

Crimson Sky

36 FS, ROKAF pilots partner for Buddy Wing 16-5



See more photos on page 4

A U.S. Air Force F-16 Fighting Falcon from the 36th Fighter Squadron takes off from Osan Air Base, Republic of Korea, during Buddy Wing 16-5, June 9, 2016. (U.S. Air Force photo by Staff Sgt. Jonathan Steffen)

HVAC shop prepares for summer heat

By Staff Sgt. Chelsea Browning
8th Fighter Wing Public Affairs

KUNSAN AIR BASE, Republic of Korea -- With the summer heat quickly approaching the job of keeping the base cool rests with the technicians of the 8th Civil Engineer Squadron Heating, Ventilation, and Air Conditioning shop.

The HVAC mission continues year round, however, the summer can be a trying time for the shop. The summer set up for the base includes cleaning equipment, checking pressures of refrigerant that's in the systems, performing pre-operational, operational, and post-operational checks, and taking temperature readings.

"The purpose of the summer setup is to find anything that may be broken, faulty, or worn," said Staff Sgt. Brian Foxworth, NCO in charge of HVAC. "It also saves us time in the long run because we can catch it early before we actually turn on the air

conditioning and it gives us time to repair/fix any issues that we do find."

The job is never ending for the shop of 14 military members, divided in 24-hour operations to provide for the base.

"One of the main challenges that we come across is not having all the parts or tools on hand that we need to get our equipment up and running," said Foxworth. "Other challenges we come across are priority issues and waiting for parts since some of our parts come from the U.S."

The Wolf Pack relies on the individuals from the HVAC shop to help keep the mission going.

Customers who need to put in a work order for any HVAC issues can call the 8th Civil Engineer Squadron Customer Service at 782-5313 between the hours of 8 a.m. to 5 p.m. For after hours and weekend concerns calls go to the 8th Civil Engineer Squadron Fire Department at 782-4471.

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Crimson Sky

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Resiliency in a same-sex relationship

By Airman 1st Class Kristan Campbell
432nd Wing/432nd Air Expeditionary Wing

CREECH AIR FORCE BASE, Nev. (AFNS) -- President Barack Obama once said, "Every single American -- gay, straight, lesbian, bisexual, transgender -- deserves to be treated equally in the eyes of the law and in the eyes of our society."

In light of June's LGBT Pride Month, the Air Force has made strides in how we regard these individuals, as both military members and human beings, since the repeal of the Don't Ask, Don't Tell policy in 2011. What used to be taboo has now become widely accepted by the Defense Department.

Even though many in this age are accepting of these changes, things weren't always so easy for my better half, Emily, and I. When I met her, I had just arrived at Creech Air Force Base, Nevada, and was balancing work, career development courses, on-the-job training, fitness and deployment readiness.

I made her acquaintance through a friend who worked with her in the 432nd Maintenance Squadron munitions flight. When we met, we instantly clicked and began dating after a few weeks of knowing each other.

We had many obstacles to overcome, such as sharing our relationship with family, friends and co-workers. It was a process that was difficult and sensitive, and we weren't sure what we would be facing, but we pressed on.

In the beginning, Emily's mom didn't take it well. Adding to our difficulties, she received orders for her first deployment three weeks out from the date of her departure.

For a while, it seemed like everything was against us. For Emily, the unwillingness of individuals to accept our relationship was perhaps the hardest part.

"People think it's not the same as loving someone of the opposite gender, and that there's something wrong with you," Emily said. "I've never once questioned it; I just knew how I felt and acted on it. It's not about gender, but how someone makes you feel."

Luckily, I was able to find strength and resiliency through my Air Force family. I will never forget the day that I came out to my co-workers in my office.

Although it was a day I had anticipated, I was nervous to see their reactions. To my surprise, they gave me unwavering support and treated me with the same level of respect as everyone else in my shop.

My fellow Airmen and supervisors checked on me regularly, offered me their help, and let me lean on them when I needed it most. With the support of my shop, Emily and I were able to power through all our obstacles and remain hopeful, and eventually things became much easier.

These days, our families are more accepting of our relationship. Emily's mom messages me daily and we update each other continuously while Emily serves downrange.

For those who are going through similar struggles, I can only urge you to be proud of who you are, whether you identify as gay, straight, lesbian, bisexual or transgender. Coming out may seem hard at first, but it gets easier with time.

Everyone was made differently. We all think, look and feel differently, and we interpret our lives through very unique lenses. As the president and other top leaders have said, everyone deserves respect and should be evaluated based on character and merit, not sexual preference.

Every Airman is important and has something unique to bring to the fight. Embrace what makes you different. Trust in your Air Force family, and they will take care of you.

Embracing diversity by leading from the front

By Col. Greg Gilmour
315th Airlift Wing commander

JOINT BASE CHARLESTON, S.C. (AFNS) -- Often times when we hear terms like diversity and inclusion, we think of them more as buzz words or a way to hold someone accountable for not doing the right thing.

But what does diversity actually mean to us in the Air Force? To me, it's simple: place the right people in the right positions to execute our mission.

I recently had the opportunity to reflect on this after I selected the incoming 315th Maintenance Group commander, who just happens to be a woman. Looking over our organization I realized that in a male-dominated community, we are certainly unique. Soon, all three group commanders in the 315th Airlift Wing will be females as well as our vice wing commander and one O-6 squadron commander.

In the Air Force, women comprise 29 percent of the total force and, according to a recent study by Diversity Central, in the civilian sector women only hold 6 percent of chief executive roles in America.

So, this may leave a person to wonder, why do women hold two-thirds of the senior leader positions in the 315th AW? I think that answer is also simple. We placed the right people in the right positions to move our mission, regardless of the visible or invisible at-

tributes that contribute to diversity within our ranks. These attributes include things like gender, race, and age as well as education, religion or sexual orientation, just to name a few.

So, does this mean that the days of inequality are over and the glass ceiling has been shattered? Certainly not, and we have a long way to go. But, if we recognize that there are cultural and stereotypical biases in each one of us, and fight to overcome those biases, we will be well on our way to leveling the playing field for all Airmen.

As I think about how, as an Air Force, we can continue this trend of promoting the best and brightest by leveraging the best talent we have and capitalize on opportunities. I can tell you that the process does not start at the wing commander level; it starts with every Airman and every supervisor. I charge every one of you to personally evaluate your internal biases, regardless of how small, set them aside and always continue to push our Air Force forward.

I would love to see a day when statistics are no longer needed and the best individual is always pushed to the top, regardless of gender. We have the world's most powerful Air Force and the reason for that is not because of our weapon systems, it is because of our Airmen. So, take care of each other, embrace your core value of integrity first, and always recognize your best and brightest no matter what.

WPU gets Airmen more involved with local community

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

KUNSAN AIR BASE, Republic of Korea -- Recently a new program called the Wolf Pack University was created for the first time here. The program is tailored so each Wolf Pack Airman can exercise personal choices for overall growth; supported and encouraged by frontline supervisors as well as higher leadership.

The base university is a collegiate-mirrored system which includes a personalized curriculum, transcripts, advisors, electives and even a diploma specific to being at Kunsan. The purpose is to help Airmen develop resiliency in all Comprehensive Airman Fitness domains: Physical, Mental, Social and Spiritual.

Courses that are part of the program can be found across the installation and in the local community, such as the Korean Demilitarized Zone. It also includes mandatory items such as computer based training. The courses and activities are ongoing and can be accessed as each Airman's schedule permits, or on designated days in coordination with Wolf Pack mission requirements.

The university is designed to enhance the Republic of Korea experience by exposing the participants to more activities, including cultural experiences.

"It will push Airmen to get out and be involved in the community instead of staying in their rooms," said Janneane Moody, 8th Fighter Wing community support coordinator.

Participation can broaden each individual as a person through personal and professional growth and contributes to the whole Airman concept. It can also help Airmen personally maximize the Wolf Pack mission and contribute to a healthy force which makes healthy choices.

"WPU is a vehicle to get Wolf Pack Airmen engaged and involved while improving their resilience and cultivating professional development," said Moody.

To participate in WPU and track credits:

1. Access the WPU SharePoint site to review the course catalogue, choose a track, print the applicable WPU curriculum worksheet.
2. Keep all AF, 8FW, unit & AFSC training current.

3. Obtain signature of POC, instructor, or supervisor on WPU curriculum worksheet for any activities and classes you participate in.
4. Turn completed worksheet first sergeant.

In order to get classes and participation accredited send your recommendation to the 8FW/RESILIENCY org box which is 8FW.CVB.CVBRESILIENCY@us.af.mil.



PACAF's top chief visits Korea



Chief Master Sgt. Harold "Buddy" Hutchinson, Pacific Air Forces command chief, meets with Airmen from Osan Air Base, Republic of Korea during his visit to the ROK June 7, 2016. Hutchinson met with Airmen to discuss current topics such as the Weighted Airman Promotion System changes and enlisted professional military education. The chief's visit provided him an overview of 7th Air Force and its tenant units and included a stop at Daejeon to meet with the ROK air force command chief master sergeant to discuss training, partnership enhancement initiatives, and improving combined flying and intelligence, surveillance and reconnaissance operations. As the PACAF command chief master sergeant, Hutchinson leads 45,000 total force Airmen and advises the PACAF commander on matters affecting the readiness, training, professional development and effective use of assigned enlisted personnel. (U.S. Air Force photo by Tech. Sgt. Travis Edwards)

More photos on page 1



Republic of Korea air force 11th Fighter Wing pilots and U.S. Air Force 36th Fighter Squadron pilots pose for a group photo during Buddy Wing 16-5 at Osan Air Base, Republic of Korea, June 9, 2016. The goal of the Buddy Wing program is to sharpen capabilities between the allied forces so that if need be, they are prepared and ready to fight as a lethal, combined force. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)



(Above) Airmen assigned to the 36th Aircraft Maintenance Unit arm an F-16 Fighting Falcon assigned to 36th Fighter Squadron in preparation for Buddy Wing 16-5 at Osan Air Base, Republic of Korea, June 9, 2016. The purpose of the Buddy Wing Program is to execute joint tactics, exchange ideas and improve interoperability between the U.S. Air Force and ROKAF pilots, maintainers and support personnel.

(Left) U.S. Air Force Capt. Thomas Nichols, 51st Operation Support Squadron electronic combat pilot, thanks Republic of Korea air force pilots for the training opportunity during Buddy Wing 16-5 at Osan Air Force, Republic of Korea, June 10, 2016.

Photos from on page 1 (HVAC)

Senior Airman Thomas LeSuer and Staff Sgt. Elvis Pabon, 8th Civil Engineer Squadron Heating, Ventilation, and Air Conditioning journeyman, check for leaks in an air refrigerating machine at the base theater June 7, 2016. The Wolf Pack relies on the individuals from the HVAC shop to help keep the mission going. (U.S. Air Force photos by Staff Sgt. Chelsea Browning)



Staff Sgt. Elvis Pabon, 8th Civil Engineer Squadron Heating, Ventilation, and Air Conditioning journeyman, checks for leaks in an air refrigerating machine at the base theater June 7, 2016.

Draggins prepare for takeoff



(Above) First Lt. Shannon Smith, 25th Fighter Squadron pilot, prepares for takeoff before a training sortie at Osan Air Base, Republic of Korea, June 9, 2016. Smith pilots an A-10 Thunderbolt II, which is a single-seat, two-engine, close air support aircraft that has been in service since the 1970s.

(Right) First Lt. Shannon Smith, 25th Fighter Squadron pilot, speaks with Senior Airman Paul Willett, 51st Aircraft Maintenance Squadron crew chief, before embarking on a training sortie at Osan Air Base, Republic of Korea, June 9, 2016. Crew chiefs prepare aircraft for takeoff and coordinate with pilots to ensure any possible issues are taken care of before takeoff.



(Above) Airman Weston Meyer and Senior Airman Paul Willett, 51st Aircraft Maintenance Squadron crew chiefs, wait underneath an A-10 Thunderbolt II while the pilot runs a pre-flight checklist at Osan Air Base, Republic of Korea, June 9, 2016. Maintenance Airmen are responsible for keeping 51st Fighter Wing aircraft in top condition and ready to fight tonight.



Senior Airman Paul Willett, 51st Aircraft Maintenance Squadron crew chief, gives a farewell tap to an A-10 Thunderbolt II as it departs for a training sortie at Osan Air Base, Republic of Korea, June 9, 2016. (U.S. Air Force photos by Senior Airman Victor J. Caputo)

CHAPEL SCHEDULE

KUNSAN AIR BASE

Protestant Services

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

Catholic Mass

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

General Services

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

Point of Contact:
Kunsan Chapel, 782-4300

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

OSAN AIR BASE

Protestant Services

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:
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

Hope for the future



By Ch, Lt. Col. Trent C. Davis
51st Fighter Wing Chapel

Hope is integral to “Fight Tonight” readiness. I am convinced that no place on base can help you discover hope better than your Air Force Chapel. Hope is why people pour into our chapels. Hope is their aim as they attend services each and every weekend. Hope is why people come to chaplains for counseling. Your Chapel is a place of faith and hope for every Airman, Soldier, and family member.

However, this may surprise you, I am a little disappointed by the word “hope.” The way we use it today has nothing to do with how God wants us to understand the

word. Today, hope seems almost synonymous with “I wish.” Hope is much stronger than that. It’s a quiet confidence. It’s, I have hope... therefore I am not afraid. I have hope... therefore I can face the future.

Here’s a four-word definition of hope that I really like. Hope is when you realize “God is in control.” When you recognize God has power over all things. He has power to intervene even in those places where you feel powerless. That is good news!

Let me share five practical results of a hope-filled life.

First, hope gets you started. What is it that gets you started in the morning? Maybe like me you are a car enthusiast. I really like cars that stand out. I loved driving my father’s 1930s era MG to high school each day. I would love to own that yellow Mustang at the BX if I thought it was practical. However, if you think about it a car is only as good as the sum of its parts. It can have a beautiful paint job on the outside, it can have the most powerful engine, but if the starter doesn’t work, it’s not going anywhere, is it? I know many people like that. They appear together on the outside. They’ve got some real power to achieve great things on the inside, but for some reason they just can’t seem to get started. Hope helps you to get started.

Second, because of hope you can live with... whatever burdens your life today. Because of hope you can persevere. Hope

enables you to handle tremendous pressure. I’ve noticed that people who have hope can handle incredible amounts of stress in their lives.

Third, because of hope you can go on. Hope is what gives you the strength to go on after a loss, a disappointment, or an unrealized dream. I like the story of Florence Chadwick who was the first woman to swim the English Channel. She didn’t make it on her first attempt. It wasn’t because of the cold water. It wasn’t due to sharks. It wasn’t the 15-hour swim. It was because the fog rolled in and she lost sight of the coastline. She quit half a mile from her goal. When she got out of the water she said, “I’m not trying to make an excuse but I feel like if the fog hadn’t been there and I could have seen the land, I would have made it.” Sometime later she tried again. Like before the fog rolled in but this time she knew the coastline was there and she completed her journey. In fact, she did it two hours quicker than anybody else had ever done.

A lot of us are like that. The fog rolls into our lives and we lose our bearings. However; like a coastline, God’s promises are immovable. They’re going to be there. He will see us through this challenge to the hopeful days that lay just beyond.

Fourth, because of hope we can slow down. Hope is what gives us the ability to slow down our busy lives. Our lives can easily lose focus on the things of greatest importance due to the business of our day to day responsibilities. Without hope,

we’re always in a hurry trying just to get things done. Its hope, a future hope, that enables us to slow down, and to realize we don’t have to rush so fast because we know exactly where life is headed.

And there is one final thing that hope does. Because of hope we have the power to say no. Hope is the foundation of integrity. Hope for a long, successful career strengthens me to embody the Air Force Core Values even when temptations arise. Hope for a lifelong, committed marriage empowers me to live my life each day in honor of my spouse. Hope for a “Firewall Five” end of year evaluation ensures that I will demonstrate excellence in all I do both on and off the job. Hope is the foundation of integrity.

Maybe you are saying, chaplain I want hope but I just can’t see it right now. God’s promise is that he can see far beyond what you can. He has a plan for you and a way of escape for anything you may be going through. My life verse is found in Jeremiah 29:11. It states, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.” In this life, sometimes the fog rolls in and you feel like there’s no hope. It’s not true. Hope has not been lost. You simply have lost sight of the coastline. Refocus on God’s promises. Come to the chapel. Schedule an appointment with a chaplain. We are here to remind you of hope even when you can’t see it for yourself. May God bless you with hope today!

Air Force increases access to behavioral health care

By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- Nearly half of people with a treatable behavioral health disorder do not seek help from behavioral health professionals, according to the U.S. Department of Health and Human Services. However, 80 percent of this population does visit a primary care manager at least once a year. The Air Force Behavioral Health Optimization Program seeks to bridge this gap by providing behavioral health care in a primary care setting.

The Behavioral Health Optimization Program, or BHOP, integrates behavioral health personnel into primary care clinics, to provide “the right care, at the right time, in the right place.” Beneficiaries with behavioral health concerns can seek care directly through their primary care manager.

Issues such as compounding stress can lead to depression, post-traumatic stress disorder, or general anxiety disorders. Often times, problems resulting in adverse mental health effects can be addressed by primary care providers through the support of behavioral health services.

“We are there to address the concerns that would have otherwise been brought to the primary care manager,” said Maj. Elizabeth Najera, chief of the Behavioral Health Optimization Program, Air Force Medical Operations Agency.

For instance, when a patient suffering severe headaches sees a primary care manager, it is determined whether the patient needs to be referred to neurology or requires additional examination from primary care. BHOP visits function in the same manner and patients are screened to help identify the right level of care.

According to Maj. Najera, only one out of 10 patients seen requires referral to specialty care. Mild depression, anxiety or grief may not require specialty mental health services. While specialty care is beneficial when that is the appropriate level of care, it may not be necessary for a normal process like bereavement. Even if a patient visit warrants a specialty care referral, time required for specialty care is reduced by BHOP intervention.

“BHOP is an excellent first step in seeking care if [someone has] any behavioral health concerns with either a medical or lifestyle component,” said Maj. Najera. “Everyone can consider at least one BHOP encounter appropriate, while not everyone may require a second visit.” BHOP consultations typically do not require more than four visits. A BHOP appointment lasts approximately 25 minutes and patients leave with some form of same-day intervention. Patients are triaged to ensure they get the appropriate resources and providers determine what level of care is needed.

BHOP helps to address a wide range of health related behaviors which can worsen medical conditions, including diabetes, chronic pain, sleep problems, and hypertension.

Another benefit of BHOP is the ease of use. Half of all scheduled visits are same-day appointments. BHOP seeks to address a large patient volume with same-day care. According to Maj. Najera, the goal is to address patient needs as they arise rather than having patients wait.

“[A BHOP visit] is considered a primary care appointment and there is no difference in how it is treated in a patient’s electronic health record,” Maj. Najera said.

BHOP offers two types of services and patients will either see Internal Behavioral Health Consultants, known as IBHCs, or Behavioral Health Care Facilitators, known as BHCs. IBHCs include both psychologists and social workers who provide focused assessments and recommendations to help primary care providers with decisions about patients’ behavioral health concerns. BHCs are nurses who work directly with patients who have been prescribed psychotropic medications by their primary care provider for depression, anxiety or post-traumatic stress disorder.

The goal of BHOP is to help patients and providers reach desired and realistic behavioral health outcomes. This includes improving quality of life or returning to a level of functioning closer to a patient’s goal. Some patients may walk away learning to manage chronic conditions, while having improved day-to-day functioning.

In a 2015 survey of 631 patients, 89.5 percent reported being very or extremely satisfied with the BHOP experience and 95.3 percent stated they would probably or definitely recommend BHOP to a friend or family member.

Patients who received care through BHOP were asked if they would have sought behavioral health services if BHOP had not been available. Of those surveyed, 30 percent reported they would not have sought any care if not for BHOP.

Those with behavioral health concerns are encouraged to speak to their primary care provider. BHOP emphasizes that seeking help is a sign of strength and prevention is key. For those in need of behavioral health care, seeking care could help prevent a negative life impact.

Any individuals experiencing escalated behavioral health issues including thoughts of harming themselves should go to the nearest hospital emergency room and seek help immediately.

BHOP is available at 72 of the 76 Air Force military treatment facilities. The program is open to all military beneficiaries and walk-ins are accepted. BHOP does not require a referral. To schedule a BHOP appointment, beneficiaries are advised to call the appointment line.

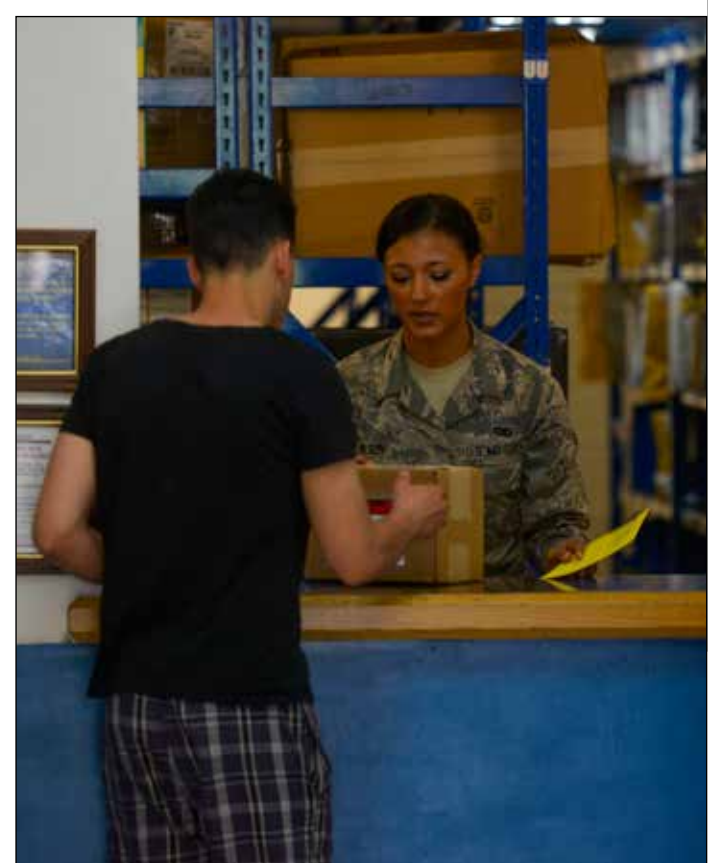


The Behavioral Health Optimization Program, or BHOP, integrates behavioral health personnel into primary care clinics, to provide “the right care, at the right time, in the right place.” Beneficiaries with behavioral health concerns can seek care directly through their primary care manager.

Postal workers prepare parcels for pickup



(Above) Airman 1st Class Jillian Koontz, 51st Communications Squadron postal clerk, enters packages into a tracking system before being sorted for final delivery at Osan Air Base, Republic of Korea, June 3, 2016. Each package is individually tracked and processed to ensure quick and proper delivery. (U.S. Air Force photos by Senior Airman Victor J. Caputo)



Airman Tazeha Wilson, 51st Communications Squadron postal clerk, delivers a package to a customer at Osan Air Base, Republic of Korea, June 3, 2016. The postal clerks verify the identities of customers before providing them with inbound packages.



(Above) Staff Sgt. Ray Lance, 51st Communications Squadron official mail manager, scans a package destined for the base chapel at Osan Air Base, Republic of Korea, June 3, 2016. The official mail managers are responsible for sorting through and ensuring the proper delivery of all official mail sent to various organizations around base.

(Left) Senior Airman Justine Davis, 51st Communications Squadron finance clerk, places a shipping label on a package at Osan Air Base, Republic of Korea, June 3, 2016. Members of Team Osan take advantage of the post office to send gifts and other personal items back to the United States under the watchful eyes of 51st CS Airmen.

AF continues to monitor Zika virus, infected mosquitoes could hit U.S. this summer



By Prerana Korpe
Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- As the potential for infected mosquitoes to reach the U.S. rises, the Air Force continues to closely monitor the emergence of Zika virus infection to help inform and protect Airmen and their families. According to the Centers for Disease Control and Prevention, all at-risk communities should prepare for possible Zika virus activity.

As of Feb. 1, 2016, Zika virus has been declared a Public Health Emergency of International Concern, by the World Health Organization.

Col. (Dr.) John Oh, chief, Preventive Medicine, Air Force Medical Support Agency, explains that Zika virus is primarily transmitted by Aedes mosquitoes. Unlike other mosquitoes, Aedes mosquitoes are aggressive day biters but can also bite at night.

According to Col. Oh, almost all cases of Zika virus infection within the U.S. have come about as a result of a mosquito vector obtained through living and traveling in Zika infected areas. "The number of countries and territories with Zika transmitted locally is growing. There are over 45 now, including countries in Central America, South America, the Caribbean, Asia and Africa," said Col. Oh. It is also possible for the Zika virus to be sexually transmitted from males to females. Thus far there have been no reported sexual transmissions from female to male.

"The symptoms of Zika virus infection are similar to dengue, another mosquito born infection, and include fever, skin rashes, headaches and joint pain," said Col. Oh. "However, unlike dengue, Zika symptoms are usually mild, and many infected people don't have any symptoms."

"Evidence now supports that there is a risk of birth defects from Zika virus," explained Col. Oh. "There is enough evidence that it is causal. However, there is still a lot we don't know about birth defects and Zika. Eighty percent of cases are asymptomatic." Col. Oh advises pregnant women to take every precaution to prevent mosquito bites, especially in the first trimester.

In response to Zika virus, the Air Force has developed policy guidance for relocation of pregnant Air Force members and dependents from outside the continental U.S., in areas where there is active transmission of the Zika virus. "When considering this policy, we really encourage pregnant women to consult with their health care providers," said Col. Oh. "Health care providers can help to assess individual risk of Zika infection, factoring in the home environment, for a shared decision between patients and their providers." Col. Oh encourages pregnant women diagnosed with Zika virus to enroll in the U.S. Zika Pregnancy Registry. The registry follows those enrolled and

data collected helps to improve prevention of Zika virus infection during pregnancy and update clinical care recommendations.

"Everyone can help prevent Zika by getting rid of standing water where the mosquito vector can breed. We all need to pay careful attention to our surroundings," said Col. Oh.

According to the Air Force Integrated Mosquito Management publication, any container that holds water for five to seven days can breed mosquitoes.

Breeding areas include:

- Discarded cans and plastic containers
- Glass bottles or any broken bottles
- Tires and tarps
- Obstructed roof gutters
- Plant pot saucers
- Holes in unused construction blocks or bricks
- Pipes
- Barrels (Rain barrels or other storm-water collection containers should be treated with mosquito larvicides or mosquito fish to prevent mosquito development)

Outdoor equipment tips:

- Bird baths should be drained and re-filled at least weekly
- Pet food and water bowls should be emptied and filled daily
- Flower pots with bases that hold water should have excess water drained if left outdoors
- Yard equipment should be stored so as not to collect water

Features of Aedes mosquitoes:

- Lives outdoors, but comes indoors
- Egg to larva to adult in one week or less
- May lay eggs indoors
- Rests in low, shaded areas such as under tables and chairs
- Silent flier, with no buzzing

Protect yourself

- Use Environmental Protection Agency-registered insect repellent, according to product label
- Treat clothing with permethrin insecticide
- Stay inside air-conditioned or screened buildings
- Wear long-sleeved shirts and long pants
- Empty containers of water weekly

"Any beneficiary who has a question about travel health or Zika is encouraged to visit Public Health, even before a planned trip," said Col. Oh. "Take advantage of this resource."

A time to tell: A lesbian couple's story

By Senior Airman Joshua R. M. Dewberry
11th Wing Public Affairs

JOINT BASE ANDREWS, Md. (AFNS) -- (This feature is part of the "Through Airmen's Eyes" series. These stories focus on individual Airmen, highlighting their Air Force story.)

Before 2011, the "don't ask, don't tell" law kept many in the dark. If a service member was gay, they held on to that secret tighter than a tourniquet on the battlefield, or risked discharge.

According to Defense Department Directive 1304.26, issued in late 1993, military personnel were prohibited from discriminating against or harassing closeted homosexual or bisexual service members or applicants. At the same time, it barred openly gay, lesbian or bisexual persons from military service.

Shayna Engle, an Air Force inactive reservist and Pennsylvania native, joined the Air Force in 2008 and knows firsthand how much this policy affected those in the minority.

"When I joined the Air Force, 'don't ask, don't tell' was still very strongly in effect," Engle said. "My first real relationship with a woman was in tech school. It was hard because you're constantly being monitored and if someone caught you, your career would be over and you'd be ousted."

Staff Sgt. Jamie Engle, a 744th Communication Squadron cyber transport systems craftsman, was already assigned to then-Andrews Air Force Base, Maryland, in 2009, when she assisted Shayna through her processing to her new assignment. The first time they spoke over the phone, Jamie had recently promoted to senior airman.

"What should've been a 15-minute call became a 2 1/2-hour conversation," Jamie said. "It felt like I was talking to a friend I hadn't seen in months."

Shayna said the couple went on to become closer. "As time went by, we learned we both liked each other as more than that," she said. "I just fell head over heels in love with this woman."

Jamie, who enlisted in the Air Force in 2004, admits to feeling very anxious about being discovered for her true feelings.

"I tried to play the straight card for years by dating guys and keeping anyone from getting suspicious of me," Jamie said. "I felt so torn up and lonely inside for liking girls that I thought I could feel better if I was normal. I was trying so hard to be everything I thought my parents wanted for me. It was difficult to keep up appearances when I was upset about lying everyday about who I really am. I was depressed, in denial and drinking to forget my feelings."

During the course of their relationship, hiding their feelings for each other became a daily routine.

"We couldn't be ourselves unless we were behind closed doors," Shayna said. "We hardly even looked at each other at work because a lot of our coworkers also lived in the same area as us. We were afraid we weren't always going to be able to separate our private and professional lives."

Telling their parents about their relationship took a year before both women were willing to open up to other people.

"We didn't tell our parents for fear of how they'd react," Jamie said. "I first told my sisters for moral support. That was rough. Imagine the crippling fear you had as a child coming home from school and telling your parents you got in trouble. Now imagine holding onto that fear for years and being terrified of what would happen if anyone else knew. That's what it felt like to hide my sexuality from my family."

Shayna echoed this feeling.

"I guess that hardest part for any gay person is coming out," Shayna said. "Every gay person has that coming out story. Straight people don't have that issue of dropping this bombshell on your family and wondering if they'll still love and accept you for who you are. It took me years to finally say it out loud. My parents came to accept it, but there were growing pains. Yet, when it finally comes out, it feels good."

After a year and a half of dating in secret, Jamie proposed to Shayna, taking the next step in their covert relationship. Soon after this, Shayna received orders for Kunsan Air Base, South Korea.

"I knew immediately our relationship wasn't going to last," Jamie said. "I knew I would get orders for another base and Shayna would get orders for a follow-on base after Korea."

Shayna was initially more optimistic about this change in their relationship.

"I thought we could make it work, but about halfway through my tour, I saw that we couldn't make it last," Shayna said. "Maintaining a long-distance relationship is hard enough. It felt impossible when we had to hide it and deal with a 14-hour time difference."

After seeing the difficulty in keeping a secret relationship over the phone and on Skype, Jamie and Shayna ended their engagement. While apart, Jamie deployed to Afghanistan and Shayna made a new group of friends.

"These new friends showed me that even though I went through some tough times, I could be a normal person and work through my problems," Shayna said. "I remember thinking that there's nothing wrong with me, it's society's perception of me that's wrong. That was a progressive moment in my life because I finally realized that I can be myself and not feel ashamed of who I was instead of who I was supposed to be."

In 2011, after a year in Korea, Shayna moved on to her new assignment at Tyndall AFB, Florida. There, she also started a new relationship with another female Airman. Shortly after the relationship began, however, her girlfriend was struck by a car and died from her injuries.

"I was devastated," Shayna said. "After taking time to grieve, and with tears rolling down my cheeks, I realized I still loved Jamie and wrote to her in Afghanistan, expressing my affection and apologized about not having realistic expectations about our engagement in the beginning when I was assigned overseas."

Jamie wrote back saying she felt the same way about Shayna and the two resumed their long-distance relationship while waiting to see each other once again.

During their time apart, the Don't Ask, Don't Tell Repeal Act of 2010 was enacted, ending the policy on Sept. 20, 2011. Gay and bisexual service members could now openly serve without fear of punishment.

"When 'don't ask, don't tell' was repealed, for everyone else it was just another day, like 'Oh, it's OK now.' For me, it was like a weight had been lifted off my shoulders and I could completely be myself," Shayna said.

In March 2012, the couple finally had their reunion when Shayna flew to Baltimore to welcome home Jamie from her deployment. The reunion was short-lived, and Shayna had to return to Tyndall AFB. Later that year, their relationship came full circle as Shayna proposed this time to Jamie.

"It was like she returned the favor. It felt more precious to me when I thought back on how there was a time when we weren't sure if we were meant to be a couple," Jamie said. "We loved each other, but we had our problems like anyone else. We fought, we had to learn that we could still be independent but could also lean on each other. All this was exacerbated by the fact we had to keep our problems a secret from the world for a while. But in the end, we saw what was most important to us and spending time apart forced us to mature and gain perspective."

After Shayna's assignment ended at Tyndall AFB in May 2013, she became a reservist stationed out of Dover AFB, Delaware, and moved back to Maryland to be with Jamie. They finally wed May 24, 2014.

"Being able to get married legally, after everything we'd been through, was one of the greatest feelings of my life," Shayna said. "With the laws changed, the culture shifted more to supporting our decisions to love who we love and a support group of friends and family that was there for us. The only thing that stopped us from making our relationship official was ourselves. We couldn't wait for the wedding."

It was a small ceremony with friends and family.

"We didn't make a deal about our marriage to other people," Jamie said. "We would casually bring it up in conversation, but we didn't make a spectacle of it."

They have yet to take their honeymoon; they are preparing themselves financially as Jamie works to get promoted to technical sergeant. Shayna is trying to get a reservist position at Joint Base Andrews and they hope to have a child together in the next year.

"I married my best friend," Jamie said. "Our relationship now is like any other couple. We like staying in on weekends, trying new restaurants, playing with our dogs, we visit each other's families when we're not too busy with work and talk about our day when we get home."

Shayna added, "She's not just my wife. She relaxes me when I'm stressed, she keeps me going. She's my co-pilot."



Staff Sgt. Jamie Engle, left, a 744th Communication Squadron cyber transport systems craftsman, and then-Staff Sgt. Shayna Engle pose for an undated photo at Joint Base Andrews, Md. (Courtesy photo)

More photos from page 4



(Left) A Republic of Korea air force F-15K Slam Eagle from the 11th Fighter Wing and a U.S. Air Force F-16 Fighting Falcon from the 36th Fighter Squadron line up to take off from Osan Air Base, ROK, June 9, 2016. F-16s and F-15s worked together during Buddy Wing 16-5, which allowed pilots to focus on the fundamentals of air-to-air combat training.

(Middle) Republic of Korea air force F-15K Slam Eagles from the 11th Fighter Wing and a U.S. Air Force F-16 Fighting Falcon from the 36th Fighter Squadron wait to take off from Osan Air Base, Republic of Korea, June 9, 2016. The F-16s integrated with F-15s to train basic fighter and air combat maneuvers during Buddy Wing 16-5.

(Bottom) A Republic of Korea air force F-15K Slam Eagle from 11th Fighter Wing takes off from Osan Air Base, Republic of Korea, during Buddy Wing 16-5 June 9, 2016. (U.S. Air Force photos by Staff Sgt. Jonathan Steffen)



Coping with stress through healthy thinking

By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. (AFNS) -- Stress. Even the mention of the word can increase anxiety for some. Everyone deals with stress differently, but how a person copes with daily stressors can have great impacts on their quality of life and overall health.

Stress is actually the body's response to any demand, including change. According to the National Institute of Mental Health, there are at least three types of stress that can create risks to physical and mental health. These include routine stress from daily pressures; stress brought about by a sudden negative life event; and traumatic stress, which can be experienced after a distressing or life-threatening event.

Not all stress is bad. The Centers for Disease Control and Prevention reported that stress can help people develop coping and adaptation skills to deal with new or potentially harmful life situations. Stress is a natural phenomenon that helps people develop the ability to deal with challenges, obstacles and even failures.

Maj. (Dr.) Joel Foster, the chief of Air Force Deployment Mental Health, explained that coping with daily stressors in a healthy way and getting the right care can help put problems into perspective, and reduce the negative impact of stressful feelings. Just like practicing a sport improves agility and strength, actively managing stress day to day can help build adaptive resistance to the negative effects of stress.

"Life is full of challenges. It is important to recognize and embrace this," Foster said. "If you have expectations that things are going to be easy, you are setting yourself up to experience a lot of frustration. It is important to have realistic expectations of how things will be.

"Everyone faces daily stressors," he continued. "Experiencing this stress does not mean there is something wrong with you and the avoidance of problems should not be the ultimate goal."

The Air Force is actively engaged in social norming campaigns that provide information to help people feel more comfortable about seeking and receiving care, in an effort to promote healthy lifestyle behaviors. There are healthy ways to manage stressors and people are encouraged to seek appropriate care as needed. The emphasis is that healthy people seek the help they need.

"We are not intended to manage these stressors alone," Foster said. "Reaching out for help is a sign of strength, not weakness."

Healthy coping is about aligning thoughts with reality. "Many people do not align thinking with reality and distortions in thinking can lead to depression and anxiety," he said.

According to Foster, distortions in thinking are thoughts just below the surface of awareness. People usually do not say them out loud, but they guide one's behavior. These distortions influence the way people feel and behave. Part of healthy thinking is to examine these distortions and make corrections to align one's thoughts with reality.

Take for instance, striving for excellence. While this is a positive goal, it is important to remember that each person fails at some time. The process of learning from those mistakes and failings and realistically assessing the situation is critical to maintaining healthy thinking. Making mistakes or failing at some point is expected and this is part of the journey towards excellence.

When someone makes a mistake, they should quickly bounce back rather than going down the path of cognitive distortion. For example, instead of fixating on the mistake or failure, accept that everyone makes mistakes. Part of healthy thinking and adapting to stress is to recognize when distorted thinking may arise. It is important to recognize this and make an active effort to put the stressful thought into perspective.

Adaptive coping is a healthy strategy for everyone, Foster explained. Healthy thinking helps to avoid cognitive distortions, or mistakes in thinking.

ABCs of emotion:

- "A" stands for activating event.
- "B" stands for belief system.
- "C" stands for consequence, which is an emotion or behavior resulting from the belief system.

Foster said it's important for people to understand the relationship between these three variables.

Take for example, when someone makes a mistake at work. This would be considered the activating event. If a person considers the consequence, they might feel depressed or sad. It is important then to examine the belief system, through which everything is filtered.

A, making a mistake at work, filters through B, the belief system, to get to C, the consequence, which is the emotion or action resulting from A processed through B.

If, for example, a person believes they have to be perfect and that it's a terrible thing to fall short of perfection, then a mistake can result in distorted thinking and adverse emotions or actions may ensue. It is important to adjust the belief system in order to process activating events in a healthy way and avoid mistakes in thinking.

A healthy alternate involves replacing the maladaptive irrational thought with an adaptive, rational thought.

Irrational thought: I have to be perfect all the time.

Replace with rational thought: I would like to be perfect all the time but it is alright to make mistakes. I can learn from making mistakes. I will achieve excellence only by learning from my mistakes.

1. Identify your thought. Can you see recurring thoughts or themes?

2. Challenge the thought. Evaluate the thought and look for evidence for or against it. Does the thought make sense? Is it an irrational thought that is not consistent with evidence and reality? Would this thought be supported in a court of law? Is there any evidence that disputes this thought?

3. Replacement. Replace the thought with something more reality based. Replace the maladaptive irrational thought with more adaptive rational thoughts.

Thinking, emotions and behaviors are inter-correlated. The more a person makes an active effort to engage in healthy thinking and the more realistic their thoughts, the more positive their thoughts and they will be engaged in the positive feedback loop.

The goal of the ABC model is not to go from negative thinking to positive thinking, Foster explained.

"It is about making subtle changes in irrational distorted thoughts. It is important to bring thoughts more in line with reality," he said. "Making small changes can have a huge impact on quality of life."

Something like changing a thought from "I must be perfect all the time," to "I would like to be perfect all the time," can make a huge impact.

The outcome is not that a person does not feel any negative emotions, but they are less intense, do not last as long, and do not lead to extreme behaviors.

Foster emphasized that it's important to work within the context of life. The goal is not to avoid problems but to embrace challenges and work through them with rational, adaptive, reality-based thoughts. This is the basis for healthy thinking.

Rational thinking is very much in line with the Comprehensive Airman Fitness model, which includes four pillars: physical, spiritual, mental and social.

Maintaining a good balance in these areas leads to more healthy outcomes, Foster said. For example, physical exercise reinforces good mental functioning because of changes within the brain resulting from exercise. These changes have mood elevating effects. Social relationships can influence the way a person thinks about himself. The spiritual domain encompasses an awareness of a person's values. This involves contributing to the world in a meaningful way. Leading a life that is full of purpose and meaning is an important factor that contributes to people's sense of wellbeing. Improving the way a person thinks decreases cognitive distortions and allows people to bounce back from disappointment, overcome adversity and maintain a sense of meaning and purpose throughout life's challenges.

"Most of the research that has been conducted in the area of psychotherapy -- particularly psychological disorders -- demonstrates that cognitive behavioral therapy is probably the most effective form of intervention for people with psychological distress and disorders," Foster said.

Cognitive behavioral therapy (CBT) builds on the ABC model to examine the relationship among events, beliefs, behavior and emotions. From this approach, it is not the events that can make a person feel miserable, but the interpretation of those events.

The CBT model is short-term, typically ranging between six to 12 sessions with an outpatient therapist. Depending on the issue at hand, these sessions lend themselves to the compressed military environment and offer time-limited therapy in lieu of several months of treatment.

"CBT is highly effective, adaptable and easily taught," Foster said. "We have very good research to support this type of intervention."

Individuals interested in exploring CBT are encouraged to talk to their health care provider. The Air Force Behavioral Health Optimization Program uses cognitive therapy models and offers behavioral health care through a primary care setting. BHOP is available to all beneficiaries and does not require a referral.



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.

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.rebulan.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.



Summer Fire Safety



Summertime should be a time of fun and making happy memories. Summertime, however, also brings fires and injuries due to fireworks and outdoor grills. According to the United States Fire Administration, almost 3,800 Americans are injured by gas or charcoal grill fires annually. Knowing a few fire safety tips and following safety instructions will help everyone have a safe summer.

Barbecue Safety

- Before using a grill, check the connection between the propane tank and the fuel line.
 - Do not wear loose clothing while cooking at a barbecue.
 - Keep all matches and lighters away from children.
 - Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
 - Never grill/barbecue in enclosed areas - carbon monoxide could be produced.
 - If the flame goes out on a propane grill, turn the grill and gas off and wait at least 15 minutes before re-lighting it.
- Open fires are not permitted unless approved by the Fire Emergency Services Flight. Barbecue grills will not be used within 15 feet of a building or 50 feet from an aircraft or flammable storage. DO NOT dispose hot coals in garbage chute or trash cans.

Any questions, feel free to contact Fire Prevention Office at 784-4835/4710.

Incheon Airport Shuttle Bus Schedule



Destination **Departure Time**

Osan to Incheon **0600 1130 1530**

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

Incheon to Osan **0900 1830 2230**

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

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

Ticket Price

- Leisure Travel : \$15
- Official Travel(TDY/PCS): \$35
- NOTE: Official traveler rates are completely reimbursable to member
- If there are no delayed arrivals, bus will depart at 22:30

**Effective 1 June 2013

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



Songtan Bus Terminal Time Table

서울 - 남부터미널		Notice : Dongtan bus schedule added from May, 4 http://www.stbus.net Version - 2016. 5. 04.			
SEOUL W3800	동서울	성남	인천공항	인천	의정부
Nambu Terminal	장지 가락 잠실	SeongNam W3400	InCheon Airport W11200	InCheon W6200	UJeongBu W8000
06:10	Dong Seoul W4400	06:00	04:45	06:30	07:45
06:30	JangJi	06:40	05:05	07:50 via CheongBuk	09:45 DongDachoon
06:50	GaRak JamSil	07:00	05:25	08:30	12:05
07:05	06:20 via Dongtan	07:30	05:55	10:10	15:55
07:20	06:35	08:20	06:25	11:30 via CheongBuk	17:05
07:30	06:55 via Dongtan	09:10 via Dongtan	07:00	13:40	20:05 DongDachoon
07:45	07:15 via Dongtan	09:50 via Dongtan	07:30	15:30	속초
08:00	07:45	11:05	08:15	16:00 via CheongBuk	W20000
08:20	08:25	11:50	08:55	18:30	08:45
08:40	09:05	12:30	09:35	19:10	14:25
08:55	09:35	13:20	10:15	21:40	강릉
09:10	10:05	14:25	10:55	DongTan W2100	GangNeung W14800
09:30	10:35	15:10	11:35	06:10 To GoYang	07:20
09:55	11:05	15:50	12:15	06:20 Dong Seoul To	09:20
10:15	11:35	16:40	12:55	06:55 Dong Seoul To	11:50
10:30	12:05	17:30	13:35	07:15 Dong Seoul To	13:50
10:50	12:35	18:40	14:15	08:40 To GoYang	16:20
10:55	13:05	19:05	14:55	09:10 To SeongNan	18:20
11:15	13:35	20:00	15:35	09:50 To SeongNan	월주
11:30	14:05	20:30	16:20	10:40 To GoYang	WonJu W9200
11:50	14:35	21:50	17:10	12:40 To GoYang	07:10
12:15	15:05		17:55	14:10 To GoYang	08:50
12:30	15:35		18:45	15:30 To GoYang	10:30
12:50	16:05		19:35	16:40 To GoYang	12:10
13:10	16:35			18:40 To GoYang	13:50
13:30	17:05			20:40 To GoYang	15:30
13:45	17:35				태백(고함)
14:00	18:05				TaeBaek W21900
14:30	18:35				Postponed
14:40	19:05				보류
15:00	19:35				제천
15:20	20:25				JeCheon W13300
15:40	21:05				15:10
16:00	21:35				19:10
16:20					19:10
16:40					19:10
16:55					19:10
17:10					19:10
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20:25					19:10
20:40					19:10
21:10					19:10
21:50					19:10

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

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

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

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

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

UCMJ DISCIPLINARY ACTIONS

Nonjudicial Punishment

Osan



- A senior airman committed larceny in the dorms. The punishment was a suspended reduction to airman first class, forfeiture of \$250 pay per month for two months, and a reprimand.
- A senior airman was found in Hongdae after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a suspended reduction to airman first class and a reprimand.
- A staff sergeant was found in Songtan after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a suspended reduction to senior airman, forfeiture of \$1,241 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- An airman first class failed to go to his appointed place of duty and was derelict in the performance of his duties while performing maintenance. The punishment was a reduction to airman, a suspended forfeiture of \$200 pay per month for two months, 20 days of extra duty, and a reprimand.
- A staff sergeant assaulted another airman and was drunk and disorderly. The punishment was a suspended reduction to senior airman, 15 days restriction to Osan Air Base, 15 days of extra duty, and a reprimand.
- A senior airman committed larceny in the dorms. The punishment was a suspended reduction to airman first class, forfeiture of \$250 pay per month for two months, and a reprimand.
- A senior airman failed to pay his Government Travel Charge Card charges in a timely manner. The punishment was a reduction to airman first class, suspended forfeiture of \$1,041 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- An airman first class entered the main gate of Osan Air Base after 0100L, in violation of the 7th Air Force Curfew Order. The punishment was a suspended reduction to airman first class, forfeiture of \$1,041 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- A senior airman was drunk and disorderly. The punishment was a suspended reduction to airman first class, forfeiture of \$1,041 pay per month for two months, 60 days restriction to Osan Air Base, and a reprimand.
- An airman wrongfully consumed alcohol during the first 14 days from his arrival in the republic of Korea, in violation of the 7th Air Force Korean Readiness Orientation Policy. The punishment was a suspended reduction to airman basic, suspended forfeiture of \$783 pay per month for two months, 30 days restriction to Osan Air Base, 30 days of extra duty, and a reprimand.

FOREIGN CRIMINAL JURISDICTION

- A senior airman was convicted of Indecent Act by Compulsion via Trespass which crime allowed for an aggravated sentence under The Act on Special Cases Concerning the Punishment etc. of Sexual Crimes. The Suwon District Court sentenced him to two and a half years of confinement, suspended for three years, and registration as a sex offender.

AF Men's Health Month promotes better health, better care



AFMS Homepage Mens Health Jun 2016 (AF Graphic)

By Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Va. -- According to the National Institutes of Health, compared to women, men are more likely to smoke, drink, make unhealthy choices and delay regular checkups and medical care. While mental health issues are more common in women, men are much less likely to seek care.

Many of the major health risks faced by men can be prevented or treated with early diagnosis, according to NIH. Lt. Col. (Dr.) Lori Diseati, chief of Health Promotions, Air Force Medical Operations Agency, encourages men to adhere to recommended screenings and routine check-ups, including mental health care, which can lead to fuller, healthier lives.

In the U.S., the top causes of death among adult men include heart disease, stroke, cancer and chronic lower respiratory disease, according to the Centers for Disease Control and Prevention.

According to Lt. Col. Diseati, 70 percent of diseases that kill are preventable through changes in controlling weight, stress, tobacco use, poor sleep and other factors related to lifestyle. Even small personal lifestyle changes can significantly lower the risk of the greatest health threats.

Lt. Col. Diseati provided these men's health tips and guidance for better health and better care:

- High BMI, stress, tobacco, poor sleep and other behavior contribute to heart attacks and stroke. Regular physical activity can help to reduce stress and is associated with lower rates of diseases like osteoporosis, dementia, anxiety and depression, along with better libido and better mental health. Exercising as little as 10 minutes a day can lead to an increased lifespan. The recommended target for each week is 150 minutes of moderate exercise or 75 minutes of vigorous exercise, including strength training at least twice per week. Some men use supplements to enhance body building or health. While some supplements are safe, their contents are not regulated. It is important to exercise safe supple-

ment use and review safety reports prior to taking dietary supplements.

- It is recommended that adults get at least six to seven hours of restorative sleep each night. If you do not feel refreshed after a night's rest on two or more nights per week, seek help from a primary care provider to learn how to get better sleep.

- Men have higher risk of heart disease than women. Risk increases over the age of 45. Other risk factors for men include a strong family history of heart disease, smoking, high blood pressure and leading a sedentary lifestyle. Men with these risk factors should be screened for cholesterol disorders starting at age 20.

- Men without heart disease should get cholesterol testing starting at age 35.

- For men over 50, regular screening is critical to preventing colorectal cancer. Men with a family history of cancer or who have other diseases should get screened more frequently and see a specialist about this recommendation. Prostate cancer screening standards have changed. Starting at age 40, men should have a discussion with their primary care manager to find out if screening is necessary in their specific situation.

- Men who have ever been regular smokers should have a screening for aortic aneurysm, even if they quit smoking many years ago. An ultrasound of the aorta is recommended for men between the ages of 65 and 75.

"In terms of health behavior and a healthy lifestyle, there is a strong movement towards mindfulness—the state of active, open attention to the present," said Lt. Col. Diseati. "When we observe our actions, we can make better decisions if we step back and think about why we are making the decisions we make. It is important to be more deliberate in our actions. This is the foundation for making desired health changes."

For tips on dietary supplement safety and information on improving sleep, check out Taking dietary supplements? Think safety first and Sleep is serious: Catch your Zzzs.

For more information on approaching your lifestyle in a mindful way, contact your local military treatment facility or health promotion coordinator.