# Airmen, Soldiers save lives in local fire

By 1st Lt. Brianca Johnson, Tech. Sgt. Travis Edwards and Staff Sgt. Jonathan Steffen

51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- Service members from the 51st Fighter Wing, 8th Fighter Wing and the 35th Air Defense Artillery Brigade stepped in to aid four local community members and an Airman escape from a building fire in the Songtan shopping district outside Osan Air Base, Republic of Korea, April 29, 2016.

With no help and no other choice available, the residents of the building had to exit through the fourth story window. At that moment, service members were walking by and noticed the heat, fire and smoke emanating from the building.

Staff Sgt. Cierra Rogers, 731st Air Mobility Squadron administrative assistant, was among the five individuals trapped inside the apartment. When they began to smell smoke and noticed a fire had broken out, she reacted quickly to help the mother and her children get out of the building.

Rogers explained that after realizing they could not go through the main doors, she kicked through one of the windows leading to the apartment's patio, which provided the only means of escape from the smoke and growing flames.

"From then I made a decision because you can easily die from choking on smoke," said Rogers.

Despite the deep laceration she suffered from kicking through the glass, Rogers continued to push forward to get herself and the family closer to safety.

She looked down on the alley below. She attempted to scale down the building using wires near the patio. A few steps down she slid down the wire, falling 15 feet to the ground.

Several service members quickly rushed to her side to provide self-aid buddy care until first responders arrived.

"All of sudden I saw the lady with kids," said Tech Sgt. Stefan Haynes, 51st Force Support Squadron passport official. "That's when me, a father of five kids, was like, 'no, this not going to happen."

With the help of local Korean vendors, service members gathered blankets and used them to break the fall from the fourth floor.

The mother and her three children landed safely in the blankets held by the Airmen and Soldiers.

Local first responders arrived minutes after the five escaped the building.

"I really appreciate what happened that very day. I don't know how I can explain my thanks," said Prince Enyioko, husband and father of the family that was saved. "Without them I don't know what I would do - I am so grateful for the wisdom of the military men and women."

A couple of days after the incident, Team Osan members involved in the rescue returned to the site of the fire to meet Enyioko so he could personally thank them all.



Team Osan members pose near the building that caught fire at Songtan shopping district, Republic of Korea, May 2, 2016. The Airmen and Soldiers, along with many onlookers worked together to save the lives of an Airman, a mother and her three children when a fire broke out April 29, 2016. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)





PAGE 4

Kunsan wraps up exercise Max Thunder 16



PAGE 8

Goldfein nominated as 21st CSAF



PAGE 9

NASA kicks off air quality study at Osan

# COMMENTARY

#### 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

> Master Sgt. Marelise Wood

Editor/COR

#### 51st Fighter Wing

Commander Col. Andrew Hansen

**Public Affairs Officer** 

Capt. Robert Howard

Staff Writers Tech. Sgt. Travis Edwards Staff Sgt. Jonathan Steffen Airman 1st Class Dillian Bamman

#### 8th Fighter Wing

Col. Jeremy Sloane

**Public Affairs Officer** Capt. Ryan DeCamp

**Staff Writers** 

Staff Sgt. Nick Wilson Staff Sgt. Joseph Park Senior Airman Ashley L. Gardner

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 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, ne printer shall refuse to print advertising from that source until the violation is corrected.

> **Oriental Press President** Charles Chong

> > **Art Director**

Jasper Guchang Jung

**Commercial Advertising** Telephone: 738-5005 Fax: (02) 793-5701 E-mail: oriental\_press@outlook.com Mail address: PSC 450, Box 758, APO AP 96206-

Location: Bldg. 1440, Yongsan, Main Post

Visit us online

### Crimson Sky





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 biweekly staff are located at Seventh Air Force Osan Air Base. For information, call Commercial 0505-784-4709 or DSN 315-784-4709.

# **Holocaust Days of Remembrance**

By Maj. David Weller

51st Medical Operations Squadron

OSAN AIR BASE, Republic of Korea -- Millions of people around the world have died as victims of the Holocaust or other genocides. When I hear the word "Holocaust" images of torture and death come to mind; I think of the concentration camps, camps where human beings were warehoused like cattle and treated like garbage. When I think of the word "Holocaust," I think of the inhumanity that one group of people chose to enact against another group of people. For me, the word Holocaust has political meaning while genocide has religious meaning. Countless families have been affected, victimized or destroyed all in the name of political or religious

There is another image I have when I hear of tragedies like mentioned before. That image is of bravery and courage. While stationed at Ramstein Air Base in Germany, I visited historical sites and cities all over Europe, but I also made it a point to visit historical sites related to the Holocaust and World War II. I visited the Dachau concentration camp near Munich, Germany and I also visited the Anne Frank and the Ten Boom Museums in Amsterdam. Each of these sites told the story of tragedy and courage. Each story of courage reminded me that there will always be those who stand up against tyranny and the torture and annihilation of the innocent.

One story that comes to mind is the story of Irena Sendler. Irena was a social worker living in Poland when the Nazis invaded. She knew that the Nazis were rounding up Jews into a walled-in ghetto in preparation to murder them. She was able to obtain nursing credentials and sneak food and medicine into the ghetto. More importantly she was able to smuggle 2,500 children out of the ghetto and place them in "Christian Orphanages" where they received new identities and were spared execution.

Another story that comes to mind is of John Rabe, a German businessman, living in Nanking, China. He set up "safe zones" as sanctuaries for the Chinese. The Japanese respected the safe zones because he was officially a member of the Nazi political party and an ally to Japan at that time. His actions protected 200,000 to 250,000 Chinese from being killed by Japanese soldiers.

Unfortunately, Holocaust and genocide-like tragedies exist even today. As we take time this week to remember the Holocaust from World War II and other genocides that litter the history of mankind, let us take a moment to reflect on the actions of those who were courageous enough to take a stand. May we have the courage to stand up against tyranny, persecution in any of its forms, and may we have the courage today to relieve the suffering of those who are victims and survivors of their own genocide.

# Using doubt as a positive force

By Chief Master Sgt. Bradley Quam

7th Air Force Logistics

OSAN AIR BASE, Republic of Korea -- What is the nature of doubt and does it serve a useful purpose? Perhaps the purpose can be seen as it drives behavior to action rather than inaction. A few years ago I found myself doubting the Enlisted Corps' ability to provide development and mentoring. I was a new master sergeant and had just relocated to the Security Forces Academy. During my first few months, I quickly came to realize that training the pipeline Airmen was the only focus in the unit, and in my opinion it was to the detriment of the permanent party noncommissioned officers. I engaged our unit's first sergeant and chief master sergeant about the issue and both admitted that deliberate development and mentoring of the NCOs and senior NCOs in the unit was lacking, but they were constantly busy and they doubted they could find adequate time to provide it. Were the words in Air Force Instruction 36-2618, The Enlisted Force Structure, hollow and meaningless? Was I on my own to learn my new role as a SNCO?

So in truly poor fashion, I began sharing my doubts to anyone who would listen about the state of deliberate development and mentoring in our organization and on the base; my junior NCOs quickly chimed in and echoed the same doubts. Then it dawned on me that they were actually doubting me--what a hypocrite I'd been. While feeling sorry for myself and complaining, I'd failed to execute my duties and responsibilities. It was my job to develop them to become better NCOs and SNCOs. From then, there was no doubt, as it had pushed me to quit complaining about not receiving and started providing to my organization. I enlisted my supervisor, peers, and subordinates to call me out if they heard me complain-

Now I found myself staring down the daunting task of what to do for development. There were two other SNCOs who both agreed to help further the professional development of the 130 NCOs at our operating location.

Each NCO was at a different level of development, had different AFSCs and varied levels of experience; how was I going to build something that everyone could benefit from? We started with the EPR. It was an easy enough brief to put together. I did my research, and I actually read AFI 36-2406, The Enlisted Evaluation System, and built a couple of slides to spur conversation in the room. As supervisors we decided that in order for this to work we wanted duty time dedicated for this. If it was important to us then we should show it with our actions.

We corralled the technical sergeants in the conference room and I focused on facilitating discussion instead of lecturing. They began to discuss their approaches to rating subordinates and we found we had a huge disparity between rating methods. By the end of the first meeting I realized that I had just gained more development as a SNCO in that room than I had in the last few months. I had to research the instruction to prepare for the session, I learned about the different ways each of them approached supervision and even got some blunt feedback on my methods of supervision.

We began setting up sessions once a month and were covering any topic we felt necessary, both career field specific and general Airmanship. We conducted terrain walks, studied historic battles, practiced developing site defense plans and had open dialogues about motivation and morale. I've been able to take this style of development with me over the years to each assignment. I've had to be open to others' doubt in many of the conversations and be willing to put my stripes and ego aside, but what I learned from listening has helped make me a better leader. In an unexpected turn, when I made a conscious effort to dedicate time to develop and mentor the people around me, make it fun and non-standard, I found the development I had been seeking.

Do you have doubts about my approach? Take action and find one that suits you! I have no doubt you'll find the time and it will make you a better leader too.

# Alcohol abuse costs lives, money

By Maj. Relinda Hatcher and Staff Sgt. Talon Hinson 51st Medical Operations Squadron

**OSAN AIR BASE, Republic of Korea** -- April is national Alcohol Awareness Month. According to the Centers for Disease Control and Prevention, excessive alcohol use causes about 88,000 deaths each year in the U.S. For most individuals moderate amounts of alcohol is not harmful, but the U.S. National Library of Medication notes that 18 million Americans are currently living with an alcohol use disorder. Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver, and breast. Alcoholism is a disease that is chronic, just like diabetes and can be fatal if no treatment is sought.

So, what does this mean for our military members? The National Institute on Alcohol Abuse and Alcoholism states, "Regarding medical expenditures, studies have found that excessive alcohol use by military members results in an annual cost of \$425 million. Excessive drinking within the military is estimated to result in a loss of 320,000 work days and 34,400 arrests per year, half of which are for driving under the influence."

Studies by the National Institutes of Health found that young adults in the military are more likely to engage in heavy drinking than their civilian counterparts. The younger ranks of the military population also lends to

increased probability of underage drinking. Research indicates that alcohol use during formative years could interfere with normal brain development and increases the risk of developing an Alcohol Use Disorder. Additional consequences of underage drinking could result in injuries, sexual assaults, and even deaths. Remember, as a member of the military, to consume alcohol legally you must be 21 years of age no matter where you are stationed in the world!

Here's what Alcohol and Drug Abuse Prevention and Treatment is doing to combat Alcoholism! During the month of April, the Osan AB ADAPT Clinic has been trying to raise awareness about alcohol abuse and take preventative action! We have done several afternoon interviews on the base radio station consisting of treatment resources, the ADAPT treatment and education process and early warning signs. ADAPT has endorsed and distributed public service announcements dispelling common myths of alcohol.

Early education and responsible drinking are key to preventing Alcohol Abuse and the development of Alcohol Use Disorders. If you or someone you know has an issue with alcohol there are many resources out there. If your drinking has caused problems in your relationships, at work, at home, financially, physically or legally, it may be time to get help. The ADAPT clinic is always a great place to start if you have questions. We are located in building 768 and can be reached at 784-2149.





# Putting mental health in focus

By Prerana Korpe

Air Force Surgeon General Public Affairs

**FALLS CHURCH, Va. (AFNS)** -- Nearly one in five adults, or 43 million Americans, has a diagnosable mental disorder, according to the National Institute of Mental Health.

Contrary to many other brain disorders, effective treatments are available for mental disorders.

May is Mental Health Awareness Month, a time of year to bring awareness to mental health issues and available resources.

According to the Department of Health and Human Services, many factors can contribute to mental health issues. This includes biological factors, life experiences as well as family history of mental health problems.

Mental health affects everyone. It influences thoughts, feelings and actions. The state of one's mental health can determine how they make decisions, interact with others and cope with daily stressors. Mental health is a factor of overall wellbeing, much like physical health.

Air Force mental health clinics are critical to the health and readiness of beneficiaries and family members. Services include mental health assessment, education, consultation and treatment through a variety of evidence-based therapeutic exercises. This includes both individual and group therapy.

#### Mental health assessment

The Automated Neuropsychological Assessment Metrics is the Defense Department mandated pre-deployment assessment and is administered to all service members within 12 months of deployment.

The assessment establishes a neurocognitive baseline. This is used to measure potential cognitive changes in individuals exposed to a concussive event.

In the event of a traumatic brain injury, the baseline is used to determine changes in cognitive functioning for assessment of a service member's return to duty status.

#### **Seeking treatment**

The Air Force Family Advocacy Program implements programs to prevent and treat domestic abuse, child abuse and neglect. The program provides training, consultation services and program and policy development.

While nearly 50 percent of people with a treatable behavioral health disorder do not seek care from a behavioral health professional, 80 percent visit their primary care manager at least once annually.

The Air Force is changing primary care teams to better address behavioral health needs. The Behavioral Health Optimization Program is a primary care behavioral health program. Through BHOP, behavioral health personnel are integrated into primary care clinics to provide the right care. BHOP is available to all active-duty service members, retirees and their family members.

# Kunsan wraps up exercise Max Thunder 16

By Senior Airman Ashley Gardner 8th Fighter Wing Public Affairs

**KUNSAN AIR BASE, Republic of Korea** -- Members of the 8th Fighter Wing "Wolf Pack" at Kunsan Air Base, Republic of Korea, tested their tactical air combat capabilities alongside joint and bilateral partners in the region the last two weeks for Exercise Max Thunder 16, which wraps up today.

Exercise Max Thunder is part of a continuous exercise program to enhance interoperability between U.S. and ROK forces.

These exercises highlight the longstanding military partnership, commitment and enduring friendship between two nations, help to ensure security on the Korean Peninsula, and reaffirm the U.S. commitment to stability in the Northeast Asia region.

"Max Thunder trains allied air forces to quickly generate overwhelming air power, under realistic conditions, that can defeat any threat to the Republic of Korea," said Lt. Gen. Terrence O'Shaughnessy, 7th Air Force commander.

Approximately 3,400 U.S. personnel participated in Max Thunder 16 along with about 600 ROK service members. The exercise involved more than 100 aircraft from the peninsula and the Pacific region.

"This is definitely the biggest exercise that we do in the course of the year for us as well as the ROKAF," said Capt. Brady Augustin, 35th Fighter Squadron B-flight commander.

The exercise tested Kunsan's ability to accept follow-on forces and operate alongside dissimilar aircraft in a high operations-tempo climate. An average of more than 130 sorties were launched per day during the exercise. Training focused on air-to-air and air-to-ground operations and tested allied air forces' ability to quickly generate airpower at a moment's notice.

"U.S. military aircraft come to Korea from across the Pacific to participate in this exercise, making this a tremendous display of the capabilities the U.S. brings to this alliance," said O'Shaughnessy. "Max Thunder helps strengthen and transform the U.S and Republic of Korea alliance, and the U.S. commitment to the defense of the Republic of Korea remains unwavering."



F-15K Slam Eagles from the 11th Fighter Wing, Daegu Air Base, Republic of Korea, fly in a four-ship formation alongside F-18s from Marine Air Group 12, Marine Corps Air Station Iwakuni, Japan, during Max Thunder 16 at Kunsan Air Base, Republic of Korea, April, 20, 2016. This exercise is held annually to integrate U.S. and ROK forces to train for air-to-air and air-to-ground missions to continuously sharpen mutual understanding and cooperation between the two nations. (U.S. Air Force photo by Staff Sgt. Nick Wilson)

### Minnesota Air National Guard TSP arrives at Osan



An F-16 Fighting Falcon from the 148th Fighter Wing taxis on the flightline after arriving to Osan Air Base, Republic of Korea, April 20, 2016. The 148th FW out of Duluth Air National Guard Base, Minnesota, deployed 12 F-16 aircraft to Osan as part of a theater security package to enhance regional security on the Korea Peninsula. The U.S. Air Force routinely deploys force packages of fighters throughout the Republic of Korea to demonstrate the U.S. commitment to stability on the Korea Peninsula. (U.S. Air Force photo by Senior Airman Dillian Bamman)

# Osan SAPR Team promotes Sexual Assault Awareness Prevention Month







(Above left) Capt. Sevrena Gordon, right, 51st Fighter Wing sexual assault response coordinator, discusses long distance relationships during the Sexual Assault Awareness Prevention Month "Brown Bag Lunch Series" on Osan Air Base, Republic of Korea, April 13, 2016. The weekly lunch series were discussions on topics intended to bring awareness to sexual assault and how it can be prevented.

(Above right) Sgt. 1st Class Marcus Robinson, 35th Air Defense Artillery Brigade sexual harassment assault response and prevention coordinator, gives opening remarks during the Sexual Assault Awareness Prevention Month 5K run on Osan Air Base, Republic of Korea, April 15. The 5K run was one of Osan's Sexual Assault Awareness Prevention Month events to raise awareness on prevention of sexual assaults.

(Left) Airman 1st Class Jefferson Klapak, 51st Civil Engineer Squadron firefighter, takes first place during a Sexual Assault Awareness Prevention Month 5K run at Osan Air Base, Republic of Korea, April 15, 2016. The 5K run was one of Osan's Sexual Assault Awareness Prevention Month events to raise awareness on prevention of sexual assaults.



Team Osan Airmen begin racing at the Sexual Assault Awareness Prevention Month 5K run at Osan Air Base, Republic of Korea, April 15, 2016. The 5K run was one of Osan's Sexual Assault Awareness Prevention Month events to raise awareness on prevention of sexual assaults. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)

# Team Osan observes Earth Day, Arbor Day

**By Senior Airman Dillian Bamman** 51st Fighter Wing Public Affairs

**OSAN AIR BASE, Republic of Korea** -- To raise awareness about the importance of saving the planet, Osan recognized Earth Day on April 22 and Arbor Day on April 24 through a poster contest, educational booth at the Exchange and tree planting ceremony, here.

The 51st Civil Engineer Squadron Environmental Flight educated people of all ages on being good stewards of the environment during the week's events.

"Earth Day is all about letting people know this is our Earth and this is how we take care of it," said Kwon, Song Kun, 51st CES physical scientist. "Everybody can do their part, adults and kids alike."

Earth Day was founded in 1970 as a day of education about environmental issues and is now celebrated in more than 190 countries.

In addition to Earth Day, Osan also recognized Arbor Day, a national tradition which began in Nebraska in 1872.

"Arbor Day is a time to celebrate trees, and it serves as a reminder to respect nature and the environment," said Matthew Tubtim, 51st CES fuel tank and water quality manager.

Osan celebrates this observance annually with a commemorative tree planting ceremony here which children help plant the trees on base.

"The tree planting ceremony is an opportunity for the children to learn the importance of trees, improving the community around them and what it means to work as a team," said Tubtim.

By celebrating these observances, Team Osan hopes to equip the next generation with the practices to save the planet, one recyclable or new tree at a time.

"These events serve to remind everyone what a beautiful place we live in," said Tubtim. "Each positive action we take has a huge impact, not only on the base, but also on the planet."



Team Osan children shovel dirt during an Arbor Day tree planting ceremony April 22, 2016, at Osan Air Base, Republic of Korea. Osan celebrates this observance annually with a commemorative tree planting ceremony at which children help plant the trees on base.



Team Osan children pot plants during an Arbor Day tree planting ceremony April 22, 2016, at Osan Air Base, Republic of Korea. (U.S. Air Force photos by Senior Airman Dillian Bamman)

# Crimson Sky

### **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**

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

Point of Contact:
0san 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

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**

### This extraordinary life



**Ch, Maj. Robert D. Bohnsack** 51st Fighter Wing Chapel

Do you describe your life as "extraordinary?" Most of us would like an extraordinary life. My friend, CJ Mc-Clanahan, created a roadmap for getting there in his book entitled, "Thrive." CJ's simple approach to living an extraordinary life may help you claim the life you seek. Here is a summary of "Thrive."

How does your extraordinary life happen? First, you define it. As you strive to move from ordinary to extraordinary seek the wisdom of others, but don't let others define your life. Second, the journey you are about to begin is hard. Finally, moving from ordinary to extraordinary is a journey and not a sprint. Be patient and graceful when you falter, miss a goal, or don't see immediate results. CJ says: "The purpose is to enjoy the scenery, while learning and developing a handful of habits that will open up the extraordinary life that is already all around you."

The five habits that will help you open up your extraordinary life are: exceed expectations, be grateful, improve every day, live in the moment, and choose your future.

**Exceed Expectations.** Learn to exceed your expectations and the expectations of your family, friends, and coworkers. Exceeding expectations requires knowing what others expect. Understand the expectations, set and reset expectations as needed, and then exceed what has been set and reset. If you respond quickly, communicate clearly, and deliver results on a regular basis you will almost always exceed expectations.

Be grateful. We have it pretty good, and sometimes we lose sight of how good we have it. Write a list of all the things you have to be thankful. Remember your health, friends, family, opportunity, education, job, faith, supervisor, travel, nation, and so much more. Then three or four times a week, write down in a gratitude journal those things you are especially grateful. You will find gratitude puts life in perspective. Finally, show your gratitude by giving back to your church, community, school, veteran's groups, the local animal shelter, or any place you have chosen to invest.

Improve Every Day. When we improve every day we

commit ourselves to constant improvement. To improve every day: schedule your learning, see opportunities in every situation, be comfortable with the uncomfortable, and "Carpe Diem." You have to make improvement happen. Read, study, set goals, and enlist the aid of a mentor or coach. Know what improvement for you looks like. Improving people see opportunities in every situation. Finally, "Carpe Diem" or seize the day. Don't be content to wait for improvement to come to you. Go after it.

Live in the Moment. We all do it. We spend time analyzing the past and anticipating the future, but rarely live in the moment. We can't change the past and we can't fully predict the future, but we can be present in right now. Living in the moment also means admitting we can't do everything. Multi-tasking is not a way of life; it is a distraction from living your life. Living in the moment is hard. We can change though, and we can live in the moment.

Choose Your Future. You can choose today to live your extraordinary life or keep living in the ordinary one. Make the better decision and commit yourself to it. Avoid blaming somebody or something else when things don't go your way. Instead, take responsibility for your actions and commit yourself to living your extraordinary life. Finally, as you encounter life "ask the question behind the question," encourage others to hold you accountable, and then write down what you learned.

Living your extraordinary life takes work, change, and more, but it is worth it. These habits are one way to change the ordinary into extraordinary. Ask your chaplain to go for a run with you and talk about your plan. I know your chaplain will be honored to encourage, pray, and listen to you; as you move from the ordinary to extraordinary.

# Goldfein nominated as 21st CSAF



Air Force Vice Chief of Staff Gen. David L. Goldfein thanks Air Force Secretary Deborah Lee James during the Defense Department's announcement of his nomination as the Air Force's 21st chief of staff at the Pentagon in Washington, D.C., April 29, 2016. (U.S. Air Force photos by Scott M. Ash)

#### By Staff Sgt. Alyssa C. Gibson

Secretary of the Air Force Public Affairs

**WASHINGTON (AFNS)** -- Defense Secretary Ash Carter announced April 26 that the president has nominated Air Force Vice Chief of Staff Gen. David L. Goldfein to be the 21st chief of staff of the Air Force, succeeding Gen. Mark A. Welsh III, who has served in the position since 2012.

"I'm extremely humbled by the nomination to serve as the Air Force's 21st chief of staff. If confirmed, I pledge to serve our Airmen and their families unwaveringly and honor our remarkable heritage and legacy of integrity, service and excellence," Goldfein said. "I also look forward to joining my fellow service chiefs as a member of the Joint Chiefs of Staff. General Mark and Betty Welsh continue to be exceptional stewards of our service, and Dawn and I are honored to follow in their footsteps."

Goldfein entered the Air Force in June 1983 as a graduate of the U.S. Air Force Academy. He has been assigned to numerous operational, command and staff positions. He currently serves as the vice chief of staff, where he presides over the Air Staff and serves as a member of the Joint Chiefs of Staff Requirements Oversight Council and Deputy Advisory Working Group.

"I am pleased to support the nomination of General David Goldfein as our next chief of staff," said Air Force Secretary Deborah Lee James. "General Goldfein possesses the experience and vision needed to address dynamic global challenges and increasing military demand. He knows how to build and sustain key partnerships, has important warfighting experience, and will exercise the critical judgement required to balance our manpower and resources as we shape tomorrow's Air Force. There is not a better person to lead our Airmen into the next century of airpower dominance."

Prior to his current position, Goldfein was the director of the Joint Staff at the Pentagon in Washington, D.C., where he 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.

"Dave Goldfein is an Airman who epitomizes warrior leadership, and that's exactly what our Air Force deserves," Welsh said. "He connects deeply with Airmen, he supports their families relentlessly, and he absolutely recognizes the criticality of our service's mission. Most importantly, he and Dawn understand the remarkable privilege they've been afforded in serving the nation."

Carter also spoke at a ceremony April 29 at the Pentagon, in which he congratulated Goldfein on his selection.

From his experience at the highest Air Force levels and the joint force, Goldfein "understands deeply the evolving nature of warfare and the threats we face," the secretary said.

Goldfein, he added, has "developed a keen appreciation for the strategic horizon ... and the need to develop resilient cyber and space capabilities, which will allow the United States to continue to dominate across all domains."

If confirmed by the Senate as the next Air Force chief of staff, Goldfein's "extensive political-military experience will be to our great benefit as we continue to accelerate our efforts against ISIL, and work with coalition nations to deal them a lasting defeat," Carter said.

Goldfein is a command pilot with more than 4,200 flying hours in the T-37 Tweet, T-38 Talon, F-16C/D Fighting Falcon, F-117A Nighthawk, MQ-9 Reaper, and MC-12W. He has flown combat missions in operations Desert Shield, Desert Storm, Allied Force, and Enduring Freedom. Goldfein has received numerous awards for his military service including the Defense Distinguished Service Medal with oak leaf cluster, the Legion of Merit with two oak leaf clusters and the Distinguished Flying Cross with Valor device and oak leaf cluster.

(Editor's note: Terri Moon Cronk of DoD News, Defense Media Activity also contributed to this article)



Defense Secretary Ash Carter briefs the official announcement of Air Force Vice Chief of Staff Gen. David Goldfein, who was nominated to become the 21st Air Force chief of staff, at the Pentagon in Washington D.C., April 29, 2016. Pictured with them is Air Force Secretary Deborah Lee James.

# NASA kicks off air quality study at Osan



The National Aeronautics and Space Administration's Armstrong Flight Research Center DC-8 aircraft taxis on the taxiway at Osan Air Base, Republic of Korea, April 27, 2016. The research aircraft is at Osan as part of a six-week cooperative Korean and U.S. air-quality study to advance the ability to monitor air pollution from space. (U.S. Air Force photo by Tech. Sgt. Travis Edwards)



James Crawford, NASA lead U.S. scientist for Korea United States-Air Quality (KORUS-AQ) Experiment, gives an overview of the aircraft that will be participating in the KORUS-AQ to Marc Knapper, U.S. Embassy Seoul deputy chief of mission, and 51st Fighter Wing Commander, Col. Andrew Hansen, at Osan Air Base, Republic of Korea, April 29, 2016. KORUS-AQ is a joint field study by NASA and the National Institute of Environmental Research that will advance the ability to monitor air pollution more accurately from space. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)

# Service members save local family from burning building



The Enyioko family visit with 1st Sgt. Melanie Scott and Master Sgt. Michael Henry, senior noncommissioned officers assigned to Headquarters and Headquarters Battery, 35th Air Defense Artillery Brigade, May 2, 2016 in Songtan. Scott and Henry were among a group of service members who caught Precious Enyioko and her three children, April 29, 2016 as they jumped from the fourth floor of a burning building in Songtan, South Korea. (Photo by U.S. Army Capt. William Leasure, 35th ADA Brigade Public Affairs)

#### By U.S. Army Staff Sgt. Kelly Carlton

35th Air Defense Artillery Brigade

**OSAN AIR BASE, Republic of Korea** – Soldiers and Airmen rescued three children and their mother as the family made a dramatic leap from the fourth floor of a burning building in the Songtan shopping district, April 29, 2016.

Master Sgt. Michael Henry, brigade sustainment noncommissioned officer in charge and 1st Sgt. Melanie Scott, both with Headquarters and Headquarters Battery, 35th Air Defense Artillery Brigade, along with Airmen from 51st Fighter Wing here, and Eighth Fighter Wing at Kunsan Air Base, were instrumental in saving the lives of a local family.

At approximately 6:20 p.m, Friday, Scott, a native of Grosse Ile, Michigan, and Henry, a native of Lake Charles, Louisiana, were visiting the shopping district when they saw smoke billowing from the Crown Hotel and then heard screaming.

"We saw a lady shimmying down the side of the building and realized there was a woman holding a baby out of the window several floors up," Scott said. "The next thing I know we were both holding blankets to catch babies as a woman dropped them out of a window."

Among the U.S. service members were Korean citizens who not only aided in the rescue but called emergency services.

"After I called 911, I helped hold the blanket for all three of the kids and their mother," said Jung Min Lee, son of a local business owner. "The first little girl didn't land so well which made me scared and worried about not being able to catch the other babies. I was very impressed by the courageous U.S. military members who helped with the rescue."

A couple of days after the incident, the children's father and some of the Soldiers and Airmen visited the site of the fire.

The father, Prince Envioko, expressed his gratitude to the service members who

reacted so quickly.

"I really appreciate what happened that very day. I don't know how I can explain my thanks," Enyioko said. "Without them I don't know what I would do - I am so grateful for the wisdom of the military men and women."

Emotionally, Enyioko recounted what he witnessed just a couple evenings earlier.

"My wife was with the children and I was on my way home when I first saw the fire," Enyioko said. "I tried to help my family but I couldn't. I was so surprised to see people gathering here to rescue my family especially the military. I felt so helpless."

Many people may think they know how to respond in an emergency situation but military training provides Soldiers and Airmen with the confidence to react when others might hesitate.

"We had no idea what could have happened. The building could have blown up next to us," Scott said. "All I needed was to look at the Army Values. They all apply to this situation especially selfless service and courage. Those values give you everything you need to put yourself in harm's way to help somebody else."

Enyioko said his wife, Precious, did sustain some injuries but his children ages 7 months, 3 and 4-years-old, all seem to be doing well.

"It was so difficult to drop my children," Precious Enyioko said. "It was so dark in the room and the kids were coughing and crying. When I saw the people gathering with the blanket, I could see it was military members, I thanked my God."

Ms. Enyioko got a chance to thank the service members personally for their quick thinking and selfless act as the Airmen and Soldiers visited her at the home of a friend in Songtan.

"The military is so wonderful. I don't even know what I would have done that day. I am so thankful to the Lord that they are here in Korea," Precious Enyioko said. "Today I am living and I can tell my story. Me and my husband and my kids, we are so proud of the U.S. military."

# Kunsan Airman teams to save family from fire

By Senior Airman Ashley Gardner 8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea - Master Sergeant Daniel Raimondo was walking outside of Osan Air Base preparing to meet a friend for dinner when he noticed the smell of smoke as he walked past an alley. Heading toward the scene, Raimondo encountered a crowd of people standing under a smoke-filled apartment building.

After calling the local city fire department to determine emergency responders were on their way, he suddenly heard a scream for help and hands waving high through a clouded window a few stories up in the apartment.

Upon seeing the thick black smoke billowing from the windows, Raimondo, 8th Civil Engineer Squadron emergency management superintendent at Kunsan Air Base, and a team of other U.S. Airmen and Soldiers, knew they'd have to act prior to the fire department's arrival or the family may not survive.

While helping the first person escape, he noticed a child being held near the window of the fourth floor. The service members joined to come up with a plan to help the family.

"I knew there was no way that this baby was going to be thrown from the window and we would just catch her," Raimondo said. "Another individual and I ran into a blanket shop, grabbed a blanket unfolding it as we made our way back to the apartment as people formed up with us. I yelled to the woman for her to drop her baby down in the blanket, pleading with her to let go."

One-by-one, the mother tossed each of her three young children from a fifth-story window into the blanket.

As the mother prepares to drop her first child into the blanket, bystanders gasp in fear hoping the plan to use a blanket as a net, works. Child number one lands and makes it to safety. The second child came shortly thereafter and the third and final child – the youngest of the three – came down into the blanket after some hesitation from mom. Raimondo said she held on for a few moments looking into the final child's eyes, repeating, "I love you, I love you" and then let her child drop into the safety of the blanket.

When the children were safely on the ground, six more people joined to help save the mother. A total of ten people held the blankets waiting for the mom to jump out the window through the thick smoke from the fire, Raimondo said.

Incredibly, none of those who leapt out that window suffered life-threatening injuries. According to Raimondo, when he left the scene, the extent of the injuries to those who jumped involved some knee and back pain, along with the shock of the experience – but no major injuries.

What was planned to be a night of friends gathering together for a quiet evening and dinner turned out to be a miracle mission of fiery paths.

"I haven't stopped thinking about that moment since," Raimondo said. "People came together to do the right thing. The end result was positive and those lives were saved. That's all that matters."



Official photo of Master Sergeant Daniel Raimondo (Courtesy photo)

#### Photos from page 1

Prince Enyioko thanks Tech. Sgt. Stefan Haynes, 51st Force Support Squadron, May 2, 2016 for helping save the lives of his wife and three children from a fire that broke out April 29, 2016 in the Songtan shopping district, Republic of Korea. Service members from the 51st Fighter Wing, 8th Fighter Wing and 35th Air Defense Artillery Brigade came together to rescue the family from the burning building. (U.S. Air Force photos by



#### More photos from page 9



Marc Knapper, U.S. Embassy Seoul deputy chief of mission, receives a tour on board the NASA DC-8 that is part of the Korea United States-Air Quality (KORUS-AQ) Experiment at Osan Air Base, Republic of Korea, April 29, 2016. KORUS-AQ will deepen the understanding of the processes controlling air quality, improve knowledge of the challenges facing satellite observations of air quality and improve the ability of models to forecast and assess air quality conditions.



Col. Andrew Hansen, 51st Fighter Wing commander, receives an overview of the NASA DC-8 that is part of the Korea United States-Air Quality (KORUS-AQ) Experiment at Osan Air Base, Republic of Korea, April 29, 2016. KORUS-AQ is a joint field study by NASA and the National Institute of Environmental Research (NIER) that will advance the ability to monitor air pollution more accurately from space.



James Crawford, NASA lead U.S. scientist for Korea United States-Air Quality (KORUS-AQ) Experiment, explains goals for the KORUS-AQ experiment at Osan Air Base, Republic of Korea, April 29, 2016.



You-Deog Hong, Air Quality Research Division director, Climates and Air Quality Research Department, gives an overview of Korea United States-Air Quality (KORUS-AQ) Experiment during a media day at Osan Air Base, Republic of Korea, April 29, 2016. KORUS-AQ is a step toward an international effort to develop a global air quality observation system that will include satellites from both countries and a network of surface monitoring sites, models, and airborne sampling.



Marc Knapper, U.S. Embassy Seoul deputy chief of mission, and Col. Andrew Hansen, 51st Fighter Wing commander, pose for a group photo with the Korea United States-Air Quality (KORUS-AQ) Experiment team and distinguished visitors at the media day on Osan Air Base, Republic of Korea, April 29, 2016. KORUS-AQ will collect air quality data over the Republic of Korea using aircraft, ground sites and ships from May 2 until June 12. The U.S. and South Korean aircraft will conduct coordinated flights from Osan Air Base. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)

# Air Force clubs to award \$23,000 in scholarships

By Carole Chiles Fuller

Air Force Civil Engineer Center Public Affairs

**JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS)** -- May 20 is the deadline to apply for the 2016 Air Force Club Scholarship Program.

During the past 17 years, the program has provided college tuition assistance to more than 440 Air Force Club members and their eligible family members.

As in the past, applicants must be club members or their eligible dependent ID card holders. They must complete an online application form, submit an essay, and supply a college or university letter of acceptance or admission (for their first associate or bachelor's degree). Also, this year's applicants must upload two letters of recommendation: one from their high school principal, university or college dean, civic leader or military leader; and one from their community service leader detailing work the applicant has performed.

Also new for 2016 is the essays may be five-minute video essays or traditional 1,000-word written submissions. Also, instead of 25 \$1,000 scholarships, there will be three winners in the video essay category and three in the written essay category. The first-place award in each category is a \$5,000 scholarship; second place \$4,000; and third place \$2,500.

"We wanted to make the process more interactive and enhance the pro-

gram by adding the video category," said Jonathan Boyd, the Air Force Services Activity operations branch chief for Air Force clubs.

This year's essay topic is "My Air Force story."

"We want to hear how you've been impacted by the best Air Force on the planet," said Col. Mike Lamb, the director of operations for AFSVA. "Some Air Force stories, such as telecommunications and achievements in aeronautics and space, are broad and monumental. Others are personal, smaller but still very impactful."

A panel of judges will score essays on material content, presentation and adherence to the required number of words for written essays and length for video essays.

The program will also award the two Air Force installation clubs that produce the most eligible entries in either format \$1,000 each to help pay for their efforts to encourage applicants.

"We hope that raising the individual amount of the scholarships will encourage more Airmen and their families to participate in this year's program," Boyd said.

For complete eligibility and entry requirements, (http://www.myairforcelife.com/Clubs/) To receive a scholarship, all entry and eligibility requirements must be met, and all documentation must be provided by the required date

# New electronic health record system receives name

By Military Health System Communications Office Defense Health Agency

**FALLS CHURCH, Va. (AFNS)** -- The new system to transform military health records now has an official name. Military Health System (MHS) officials say the new electronic health record (EHR) will be called MHS GENESIS and is set to be launched at the end of 2016. To keep pace with medical advances and innovations in technology, the Defense Department has purchased a state-of-the-art EHR that will continue to provide high quality health care to beneficiaries, as well as an agile, responsive system for health care professionals.

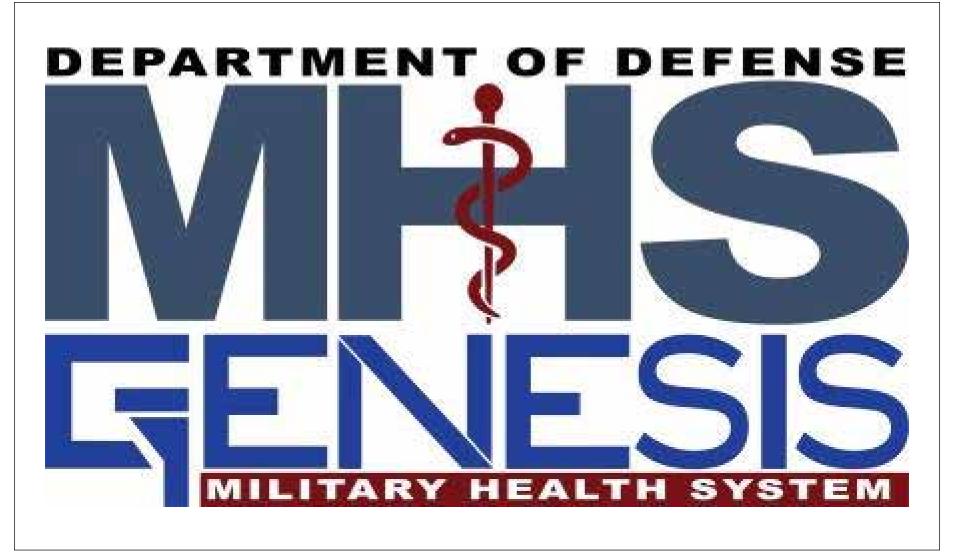
The configuration and deployment of MHS GENESIS constitute a multiyear effort to provide a state-of-the-market system of sharing health records electronically and documenting the continuum of care. The new EHR will begin implementation in the Pacific Northwest at the end of this year, followed by a preplanned, programmed

installation expected to be completed over a several-year period. Whether on a ship at sea, at a local clinic, or in a major hospital, MHS GENESIS will be available throughout all DOD facilities, and accessible to all members of the DOD's health care team.

While on the surface it appears just a system for health records, Dr. William M. Roberts, a retired Navy rear admiral who serves as the MHS functional champion, said it really reflects a whole new way of doing business for the MHS.

"We've looked at this process as finding what is best for the MHS as a whole, not just in individual areas," Roberts said. "We see this as the latest step in making sure patients are able to be fully engaged in their own health.

"We want people to know MHS GENESIS is a safe, secure accessible record for patients and health care professionals that is easily transferred to external providers, including major medical systems and Department of Veterans Affairs hospitals and clinics," he said. "When our beneficiaries see this logo or hear the name, they'll know their records will be seamlessly and efficiently shared with their chosen care provider."



# COMMUNITY BRIEFS

#### Kunsan

#### Illmagwon Orphanage

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

#### **Single Airmen Game Night**

Fridays at 7:30 p.m., Sonlight Inn. Everyone's welcome, special invite for all Single Airmen!

For more information contact, Senior Airman Jenfil Morillo-Burgos.

#### **Kunsan Photo Club**

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

#### **Wolf Pack Lodge**

Lodging Space A Policy

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

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

#### Children's English class

Team 5/6 is looking for volunteers to support the Children's English class weekly, for children 2-15 years of age. We will break you up into groups to read, talk, or play board games with the children. Civilian attire is preferred however, UOD is allowed.

Classes are held from 7 to 8 p.m. at the Sonlight Inn.

For more information, contact Tech. Sgt. Justin Worthen.

#### **Sunday Sonlight dinner**

Every Sunday, volunteers from a specific unit cook dinner for their fellow Wolf Pack members at the Sonlight Inn. The dinner begins at 6 p.m. following grace led by a chaplain. Meals range from "breakfast for dinner" to "Italian cooking" to "Southern style." For more information or to volunteer, contact the chapel at 782-4300.

#### **Sponsor training**

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

#### **ROKAF English Class**

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

For more information, contact Staff Sgt. Charles Nelson.

#### **Ping Pong tournament**

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

#### Osan

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.

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

#### **Anthem Singers**

encrypted e-mail.

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.



E-mail security

#### Tour de DMZ 2016

Here is the great opportunity for the entire Osan Airpower team, The Gyeonggi Provincial Government is hosting the "2016 Tour de DMZ" on May, 28 at DMZ area. They cordially request participation of Osan Airpower team including active duty (Army, Airmen & Marine), civilian and family members (Total of 40 PAX)

- Transportation (bus & bike pickup truck), registration fee and lunch will be covered by the GPO.
- Course: 62 K

(Start) Yeoncheon Stadium → Shinmang-ri Station → Daegwang-ro Station → Shintan-ri Station → Baekmagoji Station → CCL area → Nodong Dangsa (Midpoint) \*Emergency vehicles will be on hand in the event of injuries or fatigue

- Organizers: Gyeonggi Tourism and Gangwon Tourism.
- A bus departs from the Songtan Community Center, in front of Morin gate, at 6:30

a.m. Participants must come by 6:00 a.m. for loading bikes.

- **RSVP:** E-mail to Mr. Chong, Se Hyon at se.chong.kr@us.af.mil or sign up at the Fitness Center.
- Deadline: May, 6

\*NO SHOW will not be permitted. Once you sign up, you MUST participate in the event.

For more information, please check out the website. http://www.tourdedmz.co.kr



#### Kunsan's emergency phone numbers Commander's **Emergency Services** 911 782-5224 Hotline 063-470-After-hours medical Off Base/Cell 782-4333 **Emergency** 0911 advice 782-4850 Crime Stop: **IG** Complaints (duty hours) 782-5444 FWA Reporting: 782-4942 (to report a crime) (anytime) Base Locator: Chaplain 782-4743 782-6000 (after duty hours) (After duty hours) Sexual Assault Law Enforcement 782-4944 782-7272 Response desk Coordinator (SARC) 782-4601 (on base) Emergency Leave / Red Cross 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	784-1144								
Base Locator: (after duty hours)	784-4597	784-4597 Emergency Leave								
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**

#### **Depature Time**

#### Osan to Incheon

0600 1130 1530

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

#### Incheon to Osan

0900 1830 2230

- Departures from USO Counter (Gate 1)
- Bus may stopo 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
- Official Travel(TDY/PCS): \$35
- NOTE: Official traveler rates are completely reimbursable to member
- · If there are no delayed arrivals, bus will depart ar 22:30

\*\*Effective 1 June 2013

#### For more information, call ITT at 784-4254



# **Songtan Bus Terminal Time Table**

서울 - 남부터미널				http://www.stbus	s.net Versio	n: 2015. 12. 28.
SEOUL ₩3800	동 서 울	성 남	인천공	당항	인 천	의 정 부
NamBu Terminal	장지 가락 잠실	SeongNam	InCheon		InCheon	(동두천)
	Dong Seoul	₩3400	₩112	000	₩6200	UiJeongBu
06:10	₩4400		04:45		06:30	₩8000
06:30	JangJi	06:40	05:05		07:50 via CheongBuk	07:45
06:50	GaRak JamSil	07:30 via Dongtan	05:25 / 05:40		08:30	09:45Dongducheo
07:05	06:20 via Dongtan	08:20	05:55	Time:	10:10	12:05
07:20	06:35	09:00	06:25	Approx. 1 hour and	10:50	15:55
07:30	06:55 via Dongtan	09:50	06:55	40 minutes	11:30 via CheongBuk	17:05
07:45	07:15 via Dongtan	10:40	07:25	(could be	13:40	20:05Dongducheo
08:00	07:45	11:30 via Dongtan	08:05	changed by	15:30	
08:20	08:25	12:20	08:45	condition of	16:00 via CheongBuk	
08:40	09:05	13:10	09:25	the traffic)	18:30	
08:55	09:35	14:00	10:15		19:10	강 릉
09:10	10:05	15:00	11:05	*Note:	21:40	GangNeung
09:30	10:35	16:00	11:55	-Note:		₩14800
09:55	11:05	16:40	12:45	05:40		07:20
10:15	11:35	17:20	13:35 / 13:55	and	동 탄	09:20
10:30	12:05	18:00	14:15	13:55	DongTan	11:50
10:50	12:35	18:40	15:05	T	₩2100	13:50
10:55	13:05	19:20	16:05	Temporary schedules	06:20 To Dong-Secul	16:20
11:15	13:35	20:00 via Dongtan	16:55	until	06:55 To Dong-Secul	18:20
11:30	14:05	20:40	17:55	01/31/2016	07:15 To Dong-Secul	원 주
11:50	14:35	22:00	18:45		07:30 SeongNam	WonJu
12:15	15:05		19:35		11:30 SeongNam	₩9200
12:30	15:35				12:25 HwaJeong	07:10
12:50	16:05		김포공	당항	15:55 UilleangBu	08:50
13:10	16:35		KimPo A	Airpot	20:00 SeongNam	10:30
13:30	17:05	청북,해군아파트	₩710	00	속 초	12:10
13:45	17:35	포승,평택항	10:45 BeakSeok		SokCho	13:50
14:00	18:05	CheongBuk	12:25 BeakSeok HwaJeong		₩20000	15:30
14:30	18:35	₩1900	18:15 BeakSeok	Time:	08:45	17:10
14:40	19:05	PoSeung	20:05 BeakSeok	Approx.  1 hour and	14:25	18:50
15:00	19:35	PyeongTaek Port		40 minutes		20:30
15:20	20:25	₩3300		(could be		제 천
15:40	21:05	07:20		changed by		JeCheon
16:00	21:35	07:50		condition of the traffic)		₩13300
16:20		09:10		the tramic)		15:10
16:40		10:40			춘천 청평 가평	19:10
16:55		12:20	대 전	충 주	ChunCheon	광 주(전남)
17:10		13:50	DaeJeon	ChungJu	₩14000	KwangJu
17:25		16:20	₩7200	₩10400	CheongPyeong	₩16600
17:40	고양 백석 화정	17:20	06:30 Sejong-Si	09:00	GaPyeong	08:45
18:00	GoYang	19:10	08:30	10:55	07:10	10:25
18:15			10:30	12:55	09:40	12:25
18:20	백석 (₩7800)		12:30	14:00	10:50	14:15
18:30	10:45	청 북	14:30	15:25	12:10	15:45
18:50	12:25	CheongBuk	16:30 Sejong-Si	18:20	13:10	17:15
19:10	18:15	₩1900	18:30	청 주	14:30	군 산
19:30	20:05	07:50	20:00	CheongJu	16:50	GunSan
19:45	화정 (₩7800)	11:30		₩6400	18:10	₩13900
20:10	12:25	16:00		07:30	19:10	12:00
20:25	HwaJeong				20:20	19:00
20:40		및 그림파일의 허가 없는				
21:10	정확한 송탄터미널 /	미간표는 http://www.stbu	is.net과 http://blog.	naver.com/s2svi	1에서만 제공합니다.	

### 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	х	2010	2240
Ar. Humph	0740	0850	1020	1150	1250	1450	1630	1820	1910	1850	2050	2320

	**	*										
Lv. Humph	х	0550	0700	0830	1000	1100	1230	1330	1530	1710	1910	2100
Lv. Osan AB	0600	х	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**

#### **WEEKEND & U.S HOLIDAYS**

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

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

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

- Bus stops at Humphreys main gate
- \*\* Bus stops at Yongsan DHL
- x Bus doesn't stop at this station

POC for the bus schedule - Osan: 784-6623, Yongsan: 723-4499, Humphreys: 753-7354

### **UCMJ DISCIPLINARY ACTIONS**

### **Nonjudicial Punishment**

#### Osan

- A technical sergeant was drunk and disorderly in the Songtan Entertainment District and assaulted a female Korean national. The punishment was a reduction to staff sergeant, suspended forfeiture of \$1,583 pay per month for two months, 60-days restriction to Osan Air Base, and a reprimand.
- A senior airman absented himself from his place of duty. The punishment was a reduction to airman first class, a suspended reduction to airman, 30 days restriction to Osan Air Base, 30 days extra duty, and a reprimand.
- A technical sergeant was found in Pyeongtaek after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a reduction to staff sergeant, 12 days extra duty, and a reprimand.
- An airman wrongfully provided alcohol to a member under the age of 21, in violation of 7th Air Force Alcohol Policy. The punishment was a suspended reduction to airman basic, forfeiture of \$200 pay per month for two months, 10-days restriction to Osan Air Base, 10-days extra duty, and a reprimand.
- A staff sergeant was found in Pyeongtaek after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a reduction to senior airman, suspended forfeiture of \$500 pay per month for two months, 45 days restriction to Osan Air Base, and a reprimand.
- An airman first class wrongfully consumed alcohol while under the age of 21, in violation of 7th Air Force Alcohol
  Policy. The punishment was a suspended reduction to airman, forfeiture of \$200 pay per month for two months,
  10 days restriction to Osan Air Base, 10 days extra duty, and a reprimand.
- A staff sergeant assaulted a senior airman. The punishment was a reduction to senior airman, 45- days restriction to Osan Air Base, 45 days extra duty, and a reprimand.
- An airman first class wrongfully consumed alcohol while under the age of 21, in violation of 7th Air Force Alcohol
  Policy. The punishment was a reduction to airman, suspended forfeiture of \$878 pay per month for two months,
  14 days extra duty, suspended and a reprimand.
- An airman wrongfully consumed alcohol while under the age of 21, in violation of 7th Air Force Alcohol Policy.
   The punishment was a reduction to airman basic, suspended forfeiture of \$783 pay per month for two months,
   60 days restriction to Osan Air Base, and a reprimand.
- A technical sergeant was absented himself from his place of duty and assaulted a senior airman. The punishment was a reduction to staff sergeant, suspended forfeiture of \$500 pay per month for two months, 30 days restriction to Osan Air Base, and a reprimand.
- A senior airman was found in Pyeongtaek after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a reduction to airman basic with a reduction to below airman suspended, suspended forfeiture of \$783 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- A staff sergeant was found in Pyeongtaek after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a reduction to senior airman, suspended forfeiture of \$1,241 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.

#### Kunsan

- An airman first class was found guilty of abusive sexual contact by slapping a female airman's buttocks. The punishment was a reduction to airman basic, suspended forfeiture of \$783 pay per month for two months, 45 days restriction, 45 days extra duty, and a reprimand.
- A senior airman was found to be drunk and disorderly off base. The punishment was a suspended reduction to airman first class, 15 days restriction, 30 days extra duty, and a reprimand.
- A senior airman was found in the Songtan Entertainment District after 0100L, in violation of the 7th Air Force Curfew Order, and made a false official statement. The punishment was suspended reduction to the grade of airman first class, 30 days restriction, and a reprimand.

#### **Courts-Martial**

 A senior airman from the 8th Mission Support Group was found guilty of assault consummated by a battery at a summary court-martial at Kunsan Air Base, Republic of Korea. The adjudged sentence was 30 days confinement, reduction to airman first class, and forfeiture of \$1,388 pay.

# **CHIEFchat: Cody discusses changes to WAPS**

By Staff Sgt. Christopher Gross

Air Force News Service

**FORT GEORGE G. MEADE, Md. (AFNS)** – Chief Master Sgt. of the Air Force James A. Cody discussed the implementation of the Weighted Airman Promotion System changes during his most recent CHIEFchat at Defense Media Activity on Fort George G. Meade.

During his chat, he discussed the role of education in promotion, the continued relevance of testing at all enlisted levels, and the feedback he and other senior leaders have received about the changes to the system.

#### Education

Currently, the Community College of the Air Force degree is only mandatory to be promoted to senior master sergeant. It is masked on the master sergeant evaluation board, and board members are briefed not to consider education as a discerning factor for promotion because they may not have the entire picture.

"A lot of Airmen receive education at various times," Cody said. "If it's not within that most recent time period that the board would be looking at ... they wouldn't see it."

When Airmen consider furthering their education, he said, it's important they take into consideration how it will make them better as Airmen and more proficient at their jobs.

"The sole fact that you are educated doesn't mean you're a better Airman or a better performer. It should help you perform better, and if it doesn't, well it's not as probably relevant to us," Cody said.

#### **Testing**

Cody addressed a question from social media asking if testing will ever be removed for senior NCOs going up for promotion.

While duty performance remains at the forefront of what will be considered for Airmen to be promoted, he said, it's important everyone has the baseline level of knowledge that's expected of them at the their level. Thus, Airmen can expect no changes to testing requirements.

#### **Enlisted performance reports**

The decision to reduce the number of EPRs for a promotion board from ten to five has been discussed for the past several years.

Cody said when Airmen go through the board process, the board will now only look at the past five years of EPRs instead of ten, expediting the process and giving members "not too much information, but enough information."

"You have to perform at every grade," he said. "Some people are slow starters and fast finishers. People start fast and finish up slow. We are all different. You don't want to either positively or negatively impact somebody overwhelmingly with looking so far in a career."

#### **Feedback**

With the promotion system nearing its first year with the changes, Cody said more data and feedback is needed to see where the process can be smoothed out.

"The reality is, though, the feedback that we're getting is really, really positive, by and large," he said. "We're trying to make sure to give enough time to get all the feedback so that we have it in the right context before we start making changes."

As changes are considered, Cody encourages Airmen and commanders to ask themselves: "Do we feel we promoted the right people?"

If the answer is yes, then the Air Force is in a better place.

CHIEFchat is a recurring initiative, designed to give Airmen around the world a direct connection to the chief master sergeant of the Air Force. The chief received questions via video message, social media outlets and from members of a studio audience.

## Internship program offers hands-on experience in military setting

By Steve Warns

Air Force Civil Engineer Center Public Affairs

**JOINT BASE SAN ANTONIO-LACKLAND, Texas (AFNS)** -- Graduating college seniors interested in hands-on experience working with child and youth programs on military installations worldwide are encouraged to sign up for the Military Extension Internship Program (MEIP).

The MEIP enables students to integrate their schooling with more professional knowledge and skills gained through practical, real-world work experience within functions of force support squadron and Airman and family services programs.

But there's a more important purpose, said Gerald Hires, the MEIP Air Force coordinator at the Air Force Services Activity.

"MEIP is designed to help the intern have a better appreciation for military families and some of the issues military families go through during a deployment," he said. "Interns see firsthand how children are affected when their parent is deployed. This experience allows interns to put their college coursework to use in helping the children cope with the change."

In 2009, Purdue University was selected to oversee the program, which is an initiative of the Defense Department's Military Community and Family Policy Office, the military branches, National 4-H Council headquarters at the Department of Agriculture, and the Office of the Secretary of Defense. The program is open to graduating seniors or recent graduates who want to pursue a career working with children.

Since 2010, there have been 302 applicants, with 199 accepted and 32 placed in Air Force positions at various installations.

The 12-week internships are paid and responsibilities vary by installation, Hires said. Before they start their internship, program attendees go through a weeklong orientation where they are assigned a mentor for the duration of the internship

Rick Banfield, who served as the program coordinator from October 2012 to January 2015, recommends the program but cautions it's not a fit for everybody.

"If you have a passion to work with the Air Force and children, chances are

we can find an opportunity for you," Banfield said. "I tell them it's a 180-day job interview."

Excited for new adventure

Monica Calderon, 22, admitted she took a "leap of faith" when she applied for the MEIP.

Calderon, who plans to graduate with a degree in human development and family studies from Indiana University upon completing the internship, has never been around the Air Force or military families. Her internship begins May 6 at Joint Base San Antonio-Randolph.

"I took the internship into consideration, but I didn't apply until a friend nagged me to do it," said Calderon, who was born in Houston but raised in South Bend, Indiana. "I'm excited to get accepted. I love working with youths, in particular at-risk youths.

"I never thought about working for the Air Force," said Calderon, who aspires to attend law school and work in the juvenile justice system. "My family members continuously ask me about it, but if I'm offered a job and I enjoy it, I say 'Why not?"

Making the most of her internship

Julie Humberd knew she wanted to work in the Air Force after graduating with a degree in recreation administration from Middle Tennessee State University in 2013.

Her father, Jesse, is a retired Airman who works as a security forces squadron's information technology manager at Arnold Air Force Base, Tennessee.

She went online and found MEIP. She applied, was accepted and completed an internship at Joint Base Charleston, South Carolina, in 2013.

"It narrowed down my focus and set me on the path," Humberd, 26, said of the internship. "I tell everybody about it, especially if you want to work with children and youths and want to learn about the military and travel."

Humberd is now the outdoor recreation manager at Arnold AFB.

"It developed her professionalism and maturity," said Banfield, who interviewed Humberd for the internship. "I'm not going to say it was a night-and-day difference because she was mature when she went through her orientation. Now she has her own staff, and you can definitely tell the passion she had about it." For more information on MEIP (https://ag.purdue.edu/extension/militaryinternships/Pages/MilitaryInternships.aspx)

# Heal your Body and Mind at the Daegu Yangnyeongsi Herbal Medicine Festival



Daegu is one of the major metropolitan cities of Korea; in addition to a thriving population and a myriad of modern conveniences, the city boasts mountains, temples, and an abundance of natural and historical sites. Though the city has many draws, it is primarily known for its textile and fash-

ion industry and as a city of Oriental medicine and medical tourism.

One of the prime spots to experience Daegu's rich medicinal culture is the Yangnyeongsi Market. Established in 1658, the market spans a 700-meter stretch along Namseong-ro Road in the Jung-gu district. Also known as 'Yakjeon Golmok' ('alley of medicine stores'), the street is home to Oriental medical clinics, medicinal restaurants, and shops selling herbal remedies. Each year, the lively street becomes even more colorful with the opening of the **Daegu Yangnyeongsi Herbal Medicine Festival.** 

The Daegu Yangnyeongsi Herbal Medicine Festival gets its roots from the original grand opening event that took place when the Yangnyeong Market first opened in the 17th century. The event was organized by local merchants who worked hard to create a festive mood to welcome visitors. It was a huge success and drew people from all over the nation to the market to buy and sell medicinal ingredients. The Yangnyeongsi Market opening officially turned into a modern-



day festival in 1978 and has been held annually ever since.

In Korea, herbal medicine is not only used to cure illness, but is also used as a preventive measure, often in the form of tea. Herbal medicine can be made from anything that comes from nature such as medicinal plants, the roots of plants, their fruits, and bark. At the festival, visitors can learn the proper way to slice herbal medicine, sample teas or drinks made from various herbs, and get a view a display of yakseon, food made with herbal ingredients.

#### **Recommended Programs**

#### Hanbang (Oriental medicine) experience

#### **Slicing Ingredients for Oriental Medicine**

Slicing of medicinal herbs is a free program in which you'll be able to learn how to cut medicinal herbs in the traditional way. Though it may look simple, cutting medicinal herbs takes strength and know-how!

 Slicing contest using ingredients of Oriental medicine (Credit: Yangnyeongsi Preservation Committee)



#### **Packaging of Medicinal Herbs**





▲ Children enjoying the experience (Credit: Yangnyeongsi Perservation Committee)

The free 'Packaging of Medicinal Herbs' program is an event in which you will learn how to make traditional herb packs using dried mandarin peel and white paper. The package can be taken home as a free souvenir and brewed to make tea.

# CULTURE

#### Hanbang Foot Bath Experience



Foot bath experience (Credit: Yangnyeongsi Perservation Committee)

Feeling tired after walking all day around the festival grounds? Then stop by the 'Hanbang Foot Bath Experience' in front of the Daegu Yangnyeongsi Oriental Medicine Culture Center to soak your feet in a foot bath infused with medicinal herbs. The foot bath is free of charge, but is a popular event so you may need to wait in line.

#### Permanent exhibitions

#### **Mystical Herb Tunnel –**

The Mystical Herbs Tunnel by the entrance of the festival grounds is a small tunnel leading into the venue that greets visitors with the aroma of medicinal herbs. Inside the tunnel hang photos of the Daegyu Yangnyeongsi Market and artfully placed herbal medicine pouches.

### Medicinal Plant Park —————

As you walk around the festival grounds, you'll find gardens of medicinal plants ('medicinal plant parks') interspersed throughout the whole area. The gardens/parks are planted with about 70 types of local medicinal plants like ginseng, milk vetch root, and peony.

#### **Recommended Tourist Sites**

#### Daegu Yangnyeongsi Oriental Medicine Cultural Center -





The Daegu Yangnyeongsi Market has been a popular herbal medicine market ever since it first opened in the 17th century. In its prime, the market drew crowds of people from as far as Japan and China. Discover the fascinating history of the Yangnyeongsi Market, the origin of Yakjeon Street, and fun facts about medicinal herbs with a visit to the Daegu Yangnyeongsi Oriental Medicine Cultural Center. The center even has a section where visitors can get health check-ups.

#### Old residences of Yi Sang-hwa and Seo Sang-don –



In front of Gyesan Cathedral stands the old residence of Lee Sanghwa (1901-1943), a poet who expressed resistance against Japan's imperialism through his poetry. In the same area is the old residence of Seo Sang-don (1851-1913), a nationalist who took a leading role in the National Debt Repayment Movement to decrease national debt and gain independence from Japan.

#### More Info

Daegu Yangnyeongsi Herbal Medicine Festival

- Period: May 4-8, 2016
- Venue: Area of Yangyeongsi Oriental Medicine Culture Center and Yakjeon Golmok (Namseong-ro, Jung-gu, Daegu-si)
- Admission: Free (Some activities may charge a fee)
- Website: Festival herbfestival.org (Korean only)
   Daegu Tourism tour.daegu.go.kr
   (Korean, English, Japanese, Chinese)
- 1330 Korea Travel Hotline: +82-2-1330 (Korean, English, Japanese, Chinese)