

Crimson Sky

Wolf Pack Defenders: Prepared for combat



Airmen from the 8th Security Forces Squadron participate in a shoot, move and communicate drill during a three-day combat readiness training exercise at Kunsan Air Base, Republic of Korea, Aug. 3, 2015. Airmen covered topics including mounted and dismounted operations, individual and small unit tactics, land navigation, shoot-move and communication, tactical communications, enemy prisoner of war procedures, self-aid buddy care and additional battlefield curricula. (U.S. Air Force photo by Staff Sgt. Nick Wilson)

By Staff Sgt. Nick Wilson
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- More than 250 Airmen from the 8th Security Forces Squadron participated in combat readiness training here, Aug. 3 to 5.

The purpose of the combat readiness exercise was to prepare Airmen for the base defense portion of the security forces mission.

"CRT shows Airmen an aspect of our career field they aren't used to being exposed to," said Staff Sgt. Courtland Little, 8th Security Forces Squadron augmentee coordinator. "The training we give them is vital to deployed environments, whereas, while stateside, we're working in the law enforcement side of security forces."

During the three-day exercise, security forces Airmen were trained and evaluated on a wide range of skillsets including mounted operations, tactical combat casualty care, improvised explosive device scenarios, fire team skills, Krav Maga defensive tactics and a wide range of combat-oriented subjects.

"Our goal during a CRT is to get our Airmen prepared for combat," said Staff Sgt. Jonathan Guzman, 8th SFS squad leader. "It's important for every Airman to learn and apply these skills in case the time comes for them to deploy into combat or defend the base from an adversary."

As Airmen practice applying various wartime tactics, they must learn to work as a team, from the lowest ranking member to the squad leader.

"Your team is your family," said Senior Airman

Micah Elrod, 8th SFS response force leader. "You need to be able to trust them to have your back. If a technical sergeant goes down, a staff sergeant or an Airman needs to be able to step up and be able to control the situation."

The training also allows young Airmen to gain a more thorough understanding of what to expect if they were tasked to deploy during future assignments. This will also allow them to lead and train the next generation of Airmen on combat readiness later on in their careers.

"Combatives and enemy gunfire are so spontaneous and erratic that nobody ever knows exactly what is going to happen during a given scenario," Elrod said. "You have to be ready for any situation."

See **Prepared for combat** on page 16



PAGE 3

7th Air Force commander visits the Wolf Pack



PAGE 7

AF implements SNCO EPR restrictions



PAGE 8

AF welcomes new vice chief of staff

Crimson Sky

Published by Seventh Air Force

7th Air Force

Commanding General/Publisher
Lt. Gen. Terrence J. O'Shaughnessy

Public Affairs Officer/Editor
Maj. John W. Ross

PA Superintendent
Master Sgt. Marelise Wood

Editor/COR
Pak, To Yong

51st Fighter Wing

Commander
Col. Andrew Hansen

Public Affairs Officer
Capt. Robert Howard

Staff Writers
Staff Sgt. Jacob Barreiro
Staff Sgt. Benjamin Sutton
Staff Sgt. Amber Grimm
Senior Airman Matthew Lancaster

8th Fighter Wing

Commander
Col. Jeremy Sloane

Public Affairs Officer
Capt. Reba G. Good

Staff Writers
Master Sgt. Valda Wilson
Staff Sgt. Nick Wilson
Senior Airman Divine Cox
Senior Airman Katrina Heikkinen

This Air Force newspaper is an authorized publication for members of the Department of Defense. Contents of Crimson Sky bi-Weekly are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, or Department of the Air Force. The editorial content of this bi-weekly publication is the responsibility of the 7th Air Force Public Affairs APO AP 96278

Circulation: 7,000

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

Oriental Press President
Charles Chong

Art Director
Youn Young Park

Commercial Advertising
Telephone: 738-5005 Fax: (02) 793-5701
E-mail: oriental_press@outlook.com
Mail address: PSC 450, Box 758, APO AP 96206-0758
Location: Bldg. 1440, Yongsan, Main Post

Visit us online
Crimson Sky

www.7af.pacaf.af.mil



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

7afpa@us.af.mil

51fwpa@us.af.mil

8fw.pa@kunsan.af.mil

For all submitted items include a point of contact name and telephone number. All items are subject to editing for content and to insure they conform with DoD guidelines. Seventh Air Force Public Affairs and the Crimson Sky bi-weekly staff are located at Seventh Air Force Osan Air Base. For information, call Commercial 0505-784-4709 or DSN 315-784-4709.

Separated but not alone

**By Senior Airman
Lauren-Taylor Levin**
366th Fighter Wing Public Affairs

MOUNTAIN HOME AIR FORCE BASE, Idaho (AFNS) -- As the dawn broke out over the mountains, I woke up to the sun peeping through my window. Once I got up I went straight to the kitchen to make my family breakfast yet in the back of my mind, all I could think about was, "how am I going to manage taking care of my children, dogs and work life." Just the thought of knowing I'll have twice the amount of things to do at home all while balancing my military work, made my heart sink a bit.

Growing up as a military child myself, I knew separation could be extremely hard and hit at any time. Looking back, I now know how alone my mother felt whenever my father went on deployments or TDY. It seems like an eternity waiting for your loved one to return home so you aren't carrying all the weight on your shoulders.

There are dozens of base agencies to make these separations easier, but I didn't realize it yet.

After just three days of being with my children and trying to balance everything I felt like the world was crashing down on me. It was as if I was a first-time mother trying to figure out if I was doing anything right and becoming completely overwhelmed. My office was starting to notice a change in my attitude and how quickly I would become agitated to otherwise insignificant events.

My co-worker and I decided to hang out once a week to discuss everything that was on our minds. Although it was nice to vent and get some relief, it only went so far with reducing the stress.

Unfortunately, because of the hours my husband worked, I could only see him for an hour or two each day on Skype, after I put the children down to sleep for the night.

A week went by and I had to pick up my children one afternoon, and I was stopped by a staff member at the child development center.

She asked, "Is there anything going on in your household?"

I explained how my husband was currently on TDY and I've been dealing with a lot of stress lately.

Shortly after my explanation she notified me that my son wasn't acting like himself either. I was so consumed with my own problems I didn't even notice how my family was doing.

The caregiver said, "Your son is starting to become antisocial, not eating as much food and becoming a bully at daycare."

I felt as if I was failing as a mother and I had to get help, not only for my son, but myself as well. The only problem is I had no idea where to start.

The caregiver gave me a pamphlet about dealing with separation and inside was a card. I called to make an appointment to talk to the counselor about how I could help my son and myself through this time of separation.

As I met with the counselor, we discussed my everyday routine. Not only did I find out I wasn't failing as a mother, but I felt some kind of comfort.

The counselor explained that regardless of a child's age, they can tell when a family member is gone or stressed. Although you may think it won't rub off on them, it does.

As we continued our conversation he recommended I try some exercises with my children and see their reactions to it.

One exercise in particular was the 1-2-3 method, also known as the "count" to stop behavior method. If your child happens to have a tantrum or isn't listening this is a great exercise to try.

This exercise helps to lead your child to learn, think and take responsibility for their actions. Doing this gives the message that your authority is not negotiable before you act with a consequence. This consequence doesn't necessarily have to be a big thing. It can simply be redirecting your child toward doing something else, like assisting you with putting items away or reading a book with them.

He explained that the more I get involved with my children's life, the better.

I should replace that sense of separation with love and care, helping to distract that feeling of loneliness.

Once we finished discussing how I could help my children; the counselor asked, "how are you handling all this?"

Just as I was going to start talking my face turned bright red because I knew everything I was carrying on my shoulders was finally about to be lifted off of me. I began to discuss my struggles of trying to make sure everything was the same as it was before my husband left. I was so focused on trying to make sure everything was perfect I became overwhelmed and stressed, not only myself, but my kids too.

He later explained that no matter how much I want things to be the same, they aren't, and all I can do is make the best of each situation. Not only that, but I should take time to help myself relax by finding a hobby to diminish the stress.

I really took what he said to heart. My son is no longer being antisocial; he's eating more and being a lot nicer. I still have to deal with his "terrible-two" moments, with and my 1-year-old daughter deciding to join him, but with some redirection, they're back to normal.

Even when you feel there's nowhere to turn for help, there's always someone who cares and can guide you in the right direction. There are other resources on base to support you in times of need, such as the Airman and Family Readiness Center, key spouse groups, first shirts and mental health.

Whether it's a friend, family member, counselor or even just writing a journal there are always avenues for help.

You're not alone.



U.S. AIR FORCE



Make Osan Better

7th Air Force commander visits the Wolf Pack



Above: Lt. Gen. Terrence O'Shaughnessy, 7th Air Force commander, coins Senior Airman Peter Hernandez, 8th Logistics Readiness Squadron general purpose vehicle mechanic, as Senior Airman Evin Diaz, 8th LRS general vehicle mechanic, looks on, at Kunsan Air Base, Republic of Korea, July 31, 2015. During O'Shaughnessy's two-day visit, he saw first-hand how the Wolf Pack contributes to deterring aggression on the peninsula. (U.S. Air Force photos by Senior Airman Katrina Heikkinen)



Above: Airman 1st Class Cody Rolston, 8th Logistics Readiness Squadron special vehicle maintenance technician, troubleshoots an exhaust leak on a government vehicle as Lt. Gen. Terrence O'Shaughnessy, 7th Air Force commander, looks on, at Kunsan Air Base, Republic of Korea, July 31, 2015.

Left: Senior Airman Matthew Long, 8th Civil Engineer Squadron heating, ventilation, air conditioning and refrigeration journeyman, explains how to solder an electronic expansion valve of a chiller to Lt. Gen. Terrence O'Shaughnessy, 7th Air Force commander, at Kunsan Air Base, Republic of Korea, July 31, 2015.

Iceman knocks out bombs with MUNS Airmen



Above: Staff Sgt. Layne Short, 51st Munitions Squadron flightline maintenance munitions inspector, helps Heidi Liddell, spouse of retired American mixed martial art champion Chuck "The Iceman" Liddell, put a fuse into a guided bomb unit-31 on Osan Air Base, South Korea, Aug. 5, 2015. Throughout their visit, the Liddell family toured various units and learned about many different military careers. (U.S. Air Force photos by Senior Airman Kristin High)



Right: Chuck "The Iceman" Liddell, retired American mixed martial artist, inspects a guided bomb unit-31 on Osan Air Base, South Korea, Aug. 5, 2015. Liddell is a former Ultimate Fighting Championship Light Heavyweight Champion. He has an extensive striking background in Kempo, Koei-Kan karate, and kickboxing, as well as a grappling background in collegiate wrestling and Brazilian Jiu-Jitsu.



Heidi Liddell, spouse of retired American mixed martial artist Chuck "The Iceman" Liddell, assists with assembling a guided bomb unit-31 on Osan Air Base, South Korea, Aug. 5, 2015. The Liddell family visited various base units including the fire department, the fitness center and the munitions section for demonstrations and to meet-and-greet with the Airmen during a morale trip.



Staff Sgt. Matthew Edge, 8th Civil Engineer Squadron explosive ordnance disposal technician (right), searches the ground for an improvised explosive device as Chief Master Sgt. David "Falcon Chief" Abell, 8th Mission Support Group superintendent, and Lt. Col. Aimee "Falcon II" Alvstad, 8th MSG deputy commander, provide security during combat EOD training at Kunsan Air Base, Republic of Korea, Aug. 6, 2015. Alvstad and Abell witnessed the detection, identification, recovery and disposal of a simulated IED during a training operation conducted by U.S. Air Force explosive ordnance disposal technicians of the 8th CES as part of their hands-on immersion to the Wolf Pack. (U.S. Air Force photo by Senior Airman Katrina Heikkinen)

8th MSG leaders participate in combat EOD training

By Senior Airman Katrina Heikkinen
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- Dirt clings to his face as he reaches his left hand in front of him, blindly probing the ground. Face down, he detects something.

"I'm feeling some loose dirt!" he yells.

On a mountainous terrain at the edge of the Yellow Sea at Kunsan Air Base, Staff Sgt. Matthew Edge, 8th Civil Engineer Squadron explosive ordnance disposal technician, had just detected a simulated victim operated improvised explosive device during a dismounted operation.

As Edge slowly digs around the IED, Lt. Col. Aimee "Falcon II" Alvstad, 8th Mission Support Group deputy commander, and Chief Master Sgt. David "Falcon Chief" Abell, 8th MSG superintendent, donned with

20-pound rucks, provide security for the combat training operation.

Alvstad and Abell witnessed the detection, identification, recovery and disposal of a simulated IED during a training operation conducted by U.S. Air Force explosive ordnance disposal technicians of the 8th CES as part of their hands-on immersion to the Wolf Pack, Aug. 6 here.

"Today we provided a basic demonstration of some of the dismount techniques and procedures that we use and have been using in Iraq and Afghanistan for the last 10 years," Edge said. "We try to do everything by as remote means as possible, but if an IED is located in rocky terrain, sometimes we don't have an option to use a robotic."

In the absence of a robotic, Kunsan's Big Coyote hill provided the rocky terrain for EOD technicians to practice their visual detection skills as they searched the

ground for signs of human disturbance.

"EOD is sometimes referred to as a cat and mouse game," Edge said. "As soon as we successfully mitigate an IED, it seems a lot of times those who plant IEDs watch us work and see how we do certain techniques. So they would see what we did and they would change how they placed it or change something that would make our old method obsolete. We are constantly changing our methods and techniques to mitigate and dispose explosives so that we can ultimately protect the personnel and property of the U.S. Air Force."

After Edge employed classified techniques to attach detonation cord to the IED, Alvstad and Abell had the opportunity to detonate the simulated IED.

"I feel much more educated now and I also see that it's a very tough job to have," Alvstad said. "It's awesome to be around Airmen to watch them execute the mission."



AF vice chief of staff retires with nearly 44 years of service

By Staff Sgt. Whitney Stanfield
Air Force Personnel Center Public Affairs

WASHINGTON (AFNS) -- Airmen said goodbye and good luck to the Air Force vice chief of staff during his retirement ceremony on Joint Base Andrews, Maryland, Aug. 7.

Almost 44 years and 18 assignments later, Gen. Larry O. Spencer stood in front of friends, family and Airmen for the last time in his Air Force career.

"God placed me in the Air Force and took me from airman basic to a four-star general," Spencer said, "which must be classified as a miracle."

Spencer, a native of Washington, D.C., enlisted in the Air Force in 1971. He earned his Bachelor of Science degree in industrial engineering technology from Southern Illinois University, Carbondale, and became a distinguished graduate of Officer Training School in 1980.

"He was excellent at every job, big or small," said Air Force Chief of Staff Gen. Mark A. Welsh III. "As a captain, he was listed as one of the Outstanding Young Men of America."

During his career, Spencer held several extraordinary positions, including the first Air Force officer to serve as assistant chief of staff in the White House Military Office.

"Larry has told people for years, don't be scared of competition. That's what makes us stronger. It's what makes us a better Air Force," Welsh said. "And every time people look at the food chain, in Larry's specialty areas, he tends to be at the top."

Although retired, Spencer's heritage



Air Force Vice Chief of Staff Gen. Larry O. Spencer speaks to attendees during his retirement ceremony at Joint Base Andrews, Md., Aug. 7, 2015. Spencer enlisted into the Air Force in 1971 and was commissioned as a second lieutenant Feb. 14, 1980. (U.S. Air Force photo by Scott M. Ash)

will live on in the form of the Gen. Larry O. Spencer Innovation Award, established on March 20, 2015, by Welsh. The award will annually recognize Airmen who come up with creative and efficient ways to save the Air Force money and time. The award represents Spencer's devotion to Airmen throughout his career

and his steadfast support of the "Every Dollar Counts" campaign.

"During the next phase in my life, I hope to attend more football games," Spencer said. "It would be a nice retirement gift if my team did well this year."

"People have asked me how I feel about being in Washington, D.C. for so

long and I can only sum that up with a quote from Martin Luther King Jr., and that is, 'Free at last, free at last, thank God almighty I'm free at last,'" Spencer said.

The ceremony concluded with a long line of people waiting to say their good-byes and to thank Spencer for his service.

AF implements restricted endorsement, stratification for senior noncommissioned officer EPRs

By Debbie Gildea
Air Force Personnel Center Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas (AFNS) -- Restricted senior rater endorsement and stratification for senior NCO enlisted performance reports will be implemented in conjunction with the July 31 senior master sergeant EPR closeout date.

Endorsement and stratification restrictions for senior NCOs are part of ongoing Air Force enlisted evaluation and promotion system changes underway since July 2014.

Announced in June, restrictions will limit the number of endorsements a senior rater may give to their promotion-eligible master sergeants and senior master sergeants. Senior raters will be restricted to endorsing only the top 20 percent of their senior master sergeants eligible for promotion to chief master sergeant and the top 10 percent of their master sergeants eligible for promotions to senior master sergeant.

This percentage correlates with historical promotion rates for each grade.

In addition to endorsements, senior raters have the option to include written stratification in their optional comment or "push-line" in the final evaluator's comments section on Air Force Form 911, the EPR for master sergeant through senior master sergeant, which was released July 31.

Senior rater endorsement and stratification authorizations are based on the total number of time-in-grade and time-in-service promotion-eligible master sergeants and senior master sergeants a senior rater has. Senior raters will no longer be authorized to stratify their promotion-eligible senior NCOs based on the joint service population and grade.

For example, if a senior rater has 200 senior master sergeants, but only 100 are TIG/TIS promotion eligible, the senior rater may endorse up to 20 of the eligible senior master sergeants by marking the appropriate block on the EPR form. The senior rater can also provide a written stratification in the push-line like "my #1 of 100 SMSgts" if the rater chooses. Senior raters also have the option to endorse a member without including stratification.

Only the senior rater may include written strati-

fication on EPRs for senior NCOs they endorse. Lower-level stratification and stratification by deputy and intermediate evaluators is prohibited, to include lower-level stratification on those evaluations endorsed by the senior rater.

Additional information on restricted endorsement and stratification, and other changes to the evaluation and promotion systems, are available on the myPers Enlisted Evaluation System and Weighted Airman Promotion System changes page.



U.S. AIR FORCE

AF welcomes new vice chief of staff

By Tech. Sgt. Dan DeCook

Air Force Public Affairs Command
Information

WASHINGTON (AFNS) -- The Air Force welcomed an Airman to the rank of four-star general and announced the appointment of the new Air Force vice chief of staff during a ceremony at Joint Base Anacostia-Bolling, Washington, D.C., Aug. 6.

Air Force Chief of Staff Gen. Mark A. Welsh III presided over the ceremony for Gen. David L. Goldfein in front of a crowd of more than 1,000 Airmen and distinguished visitors that included Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, several U.S. ambassadors, current and former members of the 720th Special Tactics Group, and first responders from the New York City Fire Department among others.

"General Goldfein knows this isn't a reward, it's a challenge," Welsh said. "He respects the opportunity; he is not intimidated by it, and he also acknowledges the unbelievable privilege it represents. He deserves this promotion, and more importantly, the Air Force deserves his leadership."

As the previous director of the Joint Staff at the Pentagon, Goldfein assisted the chairman of the Joint Chiefs of Staff in fulfilling his responsibilities as the principal military adviser to the president and secretary of Defense. He developed and provided strategic direction, policy guidance and planning focus to the Joint Staff and fostered clear communication among the president, sec-



Gen. David L. Goldfein is given the oath of office by Chairman of the Joint Chiefs of Staff Gen. Martin Edward "Marty" Dempsey during his promotion ceremony Aug. 6, 2015, in Washington, D.C. Goldfein will become the Air Force's 38th vice chief of staff, and most recently served as the director of the Joint Staff. (U.S. Air Force photos by Scott M. Ash)

retary of Defense, unified commands and the services. With more than 4,200 flying hours since his commission from the U.S. Air Force Academy in 1983, Goldfein has flown combat missions in operations Desert Shield, Desert Storm, Northern Watch, Allied Force and Enduring Freedom.

During the ceremony, Col. J.J. Johnson, the commander of the 720th STG, made several presentations to recognize

Goldfein's history with the special operations unit that started nearly two decades ago behind enemy lines.

"For those of you who don't know it, General Goldfein was shot down over Kosovo," Johnson said. "Sixteen years, three months and four days ago (today), a rescue team from the 23rd Special Tactics Squadron went in, got him and brought him back. Every year on the anniversary of that day, he sends the unit a

bottle of scotch. Today, we want to return the favor."

After thanking those in attendance and remembering the heroes who helped him during his career, Goldfein ended the ceremony with a promise.

"It's not about what we do, but who we are," he said. "My promise to you, with this fourth star, is that I will do my best to be a better man, husband, father and a better officer for the Air Force."



The rank of general is pinned on David L. Goldfein's flight cap by his daughter, 1st Lt. Danielle Fleming, during his promotion ceremony Aug. 6, 2015, in Washington, D.C. Goldfein's promotion makes him the Air Force's 38th vice chief of staff.



Gen. David L. Goldfein and his wife, Dawn, depart the revue where he was promoted during a ceremony Aug. 6, 2015, in Washington, D.C. Goldfein will become the Air Force's 38th vice chief of staff and most recently served as the director of the Joint Staff.

SARCs hone skills at annual refresher course



Barry Waite, the Ira C. Eaker Center for Professional Development's chief of workforce diversity and civilian professional development at Maxwell Air Force Base, Alabama, delivers a lesson on communicating with leadership at all levels to Air Force sexual assault response coordinators during a five-day SARC annual refresher course at the National Conference Center in Leesburg, Va., Aug. 5, 2015. (U.S. Air Force photos by Tech. Sgt. Bryan Franks)

Headquarters Air Force Public Affairs

LEESBURG, Va. (AFNS) -- The Air Force Sexual Assault Prevention and Response office recently concluded a five-day annual refresher course for nearly 130 Air Force sexual assault response coordinators at the National Conference Center in Leesburg, Virginia, Aug. 3-7.

The SARCs participated in a variety of lessons on prevention, policy, training and leadership interaction designed to reinforce their knowledge and skills.

"SARCs are the backbone of the Air Force's Sexual Assault Prevention and Response Program," said Maj. Gen. Gina Grosso, the Air Force SAPR director. "This annual training is our opportunity not just to ensure they have the latest information on policies and procedures, but also to get their feedback on what's working, what isn't and how we can continue to improve. Their enthusiasm for learning and dedication to the Airmen they support is truly inspiring."

The SARCs and deputy SARCs across the Air Force serve as trusted agents for Airmen in crisis at 113 bases around the world, said Maj. Scott Crum, the Air Force SAPR deputy operations chief.

"Although our SARCs vary greatly in rank and experience from new lieutenants to experienced civil servants, they must all earn the trust and confidence of the Airmen they serve," Crum said. "This refresher training is as critical to their professional development as

professional military education is to our force."

Although some of the material was familiar to the SARCs from their initial certification course, the continued education helps them hone their skills and motivates



Allen Blair, a sexual assault response coordinator at Joint Base San Antonio-Randolph, Texas, provides his team's feedback on the best approaches for communicating with leaders during a five-day SARC annual refresher course at the National Conference Center in Leesburg, Va., Aug. 5, 2015. Nearly 130 SARCs from across the Air Force attended the training, which included lessons on prevention, policy, training and leadership interaction.

them to use newly learned skills, said Barry Waite, the Ira C. Eaker Center for Professional Development's chief of workforce diversity and civilian professional development at Maxwell Air Force Base, Alabama.

Waite taught a two-hour block on communicating with leadership at all levels Aug. 5; one of the goals of the lesson was to understand and identify not only their own personality, but co-workers' and leaderships' personalities as well.

"I loved his lesson and the interactive way it's delivered," said 1st Lt. Anna Gault, the deputy SARC at Aviano Air Base, Italy. "The SAPR program has a spotlight on it, and we work directly for the vice wing commander, so we need to understand how to interact with our leadership, because if we aren't communicating we could end up with a negative outcome."

Another benefit of the continuing education course is networking with other SARCs in the field, said Ron Nelson, the Air Mobility Command SAPR program manager. Building networks is tremendously important at these annual continuing education events, Nelson said.

When SARCs leave the initial training course at Maxwell AFB, they all have the same basic skill set, but as they build from their experiences they can share with other SARCs or lean on SARCs from other bases who have already handled similar circumstances.

"Our policies and procedures are constantly evolving as we learn more about this crime and how to prevent and respond to it," Grosso said. "This annual training is a vital opportunity to bring all our SARCs together to give them the best tools and training possible to serve our Airmen."

AF launches MyVector, mentorship resources for Airmen

By Tech. Sgt. Torri Hendrix
Air Force Public Affairs Command Information

WASHINGTON (AFNS) -- The Air Force recently launched an improved and re-branded Career Path Tool, called MyVector, which encourages mentorship between Airmen at all levels.

The first step in the success of MyVector is for Airmen to volunteer to be mentors and share their experience and expertise with other Airmen.

"Mentoring and networking are two of the most important things for leaders to embrace," said Secretary of the Air Force Deborah Lee James. "Mentoring represents an investment -- one where we may not know the impact until many years later."

The reconfigured online platform supporting mentoring has a modern look and feel. These new configurations support not only the traditional by-name request method of requesting a mentor, but also provide a mentor-matching capability based on weighted characteristics identified by the Airman searching for a mentor.

MyVector has a real-time mentoring plan, discussion forums, a bullet tracker to document accomplishments, and the ability to dialogue online with your mentor. A resource page is also available to assist both parties with mentoring questions and relationships.

"Air Force mentoring fosters a culture of inclusion for all Airmen while maximizing their

strengths, and is aligned with the culture of the Air Force for mission accomplishment," said Dr. Patricia McGill, the doctrine, institutional competencies and mentoring chief. "MyVector captures Airmen experiences within and across Air Force specialty codes and occupational series. Mentors will be able to provide feedback on their mentees' career progression."

Mentorship requires time, effort and dedication. To assist with this process, there is a "Mentoring Checklist" in Air Force Manual 36-2643, "Air Force Mentoring Program," which outlines how to plan for the different mentoring sessions.

"No matter your age, it's important to help each other," James said. "Seek a mentor and be a mentor."

U.S. Airman receive ROK honor



Tech. Sgt. Mychal Hoyt (middle), 604th Air Support Operations Squadron, receives a governor citation from Mr. Shim, Kyung-seop(right), Director-general for Emergency Planning Bureau of Gyeonggi Provincial Government on Aug. 13, 2015. Lt. Col. Jennifer Fujimoto (left) attended the award ceremony at the northern office of Gyeonggi Provincial Government to congratulate Hoyt. Hoyt provided support as a team leader during the 2015 Gyeonggi Security & Unification Festival in June. (U.S. Air Force photo by Kim Won Hui)

ROKAF rocks RED FLAG

A Republic of Korea Air Force crew chief stands behind an F-16D Fighting Falcon prior to launching the jet Aug. 4, 2015, at Eielson Air Force Base, Alaska. The ROKAF is participating in RED FLAG-Alaska 15-3, a Pacific Air Forces commander-directed field training exercise for U.S. and partner nation forces, providing combined offensive counter-air, interdiction, close air support and large force employment training in a simulated combat environment. (U.S. Air Force photo by Staff Sgt. Shawn Nickel)



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 Share Point:
<https://kunsan.eim.pacaf.af.mil/8FW/HC/default.aspx>

OSAN AIR BASE

Protestant Services

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

Catholic Mass

Daily Mass
 Tuesday – Thursday, 11:30 a.m.
 Saturday, 5 p.m.
 Sunday, 8:30 a.m.
Reconciliation
 Saturday, 4 p.m.

Other Faith Groups

Earth-Based
 Contact the Chapel
Jewish
 Contact the Chapel
Muslim
 Contact the Chapel
Buddhist
 Contact the Chapel

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



Ch, Capt. Jason Raines
 Chaplain, 694th Intelligence Surveillance and Reconnaissance Group

Recently, one of my children asked me for \$20. Curious, I asked, "For what?" The response I received

was priceless... "stuff." After some playful banter, I wasn't satisfied with where the money was going so I said, "No, you cannot have \$20." My child (based on facial gestures) was not happy with my decision. My child stormed out saying, "You always say no!" I smiled and paused to think about whether or not that was true. I thought, is saying "no" really a bad thing? Obviously, the answer is no! Saying no can be as positive as saying yes and sometimes more. I think about the careers that would be saved if friends would say "NO" to one last drink, or how many marriages would be saved if spouses would say "NO" this isn't worth fighting over, or how many relationships might be salvaged if people would say "NO" we can work through this like adults.

One day in elementary school I noticed a new girl at our school. She was pretty, we were young, and I thought I was in love. In romantic fashion I wrote her a love letter that said, "Will you be my girlfriend? Check yes or

Just say no!

no..." I think we've all written such romantic words long before Tim McGraw made a fortune on our pain and anxiety waiting to see which box was checked. When we break down the response there are implications for saying no, but also for not saying no. When you say yes to something that you don't want you sacrifice things you love. When you say yes to someone you don't care for you can be saying no to a great relationship, to a friend who had too much to drink you can be saying no to a successful career, or yes to a worthless argument you can be saying no to a healthy marriage. We all have to be better about making choices and better about helping others make better choices.

Wise young Timothy wrote, "Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call...out of a pure heart." Saying no is sometimes the hardest, but best thing we can do. We constantly fight against dark desires, imbibe too much, rational-

ize, and boast too much because the flesh wants to be cruel. Giving into these urges produces the negative, and the negative consumes a lot of brain and heart space. When you wake up the morning after tying one on...your brain hurts, or when you leave the house after a heated argument you are consumed by it completely.

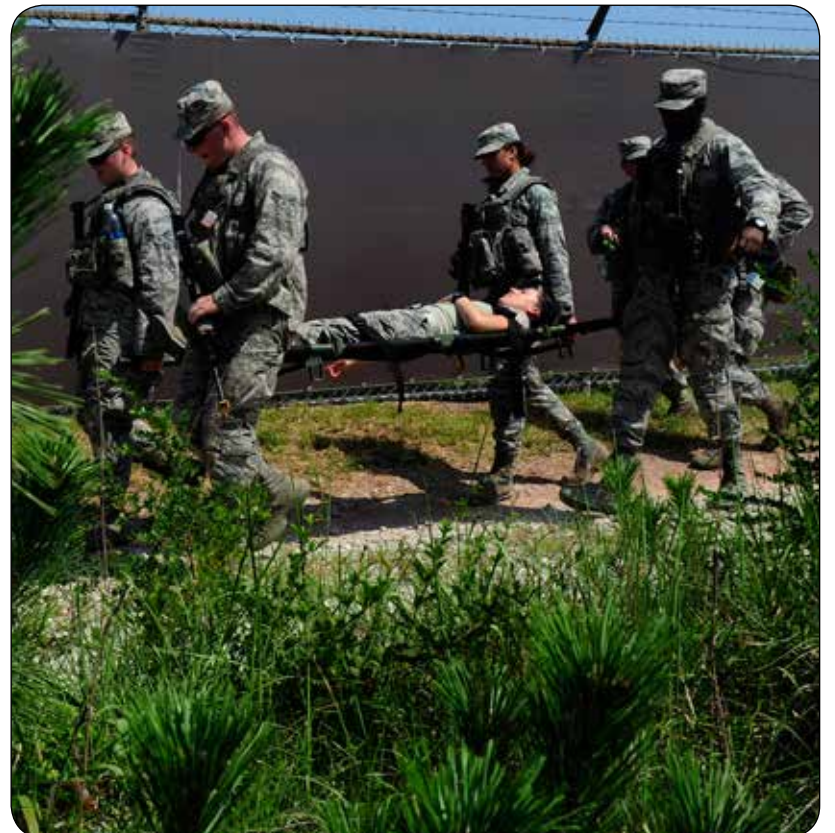
Defiantly say no to that which will injure your treasured relationships, say no to the unimportant, say no to doing anything for the wrong reason, and say no to hurtful words. At the end of the day the choice is ours and we must accept responsibility for choices we make, words we speak, and choices we permit others to make. Healthy living isn't only about choosing a salad over a double bacon cheeseburger it's about being intentional with all things in our control. If we are wise with words we speak, actions we take, and how we influence others our lives can be full and healthy. In the words of McGruff the Crime Dog, "JUST SAY NO!"

From page 3, **Wolf Pack Defenders: Prepared for combat**



Left: Airmen from the 8th Security Forces Squadron provide care under fire during a tactical combat casualty care scenario, which was part of a three day combat readiness training exercise at Kunsan Air Base, Republic of Korea, Aug. 3, 2015. As Kunsan's first line of defense, security forces members must accurately and effectively perform their tactical capabilities to defend against threats. (U.S. Air Force photos by Staff Sgt. Nick Wilson)

Left below: Airmen from the 8th Security Forces Squadron participate in a tactical combat casualty care scenario during a three day combat readiness training exercise at Kunsan Air Base, Republic of Korea, Aug. 3, 2015. Integrating Airmen of all ranks with Republic of Korea air force members in quarterly CRTs strengthens teamwork to provide a higher level of safety and security of the Wolf Pack.



Right above: Airmen from the 8th Security Forces Squadron carry a litter during a tactical combat casualty care scenario during a three day combat readiness training exercise at Kunsan Air Base, Republic of Korea, Aug. 3, 2015.



Left: Airmen from the 8th Security Forces Squadron participate in a tactical combat casualty care scenario during a three day combat readiness training exercise at Kunsan Air Base, Republic of Korea, Aug. 3, 2015.

Kunsan

Ilmagwon Orphanage

Join Airmen from across the base in a wing chapel-sponsored event as they travel down to the Ilmagwon 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

Airman and Family Readiness Center programs

***Bundles for Babies** - A workshop for expectant parents who want to learn more about parenting and support programs here at Osan. The class also offers you a finance piece that focuses on budgeting for your new baby from conception to college years and a chance to meet other new parents. Additionally, you'll receive a free "bundle" from the Air Force Aid Society.

***Separation & Retirement Benefits** - This is an optional workshop where separating and retiring members can learn about their benefits- includes briefings by MFLC, TMO, CPO, Finance, Tricare and SBP.

***Spouse Orientation** - This is a great opportunity for spouses to learn about the 51st Fighter Wing Mission, Non-combatant Evacuation Operation (NEO) process, and receive a protective (gas) mask demonstration. Spouses will also have an opportunity to meet key base representatives and learn about Korean Culture. As a bonus, a community information fair will end the day.

***Volunteers' Training** - The goal is to ensure all our volunteers are registered and they receive all tools and information to keep them informed of volunteer opportunities.

For more information, call 784-0119.

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.

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

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 (Gate1)
- 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**



Songtan Bus Terminal Time Table

서울 - 남부터미널	동서울	성남	인천공항	인천	의정부 (동두천)
SEOUL ₩3800 NamBu Terminal	장지 가락 잠실	SeongNam ₩3400	Incheon Airport ₩11200	Incheon ₩6200	UiJeongBu ₩8000
06:10	Dong Seoul ₩4400		04:45	06:30	
06:30	JangJi	06:40	05:05	07:50	07:45
06:50	GaRak JamSil	07:30	05:25	08:30	09:45 Bus for Songdo
07:05		08:10 via Dongtan	05:55	10:10	12:05
07:20	06:35	08:45	06:25	10:50	15:55
07:30	06:55	09:30	06:55	11:30 via Cheongbuk	17:05
07:45	07:15 via Dongtan	10:10	07:25	13:40	20:05 Bus for Songdo
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 ₩14800
09:30	10:35	14:30	11:55		
09:55	11:05	15:20	12:45		07:20
10:15	11:35	16:10	13:35		09:20
10:30	12:05	16:45	14:15		DongTan ₩2100
10:55	12:35	17:30	15:05		13:50
11:15	13:05	18:10	16:05		06:20 Bus for Dong Seoul
11:30	13:35	18:40	16:55		06:55 Bus for Dong Seoul
11:50	14:05	19:20	17:55		07:15 Bus for Dong Seoul
12:15	14:35	20:20	18:45		08:10 Bus for SeongNam
12:30	15:05	20:55	19:35		11:20 Bus for SeongNam
12:50	15:35	21:50			07:10
13:10	16:05				08:50
13:30	16:35				10:30
13:45	17:05	청북,해군아파트			12:10
14:00	17:35	포승,평택항	05:45		SokCho ₩20000
14:30	18:05	CheongBuk ₩1900	07:15		07:55
15:00	18:35	PoSeung	09:15		10:35
15:20	19:05	PyeongTaek Port ₩3300	11:15		12:55
15:40	19:35		13:25		15:45
16:00	20:25		15:25		18:45
16:20	21:05	07:20	17:25		19:10
16:40	21:35	07:50	19:25		15:10
16:55		09:10			19:10
17:10		10:40			19:10
17:25		12:20			19:10
17:40		13:50			19:10
18:00		16:20			19:10
18:15	고양 백석 화정	17:20	07:00		08:45
18:30	GoYang	19:10	08:30		10:25
18:50			10:30		12:25
19:10	백석 (₩7800)		12:30		14:15
19:30	11:40	청북	14:30		15:45
19:45	13:10	CheongBuk ₩1900	16:30		17:15
20:10	19:00		18:30		18:30
20:25	20:50	07:50(백석 8탄)	20:00		16:50
20:40	화정 (₩8100)	11:30			18:10
21:10	13:10	16:00			19:10
21:50	19:00				20:20

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 ₩6,200 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
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2040
Ar. Humph	0850	0950	1050	1150	1250	x	1450	1550	x	1750	x	1950	2120

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

* 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)

ROK JTAC candidate completes assessment

Maj. Jeoun, Kyung Chae, Republic of Korea Air Force Joint Terminal Attack Controller candidate, plots coordinates as part of a JTAC assessment Aug. 11, 2015. Jeoun was assessed by U.S. JTACs to validate training he received earlier this year. (Courtesy photos)



Seoul's top 5 underground shopping malls



Korea's four distinctive seasons might be appealing to visitors from a country with a tropical climate year-round; however, cold winds in winter or the sudden downpours during the rainy season in summer may cause varying levels of inconvenience in having a pleasant shopping experience in Korea. This is precisely why Korea Tourism Organization has prepared a list of the top five underground shopping malls in Seoul, where one can go and fully enjoy shopping, without being restricted by the whims of weather. These underground malls boast a large number of shops and offer more reasonable prices than stores at famous touristic shopping zones such as Sinsadong Garosu-gil Road or Myeong-dong. Plus, these malls are near public transportation, allowing you to visit the malls and enjoy shopping while keeping your feet dry even in the middle of a rain storm.

Express Bus Terminal Underground Mall, Goto Mall

Goto Mall, a contraction of gosok teomineol, meaning "express bus terminal," was newly renovated in 2012, and is often called a shopping heaven for women. The 880-meter-long alley consists of 600 stores, making it the largest underground shopping mall of its kind in Seoul.

The latest clothing trends, accessories, cosmetics, interior products and whole sale flowers - you name it, Goto Mall has it.

At the end of the mall, restaurants and food courts are available for shoppers to ease their hungry stomachs after a big shopping spree. Goto Mall offers relatively cheaper deals than Dongdaemun and Namdaemun markets, which are frequently visited by foreign shoppers. Do not miss out on the fun of bartering for great deals on great products.

More info

Directions: Express Bus Terminal Station (Seoul Subway Line 3, 7, 9), Exit 8.

Operating Hours: 10:00-22:00(clothing stores), 10:00-22:00 (restaurants)

* Closed: Third Thursday of every month, Seollal (Lunar New Year's Day) and Chuseok (Korean Thanksgiving Day) holidays.

* Operating hours and closed dates may vary by stores.

Nearby Attractions:

Banpo Bridge Rainbow Fountain

Shinsegae Department Store - Gangnam Branch

Sinsadong Garosu-gil Road

Website: gotomall.kr (Korean only)



Yeongdeungpo Underground Mall



Yeongdeungpo has long been a hub of public transportation in Seoul that is always crowded with people coming and going. Since the opening of Times Square, a mega shopping mall in 2009, it has been drawing even more traffic. Yeongdeungpo Underground Mall offers a variety of products marketed to different age groups from teenagers to seniors.

The underground mall can be divided into three major sections. The area near Yeongdeungpo Market is popular among seniors. The middle area features a variety of stores and the area in between Yeongdeungpo Station and Times Square has shops for teens and young adults.

Yeongdeungpo Underground Mall mostly caters toward menswear but is also near Shinsegae Department Store and Times Square for a variety of shopping options.

More info

Directions: Yeongdeungpo Station (Seoul Subway Line 1), Exit 5.

Operating Hours: 10:00-22:00

* Closed: Seollal (Lunar New Year's Day) and Chuseok (Korean Thanksgiving Day) holidays.

* Operating hours and closed dates may vary by store; some shops may be open on public holidays.

Nearby Attractions:

Times Square

Lotte Department Store - Yeongdeungpo Branch

D-Cube City

Yeouido Hangang Park

Gangnam Terminal Underground Shopping Center



Gangnam has recently become quite popular among international travelers, and the new underground shopping mall is where affordability meets quality.

Gangnam Station, on Line 2 of Seoul Subway, boasts the greatest concentration of clothing, cosmetics, and telecommunications stores, making it easy for shoppers to do price comparisons before making purchases. Also, the Shinbundang Line Underground Shopping Center, which is attached to Gangnam Station, features low- to mid-priced brands and franchised coffee shops spread out over a large area, offering one of the most convenient and comfortable underground shopping experiences. For those who are determined to do a big shopping spree, try walking through Gangnam Underground Shopping Mall all the way to Sinnonhyeon Station, and exiting out on to Gangnam-daero Road. The much-loved Gangnam-daero Road is known for its sprawling shopping district.

More info

Directions: Gangnam Station (Seoul Subway Line 2, Shinbundang Line)

Operating Hours: 10:00-22:00

* Closed on third Sunday of every month, Seollal (Lunar New Year's Day) and Chuseok (Korean Thanksgiving Day) holidays.

* Operating hours and closed dates may vary by store; some shops may be open on public holidays.

Nearby Attractions:

Samsung d'light' Kukkiwon, Gold Spa (Hwanggeum Oncheon)

Jamsil Underground Shopping Center



Another shopping center in the heart of Seoul is located at Jamsil. This underground shopping mall is rather small in scale, yet the 135 stores housed here offer sufficient options for shoppers. Jamsil Underground Shopping Mall is connected to Lotte World and Lotte Department Stores, offering the chance to enjoy exquisite Korean cuisine at a variety of restaurants. With the recent grand opening of Lotte World Mall, the shopping center has begun to draw in more and more traffic with each passing day.

More info

Directions: Jamsil Station (Seoul Subway Line 2, 8)

Operating Hours: 10:00-20:30

* Closed: First and third Monday of every month.

* Operating hours and closed dates may vary by stores.

* Lotte Department Stores and all stores operated by Lotte have the same closing days.

Nearby Attractions:

Lotte World, Lotte World Tower & Lotte World Mall, Songpa Naru Park (Seokchon Lake), Seoul Sports Complex, Olympic Park

COEX MALL

COEX Mall recently went through a huge renovation and reopened with the theme 'unfolding sky,' featuring a wide open space and bright lighting that flatters the many brand stores located in the mall.

A movie theater, aquarium, duty-free shops, casino, Seoul InterContinental Hotel, and department stores are all delightfully connected to the underground mall, making it possible to enjoy shopping and cultural experiences without leaving the building. Famous restaurants and trendy dessert cafés, along with character pop-up stores and kid's cafés provide a fun day for all generations.

More info

Directions: Samsung Station (Seoul Subway Line 2)

Operating Hours: 10:00-22:00

* Open all year round.

* Operating hours and closed dates may vary by stores.

Nearby Attractions:

Bongeunsa Temple

Seven Luck Casino - Seoul Gangnam

Seolleung / Jeongneung (a.k.a. Seonjeongneung) [UNESCO World Heritage]

Website: www.coex.co.kr (Korean, English, Japanese, Chinese)

* While some stores may accept credit cards, it is recommended to bring cash as well.

Related Website: Fashion in Korea



* This column was last updated in July 2015, and therefore information may differ from what is presented here. We advise you to check details from the official websites before visiting.

Heritage sites offering late hours and free admission



Gyeongbokgung Palace and Changgyeonggung Palace are to extend their hours to stay open late from August 11 to 28, 2015 in celebration of the 70th anniversary of Korea's liberation day.

However, visitors should be aware of closing dates for each palace as Gyeongbokgung Palace is closed on August 18 and 25 and Changgyeonggung Palace on August 17 and 24.

Other national heritages are participating in celebration of Korea's liberation day by opening their gates free of admission. Participating heritage sites include the four major palaces; Gyeongbokgung Palace, Changdeokgung Palace, Changgyeonggung Palace and Deoksugung Palace, as well as Jongmyo Shrine and Royal Tombs of the Joseon Dynasty.

Please note that Huwon in Changdeokgung Palace, and the evening hours at Gyeongbokgung Palace and Changgyeonggung Palace are excluded from the free admission event.

More Info

- * Gyeongbokgung Palace
Address: 161, Sajik-ro, Jongno-gu, Seoul
Website: www.royalpalace.go.kr (Korean, English)
Evening Admission: 3,000 won
- * Changgyeonggung Palace
Address: 185, Changgyeonggung-ro, Jongno-gu, Seoul
Website: cgg.cha.go.kr (Korean, English, Japanese, Chinese)
Evening Admission: 1,000 won
- * 1330 Korea Travel Hotline: +82-2-1330
(Korean, English, Japanese, Chinese)

Courtesy of Cultural Heritage Administration

New Buyeo tour to celebrate UNESCO World Heritage inscription



Baekje Historic District is newly reforming the city tour of Buyeo in Chungnam province after being inscribed on UNESCO's World Cultural and Natural Heritage list.

The city tours consist of four main routes, operating from March to November each year.

The first tour runs on Saturdays and includes the historic district of Baekje and traditional music performances afterwards. The second course runs on Sundays and focuses on Korean ginseng and other aspects of ancient Baekje culture. Also from August this year, Lotte is launching new Lotte tours. Its Friday day tour includes visiting Gungnamji Pond, which is beautifully adorned with lotus flowers. The Lotte tours are also offered in the morning and afternoon, and depart from Lotte Buyeo Resort.

Reservations are available on site but booking and confirmation are highly recommended, as the tour programs are subject to cancellation if the minimum number of 5 participants is not reached. Tour reservations are available online at Buyeo's cultural tour website or by phone.

More Info

- How to Book: Website or phone reservation
Departs at the previously informed venue.
- Tour Course:

* **Course 1 (Saturday):** Gongju Station (09:30) -> Busosanseong Fortress Parking Lot (10:00) -> Gwanbuk-ri Relics and Busosanseong Fortress of Buyeo -> Lunch (not included in tour fee) -> Jeongnimsaji (Jeongnimsa Temple Site) -> Buyeo Chungnam Gukakdan performances -> Buyeo Neungsan-ri Ancient Tombs / Buyeo Naseong Fortress -> Busosanseong Fortress Parking Lot (17:00) -> Gongju Station (17:30)

* **Course 2 (Sunday):** Gongju Station (09:30) -> Busosanseong Fortress Parking Lot (10:00) ->

Baekje Cultural Land -> Lunch (not included in tour fee) -> Buyeo National Museum (or Gungnamji Pond) -> Muryangsa Temple (Kim Si-seup Sarira Pagoda) -> Ginseng Museum -> Busosanseong Fortress Parking Lot (17:00) -> Gongju Station (17:30)



* **Course 3 (Additional course on Friday in August):** Gongju Station (09:30) -> Busosanseong Fortress Parking Lot (10:00) -> Busosan Mountain Fortress -> Lunch (not included in tour fee) -> Gungnamji Pond -> Buyeo National Museum -> Baekje Cultural Land -> Busosanseong Fortress Parking Lot (17:10) -> Gongju Station (17:40)

* **Lotte Morning Course (Saturdays and Sundays in August):** Lotte Buyeo Resort (09:30) -> Buyeo National Museum -> Buyeo Neungsan-ri Ancient Tombs -> Buyeo National Museum -> Lunch (Gudeurae Special Zone, lunch not included in tour fee) -> Lotte Buyeo Resort (14:00)

* **Lotte Afternoon Course (Saturdays and Sundays in August):** Lotte Buyeo Resort (14:30) -> Busosan Mountain Fortress and Hwangpo Sailboat -> Gungnamji Pond -> Lotte Buyeo Resort (17:30)

- Tour Fees: Course 1 12,000 won / Course 2 11,000 won / Course 3 (additional) 12,000 won /
Lotte Morning Course 5,000 won / Lotte Afternoon Course 8,000 won
- Website: tour.buyeo.go.kr (Korean only)
- Inquiries: +82-41-830-2330 (Korean, English, Japanese, Chinese)
- 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese)

Bingsu, an unbeatable summer treats



Bingsu (shaved ice with toppings) is a popular snack food found almost everywhere in Korea during the summer months. As it becomes a heavily dominant menu eaten across the nation by many Koreans and travellers seeking for unique eats, lots of dessert businesses are coming up with more creative concoctions to delight their customers. To beat the sweltering heat this summer, let's indulge in some of these tasty treats known to be the best of the best! Read on to find a variety of places where you can explore endless diversity of bingsu and flavors.

The Classic – Patbingsu

Believed to date back all the way to the Joseon Dynasty, the original bingsu was simple, served as finely broken ice chips topped with sweetened red bean porridge. The beans sit aloft a mound of thinly shaved ice chips flavored with a mixture of milk or condensed milk. Finishing with a garnish of choice, such as nuts and seeds, which are added on top, giving the bingsu texture as well as nutritional supplements. Most popular toppings found are bingsus with misutgaru (roasted rice and grain powder) or served with generous pieces of chewy rice cake completing a flavorful taste sensation.

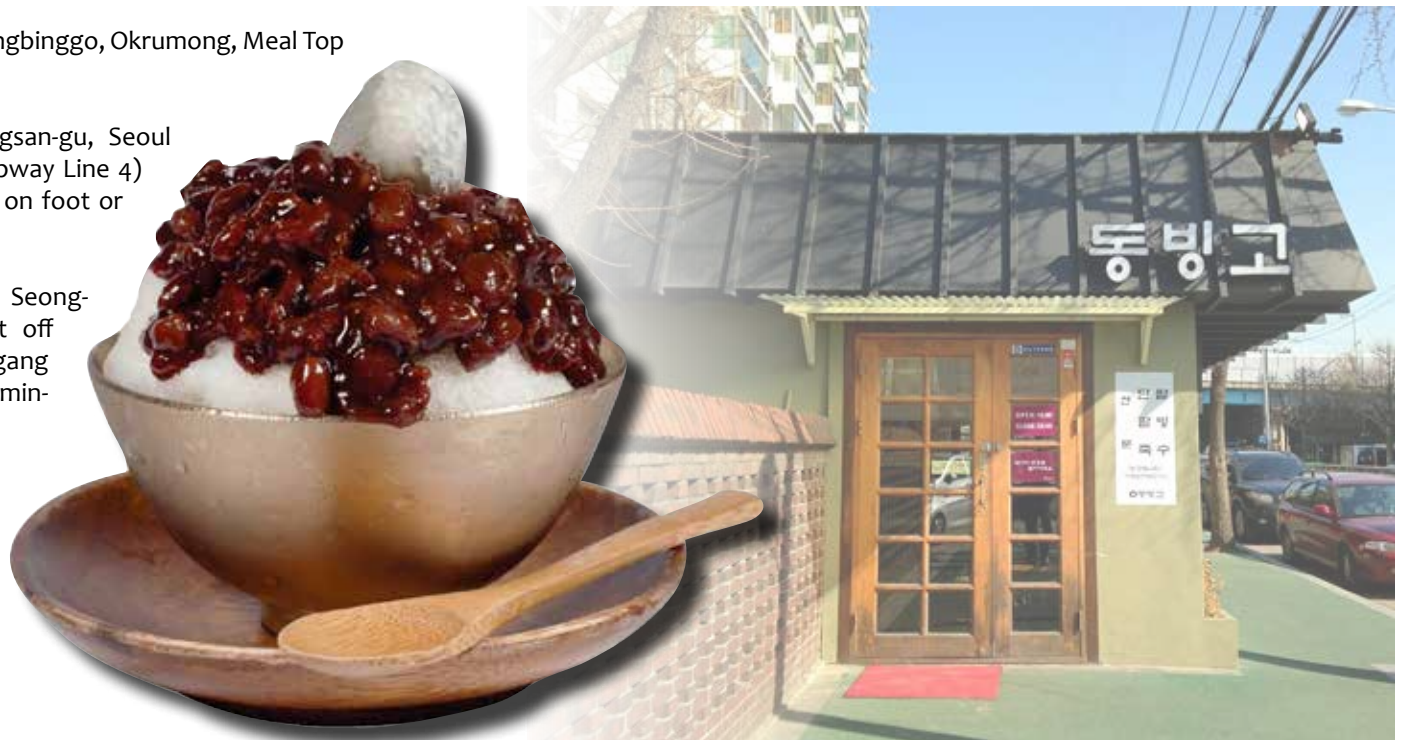
- Recommended Bingsu Places: Dongbinggo, Okrumong, Meal Top

- Directions:

- **Dongbinggo:** 319, Ichon-ro, Yongsan-gu, Seoul (Get off at Ichon Station (Seoul Subway Line 4) and Exit 4. Takes about 17-minutes on foot or 5-minutes by taxi.)

- **Okrumong** (Sinchon Branch): 519, Seongsan-ro, Seodaemun-gu, Seoul (Get off at Sinchon Station (Gyeongui-Jungang Line) and Exit 2. Walk for about 8-minutes.)

- **Meal Top** (Apgujeong Main Branch): 165, Apgujeong-ro, Gangnam-gu, Seoul (Get off at Apgujeong Station (Seoul Subway Line 3) and Exit 6. Meal Top is located on the 5th floor of the Hyundai Department Store.)



Patbingsu

Dongbinggo

Refreshing 'Fruit-full' Bingsu

Today, many bingsus shy away from the predominantly red bean taste and some even omit the red beans altogether. This modification is especially welcomed by those who cannot eat red beans (also known as pat in Korean), or prefer a less sweet version of bingsu. The fruit toppings go so well with shaved ice, whether it is freshly diced or added with honey and syrup, they make a perfect combination that will make you crave for more. Some bingsus are specialized in a single flavor such as mango or strawberry, but if you like to taste a little of all, mix choices are also available.

- Recommended Bingsu Places: Gami, Passion 5

- Directions:

- **Gami (Strawberry Bingsu):** 2, Ewhayeodae 8-gil, Seodaemun-gu, Seoul (Get off at Ewha Womans Univ. Station (Seoul Subway Line 2) and Exit 3. Walk for about 5-minutes.)

- **Passion 5 (Mango Bingsu):** 272, Itaewon-ro, Yongsan-gu, Seoul (Get off at Hangangjin Station (Seoul Subway Line 6) and Exit 3. Walk for about 5-minutes.)



Strawberry Bingsu



Mango Bingsu



Blue berry Bingsu

Healthier Rendition with Nutritious Condiments

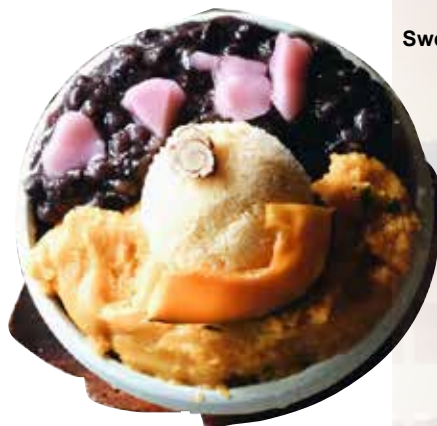
For the health-conscious, choosing which dessert to take might be a bit of a struggle. But have no fear as some bingsus are prepared with comparatively mild flavors, topped with generous chunks of sweet pumpkin, jujube or almond, filling enough to be consumed as a light meal. These delicacies are even served in a beautiful brass or porcelain bowl, adding a tinge of traditional charm, favored equally by both young and older generations. While the sweet pumpkin bingsu does contain red beans, it is also topped with a plenty portion of gugija (barbary wolfberry fruit), yulmu (job's tear), odi (mulberry fruit) and more, making for a mild taste that it particularly popular among the older clientele. The dish can be eaten after pouring soy milk over the shaved ice, doubling-up the nutty flavors of the toppings.

- Recommended Bingsu Places: Suyeonsanbang, Tea Therapy

- Directions:

- **Suyeonsanbang** (Sweet Pumpkin Bingsu): 8, Seongbuk-ro 26-gil, Seongbuk-gu, Seoul (Get off from Hansung Univ. Station (Seoul Subway Line 4) and Exit 6. Takes about 21-minutes on foot or 5-minutes by taxi.)

- **Tea Therapy** (Hangrang branch) (Hanbang (oriental medicine in Korean) Patbingsu): 74, Yunposun-gil, Jongno-gu, Seoul (Get off at Anguk Station (Seoul Subway Line 3) and Exit 1. Walk for about 6-minutes.)



Sweet pumpkin bingsu



Hanbang bingsu



Tea Therapy

Healthier Rendition with Nutritious Condiments

From the traditional red beans to complex mixes of ice cream and fruits, bingsus can easily be found in almost any coffee shop or bakery in Korea. However, there are even more unique bingsus that are only found in some, such as 'cacao bingsu', 'snowflake milk bingsu', 'cherry blossom bingsu', or 'pop corn bingsu'. These uniquely named bingsus are attracting a lot of attention from the young generations, as they are not only visually appealing but taste heavenly too!

- Recommended Bingsu Places: Danggojip, Cacaobom, Bukae Bingsu

- Directions:

- **Danggojip** (Cherry Blossom Bingsu): 5, Eoulmadang-ro 3-gil, Mapo-gu, Seoul (Get off at Sangsu Station (Seoul Subway Line 6) and Exit 4. Walk for about 4-minutes.)

- **Cacaoboom** (Cacao Bingsu): 6, Wausan-ro 27-gil, Mapo-gu, Seoul (Get off at Hongik Univ. Station (Seoul Subway Line 2) and Exit 8. Walk for about 10-minutes.)

- **Bukae Bingsu** (Snowflake-like Milk Bingsu): 28, Dasan-ro 47-gil, Jung-gu, Seoul (Get off at Sindang Station (Seoul Subway Line 2) and Exit 1. Walk for about 10-minutes.)



Cherry blossom Bingsu



Bukae bingsu



Cacao bingsu

* This column was last updated in July 2015, and therefore information may differ from what is presented here. We advise you to check details from the official websites before visiting.