth the sacrifice. Sometimes we have to be willing to take a risk and understand we might not succeed.

It is our actions that set us apart. Our courage to try, even fail—our actions, even in the face of adversity, demonstrate character, drive, and determination and these experiences provide the lessons that make us stronger for the next challenge.

And by the way, we can't expect someone to single us out because we may be a minority; to give us opportunities. No one owes it to us just because we're "A Woman" but instead, because we are the "Right Person." There's no room for blame, for excuses...we must posture ourselves to make a difference based on the content of our character. It's not enough to "break the glass ceiling," we must pave a way so that others aren't left simply picking up broken glass.

Mentorship is one of the most effective ways we as Women Inspiring the Next Generations (WINGs) can make a difference. True mentoring encompasses not only where we are, but where we've come from and the challenges that brought us to today.

But what do your mentors look like? What should they look like? Do they have to be women? That would be nice, but we know that our mentors are in short supply. That's why organizations like WINGs exist to help build out the resources available to women and work to providing networks and avenues for our success.

I consider mentoring a core facet of my leadership. I mentor senior leaders and junior enlisted, men and women, across all cultures and race. Understanding their background and challenges helps me understand my people. Supporting them in their success strengthens my unit, strengthens my leadership. If I wasn't open to mentoring across the spectrum, of investing into my people, just think about how limited my window into my organization would be.

A mentor needs to be someone who can expand our frame of reference, who can share what our experience might be without being restricted by it. "Sometimes the poorest woman leaves her children the richest inheritance." (Ruth E. Renkel – English Author)

Even the smallest action can have a mentoring impact. Think back to my story about Dr. King. A few minutes with an unknown person provoked a change in mindset for one of our greatest leaders.

"The simple truth is if mentoring is

given and received in faith, the value of the information isn't conditional on the color or gender of the person providing it. In our Air Force, mentorship is about making those around you better than you, so that the institution is better. We all are a part of something bigger than ourselves." (General Lori Robinson, PACAF Commander)

Side by side with mentoring is your opportunity to invest in our women's corp. It's how we live up to the examples that were set for us by the pioneer women that came before us—our leaders, our mentors, our mothers. And its how we set an example for our young people to show them the impossible is possible. We all need a little help, a little hope, and somebody who believes in us.

While stationed at Wright Patterson AFB, Ohio, as the 88th Air Base Wing Command Chief, my Commander Col. Amanda Gladney and I had the opportunity to meet with some of our Tuskegee Airmen. We'd both read stories of the Red Tails and were inspired with the responsibility of upholding their commitment to excellence and to each other. We stood in awe of these living bits of history; I was humbled by their reaction to us. Their pride didn't come from "doing their job" or breaking through misconception after misperception. Their pride came in the success of the generations that followed. In us as two females commanding a very large wing! This was never heard of in their day!

In positions of leadership, we have the unique opportunity to impact all individuals around us. Leadership isn't about being charismatic—many people can work the room well, but that doesn't make them leaders. It is not "making friends and influencing people,"—that's flattery. Leadership is enabling success in those around you, lifting a person's vision to higher sights, maybe higher than they dreamed themselves. Leadership is raising a person's performance to a higher standard and making them expect more of themselves, the building of a personality beyond its normal limitations.

"Our Air Force is working hard to create a culture that celebrates diversity and champions inclusion. Secretary of the Air Force Deborah James said she will encourage the Air Force to more aggressively compete for top female talent in the nation. The Air Force will adjust its recruiting strategies to attract talented women, she said, and will establish partnerships with organizations that mentor and advocate for young women. In her remarks, Secretary James spelled out examples of how the Air Force is falling short on diversity. The junior enlisted force is diverse, she said, but the percentage of women and minorities in senior noncommissioned officer ranks has declined. Officers and civilians likewise see declining representation of women and minorities in the upper ranks, she said, and women leave the service at twice the rate of men during the middle of their careers."

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## Staff Sgt. Feleena M. Farris



**Unit:** 51st Civil Engineer Squadron  
**Occupation:** Pest Management Journeyman

**Hometown:** Jonesboro, La.  
**Air force story narrative:**

I grew up with one brother and two sisters in a town that was only known for its crime rate. My family didn't have much to offer growing up but it was my mother's poor life choices (drugs, alcohol, and promiscuity) that led us into some unfortunate circumstances. My siblings and I were victims to mental, physical, and emotional abuse at the hands of my mother and her boyfriends. Life's situations forced my siblings and I into the foster care system and luckily we were permanently placed with a great family. Having been separated from my family and dealing with the trauma I had endured at 11 years of age was a difficult transition that sent me into a whirl wind of confusion. My foster sisters were polar opposites of me and apart from having a void in my heart I always felt like I didn't belong and was labeled the black sheep of the family. Middle school came and went and it wasn't until my senior year of high school that I was forced to start mapping my future and decide what I was going to do with my life. The future seemed dim, as I couldn't see myself attending

college and was a little fearful of joining the military. I grew up always listening to my Grandfather's war stories of when he served in the Air Force and they all seemed like fairytales. Until one day my sister decided to hand me a business card that she had taken from an AF recruiter named Staff Sgt. Hall. I was hesitant to inquire but I finally got the courage to call Hall and he did an amazing job of answering all my questions, so I decided to take the plunge and join. From the moment I took my first Oath of Enlistment in the Military Entrance Processing Station to the tours I served as a Pest Management Specialist at Kadena Air Base, Ellsworth AFB, and currently Osan AB I have had some of the most amazing adventures! As a Pest Management specialist educating the base populace on what I do for the AF has always been a great icebreaker for me to educate people on the different types of insects, wildlife, and eradication equipment. Being a CE member I been fortunate to have been given opportunities to work outside my career field in different sections. I'm grateful for the leaders and mentors that have influenced my life and career, from my very first 1st Sergeant, to my supervisors, to the Airmen who now turn to me for mentorship and guidance. Serving in the AF these last seven years has given me the sense of pride and belonging I had always yearned for and I refuse to allow my brutal childhood to weigh me down. Joining the world's greatest Air Force has been the best decision I have ever made, as I'm now a mother, role model, and hero to my children and not a victim of unfortunate circumstances.

## Master Sgt. Christine Wagner

My story is not unlike many others. I was 19 years old and in the Air Force being trained as a laboratory technician. While in the one-year and one-week long technical training school I was in a relationship with a young man and we found out I was pregnant. Well it wasn't long before he realized he was too young for that kind of responsibility so he chose to not be part of her upbringing. My daughter was born April 2, 1994 and from that point on it was she and I as she grew up. Life was hard, money was tight but we had each other. I kept it 100 percent real with her and she was and is a great kid.

I have always found comparisons between my daughter and my Airmen and until I got here I thought I was the only one and then one day I heard Chief Master Sgt. Greene [51st Fighter Wing command chief] say leading Airmen is a lot like being a parent. I can tell you that she [my daughter] has been my rock and source of pride since her arrival in my life. She has often suffered because of my Airmen and my Airmen were forced to be better because they were always MY Airmen and they were going to do better as I would always tell them and demanded better from them. My daughter and MY Airmen would probably tell you I was pretty hard to please but it has been and will continue to be for their betterment even if they don't know it. Some stories and memories I have of my daughter consist of being 3 or 4 years old and mommy got recalled so her light switch in her room got turned on and she was barked at and told get up and get moving we have to go and she would be



right there beside me ready to go when I was so I could drop her off at the babysitter and go to work. She and I have been through many times similar to that and it helped make her a better person and a self-sufficient adult who has a good head on her shoulders. I could go on and on about her and MY Airmen because they are a source of joy in my life to see them succeed and move on to become better people and I've been told by some of them that if not for me they wouldn't be where they were today. There is no prouder moment in a mother's/supervisor's life than to see her little birds fly.

The Air Force has afforded me that opportunity to teach, grow and provide and I have always challenged those beside me to act right, do better and pick someone else up along the way because you would want it done for you and we have to in order to preserve our future Air Force and know we left it in good hands.

## The day my life was forever changed

**By Maj. Shamekia N. Toliver**  
51st Civil Engineer Squadron  
Deputy Commander

It was the start of the summer in Korea and coincidentally also my husband's birthday. We had exciting plans lined up to enjoy his birthday weekend but before it all started, we had a quick doctor's appointment to go to. We were waiting on results from a biopsy taken from a small lump we haphazardly noticed in my breast a few weeks prior. We had no family history of breast cancer but were afraid of the unknown. Anticipation and anxiety

between the both of us was so thick it could be cut with a knife. As we sat patiently in the office, the moment came when we both sat stunned as the Korean doctor frankly said, "I'm sorry to inform you that you have breast cancer."

Utter shock! During this journey, my personal resiliency has been challenged. While undergoing chemotherapy, my wingmen have been many from the Team Osan community and they have been amazing. They have pulled together to provide meals, transportation, encouraging words, hospital visits and participate in lo-

cal awareness events. This support has been unselfish and focused on my entire family - I am so proud to be an Airman in the world's best Air Force!

Now my reality is - cancer has no boundaries. It does not discriminate against young or old, rich or poor, it doesn't care about gender, race creed or ethnicity. What cancer does is change lives; and what it did for me is made me appreciate the value of living life to its fullest...

Some alarming facts provided by the American Cancer society; 1) "... breast cancer is the most common cancer among US women" 2) "A woman...

has a 1 in 8, lifetime risk of being diagnosed with breast cancer" 3) "African American women have a higher incidence rate before age 40 and are more likely to die from breast cancer at every age" (American Cancer Society basic facts 2010-2014). These statistics provide context that this is a disease that touches many amongst our ranks as women.

Education and awareness is the key to combatting this disease; knowing your body and recognizing change along with early detection provided by ultrasound and mammogram testing can save your life!

### "Supporting the Dreams of Women and Enabling Their Success"

There are no more impossible dreams. We have come a long way since the first women's rights convention was held in Seneca Falls, New York. After two days of discussion and debate, 68 women and 32 men signed a Declaration of Sentiments, which outlined grievances and set the agenda for the women's rights movement that led to the 19th Amendment of the Constitution, granting women the right to vote was signed into law by Secretary of State Bainbridge Colby.

Someone took a chance, grabbed an opportunity, and forged ahead despite the obstacles. It only takes one to see the need for diversity, paving the way for thousands of women joining our workforce - One of you to start the conversation that led to the celebration of Women's History Month - supporting the dreams of women and enabling their success - One of you to stand up, speak out, and make a difference.

"I will never forget that the only reason I'm here to-

day is because somebody, somewhere stood up for me when it was risky. Stood up when it was hard. Stood up when it wasn't popular. And because that somebody stood up, a few more stood up. And then a few thousand stood up. And then a few million stood up. And standing up, with courage and clear purpose, they somehow managed to change the world."

These are President Obama's words. They are our inspiration to keep moving forward.

# Women's History Month: 1st Lt. Annie G. Fox

## First woman to earn the Purple Heart



First Lieutenant Annie G. Fox (Courtesy Photo)

By Robert Vanderpool  
7th Air Force – 8th Fighter Wing  
Historian

On Dec. 7, 1941, 1st Lt. Annie G. Fox was serving with the Army Nurse Corps as the chief nurse on duty at the Army hospital located at Hickam Air Field, Hawaii, when Japanese bombs began to fall during the surprise attack on Pearl Harbor which forced the United States entry into World War II. At the time of the attack, the 47 year old Fox was a 23 year

veteran of the Army having first enlisted in 1918 a few months prior to the end of World War I.

During the Japanese attack, Fox is credited with performing in an exemplary manner under fire by administering anesthesia to patients during the heaviest parts of the bombardment, assisting in the dressing and care of the mounting numbers of wounded arriving at the hospital, and teaching civilian volunteer nurses how to make dressings while continuously working throughout the attack and beyond with a coolness and efficiency which demonstrated a great calmness and courage in the face of adversity benefitting the morale of all those around her.

For her efforts, during a ceremony conducted at Hickam Field on October 26, 1942, Fox became the first woman in American history to be awarded the Purple Heart. At the time of her award, although the Purple Heart was most commonly awarded to service members who had been wounded as a result of enemy action, it was also less frequently awarded for any "singularly meritorious act of extraordinary fidelity or essential service."

The Purple Heart was first established as the Badge of Merit by special order of General George Washington on August 7, 1782, during the American Revolution. Forbidden by the Continental Congress from granting commissions or promotions in rank to recognize merit,

Washington intended the Badge of Merit "to cherish virtuous ambition in his soldiers, as well as to foster and encourage every species of military merit..." The award was originally only open only to enlisted men granting them the distinction of being permitted to pass all guards and sentinels in the same manner as commissioned officers. Washington intended the award, "...the figure of a heart in purple cloth or silk edged with narrow lace or binding..." to serve as a permanent decoration but its use was largely forgotten after the Revolutionary War. It was reestablished in 1932 by order of the President of the United States in recognition of Washington's ideals during the national celebration of the bicentennial of his birth. Veterans of World War I were conferred their previously earned awards later that year.

Throughout its history, the criteria for being awarded the Purple Heart have undergone several changes. Up until World War II, the award was exclusively only awarded to those who had served with the Army or Army Air Forces. On Sept. 5, 1942, the War Department announced that the Purple Heart would henceforth only be awarded for those who were wounded or killed in action, in large part as a result of the establishment of the Legion of Merit award. It wasn't until Dec. 3, 1942, via Executive Order, that the President authorized the award of the Purple Heart to personnel from the

Navy, Marine Corps, and Coast Guard.

With the new criteria in place and since Fox was not wounded or killed during the Japanese attack on Hawaii, her time wearing the Purple Heart would ultimately be short lived. Not only was she the first woman to receive the Purple Heart, she would also become one of the first to have the award rescinded. A War Department board was convened to examine previous awards of the Purple Heart and it was recommended that her Purple Heart be changed to a Bronze Star.

The order awarding Fox the Bronze Star, dated Oct. 26, 1944, reads in part: "For heroic and meritorious service in military operations against the enemy during the attack on Hickam Field by Japanese forces on 7 December 1941... The loyalty and devotion to duty displayed by Lieutenant Fox on this occasion reflected great credit upon herself and the military service." In charge of Army Air Force operations at Hickam Field at the time of the Japanese attack, this order was issued by Headquarters Seventh Air Force (formerly Hawaiian Air Forces).

Fox remained in the Army and serving in the Pacific Theater for the duration of World War II retiring from the military on Dec. 31, 1945, completing a more than 27-year career. Annie G. Fox passed away on January 20, 1987 at the age of 93.

## Pardo's Push

By Robert Vanderpool  
7th Air Force – 8th Fighter Wing  
Historian

Capt. Bob Pardo flew 132 combat missions with the 8th Tactical Fighter Wing during the war in Vietnam, but perhaps none was more eventful than the mission over the North Vietnamese capital of Hanoi which occurred on March 10, 1967. The city of Hanoi has been called by some as "the most heavily defended city in the history of air warfare." That day was no exception as Pardo's flight of two F-4 Phantoms approached their target in Hanoi. The anti-aircraft fire was particularly heavy and both aircraft received damage but still managed to strike the target. Pardo's fighter, with weapons system officer Lt. Steve Wayne in the second seat, took minor damage.

The other F-4, piloted by Captain Earl Aman with weapons system officer Lt. Bob Houghton in the second seat, was not as lucky. During the return trip, Aman's F-4 was struck again by enemy anti-aircraft fire which caused a significant fuel leak. Realizing that Aman's aircraft would not have enough fuel to return to base as a result of the leak, the pilots had little time to think of a solution. Bailing out over North Vietnam meant certain capture and incarceration as a Prisoner of War in the infamous 'Hanoi Hilton' prison camp or perhaps even execution. Deciding to attempt to reach the borders of Laos and a more reasonable chance of rescue, the situation grew worse as the engines of Aman's F-4 flamed out and could not be restarted. From an altitude of roughly 20,000 feet, the aircraft immediately began to descend towards the jungle below.

Pardo, with little time to react made an instant decision that he would attempt to push Aman's aircraft

towards Laos from behind. Pardo brought the nose of his F-4 into contact with the drag chute compartment of the crippled plane but heavy turbulence and the simple fact that the F-4 was not designed to perform such a maneuver prevented success. After several failed attempts, Pardo decided to have Aman lower the tail hook on the rear of his F-4 and Pardo then eased his fighter up and rested the tail hook against the windscreen of his aircraft. Although Pardo had to readjust the aircraft every 30 seconds the tactic worked and the rate of descent of Aman's F-4 slowed to approximately 1,500 feet per minute. Their problems were not over, however, as Pardo's left engine caught fire. Pardo shut it down and restarted it but again it caught fire and Pardo was forced to shut it down permanently.

With one engine essentially powering both aircraft, Pardo's F-4 pushed the other fighter for nearly 10 minutes over a distance of almost 88 miles in a slow, crudely controlled descent. Reaching the skies over Laos, all four men ejected at approximately 6,000 feet. At the time they punched out, Pardo's F-4 only had about two minutes worth of flying time left due to its nearly empty fuel tank. Although pursued by enemy forces after they reached the ground, all four men successfully evaded capture. Pardo, who bailed out last, returned to a hero's welcome at Udorn Royal Thai Air Force Base about 45 minutes after the other three had arrived.

While Pardo's feat was celebrated by most, not all were satisfied with his decision to act. Some higher echelon elements threatened a court-martial for sacrificing his aircraft and risking the life of himself and Wayne in the effort to save Aman and Houghton. Fortunately, good sense prevailed and any talk of potential charges was eventually stopped. It did, however, take more than 20 years for Pardo and Wayne to receive official recognition from the Air Force for their feat when both were subsequently awarded a Silver Star for their



Captain Bob Pardo (left) and Lieutenant Steve Wayne (right) at Ubon Royal Thai Air Force Base in 1967 (U.S. Air Force Photo)

heroics in 1989.

In addition to earning the Silver Star, Pardo was also awarded the Air Medal, a Purple Heart, and two Distinguished Flying Crosses for his service during the Vietnam War. On May 20, 1967, Pardo further cemented his legacy in 8th FW history when he shot down a North Vietnamese MiG-17 with an AIM-9 missile during an engagement in which 8th TFW commander Colonel Robin Olds also earned two MiG kills. Bob Pardo retired from the Air Force as a lieutenant colonel in 1974.



# She-Wolf of the Day: Col. Tambra "Hawk" Yates



Col. Tambra Yates' official photo. (U.S. Air Force photos by Senior Airman Taylor Curry)

By Senior Airman Taylor Curry  
8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea** -- "What could be more important than to be willing to make the ultimate sacrifice for the good of the entire country?" said Tambra Yates when she made the decision to join the U.S. Air Force.

Hailing from Jackson, Mississippi, Col. Tambra "Hawk" Yates, 8th Medical Group commander, was raised by her mother and grew up with five siblings, one brother and four sisters.

Hawk's mother was a strong force in her development and independence, she explained.

"My mother's motto was 'to do your



Col. Tambra "Hawk" Yates, 8th Medical Group commander, interacts with Chief Master Sgt. Erica "Hawk Chief" Jackson, 8th MDG superintendent, at the medical clinic at Kunsan Air Base, Republic of Korea, March 10, 2015. Hawk oversees all medical programs, including support and clinical operations at the 8th MDG.

best at whatever task at hand," Hawk said. "She would say that it did not matter what type of job you would do, as long as you did it with the best of your ability and a giving heart."

Hawk wanted to join the Air Force because she saw it as an opportunity to work for an organization that demonstrated professionalism, with people who cared enough to sacrifice everything they had to protect others.

As the 8th MDG commander here at Kunsan, she oversees all medical programs, including support and clinical operations, among many other vital tasks at the medical group. This position allows her to guide, mentor, and interact with a

lot amazing people, she stated.

"I could not have asked for a better assignment," she said. "The medical professionals who create this superior team are from multiple specialties and are drawn to the world of medicine not only to save lives, but also, to create an environment of health and better living for as many people as we can."

Hawk's goal is to produce a healthier, happier environment for the active duty population and their families.

"In essence, I want to help us retain a stronger fighting force, thus keeping the Wolf Pack ready to fight tonight," she said.

Aside from being a commander, she

also loves to travel. Having visited several countries and discovering the tremendous beauties of the world, she has enjoyed experiencing difference in cultures.

"I strive to maintain a healthy lifestyle through traveling, sports and outdoor activities," she added.

Even though she has met most of her educational goals, she is always up for a new challenge.

"My next goal is to learn how to play the piano, which would combine my interest of learning and music," Hawk said.

Though she has met her educational goal of receiving her doctoral degree, she continues to be the best officer and medical provider she can possibly be.

"I can always do better tomorrow as I learn today," she said. "I've always wanted to lead good, professional medics and commanding a large hospital would be a nice finish of my great years in the service."

Challenges come and go, especially being an officer in the military, but Hawk overcomes them through perseverance, as she would say.

"If I could tell an aspiring female Air Force recruit anything, it would be to follow your dreams," Hawk said. "Don't let the fear of the unknown prevent them you from experiencing life and all of the opportunities it has to offer. Have goals, work toward them, keep a positive attitude while doing so and seize each occasion to the fullest. It's important to remember that there's nothing that a woman can't do."

# Wolf Pack leaders hold town hall

8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea** -- The 8th Fighter Wing commander hosted three town hall sessions with an eight-member leadership panel at the base theater here March 10, providing Airmen an opportunity to discuss various base support issues at Kunsan.

"We host these town halls in order to hear what's important to you," said Col. Ken "Wolf" Ekman, 8th Fighter Wing commander. "Your Wolf Pack leaders, including those here on the panel, and the supervisors, chiefs and first shirts in the audience, are concerned about taking care of you."

Approximately 400 Wolf Pack Airmen attended one of three sessions to ask questions and receive follow-ups of open issues from the previous town hall held six months ago.

"Last time you brought us concerns with broken washing machines and dryers in the dorms," said Lt. Col. Ernie "Falcon 2" Wearren, 8th Mission Support Group deputy commander. "Since then, we have been able to procure 100 new washers and dryers. We are also developing a local service contract for appliance repairs, in order to decrease the wait time for malfunctioning parts."

Tech. Sgt. Ashley Holman, 8th Medical Operation Squadron Bioenvironmental Engineering element chief, thought

the panel did a great job answering the audience's questions.

"What I like most is how they showed the progress of previous problems that were fixed while addressing the concerns of those issues currently being worked," he said.

A new concern that Airmen brought up was not always receiving follow-ups for off-base medical referrals.

"If you are having any issues with getting appointments or follow-ups, please let one of the leaders at the Medical Group know," said Col. Tambra "Hawk" Yates, 8th Medical Group commander. "We want your experience to be positive and seamless."

Another great way to communicate with your provider is through MiCare. This is a secure messaging system that aligns you one-on-one with your provider and allows you to electronically input questions, concerns, and even request pharmacy refills and review lab results, all with a pretty quick turnaround.

Airmen also brought up concerns regarding litter and insufficient lighting around the base.

"It is everyone's personal responsibility to pick up trash when they see it," said Col. Dennis "Falcon" Curran, 8th MSG commander. "This is your base, so we all need to take pride in keeping it clean."

Airmen were also encouraged to call their Airman Dorm Leader or notify the



Col. Ken "Wolf" Ekman, 8th Fighter Wing commander, receives a question from an audience member at the Wolf Pack town hall meeting at Kunsan Air Base, Republic of Korea, March 10, 2015. Wolf was joined on stage by an eight-member panel of wing leadership to meet with Airmen and discuss their concerns. (U.S. Air Force photo by Senior Airman Divine Cox)

civil engineering squadron when they notice something out of place in their dormitory or around base.

"For example, if a street light is out, don't assume someone else has already called it in," said Lt. Col. Dustin "Devil" Richards, 8th CES commander. "You are a part of the solution. Don't think that because something was broken when you arrived, that it has to remain that way. If all Wolf Pack members are vigilant and report what they see, we can leave Kunsan better than we found it."

Wolf reminded the Pack that despite being forward-based at a remote location and without families, each Airman has a role to play in taking care of one another to ensure the base is ready to fight tonight.

"Kunsan is a combat airpower projection platform," he said. "It's not just a place to organize, train, equip, and send forces away to fight. If it came down to it, we would fight right here from our own work stations. And that's what makes the Wolf Pack who we are."

# Grow Leadership and Professionalism: The Bigger Picture provides volunteer opportunities

By Senior Airman  
Matthew Lancaster  
51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- This is the sixth in a series of articles relating to an overview of the 51st Fighter Wing priorities at Osan Air Base. The major role Team Osan plays in the Republic of Korea and the extent of its mission will be showcased this week in the way Team Osan "Grows Leadership and Professionalism." Next we will provide an in-depth look at how Team Osan can make Osan AB a better assignment by showing how Airmen improve the base and assignment by "driving innovative solutions." Concluding this series will be a wrap-up article reiterating the importance of the wing's priorities.

Leadership and professionalism are important qualities the Air Force hopes to instill into its Airmen. Volunteer opportunities present the chance to enrich those qualities by allowing Airmen to spend their free time helping others or even be in charge of a project. The Bigger Picture at Osan Air Base, Republic of Korea, puts volunteer opportunities in one central location for people to find.

The Bigger Picture advertises and coordinates volunteer opportunities within the community of Osan with a commer-

cial website that categorizes events with names, dates, and contact information. This program was created to make it easier for people to find volunteer opportunities as well as to allow organizations a place to solicit for volunteers.

"People are put off from volunteering because it can be hard to find what events are going on," said Senior Airman Paul Lloyd, 51st Communications Squadron cyber systems operator and Bigger Picture site manager. "I feel that if you have it ready and accessible people will be more willing to volunteer."

The program facilitates volunteer events where Airmen can lead a team or group. These events give Airmen a chance to direct and inspire other people to achieve the goals set for the event.

"You not only lead from the top to the bottom but from the bottom to the top as well," said Lloyd. "The volunteer events give Airmen an opportunity to show that by becoming a coach for a youth team or volunteer to be a speaker at a school."

Some of the volunteer events need many people for the event. These events give Airmen the chance to work as a team with other people. The teamwork they display can further develop their professionalism as Airmen.

"These volunteer events get people out of their comfort zone," said Lloyd. "Doing that is what allows them to grow



Jim Dunnett, Korean American Partnership Association outreach coordinator, directs participants of a Troops for Trash event in the Songtan Entertainment District, Republic of Korea, June 14, 2014. Dunnett has provided multiple avenues of volunteering for service members to interact with Koreans since 2006. (U.S. Air Force photo/Senior Airman David Owsianka)

and gain new experiences."


The Bigger Picture has been around for six months and has been successful with gathering volunteers.

"The 9/11 commemoration event was our huge success," said Lloyd. "Getting the volunteers was done all through the Bigger Picture."

Lloyd said he believes the Bigger Picture made him a better leader by trusting people more.

"It showed me that if you allow people to take on projects and put your trust in them, more often than not they're going to surprise you," he said.

Each Airman should strive to enhance their leadership and professionalism. The Bigger Picture provides that chance with the different volunteer opportunities they advertise. For more information you can visit The Bigger Picture's website at [www.bethebiggerpicture.com](http://www.bethebiggerpicture.com).



## Osan AB Chapel 2015 Holy Week Schedule

**CATHOLIC**

- 2 Apr - Holy Thursday Mass – 1800 @ Osan Chapel
- 3 Apr - Good Friday Mass – 1730 @ Osan Chapel
- 4 Apr - Easter Vigil Mass – 1900 @ Osan Chapel
- 5 Apr - Easter Morning Mass – 0830 @ Osan Chapel

**PROTESTANT**

- 2 Apr - Maundy Thursday Service – 1800 @ Chapel Annex
- 3 Apr - Good Friday Service – 1600 @ Osan Chapel
- Gospel Service – 1930 @ Osan Chapel
- 5 Apr - SUNRISE Service – 0630 @ O'Club Parking Lot
- Traditional Service – 1000 @ Osan Chapel
- Gospel Service – 1200 @ Osan Chapel
- Contemporary Service – 1700 @ Osan Chapel

## CHAPEL SCHEDULE

### KUNSAN AIR BASE

**Protestant Services**

**Gospel Service**  
 Sunday, 1 p.m.  
 Main Chapel, Bldg. 501  
**Contemporary Service**  
 Sunday, 5 p.m.  
 Main Chapel, Bldg. 501

**Catholic Mass**

**Catholic Mass**  
 Sunday, 10:30 a.m.  
 Main Chapel, Bldg. 501  
**Daily Mass & Reconciliation**  
 Please call the chapel

**General Services**

**Church of Christ**  
 Sunday, 11 a.m.  
 SonLight Inn, Bldg. 510  
**LDS Service**  
 Sunday, 2:30 p.m.  
 SonLight Inn, Bldg. 510  
**Earth-Based Religions**  
 Thursday, 7:30 p.m.  
 SonLight Inn, Bldg. 510

**Point of Contact:**  
 Kunsan Chapel, 782-4300

**Visit us on SharePoint:**  
<https://kunsan.eim.pacaf.af.mil/8FW/HC/default.aspx>

### OSAN AIR BASE

**Protestant Services**

**Gospel (Praise Joy Night)**  
 Friday, 7:30 p.m.  
**Traditional Service**  
 Sunday, 10 a.m.  
**Gospel Service**  
 Sunday, Noon  
**Contemporary Service**  
 Sunday, 5 p.m.  
**Church of Christ**  
 Sunday, 10 a.m., Elementary School Cafeteria

**Catholic Mass**

**Daily Mass**  
 Wednesday – Friday, 11:30 a.m.  
 Saturday, 5 p.m.  
 Sunday, 8:30 a.m.  
**Reconciliation**  
 Saturday, 4 p.m.

**General Services**

**Earth-Based Service**  
 Contact the Chapel  
**Jewish Service**  
 2nd/4th Friday, 6 p.m.  
**Muslim Service**  
 Friday, 12:30 p.m., Chapel Annex

**Point of Contact:**  
 Osan Chapel, 784-5000

**Visit us on SharePoint:**  
<https://osan.eim.pacaf.af.mil/51FW/51FW-HC/default.aspx>  
**Visit us on Facebook (OSAN AB CHAPEL)**  
<https://www.facebook.com/OsanABChapel>

### USAG-YONGSAN

**Protestant Services**

**Traditional Service**  
 Sunday, 9:30 a.m.  
 Memorial Chapel, Bldg 1597  
 Sunday, 9:30 a.m.  
 Brian Allgood Hospital Chapel  
**Contemporary Service**  
 Sunday, 9 a.m.  
 South Post Chapel, Bldg 3702  
 Sunday, 10:30 a.m.  
 K-16 Chapel  
**Nondenominational Service**  
 Sunday, 11 a.m.  
 South Post Chapel, Bldg 3702  
**Gospel Service**  
 Sunday, 1 p.m.  
 South Post Chapel, Bldg 3702  
**Pentecostal**  
 Sunday, 1:30 p.m.  
 Memorial Chapel, Bldg 1597  
**Latter Day Saints (LDS)**  
 Sunday, 4 p.m.  
 South Post Chapel, Bldg 3702  
**Seventh-Day Adventist**  
 Saturday, 9:30 a.m.  
 Brian Allgood Hospital Chapel  
**KATUSA**  
 Tuesday, 6:30 p.m.  
 Memorial Chapel, Bldg 1597

**Catholic Mass**

Sunday, 8 a.m.  
 Memorial Chapel, Bldg 1597  
 Sunday, 11:30 a.m.  
 Memorial Chapel, Bldg 1597  
 Saturday, 5 p.m.  
 Memorial Chapel, Bldg 1597  
 1st Saturday, 9 a.m.  
 Memorial Chapel, Bldg 1597  
 M/W/T/F, 11:45 a.m.  
 Memorial Chapel, Bldg 1597  
 Tuesday, 11:45 p.m.  
 Brian Allgood Hospital Chapel

**General Service**

**Episcopal Service**  
 Sunday, 11 a.m.  
 Brian Allgood Hospital Chapel

**Jewish**

Friday, 7 p.m.  
 South Post Chapel, Bldg 3702



**Point of Contact:**  
 USAG Yongsan Religious Support Office, 738-3011

**Visit us on SharePoint:**  
<http://www.army.mil/yongsan>

## Spiritual Charge

### A happy life



**Chaplain,**  
**Capt. Thienan Tran**  
 51st Fighter Wing

None of us would say, "I don't want a happy life." A happy life is what each one of us would

like to have and we seek it every day; but how can we achieve it?

I read an article from the Post Standard written by Gene Warner with the title: Doctor made millions in Buffalo, finds his soul in a village in India. That doctor is Kumar Bahuleyan, 81, a Buffalo neurosurgeon who came from a poor family in a poor village in India. He was the oldest child but could not do anything to help his three younger siblings who died because of roundworm infestation after drinking polluted water. He himself also suffered from smallpox and typhoid fever. However, he survived. "The good Lord saved me for a purpose. I believe that even today," he said. He had a chance to go to school and then medical school and later became a neurosurgeon

doctor. He came to America and lived in Buffalo in 1973 where he made millions of dollars as a Buffalo neurosurgeon. Even though Bahulyan became a millionaire and had "a lavish life, once owning a Rolls-Royce, five Mercedes-Benzenes and an airplane," he did not have a happy life. He said, he felt "empty and almost soulless."

About 25 years after leaving his country, he returned to his village, he was shocked to see everything looked the same as he once witnessed. There was "not a road, no school, no water supply, no sanitary facilities." People still lived in the "same miserable condition" he had grown up with. Bahuleyan recognized that he needed to do something to help his village. He donated his personal fortune, \$20 million, to

establish a neurosurgery hospital, a health clinic and a spa resort in his native Indian village, Chemmanakary. He said, "I was born with nothing; I was educated by the people of that village, and this is what I owe to them." He added, "I'm in a state of nirvana, eternal nirvana (heaven). I have nothing else to achieve in life. This was my goal, to help my people. I can die any time, as a happy man."

Reading this story of Dr. Bahuleyan, I realize that we can achieve a happy life when we learn to give and share what we have with people around us, especially those in most need of our help, the poor and the needy. What we have received is meant to give and not to keep only for ourselves.

# 120th EAMU and 8th FW Airmen visit Moses Infant Home

*Airmen with the 120th Expeditionary Aircraft Maintenance Unit from Buckley AFB, Colorado ANG, and the 8th MXS Ammo Flight delivered diapers and wet wipes to the children of the Moses Infant Home, here at Gunsan City on Saturday. Afterwards, the Airmen spent the remainder of the morning playing with the children who live at the home.*



## Kunsan

### Illmagwon Orphanage

Join Airmen from across the base in a wing chapel-sponsored event as they travel down to the Illmagwon Orphanage in Gunsan City every Tuesday at 6 p.m. for an evening of playing games and learning more about the local culture. For more information, contact the chapel at 782-4300.

### Single Airmen Game Night

Fridays at 7:30 p.m., Sonlight Inn. Everyone's welcome, special invite for all Single Airmen! For more information contact, Senior Airman Jenfil Morillo-Burgos.

### 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

### Children's English class

Team 5/6 is looking for volunteers to support the Children's English class weekly, for children 2-15 years of age. We will break you up into groups to

read, talk, or play board games with the children. Civilian attire is preferred however, UOD is allowed.

Classes are held from 7 to 8 p.m. at the Sonlight Inn. For more information, contact Tech. Sgt. Justin Worthen.

### 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 782-4300.

### 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

### Claims announcement

Col. Brook Leonard, the 51st Fighter Wing commander, regretfully announces the death of Tech. Sgt. Carl S. Cruz, 51st Civil Engineer Squadron. Anyone having claims against or indebtedness to the estate of Tech. Sgt. Cruz should contact 1st Lt. Kyle Ficke, the 51st CES Summary Courts Officer, at DSN 784-1825, or email at kyle.ficke.1@us.af.mil.

### Monthly PCS Briefings

Every first Thursday of the month at 9 a.m. in the base theater Osan's Outbound Assignments Team hosts a PCS briefing that provides essential information to relocating members. They are joined with other wing agencies such as Passports, Travel Management Office, Tricare and Finance to make the process as smooth as possible. Don't miss this critical briefing to ensure YOU have all the tools necessary to out-process hassle-free!

### E-mail security

There has been a rising trend of unencrypted e-mails containing FOUO, PII, or other sensitive/critical information due to recipients not being on the USAF GAL. Please exercise good information security and call the Help Desk if you are having problems sending an encrypted e-mail.

### 2015 Osan Air Base Chapel Survey

The Chapel is currently assessing the spiritual and religious needs of Osan Air Base. Would you please take a few minutes to better ensure we are meeting the needs of our community? Thank you for your time and input in this effort. <https://www.surveymonkey.com/s/osanchapelneedssurvey>

### Anthem Singers

Sopranos, altos, tenors and bass vocalists are needed to sing the US and ROK National Anthems at various events on base. Practice is held at 5 p.m. every Thursday at the Chapel Annex. Send an e-mail to abigail.boyd@us.af.mil or afryea.clark@us.af.mil for more information.

### Sam's Garage Now Open

Sam's Garage is now open at the base service station for all service work including inspection of vehicles for base passes. Sam's Garage is open seven days week from 9 a.m. to 6 p.m.

### Military Tuition Assistance Briefing

Presented by the 51 FSS Education & Training Center, this is mandatory for all first time users, officer/enlisted, for military TA. No appointment necessary! Held every Tuesday at 8 a. m. in Bldg 787, Rm. 10. For additional information or questions please contact the Education Center at 784-4220.

### Preschool Playgroup

Family Advocacy hosts Preschool Playgroup at the Youth Center from 10-11 a.m. Ages are 0-5 years old. Come join the fun. It is good for YOU and your little one. Playgroup is every Monday when school is in session and runs thru June 8. We will not meet on no school days, holidays, spring and winter break, and during summer break. Call Family Advocacy for more information 784-5010.



### 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

## Songtan Bus Terminal Time Table

서울 - 남부터미널 SEOUL W3800 NamBu Terminal	동서울 장지 가락 잠실 Dong Seoul W4400 JangJi GaRak JamSil	성남 SeongNam W3400	인천공항 InCheon Airport W11200	인천 InCheon W6200	의정부 (동두천) UijeongBu W8000
06:10			04:45	06:30	07:45
06:30		06:40	05:05	07:50	09:45
06:50		07:30	05:25	08:30	12:05
07:05	06:20	08:10 via Dongtan	05:55	10:10	15:55
07:20	06:35	08:45	06:25	10:50	17:05
07:30	06:55	09:30	06:55	11:30 via Cheongbuk	20:05
07:45	07:15 via Dongtan	10:10	07:25	13:40	
08:00	07:45	10:40	08:05	15:30	
08:20	08:25	11:20 via Dongtan	08:45	16:00 via Cheongbuk	
08:40	09:05	12:10	09:25	18:30	
08:55	09:35	12:45	10:15	19:10	강릉
09:10	10:05	13:40	11:05	21:40	GangNeung W14800
09:30	10:35	14:30	11:55		07:20
09:55	11:05	15:20	12:45		09:20
10:15	11:35	16:10	13:35		11:50
10:30	12:05	16:45	14:15	동탄 DongTan W2100	13:50
10:55	12:35	17:30	15:05	06:20 Bus for Dong Seoul	16:20
11:15	13:05	18:10	16:05	06:55 Bus for Dong Seoul	18:20
11:30	13:35	18:40	16:55	07:15 Bus for Dong Seoul	왕주
11:50	14:05	19:20	17:55	08:10 Bus for SeongNam	WonJu W9200
12:15	14:35	20:20	18:45	11:20 Bus for SeongNam	07:10
12:30	15:05	20:55	19:35		08:50
12:50	15:35	21:50			10:30
13:10	16:05				12:10
13:30	16:35				13:50
13:45	17:05	정북해군아파트 포승평택항	05:45	속초 SokCho W20000	15:30
14:00	17:35	CheongBuk W1900	07:15	07:55	17:10
14:30	18:05	PoSeung PyeongTaek Port W3300	09:15	10:35	18:50
15:00	18:35		11:15	12:55	20:30
15:20	19:05		13:25	15:45	제천
15:40	19:35		15:25	18:45	JeCheon W13300
16:00	20:25		17:25		15:10
16:20	21:05		19:25	춘천청평가평	19:10
16:40	21:35			ChunCheon W14000	광주(전남) KwangJu W18600
16:55				CheongPyeong GaPyeong	08:45
17:10					07:10
17:25					10:25
17:40					12:25
18:00					14:15
18:15	고양백석화정				15:45
18:30	GoYang				17:15
18:50					18:30
19:10	백석 (W7800)				19:10
19:30	11:40	청북			20:30
19:45	13:10	CheongBuk W1900			21:10
20:10	19:00				22:50
20:25	20:50	07:50(영서 종단)			
20:40	화정 (W8100)	11:30			
21:10	13:10	16:00			
21:50	19:00				

## Incheon Airport Shuttle Bus Schedule



Destination

Departure Time

Osan to Incheon

0600 1130 1530

- Bus will stop at Turumi Lodge 30 minutes before departure.
- Bus will arrive at ITT 15 minutes prior to departure

Incheon to Osan

0900 1830 2230

- Departures from USO Counter (Gate 1)
- Bus may stop at Turumi Lodge, ITT, Hallasan Tower and Mustang Club (If this is one of your stops)

\* During non-business hours, you may purchase bus tickets from the bus drivers. **Cash Only.**

Ticket Price

- Leisure Travel : \$15.00
- Official Travel(TDY/PCS): \$35.00
- NOTE: Official traveler rates are completely reimbursable to member
- If there are no delayed arrivals, bus will depart at 22:30

For more information,  
call ITT at 784-4254



## Kyung Dong bus schedule (Yongsan - Osan - Humphreys)

MONDAY-FRIDAY

										*		
Lv. Yongsan	0550	0700	0830	1000	1100	1300	1430	1630	1720	1720	1900	2130
Ar. 121st GH							1435					
Lv. Osan AB	0650	0810	0940	1110	1210	1410	1540	1740	1830	x	2010	2240
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2320

	**	*										
Lv. Humph	x	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2100
Lv. Osan AB	0600	x	0750	0920	1050	1150	1320	1420	1620	1800	2000	2140
Ar. 121st GH		0720	0850									
Ar. Yongsan	0710	0730	0900	1030	1200	1300	1430	1530	1730	1910	2110	2250

\* Bus stops at Humphreys main gate

\*\* Bus stops at Yongsan Dragon Hill Lodge

"Price \$6.00 or W6,200 one way,  
For more info (DSN)784-6623"

WEEKEND & U.S. HOLIDAYS

										*			
Lv. Yongsan	0700	0800	0900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1930 2130
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2040 2240
Ar. Humph	0850	0950	1050	1150	1250	x	1450	1550	x	1750	x	1950	2120 2320

	*												
Lv. Humph	0620	0800	0930	1030	1130	1230	x	1400	1530	x	1700	x	1900 2100
Lv. Osan AB	0700	0840	1010	1120	1220	1320	1400	1450	1620	1700	1750	1850	1950 2140
Ar. Yongsan	0820	0950	1130	1230	1330	1430	1510	1600	1730	1810	1900	2000	2100 2250

\* Bus stops at Humphreys main gate

\*\* Bus stops at Yongsan DHL

x Bus doesn't stop at this station

POC for the bus schedule

Osan: 784-6623, Yongsan: 723-4499, Humphreys: 753-7354

## Kunsan Shuttle Bus Schedule

\* Osan to Kunsan \*

• Monday & Wednesday  
5 p.m.

\* Departs from Osan Passenger Terminal (Bldg. 648) only

• Tuesday & Thursday  
1:30 p.m.

• Friday  
1:30 p.m. & 6:30 p.m.

• Weekend  
1:30 p.m. & 6:30 p.m.

\* Departs from Turumi Lodge 30 minutes before departure.

\* Departs from ITT(Bldg.954) on time

\* Kunsan to Osan \*

• Monday & Wednesday  
1 p.m.

• Tuesday & Thursday  
8:00 a.m.

• Friday  
8:00 a.m. & 6:00 p.m.

• Weekend  
8:00 a.m & 1:00 p.m.

\* Departs from Community Center (Bldg. 1027)

# Strengthening the Base and Team: Client Systems technicians

By Senior Airman Matthew Lancaster  
51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- *This is the fourth in a series of articles relating to an overview of the 51st Fighter Wing priorities at Osan Air Base. The major role Team Osan plays in the Republic of Korea and the extent of its mission will be showcased this week in the way Team Osan "Strengthens the Base and Team."*

*Concluding this series will be a wrap-up article reiterating the importance of the wing's priorities.*

"There is no I in team," as the old saying goes. Here at Osan, Republic of Korea, that saying speaks the truth. Teamwork is impeccably important in the achievement of any mission, and the ability to strengthen the base and team is one of the main priorities of the 51st Fighter Wing. Working behind the wires of a vast communication network linking Team Osan together, the 51st Communication Squadron Client System technicians develop and use their skills every day to better connect the base and strengthen the team.

Client systems technicians are known as the technical support of an Air Force base. They go to each squadron, solving any communication troubles that involve the customer's phone, computer, or network. Their job is to install new hardware, software and patches onto computers and troubleshoot and then fix problems.

"We are known as the face of comm," said Senior Airman Michael Whitesel, 51st CS client systems technician. "We are the ones the customer meets and interacts with on a daily basis."

In order to provide support for more than 7,000 users, the 34 technicians are divided into teams of two to three people. One team focuses their attention on creating secret internet protocol router network accounts for anyone permanently changing their station to Osan or coming on a temporary duty assignment. Another team is in charge of providing communication support to military members O-6 and above as well as high level government officials. This team makes it their top priority to ensure the base commanders and visiting distinguished guests have properly working communication equipment that they would need whether it be a blackberry or computer. All other teams are given trouble



Senior Airman Neil Kenny, 51st Communications Squadron client systems technician, looks through wires into a switchboard Feb. 10, 2015, at Osan Air Base, Republic of Korea. Kenny is one of 34 CSTs who provide service for more than 7,000 customers on base. (U.S. Air Force photos by Senior Airman Matthew Lancaster)

tickets for communication issues for the rest of the base.

The client systems shops may be the ones that see the customers but they work closely with other shops within comm. to be able to complete the tasks given to them.

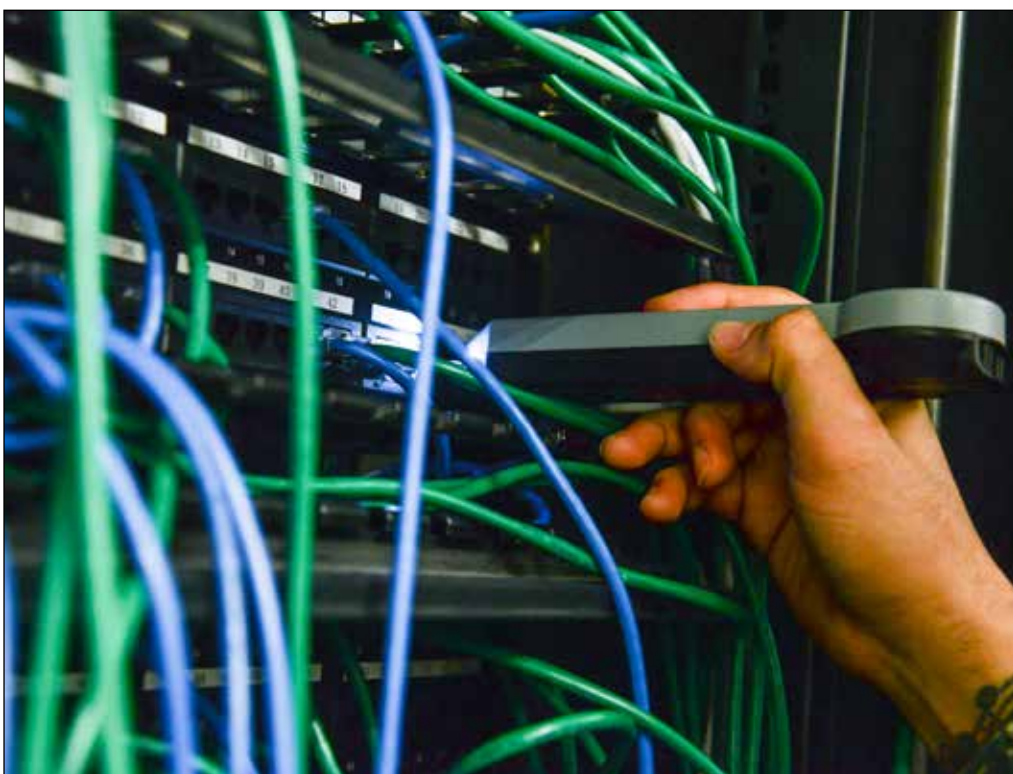
"We need the other shops to accomplish the job," said Tech. Sgt. Marvin Teyes, NCO in charge of distinguished visitor support. "For instance, if a computer has a network problem we would have to coordinate with our network management section. We work hand-in-hand with them to ensure that the network connection from the wall reaches the computer."

As the world continues to move into an age where communication tools become more digital, it is the

communications squadrons who help the base transition into that era. Client systems techs ensure the communication of necessary information can continue to be passed between people by maintaining up to date equipment.

"We ensure that everyone is able to do their job on a communication standpoint," said Teyes. "As technology continues to progress it is our job to keep up with that."

Without the use of email or the ability to make a phone call, information would be passed around at a slower rate. Osan's team becomes stronger with the support of the 51st CS. They enable the members of the base to be able to stay connected to other units to ensure each mission gets completed smoother and faster.



Above: Senior Airman Tarek Salem, a 51st Communications Squadron client systems technician, searches for a specific computer port on a patch port panel Feb. 6, 2015, at Osan Air Base, Republic of Korea. Each port in every building is connected to a patch port panel in order to connect to the server switch.

Right: Airman 1st Class Byron Brown, a 51st Communications Squadron client systems technician, examines the wire connection of a phone Feb. 6, 2015, at Osan Air Base, Republic of Korea. The client systems technicians have a specific team who provides communication support for commanders and vice commanders on Osan.



# Strengthening the base and team: 51st AMDS nutritional medicine encourages healthy diet

By Senior Airman Matthew Lancaster  
51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea --** This is the fifth in a series of articles relating to an overview of the 51st Fighter Wing priorities at Osan Air Base. The major role Team Osan plays in the Republic of Korea and the extent of its mission will be showcased this week in how Team Osan "Strengthens the base and team." We will conclude this series with a wrap-up article reiterating the importance of the wing's priorities.

When it comes to strengthening oneself, few ideas get more traction than the physical aspect. If New Year's at the gym is any indication, people frequently and fervently resolve to strengthen themselves physically. And while going to the gym and working out is a good way to stay in shape, it's only half of the process. There's another, equally vital part of strengthening oneself, the base and team, and that's keeping a healthy and nutritious diet.

The 51st Aerospace Medicine Squadron Nutritional Medical shop has the job of giving their teammate the knowledge to make these improvements. They provide consultations for military members who require assistance with their eating habits. They also give one-on-one counseling sessions to people who require information about diabetes, hypertension, weight management, and general nutrition.

During counseling, nutrition medical technicians assess someone's diet by asking them about the types of food they eat, when and how often they eat, if they work out and how often they work out. Then they suggest diet plans that can help that person meet their goal of losing or gaining weight or lower their cholesterol. After a couple of months patients can go back in for a follow up appointment to see if they are making progress with their health goals.

"Everyone needs to have the proper nutrition," said Senior Airman David Letteer, 51st AMDS diet therapy technician. "Those that don't have the right nutrition wouldn't be able to do their jobs efficiently. We in the nutritional medicine help to steer those people back to that healthy diet they need."

In order for someone to know if they have a healthy diet they must pay attention to the types of food they eat and the types of nutrients the food provide. The amount



Senior Airman David Letteer, a 51st Aerospace Medicine Squadron diet therapy technician, does a nutrition screening with an inpatient Feb. 12, 2015, at Osan Air Base, Republic of Korea. This screening is done to ensure the patient receives food that will best aid their recovery. (U.S. Air Force photos by Senior Airman Matthew Lancaster)

of calories a person should intake on a daily basis depends on their size, age and fitness level. Eating a balanced amount of each food group will help to gain the three sources of energy of protein, carbohydrates, and fats to sustain a healthy diet.

"If you focus too much on one type of food category and not enough of another, it can lead to different health problems," said Staff Sgt. Derek Williams, 51st AMDS NCO in charge of outpatient education. "For example, if you eat too many meats and no vegetables it can raise your cholesterol and cause you to develop heart problems."

Another duty nutritional medicine has is to provide meals to patients who stay in the inpatient clinic. In order for them to give the patient a meal that will help them get better, they must ask about their eating habits, weight gain or loss, if they have taken any medical supplements and any food they have allergies or intol-

erances to. With this information, they would be able to get the best food for that person to recover from their ailment.

Nutritional medicine has also partnered up with the Osan middle school to arrange visits. Through these visits they hope to educate the children about a healthy diet and what type of food would be good for them to eat.

"It's better to have nutritional awareness when you are young," said Letteer. "If you eat horribly when you are young, it will hurt you in the long run."

For more information on nutrition, nutritional medicine offers a performance nutrition 101 class every second Tuesday at 11 a.m. - noon and every second Thursday at 4 - 5 p.m. They also offer a Fit-4-Life Class that is every third Wednesday with various health classes from 10:30 a.m. - 2:30 p.m.



Above: Senior Airman David Letteer, a 51st Aerospace Medicine Squadron diet therapy technician, and Tech. Sgt. Duk Kim, 51st AMDS NCO in charge of nutritional medicine, set up a nutrition booth at the Base Exchange Feb. 12, 2015, at Osan Air Base, Republic of Korea. In addition to the booth at the BX, nutrition medicine holds classes several times a month.

Right: Senior Airman David Letteer, a 51st Aerospace Medicine Squadron diet therapy technician, Feb. 17, 2015, at Osan Air Base, Republic of Korea. Nutritional Medicine provides nutrition consultations for people who need assistance with issues like diabetes, hypertension, and weight management.





## Senior Airman Brian Morrissey



Senior Airman Brian Morrissey, 25th Aircraft Maintenance Unit crew chief, connects a tow bar to a vehicle to tow an aircraft Feb. 19, 2015, at Osan Air Base, Republic of Korea. Morrissey is this week's Airman Spotlight winner. (U.S. Air Force photo by Senior Airman David Owsianka)

### 51st Aircraft Maintenance Squadron

**Job title:** Crew Chief

**Job description and its impact on the overall mission:** Fix and maintain aircraft

**Time in the military:** 4 years

**Time at Osan:** 6 months

**DEROS:** 8 Sep 2015

**Family:** Wife - Jeri Morrissey and Son - Blake Morrissey

**Hometown:** Littleton Colo.

**Hobbies:** Drag racing and other motor-sports

**Why did you join the military?** To have a steady career that I can retire in and look back on with pride

**Where do you see yourself in 10 or 20 years?** A master sergeant (minimum) holding an A&P license

**What do you do for fun here?** Explore what Korea has to offer

**What's your favorite Air Force memory or story?** Working an A-10 engine in-flight emergency towing the aircraft off the active runway in under 10 minutes

**What accomplishment are you most proud of?** Beating the 36th AMU in the Top Steed competition

**Who are your role models?** My dad

## Wolf Pack at Work: Senior Airman Cory Henning

### 8th Civil Engineer Squadron

**Job Title:** Readiness and Emergency Management Journeyman

**Job Description:** HazMAT and CBRN Emergency Responder. In broader terms, our primary mission is to train and - in conjunction with LRS - equip base personnel to both survive and fight in a CBRN (Chemical, Biological, Radiological, and Nuclear) environment. Our auxiliary mission is to work with Fire Department, Bioenvironmental, and Public Health to respond, identify, and mitigate HazMAT incidents.

**Time in Military:** 3 years

**Family:** Mother, father, and two older brothers.

**Hometown:** Houston, Texas

**Why did you join the U.S. Air Force?** Originally, I joined the Air Force for the simple reason of work; the economy was in poor condition at the time and finding a job was very difficult. However, I intend to stay in as long as possible as this work gives me a greater sense of fulfillment than anything I ever did in the private sector.

**What do you do for fun?** As I am a huge nerd, I most enjoy video games, watching animated cartoons, and playing table-top games.

**What is your proudest accomplishment?** One moment of my AF career that I recall with pride is a volunteer opportunity I did at an elementary school, where I ran a Sumo-Suit booth. The children would get into big spongy sumo-suits and sumo-wrestle. I did my best to make it very silly and entertaining for them.

**Who are your role models?** My first supervisor, now Tech. Sgt. Spranger, is my role model. He is without a doubt one of the most knowledgeable and reliable people I know who's not afraid to try new things or get his hands dirty.

**What do you like most about your job?** The part I most enjoy is working with the equipment, ensuring it is in good condition and ready at any time.

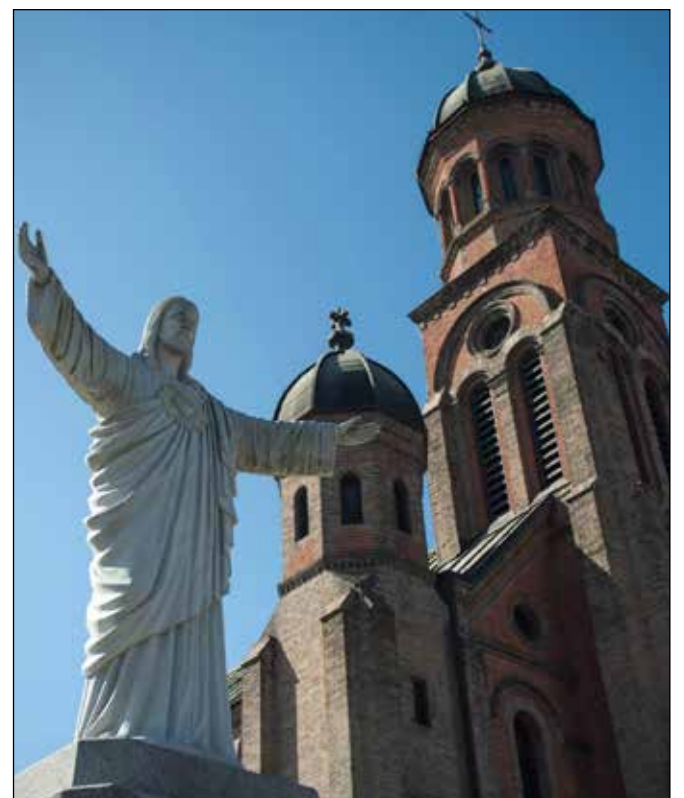
**What is your favorite quote?** "Wisdom comes from pain, learning comes from failure, and friendship comes from hardship." - Anonymous.



Senior Airman Cory Henning, 8th Civil Engineer Squadron readiness and emergency management journeyman, shows Col. Ken "Wolf" Ekman, 8th Fighter Wing commander, and Chief Master Sgt. Lee "Wolf Chief" Barr, 8th Fighter Wing command chief, how to check chemical threats in the air using hazardous material equipment at Kunsan Air Base, Republic of Korea, March 13, 2015. Henning showed Wolf and Wolf Chief how he contributes to the Wolf Pack mission. (U.S. Air Force photo by Senior Airman Divine Cox)

# Wolf Pack Airmen tour Jeonju Hanok Village and Gunsan City

*Wolf Pack Airmen took the opportunity to experience the culture of the beautiful Jeonju Hanok Village and Gunsan City during a tour this week.*



# USO's Templestay Program

By Ron Roman  
USO Osan Air Base

**OSAN AIR BASE, Republic of Korea** -- USO Osan Air Base recently sponsored a first-ever Saturday "Templestay" at nearby Hwaseong City's Yongjusa Temple. (Templestay is an introduction to Korean Buddhism.) Luckily for 36 service members and civilians the Temple picked up the entire tab. A great time was had by all.

David Yoo, USO duty manager, turned out to be one ever-conscientious tour guide this late-winter Saturday afternoon. Show time was 12:30 pm sharp. He took roll call inside the Base Main Gate, and a little after 1 pm we boarded our tour bus and were on our way: all 36 of us, a motley mix of active-duty service members and civilians. About 45 minutes later, we rolled into Yongjusa's parking lot and got out.

The Temple is built on either side of the local highway bisecting it. The grounds are spacious and well-kept. We made our way inside the lodging facility. At 2 pm it was show time.

First thing you'll do upon entering the large hall, simple and unadorned (except for a big red-colored Buddhist wall mosaic), is replace your shoes with slippers. (I was relieved that I had remembered to wear new socks with no holes!) Next you're given an orientation in Korean by one of the Temple guides. His assistant interprets. Initially you'll be encouraged to hand over valuables for safekeeping and turn over, or at least off, all cell phones. Next, you'll be outfitted with Buddhist two-piece clothing. Presto! You're a monk-in-the-making. After changing, you'll gather for a cartoon-like animated introduction to the Templestay experience and attendant etiquette or *cheong-kyu*. The lead guide demonstrates the proper method of bowing. All 36 in our congregation try our hands at it (and feet and knees...).

With our knees and elbows well-lubricated, the master monk (*Su-nim*),



Team Osan members participate in the "Templestay Program" sponsored by USO Osan Air Base at Hwasong City's Tongjusa Temple. Templestay is an introduction to Korean Buddhism. (Photos by Ron Roman)

a middle-aged woman, her head shaven, is introduced and proceeds to give her introduction to Templestay in English: "Why? Why are you here? Not only in this temple, but in Korea? (It's a good question: something I still ask myself.) "Why do you...?" (fill in the existentialist answers) "Why? Why? Why?" She then coughs up the answer: "It's because you want to be happy! To be happy we quiet our minds. We all want to be happy. Then how?" She then repeats an Eternal Truth: "If you want to be happy, you have to make others happy." Upon a casual glance around the room, class members appear to be getting it. And we're just getting warmed up.

Next we head outside for a walking tour. Another woman, not looking like a monk, certainly not in dress or with shaven head, leads. She explains the history of the Temple. Upon arriving at the main entrance archway, she tells us "We all arrive here without accident; this means we are all here with pure mind."

She smiles. We all do upon being advised of our good fortune.

Though it's still winter, we eagerly saunter around the premises. Albeit not immaculate, the surroundings are well-kept. Mini-lectures are delivered on stupas (stone towers serving as Buddhist shrines), additional Temple history, significance of this artifact and relic, that building and bell... I'm the only one jotting down notes. Too much to absorb without any.

In unison we continue toward the open-air main temple built in 1790 during the Joseon Dynasty. It exudes happy colors. Impressive. The pungent scent of burning incense wafts through the cold late-winter air permeating the nostrils, energizing one's sense. It's getting late in the day. Time to make our way over to the main dining hall.

Inside we kneel down on cushions to an all-vegetarian meal. The master monk reminds us, this time through her interpreter, that what we eat is not important

as *how* we eat. Eating is preceded by reciting the Pre-Meal Chant (*O-kwan-kay*).

At 7:45 pm it's on to lotus flower-making class. At 8:30 pm it's time to call it a day--till 3 am next morning. At 3 am sharp we awake for morning chanting. We prostrate ourselves by bowing and kneeling multiple times, 108 to be exact; this is the standard number. At 6 am it's breakfast and 90 minutes later an outdoor walking meditation to include a blind-guided walk and walking stick exercise. Finally at 9:20 am we're instructed in the intricate art of tea-making, Korean Buddhist-style, followed by a concluding question-and-answer chat with the *Su-nim*.

By noon we're exhausted and ready to hop back on our tour bus and head back to the base. Unless a monk, for some of us getting up at 3 am to trudge outdoors in the freezing cold every day to prostrate ourselves 108 times would probably be too much of a good thing--even if you're in the USAF!





▼ The forecasted blooming date of spring flowers at major palaces in Seoul

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Palace	Plants & Flowers	Blooming date
Gyeongbokgung Palace	Maehwa	April 2 - April 17
	Cherry blossom	April 4 - April 22
	Apricot blossom	April 7 - April 20
Changdeokgung Palace and Huwon	Sansuyu	March 22 - April 16
	Maehwa	April 3 - April 20
	Peony	May 15 - May30
Changgyeonggung Palace	Maehwa	April 3 - April 17
	Apricot blossom	April 5 - April 17
	Royal azalea	May 5 - May 20
Deoksugung Palace	Apricot blossom	March 25 - April 10
	Cherry blossom	April 1 - April 15
	Royal azalea	April 15 - May10
	Peony	April 20 - May10
Jongmyo Shrine	Persimmon blossom	May 5 - May 25

Royal tomb	Plants & Flowers	Blooming date
Hongneung / Yureung (a.k.a, Hongyureung)	Azalea	April 1 - April 22
	Cherry blossoms	April 11 - April 25
Taereung / Gangneung (a.k.a, Taegang-neung)	Sansuyu	March 25 - April 20
	Azalea	March 29 - April 28
	Royal azalea	May 2 - May 20
Jeongneung Royal Tomb	Azalea	March 29 - April 28
	Cherry tree	April 5 - April 20
Seolleung / Jeongneung (a.k.a. Seonjeong-neung)	Sansuyu	March 25 - April 20
	Cherry tree	April 5 - April 20
Heolleung / Illeung (a.k.a. Heonilleung)	Azalea	March 29 - April 28
	Viburnum	May 10 - May 30
Seoreung (Gyeongneung, Changneung, Hongneung, Ingneung and Myeongneung)	Cherry tree	April 10 - April 20

More info

- Venue : Central region in Seoul and metropolitan area
- Cultural Heritage Administration : [www.cha.go.kr](http://www.cha.go.kr) (Korean, English, Japanese, Chinese)
- 1330 Korea Travel Hotline : +82-2-1330 (Korean, English, Japanese, Chinese)

Courtesy of Cultural Heritage Administration