



A U.S. Air Force B-52 Stratofortress from Andersen Air Force Base, Guam, conducted a low-level flight in the vicinity of Osan Air Base, South Korea, in response to recent provocative action by North Korea Jan. 10, 2016. The B-52 was joined by ROKAF F-15K Slam Eagles and a U.S. Air Force F-16 Fighting Falcons. The B-52 is a is a long-range, heavy bomber that can fly up to 50,000 feet and has the capability to carry 70,000 pounds of nuclear or precision guided conventional ordnance with worldwide precision navigation capability. (Photo courtesy Republic of Korea air force)

ROK/US Alliance aircraft conduct extended deterrence mission

OSAN AIR BASE, Republic of Korea -- In a demonstration of the steadfast commitment to the Republic of Korea’s defense, a United States Air Force B-52 Stratofortress from Andersen Air Force Base, Guam conducted a low-level flight Jan 10 in the vicinity of Osan, Republic of Korea, in response to recent provocative action by North Korea.

The B-52 was joined by ROK F-15K Slam Eagles and U.S. F-16 Fighting Falcons.





“The flight today demonstrates the strength and capabilities of the Alliance,” said Gen. Curtis M. Scaparrotti, United Nations Command, Combined Forces Command, U.S. Forces Korea commander. “The close military cooperation between the United States and the Republic of Korea ensures we are ready to respond at any time to those who would threaten stability and security.”

In a statement to reporters gathered at Osan Air Base prior to the flight. Seventh Air Force Commander, Lt. Gen. Terrence O’Shaughnessy, highlighted the capabilities and readiness of the ROK/U.S. Alliance.

“B-52 missions reinforce the U.S. commitment to the security of our allies and partners, and demonstrate one of the many alliance capabilities available for the defense of the Republic of Korea,” O’Shaughnessy said.

Upon completion of the flight over the ROK, the B-52 returned to Guam.

See photos on page 8-9

		<div>PAGE 3</div> <div>ROK Chairman of the Joint chiefs visits Osan</div>		<div>PAGE 4</div> <div>If it's broke, physical therapy can mend it</div>		<div>PAGE 14</div> <div>7th Air Force heats homes, warms hearts</div>
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Crimson Sky

Published by Seventh Air Force

7th Air Force

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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.

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

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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.

New year, new you? Tips for successful resolutions

By Airman 1st Class Denise Nevins
28th Bomb Wing Public Affairs

ELLSWORTH AIR FORCE BASE, S.D. (AFNS) --

Have you ever gone into the new year certain this will be the year you change your life for the better, but after just a few weeks, you fall right back into the same habits? Well, you are not alone.

According to John Norcross, a distinguished professor of clinical psychology at the University of Scranton, approximately 40 to 45 percent of Americans make resolutions to better themselves in some way. However, only small percentages actually stick with their goals. Statistics show about 75 percent of people stay on track for the first week, yet less than 46 percent are still on track after six months.

There are many reasons a person might have trouble keeping up with their goals, such as stress or even just lack of motivation. To help prevent falling off track with your resolutions, here are some tips to start off your resolutions strong.

1. Be realistic: The quickest and surest way to fall short of your goals is to make them unattainable. For example, resolving you will never eat fast food again is setting yourself up to fail. Instead, strive to be realistic, such as avoiding it more than you do now. Also, don't keep your resolution a secret. Tell family and friends who will support you, maybe even find a friend with the same goal and motivate each other.

2. Plan ahead: Don't wait until the last minute to make your resolutions; otherwise, it will be based on the mindset of the particular day. It is best to have your

resolutions planned well before the start of the new year. It is also wise to detail how you will avoid the temptation to break your resolution, such as talking to a friend or remembering how poorly it would affect your goal.

3. Keep a journal: Start a journal to track your progress. You can write a "pros" and "cons" list and track each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated toward achieving your long-term goal.

4. Reward yourself: Celebrate your success by treating yourself to something you enjoy that doesn't contradict with your resolution. For example, if your goal is to eat healthier, reward your success with new clothes or a trip to the movies with a friend.

5. Don't beat yourself up: Do the best you can each and every day, taking it one day at a time. If you slip up, obsessing over it won't get you anywhere. Some resolutions can be tough to accomplish, but the rewarding feeling you get when you succeed at meeting your goal is well worth it.

6. Keep trying: If you run out of motivation after a while, don't give up. Experts say it takes 21 days for a new activity to become a habit, and six months for it to become a part of your personality. Recommit yourself for 24 hours, and soon the 24-hour increments will build up, ultimately putting you back on track. Success doesn't happen overnight, so stay motivated and patient.

There is a quote from Robert Foster Bennett that says, "A desire to be in charge of our own lives, a need for control, is born in each of us. It is essential to our mental health, and our success, that we take control."

The road to self-improvement is not an easy one, but in the end, it could very well be worth it.

Team Osan

2016 National Prayer Breakfast

"I HAVE ANSWERED MY NATION'S CALL"

Speaker: Ch. Col Steven P. McCain, PACAF Command Chaplain



To attend the
National Prayer Breakfast,
RSVP
at
<http://go.usa.gov/c5JX5>

For questions, please call the
chapel at 784-5000

E1-E4 Enlisted Members: **Free**
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ROK Chairman of the Joint Chiefs visits Osan



Lt. Gen. Terrence O'Shaughnessy, U.S. Forces Korea deputy commander and 7th Air Force commander, welcomes Gen. Lee, Sun-Jin, Chairman of the Republic of Korea Joint Chiefs of Staff and Joint Defense Headquarters chief director, to Osan Air Base, ROK, Jan. 11, 2016. Lee visited Team Osan to discuss the US/ROK alliance after recent provocative action by North Korea. (U.S. Air Force photos by Senior Airman Kristin High)

By Senior Airman Kristin High
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Gen. Lee, Sun-Jin, Chairman of the ROK Joint Chiefs of Staff and Joint Defense Headquarters chief director, visited Team Osan on Jan. 11, 2016.

The visit came shortly after recent provocative actions by North Korea.

Upon arrival, he met with Gen. Curtis Scaparrotti, United Nations Command, ROK/US Combined Forces Command and U.S. Forces Korea commander, Lt. Gen. Terrence O'Shaughnessy, UNC Korea and USFK deputy commander and Air Component Command, ROK/USCFC and 7th Air Force commander, Col. Andrew Hansen, 51st Fighter Wing commander and Chief Master Sgt. Anthony Johnson, 7th Air Force command chief.

The group visited various locations across the base including an orientation at the Korean Air Operations Center and a static display featuring the 25th and 36th Fighter Squadrons at the weapons load training facility to discuss A-10 Warthog and F-16 Fighting Falcon capabilities and weapons systems.

After speaking with the fighter squadrons, he presented Col. Hansen and the 51st FW with a plaque and reaffirmed the alliance between the two nations.

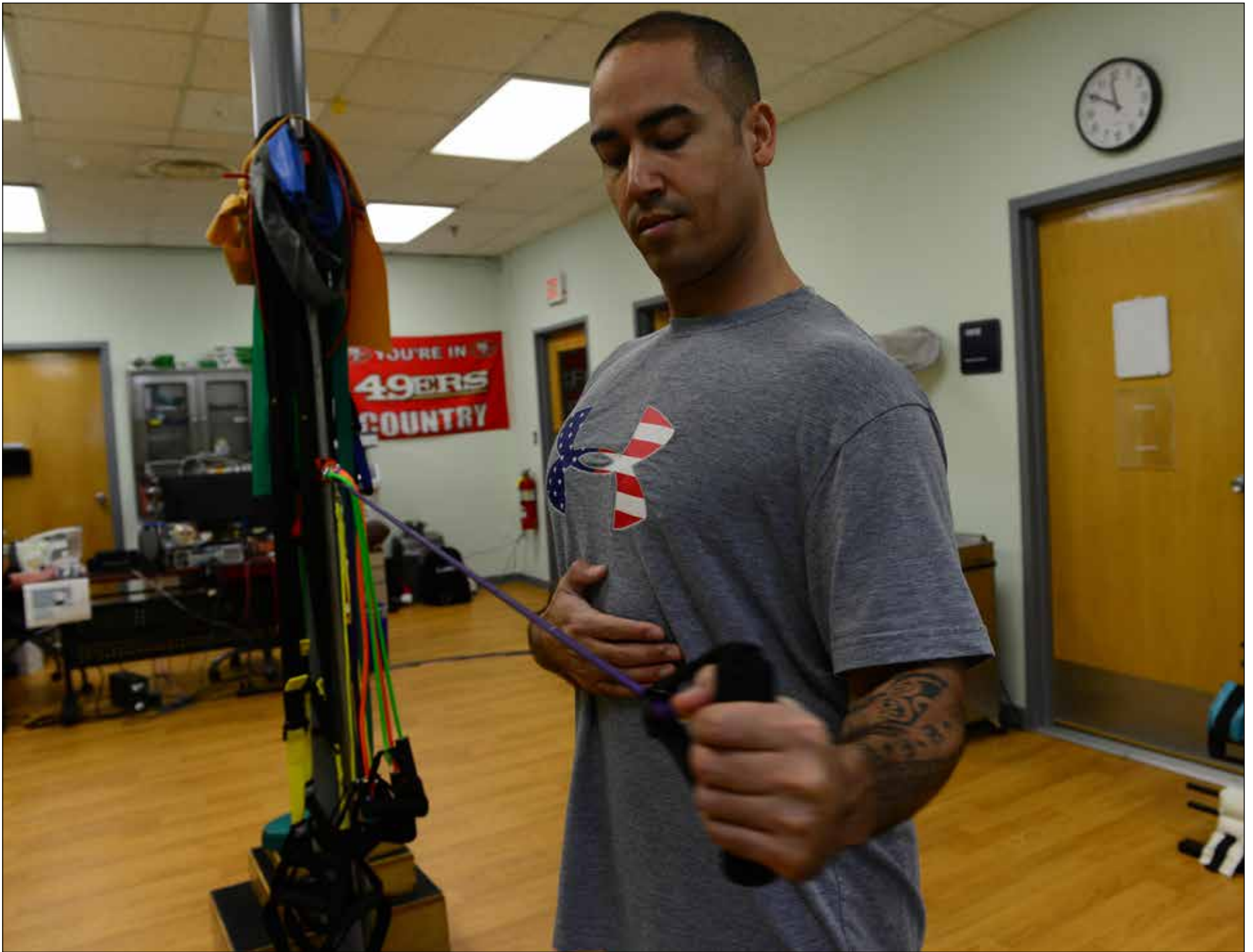
In response, Col. Hansen stated, "The ROK and U.S. alliance has become more prevalent in the recent days. It is important for us to continue this brotherhood among nations to ensure the safety and security of the 51 million residents who reside here.

"It is imperative that we continue this alliance and strengthen this bond in order to defend this great nation."



U.S. Forces Korea, 7th Air Force and 51st Fighter Wing leadership await the arrival of Gen. Lee, Sun-Jin, Chairman of the Republic of Korea Joint Chiefs of Staff and Joint Defense Headquarters chief director, at Osan Air Base, ROK, Jan. 11, 2016. During his visit, Lee had the opportunity to visit various locations across the base including an orientation at the Korean Air Operations Center and a static display featuring the 25th and 36th Fighter Squadrons at the weapons load training facility to discuss A-10 Warthog and F-16 Fighting Falcon capabilities and weapons systems.

If it's broke, physical therapy can mend it



Tech. Sgt. Anthony Flores, 8th Medical Operations Squadron physical therapy technician, demonstrates arm exercises during a therapy session at Kunsan Air Base, Republic of Korea, Jan. 7, 2016. A physical therapy technician's job is to assist the commander and return active duty members to full duty status, making them fit to fight. (U.S. Air Force photo by Senior Airman Ashley L. Gardner)

By Senior Airman Ashley L. Gardner
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- If an Airman is injured, staying in the fight could be difficult. The physical therapists here help members of the Wolf Pack recover from their injuries in an expedient manner so they are ready to "Take the Fight North" while also educating and give them the tools needed to prevent future injuries.

A physical therapy technician's job is to assist the 8th Medical Operations commander and return active duty Wolf Pack members to full duty status, making them fit to fight.

The flight of four takes care of 3.5K visits annually.

"We are the only medics who have the opportunity to spend a lot of quality time with Airmen," said Tech. Sgt. Anthony Flores, 8th MDOS physical therapy technician. "This gives us the opportunity to know them and establish good rapport, help them get better, and reach their rehabilitation goals along the way. We have the privilege to network with Airmen all throughout the wing."

In addition to working with therapy patients, the technicians also participate in other portions of health improvement.

"We are fortunate to have Bill Goins in the health promotions section of our flight," said Capt. Jacqueline Astrero, 8th MDOS, health promotion flight commander. "He is the health promotion coordinator and truly an incredible force multiplier as he offers a multitude of services."

Programs offered are the Bod Pod Composition Analysis that assesses how much muscle and fat your body truly has, Heart Rate Training, Better Body Better Life Classes that focus on nutrition and weight management, Strength and Running 101 Classes and Running Shoe Analysis. Check with your physical training leader for

more information on these classes and services.

While the goal of physical therapy is to make daily tasks and activities easier through treatment, Flores acknowledges there are other benefits to physical therapy.

"Research shows that physical activity and exercises in general, not just physical therapy, are proven to release chemicals in the body to counter stress," said Flores. "Engaging in exercises increases a person's stamina, mental alertness and enhances sleep. Plus it will help you get an excellent score on your fitness test, injury-free."

Injuries can cause huge stressors in the minds of an injured Airman, so Flores credits physical therapy with also being a way to cope and bounce back, both mentally and physically.

"Ankle sprains, knee, neck, back and shoulder pain recovery times all vary depending on severity of the injury, age of the patient, their attitude and their lifestyle. There are a lot of factors that come into play."

Home exercise programs are offered to patients who are not candidates for clinic treatments because of schedule conflicts or clinical presentation, after seeing a physical therapist.

There are a few options if you need assistance from a physical therapist technician. If it's a recent injury to the ankle or shoulder, you do not need to see your Primary Care Manager to get a referral. They have walk-in hours available: Monday through Friday from 10:30 to 11:30 a.m. and Tuesdays and Thursdays from 3:30 to 4:30 p.m. For other conditions, make an appointment to see your PCM who will refer you to them if it is indicated.

Because physical therapists have a direct access capability, they can see other injuries on a case by case basis, even without a referral from your PCM. For more information, contact their office at 782-4786.

While injury can always be a possibility for Airmen, one thing is certain; the physical therapy unit is here to help patients recover, ensuring the Wolf Pack remains resilient and always ready to "Fight Tonight."

7th AF command chief immerses with 51st OSS



Seventh Air Force Command Chief Master Sgt. Anthony Johnson speaks with Senior Airman Brandon Caulkins, 51st Operation Support Squadron air traffic controller journeyman, during the chief's 51st Operations Group immersion at Osan Air Base, Republic of Korea, Jan. 8, 2016. Johnson visited Osan's air traffic control tower to better understand the challenges the ATC career field possesses like enlisted manning and training constraints. (U.S. Air Force photos by Airman 1st Class Dillian Bamman)



Master Sgt. Joseph Menendez, 51st Operation Support Squadron air traffic controller, speaks with Seventh Air Force Command Chief Master Sgt. Anthony Johnson at the base radar approach control center during the chief's 51st Operation Group immersion at Osan Air Base, Republic of Korea, Jan. 8, 2016. In addition to visiting the RAPCON, Johnson toured the air traffic control tower, 51st OSS Survival, Escape, Resistance and Evasion building and weapons standardization building.



Lt. Col. Jason Jensen, 51st Operation Support Squadron commander, speaks with Seventh Air Force Command Chief Master Sgt. Anthony Johnson inside the squadron's bed down area during the chief's 51st Operations Group immersion at Osan Air Base, Republic of Korea, Jan. 8, 2016. Johnson toured the group to engage with Team Osan Airmen and observe their mission capabilities and limitations.



Lt. Col. Jason Jensen, 51st OSS commander, and Staff Sgt. David Morales, 51st Operation Support Squadron airfield management operations supervisor, speak with Seventh Air Force Command Chief Master Sgt. Anthony Johnson on the flightline during the chief's 51st Operations Group immersion at Osan Air Base, Republic of Korea, Jan. 8, 2016. Morales explained processes in keeping the flightline mission ready.

Dallas Cowboys Cheerleaders stampede with Mustangs



Members of the Dallas Cowboys Cheerleaders practice a dance routine with military children during the 74th annual United Service Organizations tour on Osan Air Base, Republic of Korea, Dec. 25, 2015. The cheerleaders provided cheer clinics for military children throughout their tour teaching in the ROK, proper stretches and basic dance moves to a choreographed routine. (U.S. Air Force photo by Senior Airman Kristin High)

Air Force 101: Talks aim to improve legislation for AF missions



Maj. Nathan Perry, the chief of airborne capabilities for Air Staff 10 that handles the Air Force's nuclear mission, discusses nuclear operations with policymakers during an Air Force 101 session at the Rayburn House Office Building in Washington, D.C., Jan. 11, 2015. The bi-monthly sessions educate policymakers on Air Force matters to help them make informed decisions. (U.S. Air Force photo by Sean Kimmons)

By Sean Kimmons
Air Force News Service

WASHINGTON (AFNS) -- A day after the Air Force flew a B-52 Stratofortress over the Republic of Korea in the wake of their northern neighbor's nuclear bomb test, Air Force officers discussed the service's nuclear capabilities with policymakers Jan. 11.

The hour-long discussion, part of an ongoing series, touched on North Korea's Jan. 6 test and why the Air Force responded with a show of force. It also delved further into the U.S. military's triad system, which deters a nuclear attack using strategic bombers, missile silos and submarines.

Organized by the Air Force Legislative Liaison Office at the Rayburn House Office Building on Capitol Hill, the Air Force 101 sessions inform policymakers on various topics.

"We don't write policy. That's not our job," said Maj. Justin Ballinger, a legislative liaison. "What we do is educate how the policy and legislation affects us, and what we can do with what is given to us."

The bi-monthly sessions cover "airpower from the ground up" and hot topics such as a briefing on cyber security that had officers talk about policies related to Air Force missions.

"They spoke on the things that the current legislation allows us to do and some of the things that we're handcuffed with," Ballinger said.

The sessions by the liaison office, which Ballinger described as an arm of the executive branch, also save time and energy to highlight Air Force matters.

"The more folks we can reach out to and educate, the better returns we get when it comes to responsiveness for policy and other issues," he said.

At the latest session, three Air Force officers spoke to about 60 policymakers on nuclear operations -- an issue recently thrust into the spotlight.

"It gives us an opportunity to build that initial foundation for a lot of them," said Maj. Nathan Perry, the chief of airborne capabilities for Air Staff 10 that handles the service's nuclear mission. "If a handful of them left this door smarter than they were when they walked in on nuclear deterrence, then mission accomplished."

To Perry, who has flown B-2 Spirits, the session was a unique chance for him and others to communicate in person with policymakers who may alter the future of nuclear operations one day.

"For us to be able to say that we are credible and reliable all the time," he said of nuclear deterrence, "we have to be able to correspond about it, talk about it and prove it."

Allowing Capitol Hill staffers to interact with Airmen who've had prior experience on a specific issue may also indirectly shape new policy.

"Being over here talking and sharing our experience, we absolutely influence the process," said Maj. Stephen Bonin, a senior emergency actions officer with the National Military Command Center who once served as a missile maintainer.

The goal of the sessions is to improve the decision making of policymakers.

"I can't tell you what the composition of the triad should be or how many weapons we should have," Bo-

nin said, "but I can tell you all the information so you can make an informed decision."

Eric Mattson, a Hill staffer who works for U.S. Rep. Derek Kilmer of Washington, said the session helped expand his knowledge on nuclear capabilities.

"As I work here there may be a time when I will work with this kind of policy," Mattson said. "I think it's important for us as policymakers to know what can be done better."

One aspect that the Air Force is pushing to modernize is its aging aircraft, of which many are part of the triad system. In October, Air Force officials awarded a multibillion-dollar contract to build 100 long range strike bombers to replace legacy bombers, such as B-52s that are more than 50 years old.

Bombers play a critical role in nuclear deterrence since they're easily visible, unlike submarines or intercontinental ballistic missiles.

The low-level flyover of the B-52 and fighter aircraft only a few hours from the demilitarized zone of the Korean Peninsula was a prime example.

"That's what the bomber portion gives you," Perry said. "It allows the whole world to see that we're getting it done. It's definitely a game of chess and it takes a lot of work."

How the Air Force will evolve and continue its nuclear deterrence mission will be up to those making legislation.

"You need to take a serious look at what is the strategic narrative that we want to push for some of these capabilities," Perry told the policymakers. "Please help us use our capabilities to do what we need to do."

Family Advocacy promotes healthy home environment



Ann Roberson, her spouse 1st Lt. Quinten Roberson, 51st Comptroller Squadron, and their children, Andrew and Quinten, pose for a photo on Osan Air Base, Republic of Korea, Jan. 8, 2016. The Robersons, like many military families, are able to utilize base helping agencies such as the 51st Medical Operation Support Squadron family advocacy office to help maintain a healthy and important balance between military duties and home life. (U.S. Air Force photo by Senior Airman Kristin High)

By Senior Airman Kristin High
51st Fighter Wing Public Affairs

OSAN AIR BASE, Republic of Korea -- Editor's Note: This is the second in a series of articles on helping agencies and services provided to ensure Airmen and families remain resilient during their overseas tour.

Though there are certain challenges in the military lifestyle, Airmen with dependents tend to encounter additional difficulties on top of moving, deployments, school and illness.

There are many other potential stress factors that can get in the way, but finding and utilizing the proper resources is important to maintain a healthy family lifestyle.

The 51st Medical Operations Squadron family advocacy office helps families with maintaining an important balance between military and home life.

Family advocacy supports education, prevention and treatment of family maltreatment involving active duty members and their families.

"We assess for safety and provide necessary tools to assist families for healthy, constructive relationships and to prevent any sort of maltreatment," said Capt. Candee Berck, 51st MDOS family advocacy element chief. "We know relationships can sometimes carry stress. Our job here is to help reduce that as much as possible."

The family advocacy office offers various types of counseling to support military families, called family advocacy strength-based therapy, FAST, helps with physical, emotional and sexual maltreatment and neglect of family members.

"Every relationship is unique, so there is no cookie cutter answer for each case," said Berck. "We meet and identify needs for each family or couple that we see to help create a solution for managing their lifestyle."

In addition, family advocacy here (and at Camp Humphreys) hosts classes in a variety of topics. Some of the classes are listed below.

Love & Logic, 1-2-3 Magic, Active Parenting of Teens- Various parenting classes for children from newborn to teen

FASES- (Family Advocacy Safety Education Seminar) discusses abuse, anger, stress parenting, impact of abuse, etc.

Teen Talk Plus- Gives teens a chance to discuss issues important to them

Stress Management- A three-class commitment with a facilitator who discusses stress and how to deal with it. There is a scaled down version of this class called Stress Awareness.

Anger Management- A four-class commitment with a facilitator who discusses anger management and concepts of "good" and "bad" anger. There is a scaled down version of this class called Anger Awareness.

Dads 101- Volunteering fathers assist men who are new to fatherhood

Located only on Camp Humphreys-

Romp & Stomp- Playdate with the New Parent Support program for children age newborn to three years. This is offered at the Zoeckler Gym on Camp Humphreys every Monday and Wednesday.

Nursing program- For new and pregnant mothers who need assistance with nursing and helping families baby-proof their homes

Couples Communication- Helps improve conversations and connections between spouses

"Prevention of maltreatment is key to helping keep marriage and families together," said Berck.

Families wanting to learn more about programs designed to help maintain healthy lifestyles are urged to contact family advocacy on their installation or through militaryonesource.mil.

For more information on base family advocacy programs, contact them at 784-5010 or Camp Humphreys family advocacy at 753-8401.

A U.S. Air Force B-52H Stratofortress from Andersen Air Force Base, Guam, conducted a low-level flight in the vicinity of Osan, Republic of Korea, in response to recent provocative action by North Korea Jan. 10, 2016. The B-52 is a long-range, heavy bomber that can fly up to 50,000 feet and has the capability to carry 70,000 pounds of nuclear or precision guided conventional ordnance with worldwide precision navigation capability. (U.S. Air Force photo by Staff Sgt. Amber Grimm)



A U.S. Air Force F-16 Fighting Falcon from the 36th Fighter Squadron, conducts a low-level flight as part of a demonstration of force at Osan Air Base, Republic of Korea, Jan. 10, 2016. This demonstration included A-10 Thunderbolt II's as well as ROKAF F-15 Slam Eagles. (U.S. Air Force photo by Staff Sgt. Amber Grimm)

Seventh Air Force Commander, Lt. Gen. Terrence O'Shaughnessy, ROK Air Force Operations Command Commander Lt. Gen. Wang-keon Lee, and members of the U.S. and ROK Air Forces prepare to watch a low-level pass from a U.S. Air Force B-52 Stratofortress at Osan Air Base, Republic of Korea, Jan 10, 2016. The combined mission demonstrates the strength of the alliance between the U.S. and ROK and the resolve of both nations to maintain stability and security on the peninsula. (U.S. Air Force photo by Senior Airman Kristin High)



OSAN AIR BASE, Republic of Korea - Seventh Air Force Commander, Lt. Gen. Terrence O'Shaughnessy (left) and ROK Air Force Operations Command Commander Lt. Gen. Wang-keon Lee, speak to Korean and international media at Osan Air Base, Republic of Korea, Jan. 10, 2016 prior to a low-level pass from a U.S. Air Force B-52 Stratofortress. (U.S. Air Force photo by Staff Sgt. Benjamin Sutton)



A U.S. Air Force B-52H Stratofortress from Andersen Air Force Base, Guam, conducted a low-level flight in the vicinity of Osan AB Jan. 10, 2016. The B-52 was joined by ROKAF F-15 Slam Eagles and U.S. Air Force F-16 Fighting Falcons. (Photos courtesy ROK air force)



Seventh Air Force Commander Lt. Gen. Terrence O'Shaughnessy and 51st Fighter Wing Commander Col. Andrew Hansen watch a low-level pass from a U.S. Air Force B-52 Stratofortress out of Andersen Air Base, Guam, Jan. 10, 2015. The B-52 was joined by Republic of Korea Air Force F-15 Slam Eagles and U.S. Air Force F-16 Fighting Falcons. (U.S. Air Force photo by Senior Airman Kristin High)

25th AMU claims win in quarterly load competition



1. Weapons load crews from the 36th and 25th Aircraft Maintenance Units stand by their respective aircraft prior to the start of the quarterly weapons loading competition on Osan Air Base, Republic of Korea, Jan. 8, 2016. The event added an element of competition to a qualification test for the technicians; competitors complete a written test and a practical demonstration of skill within a fixed amount of time to maintain mission-readiness status.

2. Senior Airman Nathan Durland, 25th Aircraft Maintenance Unit weapons load crew member, checks over munitions during the quarterly weapons loading competition on Osan Air Base, Republic of Korea, Jan. 8, 2016. As part of their monthly qualification standards each crew completed a written test before competing in a practical demonstration of loading capabilities.

3. Senior Airmen Dion Smith, Caleb Laurent and Nathan Durland, 25th Aircraft Maintenance Unit weapons load crew, work together to upload a practice sidewinder air-to-air missile to an A-10 Thunderbolt II during the quarterly weapons loading competition on Osan Air Base, Republic of Korea, Jan. 8, 2016. (U.S. Air Force photos by Staff Sgt. Amber Grimm)

“Everybody can be great, because everybody can serve.”



#MLKDay

MLKDay.gov



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

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

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

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



Spiritual Charge

Prayer



Ch, Capt. Robert D. Bohnsack
51st Fighter Wing Chapel

Thursday, Jan. 21 at 7:30 a.m. is the Osan Air Base National Prayer Breakfast. Ch, Col. Steven McCain, the new PACAF Command Chaplain is this year’s speaker. National Prayer events across the Air Force are special times for the men and women

of the installation to gather, share a meal, listen to the speaker, focus on spiritual resiliency, and pray. We gather as a community to pray for the nations, leaders, service members, and families. We gather to pray.

Prayer is something we do, talk about, and for many of us something we try to do more. Brother Roger, founder of the ecumenical Taizé community, defined prayer this way:

Prayer is a serene force at work within human beings, stirring them up, changing their hearts, never allowing them to close their eyes in the face of evil, of wars, of all that threatens the innocent of this world. From it we draw the energy to wage other struggles, to transform the human condition and to make the earth a place fit to live in.

When we think about prayer the sketch or sculpture popularly known as “praying hands” created by artist, Albrecht Dürer, in 1508 usually comes to mind. Scholars believe Dürer used his own hands as the model for artwork. This simple depiction of a man’s hands pressed together re-

minds us of the simplicity, focus, and commitment we find in prayer, a spiritual practice of most world religions.



You are invited to attend the Osan National Prayer Breakfast at the Osan Officers’ Club. E1-E4 are free and the cost to everyone else is \$5. Please RSVP at: <http://go.usa.gov/c5JX5>. More than that you are invited to pray. You are invited to come before God believing and knowing the prayers you offer are received and heard.

When you pray at the Prayer Breakfast, in worship, with your family, or while you are running on a cold Korea morning remember prayer is not a mindless task. Howard Rice

and James C. Huffstutler in their book, “Reformed Worship,” remind us prayer makes worthy demands of us. Rice and Huffstutler say:

1. We have to show up; that is we actually have to pray, by making time for the act of prayer.
2. We have to pay attention. Because prayer is a two-way communication, noticing what is happening as a gift or response from God is as important as what we say.
3. We have to tell the truth. Pretending in prayer makes a mockery of what we are trying to do; we fool no one.
4. We must look for the outcome. Often, because we do not get what we ask for, we give up on prayer, failing to see that our prayers were answered in surprising ways.

We look forward to seeing you at the Osan National Prayer Breakfast. May your prayer time be sacred, uncomplicated, and meaningful as you submit yourself, your joys, your needs and concerns to God. May all our days come to a close with a hearty “Amen.”

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.

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 annapauline.magno.1@us.af.mil or ric.rebulanan.1@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.



Holiday Observances & Closure

- **MARTIN LUTHER KING'S DAY:** Jan. 18, 2016 is an official U.S. holiday. The liberal leave policy will be in effect for Korean National (KN) non-essential civilian employees. Employees who wish to take this day off must request and be approved for the appropriate leave (i.e. annual leave, etc.). Supervisors should ensure the time and attendance card for KN civilian employees who wish to be off are properly coded to reflect the appropriate leave code. Organizations with KN civilian employees scheduled to work should provide adequate supervision. If an office is going to be closed, KN civilian employees can be required to take annual leave but management must provide them with a 24-hour advance notice.

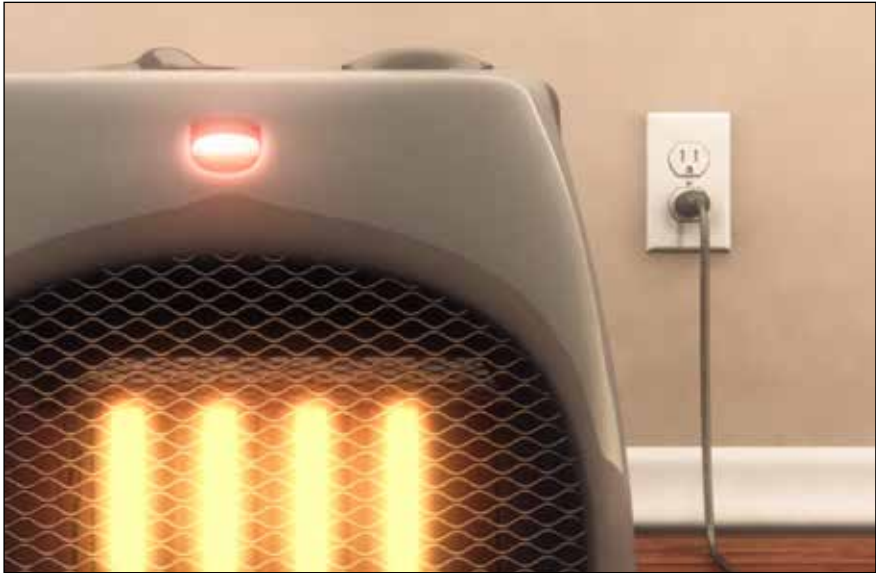
- **SEOL-NAL (LUNAR NEW YEAR):** All KN civilian employees will observe Feb. 7, 8, 9, & 10 as Seol-Nal (Lunar New Year) holidays. As Feb. 7 falls on Sunday, alternate day off is authorized on Feb. 10, 2016 for KN employees. KN employees who are required to work during these days will be paid holiday premium pay.

For U.S. civilian employees, all non-essential activities will be closed on Monday, Feb. 8, 2016 in honor of ROK custom and observance of Seol-Nal. All non-essential U.S. civilian employees will be excused from duty without charge to leave or loss of pay on this day. Since this is a closure, not a U.S. Holiday, U.S. civilian employees required to work are not authorized either holiday premium pay or a substitute day off. This closure for Seol-Nal is Administrative Leave, Code LN in ATAAPS.

If you have questions, please contact Ms. Kim, Min Kyo of the Civilian Personnel Office, 784-4434/8177.

MANDATORY FEEDBACK REQUIREMENTS FOR U.S. CIVILIAN EMPLOYEES: The current performance rating period for U.S. civilian will end March 31, 2016 with appraisal ratings and awards effective June 1, 2016. The law requires feedback at least once during a rating cycle. The Performance Appraisal Program mandates the use of AF Form 860B, Civilian Progress Review Worksheet, to document mandatory performance feedback sessions between supervisors and employees. Normally, this occurs around the middle of the appraisal period. If supervisors haven't done so already, you are encouraged to meet with your employee(s) now and complete their midterm feedback. A copy of the completed AF Form 860B must be filed in the AF Form 971 folder, Supervisor's Employee Brief. For more information contact Employee Management Relations (EMR) Section of the Civilian Personnel Office at 784-4434/8177.

Space Heater Safety



The U.S Consumer Product Safety Commission estimates that more than 25,000 residential fires every year are associated with the use of space heaters, causing more than 300 deaths.

Space heaters carry a much greater risk of causing a fire than central heating, such as furnaces. Space heaters present a greater potential for human error such as leaving them too close to combustible materials or failing to install, fuel, operate and maintain them properly. Safety must be a top consideration when using space heaters.

Safety Precautions

- 1. Space heaters must be tested by the Underwriter’s Laboratories (UL) or other qualified agencies. This will be identified by a clearly visible label somewhere on the unit.
- 2. Use of portable kerosene space heaters is prohibited in all Osan Air Base facilities.
- 3. Space heaters must be equipped to shut off electric power to the unit when tilted or turned over.
- 4. Space heaters will be kept at least 18 inches away from combustible materials such as papers, furniture, or curtains.
- 5. The space heater must be plugged directly into an outlet. Do not use a light-duty extension cord or a multi outlet strip/surge protector; it can start a fire with a high-wattage appliance.

If you have any questions or concerns, feel free to contact Fire Prevention Office at 784-4835.

Songtan Bus Terminal Time Table

서울 - 남부터미널

http://www.stbus.net

version: 2015. 10. 29.

SEOUL	W3800	동 서 울	성 남	인천공항		인 천		의 정 부
NamBu Terminal		장치 가락 잠실	SeongNam W3400	InCheon Airport W11200		InCheon W6200		(동두천) UijeongBu W8000
06:10		Dong Seoul W4400		04:45		06:30		
06:30		JangJi	06:40	05:05		07:50 via CheongBuk		07:45
06:50		GaRaK JamSil	07:30	05:25		08:30		09:45 Congducheon
07:05		06:20 via Dongtan	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 via Dongtan	09:30	06:55		11:30 via CheongBuk		17:05
07:45		07:15 via Dongtan	10:10	07:25		13:40		20:05 Congducheon
08:00		07:45	10:40	08:05	Time: 1 hour and 40 minutes (could be changed by condition of the traffic)	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				
10:30		12:05	16:45	14:15				
10:55		12:35	17:30	15:05				
11:15		13:05	18:10	16:05				
11:30		13:35	18:40	16:55				
11:50		14:05	19:20	17:55				
12:15		14:35	20:20	18:45				
12:30		15:05	20:55	19:35				
12:50		15:35	21:50					
13:10		16:05		김포공항				
13:30		16:35		KimPo Airport W7100				
13:45		17:05						
14:00		17:35	청북,해군아파트	10:45				
14:30		18:05	포승,평택항	12:25				
15:00		18:35	CheongBuk W1900	18:15				
15:20		19:05	PoSeung	20:05				
15:40		19:35	PyeongTaek Port					
16:00		20:25	W3300					
16:20		21:05	07:20					
16:40		21:35	07:50					
16:55			09:10					
17:10			10:40					
17:25			12:20					
17:40			13:50					
18:00			16:20					
18:15		고양 백석 화정	17:20					
18:30		Go Yang	19:10					
18:50								
19:10		백석 (W7800)						
19:30		백석 10:45	청 북					
19:45		백석 12:25	CheongBuk					
20:10		백석 18:15	W1900					
20:25		백석 20:05	07:50					
20:40		화정 (W7800)	11:30					
21:10		12:25	16:00					
21:50		HwaJeong						

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	1119	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	2130
Lv. Osan AB	0810	0910	1010	1110	1210	1310	1410	1510	1610	1710	1810	1910	2240
Ar. Humph	0850	0950	1050	1150	1250	x	1450	1550	x	1750	x	1950	2320

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

7th Air Force heats homes, warms hearts



Volunteers prepare to deliver 500 Yeontans Jan. 9, 2016 to one of the 33 homes that would be provided with Yeontans this winter. Seventh Air Force A2 heads up a Yeontan drive each year raising money to purchase Yeontans for members of the surrounding local community who are elderly or in need of assistance. Yeontans are coal briquettes used for cooking and heating homes and one lasts half a day. This drive is in its fourth year benefitting more than 85 homes and delivering over 16,000 Yeontans. (U.S. Air Force photos by Master Sgt. Marelise Wood)



Volunteers find creative ways of getting Yeontans delivered to a home in Songtan, Republic of Korea, Jan. 9, 2016. Members formed an assembly line of about nine volunteers to deliver the 500 Yeontans that will keep the home heated for the rest of the winter.



A volunteer stacks Yeontans in the home of an elderly woman in Songtan, Republic of Korea Jan. 9, 2016. Five hundred Yeontans were delivered to the home thanks to an annual Yeontan drive headed up by 7th Air Force A2. The drive continues and succeeds each year because of dedicated volunteers and donations.



ICE SKATING AND SLEDDING IN KOREA

 KOREA TOURISM ORGANIZATION 한국관광공사

Winter has arrived in Korea, and with it comes frequent forecasts of snow and freezing nighttime temperatures that make it is easy to see why people tend to spend more time indoors. However, Korea’s winter offers plenty of activities and chances for you to indulge in exercises only available during the season, such as snowboarding and skiing.

Besides these two, ice skating and sledding are two of the most popular and affordable winter leisure activities and are loved by people of all ages. The winter cold will be a distant memory as you zoom down snowy hilltops or glide gracefully across the ice. So brave the cold this winter and visit an ice skating rink or sledding park to make some unforgettable winter memories in Korea!

Snow Buster (Photo courtesy: Everland)

Seoul Plaza Ice Skating Rink



Seoul Plaza Ice Skating Rink

At Seoul Plaza, you can ice skate in the heart of Seoul’s bustling downtown. The best reasons to go here are its central location, as it is easily accessible by public transportation, and the low admission price. And after skating, it is just a short walk to Gwanghwamun Square and the Insa-dong neighborhood, where one can enjoy a variety of other tourist attractions. The rink opens at 10:00 a.m. and the surface of the rink is cleaned and resurfaced for 30 minutes after every hour of skating. Skate rentals are included with admission. Unlike before, visitors can also rent safety helmet, knee pads and other protection guards at free of charge.

More Info

- Period: December 17, 2015-February 9, 2016
- Operating hours:
Sundays-Thursdays 10:00-21:30
Fridays, Saturdays & Public Holidays 10:00-23:00 (excluding Sundays)
- * If the Air Quality Index level is announced to be ‘poor’ or heavy precipitation is expected, and for under other harsh weather conditions, the skate link will be closed. Please check the official website or call to confirm before visiting.
- Fees: 1,000 won per hour (including admission fee and rental fee)
- * Make sure to bring gloves (available for purchase on site).
- Convenience facilities: Restroom, book café, coin-operated lockers, lounge, outdoor tables, and heaters
- Website: www.seoulskate.or.kr (Korean only)
- Nearby attractions: Gwanghwamun Square, Cheonggyecheon Stream, Insa-dong, Deoksugung Palace

Lotte World Indoor Ice Skating Rink



Lotte World Indoor Ice Skating Rink

An indoor ice rink is located on the 3rd basement floor of Lotte World, one of the major amusement parks in Korea. A giant glass ceiling lets in natural sunlight while protecting skaters from the elements. At night, moving laser lights help create an even more exciting atmosphere. Around the ice rink are family restaurants and cafés where you can enjoy a nice cup of coffee or a pleasant dinner while enjoying the view of the rink. Upon presenting your ice rink ticket, you can get a 2,000 won discount if you also choose to purchase a Lotte World all-day ticket (from the ticket booth located at the Lotte World Adventure Park), so don’t forget to enjoy all the other fun rides at Lotte World.

More Info

- Period: Open all-year round (*Subject to change for large groups’ space rentals or special events)
- Operating hours: (*3-hour per ticket, including ice resurfacing period)

Continued on page 24



Peak Season (July-August/December-February)		Low Season (March-June/September-December, before school vacation starts)	
Mondays-Fridays	Weekends & Public Holidays	Mondays-Fridays	Weekends & Public Holidays
11:00-22:30	10:00-22:30	10:00-21:30	10:00-22:30

- * Peak season is based on school vacation schedule in Korea.
- ** Opening hours are subject to change in the case of private lessons.
- Fees: Adults & Students 16,000 won / Children 15,000 won (including admission, skates and helmet rentals)
- * Admission not allowed for children of 6 years old and younger.
- ** Make sure to bring your gloves (or purchase on site)
- Convenience facilities: Coin-operated storage, dressing rooms, resting area with tables and chairs, restaurants, and cafes
- Website: www.lotteworld.com (Korean only)
- Nearby attractions: Korean Folk Village Sledding Hills, Children’s Grand Park, Songpa Naru Park (Seokchonhosu Lake)



Snow Buster at Everland



Snow Buster (Photo courtesy: Everland)

Everland Snow Buster, located in Yongin, Gyeonggi-do, has a wide variety of high-speed sledding runs. There are three slopes according to difficulty: Jungfrau, Eiger, and Monch Kid’s Sled. Eiger, in particular, offers twice the exhilaration with its 200m curved slope. On the other hand, Jungfrau and Eiger have each individual course designed, guaranteeing its visitors for the tripled fun on top of speed made from barrier-free designed sliders. Family visitors can share a two-person sled or fly down the slopes solo in one-person sleds by hopping on ‘Snow Buster.’ The lift then tows riders back to the top of the run while they sit comfortably on their tube sleds, giving a relaxing ride to the top of the hill. Heaters are placed around the area for riders to warm up when needed. As the Everland all-day ticket covers the Snow Buster, you may also want to enjoy the other fun rides of the amusement park after enjoying your sled ride.

- More Info**
- Period: December 24, 2015-Exact date for 2016 TBA (Monch Kid's Sled is fully open/ Jungfrau & Eiger’s operating period for 2016 TBA)
 - Operating hours: 10:30-18:00 (*Hours are subject to change, please check before visiting.)
 - Fees (all-day pass): Adults 48,000 won / Students 41,000 won / Children 38,000 won
 - Convenience facilities: Coin-operated storage, lounge/snack bar, restaurants and cafeteria
 - Nearby attractions: Caribbean Bay, Korean Folk Village, Yongin Recreational Forest



Seoul Land Sledding Hills



Seoul Land (Photo courtesy: Seoul Land)

The Samchulli Snow Sledding Hills at Seoulland, located in Gwacheon, Gyeonggi-do, is the ultimate experience for a family winter outing. Its concept is focused around a cartoon character called Larva. Flat plastic snow sleds provide high-speed fun. For safety, separate courses have been created for adults and children. The children’s slope, where parents may ride sleds with their children, is the most popular among families. Without an automated lift to take you up the hill, you may bring your own sled and walk up to the top for another run. At the playground adjacent to the slope, you can enjoy winter fun while making a snowman or having a snowball fight. The playground also has a snow sledding ride area exclusively for toddlers and young children. The all-day pass for Seoul Land covers the admission to this snow sledding place, but the general admission ticket does not. In this case, an additional 5,000 won (4,000 won for children) must be paid to enter.

- More Info**
- Period: December 30, 2015-March 1, 2016
 - Operating hours: 10:00-17:00 (*Hours are subject to change, please check before visiting.)
 - Fees (all-day pass): Adults 38,000 won / Teenagers 34,000 won / Children 31,000 won
 - General admission: Adults 20,000 won / Teenagers 17,000 won / Children 15,000 won
 - * Seoul Land All-day Pass/Annual Pass holders can enter the sled park for free. General admission ticket holders can enter the sled park for an extra 5,000 won for adults and teenagers, and 4,000 won for children.)
 - Convenience facilities: Coin operated storage, lounge/snack bar, wood-burning stove, restaurants and cafeteria
 - Nearby attractions: Seoul Race Park (Let's Run Park Seoul), National Museum of Modern and Contemporary Art, Gwacheon [MMCA Gwacheon], Cheonggyesan Mountain



PyeongChang 2018



Randy Behr

Correspondent & Columnist

Hello and Happy New Year to everyone! Please allow myself to introduce myself. My name is Randy Behr and I will be writing a weekly column “Bucket List” on a variety of topics. The first category will be winter events or excursions, which I find very appropriate considering we are in the middle of it as we speak. I hope you enjoy!

What a better way to start off the new column and New Year then to write about the 2018

Winter Olympics coming to South Korea! Yes I realize I am probably getting ahead of myself considering it is a little over two years away, but I want to “set the seed.” This is one of many wonderful events Korea has to offer.

The small city of Pyeongchang, with a population of approximately 44,000 will host the Winter Olympic and Paralympic games which is located on the Northeast coast of the country.

Two other cities Gangneung and Jeongseonwill team together with Pyeongchang to host the 15 Olympic and six Paralympic events. Some of the familiar events will be hockey, figure skating, skiing, snowboarding and others maybe not as familiar such as the luge, curling,bobsleigh. Or how about these events the skeleton (toboggan downhill), the biathlon (cross-country and shooting) and Nordic combined (combination of cross-country skiing and jumping).

If one is concerned about the distance from Seoul to Pyeongchangit is about 110 miles for those interested in traveling, but don’t let the short distance fool you as it is probably a 3 hour car drive and a 4.5 hour bus trip.

Yes, I realize many of you are more inclined to follow the traditional Summer Olympics with basketball, Olympic Weightlifting, gymnastics, boxing, etc. but nonetheless the Winter Olympics are gaining more popularity and adding more events as well. Maybe even more enticing is the fact many American soldiers will be represented in the Paralympic games. What a great opportunity to support your soldiers and the United States!

To add more flair to the Olympics Korea has announced 13 honorary ambassadors and one of them



is Ryu Hyun-Jin a current pitcher for the L.A. Dodgers and a past Gold Medalist for the South Korean National Team as well as Lindsey Vonn the U.S. Alpine sensation to name a couple.

Please look forward to more information and insight on the Olympics as time goes on and we get closer to the games. Stay tuned for the upcoming articles on the Polar Bear swim as well as the Trout Festival.

• If anyone has any questions or comments please feel free to contact me at rbehr@hotmail.com

